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STANDARD

VOLUME 3
EDITION 40

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OCTOBER 5, 2023

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National champion

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Carman's Theresa Barylski and her star horse, Gator (Only Shy Rad), were recently crowned Grand Champion at the Canadian National Quarter Horse Show in Red Deer, Alberta. Only Shy Rad is now a five time national champion and classified as an AQHA Superior horse in both the pro and non-pro halter categories. Pictured with Theresa is her partner Mike Pfrimmer.

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We are located in Carman – covering Southern Manitoba

Happy Thanksgiving to all our valued customers. We are incredibly grateful for the pleasure of serving you and your family and look forward to working together in the future.

Lois Laine brings a new clothing option to Carman

By Ty Dilello

Carman's Lois Van Koughnet is reviving her Lois Laine clothing business now that she is back and settled in the area after being away for several years.

Van Koughnet is originally from the Carman area. She moved away in 1974 at 17 to attend university in Toronto, where she continued to live and work after graduation. She moved back to the Carman area two years ago to be closer to her parents.

"I wanted to be here with my parents," said Van Koughnet. "My mother just passed away, but I had two years where I could be close with her, and my dad is still around, so I get to see him lots."

Van Koughnet started her career studying Interior Design and, shortly after, Costume Studies. She has extensive knowledge in clothing design and costume making, working on two fashion labels, and many years of costuming in film and theatre.

Her passion is to create beautiful clothing from gorgeous fabric that is inventive, easy to wear, and beautifully crafted. Van Koughnet is recognized for her signature style and



Van Koughnet's sister Colleen showing off a jacket.

quality. She is honoured to do creative work that people enjoy.

"I'm going to keep it as an online business for the time being now that I'm setting up again," said Van Koughnet. "The workshop I have in town is really a working studio and not a public viewing area. It's too small, really."

Lois Laine is mostly contemporary adult women's clothing. It is all-day



STANDARD PHOTOS SUBMITTED

Carman's Lois Van Koughnet, left, has revived her Lois Laine clothing business now that she has moved back to the Carman area. Lois and her husband Sri moving a rack of clothing.

wear that focuses on natural and ecologically sensitive materials. Garments are made of quality, sustainable, and natural fabrics, including organic cotton, silk, wool, bamboo, hemp, recycled polyester, and production bolt ends.

"All of my choices are mostly natural because I feel like our bodies like

it better, and it feels better. I like to try and do a unique thing with each piece."

Folks can check out Van Koughnet's clothing website to learn more about it at <https://www.loislaine.com/about>.



Wishing you and your family a Happy Thanksgiving.

From the Councils and Staff of the Town of Carman & RM of Dufferin



carmanmanitoba.ca

Roots gone wild



STANDARD PHOTOS BY MATTHIEU MEIER

Lorraine (88) and John Swark (92) have been mixed farmers in the Carman area for most of John's life. John's family moved from Hodgson to Carman in 1939, when he was eight years old. Today the family farm is run by their son, but the couple continue to grow vegetables on the land. When Lorraine was harvesting her carrots this year she came upon eight carrots all grown into one.

Local horse crowned grand champion at National show

By Ty Dilello

Theresa Barylski and her star horse, Gator (Only Shy Rad), were recently crowned the Grand Champion at the Canadian National Quarter Horse Show in Red Deer, Alberta.

Barylski grew up on a horse ranch near Eriksdale. She moved to Carman in 2010 and has been in town ever since. Her parents, Kelly and Ruby Stuart, own and operate K & R Stuart Quarter Horses.

"Our farm specializes in purebred registered American Quarter Horses or AQHA (American Quarter Horse Association) horses," said Barylski. "This is the horse breed you see on most farms, in the movies and on shows like Yellowstone. AQHA headquarters is based out of Amarillo, Texas. My parents have been on the AQHA leading breeders list of Performance and Halter horses five times and have been the AQHA high point Canadian Breeder three times."

Gator "Only Shy Rad" is a six-year-old horse that shows and competes at AQHA-sanctioned shows. This means the breed sanctions the judges, and the achievements or points earned at these shows go on Gator's permanent pedigree or registration record.

Gator is his stable name, and Only Shy Rad is his registered name. If anyone wanted to look up his pedigree or show record, they would have to use Only Shy Rad.

"The name is chosen from his bloodline," said Barylski. "We try and use names of accomplished bloodlines in his name."

Barylski is considered an amateur or non-pro as she doesn't train outside horses. She rides her own horses that



Barylski and her horse Gator won every class they entered at the Nationals in Red Deer last month.

come from her parent's operation.

Barylski has both a coach and trainer that help her and Gator perform at the highest level. Until this show season, the pair were under the guidance of Dale Barkman of Alidale Farms in Steinbach. Currently, they are under the guidance of Deserie Rieu Bitz of Bentley, Alberta.

At the end of August, Barylski and Gator recently competed at the Canadian National Quarter Horse Show in Red Deer, Alberta. It was a five-day show with five judges from the United States.

Gator was entered in the Open (pro) performance event, and he was the unanimous first-place

choice from all five judges. He was then brought back for the Grand and Reserve event, and again, he was the

"I STILL CRY WHEN I THINK ABOUT IT, AS IT WAS AN AMAZING MOMENT,"



STANDARD PHOTOS BY TRU EQUINE PHOTOGRAPHY

Carman's Theresa Barylski and her star horse, Gator (Only Shy Rad), was recently crowned Grand Champion at the Canadian National Quarter Horse Show in Red Deer, Alberta.

unanimous Grand Champion under all five judges.

When it was all said and done, Gator won Grand Champion of the show under all five judges.

But it wasn't over yet. At the show's end, they called her back into the ring because any horse that went Grand Champion under any of the judges, can compete for the Canadian National Quarter Horse Superior Halter

champion.

Gator "Only Shy Rad" was eventually crowned the champion of the entire show.

