

VOLUME 3
EDITION 44

The Carman-Dufferin STANDARD

THURSDAY,
NOVEMBER 2, 2023

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Winter wonderland

STANDARD PHOTO BY LORRAINE STEVENSON

Carman resident Rhonda Smith tackles the ice and snow built up on her front driveway last weekend. Southern Manitoba experienced periods of significant snowfall throughout the previous days of Oct. 25 through Oct. 27, so if temperatures stay cold the white stuff might be with us for awhile.

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Community input required for Boyne Care Holdings assisted living facilities

By Ty Dilello

Boyne Care Holdings in Carman is conducting a survey for the next phase of the aging-in-place campus. The next phase will be an assisted living facility attached to Boyne Lodge.

The first project would be located in Carman, and acting as the hub would serve future builds in Elm Creek, Miami, St. Claude and Roland.

Assisted Living residences provide housing and a range of support services for seniors and persons with disabilities who have difficulty living independently and require assistance with day-to-day activities.

Typically, individuals or couples interested in Assisted Living will already be receiving home care services provided by either the Regional Health Authority (RHA) or by family members. It is recommended that those interested in Assisted Living contact their local RHA Home Care office to discuss if assisted living will provide enough care for their current needs.

Supportive Care is an additional level of care that Boyne Care may provide should sufficient demand be determined. Individuals requiring Supportive Care services generally



cannot live safely or independently at home, even with home care services. Residents in Supportive Care receive additional care and attention as a Home Care Attendant is available to provide 24/7 assistance.

The new survey that Boyne Care Holdings has made is open until the end of November and can be completed online or on paper.

Town of Carman and RM of Dufferin's Director of Economic Development Tyler King hopes the survey will show what is believed to be a need for an assisted living facility in the community.

"We know it's a gap in seniors housing, and we would like to address that and continue building on the aging-in-place campus that was planned during the initial visioning for the project," said Tyler King. "We expect



Front entrance

STANDARD PHOTO BY TYLER KING

Boyne Care Holdings in Carman is surveying the next phase of the aging-in-place campus. The next phase will be an assisted living facility attached to the Boyne Lodge in Carman. The deadline for community input is Nov. 30.

the results will confirm the need for an assisted living facility for the area."

The closest assisted living facilities to Carman are in the Morden/Winkler area, so Boyne Care would like to have something in town that is closer for those needing the support.

"Housing is important, and providing more variety in the types of housing will allow people to remain in the community without having to move to receive this type of service," said King.

Construction for the new facility is planned upon completion of the design, successful tenant recruitment and completion of financing. They hope to move forward as quickly as possible once the survey results are in.

King notes that completing the survey is important as they want to get as much community feedback as possible.

"Doing a survey is important because although we have some ideas on what the community would like to see in the facility, we may not know

for sure. Getting the feedback may confirm some thoughts but might also bring to light some items that should be added or considered. We assume there is support, but we want to confirm that it is there."

For additional information, to pick up a survey or to drop off your completed survey (return of survey by Nov. 30 is appreciated), please get in touch with your local municipal office (Town of Carman, RM of Dufferin, RM of Grey, RM of Roland, RM of Thompson).

Completed surveys can be mailed to: Assisted Living Housing Survey - Box 160, Carman, MB R0G 0J0. Alternatively, completed surveys can be emailed to info@boynecare.ca. The survey can also be filled out online at <https://www.surveymonkey.com/r/BoyneAssistedLivingSurvey>.

"We have had a good response to start with over 70 surveys submitted and have just started to promote it more, so I know that number will go up. We are looking forward to reviewing the results."

Fall Back

Set your clocks back one hour before bed on Saturday.

Daylight Saving Ends Sunday November 5th



carmanmanitoba.ca

Clocks fall back this Sunday for end of daylight savings

Staff

Most Canadians will turn their clocks back by an hour Sunday, Nov. 5 for the switch from daylight savings time to local standard time.

Local standard time officially starts at 2 a.m.

Clocks are turned back one hour in the fall for what's commonly called "the end of daylight savings time,"

an idea first used in Germany during the First World War with the goal of saving energy. It aims to take advantage of daylight hours in the spring so that people don't sleep through the first few hours of sunshine.

When the daylight period gets shorter in the fall, the clocks are re-adjusted to the proper "local standard time."

Each \$5 gift is worth \$7 during the Endow Manitoba Giving Challenge, Nov. 13 – 19

Carman Area Foundation celebrating 25 years of giving

Staff

There's never been a better time to help our community flourish forever! Carman Area Foundation (CAF) is encouraging residents to make a gift between Nov. 13 – 19 as part of the 2023 Endow Manitoba Giving Challenge. For this week only, each \$5 gift you make becomes \$7.

The Giving Challenge is an online one-week campaign that "gifts" money to local community foundations. For each gift of \$5, The Winnipeg Foundation and the Government of Manitoba will each add \$1, making it a \$7 donation.

The challenge starts on National Philanthropy Day Nov. 15,

The Carman Area Foundation (CAF) receives funds from this challenge that go into their endowment fund, which serves as a pool for other community organizations to apply for grants.

Donations from the CAF are pooled and permanently invested. Gifts are never spent, and the money will always stay in the community. Every year, these investments generate money distributed to



PHOTO SUBMITTED

Give to your community foundation between Nov. 13–20 and help them reach their Giving Challenge goal.

support local charitable needs.

The CAF supports four community funds people can donate to during the Giving Challenge, which qualify for stretched dollars: Roland Community Fund, RM or Grey, Sperling Community Fund and the Undesignated Fund. These funds are unrestricted, meaning they can support many different community projects. During the week of the challenge, every gift directed to an undesignated community fund will be stretched 40 per cent by The Winnipeg Foundation and the Government of Manitoba, which increases the amount Carman Area Foundation receives.

The foundation annually supports many local

community organizations whose projects reflect community vitality, healthy population, arts, culture and heritage, environment welfare, literacy, education and employment, and children, youth, and families. The CAF grants funds within these sectors to ensure diversity and inclusion.

Do you have a long list of people looking for help annually?

The foundation receives approximately 40-50 applications annually.

The foundation has granted over \$141,000 last year.

"This is a great opportunity to support the CAF. Of course, we welcome gifts anytime but giving between Nov. 13-19 means extra support. We're so excited to see what our community can accomplish," said CAF chair Janine Lodder.

Are you doing anything special this year? (i.e. in-person donations, online, cheques to be mailed in)

The easiest way to donate is online through Nov.19. at Carmanareafoundation.com, and click give now. CAF also accepts Etransfer exedir@carmanareafoundation.com, or a cheque can be sent to Carman Area Foundation, box 160 Carman MB R0G0J0. Make sure you indicate which community fund you want your money to go towards

Perils of Persephone performances well attended



STANDARD PHOTOS SUBMITTED

Back on Cue Theatre cast and crew performed back to back shows of *Perils of Persephone* last weekend.

Submitted by Lee Collingridge

Back to Back productions of the Dan Needles play, *Perils of Persephone*, were performed this weekend by Carman's Back on Cue theatre group.

The hilarious comedy was set in rural Ontario and involved family dynamics, a radioactive accident and political interference. The play was produced by a cast of eight and about 10 support crew. Nearly sellout attendance was accomplished by marketing and brisk ticket sales.

The director Faye Harms stated that

directing for Back on Cue has provided her with exciting opportunities to build lasting friendships. Being creative as a director and collaborating with actors, set designers and crew members enables her to fuel her passion for theatre. The cast was rewarded with laughter and applause throughout the play. Community members expressed gratitude for an enjoyable experience. Back on Cue hopes to continue to serve the community for years to come.

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Genesis House hopes to build larger shelter in Winkler

By Lori Penner

The South Central Committee on Family Violence (Genesis House) recently held its annual general meeting at The Exchange in Altona.

The meeting included feedback from Lisa Peters and Diana Wiebe of the CommUNITY Hub, which brings families and their supporters together to work through complicated life issues.

Genesis House executive director Angela Braun said it's been another busy year at the shelter for abused women and their children, and local support organizations like these are vitally important to their work.

"We currently have more people than we have beds. But we do continue to have positive things happening as well, with lots of good partnerships with community and local organizations such as Winkler Central Station, 500 Stephen Community Centre in Morden, and The Community Exchange in Altona. Working together is more beneficial for each of us than working independently. We are literally creating a place where a person can't slip through the cracks."

Braun shared how Genesis House

was recently turned down for a large grant to fund their new shelter project in Winkler.

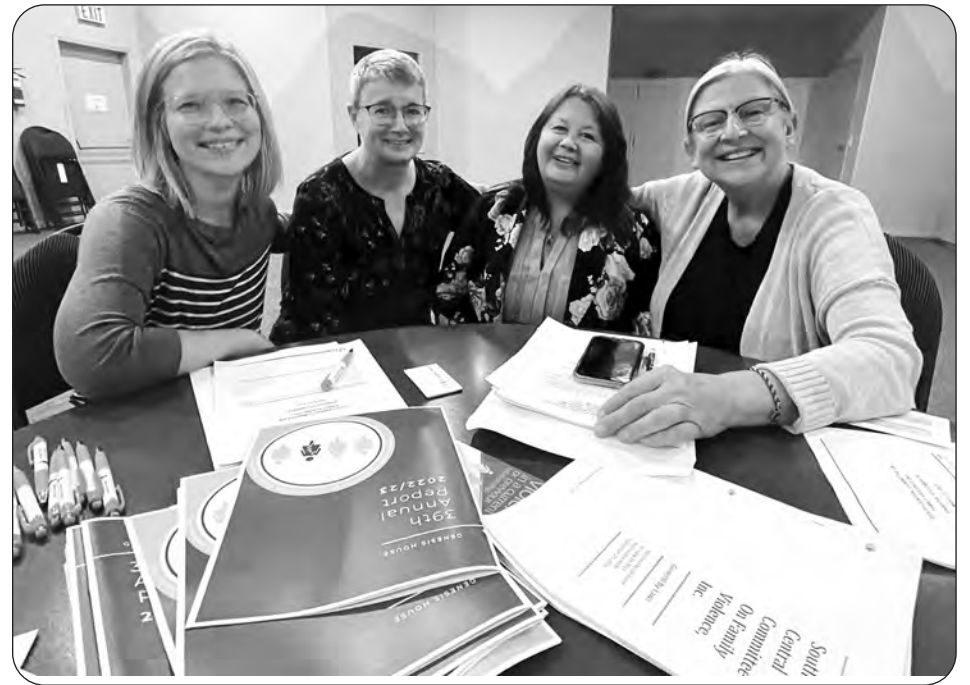
"We hadn't done this before. It was a national grant of \$250 million to be distributed across Canada for organizations that specifically support women and kids fleeing domestic violence. We worked very hard to get our application in, but there was lots of criteria. It took months to get it in and then months to hear back. It's disappointing, but we still plan to continue with this project."

