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Give blood - share life

STANDARD PHOTO BY DENNIS YOUNG

Carly Cox donated blood last Thursday at the Carman Community Hall. Cox has been donating blood regularly since her young cousin was diagnosed with cancer and required multiple blood transfusions. "I couldn't believe the amount of bags of blood that she required in one transfusion and how many donations that takes just for one transfusion. It was the least that I could do," said Cox. To book an appointment to donate visit www.blood.ca

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Tea and tour: local craftswoman to showcase elaborate miniature houses

By Becca Myskiw

Victorian mansions, an old school-house and a gypsy wagon are just some of the miniature buildings Donna Cameron has built by hand.

Now, the local craftswoman is using her hobby to raise money for those in need, by hosting a tour of her collection.

Cameron used to make houses from cardboard as a child. Now, she uses wood and leaves no detail behind.

Her first creation was a large Victorian mansion, with one side displaying the exterior — complete with siding and a yard — and the other showing the interior with many decorated rooms.

The mansion's original design didn't include a room for the maid, so Cameron added a maid's quarters herself.

Each room has been intricately decorated with the trappings of Cameron's life, she said.

For example, her mom was an avid quilter, so in one room there's a quilt being made. The same room features an old-fashioned sewing machine, just like one Cameron's grandma used.

Cameron created a one-room replica of the living room from National Lampoon's Christmas Vacation. Inside it



Cameron's sewing shop miniature is crafted from the drawer of a vintage sewing machine, similar to one she used in her youth.

is the infamous Christmas tree and around 30 other things mentioned in the film.

She also built an Irish cottage to honour her family's roots and a sod house similar to the one her great grandparents would have lived in when they built their homestead by Myrtle.

Another building among her collection is a sewing shop made from the drawers of a sewing machine, similar to one she used in her youth.

Last week, she started building a log house.

Cameron's hobby is truly like no other. The houses are bursting with



STANDARD PHOTOS SUBMITTED

Donna Cameron's miniature houses will be on display at the Roland United Church Sept. 30. She typically hosts tea and tours at her house — this will be a bigger version.

design, with each aspect considered from floor to ceiling.

On Sept. 30 from 1 p.m. to 4 p.m., five of Cameron's buildings will be on display at the Roland United Church. There, people can tour the miniatures and enjoy a full English tea spread with cream and dainties.

Patrons will be asked to make a donation, with the proceeds going to the church and to Carman Palliative

Care. The cause is close to Cameron's heart because she worked in the field for years, she's no stranger to silently holding the hand of someone "transitioning from this life to the next," she said.

"People are so excited at a birth," Cameron said. "They want to be there but it's equally important to be there for the end."

Carman CIBC can't stop, won't stop fundraising for Cancer Society

By Ty Dilello

CIBC's Run for the Cure is coming up on Oct. 1, and like most years, the local Carman CIBC branch is looking to raise funds for this very important cause.

"We've had some very successful fundraisers in the past, but we like to mix it up and try new things," said Sheryl Reimer of Carman CIBC.

In recent years, the local CIBC branch has held significant fundraisers for the Canadian Cancer Society, including the popular "You've been Bra'd" campaign, which allowed it to raise over \$3,000. Bank staff have also held barbecues and multiple draws,



PHOTO SUBMITTED BY SHERYL REIMER

For this year's CIBC run for the Cure, Carman CIBC has partnered with Crazy Lady's Cafeteria and Take Out to do a cookie fundraiser. The treats will sell for \$2.50 each, or \$25 for a dozen.

Continued on page 5

Reminder

School Zone Speed Limits are back in effect for the school year.

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September 1st

to June 30th



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BRK Yard of the year 2023



STANDARD PHOTO BY KORI DA COSTA

Many home owners along the beautiful Boyne River take exceptional care of their riverbank properties. In late August Tracy Enns (centre) with Boyne River Keepers presented a BRK "Beautiful Riverbank" award to Luc and Mary Delaquis (left) and Gerry and Marry van Dijk. This is the second year BRK has presented its annual award in a partnership with CIB's yard recognitions, in 2023 for the joint efforts of the van Dijks and their neighbours Luc and Mary Delaquis. BRK's award is intended to recognize resident yards facing the Boyne River and the care put in to both the yard and river bank maintenance and upkeep, both of which are stunningly presented by the van Dijks' and the Delaquis' amazing backyard. The van Dijk's have lived on their property for 42 years and actually once owned the land that now holds the condo that the Delaquis family recently moved into. Luc and Mary very proudly took on the hard work which comes with such a pristine yard and between the lovely planting they have done, including implementing a couple of red Adirondack chairs for a pop of color, and the charming boat and docking area the van Dijks' display, you can't help but pause and take a few snapshots when floating by. As BRK continues to promote these recognitions, it is evident that people are quickly putting their best 'green thumb' forward and showcasing their riverfront area with gorgeous florals and decor. Special thanks to Country Wood Signs (Donna Christen) for creating the sign.

Yabba-Dabba Doo



STANDARD PHOTO BY DENNIS YOUNG

Rick and Trish Beers go back in time to display some Flinstones yard decor on 3rd Ave. NW Carman.

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Our commitment to you: we want to help build stronger communities through articles that both inform and entertain you about what's going on throughout the Pembina Valley. This is your community newspaper—let us know what you want to see in it.

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getheard

EDITORIAL > VIEWPOINTS > LETTERS

Ty Dilello
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Free entry to provincial parks for Labour Day weekend

Submitted by Manitoba government

The Department of Natural Resources and Northern Development's Manitoba Parks branch is inviting all Manitobans to enjoy the great outdoors for the last long weekend of summer with free entry to provincial parks.

Vehicle permits are not required to visit provincial parks on the Labour Day long weekend from Sept. 1 to Sept. 4. Overnight camping fees and entrance fees to national parks still apply.

Individuals who wish to camp can make a reservation through the Parks Reservation Service at www.manitobaparks.com or by calling toll free at 1-888-482-2267. Several provincial park campsites, cabins and yurts remain open through the fall, allowing campers to stay as late as Thanksgiving weekend in October.

