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STANDARD

VOLUME 3
EDITION 37

THURSDAY,
SEPTEMBER 14, 2023

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Gearin up for a new school year

STANDARD PHOTO BY MATTHIEU MEIER

Wee Care Child Center Kindergarten students, Rory, Cali, Nova, Reid and Wrenleigh, were all outfitted with backpacks and a great attitude to start classes last Wednesday at Carman Elementary School.

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We are located in Carman – covering Southern Manitoba

Naturopathic centre happy, healthy after two years in business

By Ty Dilello

Gardiner Naturopathic Wellness Centre in Carman is a naturopathic clinic with the goal of helping women feel their best.

Dr. Abbie Gardiner moved with her family to Carman two years ago, and with that, opened the centre in June of 2021. The business was quickly greeted with open arms in Carman. Two years later, it has patients who travel for appointments from across southern Manitoba.

"We're very grateful to live in such a family-oriented community with a focus on health and wellness," Gardiner said. "The community has beautiful walking trails for nature walks all year round, offers a variety of sports, yoga and Pilates classes, and a wide variety of health practitioners, including physiotherapists, massage therapists, medical doctors, nurse practitioners, holistic nutritionists and naturopathic doctors."

Gardiner sought to create a place for women to be cared for, listened to and supported on their health journeys.

"It's my mission to educate women on their bodies, to empower them to take control of their health and start feeling like themselves again," she said. "It's been my experience since moving to Carman that individuals here are looking for a health care team for collaborative care. I'm always honoured to be included in someone's team."

Becoming a naturopathic doctor requires a four-year undergraduate degree followed by a four-year postgraduate naturopathic medical education. Gardiner completed her naturopathic medical training at the Boucher Institute of Naturopathic Medicine in British Columbia.

Naturopathic medicine is a regulated profession in Manitoba, governed by the Manitoba Naturopathic Association. This is important, as it means doctors must follow very specific guidelines and safe practices in order to safely treat and protect the public.

Similar to medical doctors and nurse practitioners, naturopathic doctors have access to ordering laboratory tests to assist in diagnosis and to assess the progress of treatment. Naturopathic treatments include diet and lifestyle recommendations, supplementation including vitamins, minerals and herbs, in addition to acupuncture and physical medicine such as massage and spinal adjustments.

Gardiner believes that the best care for patients is provided through an integrative approach.

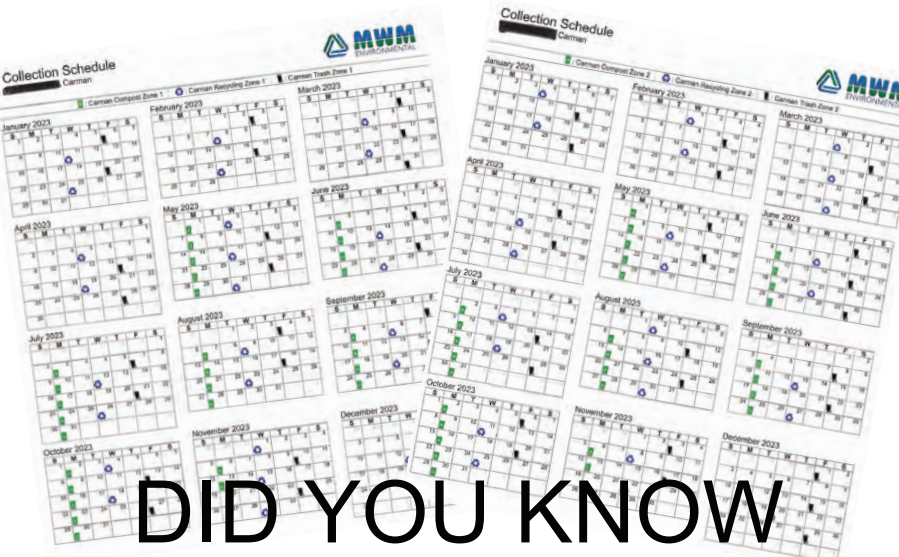
"With a wide variety of treatment modalities, we are able to individualize care for our patients to get them back to feeling their best," she said. "I am fortunate to have some great practitioners in the area, especially at the Carman Community Health Cen-

"IT'S MY MISSION TO EDUCATE WOMEN ON THEIR BODIES, TO EMPOWER THEM TO TAKE CONTROL OF THEIR HEALTH."



STANDARD PHOTO SUBMITTED
Dr. Abbie Gardiner of the Gardiner Naturopathic Wellness wants to help better women's lives with the use of holistic medicine.


Continued on page 8



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Sit, stay, rollover: dog obedience classes begin in Carman

Classes to take place Tuesdays at community hall

By Ty Dilello

Dog trainer Laurie Millions knows a good dog is more than just a pet.

"I believe that having a well-mannered dog as a family member will help families to be able to enjoy their dogs," said Millions, who is now offering obedience classes to pet-owners in Carman.

"I will teach owners how to get their dogs to sit, stay, come to them, and walk beside them on a leash without pulling them. I teach owners to use a positive voice and a few treats to start. And then we wean the dogs off the treats. Training dogs is all about building a good relationship with your dog."

Carman-Dufferin Recreation is hosting the classes, which began Sept. 12 at Carman Community Hall. They will continue on Tuesdays from 7 p.m. to 7:30 p.m. The cost is \$110 for a six-week session course. Dogs must have a six-foot lead, two sets of shots, and be at least four months of age.

Millions has been training dogs for about 40 years after starting in Dryden, Ontario, when she was a teenager.



Training dogs is all about forming healthy relationships, Millions says.

"I trained under Leslie Snell, a dog trainer from Dryden, and the first dog that I trained was an Alaskan malamute named Buffy," she said. "I trained her and then showed her at dog shows, obtaining her obedience titles. I also got motivated to learn how to run my malamute in harness with the local vet in Dryden."

Millions then switched to a quicker dog in Siberian huskies, as she wanted to start racing them. She now owns 12 registered Siberian huskies that her husband Mark races, while Laurie shows them in conformation and obedience shows across Manitoba and Ontario.



STANDARD PHOTOS BY LAURIE MILLIONS

Millions' three-year-old Siberian husky, Ace, is a well-trained good boy and might join in with the class.

Millions used to train for the German Shepherd Dog Club of Manitoba when she lived in Winnipeg. She is currently a member of the Portage Kennel Club and has taught a few beginners obedience classes there as well.

Millions has also been teaching basic

beginner obedience classes in Carman for a while now.

For more information, please contact Carman Dufferin Recreation at 204-745-2684 or programcdr@townofcarman.com. Registration for the course can be done online at www.carmandufferinrecreation.com.

Fore Parkinson's Golf Tournament Back in Carman Sept. 23

By Becca Myskiw

It's all fore Parkinson's. The Fore Parkinson's golf tournament is on once again, and registration is open.

This Sept. 23, people will have the opportunity to swing a club in support of research for Parkinson's. Organized by Bev Baker and her family, the tournament is in honour of her dad, Jack Harder, who has Parkinson's.

According to Parkinson Canada, the disease is a "complex brain disease" that more than 100,000 Canadians live with. 25 Canadians are diagnosed with the incurable disease every day.

The most common symptoms of Parkinson's disease are tremors, slowness and stiffness, impaired balance, and rigidity of the muscles. People with it can also experience fatigue, soft speech, stopped posture, problems with writing, constipation, and sleep disturbances. Parkinson Canada says as the disease progresses, non-motor symptoms can also appear.

There are drug and medication ther-

apies for the disease, and though it affects the quality of life for most with it, the prognosis can be a near normal life expectancy.

Jack Harder has had Parkinson's disease for over a decade now and manages to keep a good attitude about it and life. Baker said the diagnosis was shocking for the family and came with a lot of learning for each of them. She said they had to learn what it is, how to manage it, what the prognosis can be, and more, but the answer to each question is different for everyone.