Genesis House has already purchased the land for the new shelter, Braun said.

"It was already zoned for what we needed it to be. The question from the board was do we buy the land when we don't have funding guaranteed for the project? We just jumped in and have faith that what we need will materialize."

The new building will include 25 units.

"We'll have a variety of suites. One of the challenges we have recognized is that we have a lot of single women that want to stay with the family until the kids are old enough to move out.



STANDARD PHOTO BY LORI PENNER

From left: CommUNITY Hub community support team coordinator Lisa Peters, Genesis House board chair Karen Tjaden, Genesis House executive director Ang Braun, and CommUNITY Hub community connector Dianna Wiebe at the regional women's shelter's AGM last month.

And then they have no income and there's no place for them to go. So, we have a number of one-bedroom units for that. We also have at least three

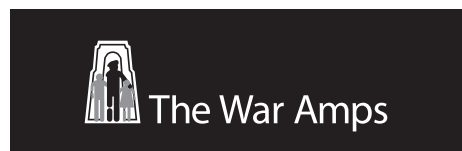
three-bedroom units because we have some larger families who need a safe

Continued on page 9

Genesis House marks Domestic Violence Awareness Month

By Lorne Stelmach

Genesis House works throughout the year to bring awareness to its regional shelter for women and children, but Domestic Violence Awareness Month every November is an



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opportunity to especially put it in the spotlight.

"The whole idea around the awareness month is to try to figure out ways to engage with different populations of people," said executive director Ang Braun. "Doing things just one way all the time doesn't allow for that, so we are trying to make sure that we are engaging with everyone."

The national awareness month was first introduced in 1981 as a way to bring domestic abuse out into the open, as it tends to be a hidden issue within communities.

Statistically, one in four women have experienced violence in a current or previous relationship. Young women aged 25-34 experience the highest rates of violence. Children under five years constituted the largest portion of abused children in shelters followed by ages five to nine.

The goal is bringing awareness to what domestic abuse is, how it affects our families, and how we can better our relationships to create a healthier community, Braun said, so there are a number of activities planned for the month ahead to do just that.

Children can participate in an art contest with the theme "What does peace mean to you?" The chosen

picture will be displayed on Genesis House greeting cards and the artist will drop the puck at the Winkler Flyers' Nov. 22 "Peace Begins at Home" hockey game. Submissions are being accepted until Nov. 6 via email to resource@genesis-house.ca.

There is also the Power of PJs campaign where boys, girls, and ladies pajamas can be dropped off at any branch of the South Central Regional Library.

The aim is to collect 70 pairs of women's PJs and 70 pairs for children because that reflects the number of people that stay with the shelter each year. Warm socks and comfy pants are also welcome.

People are also invited to learn about the issue of missing and murdered Indigenous women at a screening of Rustic Oracle Nov. 7 at the Community Exchange in Altona.

This film shares a story experienced by countless Indigenous families who have faced the trauma caused by the disappearance of a loved one. A sharing circle will be held following the film in partnership with Steps to Reconciliation.

Another initiative is a donation drive in connection with the Fawn and Cub market in Winkler Nov. 11-

12. Christmas cards can be purchased at the market by donation in support of the shelter. Genesis House will also be collecting items to gift to women and children using its services.

The events for the month then conclude with the third annual Unmasking Domestic Violence Masquerade Gala Nov. 17 at the Access Event Centre in Morden.

It is their biggest fundraiser of the year where guests will dine and be entertained as if they were Old Hollywood stars. Tickets can be purchased by emailing resource@genesis-house.ca or going online and finding Unmasking Domestic Violence Masquerade at www.eventbrite.ca.

Braun noted that while the emphasis is often on fundraising, raising awareness is equally important.

"We take every opportunity. There's always little pieces, like even at the gala there's always a component of education through stories.

"There's not a lot of opportunities to celebrate ... when you think about family violence, it's not something to celebrate, but what we're looking at is celebrating the fact that we have community support that we can openly talk about it and there is a place for people to go if they need help."

Manitoba Stronger Together event coming to Stonewall

Staff

A grassroots organization that aims to promote civic engagement is continuing with its live tour series, which includes an upcoming stop in Stonewall.

The non-partisan group Manitoba Stronger Together focuses on its mission statement “to restore political influence to the people by empowering them through the creation of a robust bloc of voters.”

Its strategy hinges on voter mobilization, grassroots organizing, political education and collaborative partnerships.

“Manitoba Stronger Together officially launched earlier this year with the aim of providing Manitobans with a united platform to voice their concerns and hold politicians accountable,” said Ken Drysdale, who co-founded the group along with Chris Riddell.

“Our organization’s primary purpose is to empower Manitobans by creating a strong grassroots movement that advocates for transparent governance, individual freedoms

and a commitment to the well-being of our communities. We do this by creating a community of voters in each electoral district who can come together as a voting bloc and use the power of that voting bloc to influence the election outcome.”

The group focuses on six core values: impactful engagement, non-partisanship, civic responsibility, inclusivity, transparency and empowerment.

All are welcome to attend weekly Zoom meetings on Tuesdays at 6:30 p.m. featuring engaging discussions with guest speakers.

Earlier this year, Manitoba Stronger Together also presented in-person meetings in seven communities across the province as part of its live tour series, with stops in Winnipeg, Brandon, Dauphin, Winkler, Swan River, Gimli and Selkirk. These live events are continuing in Stonewall on Nov. 15 at the Parochial Hall (291 1st St. W) from 6:30 to 8:30 p.m. Other in-person events will take place this month in Steinbach, Lorette and Lac du Bonnet. In addition, Drysdale will be speaking at the Christine Ander-



STANDARD PHOTO SUBMITTED

Manitoba Stronger Together will be Stonewall on Wednesday, Nov. 15 from 6:30 to 8:30 p.m. at the Parochial Hall.

son event in Winnipeg on Nov. 28.

Admission is free for these events, which will offer attendees an opportunity to listen to speakers, engage in community building, learn through Q&A sessions and find out about next steps.

The group also doesn’t charge membership dues or take donations.

“I’d like to emphasize that Manitoba Stronger Together is a non-partisan group funded by Manitobans without corporate or government funding,” added Drysdale, a Beconia resident

who is originally from Stony Mountain.

“We are committed to bringing Manitobans together to effect positive change. We do not charge any fees. We do not sell merchandise. We do not have tax-exempt status. The members fund the activities and we provide them with the tools they need.”

Visit www.manitobastrongertogogether.com for more information about Manitoba Stronger Together, including blog posts, upcoming events and how to get involved.

CNIB Mobile Hub coming to Morden on Nov. 14

By Lorne Stelmach

The Canadian National Institute for the Blind (CNIB) is returning Morden-Winkler with a program that aims to help make its resources more widely available.

The CNIB Mobile Hub was introduced last year with an initial visit to Morden for a two-day event, and it is back again Tuesday, Nov. 14 at the Morden Library.

“It’s a new program delivery model where we visit communities and deliver in-person programming at no cost,” said Brett Cleghorn team lead for programs and operations for the CNIB in Manitoba.

He said they would like to do further outreach into rural Manitoba to help make their programs and services more accessible.

“Access and transportation is always a huge barrier for people living in rural communities,” said Cleghorn. “I think it was pretty well received. We expected a few more people to be in attendance, and we’re hoping there is better attendance.

“You can participate in some of our recreation, social activities, technology workshops,” he explained. “Our programs are designed to educate,

entertain and engage community members who are blind or partially sighted. It gives them a chance to meet CNIB staff and learn more about CNIB programs and services.”

The CNIB Mobile Hub will kick things off from 10:30-11:30 a.m. with a welcome and an introduction to its five-year strategic plan. That will be followed by presentations on CNIB’s SmartLife Tech at Home at 11 a.m., adjusting to vision loss at 1 p.m., and Phone it Forward on new technology available to help people at 1:30 p.m. The day will wrap up at 2 p.m. with some trivia.

While registering for Mobile Hub programs is strongly encouraged, walk-ins are also welcome. To register, contact Joanne Fabian by email at joanne.fabian@cnib.ca or call 204-789-0954.

Cleghorn is optimistic they will be able to expand on this initiative.

“We just wrapped up a mobile hub in Brandon, and it was really successful and had a really good turnout,” he said. “In the future, we’re hopefully going to make it out to some northern communities ... this is ongoing, so we’re hoping to visit more communities in rural Manitoba.



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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.

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get heard

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Manitoba Ag Days gives back deadline approaching

Submitted by Teresa Vallotton

Manitoba Ag Days enters its second decade of investing in rural communities and agriculture education through the Ag Days Gives Back program. One hundred per cent of the funds raised through the Manitoba Ag Days 50/50 are used to support K-12 ag education, post secondary ag education and community organizations throughout Manitoba and Saskatchewan. This represents a commitment of over \$362,500 since the program's inception in 2013.

Thanks to strong public support, the 2024 Ag Days Gives Back community giving and scholarship programs have both been expanded!

"This year we have more than doubled the amount of community grants available, thanks to the generous support for our 50/50," said Hannah Minshull, Ag Days Gives Back committee chairperson. "We are excited to offer seventeen individual grants of \$2,000 to non-profit organizations to support their continued operation."

The scholarship criteria has also expanded and now includes any post secondary education and training related to agriculture.

"We wanted to recognize the wide

variety of jobs and career paths that contribute to the agriculture and agri-food sector, and this scholarship allows the applicants to explain how their training or studies, whatever they might be, connect to the ag industry," commented Minshull. Three scholarships of \$2,000 each will be presented at the 2024 show.