"I still cry when I think about it, as it was an amazing moment," said Barylski. "It's a moment you dream of. What was even better was my parents drove to Red Deer for the day, and

Continued on page 5

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The Carman-Dufferin Standard is published Thursdays and distributed as a free publication through Canada Post to 3,457 homes by BigandColourful Printing and Publishing.

The newspaper is supported solely by advertising dollars. If you enjoy the paper and would like to see it grow and prosper, visit any of the advertisers and businesses in our rural communities. Keep your dollars working at home and shop local.

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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Time to support local journalism

National Newspaper Week October 1-7

Every week about 30 million newspapers are delivered across Canada. More than four out of five people in Canada read newspaper content each week. Why do they read print and digital news sources? The answer is simple: Trust.

Canadians value and trust fact-based, fact-checked journalism. Journalists hold the powerful to account. They cover city hall, the courts, and the police. They also keep communities connected by reporting on everything from the high school football team to 100th birthdays.

But real journalism, created by real journalists – rather than by artificial intelligence – costs real money. If we

want to sustain it, we must support it. One of the best ways for the local community to support local journalism is to take out an ad. When you buy a newspaper ad – whether print or digital – those dollars stay in the community and allow the publisher to employ journalists. Conversely, when you buy an ad from a web giant, those dollars flow south to California to companies that don't employ a single journalist.

One thing government can do to keep scarce advertising dollars in Canada is establish tax measures to incent businesses to advertise with private sector Canadian news outlets and bring fairness to the different tax treatment of advertising purchased from foreign websites.

Governments – municipal, provincial, and federal – also have a role to play when it comes to their

own advertising spend. It makes no sense that the federal government was spending almost twice as much on Facebook/Instagram – which are now blocking news in Canada – as they were on all print publications combined. Governments – at all levels – should earmark 25 per cent of their advertising spend toward trusted Canadian news sources. And the federal government should end the 'double dip' by eliminating commercial advertising associated with CBC News, the public broadcaster.

National Newspaper Week is a time to reflect on the Champions who report the news without fear or favour, and it's a time to remember that local news needs to be supported by the community.

- Paul Deegan is president and chief executive officer of News Media Canada.

Letters

NO SECRETS IN SCHOOLS

On the cusp of implementing a new Health curriculum, Manitoba Education's website states that children need, quote, 'sexuality education' in every subject—from kindergarten to grade 12. As we watch sexual topics breach the Social Studies and EAL curriculums, parents will find that regardless of religious or moral conflict, Manitoba Education does not allow for parents to 'opt' their child out.

In a support document published in 2017, Manitoba Education stated, "...divisional and school personnel are not to disclose a student's ac-

tual or perceived sexual orientation, gender identity, or gender expression to others... including parents [or] guardians..." (*Supporting Transgender & Gender Diverse Students in Manitoba Schools*, 2017)

Parents have the right and the duty to educate their child. This includes moral education, as well as physical and psychological protection of the child. These are not only God-given, inalienable rights; parental rights are sealed through longstanding, international law such as the Universal Declaration of Human Rights as well as the International Covenant on Civil and Political Rights.

Community members gathered at the '1 Million March 4 Children' to say, 'No more.' No more sexualization of our children. No medical experimentation. No attempts to remove the parent's authority and protection over their children. No secrets in schools.

We only have to look back to the generational trauma endured by Manitoba's Indigenous people to see what happens when governments, under the guise of education, strip parents of their rights.

Jennifer Friesen,
Gretna

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Advertising Deadline:
Monday 4:00 pm prior
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Carman Cougars 1961 Football Team



STANDARD PHOTO SUBMITTED

The Carman Cougars won the 1961 Flag Football championship. Pictured, front row, left to right: Bill Greenway, David Bishop, Don Stuart, Dwayne McCullough, David Rothwell, Dick Knowles, Alan Pritchard, Don Saunders, Perry McGregor, Ron Hunter; second row: Warren Funk, Robert Keith, Brian McCutcheon, Dennis Wilton, George Gray, Robert Milne, Darryl Sylvester, Neddy Funk; third row: Lawrence Tessier, P. Webb GM, Robert Cochran, Wayne Gibson, Robert Hardy, Keith Swanton, Brian Dickinson, Dennis Finnie, Dwight Smith, Dennis Doerksen, Blaine Gillingham, Ken Draper (coach).

Eden Fdn. launching Move for Mental Health

By Ashleigh Viveiros

Eden Foundation wants you to get up off the couch and out being active in support of mental health this month.

The fundraising arm of Eden Health Care Services is launching its first Move Mental Health campaign Oct. 10-17, inviting people throughout its service area to help Eden raise both awareness and funds.

"Because Eden is spread out across three main hubs—Winkler, Winnipeg, and Steinbach—I wanted to create a fundraising initiative that would cover all of the regions and get involvement from people of all ages," says Jayme Giesbrecht, foundation director of development.

The foundation is asking supporters to get involved—either on their own

or with a group—by tackling a physical activity of their choice that week, which, fittingly, includes World Mental Health Day on Oct. 10.

Take video or pictures to share on social media using #M4MH or #edenmentalhealth, collect donations on behalf of Eden, and challenge other groups or individuals to do the same.

"There are people who cycle or walk every day, youth groups who do physical activities together, pickleball teams ... why not take an activity you already love and you already do and then get people to support you and to support Eden at the same time?" says Giesbrecht.

Funds raised will go to support Eden's mental health programming across southern Manitoba.

When it comes to our mental health,

physical activity has been proven to ease symptoms of depression and anxiety.

"We've been made aware in this day and age of how important it is to get that serotonin boost in our brains, the dopamine [mood improving hormones]," Giesbrecht says. "And when you get your body moving, that's what happens."

Giesbrecht hopes the community really takes this challenge and runs with it.

"We want people to share their hula hopping or share a walk with their dog and say, 'I'm walking for my mental health.'"

Registration information is available online at edenhealthcare.ca/move-for-mental-health/.