Tips for visitors and campers at provincial parks include:

- be 'Wildlife Smart' by maintaining a clean campsite, keeping all food, trash, toiletries and cooking utensils locked in a vehicle or trailer, and pack out trash and recyclables before leaving;
- keep all pets on leash;
- keep all campfires in approved pits such as those found in campsites, check with the campground office for any campfire restrictions; and
- to prevent the spread of the emerald ash borer, firewood should not be transported outside Winnipeg and



PHOTO SUBMITTED

Hecla Provincial Park is one of Manitoba's parks with free entry for the Labour Day weekend.

can result in charges and fines of up to \$1,300 for individuals or \$15,000 for businesses. Firewood should be obtained and burned locally, and is available for purchase from local retailers at most campgrounds.

To prevent and contain the spread of aquatic invasive species such as zebra mussels, all water users including boaters, fishers and beachgoers, must follow the specific decontamination and bait requirements in place in control zones. Anyone transporting watercraft including canoes and kayaks must stop at a watercraft inspection stations when they are open. For more information on invasive species, visit: www.manitoba.ca/StopAIS.

Schools are encouraged to partici-

pate in free interpretive programs this fall at Birds Hill, Spruce Woods and Whiteshell provincial parks. Park Interpreters deliver trail hikes, exploration activities and other curriculum-based learning experiences for all grades on cultural history, ecology and flora and fauna study, as well as outdoor skills. Teachers can find program details and plan field trips to parks by visiting www.manitobaparks.com.

Manitobans can stay up to date with provincial park news, activities and events by following Manitoba Parks on the X platform, formerly known as Twitter, at <https://twitter.com/MBGovParks> or on Facebook at www.facebook.com/MBGovParks.

Manitoba Liquor & Lotteries reach tentative agreement

Submitted by MGEU

Today, we are pleased to announce that a tentative agreement has been reached between Manitoba Liquor & Lotteries and the Manitoba Government Employees' Union (MGEU) representing approximately 1,400 liquor employees (GOLICO, Locals 56-61).

The tentative agreement is a four-year contract, with compounding general wage increases every year, retroactive to March 25, 2022. Also

included are pay scale adjustments, other targeted shift premiums and allowances, benefit enhancements, and a one-time lump sum payment.

On ratification, the processing of retroactive payments for the applicable first two years of general wage increases, and the lump sum payment will commence immediately.

This agreement was reached through hard work and complex ne-

gotiations, and we recognize that this intensive process has not been easy for anyone. We thank MGEU leadership and its bargaining committee as we all worked together through conciliation to address the issues and find a new, fair agreement for employees.

MGEU will begin its ratification process on Thursday, August 24 and we respect this.

OUR SISTER PUBLICATIONS



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Monday 4:00 pm prior
to Thursday Publication

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

A royal visit: drag queens treat Carman to glamorous show

By Ty Dilello

Glitz, glamour and glitter took Carman by storm this month, as a gaggle of drag queens returned to the Pembina Valley for the second time on Aug. 19.

"Having the opportunity to bring drag to Carman means that those who don't always get a chance to see the art form in person," said drag queen Zamarah Dee, who hosted both shows.

"They get to enjoy and immerse themselves in a community that's built with love, acceptance and inclusivity. Providing representation in a small community can mean the world to someone who doesn't have it. It's a mission using my platform to be that voice for those who have been silenced or feel like they don't have one."

Paul's Place sponsored two shows, which were supposed to take place within Carman 5 Pin Bowl. Unfortunately, the venue was disrupted by construction issues, so the event moved to Bell Aura Bed and Breakfast.

Drag performers from the Pembina Valley and Winnipeg provided entertainment for the event. The first show, a themed performance called the Royal Ball, was family-friendly and hosted in the afternoon. The second show was an adults-only, glow in the dark party that took place in the eve-

ning.

"It was a successful day," organizer Pauline Emerson-Froebe said. "Everyone had a smile on their face. And the performers — oh, my gosh, so entertaining, talented and beautiful. The outfits, makeup and hair were pretty amazing. We feel very fortunate having such an accepting audience and talented performers coming together in Carman."

"PROVIDING REPRESENTATION IN A SMALL COMMUNITY CAN MEAN THE WORLD."

Royal Ball guests were treated to performances of "Someday My Prince Will Come" from Snow White, "So This is Love" from Cinderella, "A Whole New World" from Aladdin, and many contemporary family-friendly pop songs. Guests also enjoyed dainties and punch, and drag queen Yellow Belle was presented with a handmade quilt made by local quilter

Evelyn Froebe.

The evening party featured black lights and glow ropes. Songs by Queen, Celine Dion, Wham, Big & Rich and others were performed, with audience members encouraged to sing along. Bell Aura provided charcuterie boxes, pulled pork, chicken sandwiches and dainties.

The next drag show in Carman is planned for October.



PHOTO SUBMITTED BY PAULINE EMERSON-FROEBE
Queen Zamarah Dee is getting familiar with Carman, having now visited the community twice to host drag performances.

> RUN FOR THE CURE, FROM PG. 2

generating over \$2,700.

This year, Carman CIBC has partnered with Crazy Lady's Cafeteria and Take Out to organize a cookie fund-raiser. Together, they will be pre-selling cookies until Sept. 1, with distribution set for the week of Sept. 11.

Cookies will sell for \$2.50 each or \$25 for a dozen, and the Carman CIBC will sell a limited supply of individual cookies at the bank that week.

From Sept. 11 to 22, Carman CIBC will seek to raise more funds by having people donate to be entered to win a gift basket that will be on display at the bank.

People interested in placing an order for cookies can do so at the Carman CIBC branch.

For the past four years, the Carman CIBC staff has been participating in the Run for the Cure with a walk through Carman and along its pathway.

"Last year, we were lucky enough to have other nearby CIBC branches join us for this fun event," Reimer said.

This year, the branches of southern Manitoba will once again gather in Carman on Oct. 1 to participate in the walk.

"If you see us around town that day, all decked out in our pink and red, be sure to cheer us on. We are so grateful to the community for their support over the years and look forward to another successful year raising money for this great cause," Reimer said.



REMINDER NOTICE OF PUBLIC HEARING

You're Invited

to share your views about the proposed rate changes from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has filed the 2024 General Rate Application before the Public Utilities Board (Board) for approval of Basic Autopac vehicle insurance rates and premiums effective on April 1, 2024 through March 31, 2025.

For further details, please contact MPI at inquiries@mpi.mb.ca or visit the Board's website at www.pubmanitoba.ca.

A public hearing on the proposed rate application will be held beginning:

Tuesday, October 10, 2023 at 9:00 a.m.