The deadline for both community grant applications and scholarship applications is Nov. 15.

Winners will be announced at the 2024 show in January.

For more information please visit <https://www.agdays.com/community-giving-program/>

The recipients of the 2023 Ag Days Gives Back Community Improvement grants of \$2000 each were:

Roblin Fire and Rescue, Glenboro South Cypress Fire Department, Ste Anne Fire Department, Whitemouth Fire Department, Edward Fire Department, St. Rose Fire Department, Clandeboye Fire Department, Ochre River Fire Department.

The recipients of the 2023 Ag Days Gives Back Scholarships of \$1000 each were:

ACC Diploma Scholarship – Rhett



Grieve

U of M's Diploma Scholarship – Lacey Calder

U of M's Degree Scholarship – Emily Rob

Manitoba Ag Days will also be providing the Education and Leadership Grant in the amount of \$10,000 once again to Agriculture in the Classroom – Manitoba.

Manitoba Ag Days show is an annual three-day exposition of agriculture production expertise, technology and equipment that attracts exhibitors and visitors from across Canada and the United States of America held at the Keystone Centre in Brandon Manitoba. The 2024 show dates are Tuesday, Jan. 16 - Thursday, Jan. 18.

For more information or the latest updates please visit <https://www.agdays.com/> or follow us on

Facebook, Twitter or Instagram @mbagdays.

Carman and Community Chamber to host Business Awards

By Ty Dilello

The Carman and Community Chamber of Commerce will hold its annual Business Awards Night on Nov. 9 at Bell Aura Bed and Breakfast in Carman.

The Chamber Awards evening is an opportunity to gather, celebrate and honour outstanding businesses and individuals in the community.

"It is an evening filled with recognition and appreciation for the hard work, dedication, and innovation that these exceptional recipients bring to our local business landscape," said Jodi Winkler of the Carman and Community Chamber of Commerce. "This event serves as a platform to acknowledge their remarkable contributions, not only for their success but also for

the betterment of our entire community."

This year, the Chamber is honoured to have Scott Gillingham, Mayor of Winnipeg, attend the event as the guest speaker.

Several awards will be handed out at the upcoming Business Awards Night:

Outstanding Business of the Year - presented to a business that has been in operation for three years or more and demonstrates continual business excellence through positive growth, exemplifies superior customer service and embraces an outstanding commitment to quality.

New Business of the Year - presented to a business operating for more than one year and less than three. It

has gained an expanding positive reputation and demonstrates excellence in innovation management, marketing, customer service and integrity.

Community Builder - recognizes an individual who is making a significant contribution to Carman and/or a surrounding community.

Chicken Chef Carman will also be presented with the iconic 2023 Burger Week Burger of the Year trophy at Awards Night.

The awards are chosen by a selection committee based on the nominations received by the Chamber from the membership and general public. The awards night is for Chamber members only. It is free to attend, but is exclusive to membership.

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Pelly's Lake biomass harvesting—replicating success on both sides of the border

Submitted by the Redboine Watershed District

A group of researchers, engineers and project stakeholders from the Red River Retention Authority (RRRA) in North Dakota made the trek north of the border this month to tour the Redboine Watershed District's Pelly's Lake project.

The group was hosted by RBWD district manager Justin Reid as well as staff from the International Institute for Sustainable Development (IISD).

The group was looking to tour an existing biomass harvesting site to help them in the planning stages of a similar biomass harvesting project in North Dakota. Having heard of the Pelly's Lake project before, and after meeting with RBWD staff at the Red River Basin Commission conference this past January, they decided that a tour of the Pelly's Lake site was in order so that they could get a firsthand look at the retention area and the harvesting operation.

After enjoying the view from the park overlook and a look at the retention structure, the project history was discussed by Reid. The group then ventured into the wetland area to watch the biomass harvest.

Richard Grosshans, Bioremediation and Water Policy Lead from IISD, was there to give the group the details on the harvesting portion of the Pelly's Lake project. Grosshans has been involved with the harvesting there since it began in 2012 and has been involved with IISD's biomass harvesting research for over 15 years.

The group was shown some swaths of cattails that had been recently cut by the Prairie Agricultural Machinery Institute (PAMI) who has been IISD's partnering organization doing the actual harvesting work in the wetland.

In addition to the conventional harvesting methods shown by representatives from PAMI, the group was treated to a demonstration of a new



STANDARD PHOTOS SUBMITTED

The Redboine Watershed District welcomed a delegation from south of the border recently to tour the Pelly's Lake project.

harvesting technique with a tracked wetland harvester, owned and operated by Komb Ag Services. IISD contracted Komb Ag to come and test out the new equipment that they had purchased from the UK. The tracked harvester is the first of its kind in Manitoba.

The project tour and biomass harvesting demonstration were very informative for the group, and many were impressed with the size and scale of the project.

Keith Weston, a board manager from the Cass County Joint Water Resources District, who was one of the organizers of the RRRA tour group was asked about his thoughts on the tour. He commented, "I was quite impressed with the commitment of the Redboine Watershed District to reduce phosphorus loading by har-

vesting and removing biomass from the Pelly's Lake Watershed. This type of watershed management and science is something watershed districts in the U.S. portion of the Red River of the North are looking to implement on new flood retention projects".

On behalf of the watershed district, Reid said he was "thrilled with the opportunity to showcase Pelly's Lake, and to help other organizations repeat the success that we have had here."

Further discussions are being planned between the RRRA group, IISD and RBWD. The group is looking to get together this coming January in Fargo at the annual Red River Basin Commission Conference.

Reid says he "looks forward to meeting with this group again to help continue the planning process for biomass projects in North Dakota."



FLASHBACK... a fond look back at frost shields

by Dennis Young

Frost shields burst into the automotive scene in 1927, long before defrosters were conceived. They were soon standard equipment with winter tune-ups.

The first iteration was a thin piece of glass that came with a rubber gasket and a jar of adhesive.

By the 1940s, the celluloid versions arrived followed by electric models that used heated wires running through the glass to keep them frost free.

In 1937 it became law in Manitoba (still in the Highway Traffic Act today) that windshields, rear windows, and front side windows had to be fitted from December through March. When spring came, motorists had the unenviable task of trying to remove what was left of the shields and glue.

Initially, shields were imported from the U.S., but as you might guess, Winnipeg became a hub for manufacturing these winter products. Ful-View

New Highway Traffic Act requires
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November 30th is the deadline for equipping your car or truck with winter frost shields to comply with the new traffic regulations. Don't delay, get yours now, before the last minute rush.

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Auto Accessories, Main Floor, East

In 1937, the province made it law for windshields, rear windows and front side windows to be fitted with frost shields from December through March



STANDARD PHOTOS SUBMITTED

Though modern technology has largely reduced the need for frost shields, they are still used on some construction equipment and on helicopters.

Glass was the first, then James B. Carter Ltd., which eventually became Temro.

The companies produced interior car heaters here until 2012. In 1951, Del Richardson purchased Stearn's of Minnesota and set up shop in Winnipeg. Within a decade it was considered the largest manufacturer of the

product in the world.

Even today, frost shields have not disappeared into history. They are still used in construction equipment and helicopters. In fact, 1 Custom Tarps and Filters out of Brandon continues to produce them. <https://www.tarp-sandfilters.com/frost-shields>.

Operation Christmas Child shoebox collection week is coming up

By Lorne Stelmach

Organizers behind the annual Operation Christmas Child program look forward to seeing how much support comes from south central Manitoba this year.

The region always goes above and beyond with its contributions of shoebox gift hampers that go to families in need all over the world.

"This is now my 11th season with Operation Christmas Child, and I have always been blown away by the support from down there," said Lynnette Loewen, regional manager for the campaign. "We've also had some really incredible volunteers over the years who have contributed a lot, even incredible partners down there."

There are countless examples of individuals and groups going the extra mile, Loewen noted, such as a senior's home in Winkler that handcrafts some of their shoebox supplies or the Plum Coulee church that every year meets or exceeds the goal of a thousand boxes.

"With the shoeboxes, you're looking at over 5,000 every year, and that's amazing," said Loewen of the region. "You're pushing high and pulling in numbers, given the amount of population there, that are quite incredible."

"I think it's a testament to the people there and their love for giving. We have incredible donors down there."

A program of the Christian ministry Samaritan's Purse, Operation Christmas Child each year delivers thousands of gift boxes. Last year

more than 415,000 shoeboxes went out to children in West Africa, Central America, Ukraine, and Philippines.

Each box can be packed full of toys, school supplies, and personal care items. For many recipients, it may be the only Christmas gift they receive.

The boxes are collected through local church partners, which include Gospel Mission Church in Winkler and the Carman Pentecostal Church.

Shoebox Collection Week is Nov. 13-19 this year. Empty boxes can be found at a number of locations, such as local dollar stores, but you can also just create your own with whatever works.

"You can pack a regular shoe box. You can pack a plastic bin ... we've even had tool boxes come in," Loewen noted. "Sometimes people are really creative."

Loewen simply encourages people to "think of what might excite a child. We always say pack a wow item in there ... school supplies, hygiene stuff ... the only thing we ask of course is no liquids and no war related items because some of these boxes are going into war zones."

Loewen noted a family letter can also be a great addition to a shoebox.

"I encourage people to do like my family does and include a letter ... I put in a picture of my family and I even put in an address," she said. "I have received lots of letters back."

If you do a letter, it can be a good idea to have it translated into French and/or Spanish, as those are domi-



STANDARD PHOTO SUBMITTED

Youth open up their Operation Christmas Child shoeboxes, filled with school supplies, toys, and personal hygiene items. Collection week is Nov. 13-19

nant languages in many countries.

"If people don't have time to go shopping and can't go pick up a physical box, we have an online website: packabox.ca," Loewen said. "So it's online shopping. You can pick your items. We're trying to make it as easy and accessible as possible, and we're also trying to make it fun for people."

Loewen encourages everyone to get involved in the campaign and to make a difference for a family somewhere out in the world that is less fortunate.