> HORSE, FROM PG. 3

they were there to see it all. I was so happy for them. They work hard, and I'm so proud of them, so I'm unbelievably happy to have shared that day with them."

Gator was also named the Canadian National Show High Point Canadian Bred Horse.

"It's a testament to my parents' equine program. It was an unbelievable five days. Gator won every class he entered that day. I don't know if that happens very often at the National Show, but I know I'll never forget it."

Barylski and Gator have travelled all over Manitoba, Saskatchewan and Alberta for shows this season. Gator has also qualified for the World AQHA Show in November, which is to be held in Oklahoma City, Oklahoma.

The 2024 show season will start in March, with the first show in Scottsdale, Arizona, called the Sun Circuit. After that, they will participate in the Level 1 Championship in Las Vegas, Nevada, in May.

Barylski is proud to represent and bring attention to the AQHA industry within Manitoba and nationally.

"We have great horses in Canada. You don't have to go far to find them," said Barylski. "It really takes a village to get a horse to this level. And I couldn't have done any of this without my support group and loved ones."

Upcoming events for Miami Arts Association

By Ty Dilello

The Miami Arts Association is a new organization in town as of this past January. It offers art classes, exhibitions, drama productions, concerts, and more to the community. The Association intends to unite people of all ages through inclusivity and the arts.

The 17 board members meet on the third Monday of every month at a member's home. The Miami Arts Association can be found on social media through Facebook and Instagram.

The new Arts Association started by hosting a very successful and well-at-

tended Summer Concert Series at the Pavilion in Miami Park.

Miami Arts Association is now offering a fall schedule of eight classes that began on Sept. 14. Classes include The Joys of Dancing, Thanksgiving Card Making, Birthday Card Making, Halloween Card Making, Christmas Card Making, and Macrame Christmas Ornaments.

Memberships to the Association can be had for \$25 per individual. Becoming a member includes reduced fees for Miami Arts Association program registrations, the option to sell

artwork at Miami Arts Association events, and the option to be included on an artist spotlight on social media.

Membership pamphlets can be obtained at the Miami Library, Blair Sharpe Building, Miami Medical Clinic, RM OF Thompson office and will be available online soon.

The Member Art Exhibition and Sale will also be held on Dec. 3 from 1-5 p.m. at the Blair Sharpe Active Living Centre in Miami. For membership information or to register, please email miamiarts.association@gmail.com.



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Carman's theatre back on cue for upcoming performance

Submitted by Lee Collingridge

Carman's Back on Cue Theatre Group is indeed back on cue rehearsing for another riveting performance. Back to back presentations of *Perils of Persephone* will be held in our Carman Community Theatre on Oct. 27 and 28. Auditions were held in June and eight cast members were selected by director Faye Harms. Harms and all current members would like to thank everyone who came out to audition. The performing cast for the production are Lisa Pinkerton, Jim Robson, Rick Beers, Mike Porter, Evelyn Hoogerdijk, Deana Gould, Jaclynn Knight and Lee Collingridge. The organizational, backstage and marketing crews are essential and include Susan Mooney, Christian Froese and many more. Currently rehearsals are being run twice a week and this



will pick up as showtime gets closer. Cast members only have a few weeks to learn hundreds of lines and complex movements as well as creation of the set.

Perils of Persephone was written by Dan Needles. The play is set in a farmhouse kitchen with a struggling family. There is a drought, family dissension, an accident and political involvement. You will see and feel despair, love, youthful optimism and as politics gets involved an hilarious fiasco.



STANDARD PHOTO SUBMITTED

The performing cast for this year's production on Oct. 27 and 28 include Lisa Pinkerton, Jim Robson, Rick Beers, Mike Porter, Evelyn Hoogerdijk, Deana Gould, Jaclynn Knight and Lee Collingridge.

Local Ukrainian invited to meet Zelensky, Trudeau

By Lorne Stelmach

A Mordenite who has been active in raising funds and other support for Ukraine was part of a select group that had the chance to meet her home country's leader.

Yevgeniya Tatarenko earned an invite to be part of the Sept. 22 event in Toronto where Canadian Prime Minister Justin Trudeau welcomed Ukrainian President Volodymyr Zelensky and First Lady Helen Zelensky.

To say that Tatarenko was happy and honoured is an understatement, as she still can't believe that a small-town girl like her would ever have such opportunities in life.

"That was mind-blowing to get the invitation from Justin Trudeau ... when you are here in Morden, small town, but I'm following my dreams to help Ukraine and make the world a little bit better and a little bit safer," said Tatarenko.

The opportunity resulted from her being actively involved in fundraising efforts and campaigns such as organizing and sending medical supplies to Ukraine as the country fights off the Russian invasion.

The invitation came through the Ukrainian Canadian Congress and the Ontario provincial council.

"It was quite a huge surprise for me," Tatarenko said, noting she at first couldn't believe it was real, but she then heard from other people who have been active in raising funds and support for Ukraine who were also being invited.

"I was like, wow, I couldn't sleep for the next four hours because I was out of my mind ... what an honour ... and I thought this is too good of an opportunity."

Tatarenko said it was a moment to see the two leaders and so many other significant people in leadership roles standing up in support of Ukraine.

"It was important to see so many people together there ... and to realize that I have been able to do something to contribute ... it was such an honour," she said.

"I could never have done any of this without the help and support of so many people," Tatarenko added. "It took a lot of my time and effort ... and there were a lot of tears ... but having so many people come together and seeing the donations come in was so special ... so many volunteers have been involved in raising the money and making those tactical medical bags."

"I was getting donations not just from Morden or Winkler or Manitoba, even from other provinces and even other countries," she added.

Tatarenko also noted it was timely with some countries in the world starting to show waning support to continue to back Ukraine.

"When the whole world is kind of starting to get tired of it, of the war in Ukraine ... they close



STANDARD PHOTO SUBMITTED

Morden's Yevgeniya Tatarenko (right) met Prime Minister Justin Trudeau and Ukrainian President Volodymyr Zelensky in Toronto last week.

their eyes to what is going on," she said. "My mom is here. I've made her stay here for a few more months because it's so dangerous to go back ... because I know, I hear what is going on there."