She started the golf tournament as a way to help fund research and find a cause for this incurable disease. It

started with six teams, then 10, and

Continued on page 4

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Carman Food Pantry receives new freezer, food donation

By Ty Dilello

The Carman Food Pantry has received a brand-new freezer and 1,000 pounds of ground pork from Manitoba Pork Producers and Harvest Manitoba.

This year, Manitoba Pork Producers committed to donating tens of thousands of pounds of ground pork to food banks across the province. The Carman Food Pantry was the first of their deliveries, and also received a freezer to hold all of the pork.

Last month, the Carman Food Pantry prepared food hampers for 95 households, including 117 children — nearly 70 per cent of which were under the age of 12.

“We have a wonderful team of volunteers that contribute their hands, vehicles, time and energy to make this happen every four weeks,” said Evelyn Rempel Petkau, board member with Carman Food Pantry.



1,000 pounds of ground pork.

CTV News in Winnipeg visited the pantry last week to make a TV segment for a future episode. For those



STANDARD PHOTOS BY EVELYN REMPEL PETKAU

Vince Barletta, CEO and president of Harvest Manitoba, Brenda Bryson, Carman and Area Food pantry board member, and Donalee Jones, senior producer of Great Tastes of Manitoba, CTV, beginning to load the new freezer.



The Harvest Manitoba truck arriving at Carman Food Pantry.

interested in viewing, the Manitoba Pork episode featuring Harvest Manitoba and the Carman Food Pantry will premiere on CTV on Oct 28 at 6:30 p.m.

It will also be available for streaming on greattastesmb.ca and its YouTube channel that weekend.

CTV will then re-air it in spring 2024, and it will also broadcast multiple times on The Rural Channel (a small specialty network that's available on cable and satellite providers across Canada).

> PARKINSON, PG. 3

16 last year. Baker is hoping they get at least as many teams as last year, if not more.

The annual golf tournament will be at the Carman Golf & Curling Club with a 1 p.m. tee-off time. The cost to register is \$125 per person, which includes 18 holes of golf, dinner, and a donation to the cause. People can also choose to only go for dinner and buy a \$20 ticket. If children are wanting to golf, Baker said there are special rates for them that can be discussed over the phone. There are cash prizes for first place (\$400) and second place (\$200).

Along with golf, the tournament will have a couple challenges on certain holes and a silent auction with prizes like a bench made by Harder, four-foot sunflower wall art, a fire pit, and more.

Baker is hoping the tournament continues to grow. Whether it be in numbers or through awareness, she's happy to see more people learning about the disease and supporting research for it.

To learn more about the tournament, go to @ForeParkinsonsGolf on Facebook or call (204) 470-0517 or (204) 799-6591.



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Trust in PRSD ‘Hanging on by a thread’ amid claims of explicit books

Parents, board members continue debate around library contents

By Becca Myskiw

Contention surrounding books available in Prairie Rose School Division (PRSD) schools is not over. At the Aug. 28 PRSD board meeting, parents of students in the division came together to once again present on what they believe is explicit material being offered to their children.

In June, Raelyn Fox said her daughter brought home books from Carman Collegiate with sexually suggestive material along with drug abuse and domestic abuse in them. Shocked and horrified, she and her husband booked a meeting with the school to tour the library and find out exactly which books were available to their children.

She said they found more books with explicit content, including some with descriptions of rape, paraphilia, sexual touching for minors and unsafe illegal acts like child pornography.

So far, the mother has identified roughly 20 books she'd like Carman Collegiate to remove from its library.

Fox was the first of two people to present at the meeting. She previously spoke at a June 19 board meeting, where five delegations were presented along with over 100 written submissions on the issue. PRSD's board of trustees released their response to those delegations one week after the meeting.

In its response, the division said the board "rejects the premise that any school library within Prairie Rose School Division contains pornography and rejects all claims of contravention of Criminal Codes, Acts or Statutes. Such claims are without foundation, hurtful, and harmful."

It went on to cite an internal policy which reserves "respect for human diversity."

The division believes in the principle of human rights as identified in the Manitoba Human Rights Code, the Canadian Charter of Rights and Freedoms, the Safe Schools Charter, the Public Schools Act and the United Nations Universal Declaration of Human Rights, it said.

"PRSD believes in the importance of understanding, respecting, valuing and appreciating the diverse cultural and human sexual differences and perspectives within PRSD in order for it to be more successful in providing appropriate educational services for students."

The division also pointed to an administrative procedure which reserves respect for sexual orientation

and gender identity.

"As per the charters, codes and laws listed in PRSD policy Respect for Human Diversity, it is clear that it is the right of all individuals to treatment that is solely based on their personal merits and to equality of opportunity with all other individuals in all matters," says the procedure, which the *Standard* reviewed.

The procedure then goes over how the division will carry out this policy, mentioning "the Superintendent/CEO or designate will direct processes that enhance, as needed, divisionally reviewed resources for all schools' libraries that support respect for human diversity."

"You can call it whatever name you want," Fox said at the Aug. 28 meeting. "It's lipstick on a pig. More truthful words to represent this material would be pornography, sexual abuse, coercion, predatory, paraphilia, rape, incest, bestiality, pedophilia."

After giving various examples of lines taken from the books in question, she noted there is no governing body that dictates how publishers should catalog their books, so it's up to the school division to decide which books enter the schools.

Fox noted policies and procedures concerning respect for human diversity as outlined by the Public Schools Act and intellectual freedom as outlined in the Public Libraries Act must align with the Criminal Code of Canada.

Section 152 of the code says it's an offense to invite sexual touching with a minor and section 163 of the code says, "every person commits an offence who makes, prints, publishes, distributes, circulates, or has in their possession for the purpose of publication, distribution, or circulation any obscene written matter, picture, model, phonograph record, or any other obscene thing."

The Manitoba School Board Associ-

Correction

Staff

In the article Tea and tour: local craftswoman to showcase elaborate miniature houses published on Aug. 31 edition of the *Carman Dufferin Standard*, we wrote there will be five buildings on display at the Tea & Tour in Roland — there will actually be 11 buildings to see.

The *Standard* apologizes for the mistake.

ation also defines child sexual abuse material as "actual, but also fictitious, written depictions of child sexual abuse... also known as child pornography."

Fox said it's impossible for each staff member to know the beliefs of each family so it's "time to create a universal policy for the division."

"For many, trust in your institution is hanging on by a thread," she said. "The public wants to know: what are you accepting into our schools and handing to children in the name of education? What is the line? The expectation is that you see minors as minors and just because an author has imagined or lived an experience does not make it educational. We do not consent to our children being exposed to traumatizing materials while in your buildings. We do not consent to materials that normalize sexual abuses and grossly unsafe sexual practices being handed to our children."

She said though this conversation is an uncomfortable one, she believes the trustees were elected to the board for a time like this. Fox is hoping the board will develop a policy to protect all minors in their schools.

PRSD's board of trustees will now

go over the presentations. The June 19 meeting recording is on the PRSD website for viewing. Though the Aug. 28 meeting was also recorded, PRSD told the *Standard* it does not post board meeting videos online.

In her presentation, Fox asked five yes or no questions of the trustees that she said she expects to receive answers to within the next two weeks:

1. Trustees, is it your position that Prairie Rose School Division supports the following for minors in your publicly funded schools?
 - a. Materials that instruct on sexual touching
 - b. Materials that include paraphilia
 - c. Materials that instruct on how to engage in sex and sex acts with adults
2. Do you support the following for minors?
 - a. Materials that contain written or visual depictions of child sexual abuse
 - b. Materials that contain written or visual depictions of sexual acts between adults and adults

Continued on page 6



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getheard

EDITORIAL > VIEWPOINTS > LETTERS

Ty Dilello
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A provincial general election: voting day Oct. 3

Submitted by Elections Manitoba

Manitoba's 43rd provincial general election has been called and will be held on Tuesday, Oct. 3. Advance voting runs for eight days, from Sat., Sept. 23 until Sat., Sept. 30.