Please view the hearing via the PUB website link: www.pubmanitoba.ca/v1/live-stream.html

If you are interested in learning more about this rate decrease, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's online comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christle at 204-945-2638 or toll-free 1-866-854-3698, no later than **October 1, 2023**.

For more information, visit www.pubmanitoba.ca

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Want to Sing More?

Sonatrice Singers is welcoming new and returning members for the 2023/24 season. We are a secular, multi-age, 3 part choir (1st soprano, 2nd soprano, and alto).

The season is from September to April with performances in December, and April.

Professionally trained leadership is with Brenda Doell as conductor and Audrey Meyers as accompanist.

Rehearsals are held Monday nights at 7pm at the Carman Collegiate starting September 11.

Annual fee is \$60. No audition required.

For more information call Brenda at 204-750-3234.

Business leaders, local officials engage with Chambers of Commerce

By Ty Dilello

Members of the Manitoba Chambers of Commerce staff were in Carman last week, where they joined the Carman and Community Chambers of Commerce officials and town representatives on a tour of local member businesses.

The afternoon started with lunch at Boyne River Bistro with Chamber directors and representatives from the Town of Carman and RM of Dufferin.

The first stop after lunch was the family-owned Aubin Nurseries, which has been in operation for 97 years. The business produces exceptional quality trees, shrubs and perennials that are sold in garden centres throughout the prairies.

"It was an excellent visit, and it was

nice to see the Manitoba Chambers president take the time with us," nursery owner Gerry Aubin said. "The guests asked a lot of great questions on nursery production and the industry."

Next up was Agassiz Seed Farm, a family farm that grows edible beans, soybeans, canola, corn, oats and wheat. In 1995, Agassiz helped introduce soybean genetics to Manitoba farmers, and has since specialized in certified soybean seed production, processing and distribution throughout Western Canada.

The last visit was with Sperling Industries, a private, family-owned and operated steel fabricator which employs more than 100 residents. The



STANDARD PHOTO BY JODI WALKER

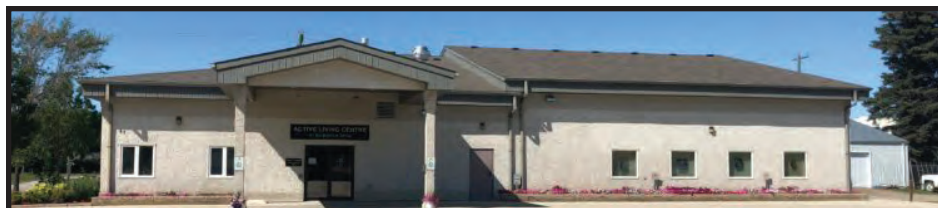
Last week, members of the Manitoba Chambers of Commerce staff were in Carman to visit local businesses such as Aubin Nurseries, where the tour was led by owner Gerry Aubin.

business offers a range of services from its facilities in Canada and the United States, including the design, assembly, installation, maintenance and repair of steel goods.

At each stop, chamber members had opportunities to engage with business owners and community leaders about issues impacting the business

community and how the Manitoba Chambers can help advocate on their behalf.

"Thank you to the businesses that hosted us on this tour as we showcased some of the members of our amazing Chamber," said Jodi Winkler of the Carman and Community Chamber of Commerce.



CARMAN ACTIVE LIVING CENTRE PROGRAMS ARE STARTING THIS FALL

Programs include: Floor Shuffle, Fitness, Carpet Bowling, Men's and Women's Pool, Hall Walking, Table Tennis, Pickleball, Movie Night, Bridge Lessons, Choir, Band Dance, Ukulele, Scrabble, Mah Jongg, cookin' & Secret Pals

**Thursday September 7th 1PM-4PM
Friday September 8th 1 PM-4PM**

Many activities will be set up for you to try and coffee and tea will be available. There will be board members and volunteers available if you have any questions.

*****IF YOU CAN'T MAKE IT ONE OF THOSE DAYS, registration packages will be available for pick up between the main doors until September 19th.**

OPEN HOUSE REGISTRATION DAYS

Registration deadline is Tuesday, September 19th



**PLEASE CALL 204-745-2356 OR
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PRSD school trustee acclaimed



PHOTO SUBMITTED

Kali Irwin is the new Ward 2 (Roland/Homewood/Sperling) school trustee for the Prairie Rose School Division (PRSD) after running unopposed in the recent by-election.

By Ty Dilello

Kali Irwin is the new Ward 2 (Roland/Homewood/Sperling) school trustee for the Prairie Rose School Division.

"I wanted to be more involved with the community," she said of her decision to become a trustee. "I love kids, and I have a young son who will be in the school system in the next few years, so when I saw that there was a position on the board, I wanted to give that a go."

After collecting her nomination signatures this summer, Irwin learned she ran unopposed and was thereby acclaimed as the Ward 2 trustee.

She wants to help facilitate a safe, respectful environment in schools and is looking forward to working in the school division, she said.

"I have never been a part of a board, so this will be a new experience for me, but I am very excited and eager to learn."

Irwin was born and raised in Carman and attended both Carman Elementary School and Carman Collegiate. She now lives a few miles east of Carman on her husband's family farm.

'Lace Up' and support Diabetes Canada this September

Join the movement to End Diabetes and lace up with on Sunday, September 24

By Lorne Stelmach

January Regnier will be getting extra active this coming month for a cause that is personal for the Winnipeg resident.

She will be joining a team of co-workers to participate in the Lace Up Your Way challenge to raise funds and awareness for Diabetes Canada, and the Type 1 diabetic is wanting others to take it on in September.

"Spread the word. Get involved. There's so much you can do ... tell your family, your friends ... it all makes a difference," she said.

"We're hoping to get 2,000+ participants this year, which is a significant growth from 400 in 2020," said Kelly Lambkin, senior manager of community fundraising and events in Western Canada for Diabetes Canada. "Anybody anywhere geographically can participate, and it really is just movement that is meaningful for them, so wherever you are in your fitness journey, you can participate as well."

Every September, thousands of Ca-

nadians from coast to coast to coast take the #LaceUpYourWay challenge to raise funds and awareness for Diabetes Canada.

Anyone at any fitness level can participate, and you can join a distance challenge or start a daily streak in the Lace Up app. Share it with your circle and tell them why you Lace Up to raise funds in support of Diabetes Canada.