She appreciated the unequivocal support from Prime Minister Trudeau.

"He was really powerful in saying and reminding the world ... that we need to help them ... that Canada will stand with Ukraine and they will continue to support Ukraine as much as possible.

"Democracy in the world will not win without that support," Tatarenko added. "It was really refreshing and even rejuvenating for me because it's really hard ... it's really hard to keep raising money, keep raising support now.

"It reminded everyone that Ukraine is not alone ... we are not alone, and we should fight together, and we should support Ukraine as much as possible ... we need to continue to work together."

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Roland's annual Pumpkin Fair to return Oct. 7

By Ty Dilello

Roland's Pumpkin Fair runs annually on the first Saturday in October, which means it will be coming up on Oct 7.

The all-day event starts off with a pancake breakfast, which is a fundraiser for the Roland Curling Club. There will also be extended craft sale hours from 9 a.m. to 3 p.m. this year.

The great pumpkin and vegetable weigh-off will be held at 10:30 a.m.

"It was a dry year, but our regular top growers are expected to bring in some giants," said organizer Lisa Pinkerton.

Free children's activities will take place all afternoon from 1 p.m. to 4 p.m., including inflatables and choo-choo train rides. Captain Bubbles will be on the grounds in the afternoon, and there will also be a tea room with pumpkin dessert specialties.

Free family entertainment will be available from 1 p.m. to 6 p.m., including two shows from Mr. Richard a magician and ventriloquist; a performance by up-and-coming country music artist Brady Kenneth; and more music from the band Three's Country."

A full course harvest supper is to take place from 5 p.m. to 6:30 p.m.

"For the second year, we are excited to have our giant pumpkin drop," Pinkerton said. "It was a 'smashing' success last year. We have moved the time to 6:30 (p.m.) and hope that people will stay to enjoy the entertainment and supper. We are planning a new element for the smash this year."



STANDARD PHOTO BY LISA PINKERTON

The annual Roland Pumpkin Fair is going to be an all-day event taking place on Oct 7. Come out and guess the weights of giant pumpkins and vegetables at 10:30 a.m.

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As Fire Prevention Week approaches, we want to remind you that “Cooking safety starts with YOU. Pay attention to fire prevention.”

The National Fire Protection Association® (NFPA®) — the official sponsor of Fire Prevention Week™ for more than 100 years — has announced “Cooking safety starts with YOU! Pay attention to fire prevention™” as the theme for Fire Prevention Week, October 8-14, 2023. This year’s focus on cooking safety works to educate the public about simple but important

steps they can take to help reduce the risk of fire when cooking at home, keeping themselves and those around them safe.

According to NFPA, cooking is the leading cause of home fires, with nearly half (49 percent) of all home fires involving cooking equipment; cooking is also the leading cause of home fire injuries. Unattended cooking is the leading cause

of home cooking fires and related deaths. In addition, NFPA data shows that cooking is the only major cause of fire that resulted in more fires and fire deaths in 2014-2018 than in 1980-1984.

“These numbers tell us that more public awareness is needed around when and where cooking hazards exist, along with ways to prevent them,” said Lorraine Carli, vice president of the Outreach and Advocacy at NFPA. “This year’s Fire Prevention Week campaign will work to promote tips, guidelines, and recommendations that can help significantly reduce the risk of having a cooking fire.”

Following are cooking safety messages that support this year’s theme, “Cooking safety starts with YOU! Pay attention to fire prevention”:

- Always keep a close eye on what you’re cooking. For foods with longer cook times, such as those that are simmering or baking, set a timer to help monitor them carefully.
- Clear the cooking area of combustible items and keep anything that can burn, such as dish towels, oven mitts, food packaging, and paper towels.
- Turn pot handles toward the back of the stove. Keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner.

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3-14



DEPARTMENT

a “kid and pet free zone” of one meter around the stove and anywhere else hot food or drink is prepared or carried.

In the kitchen, using a timer, and distractions that remove your attention from what’s on the stove are among the top causes for this year’s Fire Prevention Week campaign,” said Carli.

Fire Prevention Week is celebrated in North America every October, the most public health observance in the U.S. Entering its 101st year, Fire Prevention Week works to educate people about leading risks to home fires and how to better protect themselves and their families. Local fire departments, schools, and community organizations play a key role in bringing Fire Prevention Week to their communities each year and it is a critical fire safety mes-

Learn more about Fire Prevention Week and the theme, “Cooking safety starts with you. Pay attention to fire prevention,” at www.firepreventionweek.org. Additional Fire Prevention Week resources for children, caregivers, and seniors can be found at www.sparky.com and sparkyschoolhouse.org.

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R.M. of Grey



STANDARD PHOTOS BY ASHLEIGH VIVEIROS

Walkers head out in the Pembina Valley Truth & Action Working Group's National Day of Truth and Reconciliation Ceremony and Healing Walk Saturday. Right: Raising the Every Child Matters flag.

Sharing truths

By Ashleigh Viveiros

The Pembina Valley Truth & Action Working Group hosted its third annual National Day of Truth and Reconciliation Ceremony and Healing Walk Saturday in Morden.

Supporters clad in orange gathered for a pre-walk ceremony and flag-raising that honoured the victims of residential schools and acknowledged the generational trauma Indigenous people have suffered.

In introducing her son to sing an honour song, Marlene Henry of Roseau River Anishinabe First Nation reflected on the impact her time in a residential school had on her and her family.

"This is a very emotional day," she said, "remembering the little ones that weren't able to go home.

"I was one of the lucky ones to survive from residential school," Keith said. "I had to go through a lot of healing ... my whole family had to go through healing because they get affected too, when a parent is a survivor.

"When we came from residential school, we didn't even know how to say I love you, because we never ever received it. We never knew how to hug and kiss a person that you love. We were afraid to say it, I love you, because that's one of the things they took away from us is how to love."