Voter information: www.electionsmanitoba.ca/en/Voting/MyVotingInfo

Who Can Vote?

To be eligible to vote, an individual must:

- be a Canadian citizen,
- be at least 18 years old on election day, and
- have lived in Manitoba for at least six months immediately before election day.

Voter Information Card

Voters will receive a voter information card in the mail. This card confirms that the voter is registered to vote and tells them when and where they vote on election day and during advance voting.

Voter Registration

Voters who have not received their cards or received a card with incorrect information can visit www.electionsmanitoba.ca or contact their local election office to register or update their information before September 14. Voting is faster and easier when registered before the election, but

Manitobans can still register at the poll when they vote.

Where to Vote

During all eight days of advance voting, Manitobans can vote at any advance poll in the province.

On election day, Manitobans can vote at any polling place in their electoral division.

Voters can find all their options at www.electionsmanitoba.ca/en/Voting/MyVotingInfo.

ID to Vote

All voters require ID to vote, either one piece of government-issued photo ID or two other pieces. There are many options. A complete list of acceptable ID is available on the Elections Manitoba website.

Voters are encouraged to bring their voter information card, which can be used as one piece of ID.

Candidate Nominations

As of today, candidates may officially be nominated. Candidates must file nomination papers with their local election office before 1 p.m. on Mon., Sept. 11.

Third Parties

Third party rules have been in effect since June 7. Third parties must register with Elections Manitoba after spending \$2,500 on election commu-



nication expenses, with an expense limit of \$25,000.

Registered third parties can be found at www.electionsmanitoba.ca/en/Finance/ThirdParty_Election>Returns/GE2023.

Election Modernization

The 43rd general election will see new technology at the polls, resulting in reduced wait times for voters and faster results reporting. This new technology includes:

- Laptops with secure access to the voters list;
- Scanners to scan voter information cards and quickly find voters on the voters list;
- Printers for printing ballots on demand in place of write-in ballots for advance voting; and
- Vote counting machines to scan and accurately record ballots and provide results at the close of polls.

It is expected that approximately 85 per cent of election day voters and 95 per cent of advance voters will see these tools in use in the 2023 general election

> BOOKS, FROM PG. 5

c. Materials that contain written or visual depictions of sexual acts between minors and minors

d. Materials that contain written or visual depictions of pedophilia

e. Materials that contain written or visual depictions of bestiality

f. Materials that contain written or visual depictions of paraphilia

g. Materials that contain written or visual depictions of rape

3. Is it your position that mate-

rials as outlined in question one and two can be used by educators, instructors, assistants, or guests as resources and instructional material?

4. Does Prairie Rose School Division recognize the ultimate authority of the Criminal Code of Canada's definitions of pornography, child pornography, instructing minors on sexual touching, and child exploitation?

5. Is the board ready to create a policy surrounding all materials en-

tering Prairie Rose School Division schools to protect all minors from contact and non-contact sexual crimes in Canada, as outlined in sections 151, 152, 153, 163, and 171 of the Criminal Code of Canada? Are you ready to create a policy that applies to all materials being used for any purpose, whether being used by guests, teachers, principals, librarians, educational assistants, or parents where minors are involved?

OUR SISTER PUBLICATIONS



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Boundary Trails Health Centre breaks ground on major expansion

By Ty Dillelo

Construction has begun for the new community services building and inpatient expansion at Boundary Trails Health Centre in Winkler.

The centre will see its existing building outfitted with an additional 24 acute care inpatient beds, an expanded emergency department and a new state-of-the-art operating room. The key features will help address the needs of growing communities across southern Manitoba.

There will also be an expansion of the cancer care unit, dedicated space for palliative care services, a level-2 nursery designed to provide services to premature newborns with complex feeding needs and a new community services building. The latter will house administrative offices, which will be relocated to make more room for expanded clinical services.

Services in the new building will include public health, midwifery, home care services, children and youth rehabilitation services, the Centre for Hope Healing Garden and Healing Courtyard.

The build will take place in two stages, with the community services building opening in 2024. Ren-



STANDARD PHOTO SUBMITTED BOUNDARY TRAILS HEALTH CENTRE

Boundary Trails Health Centre has begun its major capital project of expanding the hospital to serve the needs of everyone in southern and central Manitoba. Pictured is a rendering of what the completed expansion will look like.

ovation and expansion of the existing health centre will begin once programs have been moved into the new building. Completion of the expansion project in its entirety is anticipated for 2026.

Flashback: Riverview Legion Place... a 30 year reality



STANDARD PHOTO SUBMITTED

Cutting the ribbon on opening day, left to right: Mayor Murray Rinn, Mb. Education Minister Clayton Manness, Lisgar-Marquette MP Charlie Mayer, Mb. Housing Minister Jim Ernst, Branch #18 President Mick Fraser, Committee Chair/M.C. Carm Colvin and Auxiliary President Francis Mackenzie.

By Dorothy McKay and Dennis Young

Comrade Carm Colvin and a few of his fellow comrades at the Legion had their eyes on a perfect location by the Boyne River for a senior apartment building in Carman. The land was available, but they needed expertise in building apartments, never mind the almost \$3 million requirements to go ahead!

These problems, plus many more, were tackled, and it was full speed ahead for the building committee. Comrade Colvin chaired (1993-2016)

the committee consisting of Comrades Colvin Abe Loepky, Garney Kissick, Mick Fraser, Joan Harrison and Auxiliary President Francis Mackenzie, with Bob McKenzie acting as their solicitor.

Housing Minister Jim Ernst approved a senior housing dependant on the committee meeting several conditions. One being the sale or rental of 20 units.

Coordinating efforts with government officials for funding, the Carman Legion #18 members donated

interest-free loans to obtain the capital required to complete construction. These loans were repaid within years, and soon, one could see the dream come alive.

With all funding in, Riverview Le-

gion Place Inc. will celebrate its 30th year this September. Comrades Abe Loepky, Mick Fraser, Ewart Hudson, Ron Delaquis, Carm Colvin, Garney

Continued on page 8

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> FLASHBACK, FROM PG. 7

Kissick and Auxiliary President Francis Mackenzie formed the first Board to oversee the facility.

A special sod turning was held Aug. 20, 1992 and in 1993 the first tenant, Mrs. Ethel Dracass, moved in. A grand opening was held with 200+ in attendance. Federal Agriculture Minister Charlie Mayer was in attendance and praised the project because of the cooperation from all three levels of government along with the Legion.

"You can see the results here today what can be accomplished when people work together. It was their energy and their vision that made this such a success!"

Former Mayor and committee solicitor Bob McKenzie, who was mentioned as indispensable throughout the project, added, "It's not an easy task to make an apartment block rise from a vacant piece of land. But it was accomplished!"

Riverview Legion Place Inc. (a non-for-profit operation) erected a four storey 35-unit apartment building - 20 of which are of the life lease type (12-2 bedrooms and 8-1 bedroom) complete with

balconies, while the other 15 are reserved for persons of income under \$17,000 and thus government subsidized.

An enclosed walkway spans the Boyne River, adding to the aesthetics and connecting to a furnished sitting area offering a patio for barbecuing, a full kitchen, a piano, TV and shuffleboard. All four floors are equipped with seating areas, a board room and office on the 3rd floor, laundry facilities on the 2nd and a library on the 4th.

Programs such as the Southern Health Program, noon meals and activities for daily living by a Tenant Resource Coordinator have been added and welcomed.

Over the years, there have been the usual growing pains, but these have been overcome with the help of the wonderful tenants who have called Riverview home. A real sense of community has always been present with tenants watching out for one another, and over 30 years, every one of the tenants has contributed to the life of Riverview Legion Place Inc. And in 2024, they will bid farewell to the mortgage.