Choose your favourite endurance activity and track how many kilometres you move on the Lace Up app, and you can join the 10k, marathon or 100k challenge. Match movement for dollars, and let your supporters set your pace. Commit to completing kilometres or repetitions for every donation.

Every three minutes, a person in Canada is diagnosed with diabetes or pre-diabetes. It is estimated 11.7 million Canadians are impacted by diabetes and about 412,000 in Manitoba and about 30 per cent of the population.

Continued on page 13



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National Trucking Week

The Canadian Trucking Alliance (CTA), the country's national trucking group, in conjunction with the provincial trucking associations, launched National Trucking Week many years ago. It begins on the first Sunday in Sept. and runs to the following Saturday.

The purpose of the weeklong celebration is to recognize the important contributions made by the 400,000 Canadian men and women who keep the country's freight moving.

Provincial trucking associations, carriers, industry suppliers and other stakeholders are encouraged to undertake activities in their own province to mark the event. In previous years, provincial associations have marked the occasion with newspaper supplements, radio advertising, contests, special promotions, and special events at truck stops and roadside inspection stations.

Carriers and industry suppliers have hosted BBQs, breakfasts, truck washes, offered special giveaways to employees and marked the week event with a wide variety of activities.



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Steering toward sustainability

Canada's trucking industry is actively embracing sustainability to reduce its environmental impact and contribute to a greener future. In honour of National Trucking Week, taking place this year from September 3 to 9, here are five ways the industry is becoming more sustainable:

1. Adopting alternative fuels. More and more trucking companies are opting for alternative fuels, such as compressed natural gas (CNG) and renewable diesel. Compared with traditional diesel, these fuels produce fewer emissions, helping reduce greenhouse gas emissions and improve air quality.

2. Investing in fuel-efficient technologies. The industry's investment in fuel efficiency includes advanced engine systems and hybrid vehicles. These technologies optimize fuel consumption, reduce emissions and improve overall energy efficiency.

3. Optimizing logistics and route planning. Trucking companies are leveraging advanced telematics systems and route optimization software to plan delivery routes and minimize empty miles. By reducing unnecessary travel and improving load capacity, trucks consume less fuel and produce fewer emissions.

4. Promoting eco-friendly driving practices. Training programs and

initiatives encourage drivers to adopt greener driving practices such as smooth acceleration and deceleration, reduced idling and proper vehicle maintenance. These practices improve fuel efficiency and reduce greenhouse gases.

5. Embracing trailer aerodynamics. The industry is increasingly adopting aerodynamic technologies for trailers, such as side skirts and trailer tails, to reduce drag and improve fuel efficiency.

These initiatives contribute to a greener future, promote cost savings for trucking companies and improve air quality for communities across the country.

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Season wrapping up for local car racer this Thursday

By Ty Dilello

Carman's Tyler Doell is wrapping up his 2023 race car season at Victory Lane Speedway in St. Adolphe.

The 18-year-old Doell is a recent 2023 graduate of Carman Collegiate and has been racing in the local modified car circuit for the past eight years.

"When my dad started racing, I was always helping him and started racing when he got me a car," said Doell.

The car that Doell races with is a cus-

tom-built car for dirt racing. And after each race, there are different things to fix or replace on the car.

Doell's father, Ted, is also a car racer, and the pair have competed in races together over the past few years.

"Racing against my dad is a lot of fun. I race him the hardest when I am beside him on track," said Doell.

Doell's #8 race car first started racing in the Slingshots event in 2016 at ALH Motor Speedway in Morden. In 2017, he had five wins and the champion-



STANDARD PHOTO RICK HIEBERT

Carman's Tyler Doell is wrapping up his 2023 race car season at Victory Lane Speedway in St. Adolphe at Thursday Night Thunder starting at 6 p.m. on Aug. 31.

ship in the Slingshots at ALH. In 2018, he had four wins and finished second in the Slingshot points at ALH.

In 2019, Doell moved up to a B-Mod and got rookie of the year and fifth in points at ALH and 23rd in points at Red River Co-op Speedway. In 2020, he finished 12th in points at Red River Co-op Speedway.

Doell's biggest career highlight to date was when he won his first race in the Midwest modified last year.

So far in 2023, Doell has one Top-5

finish and six Top-10 finishes over the 12 events he's raced in.

Aug. 31 (Thursday) marks the final race day of the season at Victory Lane Speedway. The McNaught Race Night is the biggest Midwest modified race of the year. At 7 p.m., the action gets underway as all racers will be competing for a \$2,058 cash prize.

"This season has not been the best, but hopefully, we can turn it around at the final race of the year."



STANDARD PHOTO BY CHRIS PETERS PHOTOGRAPHY

Doell when he won his first race in the Midwest modified back in 2022.

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Young finishes golf season strong, eyes future American prospects

By Ty Dilello

Carman's India Young wrapped up her 2023 golf season after strong performances at the Maple Leaf Junior Golf Tour Bieber Classic and Women's City and District Provincial Championship.

Young, who is going into Grade 12 at Carman Collegiate, only began golfing during the COVID-19 pandemic and quickly developed an affinity for the sport.

"I think my competitive nature made me want to start playing tournaments," she said.

This summer, Young played in several tournaments across the province and country. The season was highlighted by qualifying for nationals in New Brunswick, after a strong showing at the junior provincial championship.

"I had a great season playing solid in multiple tournaments," Young said. "After a hard week at provincials, I was able to come back fighting on the last day, which led to my qualification to the nationals, which was a great experience as I got to play against the best junior girls in the country."

A few weeks back, Young was victorious at the MJT Bieber Classic by



Young is a relative newcomer to golf, after being introduced to the sport during the COVID-19 pandemic.

shooting a 79, 75 and 83. It was her second MJT event of the season, after winning one back in June in Steinbach.

Finally, at the Women's City and District Provincial Championship, Young played some of her best golf to end the summer season by shooting 77, 73 for +6 and finishing second in



STANDARD PHOTOS SUBMITTED

Carman's India Young saw success in several provincial competitions this season, including winning two MJT golf tournaments.

the event.

"I'm happy I played such solid golf on the second day and stayed calm under pressure. I felt like my end-of-season success was well deserved after some hard work during the season," she said.

When she graduates high school, young hopes to continue her educa-

tion in the United States while playing golf. Young also curls and throws lead stones for Team Shaela Hayward out of Carman and is ready to shift her focus to curling.