Henry's son Keith, who is also a residential survivor, sang two songs for those assembled, one

while the Every Child Matters flag was raised by his family members.

Also sharing his story was Roseau River Anishinabe First Nation Knowledge Keeper Peter Atkinson, who was just five years old when he was taken from his family and sent to a residential school alongside his older brother.

His mother didn't want to send them, he said, but she was told the monthly payment the family received from the government would be withheld if they didn't. The family relied on that money to survive.

Atkinson shared stories of abuse, hunger, and missing children.

Reconciliation today, he said, is an acknowledgment that these wrongs happened, that they still have an impact today, and that action must be taken to facilitate healing.

"When you're reconciling you're admitting that somebody did something wrong. Who did wrong? It wasn't us," he said. "The fact we went to residential schools is not right."

This year's healing walk marked the 10th anniversary of Orange Shirt Day, a campaign launched to spark a nationwide discussion of the harm residential schools wrought.

In 2019, a bill to designate it as National Truth and Reconciliation Day was passed by the House of Commons.

In 2021, in the wake of the remains of 215 Indigenous children found in unmarked graves at a residential school near Kamloops, B.C., the bill was passed by the Senate.

"Today we mourn the children who were never



able to return home," said walk organizer Courtney Yeo. "We mourn for the children who returned home unable to speak to their family members. For the children who felt like strangers in their home communities. We mourn the trauma that has affected so many generations and remember the atrocities of residential schools."

"But alongside that mourning we look towards the future with a sense of hope. Hope for the children who will no longer say, 'How come I was never taught this in school?' Hope for today's Indigenous youth who are building the courage to use their voices and make change. Hope for the education we have all committed to learning by attending today and listening to the stories. And, finally, hope that we can work towards reconciliation in our communities."

After the ceremony, participants, marched from the event centre down to Thornhill St. and back, where they then they enjoyed a lunch of bannock hot dogs and a time to come together to share experiences and foster greater understanding.



Left: Orange shirts and shoes were on display in memory of residential school victims. Right: Knowledge Keeper Peter Atkinson shared his experience with the residential school system.

Miami Rec And Play Spaces receives grant for new Art Park

By Ty Dilello

The province recently announced several Arts, Culture and Sport in Community Grants for 2023-24, as some local projects will benefit heavily from the grant money received.

Miami Recreation and Play Spaces received a \$25,000 grant for a new art park. The money will go towards having local artist, Barry Dueck, make several wooden pieces, such as benches, a picnic shelter, and a teepee, for the new nature park in the Northwest area of Miami.

Dueck will carve each piece with a chainsaw, incorporating a spirit animal into each unique piece. Board members Heather Imrie and Dueck will collaborate with local Indigenous people on the project.

"We thought it was an opportunity to connect with some of the Indigenous people in our community, to get their advice on how to make a culturally correct teepee and the spirit

animals that were important in our region," said Heather Imrie. "It's another green space for the town. We are financially putting the money back into our community by having our local artists build it for us, and it's going to support tourism."

Other Small Capital projects in the region receiving funding through the Arts, Culture and Sport in Community are:

Altona Curling Club, rock replacement: \$10,528

Manitou Curling Club, general repairs: \$25,000

Renovations at Somerset Library: \$22,354.88

Darlingford School Heritage Museum, Window Upgrade Project - Phase 1: \$24,462.00

Pembina Manitou Culture and Heritage Association, Heating a Heritage Space - CPR Station Depot: \$25,000.00

South Central Regional Library, Circulation Desk Replacement: \$25,000.



STANDARD PHOTO BY MIAMI REC

Miami Recreation and Play Spaces received a \$25,000 grant from the provincial government for a new art park in the northwest corner of town. An example of a bench made by Barry Dueck to be made for the new greenspace.

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Carman finishes second at golf provincials

By Ty Dilello

The Carman Collegiate girls' golf team finished second at last week's Manitoba High Schools Athletic Association golf provincials at the Pleasant Valley Golf Club near Killarney.

The Carman girls' golf team includes Grade 12 students, India Young, Keira Krahn, Sara Gross and Shaela Hayward. They qualified for the provincials after the school team took home the Zone IV banner for the sixth year in a row. Girls Team:

At the Provincials, the four players shoot an 18-hole round. At the end of the round, they tally up the team's top three of four players and make the final standings from there.

India Young led the way with a 77, while Keira Krahn shot an 87. Sara

Gross had 115 on the day, and Shaela Hayward finished with 123. The team's scores were good for a second-place finish at the provincials.

College Jeanne Sauve finished first with 278 points and Swan Valley finished third with 289.

"The provincials were great," said Young. "I think we were all trying to enjoy our last high school tournament. We really wanted to get a provincial golf banner for the school after coming in third the last two years."

Golf season has wrapped up for Young, Krahn and Hayward, as the trio will shift their focus to curling as they play on one of Manitoba's top junior teams with Team Shaela Hayward.

Twisters split first two games

By Ty Dilello

The Pembina Valley Twisters have started their Manitoba Major Junior Hockey League (MMJHL) with a win and an overtime loss.

On Sept. 29, the Twisters had their season opener and hosted the River East Royal Knights. Derek Wiebe led the way for the Twisters with a pair of goals as Pembina Valley won 6-4. Cohen Thomas, Zander Carels and Riley Goertzen scored other Twisters goals.

Logan Enns stopped 27 shots in

goal for the win.

On Oct. 1, the Twisters faced off against the Raiders Jr. Hockey Club and fell 4-3 in overtime. Merek De-graeve, Alex Vandenyze and Keston Worley scored the Twisters' goals. Enns was once again in the Pembina Valley net and stopped 18 shots.

The Twisters are back in action with a home game at the Morris Multiplex on Oct. 6 against the Transcona Railer Express. The puck drops at 8 p.m.