STANDARD PHOTO BY LANA MEIER

The flowers along Carman's Main St. are spectacular

> WELLNESS, FROM PG. 2

tre, who are open to collaborative care for our mutual patients."

Initial naturopathic appointments include an hour-long consultation to discuss the patient's health concerns and past medical history. Gardiner typically runs blood work before initiating treatments, she said.

Common concerns include fatigue and burnout, poor sleep, premenstrual symptoms, difficulty losing weight, challenges with fertility and support during pregnancy or postpartum and perimenopausal symptoms.

al symptoms.

"As a naturopathic doctor, I pride myself on being an evidence-informed practitioner, meaning I use the most up-to-date research in combination with my clinical experience to make informed decisions for patient treatment plans," she said.

Gardiner Naturopathic Wellness Centre is located at Unit 1A - #4 1st Ave SW in Carman. Appointments can be booked by emailing admin@gardinernaturopathic.com or by calling 431-771-8000.

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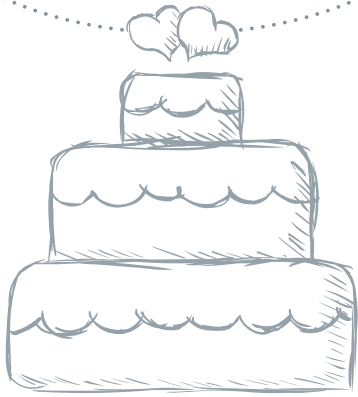
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4 perfect locations to hold your wedding

Are you looking for a wedding venue that reflects your spirit as a couple? Here are four venue ideas that may inspire you.

- 1. Yacht.** Space limitations may force you to limit your guest list to your absolute nearest and dearest. However, the fresh air and breathtaking views will ensure your intimate wedding at sea is truly memorable.
- 2. Public building.** The stunning architecture of older buildings lends itself well to the decorum of a wedding. Imagine a couple of book lovers getting married in a stately library or a pair of art lovers tying the knot in the gallery where they had their first date.
- 3. Converted industrial building.** Many old factories and warehouses have been given new lives as event spaces. Although you may need to spend more on decorations to offset the industrial backdrop, the funky surroundings will give your celebration playful energy.
- 4. Vineyard or brewery.** Are you particularly fond of a local brewer or winemaker? A romantic vineyard is perfect for a sophisticated celebration. Go with a casual brewery space for a laid-back vibe.



Don't leave your venue booking to the last minute. Take time this week to explore options near you.

When booking a unique venue, don't forget to check with local authorities regarding crowd size, noise restrictions and alcohol service regulations.

4 tips for a winning marriage proposal

Has the subject of marriage come up in conversations with your sweetheart? Does it feel like the right time to pop the big question? Here are four tips to help you make your proposal unique and unforgettable.

1. Think about your personalities

If you or your partner are shy, a public proposal with lots of people watching might not be the best idea. Instead, choose an intimate moment. For example, in the comfort of your home, while taking a walk or during a romantic picnic. If you don't want it to be entirely private, consider including a few of your closest friends to make it meaningful.

2. Plan your proposal

Ideally, choose a moment when you won't be too pressed for time to avoid needless stress. While it may seem there's never an ideal time to propose, it's in your best interest not to rush it.

3. Pay attention to your presentation

Even if an engagement ring isn't essential to you, the moment of presentation is the heart and soul of the marriage proposal. Choose the ring carefully, subtly taking note of your partner's tastes while passing a jewelry shop window, for example.

4. Consider the element of surprise

Even if you and your partner frequently talk about marriage, the element of surprise is key to a memorable proposal. Make your plans discreetly, and be sure that the loved ones you enlist help keep the secret safe.

Start exploring your area to find the perfect ring and plan the perfect place and time for your marriage proposal.

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Holistic medicine on the rise in southern Manitoba

By Ty Dilello

Over the past several years, there has been an influx of holistic medicine businesses popping up around southern Manitoba. The specialized form of healing considers the body, mind, spirit and emotions, in the quest for optimal health and wellness.

Carman is at the forefront of the rise, with First Street SW home to a naturopathic doctor and a Stott Pilates studio. There are also several massage therapists in town and yoga options.

"I know personally I'm drawn to more natural, holistic ways of healing because I feel better longer term, and I know it's safe for my body," said Mayghan McEachern, owner of Peace Lilly Therapeutics.

Her business, which helps people live a more natural, well-balanced life, is located at Suite C 20, 1st Ave SW in Carman.

McEachern began Peace Lilly Therapeutics seven years ago as a way for people to find more natural ways of healing in a safe space and in an affordable place. It offers different kinds of massages, aromatherapy treatments, chakra balancing, energy balancing, and guided meditations.

Peace Lilly also retails homemade

bath and body products, essential oils and provides in-person and online meditation classes and workshops.

"My business has grown in ways I've never imagined over the last seven years," McEachern said. "It's always interesting to learn all these extra modalities and how so much is connected within the mind, body, and soul. And how healing can go beyond what modern medicine can offer. Plus, supporting small businesses and local is a bonus knowing you are helping them and their little families and households as well."

Some other options for holistic medicine in Carman include Dr. Abby Gardiner from Gardiner Naturopathic Wellness Center, Tiffany Elliot of RE-AB Soul to Sole Pilates, Sara Rae Massage, Kristina Wilton Massage Therapy, Eunique Yoga and Santosha Reflexology.

"As an older citizen, it is great to have medical services so close to us, but it is also very important to take care of ourselves," said a local resident who preferred to remain anonymous. "I am not an expert by any means on this stuff, but I have found that holistic treatments can complement your health goals, staying ac-



Mayghan McEachern

tive, pain-free, and using minimal medications. I feel stronger, I have better posture and my digestion has improved with these professionals' services."

Peace Lilly is open by appointment only during office hours from Monday to Wednesday (select Sundays).

On Wednesday evenings from 5 p.m. to 7 p.m., McEachern hosts different local artisans and charities to retail their products and fundraisers in the Peace Lilly Market. Sessions with McEachern can be



PHOTOS SUBMITTED BY MAYGHAN MCEACHERN
Peace Lilly Therapeutics, a holistic medicine option in town, is all about helping people live a more natural and well-balanced life.

booked online at www.peacelilytherapeutics.com or by phone at 204-750-2171.

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Cops on coins: RCMP the theme of Manitoba Coin Club's fall show

By Patricia Barrett

The Royal Canadian Mounted Police riding through history will be the theme of the Manitoba Coin Club's upcoming Coin, Stamp & Collectibles Show at the Access Centre in West St. Paul.

People who happen to own coins depicting an image of Canada's federal police service are encouraged to bring them to the show – along with other coins and bills (Canadian or foreign) they've got hanging around house – because they could leave the premises feeling quite flush.

The coin club's members are experts when it comes to determining the value of coins and bills, and visitors to the fall show can not only get a free evaluation of their money, but they can also learn how to carry out their own research to find out whether they've got money worth more than what's stamped on it.

One thing people shouldn't do is take old money to the bank because it could be worth a mint and they'll only get face value, said coin club member Larry Dalman, who will be at the show. Ditto for businesses that offer to buy coins based on weight; coins could be worth far more if they're rare, in excellent condition or have unique "flaws" or features that occurred during the minting process.

Dalman, who has about 50 years' experience valuing currency, said coins such as the Canadian quarter honouring the centennial of the mounted police could be worth hundreds of dollars depending on condition and if there are variations of the Queen's image (i.e., a small or large bust of the Queen).



PHOTO COURTESY OF ROYAL CANADIAN MINT

This year the Royal Canadian Mint issued an RCMP commemorative coin to mark 150 years of the service. The coin is made of silver and features six images of Canada's federal police service.

"The most iconic coin was the 1873-1973 commemorative quarter showing a profile of a Mountie on horseback," he said.