"These shoeboxes get us into a lot

of countries, and the countries we're looking at are mostly third world countries and some of them are in the middle of a war right now, like the Ukraine," she said. "We give the gift to the child, but it's blessing the parents as well. In a time of darkness and sorrow and loss, there's a bit of hope and joy by seeing their child get excited."

For more information or drop-off site locations and hours near you, head to samaritanspurse.ca.

Manitobans encouraged to get updated COVID-19, seasonal flu vaccines

Submitted by the Manitoba government

The Manitoba government is encouraging Manitobans to get the updated COVID-19 and seasonal flu vaccines as soon as possible to help protect themselves, their families and their communities during the upcoming respiratory virus season, Premier Wab Kinew announced Monday after receiving both vaccinations at a local pharmacy.

"Vaccines are safe and effective, and I am proud to play my part to help keep my family and our community safe," said Kinew. "I encourage all Manitobans to stay current with their vaccinations – a simple, quick visit now can help you stay healthy and make the most of your time with family and friends throughout the winter."

The vaccines continue to be distributed to hundreds of locations across the province to ensure sufficient sup-

ply is available for all Manitobans who want to be vaccinated, noted the premier. The online vaccine finder at www.gov.mb.ca/covid19/vaccine.html#finder is updated regularly as new location and clinic details become available.

In alignment with Manitoba Health, Seniors and Long-Term Care's mandate to make it easier for every Manitoban to access health care no matter where they live, there are many ways people can conveniently access their vaccines. Manitobans can contact their local clinic, pharmacy or nursing station.

"Heading into respiratory virus season, we all have a role to play in protecting vulnerable Manitobans as well as the dedicated health-care professionals that care for them," said Health, Seniors and Long-Term Care Minister Uzoma Asagwara. "Getting vaccinated against this season's domi-

inant COVID-19 and influenza strains lessens the risk of illness and severe outcomes and helps to reduce pressure on our health-care system."

Public health also recommends personal health measures all Manitobans can take including:

- staying home when you're sick until you feel better and no longer have a fever;
- washing your hands or using hand sanitizer regularly;
- covering your coughs and sneezes;
- choosing to wear a mask as an extra layer of protection; and
- regularly cleaning and disinfecting shared surfaces and objects.

"Getting the updated vaccines for COVID-19 and seasonal flu is one of the best ways to protect yourself against getting sick this winter," said Dr. Brent Roussin, chief provincial public health officer. "This is even more important for parents and care-

givers, pregnant people, children and others who are most likely to develop serious symptoms if they do become ill. If you haven't had a COVID-19 vaccine before, it's never too late to protect yourself and your loved ones. We can also all do our part by staying home when we're sick, washing our hands and choosing to wear a mask."

More than 109,000 doses of the flu vaccine and almost 59,000 doses of the COVID-19 vaccine have already been given to people in Manitoba this respiratory virus season.

For more information on COVID-19 and seasonal flu vaccines, visit: www.manitoba.ca/protectMB.

A weekly epidemiology update on COVID-19 and seasonal flu is posted every Friday at www.gov.mb.ca/health/publichealth/surveillance/influenza/index.html.

Foundation gala raises \$100K for BTHC



By Lorne Stelmach

The Boundary Trails Health Centre Foundation is another \$100,000 richer after its annual fundraising gala Friday evening in Morden.

The money raised that evening, which featured a James Bond /Casino Royale theme, will go a long way to help the foundation support programs, equipment, and resources at the regional hospital.

"This is our biggest fundraiser of the year. We love putting on our annual gala, and this is when we get to interact with a lot of our donors," said executive director Shannon Samatte-Folkett.

"We were sold out early this year, and we had a wait list, so that's amazing," she added. "Our gala tends to raise over \$100,000 for us annually ... and that's really important because we have a lot of programs that we support at the hospital.

"An event like this one is only as successful as the people who choose to attend," Samatte-Folkett added. "We could put on the most extravagant event, the best food, the most

beautiful decor, but it is a success because of the people who choose to attend our event and the corporate and community sponsors who believe in us and choose to be a sponsor to help us make these events amazing."

Samatte-Folkett gave thanks to the local RBC branches who provided volunteers to help set up.

The evening's entertainment was provided by Jayme Giesbrecht and the Soul Revue Band and comedian Dean Jenkinson.

By the end of the evening, the ongoing 50/50 raffle fundraiser saw its jackpot build to over \$31,000. The next chance to win an early bird prize is Nov. 17. The grand prize draw happens Dec. 22. To buy your tickets, visit bthcf5050.ca or stop by the foundation offices at the hospital.

Folkett said the funds go a long way to enable the foundation to support programs like palliative care and spiritual care as well as to provide equipment and education resources.

"I do think the expansion and having more programs, more space has made people more excited and re-



STANDARD PHOTOS BY LORNE STELMACH
BTHC Foundation's fall gala featured a James Bond/Casino Royale theme. There were blackjack tables, music from Jayme Giesbrecht and the Soul Revue Band, and laughs from comedian Dean Jenkinson.

ally wanting to give," she suggested. "And now they can see it coming. It's being built, and they can feel like they are part of it.

"It's really encouraging ... and it's just rewarding to be here with everyone," concluded Folkett. "I reflect on the conversations I had through the night and what I observe. I am humbled. Every event I work on, my goal is that our guests have a feel good experience, that when they leave they feel appreciated by our foundation and have a great, fun time. I think they truly did."



> GENESIS HOUSE, FROM PG.4

place to go."

Braun said a number of the two-bedroom suites will be designated for reunification.

"We have more families than ever before, but we're seeing less kids coming into the shelter. It's not that the women don't have kids, but so many of their kids are in care. So we felt this could be a step towards reunification in a safe environment where there are programs and childcare and all the support required to safely reunite

as a family. We're looking at a two-year time frame for folks living with us and staying, but each situation will be unique."

Moving from the shelter is the second stage for families coming out of a crisis.

"I imagine that's where the majority of our clients will come from," Braun said. "And as the world evolves, and more housing is built, maybe a lot of our clients could rent a place, but there is nothing available now. The reality of front-line work is that our shelters are full of people, and more people are having a crisis and have nowhere to go. We try the best we

can, but they can't live in a hotel either."

Braun says Genesis House still needs much more funding before they can break ground on the new project.

"The perfect situation would be applying for one large grant and getting it. At this point we're looking at stacking grants, applying at multiple places. That process is new to me so I'm learning as I go.

"This is something that's been in the works for a while, and we have enough to get the project to this point. We're ready to build the foundation, and we can't wait to get started."

Correction

Staff

In the Oct. 26 edition of the *Carman Dufferin Standard*, we published the article, "Community Connections Create Wellness."

In the article we identified Terry Warburton as a social worker when in fact he is a therapist.

Warburton partnered with facilitator Audi DeWit to put on the Nourished book study.

In the same article, for the session on Roles and Responsibilities it should have said: one of Carman Wellness Connections partners, Carman and Area Food Pantry acquired funding through Community Futures and partnered with Volunteer Manitoba to host a three-hour session on the roles and responsibilities of a non-profit board.

The staff of the *Standard* apologizes for the errors.

ECS students fighting bullying with Buddy Bench

By Becca Myskiw

Friendship is in the air at Elm Creek School (ECS).

Students at the elementary school can now grow relationships with the help of their buddy bench.

Buddy benches are also known as friendship benches. They're colourful benches on playgrounds to combat loneliness and bullying in schools. When a child feels lonely, isolated, or wants someone to play or talk with, they can sit on the buddy bench so other children know they need a friend.

Back in 2013, a first-grader named Christian Buck was reflecting on what it would be like to be the new kid at school. This was because Christian's family was facing the possibility of moving to Germany for his dad's job. While looking into potential schools to attend in Germany, Christian and his mom noticed that one school included a special bench in their playground. Children who were feeling lonely and needed someone to reach out to them during recess would sit on this bench.

Christian considered that there might be lonely kids at his elementary school and thought they could use one of these benches. So, he talked to his principle, Matthew Miller, and they resolved to have one of these benches installed in the Roundtown Elementary playground. This was the first known buddy bench at a North American school. Christian's family ended up staying, so he was able to help explain the purpose of the buddy bench to his classmates and the school board.

The buddy bench was met with a lot

of excitement, not just from Roundtown Elementary but from news outlets that covered the story. This helped spread the idea of buddy benches to other schools.

Along with combating isolation and bullying, buddy benches encourage empathy and foster community. They can help new students make friends and existing ones make new friends.

When ECS Grade 4 students Avery and Kynsley noticed some of their peers were standing alone at recess last year, they decided to do something about it. Having got the idea from a friend at Carman Elementary, Avery brought it to Kynsley — what if they added a buddy bench to their school?

"Otherwise, some people at recess might not have friends to play with," said Kynsley.

So, the girls brought their plan to their teachers, and then to their parents, and soon enough, Avery's dad had built them a bench. The two girls then worked together to paint it bright yellow, adding the words "Buddy Bench" in rainbow lettering on the back.

"That way it can stand out," said Avery.

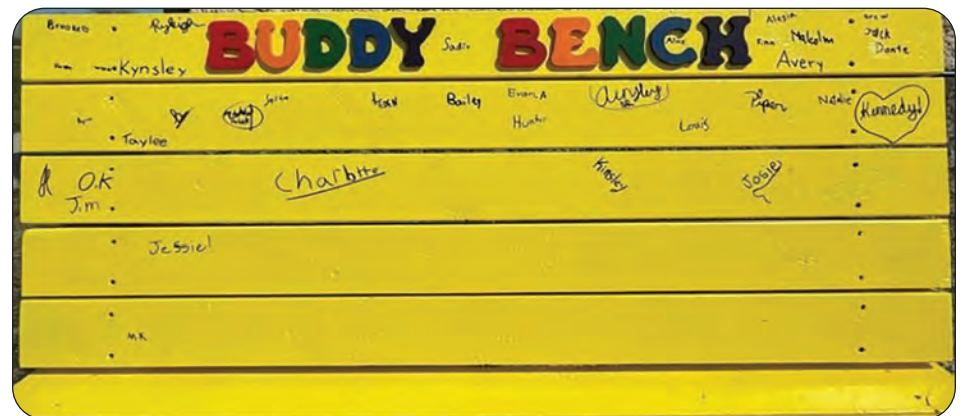
ECS interim principal Ashley Cook wasn't at the school when the bench was added last spring, but she said coming into her role and it already being there makes her proud. Her favourite part is the bench project was completely student-led.