STANDARD PHOTO SUBMITTED

The Carman Collegiate girls' golf team finished second at the recent Manitoba High School Golf Provincials. Left-to-right: Sara Gross, Keira Krahn, India Young, Shaela Hayward.

Pembina Valley Hawks kicking off the season

By Lorne Stelmach

The male U18 Pembina Valley Hawks may have kicked off the regular season with a pair of narrow losses, but coach Brendan Edie sees reason for optimism.

The results could have been different in the 2-1 and 3-2 losses to the Southwest Cougars Friday and Saturday, Edie suggested.

"We had some good moments during the games this weekend, but it's tough to win in this league when you don't play a full 60 minutes," said

Edie. "In the home opener Friday, I think it was jitters and excitement. Our crowd was awesome, and it was great to have lots of fan support, but guys were trying to do too much individually.

"Saturday in Souris, I think we just were flat until the third. Credit to the Cougars, though. They were prepared from the start and made things frustrating in their zone."

Southwest capitalized on two of their four powerplay opportunities Friday in Morden, and that was all

that they needed for the victory.

Kam Thomas scored Pembina Valley's lone goal in the second period as the Hawks were outshot 30-25, with Bryson Yaschyshyn making 28 saves.

On Saturday in Souris, the Hawks fell behind 2-1 and then trailed 3-1 with about three minutes left, and they could only get one back with about a minute remaining in the game.

Liam Goertzen scored both goals for Pembina Valley, while Ryler Gates made 27 saves as Southwest held a

slim 30-29 edge in shots on goal.

This weekend the Hawks welcome the Norman Northstars for a double-header Friday evening and Saturday afternoon.

"If you look at the scores around our league from the weekend, there's going to be a lot of parity, so preparation and readiness from opening puck drop is going to be important," Edie said. "We'll take the week, look at the video and get some hard work in, and I'm optimistic we'll have a more cohesive product next weekend."

Dufferin Christian School finishes in first place

By Ty Dilello

In the battle for first place in the Manitoba High Schools Athletic Association Zone 4 - Tier 2 Varsity boys soccer league, the Dufferin Christian School (DCS) Stingers defeated the Carman Cougars 4-0 on Sept. 28 to finish their regular season with a perfect 5-0.

Six teams compete in the Zone 4 - Tier 2 soccer league, including DCS, Carman, MCI Blues, Roseau Valley Raiders, Shevchenko Blues, and Morris/St. Jean/Nellie McClung (Co-Op).

"The season has been really good," said DCS Stingers coach Kevin Voorhorst. "With most of our players back from last year, we expected to have a good season, and the kids have not disappointed."

DCS and Carman had a hard-fought game in which DCS won 4-0 in the battle for the top spot in the league.

"It was a good game as Carman played well, and they made us work for the win," said Voorhorst. "Our team played very well, and they executed with a solid team effort. During

our first practice, I said to a couple of the players, 'That was 'textbook' defence.' I was quietly reminded that we come to soccer to have fun and to enjoy ourselves, and we should not ruin soccer by talking about those things (textbooks) while we are here. It has become a bit of a joke with the team, so I have to say it. That was a 'textbook' performance."

With the win, DCS finished in first place this season and secured home-field advantage for the playoffs.

Both DCS and Carman have a semi-final game on Oct. 2, with the winner playing in the finals on Oct. 5. The first-place DCS Stingers in Carman against fourth-place Shevchenko, while Carman Collegiate plays Roseau Valley in Carman as well.

"We like playing in Carman as the town does a good job maintaining the fields here," said Voorhorst. "If you watch the way these kids have played this year, it is safe to say they expect to win again this season."



STANDARD PHOTOS BY LISA VAN DAM

In the battle for first place in the MHSAA Zone 4 - Tier 2 boys soccer league, the Dufferin Christian School Stingers defeated the Carman Cougars (blue jerseys) 4-0 on Sept. 28.

By Lorne Stelmach

The female U18 Pembina Valley Hawks got off to a winning start as they kicked off the regular season this past weekend.

They took both home games with a 2-1 victory over the Central Plains Capitals Saturday afternoon and a 3-2 win against the Westman Wildcats Sunday.

"The girls came ready to play both days, and we wanted to set the tone for the season early on," said coach Jenai Buchanan. "It definitely felt good. We got a couple wins on the board in our first couple games of league play.

The Hawks were backstopped by a solid performance in net from Kasia Rakowski, who made 35 saves including 16 in the first period, while Pembina Valley had 37 shots on goal. Hayden Arkle and Ava Dalebozik scored for the Hawks, who had 37 shots on goal.

On Sunday, Casey O'Brien led the way with a pair of goals as the Hawks

snapped a 2-2 tie after 40 minutes with the winning goal in the third period. Abigail Brigg also scored for Pembina Valley, and Rakowski earned her second win with 29 saves as the Hawks were outshot 31-26.

"Saturday's game was a very close game, and our goalie kept us in it at key moments to give us the chance to come out on top, and in the end we did, so it was a great team win," said Buchanan.

"Sunday's game versus Westman was a intense, fast paced game. Before hand we made some adjustments based on who we were playing, and the girls bought in and came together to get another big win."

Pembina Valley will try to keep their strong start going with another pair of home games this weekend. They host the Winnipeg Ice Saturday evening and then welcome the Yellowhead Chiefs Sunday afternoon.

Female Hawks off to a winning start



STANDARD PHOTO BY RICK HIEBERT

Things get a little crowded in front of the Hawks' net where Zenith Vanstone tries to give Kasia Rakowski a view of the incoming shot. Pembina Valley downed the Central Plains Capitals 2-1 Saturday and then beat the Westman Wildcats 3-2 Sunday.