"Now that my summer season has ended, I am excited to get back to playing a team sport, in curling, and continuing my golf training over winter."

Big expansion for BU, big opportunity for students

BRANDON, Man. – A leading program in Canada with huge career opportunities continues to get better, with a big expansion and upgrade to Brandon University's Health Studies learning spaces.

The renovations have helped fuel a major expansion in seats for BU's nursing and psychiatric nursing programs. There are updated spaces, with new labs, at the main campus in Brandon, which offers a Bachelor of Nursing degree and a Bachelor of Science in Psychiatric Nursing, as well as in Winnipeg, where the Bachelor of Science in Psychiatric Nursing is offered. Both are in high demand by employers.

"As we move forward, the future of the nursing and psychiatric nursing professions are very, very bright," said Linda Ross, BU's Acting Dean of Health Studies.

Many more options are available at the Brandon campus, where students can choose from 19 undergraduate degree programs, six graduate programs and four certificate programs across the Faculties of Arts, Education, Health Studies, Science and the School of Music. In all, about 3,500 students pursue their education at BU each year, taking advantage of the full range of services in a friendly and personalized atmosphere.

Brandon University also excels at providing students with meaningful real-world experience, including research opportunities

and the growing Co-operative Education program, which this summer was successful in finding paid work experience related to their studies for every Co-op student in Arts, Science and Business.

Academic advising, career planning, personal counselling and accessibility services provide students with support every step of the way, while extracurricular activities like the Student Leader program and 50 clubs create even more opportunities for growth and friendships.

As Canada's finest regional university, BU maintains a close-knit network of alumni, who play leadership roles in their communities right here in Manitoba and around the world. BU graduates are proud of their education, with 93 per cent saying it prepared them to excel in the workforce and 98 per cent recommending Brandon University.

"Building relationships and learning from outstanding professors is what students love about Brandon University," said Leanne Barcellona, BU's Director of Recruitment and Retention. "We bring students together from around the world, but thanks to the connections that we forge in our community and with each other, we're really able to make everyone feel like they're at home."

Learn more about Brandon University, take a virtual tour, or set up an in-person visit at BrandonU.ca/Future-Students.



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BrandonU.ca/Future-Students



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> MEAL IDEAS



Watermelon Bourbon Glaze with Grilled Flank Steak

large zip-top bag. Add steak and massage to cover meat. Close bag and refrigerate 3-4 hours.

Heat grill to high heat. Remove steak from plastic bag and gently shake to remove excess glaze.

Grill steak 4-6 minutes; turn, grill 4-6 minutes, depending on thickness of steak. Remove from heat. Steak should be pink in center.

Allow steak to rest on platter or cutting board 10 minutes.

Mix small amount of watermelon-bourbon glaze with cornstarch. In small saucepan over medium-high heat, add cornstarch mixture to remaining glaze and simmer 3-5 minutes. Reduce to medium heat until mixture thickens. Remove from heat.

Cut flank steak on bias into thin strips. Drizzle watermelon-bourbon glaze over top.

- Servings: 6
- 1 1/2 cups watermelon juice (approximately 2 1/2 cups chopped watermelon, blended)
 - 2 tablespoon minced garlic
 - 1/4 cup soy sauce
 - 1/4 cup brown sugar
 - 2 teaspoon hot sauce
 - 1/4-1/2 cup bourbon
 - 2 pounds flank steak or London broil
 - 1/4 teaspoon cornstarch
- In medium saucepan over medium-high heat, reduce watermelon juice to 2/3 cup. Toward end of reduction, add garlic. Remove from heat, cool 10 minutes then add soy sauce, brown sugar, hot sauce and bourbon. Mix well.
- Place watermelon-bourbon glaze in



Watermelon Walnut Currant Chutney

- 2 tablespoons apple cider vinegar
- 1 1/2 cups packed brown sugar
- 1/2 medium white onion, sliced
- 1 tablespoon minced garlic
- 1/2 teaspoon nutmeg
- 1/4 teaspoon cloves, ground
- 1 teaspoon lemon zest
- 1 lemon, juice only
- 2 tablespoons currants
- 2 tablespoons roasted walnuts
- 1 wheel brie cheese, for serving
- crackers, for serving

In saucepan over medium heat, reduce watermelon juice to 2 cups. Combine with watermelon rind, apple cider vinegar, brown sugar, white onion, garlic, nutmeg, cloves, lemon zest, lemon juice, currants and walnuts; simmer until almost dry.

Chill and serve over brie with crackers.

- Servings: 16
- 4 cups watermelon, juiced
 - 2 cups watermelon rind (white part), diced small

Ham and Swiss Sliders



Total time: 25 minutes

Servings: 4-6

- 1 stick butter
 - 1 package (12 rolls) King's Hawaiian Original Hawaiian Sweet Rolls
 - 1 pound shaved deli ham
 - 1 pound thinly sliced Swiss cheese
- Heat oven to 350 F. Melt butter and set aside.
- Cut entire pack of rolls in

half horizontally, keeping all top and bottom halves intact.

In 9-by-13-inch pan, place bottom halves of rolls and cover with ham and cheese.

Cover ham and cheese stacks with top halves of rolls. Drizzle butter mixture over tops of rolls.

Bake, uncovered, 15-20 minutes. Separate rolls for serving.

Ask The Money Lady

Dear Money Lady,

I have recently separated from my partner and am finding it really hard to figure out my finances and make ends meet. I am only making the interest payments on my credit line that is now maxed and I have cancelled my gym membership and even Netflix. I don't even want to indulge in buying grapes at the store because I can't afford it. Please help. Julie

Dear Julie – Hang in there, it will get better!

Divorced, separated, and starting over can be very hard on you personally, let alone financially. Having to accept the stress of a divorce with or without children can be very traumatic and monetary decisions can seem overwhelming. We all deal with money every day and for something so common, it can sometimes make very little sense. How to balance your budget, how to save, how much to spend and what future decisions to make; these are the questions that most people grapple with. So, let's look at some options right now that you can do to fix your situation.

First – if you are low on income every month you need to earn more. Your ability to earn an income is your greatest asset. Could you take on a part-time job doing something you are good at? – sewing, gardening, computer skills, babysitting, senior companionship, anything that can make you a little more each month. Another option could be to slim down what you own and start selling it online for quick cash.