This year the Royal Canadian Mint issued a commemorative \$50 silver coin weighing 158 grams to honour the 150th Anniversary of the service and which features six different images from previous coins. The service started out in 1873 as the North-West Mounted Police before being renamed in 1920 when the Dominion Police and North-West service were combined to

form one national police service.

"The RCMP has been around for 150 years. This is first time that six different coins depicting the service have been put on one gigantic sliver coin," said Dalman. "The Mint made only 1,250 of them and they sold out immediately. It sparkles when you see it."

Down the road these coins, which feature images of Mounties from years including 1973, 2013 and 2020, will only will increase in value depending on how well they're preserved.

Other Canadian silver coins, such as Canada's centennial set (1867-1967) featuring animals such as the Canada goose, wolf, bobcat, mackerel, rabbit and dove, could fetch a higher price than selling them by weight. And by melting them down, Canada loses a piece of its history.

"A lot of our history is being melted down. All silver coins have been decertified. Companies are offering to buy them and pay people the current market value of silver by weight," he said. "But these coins could be worth far more."

Continued on page 13

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Get vocal about **BUYING LOCAL!**

4 perks you enjoy when you buy local

There are many economic and environmental benefits of buying local. But did you know this practice also offers several perks to you as a consumer? Here are four reasons to shop closer to home.

- 1. You get to be part of a story.** The merchants in your area have overcome obstacles and worked hard to build a thriving business. They'll undoubtedly be happy to share their story, which continues in part because of your patronage.
- 2. You get to support good causes.** The choice to buy local is a sustainable, ethical and socially responsible one. Among other things, you'll reduce your carbon footprint and show your preference for companies that ensure proper working conditions.

3. You get to enjoy added value. When you buy local, you receive more than just a product. Whether it's the story behind it, the quality of the item or the sense of community your purchase provides, there's plenty to be proud of.

4. You get to choose the best. Goods from local producers are designed and manufactured to improve your daily life and allow you to get the most out of them. When it comes to food, buying local means gaining access to fresh fruits and vegetables.

What are you waiting for? Visit the shops in your area today.

How to make buying local a part of your daily life

Do you want to help support the local economy and members of your community by buying from growers, producers and merchants in your area? If so, here are some tips to help you integrate this habit into your daily life.

- **Choose items made in the area.** Whenever possible, select artisanal food, clothing, furnishings and other products made by local craftspeople. You should also look for goods made with ingredients or materials sourced from nearby regions.
- **Visit stores owned by locals.** Rather than shop at large retail chains, opt to buy what you

need at stores owned by people who live in your community. You can also check out local farmers markets, U-pick farms and agritourism operations.

• **Keep an eye out for labels.** It's increasingly common for food and other products that are made regionally to have an identifying label. If you want to ensure you make the right choice, don't hesitate to ask a sales clerk for more information.

Once you make the effort to change your shopping habits, you'll find yourself with a host of local products that you can't live without.

3 reasons to choose local shops over e-commerce giants

Massive online retailers like Amazon have become a top choice for many shoppers because of their low prices and speedy deliveries. However, there are important advantages to supporting local businesses when you shop online. Here are three reasons to champion the merchants in your area when you want to buy something on the internet.

1. SHORTER DELIVERY ROUTES

When you buy products from an international e-commerce company, your package may need to travel thousands of miles to reach you. This emits significantly more greenhouse gases than if you select items from stores that are closer to home.

CONTINUED ON NEXT PAGE

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CONTINUED FROM PREVIOUS PAGE

2. BETTER USE OF RESOURCES

Small, local businesses typically make it a high priority to use renewable energy sources and eco-friendly materials when designing their products. In many cases, this means the item will be made better and last longer.

This gives you access to personalized advice and recommendations about your purchase that you likely won't get from an e-commerce giant. Additionally, you'll have the option to visit their store and see the products in person before you make a selection.

3. PERSONALIZED SERVICES

Even if you shop from their online store, you can still speak with the local merchants you buy from over the phone or via a live chat platform.

Next time you want to buy something online, be sure to reflect on these points before you check out your order.

In a world where you can shop anywhere...shop local.



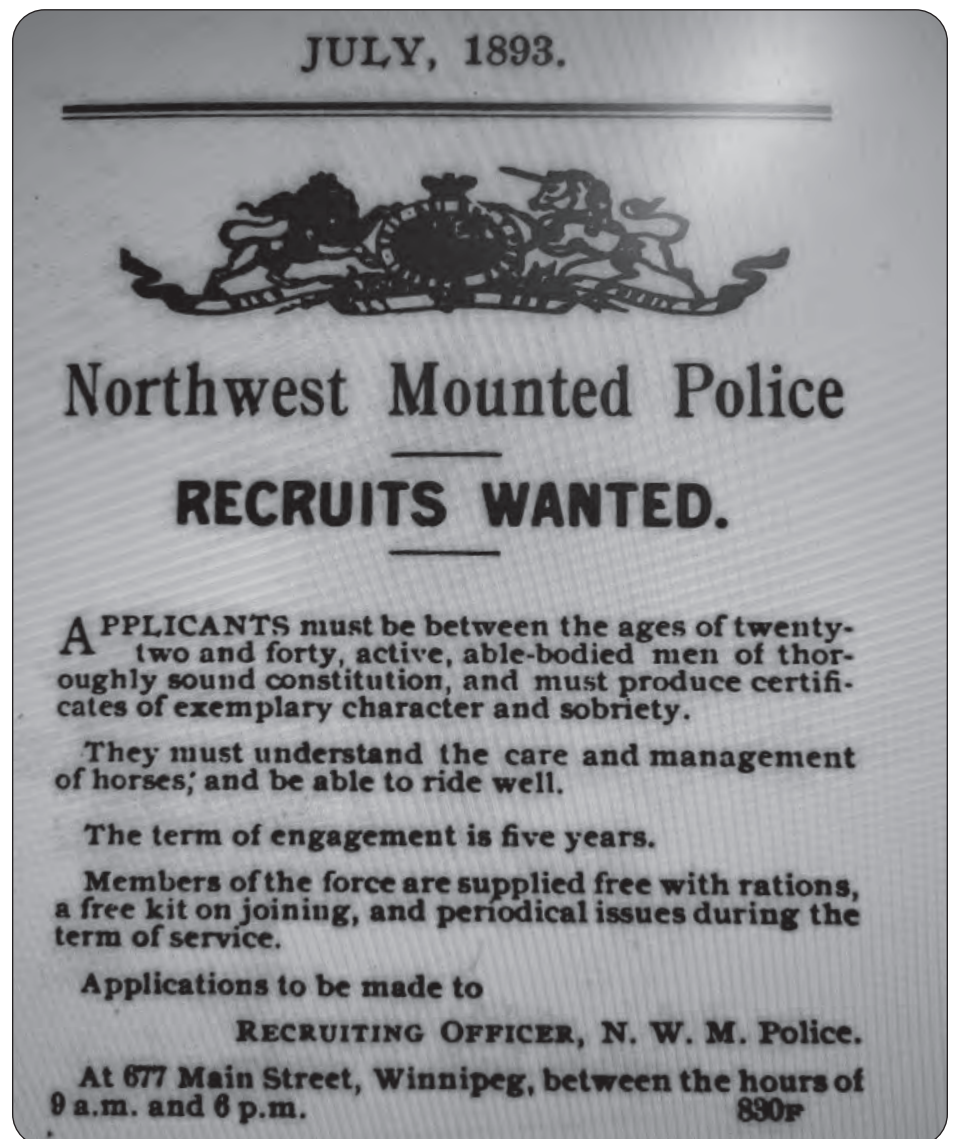
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> COINS, FROM PG. 11



Coin club members can provide current collectors and future collectors with valuable advice on what to do with their old – and new – money.

Dalman said he's been getting lots of inquiries from people about coins and bills to see if they'll be worth anything in the future and what should they should do with them. Canadian fifty-cent pieces featuring the Queen, for instance, haven't been made in large quantities since 2004 when they made only for collectors. Those pieces could become very valuable.