Cook and both the girls have witnessed the buddy bench working its magic. Cook recalled taking a student out to recess one day and watching



STANDARD PHOTO SUBMITTED

Bench1: Kynsley, left, and Avery, right, did all the work to get this buddy bench at Elm Creek School (ECS).



Younger students at ECS were invited to sign the buddy bench.

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him look around, then make his way to the bench. Soon enough, he was off it and playing with other students.

"It was a nice moment to witness," she said.

She said if the students don't see someone sitting on the bench, a staff member usually will and will give the students a nudge to go over there.

Avery has used the bench herself in both ways — once she sat on it and waited for a friend, and another time she went up to someone sitting on it.

"It's more fun having friends than sitting alone," said Avery.

The bright buddy bench is adorned in names of students at ECS. The younger grades were invited to sign their names on it as a promise to use it properly. Kynsley said that means not just sitting on it for a break, but sitting on it when they're in need of a friend or leaving it available for someone else who needs one.

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Historic day for Midland's MLA Lauren Stone



STANDARD PHOTO SUBMITTED

Progressive Conservative members of the Legislative Assembly were officially sworn in at a ceremony at the Legislative Building on Oct. 24. Midland MLA Lauren Stone, front row, in pink, was appointed Shadow Minister for Families, for Accessibility, and for Gender Equity, as well as Deputy Whip. Stone has won the third term for her party and will serve her first term after Blaine Pedersen retired after 16 years.

Night at the Museum a spooktacular event



STANDARD PHOTOS BY LORRAINE STEVENSON, BEV MCLEAN AND EDWIN PRITCHARD
Dufferin Historical Museum volunteers Irene Stevenson, left, and Lori Keith put the finishing touches on an extensive outdoor display on the museum grounds last Saturday in readiness to host a first-ever Halloween Carnival at the Museum that evening. The outdoor displays included a faux graveyard and other creative displays, while indoors volunteers did an equally impressive job setting up lots of family-friendly, fun-filled activities and games and baking goodies for the event. Over 120 people including princesses, monsters, scarecrows, and various other characters braved the cold during the evening to have a ghoulish time, participate in games and activities and collect treats and prizes throughout the grounds and buildings of the museum. The Boyne School opened its "Science Lab" with Dr. Mad Duff, aka Gabrielle MacLellan in the basement for the first time and lights lit up the grounds behind the Log House for games, activities and a pumpkin scavenger hunt. Larry Stevenson stirring the cauldron.



Women entrepreneurs

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On April 7th, 2024, I will have owned Bell Aura Bed Breakfast and Bistro ltd. for 10 wonderful years! And to think that when I first bought this gem I was basically looking for a place to store my antique furniture and my art!!!

I have hosted weddings, anniversaries and birthdays. Bachelorette parties, baby showers and children's fantasie birthday parties.

Retirement parties, reunions of all kinds and sizes and High teas....to name a few. The results are always the same: i am privileged to meet the nicest, most interesting people...

and I was blessed to keep my antiques and art!

It seems I am very good at Bed and Breakfast stays as well. (Not to brag but read my reviews) I love to pamper my guests with a warm welcome, a cozy room and a sumptuous breakfast.

I do take out as well as eat in and I cater events anywhere within a reasonable distance.

I do want to thank all those who have experienced Bell Aura and look forward to greeting my future guests.

Women Leading by Example

Celebrating ALL those courageous women business owners who came before us. They did Double-Duty!

All those who are currently empowering others; it is not easy, but you Can and Will do it!

All those future women business owners, who will be empowered by their predecessors.

Women can and do make a difference!

I am honored to be among you women for the last 43 years.

I hope to continue to serve you in the future!

- Mona Brown



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Women entrepreneurs



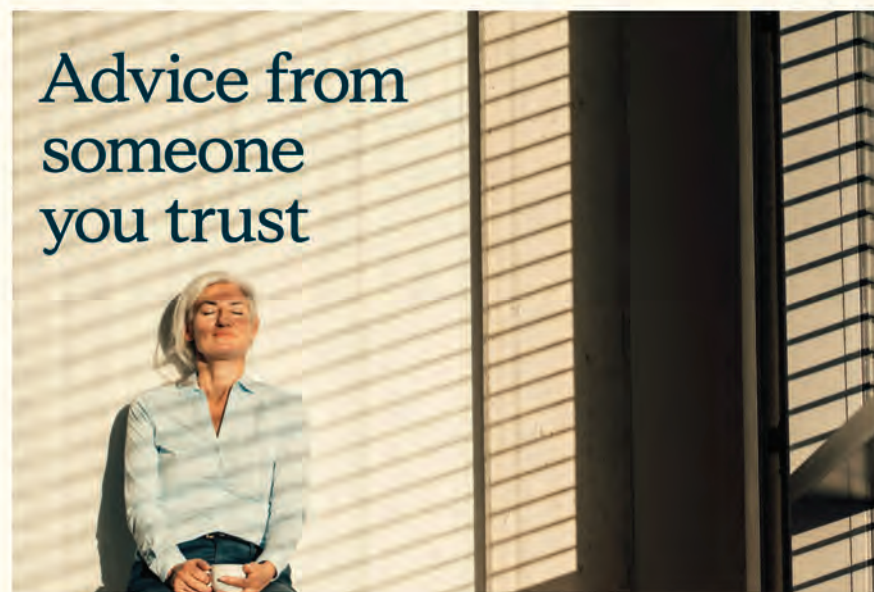
Smashing stereotypes, driving success

Kimberley Jensen is the founder of Victorious Financial Services Inc and their ultimate goal is to give you comfort and confidence when it comes to your financial future. Kimberley and her team can help you with:

- retirement planning,
- farm planning,
- risk management planning,
- succession planning and
- business owner planning.

With over fifteen years of experience, Kimberley is passionate about planning and is a strong advocate that everyone should have a written financial and retirement plan. Kimberley loves to learn and has earned the Certified Health Insurance Specialist, Registered Retirement Consultant, and Certified Financial Planner designations. She is

always learning and is currently completing her Chartered Life Underwriter designation. When we work together, we take an interactive approach. Building a strong relationship based on a foundation of trust is important to us. We take the time to learn more about your goals and objectives and really understand what is important to you. From there, we collect relevant data to create your custom plan and set expectations for implementation and reviews. Kimberley's purpose for her business is to develop meaningful and trusted relationships with our communities and clients while giving back our time, talents, and treasures. We believe we can create excellence together because we care about you and your legacy!



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Nakonechny & Power was founded by Delia Power and Hellar Nakonechny in 1977. To this day we continue to provide tax and accounting services to a few of our very first clients as well as many others who have been with us for decades! Delia was instrumental for women entrepreneurs in many ways during her years in Carman including being a business owner, a professional

accountant, a founder of Wee Care Child Care Centre and many others. Lauren Nakonechny, daughter of Delia and Hellar, has been actively involved in operating the business since 2006 and Aaron Nakonechny, son of Delia and Hellar, joined the firm permanently in 2021.

Supporting our Women Entrepreneurs!

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In Good Hands was established in 2011, created from the knowledge experience and the Love to care for Seniors & others in need.

Marnie Fry brings over 37 year's experience in all areas of caregiving. What started off small with just herself and 2 Clients, quickly grew to the point of needing to hire. The needs were so great that eventually a team was built to accommodate Carman and surrounding areas.

Today In Good Hands employs a team of 10-15 qualified caring staff. This includes Marnie's daughter Riana Fry who has become her Administrative Assistant.

We offer all types and areas of caregiv-

ing including palliative & respite. Daily needs are met 7 days a week & holidays and in some cases 24 hrs a day.

People often ask what all do you do?

My short answer to that is "If it's safe and appropriate for the client and staff we will do it."

Our goal is to provide quality care to Seniors and others in need and peace of mind to the families that your loved one is

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For more information on our services please contact Marnie Fry @ 204-745-8133 or email to ingoodhandscarman@gmail.com

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Providing Quality Care to Seniors & peace of mind to Families since 2011



Finding belonging for local physician



SUPPLIED PHOTOS

Dr. Ganesan Abbu has released a memoir of growing up in South Africa during apartheid.

By Ashleigh Viveiros

A local physician is sharing his story of living between worlds during apartheid in South Africa.

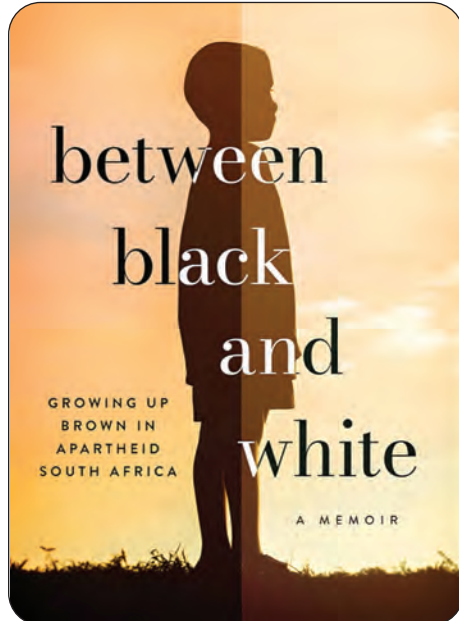
Dr. Ganesan Abbu's new memoir, *Between Black and White*, hit Amazon's virtual store shelves this month.

For Abbu, the book is very much a reflection on the theme of belonging.

"When I think about our life in South Africa, we never felt like we belonged," he says. "During apartheid, we were not white enough. And then post-apartheid, we were not black enough. We were always kind of sandwiched in between two majority groups."

Abbu's family had in fact called South Africa home for generations—his ancestors were brought over from India as indentured servants.

"There were about 150,000 people



between black and white is available through Amazon.

that came to South Africa between 1860 and the early 1900s," Abbu says. "I'm part of the descendents of that group of people."

Abbu recalls growing up in a society that was very much racially segregated.

The school system prioritized the English and Afrikaans languages over any other mother tongues, and pushed a historical narrative in which white people were painted as superior and black people as uncivilized.