Second, look for ways to save on banking, mortgages, and lines of credit. It might be necessary to get a consolidation loan or perhaps refinance your mortgage to amalgamate your debt. Why not consider looking at a local credit union instead of one of the Big-5 banks? They tend to be a lot better on personalized advice and financial counselling. Credit unions also have much lower loan rates, no-fee banking, and lower cost options on a variety of banking products.



Unlike the “big banks,” credit unions focus on providing members with financial services at an affordable fee and give back to their members and community. The Big-5 banks serve their investors with their ultimate goal being to maximize returns for their shareholders.

If you are really struggling, don't be shy to find your way to a local food bank or pantry service and ask for grocery assistance. Lean on a friend or family member to help you out and seek guidance on how to improve your situation. Community outlets that offer free food bring people together and I've met many lovely, caring volunteers who give up their time to help out.

Lastly, keep a journal either on your phone or on paper. It is imperative that you plan your way out of your troubles and into financial freedom. Brain-dump all your thoughts out, write them down, read them, and start strategizing ways to get better. Track all your spending and educate yourself about money – how to make it, how to spend it, and most of all how to keep it.

Good Luck & Best Wishes,
ATML - Christine Ibbotson

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6. Send your money questions (answered FREE) through her website at askthemon-eylady.ca

Peanut Butter, Jelly and Banana Sliders

Prep time: 5 minutes

Servings: 4-6

- 1 package (12 rolls) King's Hawaiian Original Sweet Rolls
- 4 tablespoons salted peanut butter
- 4 tablespoons strawberry jam
- 2 bananas, sliced

Cut entire pack of rolls in half horizontally, keeping all top and bottom halves intact.

Spread peanut butter on bottom halves followed by strawberry jam. Top with banana slices then top halves of rolls.

> DIABETES, FROM PG. 7

There are 92 per cent with Type 2 diabetes and eight per cent with Type 1 and gestational diabetes.

"And unfortunately those numbers are on the rise, so that's why there's so much importance to creating awareness and community partnerships," noted Lambkin.

Regnier has been living with the disease for 38 years. There is a history of it in her family.

"It's very prevalent in our family on my dad's side," she noted.

"I want to help raise money for a cure and for more improved management options," Regnier continued. "There have been great strides. When I first started when I was first diagnosed, I tested my blood sugar four times a day and took my insulin twice a day ... that slowly changed over the years, and now the technology has improved so much.

"It's a complete game changer for me. I'm on the continuous blood glucose monitor and insulin pump, and they work together to keep my blood sugar in better control, and my blood sugar has never been so good," she said. "With

diabetes, things just happen, though. Sometimes, you never have the same day, and it can be due to so many things ... there is still work to do."

Lambkin noted that Lace Up originated in Manitoba and was an in-person event before going virtual as a result of the pandemic.

"It's one of the events that we felt was really relevant to keep our diabetes community together throughout the pandemic," she said.

"It's a national fundraiser ... and participants choose their activity, whatever's meaningful for them so they can walk, ride, dance," Lambkin said. "We just encourage them to move and it's at their own pace. Every distance and every dollar helps fund education and our support services, advocacy and diabetes research.

"It's really a good opportunity to challenge yourself or rally a team together," she added. "We have a map which pinpoints participants right across the country," she noted. "It actually indicates some in-person walks as well."

There will also be a special virtual event on Sunday, Sept. 24.

"It's actually a cross country virtual relay ... we have an emcee who is going to be virtually in every province ... it's a really good connective piece of it."

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

take a break > GAMES

SUDOKU

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

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!

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

- CLUES ACROSS**
- Midway between east and southeast
 - At right angles to a ship's length
 - William Penn's business partner
 - __ de plume
 - Accomplished soccer coach
 - Bone cavities
 - __ juris: independent
 - Popular Philly sandwich
 - Northern Ireland county
 - Performing artist
 - S S S
 - Lacks flavor
 - Commercials
 - Anno Domini (in the year of Our Lord)
 - Qatar's capital
 - Indigenous peoples of Alberta
 - Popular footwear
 - Indicates position
 - Anglican cathedral
 - Aircraft part
 - Before
 - Blood group
 - Secretary organ
 - Fencing swords
 - The small projection of a mammary gland
 - Technological advancement
 - Male parent
 - Dissociable
 - More cold
 - Cape Verde Islands capital
 - Blood disorder
 - Creative
 - Sun up in New York
 - Made angry
 - Relieves
 - Brooklyn hoopster
 - Seasonings
 - Movable barriers
 - Attempt

- CLUES DOWN**
- Occur as a result of
 - Spiritual essences

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							70	

- Representative
- Entering
- Nobel Prize-winning physicist
- Midway between northeast and east
- Consumed
- Tablelands
- Kids' craft accessory
- Not known
- Sound directed through two or more speakers
- A major division of geological time
- Wild ox
- Shock treatment
- Turner and Lasso are two
- Genus of flowering plants
- Relating to ductless glands
- Stock certificate
- Satisfies
- Places to enjoy a rest
- Edward __, author and writer

- "__ but goodie"
- One hundredth of a liter
- Shabbiness
- TV personality Roker
- Triangular upper part of a building
- Speed at which you move
- Offend
- A reference point to shoot at
- Forays
- Biblical city
- Blatted
- Northern sea duck
- Shabby (slang)
- Allege
- Tax collector
- Whereabouts unknown
- Chinese philosophical principle
- Indicates equal

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Todd
250-864-3521



THANK YOU from Camp Wannakumbac

Thanks to everyone who attended Camp Wannakumbac's 75th Anniversary on Aug. 4-7, 2023 including all the amazing volunteers and Camp participants, Current & Alumni Campers, Counsellors, Staff and families, with appreciation for all the donations and support. You all contributed to our 75th Anniversary event being a huge success. Please continue to support Camp Wannakumbac!

Camp Merchandise is still for sale:
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to another**



BACK TO SCHOOL BBQ!

Sunday
September 10th
10:30am

Join us under the tent!
Gifts for the kids!
Lunch on the grounds!