With a new English monarch on the throne, Canada's money will eventually feature King Charles III. Dalman said people should hang on to the coins being issued right now which still have the Queen's image, as well as the "first evers" of new coins and/or bills that will feature the new monarch.

"We're in a transition period in history right now. We're going from a monarch who has been on our coins for 90 years," he said. "All the coins coming out of the Mint right now still have the Queen's image because we don't have a new image of the King. We're telling people that these are the last coins we'll see with Queen Elizabeth II. And people should hang on to the first evers of the new king."

For people just getting into collecting coins, the Royal Canadian Mint will be at the club's show on the Saturday from 1-3 p.m. to offer a coin exchange, said Dalman.

The Mint will be offering people a commemorative loonie honouring Elsie MacGill, a female aeronautical engineer who designed the Maple Leaf biplane and a process to produce a wartime plane called the Hawker Hurricane.

"MacGill is known as the Hurricane Queen. She's responsible for the development of a special aircraft for the Second World War," said Dalman. "People can exchange a few loonies or so for one of these collector coins. These coins come right off the Mint's table. We call them first strikes and they're all uncirculated."

In addition to coins, people are encouraged to bring stamps and other collectibles such as comic books to the show as experts in those fields will be on hand.

The coin club's show takes place on Saturday, Sept. 23 and Sunday, Sept. 24 at the Access Centre (formerly the Sunova Centre) on Holland Road just outside the Perimeter in West St. Paul.

For more information, visit the Manitoba Coin Club online www.manitobacoinclub.org

Miami School students ready to ride in high school rodeo

Events slated for Sept. 23 to 24.

By Ty Dilello

The Miami Agricultural Society is hosting a Manitoba high school rodeo from Sept. 23 to 24. The rodeo starts at 10 a.m. on both days.

Gate fees are \$10 per adult, 13 to 17-year-olds are \$5, and 12-and-under get in for free.

The rodeo will feature two full days of events, including bareback, barrel racing, breakaway roping, goat tying, bull riding, pole bending, steering wrestling, team roping, tie-down roping, chute dogging, ribbon roping and saddle steer riding.

The Manitoba High School Rodeo Association (MHRSA) consists of junior and senior high school students from across the province.

The association boasts over 80 members. Miami locals Morgan Turner and Alana McCarthy will be competing at the rodeo and representing the community.

Turner, a Grade 11 student at Miami School, will participate in barrel racing, pole bending and goat tying. McCarthy a Grade 10 Miami School stu-



Miami School student Alana McCarthy (Grade 10) is one of the local athletes to watch out for during the upcoming rodeo.

dent, will participate in barrel racing, pole bending, goat tying, breakaway roping and team roping.

"These young ladies are also junior members of the Miami Agricultural Society and are helping host the event," said Heather Turner of the Miami Agricultural Society. "There



STANDARD PHOTOS BY CAREY LEE PHOTOGRAPHY

Morgan Turner, a Grade 11 student from Miami School, competes in several rodeo events, including barrel racing, pole bending and goat tying.

are also a few MHRSA members from surrounding areas and towns that will be competing in the rodeo as well."

The Miami Agricultural Society will

also have a food booth open each day that will be opening at 8 a.m. and will run all day long.

Brother of Canadian hero to visit Carman ahead of Terry Fox Run

Fred Fox in town for annual cancer fundraiser Sept. 16

A very special guest will be coming to Carman for this year's Terry Fox Run.

Terry Fox's older brother, Fred Fox, will be in Carman at the Boyne Regional Library in Carman on Sept. 16 from 3 p.m. to 4 p.m.

"Our day with him will be a meet and greet at the library," said organizer Linda Sylvestre. "Then, he wants to go on the pathway where the route will be on for the Terry Fox Run, so we're going to go for a little walk, and people are welcome to join. It'll end off at Syl's Drive Inn, which is kind of the icon of Carman, so we're going to show Fred a good meal there."

The Terry Fox Run will happen the following day.

The national fundraiser will take place from 1 p.m. to 3 p.m. at Ryall Park, where everyone is encouraged to come out and walk, run or bike, to raise money for cancer research. At the park, there will be live music by Flat Top and Company.

"People can register before 1 p.m. with us or online," Sylvestre said. "We will try to kick it off at 1 p.m., and people can come and go as they please. There will be live entertainment at the Ryall Park stage, so anyone can also bring a lawn chair and listen."

Carman's Kate Froese, who does pottery, will be hiding some pieces on the pathway, so runners can



Fred Fox, left, with his brother Terry during the Marathon of Hope. Fred Fox is an ambassador for the Terry Fox Foundation. In that capacity, he travels the country promoting the Terry Fox Run.

find treasures. There will also be t-shirts and other merchandise available for purchase on the day of the run. People can donate in-person or online, as each dollar raised goes toward cancer research.

The Terry Fox Foundation website (<https://terryfox.org/>) is a great resource to learn more about Terry Fox and the yearly run in his honour to raise money for cancer research. Carman's Terry Fox Run page can be viewed here to make donations: <https://run.terryfox.ca/29027>.



STANDARD PHOTOS BY THE TERRY FOX FOUNDATION

Terry Fox left St. John's, N.L., on April 12, 1980, and covered 5,373 kilometres in 143 days — an average of 42/km per day. The annual Terry Fox Run has raised more than \$800 million for cancer research.

get inspired

> MEAL IDEAS



Strawberries and Cream Popcorn

Scrape onto large parchment paper-lined baking sheet, spreading into even layer.

Let stand at room temperature 30-60 minutes, or until chocolate is set and hardened. To serve, break into pieces.

Tips: To melt chocolate: In heatproof bowl over saucepan of barely simmering water, stir chocolate chips 3-5 minutes, or until smooth.

To melt chocolate in microwave: In microwave-safe bowl or measuring cup, microwave chocolate on medium heat 1-2 minutes, stirring every 30 seconds, or until smooth and melted.

Servings: 4-6
 1/4 cup freeze-dried strawberries
 6 cups popped popcorn
 1 cup white chocolate chips, melted
 In small food processor or spice grinder, pulse freeze-dried strawberries until finely ground.
 Place popcorn in large bowl. Drizzle melted chocolate over top; toss until well coated. Sprinkle evenly with ground freeze-dried strawberries; toss until well coated.



Honey-Lime Quinoa and Grape Salad

pitted and cut into bite-size pieces
 1/2 cup chopped peanuts (optional)

To make lime vinaigrette: In medium bowl, whisk olive oil, lime juice, honey, sea salt and pepper, to taste.

To make salad: In fine mesh strainer, rinse quinoa; drain well. In medium saucepan, bring broth and quinoa to boil; reduce heat and simmer, covered, 12 minutes. Remove from heat and let stand 10 minutes then fluff with fork and let cool. Transfer to large bowl.

Pour vinaigrette over quinoa; stir well to coat. Add grapes, onion, cilantro and jalapeno pepper; cover and chill at least 1 hour.

Lightly stir in avocado and transfer to decorative bowl. Sprinkle with nuts, if desired.

Notes: Salad may be prepared and refrigerated up to 2 days ahead without avocado and peanuts. Add avocado and peanuts just before serving.

Prep time: 15 minutes, plus at least 1 hour chill time
 Cook time: 22 minutes
 Servings: 6 (1 1/3 cups per serving)
 Lime Vinaigrette:
 1/2 cup extra-virgin olive oil
 1/3 cup lime juice
 2 tablespoons honey
 3/4 teaspoon sea salt
 freshly ground pepper, to taste
 Salad:
 1 1/2 cups quinoa
 2 cups vegetable broth
 2 cups halved Grapes from California
 1/2 cup minced red onion
 1/4 cup chopped fresh cilantro
 2 tablespoons minced jalapeno pepper
 1 large firm, ripe avocado, peeled,



Sweet and Tangy Pickled Grape Dogs

Prep time: 15 minutes, plus 1 hour marinating time
 Cook time: 5 minutes
 Servings: 8 (1/4 cup relish per serving)

Ask The Money Lady

Dear Money Lady Readers: Have you ever looked at the story of your life and decided you wanted a different one?