As an Indian, Abbu says he and his family found themselves wedged firmly in the middle rung of the social ladder. Never wholly accepted by either side of the white/black divide,

both victims of racism themselves and complicit at times in the perpetuation of deeply embedded racist stereotypes.

"In my childhood, we were indoctrinated into the belief that this was normal," Abbu recalls. "Our parents never challenged the system, like the majority of people. We grew up believing this is how life was intended to be."

"But with time and as I became more conscious of what was happening around me, things began to change."

Abbu was a teenager in 1976 when the Soweto uprising occurred. Tens of thousands of black students rose up to protest the introduction of Afrikaans as the language of instruction in their schools. They were met with brutal police opposition, leading to many students being injured or killed.

It was a watershed movement for the country—and Abbu's own rising political awareness.

"By the time I finished Gr. 12, I began to take a more active role in protest politics," he says. "And then throughout my time in medical school, we were at the forefront of political activism in the country. We would take part in marches and were beaten by the police, tear gas ... it was quite a horrific time. At the time, when you're young, in some ways it seems exciting, but it was anything but."

"My parents' generation used to say, well, you just stay out of it. But my generation really had to pick a side. And to err on the side of justice was to say that you were black and fight

for the rights of all discriminated people."

When apartheid ended, Abbu had hope for his country's future. He began to feel that sense of belonging he had long sought, but it was soon shattered by a rise in violent crime.

He and his wife eventually made the difficult decision to leave South Africa for Canada, seeking a safer life for their two young children.

"After all that, to still leave the country that you thought had changed so much, you feel like you are betraying the values of that country," Abbu reflects. "But there are other priorities, like the safety of your family."

The Abbus have called the Winkler area home for 25 years now.

In putting pen to paper for this memoir, Abbu says it gave him a chance to reflect on his life and what he feels he's learned about finally finding a place to belong.

"It's an existential question: where does one belong? And in some ways it's dependent on other people who make you feel unwanted and make you feel that you don't belong. And that can be true in Canada as well."

"But the thing that changed for me is the feeling that, if you feel a connection to the universe, you kind of belong everywhere. Any place can be home if you believe it to be home. If you can adjust to the knowledge that you're not foreign in such a place, that everybody has a purpose in it, you can get that sense of belonging."

The book is available to purchase through [amazon.ca](https://www.amazon.ca)

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Sperling's 1960 Bantam hockey team



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Pictured back row, left to right: Bernard Gehring, Lyall Wilson, Victor Klassen, Harold Archibald, Clint Hudson (Roland), Norman Bruce, Glen Pederson, Ken Tjaden (coach); Front row, Grant Rose, Joe Bilodeau, Ken Hiebert, Jim Meldrum, Sandy Soutar, and Bernie Dueck.

get inspired

> MEAL IDEAS



Fresh Snack Board

1/2 cup pomegranate seeds
1/2 cup fig jam
1/2 pound sharp cheddar cheese, sliced
crackers

On charcuterie board or platter, arrange prosciutto, apple slices, nuts, pomegranate seeds, fig jam and cheddar cheese slices. Serve with crackers.

1/3 pound Prosciutto di Parma
1 apple, sliced
1 handful pecans, walnuts or almonds



Prosciutto Pizza

5 slices Prosciutto di Parma
6 fresh basil leaves
Remove dough from refrigerator and let sit at room temperature at least 30 minutes. Preheat oven to 500 F. Grease baking sheet with olive oil.

Roll out pizza dough onto floured work surface to form oblong shape about 16 inches long and 12 inches wide. Remove to oiled baking sheet and stretch out edges to fill length of baking sheet.

Bake 4 minutes. Remove from oven and evenly spread tomato sauce over surface, leaving 1/2 inch from edges bare. Dot with mozzarella. Bake until edges are golden and mozzarella is bubbling, about 12 minutes.

Drape prosciutto over mozzarella. Garnish with fresh basil.

Yield: 8 slices
Olive oil
flour
1 container (16 ounces) store-bought pizza dough
1/4 cup tomato sauce
4 ounces fresh mozzarella, cubed



Sweet Potato Rounds

toss sweet potatoes with oil and lightly season with salt, to taste. Arrange rounds in single layer on prepared pan; bake until sweet potatoes are lightly browned and tender, about 20 minutes, flipping halfway through.

In small skillet over medium heat, bring butter to simmer. Add half the sage leaves. Cook until crispy, 2-3 minutes. Remove to paper towel and season lightly with salt, to taste. Repeat with remaining sage leaves. Reserve 2 teaspoons butter. In small food processor, combine goat cheese and reserved butter; whirl until smooth.

To make rounds, remove goat cheese to plastic zip-top bag. Cut off one corner and pipe small dollops of cheese onto each round. Top with half slice prosciutto and one crispy sage leaf.

Yield: 16-20 rounds
2 medium sweet potatoes
2 teaspoons olive oil
salt, to taste
2 tablespoons butter
1 bunch fresh sage, stems removed
4 ounces goat cheese
8 slices Prosciutto di Parma, halved
Preheat oven to 425 F. Line baking sheet with foil or parchment paper. Peel and slice sweet potatoes into 1/2-inch rounds. In medium bowl,

Ask The Money Lady

Dear Money Lady: I'm really worried about whether my savings will last. I retired last year, but I'm nervous about whether I've made the right choices. I am 59 and still have a little debt. Melanie



Christine Ibbotson

Melanie, everyone worries when they first retire. Here are some tips to ensure you have enough money, how to lower your stress, and how to get the most out of your retirement.

The most important asset you have right now is not your home, your savings, or your car – it's you and your attitude. You must be happy day-to-day, with a "can-do" mindset towards your future. This will help you deal with the market, your investments and most of all keep you calm when times get tough. It really doesn't matter about how you got to retirement. You're here now and you do have control over how you will live the rest of your life from this moment onward.

First, you cannot retire with debt – this is nonnegotiable. If you have debt and you are retired, then I would suggest you either go back to work and start making more money to pay it off or downsize your home to eradicate your debt. I know a lot of you are choking on your morning coffee reading this one and Melanie – this is not what you wanted to hear. But you know it's true. Debt has no place in retirement - period. If you retired young (in your late 50's or early 60's) then go back to work until you are 70. I'm not saying you have to have some "power job" but you could work part-time to bring in extra money to pay off debt or save more.

Second, start living below your means – and please don't tell me this can't be done, especially if you are living with consumer debt. Everyone has a "bit of give" in their budget. It's really up to you to make the right choices and prioritize saving and debt reduction. Living more modestly must become a reality for those in retirement. You don't need a wardrobe full of fancy clothes anymore. Why not sell your items online or if you have a lot of things, consider having a booth at a craft market or opening an Etsy account to sell all your eclectics.

Third, you should want to build a financial team. Yes, I know fixing things must first start with you and your journal; writing down a plan to improve your situation. But you also need help. Do you have a good financial advisor, a good banker, a good accountant – and if not, why not? Building a team of professionals to help you find ways to build

wealth and reduce debt is one of the fastest ways to meet your goals. You can't know everything about investing, the stock market, what products are best, and how to reduce taxes or get the most out of social benefits. But there are hundreds of professionals who do know – just waiting to help you. For that matter, I am here for you too. Send me your financial questions and I will answer them free.

And lastly, remember the plain vanilla type investment choices are usually the ones that have less market volatility and guarantee a steady growth overtime. Consider simple annuities, index fund ETFs (exchange traded funds), low fee indexed mutual funds, SMAs (separately managed accounts) or institutional funds that offer guaranteed floor values. You could also consider buying investment properties and renting. Better still, if you are young enough, why not start house-hopping to earn more money. It takes a special type of person to do this – but if you can, it does work. You can either buy a builder home from plans, then move in years later, wait till the subdivision is finished and then sell for a profit (all tax free since this is your primary residence). Or why not buy a fixer upper. One of my friends sold their home and purchased a horrible little home. I was quite surprised by their choice; however, I stood corrected, when they turned around and sold it 3 years later for twice what they paid after they had fixed it up. Get creative – I know you have ideas of how to make money in retirement and you may just need that push to get off your "pot" and get started.

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 syndicated across Canada. Send your questions through her website at askthemoneylady.ca

Diversitas speaker series tackles 'What is Drag?'

By Lorne Stelmach

A trio of speakers at last week's Diversitas talk in Morden aimed to dispel some of the myths and misinformation around drag.

Every opportunity to address the subject is welcome, but especially perhaps in rural Manitoba where changing attitudes can often be more challenging.

"You never know what to expect when you come into some rural towns ... but the feedback has almost always been good actually," said Levi Foy, executive director of Sunshine House in Winnipeg, before addressing the audience at the 500 Stephen Community Centre last Tuesday. "I think attitudes are changing. But as there's these types of shifts, there's also a reluctance or a desire to hold on, to push back against change."

"[Drag's] been around for thousands of years, just under different guises," said Feather Talia, who was one of two drag performers taking part in the talk. "People like to make it evil, and that's not the case, never was the case."

"I just hope that people see that we are people too and that what we do is shaped by our community," she said. "We just want to show people that we are here to spread joy, here to spread love."

"It depends on where you are and the attitudes of people in those areas," said fellow speaker and drag performer Miss Gender.

"It's really nice to see that it is becoming more of a normal experience for a lot of people ... different venues are hiring drag artists to be featured, and I think that is really important," she said. "We are, at the same time, seeing a fair amount of pushback and fear-mongering against queer people as a whole, and drag artists are a very visible target for it."

Drag refers to entertainment where performers wear stylized clothing. It is most commonly associated with men wearing women's clothing.

A strong source of support for the drag community in Winnipeg is Sunshine House, which offers a community drop-in and resource centre focusing on harm reduction and social inclusion.

"What made Winnipeg drag so special is that all of the performers that I saw and all of the performers that I got to meet, many of them were Indigenous, and many of them had sim-

ilar stories that I could relate to and that resonated with me," said Foy.

He described Winnipeg's drag community as "spectacularly unique ... it's rough around the edges and its unapologetic ... there was always this room for a bunch of queer Indigenous people to just sort of figure this stuff out on their own."