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RURAL MUNICIPALITY OF DUFFERIN BOARD OF REVISION

PUBLIC NOTICE is hereby given that the year 2024 Assessment Roll for the Rural Municipality of Dufferin has been delivered to the Municipal Office 12-2nd Ave S.W., Carman, Manitoba and is open for public inspection during regular business hours. That any person, who believes that an assessment ought to be revised, may make application in accordance with Sections 42 and 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 a lease to pay the taxes on the property, or the assessor of may make application for the revision of an assessment roll with respect to:

- (a) the liability to assessment
- (b) the amount of an assessed value;
- (c) classification of a property
- (d) a refusal by an assessor to amend the assessment roll under Section 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) state the grounds on which the application is based; and
 - (d) be filed by
 - i) delivering it or causing it to be delivered at 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 as indicated in the public notice.”

The Board of Revision will sit on Tuesday, November 21st, 2023 at 7:00 p.m. in the Council Chambers of the Rural Municipality of Dufferin 12-2nd Ave SW, Carman, Manitoba to hear applications. Applications must be addressed to: THE BOARD OF REVISION, R.M. of Dufferin, Box 100, Carman, Manitoba R0G 0J0 and received by the Secretary of the Board on or before Monday, November 6th, 2023 4:30 p.m. Dated this 1st day of October, 2023.

Sharla Murray, Secretary
Board of Revision
Rural Municipality of Dufferin
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L.U.D. OF ELM CREEK SNOW REMOVAL TENDER

The Committee for the L.U.D. of Elm Creek invites written tenders to provide snow removal services within the Village of Elm Creek as follows:

- 1) back lanes as shown on map available at the Municipal Office or on www.rmofgrey.ca
- 2) sidewalks as shown on map available at the Municipal Office or on www.rmofgrey.ca
- 3) ends of all driveways as soon as possible after the town streets are plowed, in coordination with the municipal grader
- 4) clear parking lots at the Elm Creek Skating and Curling rinks as shown on map available at the Municipal Office or on www.rmofgrey.ca

Contract will be for 2023/2024 and 2024/2025 winter seasons (approximately October 15th to April 30th).

Bidders are to submit a list of equipment to be used under the contract, ensuring equipment is suitable for each job and the hourly rate for each piece of equipment. **Preference will be given to bidders who would be using a snow blower for sidewalks.**

Bidders can bid on areas that interest them but preference will be given to bidders who bid on all four areas.

Successful bidder will be required to carry a minimum of \$2,000,000 liability insurance coverage and provide proof of coverage upon acceptance of bid or it can be added to the municipalities Insurance Policy and any cost for same would be charged back to the successful bidder.

Tenders must be sealed and marked "Snow Removal Tender" and received at the R.M. of Grey Office, at 27 Church Avenue East, Elm Creek, MB, by 4:30 P.M. on Wednesday, October 11, 2023. Lowest or any tender shall not necessarily be accepted.

Copy of map available at the municipal office or on our website (www.rmofgrey.ca)

Kim Arnal, CMMA
Chief Administrative Officer
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OBITUARY



Julie Marie Kamminga

On September 23, 2023, our precious daughter, sister and aunt was taken to her eternal home in heaven.

She is remembered with much love by her parents Hank and Mary Kamminga and brothers Jeremy and Gaylene (Nathan, Joshua (Melissa Campbell), Brooklyn and Brandon VanderWoude, Rebekah, Samantha); Mike and Lil (Derik, Carter, Amie, Ember); Tyson and Tera (Leighton, Brandon, Roland, Elliot); Tobin and Rachel (Ryder, Jackson, Caden); James.

She was predeceased by siblings Derek and Rachel in infancy. Julie was born on December 16, 1988, in Carman, Manitoba. She attended Dufferin Christian School and thereafter participated in activities provided by Cornerstone Christian Care Society. In June 2013 Julie became seriously ill and she has lived in Winnipeg since that time. She has had care from St. Amant Center for many years.

For most of the past year she was able to enjoy living in her own home under the care of L'Avenir Cooperative.

Julie made friends wherever she lived. Her smile could brighten any room.

We are very grateful for the countless people who provided medical care for her throughout her life. We are also extremely indebted to the many people who loved her and supported her throughout her whole life.

Her funeral will be on Thursday, September 28, 2023, at 1:00 p.m. in the Canadian Reformed Church Carman East.

Memorial donations can be made to L'Avenir Cooperative Inc. or Cornerstone Christian Care Society.

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

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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!

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

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NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF GREY

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **30th day of October, 2023**, at the hour of **10:00 AM**, at Rural Municipality of Grey, 27 Church Avenue East, Elm Creek, MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
181400	THE NW 1/4 OF SECTION 1-9-6 WPM EXC THE NLY 1322.4 FEET PERP - 48 105 RD 31W	L -\$87,200 B -\$52,000	\$6,425.18
306400	THE SLY 112 FEET OF THE ELY 122 FEET OF LOT 3 BLOCK 7 PLAN 753 MLTO (C DIV) IN W 1/2 15-8-7 WPM 75 BIRCH AVENUE, ST CLAUDE	L -\$11,800 B -\$91,800	\$6,406.27
310900	LOT 14 PLAN 784 MLTO (C DIV) IN W 1/2 15-8-7 WPM	L -\$16,800	\$4,570.31
317600	THE ELY 105 FEET OF LOTS 1 AND 2 BLOCK 2 PLAN 1020 MLTO (C DIV) IN SW 1/4 15-8-7 WPM 57 ROY STREET, ST CLAUDE	L -\$11,900 B -\$102,800	\$10,394.09

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the RURAL MUNICIPALITY OF GREY as follows:
 - The full purchase price if it is \$10,000 or less; OR
 - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - A fee in the amount \$498.75 (\$475 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 27th day of September, 2023.

Managed by:



Kim Arnal
Chief Administrative Officer
RURAL MUNICIPALITY OF GREY
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- Nonstick cooking spray
- 4 corn tortillas (6 inches each)
- 4 cups water
- 1 tablespoon white vinegar
- 4 large eggs
- Salsa:
- 1 medium avocado, diced
- 1 medium Anaheim or poblano pepper, seeds and ribs discarded, diced
- 1 medium tomatillo, papery husk discarded, washed and diced
- 1/2 medium tomato, diced
- 1/4 cup diced red onion
- 1/4 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 medium garlic clove, minced
- 1/8 teaspoon salt

Preheat oven to 400 F. Line baking sheet with aluminum foil. Lightly spray foil with nonstick cooking spray.