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**THE RURAL MUNICIPALITY OF THOMPSON
PUBLIC NOTICE - BOARD OF REVISION**

Public Notice is hereby given that the 2024 assessment roll for the Rural Municipality of Thompson has been delivered to the Municipal Office at 530 Norton Avenue, Miami, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with sections 42 & 43 of The Municipal Assessment Act:

APPLICATION FOR REVISION:

42 (1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114 (1) of The Real Property Act, an occupier of premises who is required under the terms of lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- a) liability to taxation;
- b) amount of an assessed value;
- c) classification of property;
- d) a refusal by an assessor to amend the assessment roll under subsection 13 (2)

APPLICATION REQUIREMENTS:

- 43 (1) An application for revision must:
 - a) be made in writing;
 - b) set out the roll number and legal description of the assessable property for which a revision is sought;
 - c) set out which of the matters referred to in subsection 42 (1) are at issue, and the grounds for each of those matters; and
 - d) be filed by
 - (i) delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41 (2), or
 - (ii) serving it upon the secretary, at least 15 days before the scheduled sitting date of the Board.

The Board of Revision will sit on **Thursday, October 12th, 2023 at 10:00 a.m.** in the Council Chamber of the Rural Municipality of Thompson to hear applications.

Applications must be received by the Secretary of the Board on or before **Tuesday, September 26th, 2023.**

Secretary
Board of Revision
The Rural Municipality of Thompson
530 Norton Avenue
P.O. Box 190, Miami, MB R0G 1H0



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Neepawa Banner & Press is seeking a candidate with a passion for journalism, a strong news sense, excellent research skills, a creative approach to coverage, a desire to learn and an ability to adapt to rapidly changing situations.

Reporter will have a focus on Municipal Council, School Board and Health Region news. Contract position until March 31, 2024, but may be extended.

Deadline: Friday, Sept 1
Email resume, cover letter, and three references to: Ken Waddell, Publisher Neepawa Banner & Press 204-476-6214 kwaddell@neepawabanner.com

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Dufferin Agricultural Building at the fairgrounds
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Contact Joyce 204-626-3310
or Edith 204-745-3077

CARMAN Legion

**Carman Legion Br. #18
Veterans' Dinner**
Saturday, September 23, 2023

**Cocktails @ 5:00 p.m.
Dinner @ 5:30 p.m.
\$25.00 each**

(No charge to veterans, spouses, widows)

Tickets available in the
Legion Clubroom

Announcements Classifieds

The Carman-Dufferin STANDARD

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OBITUARY



Donald Lorne McCutcheon
August 4, 1945 - August 19, 2023

As the morning sun rose on Saturday, August 19, 2023, Don died peacefully at the Carman Hospital at the age of 78 years and 15 days. Always a farmer, he left this world to oversee the harvest with care and commitment to the land he loved, and the family he left behind.

Don was a multitude of characters and each of the family and friends he knew over the years learned to love and appreciate his uniqueness. Never one to back down from an argument, a challenge, or doing right, he taught us that love and caring comes in many forms.

He was a Dad, husband, farmer, councillor, miller, card shark, cattle rancher, reader, philosopher, granddad, brother, uncle, prankster, food critic, storyteller, traveller, miner, historian,

mathematician, driving mentor, mechanic, cousin, neighbour and friend.

He leaves on earth his beloved family, wife Shirley, son Cole, son C.R. (Rose) and his grandchildren Christopher, Rae-Lynn, Joey, Tessa and Taylor. His McCutcheon siblings Clarence, Marjorie, Orvil, Jean (Dick) and their families, along the families of Allen, Ruby and Kenny. His Halstead in-laws Brian, Don, Lyle, Ken and Kathy and their families, and a group of close friends.

His ashes will be interred in the family plot in Greenwood Cemetery, and be scattered over his prairie fields.

Ashes to ashes, dust to dust.

Goodbye. We love you and miss you.

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

OBITUARY



Francis Alan Kennedy

Francis Alan Kennedy was the only child of Hazel Irene (nee Burrows) and Lorne Christopher Kennedy, born on February 10, 1931 at the Miami Cottage Hospital. Alan left this earth on August 23, 2023 at Salem Home in Winkler, with his family at his bedside.

Alan lived life with a lot of energy, and a lot of ideas. He was well known for his mechanical abilities, his inventive designs for farm machinery, and even artistic metal work in weathervanes and stained glass and iron signs. To finance his farmland purchase, he designed and built a crane from war surplus parts (including the hydraulics from the landing gear of a P51 bomber), and put it to work on the bridge building crew of the RM of Thompson in the '50s.

He was a farmer, through and through, with a special passion for corn growing. Although farming could be close to all consuming, his real love was aviation. He earned his pilot's license, and had his

own plane for many years before the responsibilities of family life convinced him to spend time on less dangerous pursuits, while still reading every aviation magazine he could get his hands on. In his midlife years, Alan was an active member of the Winnipeg Gliding Club, where he probably spent more hours maintaining the runways (more farming really) and tinkering with the mower than he did actually flying.

Alan's other lifelong passion was downhill skiing: from driving a grain truck to Banff and Lake Louise in 1962 for a ski trip, to teaching each of his daughters to ski at Ski Birch and then Snow Valley, to watching his grandchildren learn to ski in the Rocky Mountains. His retirement project was being a volunteer Canadian Ski Patrolter along with his wife Dulcie, which kept him skiing well into his 80's and also shoveling snow (which is like more farming).

Alan believed in community service, serving on the boards of the Corn Growers Association, Miami Coop, Access Credit Union, Miami United Church, Midland School Division, Morden Stanley Thompson Winkler Planning District, in addition to being a councillor for the RM of Thompson.

He is survived by his wife Dulcie and his daughters Michelle, Risa (Wayne) and their children Natalia and Lauren Cusson, and Sandy (Arlin) and their children Anson and Erica Amundrud.

Funeral service will be held on Friday, September 8, 2023 at 2:00 p.m. at the Miami Community Hall. Interment will take place in the Miami Cemetery.

Memorial donations may be made to the Miami Area Foundation, Box 334, Miami, MB, R0G 1H0.

Doyle's Funeral Home
in care of arrangements
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OBITUARY

Lori Young

Lori Anne Young nee Gitzel (64), was surrounded by her family at HSC on August 22, 2023 when the Lord took her home. Lori fought hard the past year against Cancer.

Randy and Lori married in 1981 and took over the homestead in Roland, where they raised four children: Lorissa, Jeremy, Johnathan, and Matthew. Lori's love for her family was the most important thing to her under her love for Jesus. Lori loved to spend time with her family and always had to make sure that everyone was taken care of.

Lori was predeceased by Alfonse and Shirely Gitzel (Mom and Dad).