He noted early gatherings at Sunshine House in 2015 perhaps had 20 people showing up. Before the pandemic, there were between 100 to 200 people a month for their programming. With that increased demand, the staffing went from bare bones to 26 staff now at two sites, and Foy estimates there are now about 400 people coming daily.

Feather Talia shared that she always loved musical theatre and performing, but as she came to grips with her identity, she often found it difficult to find a way to fit.

She began volunteering at Sunshine House and got more involved in the drag community while attending university, finally finding a place she felt welcome.

"I felt that because I was a transgender man, there wasn't a space or need for me to learn how to do some of these things," she said. "But I found a lot of freedom in treating drag and treating gender as pieces of costume and pieces of art and things that can be an extension of things that I love about femininity or love about masculinity ... that's been really empowering for me."

Miss Gender came to Winnipeg from Saskatchewan, and she recalled having always felt pretty feminine in many ways.

"Starting out in Regina, there was no one who looked like me ... two spirit and bigger," she said. "I got better at everything when I moved to Winnipeg."

"It changed my life, and Sunshine House has been a big part of my drag journey," she continued. "Drag has given me opportunities that I never would have thought I could do ... drag is more than just art. It's political. It's gender euphoria. It's anything that you want to do."

"Because I am pretty known in Winnipeg, I do get a lot of hate ... but I keep doing it because of my love for my art. It can't be broken."

Foy reflected on what could come from this evening of discussion about drag.



STANDARD PHOTO BY LORNE STELMACH

Levi Foy, executive director of the Sunshine House, and drag performers Feather Talia and Miss Gender were guest speakers at the latest Diversitas speaker series event in Morden last week.

"For me, I think it's dispelling some misconceptions and giving people some information that they can take to their families and their homes when they're hearing things that are awful about drag queens and drag performers."

"It's creating opportunity for people to have dialogue in a safe way and

also just for us to create opportunities for allyship, whatever that might look like."

"We're just coming here to show that drag queens aren't terrible people. We are people and artists like anybody else," added Feather Talia. "Yes, we

Continued on page 17

A safe place to ask questions

By Lorne Stelmach

The local Diversitas talks aimed at being a platform for dialogue around issues related to human diversity has now been back with two sessions post-pandemic.

Organizer Peter Cantelon is encouraged by the response so far and looks forward to organizing further events in the future.

"COVID and various other things put us in a bit of a holding pattern for almost three years," Cantelon said in advance of last week's presentation on drag last Tuesday in Morden.

"It's great to see the response," he said. "I think this was ideal for Diversitas because the goal of Diversitas is to bring information to the region that it may not necessarily have, so it can make better and more informed judgements and decisions."

The Oct. 24 presentation featured a discussion that included Levi Foy, executive director of Sunshine House in Winnipeg, as well as drag performers Feather Talia and Miss Gender.

It followed an earlier presentation this past spring with Dr. Shelisa Klassen, who spoke on settlement and colonialism. That was the first session post-pandemic.

"The turnout for that was astounding. We filled the place," recalled Cantelon. "And we had great feed-

back ahead of the drag event, so I was super-excited for this ... I think a lot of people are looking for this knowledge and looking for a better understanding of what drag is, why people are performing drag, and the value of it."

"Typically, and especially around drag, what we see is a lot of inflamed emotion on both sides feeding into conflict and division," he continued. "The goal here was to provide some background from people who are actively performing and have been part of the community and can speak to it."

"Hopefully it can help demystify it a bit and take away some of the fear by showing these performers are human."

As always with Diversitas, a key aim was to have respectful and open dialogue.

"What we want is for people to feel this is a safe and comfortable place to be able to ask their questions," Cantelon stressed. "Sometimes questions rise up out of ignorance, and in fact most of them do ... it's not a negative thing to be ignorant of a subject. It's negative to avoid learning more about it."

If you want to keep up to date on the series and upcoming speakers, head to www.diversitasca.wordpress.com.

Trailblazer reflects on early days of professional career

By Ty Dilello

More than 40 years after he hung up his skates, Jerry Rempel can still remember the thrilling days of his hockey career — from small town shinny, to professional-league glory.

Rempel, now 79, was born in Altona, a small town just five minutes from the United States border in Manitoba on Dec. 21, 1942.

“We had lots of ice time being from a small town. We were playing at the old Sunflower Gardens arena for one-and-a-half hours after school three times a week, and the rest of the time, we’d play all day on the outdoor rinks,” Rempel said, taking a walk down memory lane.

“Now there are apartments where the old rink was downtown. But we played on the frozen ponds, and all over. It was endless.”

Rempel grew up idolizing Gordie Howe and would listen to him on the radio on Saturday nights when the Detroit Red Wings were playing in Toronto. That was the only time Howe and the Wings would be on the air in Manitoba.

By the time he was 15-years-old, Rempel was already good enough to be playing for the senior Altona Maroons. He was considered as close to a hockey prodigy as Altona has ever had.

Around this time, Rempel signed a “C Form” with the Detroit Red Wings, making him property of the big-league club.

“Harry Sulkers was a playing coach for the Maroons, and I guess he saw something in me, and he recommended me to some of the scouts in Winnipeg. So, some NHL scouts came from Winnipeg to Altona to watch me, and the next thing I know I was signing with Detroit.”

“I never got to attend any Detroit Red Wings training camps, sadly. They would take the top draft choices to the Detroit camps in those years, and I never got to go.”

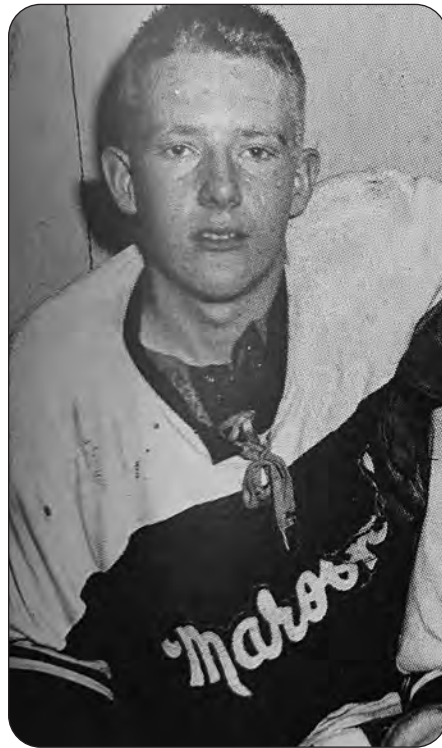


PHOTO SUBMITTED BY JERRY REMPEL

Jerry Rempel was the first hockey player from Altona to sign a professional hockey contract and play pro hockey.

From there, Rempel went to the Saskatchewan Junior League and played two seasons with the Weyburn Red Wings. In Weyburn, Rempel was teammates with goalie Joe Daley, who later backstopped the WHA’s Winnipeg Jets to three AVCO Cups in the 1970s.

In 1963, Rempel officially turned pro, playing with the Philadelphia Ramblers of the EHL. And for the next three seasons, he played professionally across the eastern seaboard in cities such as New York, Providence, Jacksonville and New Jersey.

“I thought that going from Altona to Weyburn was a big adjustment going to a new and bigger city. But then when I went to Philadelphia, now that was a big adjustment, living in a major city for the first time.”

“That Philadelphia Ramblers team was just like the movie Slapshot. It was the same thing. A lot of ex-NHLers played in that league because

there were only six teams in the NHL then. I would go to training camp, and there would be 100 kids there trying to make the team.”

Some of the players that Rempel called teammates in the pros included Hall of Fame netminder Eddie Gacomin, Willie Marshall, Ab McDonald, Tommy Williams and Cliff Pennington.

“At that time, it was a bigger deal playing pro,” recalled Rempel. “It’s all changed so much since then, and the game has changed so much. I don’t even know if it’s the same game anymore.”

In 1966, Rempel decided to pack in professional hockey and went out west to play senior hockey in Trail and Medicine Hat. By 1969, he was back playing senior hockey in Manitoba.

Through it all, the only championship that Rempel ever won in his career was with the senior Altona Ma-

roons.

“Altona was a good place to get my start in life. When I was about 36 or 37, I was playing old-timers in Altona and living in Winnipeg. I came home one night really late because there were always late games there. And I figured that’s it – time to stop playing hockey and so I haven’t really skated since then.”

Nowadays, Rempel is living in Winnipeg with his wife. He has two bad knees and doesn’t get around too much, but still enjoys watching the hockey on television.

When looking back at his favourite hockey memories, Rempel said, “I guess just being a kid on the prairies, growing up in a small town, we were on the ice all the time and all over the place, on ponds, wherever there was a place to play. It was a great childhood, and that was mainly because of the fun I had playing hockey. I wouldn’t change it for the world.”

> WHAT IS DRAG, FROM PG. 16

are normally queer, but we also have some of the best art, and we like to share it.

“I’ve been doing drag for about seven years, and this is about the most hate I have ever gotten,” she said. “It’s just because people are miseducated and don’t have the proper etiquacy when it comes to understanding drag as an art form.”

“I think for me it’s talking about my

perspective coming into the scene as a trans person ... kind of discussing the artistic impact that drag has and the role that it has played in theatre and in film and in media for centuries,” said Miss Gender. “It’s a uniquely liberating form of artistic expression, and I think a lot of people just don’t necessarily understand the scope of drag. I would like to, hopefully, broaden some horizons in that way.

“We see a variety of reactions and different levels of appreciation for what we do ... in some spaces, drag is very very radical; just the existence of visibly queer people and visibly trans people is in and of itself an act of resistance and rebellion ... where in other spaces and in other areas, it’s just part of the day to day.

“It breaks my heart a little bit because it just shows the queer people who live here or the people who want to just try drag or just have any kind of different approach to gender and

sexuality ... it kind of just tells them that they aren’t welcome. And when you push those people out of small communities, you lose a lot of what makes these groups diverse and interesting and special.

“The resilience and the passion that some people have is really heartwarming, and I just hope the people who are out here doing this work don’t let the pushback stop them, because they’re doing really necessary and needed things.”

Beavers doubled by Red River Wild in opening game

By Ty Dilello

The Carman Beavers opened their South Eastern Manitoba Hockey League (SEMHL) 2023-24 campaign with a 6-3 loss to the Red River Wild.