Often times the new story to a new life is right in front of you, but for whatever reason we can't see it, can't feel it, and certainly can't imagine making a change. Changing the course of your future always brings new opportunities that in the beginning could never be imagined. A new career, new friends, more money, more love, it is all there for those who want a different story. Of course, this all sounds great, but the reality is we never realize we want or even need a new life story until we have usually hit "rock bottom."

Most people use the phrase "rock bottom" with addictions or alcoholism, however it just as easily can happen with a financial failure, career or business failure, or even an injury, trauma, divorce, or death. After struggling with anxiety and depression, hitting rock bottom means you have gotten to the point that you are finally sick and tired of feeling sick and tired. Here is a quote from an Italian poet Dante Alighieri, (1265-1321): "The path to paradise begins in hell."

I too had to hit rock bottom to find my true calling and begin my journey to provide financial literacy to all Canadians. It was something I never considered doing but am now so glad I have. It was a path I could never have imagined and only by being in my proverbial "Dante-hell" did I see an opportunity for greatness. Too often we tend to revel in our sad and pitiful life stories, getting an emotional charge out of how unfair life is to us, and how great we are for keeping up the struggle – against all odds. We whine and complain to people about being a survivor and love it when we get comforted.... "You poor thing, how do you ever manage?"

Now I am not saying we shouldn't have our pity-parties. Often times this is exactly what we need – I just don't want you to keep the party going forever. Remember, the greatest gift we have is the one we often



forget: we have a choice. You can always choose a different direction in life. What story do you want to focus on? What choices will you make that will change your experiences and bring you closer to the life you want to live. Negative feelings create negative attitudes, and they attract negative people. But, when you decide to make a change, being positive creates feelings of happiness and this will attract other happy people as well as successful people with opportunities and connections for you, with the probability of advancements to make your own success story. Start creating positive affirmations that you can say out loud to yourself on a daily basis and keep saying them over and over, every day. Write down your goals and read them to yourself daily, (honestly, this works!). Providing yourself with positive self-talk – guaranteed will make you richer and more successful. It needs to be a daily habit, like brushing your teeth. If you don't do this five-minute chore every day, you won't have any teeth and if you don't build up your confidence through positive intentions you won't have a future. Try it. This is the first step to changing your story.

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 askthemoneylady.ca

1/2 teaspoon mustard seeds
 1/2 teaspoon coriander seeds
 1/2 teaspoon black peppercorns
 1/2 cup wine vinegar
 1/4 cup packed brown sugar
 2 1/4 cups quartered or coarsely chopped Grapes from California (red, green, black or combination)

1/4 cup thinly sliced red onion
 8 turkey or chicken hot dogs
 8 hot dog buns, lightly toasted
 Place mustard seeds, coriander seeds and black peppercorns in small resealable bag. Using meat mallet or

rolling pin, crush seeds and peppercorns.

In small saucepan, stir vinegar, sugar, seeds and peppercorns; bring to boil. Remove from heat and stir to dissolve sugar; let cool. Stir in grapes and onion; set aside to cool and marinate 1 hour, stirring occasionally.

Heat grill to medium heat.

Grill hot dogs 5 minutes, turning occasionally, or until charred and heated through.

Place hot dogs in buns. Using slotted spoon, top with pickled grapes.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Roland's sharpshooter competes against world's best

By Ty Dilello

Roland's Scott Kyle is a competitive target shooter who participated in the F-Class World Championships (FCWC) in Bloemfontein, South Africa, back in March.

Kyle had been a recreational target shooter for several years when a co-worker started getting into F-Class shooting and invited him along in 2019.

"I really liked the technical nature of the sport and drive towards precision," said Kyle. "This form of target shooting, more than most, requires consistent precision in both the mental and physical aspects of the sport."

Kyle started to travel around to participate in competitions from there and was invited to join an independent shooting team in the fall of 2021.

"We spent the following 18 months practicing and coming together as a team with the goal to participate in the world championships as an independent team."

When Team Canada could not send a team to this year's World Championships in South Africa, the Canada Rifle Association decided to sanction Kyle's team as Team Canada to compete.

"The trip was fantastic as the South Africans put on an awesome competition. Unfortunately, our shipper failed to deliver our ammunition and returned it to Canada while we were in South Africa. However, we



Scott Kyle

were able to source enough components and ammunition to keep the team shooting for the duration of the competition, as the USA team, in particular, helped us out immensely with ammunition they could spare. Other competitors also helped us secure enough to keep the team shooting."

Kyle and his Canadian squad placed fourth behind three South African teams that were very well prepared and had put a lot of work into preparing for the competition.

"I finished the middle of the pack in the individual portion. There were some equipment issues with the am-



STANDARD PHOTOS SUBMITTED

Roland's Scott Kyle has had an excellent season as a competitive target shooter, having competed for Team Canada in March at the World Championships in South Africa.

munition that I was able to source, and it cost a few points. Some of the team was able to stay and hunt after the competition, but my schedule didn't allow for that."

Kyle was also the only person this year to participate in the three national championships. He took fourth in the Eastern Canadian Championships in Fredericton, New Brunswick. He then placed second in the Western Canadian Championships in Kamloops, British Columbia, and fifth in the National Championships in Nokomis, Saskatchewan. Kyle's shooting team

also took home first place in both the Westerns and Nationals.

The 2023 season is just about over for Kyle, except for the US Nationals and the US Southwest Nationals, both in Phoenix, Arizona, this winter.

"We had the first meeting for Team Canada for the 2026 World Championships after Nationals," said Kyle. "As we were not able to field an entire team for the last Worlds, the challenge will be to build a winning 32-person team for 2026. I will be fairly heavily involved in getting that team ready for the next Worlds."

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.

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Accountant

- 8 hours/day Monday to Friday
- Salary to be determined based on qualifications and experience
- Start Date - to be determined based on the successful candidate's availability
- Location: Carman MB - Division Office

Apply to prsd@prsdmb.ca
For complete posting, please visit www.prsdmb.ca.

Clear criminal record and abuse checks are required of all employees of the school division.

PRSD reserves the right to verify the authenticity of all submitted references.

Only applications leading to interviews will be acknowledged.

Accessibility resources will be provided upon request.

This document is available in alternate formats by request.

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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.

Responsibilities will include, but are not limited to:

- 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

Requirements and Essential Skills:

- Previous legal assistant experience or significant desire to learn on the job (training will be provided for several months)
- Strong computer, writing and keyboarding skills
- Working knowledge of Microsoft Office and Outlook
- Attention to detail and accuracy
- Ability to prioritize, multitask and to perform under tight timelines
- Ability to work independently and take initiative
- Excellent written and verbal communication skills

Benefits:

- Highly competitive salary
- Paid time off and flexible work arrangements as necessary

If you are interested in this position, please submit a resume in confidence to bullsandbears@leeandlee.mb.ca

NOTICE OF ANNUAL GENERAL MEETING

RIVERVIEW LEGION PLACE, INC.
CARMAN, MB.

WEDNESDAY, SEPTEMBER 20TH,
2023 AT 7:00 PM.

PRIOR TO CARMAN LEGION
BRANCH 18 GENERAL MEETING

ONLY VOTING MEMBERS OF
CARMAN LEGION 18 AND LADIES
AUXILIARY MAY ATTEND.