She is survived by Randy (husband), her daughter and sons: Lorissa and Anthony, Jeremy and Michelle, Johnathan and Cassy, and Matthew and Elicia. She leaves behind five grandchildren: Kerstin, Kayden, Everett, Jace, and Hendrix. She also had a large extended family that will miss her greatly, which includes her loving sister Cheryl Thevenot.

Services were held at Carman Pentecostal Assembly on Wednesday, August 30th, 2023 at 2 p.m.

In lieu of flowers, the family requests donations be made to CancerCare Manitoba or Siloam Mission. Both of these organizations were important to Lori, as she always wanted to help others in need.

Doyle's Funeral Home
in care of arrangements
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Lee and Lee Law Office Carman Legal Assistant

Lee and Lee Law Office is seeking a full-time Legal Assistant to join our law firm.

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- General administrative duties such as email correspondence, filing, scanning, and printing
- Preparing legal documents and correspondence based on written instructions, verbal direction and precedents
- Daily administrative tasks such as opening and closing files, preparing invoices, and receipt of general and trust deposits, answering phone calls and booking appointments
- Preparing documents such as Wills, Powers of Attorney and Estate documents
- Preparing documents for real estate transactions including land titles searches

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- Strong computer, writing and keyboarding skills
- Working knowledge of Microsoft Office and Outlook
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- Ability to work independently and take initiative
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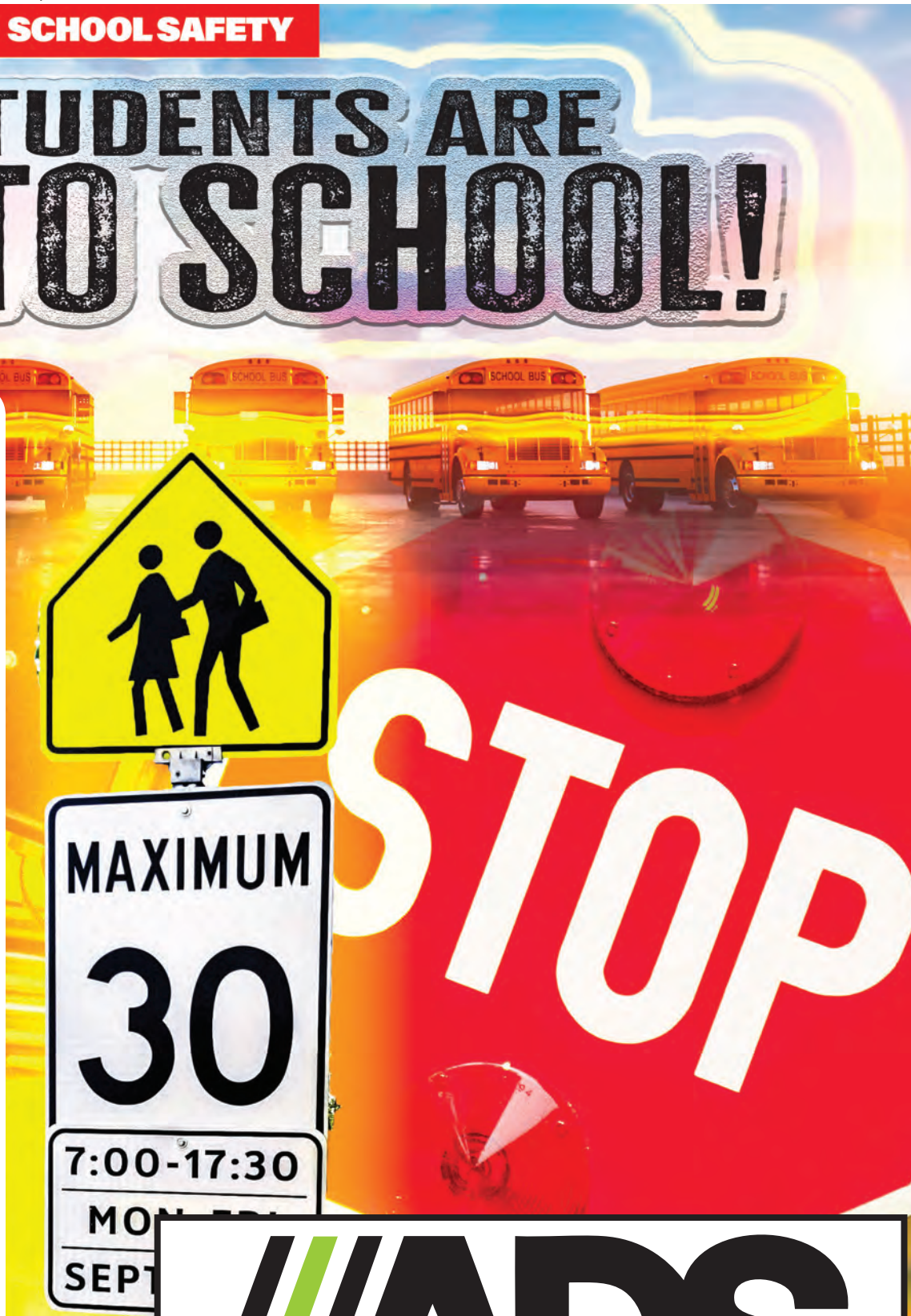
Create safe and supportive environments for students and educators returning for a new school year.

Back-to-school season represents the start of a new academic year and a time of excitement and anticipation for the kindergarten through grade 12 (K-12) community. It's also an important reminder of the continuous need to create and maintain safe and supportive environments for students and educators.

School safety encompasses several important elements, which span planning and prevention activities to protection and mitigation measures, to response and recovery actions during and after an actual incident. By integrating these various elements – and applying them to their individualized and unique needs, challenges, and settings – schools can create comprehensive and holistic school safety plans, procedures, and systems.

Bullying is defined as unwanted, aggressive behavior among school-aged children that involves a real or perceived imbalance of power. The behavior is repeated, or has the potential to be repeated, over time. Bullying is linked to many negative outcomes and in some instances can play a contributing role in school violence. Reducing bullying in schools requires a multi-faceted approach, including identification, prevention,

immediate response, and appropriate support for serious incidents, as well as attention to cyberbullying and online harassment, including gender-based harassment and violence. School-based programs that strengthen students' skills; build a positive and supportive school climate; modify the physical and social environment, including through guidance on appropriate, respectful engagement online and through the use of electronic devices; and engage parents and youth can also play a part in preventing bullying and/or reducing key risk factors.



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