Poached Egg Tostadas with Avocado-Tomatillo Salsa

Arrange tortillas in single layer on foil. Lightly spray tortillas with nonstick cooking spray. Using fork, pierce tortillas to prevent from filling with air. Bake 5-6 minutes on each side, or until golden brown. Transfer to serving plates.

In large skillet over high heat, bring water and vinegar to boil.

Once water is boiling, reduce heat and simmer. Break egg into cup then carefully slip egg into simmering water. Repeat with remaining eggs, avoiding eggs touching in water. Simmer 3-5 minutes, or until egg whites are completely set and yolks are beginning to set but aren't hard. Using slotted spoon, drain eggs. Place each egg on tostada.

To make salsa: In medium bowl, gently stir together avocado, pepper, tomatillo, tomato, red onion, cilantro, lime juice, garlic and salt. Serve with tostadas.



- Servings: 4 (1 cup per serving)
- 2 teaspoons canola or corn oil
 - 1/2 medium onion, chopped
 - 4 medium sweet potatoes, peeled and cut into 1/2-inch cubes
 - 1/2 medium red or green bell pepper, chopped
 - 2/3 cup fat-free, low-sodium vegetable broth
 - 2 teaspoons minced garlic
 - 2 teaspoons smoked paprika
 - 1 teaspoon ground cumin
 - 1/2 teaspoon dried thyme, crumbled
 - 1/2 teaspoon coarsely ground pepper
 - 1/8 teaspoon salt
 - 4 large eggs
 - hot pepper sauce (optional)
- In pressure cooker set on saute, heat oil. Cook onion 3 minutes, or until soft, stirring frequently. Turn off pressure cooker.

Stir in potatoes, bell pepper, broth, garlic, paprika, cumin, thyme, pepper and salt. Secure lid. Cook on high pres-

Sweet Potato Hash with Eggs

sure 3 minutes. Quickly release pressure. Turn off pressure cooker.

Remove pressure cooker lid. Crack one egg into small bowl. Using back of spoon, make small well in potatoes. Slip egg into well. Repeat with remaining eggs, making separate well for each egg. Secure lid with pressure vent open. Saute 2 minutes. Let stand on "keep warm" setting 2 minutes, or until eggs are cooked to desired consistency.

Serve hash sprinkled with dash of hot pepper sauce, if desired.

Poblano Frittata



Expert patient here to help!



Susie Schwartz

By Susie Schwartz

Do you ever want to curl up in a ball under the duvet and hug a puppy? No? Maybe you're a cat person? That's allowed. What's also allowed is reaching out for help when you need it—more than allowed, actually.

Recently, I've had a multi-illness pile-up, and I'm sick of (with) it. I won't moan or overwhelm you with the details, but I will say this: go ahead and feel sorry for me. (Wink)

Seriously though, I've been in a similar place before, and a few things help: Carlos, my puppy (obvs), my support system, and therapy.

Yes. Therapy.

Back in the day, when Don first suggested it to me, I balked. No way did I, Susie Schwartz Extraordinaire, need counselling.

Well, I extraordinarily did need therapy. Each health problem, type 1 diabetes, eye disease, fibromyalgia, and liver growth all piled upon me like a heap of rocks. They were crushing me.

Here's what she said in my first session with my first therapist.

"Susanne, let's say the strongest man in the world can bench press

1,000lbs. They push and struggle and finally lift the bar in the air. Then, someone comes and adds 10 lbs to the bar. They push and struggle, and they cannot lift it. I'm here to help you get rid of that extra 10lbs, maybe even more, so you can manage the weight."

Wow. Yes. No false promises of life becoming a bed of roses (oh, hello, Bon Jovi). She couldn't cure my ailments. She could, however, lift a rock or two off the pile. And she did.

Counselling isn't a sign of weakness. You could be stronger than every single person on earth, and life still could be too heavy. So yeah... therapy.

Here's the kicker. The healthcare system is in a state, and you may not have access to free therapy. And the cost of private is too much for your budget. I hope something changes soon. But if you are suffocating under the weight of your ill health (or other life challenges), reach out to a friend or two that you trust. Yes, it would be too much to ask of them to remove all the rubble, but maybe they could help with that extra 10 lbs.

And for the record, I can't get enough of therapy now. I am discovering revolutionary things about myself that I couldn't do alone. So, let's ditch the stigma around it.

Now go. Make the call and hug a puppy.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalmiss_stress, and at www.lesshealthstress.com where you can sign up for 'Convos with Carlos'. Her book, 'Help the Doctor Help You – 32 Secrets and Tips for Self-Advocacy to Get the Best from Your Appointments' is now available on Amazon!

- Servings: 4 (2 wedges per serving)
- 4 large eggs
 - 1/4 cup fat-free milk
 - 2 tablespoons chopped fresh cilantro

- 1 teaspoon olive oil
 - 2 medium poblano peppers, seeds and ribs discarded, chopped
 - 2 cups frozen whole-kernel corn, thawed
 - 2 medium green onions, chopped
 - 1/4 cup finely shredded Cotija cheese or crumbled queso fresco
 - 1 medium tomato, chopped
 - 1/4 cup fat-free sour cream
- In medium bowl, whisk eggs, milk and cilantro.

In medium skillet over medium heat, heat oil, swirling to coat bottom of skillet. Cook poblano peppers 3 minutes, or until browning on edges, stirring frequently.

Stir in corn and green onion. Reduce heat to medium-low and carefully pour in egg mixture. Cook, covered, 10 minutes, or until mixture is just set on edges and still soft in center. Avoid overcooking. Remove from heat.

Sprinkle with cheese. Cut into eight wedges. Place two wedges on each plate. Top with tomatoes and sour cream.