Reporter/Photographer Wanted

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

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

Qualifications:

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

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

Lana Meier
Email: news@stonewallteulontribune.ca

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AUCTION

FARM KING ONLINE SURPLUS AUCTION SEPTEMBER 22, 2023 AT 6:00PM FARM AUCTION. 87 KRUSHEL DR., MORDEN MB, CA



Here is a brief overview of what to expect at the Farm King Surplus auction. There is a lot more to come in the online bidding catalog. Pallet of misc fittings, Black hopper, Red hopper, Seed hoppers (sell separate), Gatgo hopper, Bend-Pak w/ dies - 3 phase power. Lift King Forklift, Allis Chalmers 708 forklift. Farm King RR420 EVO, Farm King rotary rake, Farm King CX 841 auger w/ hyd mover. Less engine. As is. Farm King CX 104 pto drive auger, Farm King CX 1041 engine drive auger - no mover, 31 - 10ft Farm King swath rollers to be assembled, Allied 6010 hyd snowblower skid steer unit (some are 66in) . Pull type snowblower blue 740 without spout. Farm King 960 snowblower pto driven. Allied 2795 loader. As is. Hose kits/controllers/ misc parts for loaders (one pallet) Allied 395 loader. Loader bucket, 5ft Loader bucket, 7ft loader bucket, Mounting kit for loader, 1460 applicator - not complete. Yellow racking 6 sections 15ft wide by approx 18ft high buyer disassembles. Concrete not included. Farm King will help load. Each section will sell separate. Farm King TL 236 tillers - 2 green and 2 red, Farm King finishing mowers 430 - 3 red and 5 green, Cincinnati 230 Ton Brake Press - Asset #000445 Serial # 40428. 10 ft. bed with 10 inch stroke. Includes working Laser Safe, dead man switch and foot pedal. Cincinnati 110 Ton Punch Press Asset #000444 Serial # 828941, Cole-Tuve Roller Asset # 000470 Serial # SZ-224417. Frejoth Drill Press Asset #000464 Serial # 4060, Landis Dual Head Threader Serial # 12CL2B-155AX, Induma Mill Asset #000427 Could not find a serial #, Bickford Drill Press Serial #03930.

For more listing www.billklassen.com/nextlot



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Classified booking deadline is
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CARD OF THANKS

The Shearer families would like to thank the Elm Creek Community, and our relatives and friends, for attending Bruce's service. Also we appreciate all donations made. A special thanks to Doyle's Funeral Service, Rev Kenyon, and entire staff. It is much appreciated.

-Leslie Shearer

CARD OF THANKS

Our family sincerely appreciates the many expressions of sympathy and support we have received in the recent untimely passing of our daughter, sister and aunt, Lori. We are grateful for your keeping us in your thoughts and prayers.

-Jack and Linda McKinnon, Ian and Colleen McKinnon and family

BIRTHDAY



Happy Birthday!
Everybody wish Porky a
Happy 50th Birthday
on Sunday, September 17

BIRTHDAY

Albert Beichter's 90th Birthday
Open House
September 23, 2023
2-4 p.m.
Albert and Hilde Beichter's Farm.
Questions? Call 204-745-6205

**Classified booking
deadline is Monday at
NOON prior to Thursday's
publication Please Call
204-467-5836**

OBITUARY

CELEBRATION OF LIFE
James Duncan MacNair
June 1, 1934 - June 6, 2020

A family service was held at the time of Jim's passing. His family now invites others to join in celebrating his life.

A memorial service will be held at St. Paul's United Church, Graysville at 2:00, Saturday, October 7, 2023.

Full obituary was published in the Dufferin Standard June 18, 2020.

OBITUARY



Ernest Waschuk

Peacefully on September 2, 2023 at Boyne Lodge Personal Care Home Ernie went to be with the Lord.

Ernie is survived by his wife of 62 years, Ollie (nee Pshyk). Left to cherish his memory are his three children: Brent (Annette), Mark (Colleen) and Grant (Joanne); four grandchildren Brittany (Jerome Hunt), Tiffany (Cody Grice), Ryan and Delaney Waschuk and Braidy (Mersadie Unger). He is also survived by one sister Eva Grams and numerous nieces and nephews and many dear friends.

Ernie was born on July 6, 1931 in Kwasow, Poland (what is now Ukraine) to Fred and Tekla Waschuk. The family immigrated to Canada in 1937 and eventually settled in Swan River farming community. He met his love, Ollie, through his sister in Edmonton in 1959 and married in November 5, 1960.

Ernie farmed with his dad until his marriage to Ollie and then farmed the land until his retirement. Throughout his farming years, he was also employed in general construction during the off season. He used to say that he worked in Thompson "before the town even existed!". He never sat around and was a very hard worker and this was instilled in his sons.

Ernie was involved with the Swan River Pentecostal Church. He volunteered over the years and was a man of deep faith.

Ernie and Ollie enjoyed many years down south. Having travelled to both Florida and Texas, they met some amazing friends. To this day, those friends have been an important part of their lives. They will miss Ernie.

Thank you to the staff at Boyne Lodge for taking such good care of Ernie. It was very appreciated by the family.

If friends so desire, donations can be made to the charity of their choice.

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

OBITUARY

Arthur Frank Lepp

Arthur passed away peacefully with his family by his side on September 3, 2023.

Arthur was born October 7th, 1952 in Cartwright, Manitoba.

Art married Marjorie (Fuller) on July 22nd, 1978, they were blessed with two children: Cory and Bryan.

Arthur was predeceased by his daughter Cory; his parents Bill and Agnes; and his mother-in-law Luella Kennedy.

He is survived by his loving wife Marj of 45 years; his son Bryan, his wife Jennifer and his grandchildren Owen, Sawyer and Mirabel; his brothers Harry, Rudy, and Herb; and his sisters Laura, Irene and Ruth; all the in-laws and several nieces and nephews; and his fur buddies Max and Andy.

Funeral service was held on Tuesday, September 12, 2023 at Grant Memorial Church, 877 Wilkes Ave, Winnipeg. Family interment took place at Greenwood Cemetery, Carman.

In lieu of flowers donations can be made to Villa Rosa Inc. Winnipeg.

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

OBITUARY

Verna Joyce VanKoughnet

On May 31, 1931 Joyce was born at Homewood, Mb. into the family of Lyle and Mildred McCutcheon. She passed away surrounded by family, Sunday September 3, 2023. She was the second of six children. They were her playmates and good friends throughout her life.

She went to Normal School in 1952-53 and taught school for two years before getting married in 1954 to Fred VanKoughnet and moving to the Ostrander District near Carman.

She was active in her district, her church and her community. She loved to sing and was in Sonatrice Singers for 36 years. She also enjoyed weaving on the loom, reading, painting and photography.

She had the pleasure of travelling to Europe, Hawaii, New Zealand and Australia. As well as frequent trips to BC, Joyce and Fred also accompanied relatives Dave and Joyce Robertson to

Arizona and frequent stops at the cabin in Royal Lake, Ontario.

Anyone who ever received a card or had a conversation with Joyce would have experienced her love, compassion and understanding. She will be deeply missed.

She is predeceased by her mother and father and one brother, four brothers-in-law, and three sisters-in-law.

She is survived by her husband, Fred VanKoughnet; children Jim (Cathy), Lois (Sri), Colleen (Terry) and Brent (Jocelyn); grandchildren Lisa (Brad), Mark (Ainsley), Jill (Jeremy), Joel, Katie, Grace, Kiran and great-grandchildren Alecia (Riley), Ty, Shane, Bryn, Jace, and Avery.

Funeral service was held on Friday, September 8, 2023 at 11:00 a.m. at the Carman United Church. Interment will take place in the Greenwood Cemetery, Carman.

In lieu of flowers donations may be made to the Carman Area Foundation or Carman United Church.

The VanKoughnet family would like to express our deep gratitude to the community for the outpouring of support. You lift us up.

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WEDNESDAY 20TH



SEPTEMBER 2023



GATHERING @ 9:00 am MARCH @ 11:00 am

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@ THE FORKS**

**STEINBACH
@ K.R.BARKMAN PARK**

**BRANDON ROUTE
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