In a back-and-forth affair on Oct. 28, the teams were deadlocked at 3-3 in the third period when the Red River squad pulled away with three unanswered goals late in the period to win the game 6-3.

Tristan Day, Brock Schwaluk and A.J. Nychuk scored the Beavers' goals on the night. Luke Zacharias stopped 42 shots in goal for Carman in the loss.

Despite the opening night loss, Beavers' head coach, Mark Klassen, is excited at the prospect of a new season and a fresh slate.

"We're excited for the season coming up as we have a lot of the same players returning, plus a couple of new additions," said Klassen. "Last year didn't go the way we wanted, but we completely rebuilt our team as we were the youngest team in the

whole league. With another year of experience under our belt, we'll be ready for this upcoming season of senior hockey."

In addition to the local players on the club, the Beavers boast a pair of imports in Tanner Mole and Tristan Culleton, who are both former members of the MJHL's Steinbach Pistons.

"I'm excited with how much speed we're going to bring every game, the effort we got, and the guys we have in the room," said Klassen. "And we're excited to see the leadership that Ben Dalke, Tanner Mole and Fraser Mirreles will bring to the team."

"We're trying to get the team to buy into playing team defence more, which I think comes to experience. I think everyone's coming into the season a little more excited, so we'll see what we can do."

The Beavers are back in action with a home game against the Altona Maroons on Nov. 2. The puck drops at 7:30 p.m.



STANDARD PHOTO BY DENNIS YOUNG

The Carman Beavers opened their 2023-24 campaign with a 6-3 loss to the Red River Wild on Oct. 28.

Twisters split weekend games in MMJHL action

By Ty Dilello

The Pembina Valley Twisters move to seventh place in the MMJHL standings with a record of 3-4-2 after splitting their weekend games

The Twisters suffered a 5-1 loss to the Fort Rouge/Fort Garry Twins on Oct. 27. The Twisters fell behind early in the game 3-0, before finally getting on the scoreboard with a powerplay goal from Alex Vandenyze. Unfortu-

nately, the Twisters weren't able to muster any more offence as the Twins scored twice more to win 5-1.

"The game with the Twins was one of those nights where you can't seem to get a bounce," said Pembina Valley Twisters head coach Braeden Beernaerts. "We were outshooting the Twins by more than two to one, so the final score wasn't the outcome we wanted, but it didn't reflect on the game itself."

On Oct. 29, the Twisters got back in the win

column with a tight 2-1 win over the River East Royal Knights. Merek Degraeve and Alex Vandenyze had the goals for the Twisters, while Matt Grysiuk stopped 34 shots for the win in net.

"We stuck to the game plan, played more solid defensively, and got a lot more pucks and traffic to the net which created more offense, so we're happy with the win," said Beernaerts.

Coach Beernaerts has been pleased so far this year with the scoring of his forwards, particularly Derek Wiebe and Marek Degraeve, who have 15

and 11 points in nine games.

"Degraeve and Wiebe have been a great help at five-on-five and the powerplay, and we hope they continue to produce throughout the year."

The Twisters are back in action with a two-game week. They have a home game against the Raiders Jr. Hockey Club on Nov. 3 at the Morris Multiplex, before going out on the road to take on the Transcona Railer Express.

"Going forward, we are looking at getting more traffic in the goalies' eyes, and getting more pucks towards the net."

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Hawks down Selects, fall to Brandon

By Ashleigh Viveiros

The Pembina Valley Hawks U18 AAA team split their games last weekend.

They hit the road Friday night to play the Eastman Selects and returned home victorious.

The 4-1 win saw Adrien McIntosh score twice and Ryder Wolfe and Lane Apperley add singles. Bryson Yaschyshn made 40 saves in net as the Hawks outshot the Selects 50-41.

Things didn't go so well two nights later against the Brandon Wheat Kings.

Ragnar Gillis and Kam Thomas put the Hawks on the board but the visiting Wheat Kings doubled the home team's score to take it 4-2, including a late empty-net goal.

Yaschyshn faced 48 shots in goal, denying 45. His teammates had 27 shots against the Wheat Kings.

That puts the Hawks in 11th and second-last place in the standings with a 3-8 record.

This week the Hawks have road games against the Winnipeg Wild Wednesday and Eastman Sunday. They also host Interlake in Morden Friday night.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ice, Avros best Hawks



STANDARD PHOTOS BY RICK HIEBERT

The Hawks fell to the Winnipeg Ice 3-0 Saturday night. Hawks goaltender Kasia Rakowski denies two Ice players from scoring. The evening was the team's Hockey Fights Cancer fundraising game, with proceeds from a bake sale, quilt raffle, and 50/50 going to South Central Cancer Resource.

By Ashleigh Viveiros

The U18 AAA Pembina Valley Hawks had a challenging weekend in the Manitoba Female Hockey League.

Pembina Valley fell 3-0 to the visiting Winnipeg Ice Saturday evening and then lost 9-2 to the Winnipeg Avros on Sunday.

The Ice outshot the Hawks 33-16, with Kasia Rakowski manning the net for Pembina Valley. Sunday's game, also held in Morden, saw goals

scored for the home team by Sophia Cox and Casey O'Brien while Rakowski made an impressive 50 saves in net as the Avros won the shot battle 59-31.

Pembina Valley's record for the season so far is 3-5, which gives them six points and sixth place in the eight-team league.

The Hawks get a break now heading into November. Their next game is in Stonewall against the Interlake Lightning Nov. 17.

Winning streak comes to an end

By Ashleigh Viveiros

All good things must come to an end, and for the Winkler Flyers that meant their nine-game winning streak last week.

It was the Dauphin Kings who finally felled the Flyers on Oct. 24, though it took a shootout to do it.

Winkler was up 2-0 after first-period goals from Xyon Kiemeney and Zach Nicolas. The Kings tied it up in the second.

A scoreless third period and overtime forced the shootout, which saw all three Flyers' shooters—Nich McKee, Dalton Andrew, and Trent Penner—miss the mark, while Dauphin's third attempt found the back of the net for the win.

Goalie Malachi Klassen faced 28 shots on net this game, saving 26. His teammates sent 33 shots the other way.

The Pistons then handed Winkler their second loss of the season Saturday night in Steinbach.

Winkler was down 2-1 heading into the final period (Penner having scored early in the second).

In the third, Steinbach added another marker at 17:02 to make it 3-1, but goals from Jayce Leugaarden and James Richard that very same minute tied it up at 3-3.

With seconds left on the clock, the Pistons managed the game-winner on an empty net to take it 4-3.

Winkler had the lead on shots 32-15. Klassen made 11 saves.

The team bounced back when they faced the Niverville Nighthawks at home Sunday night.

Goals from Penner, Nicolas, and Kobey Edwards and a 22-save night from goalie Liam Ernst gave Winkler the win 3-1. The Flyers outshot the Nighthawks 37-23.

With that, the Flyers are 10-1-0-1 for 21 points and second place in the MGEU East Division, trailing the Pistons in first by two points but with two games in hand.

This week the team heads into Winnipeg to play the Blues Friday and then the Freeze Saturday.

Allison starts season in AHL

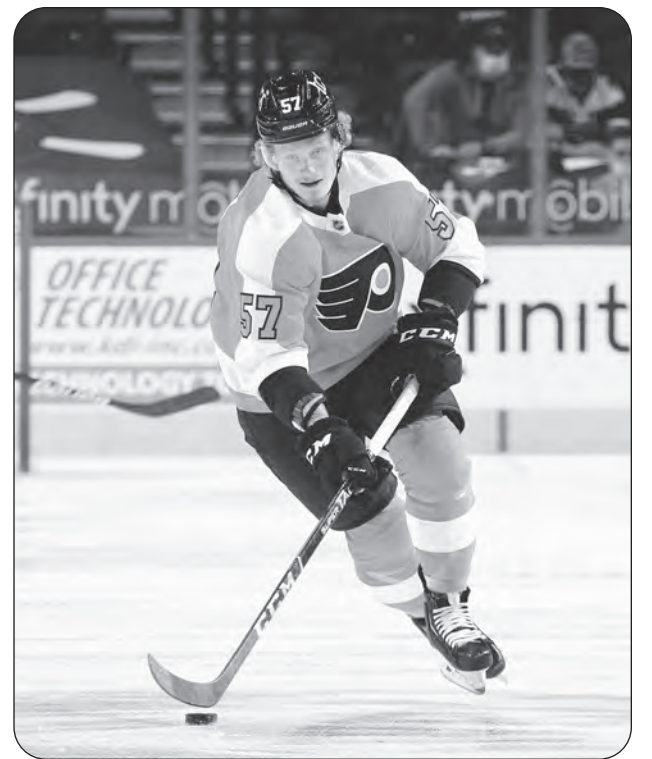


PHOTO SUBMITTED

Roland's Wade Allison has started the 2023-24 season with the Lehigh Valley Phantoms of the AHL.

By Ty Dilello

After playing last season with the NHL's Philadelphia Flyers, Roland's Wade Allison is on loan to the Lehigh Valley Phantoms, according to General Manager Daniel Briere.

Following training camp with the Flyers this season, Allison was sent down to their AHL affiliate after reports that he had fallen out of favour with Philadelphia's head coach John Tortorella.

Allison would like to get back to the NHL as quickly as possible, but so far, he has zero points in five games with the Phantoms. Here's hoping he can turn it around soon.

Allison started hockey at a young age in his hometown of Roland (Myrtle) and primarily played in the Carman minor hockey program and attended Carman Collegiate.

After playing with the Pembina Valley Hawks, Allison headed to the United States, where he played for the Omaha AAA Lancers 16U team and later the Tri-City Storm of the USHL.

He was drafted by the Philadelphia Flyers in 2016 and spent the next four years playing college hockey at Western Michigan University. Allison ended his four-year run at Western Michigan by scoring 97 points in 106 games with a plus-30 rating in college.

Allison ultimately joined the Philadelphia Flyers for the tail end of the 2020-21 season as a physical right winger who could put the puck in the net when called upon.

Allison, 25, is a 6'2" right-handed shooting right wing who was a Round 2 selection of the Flyers out of Western Michigan in 2016. Allison scored 9-16-25 in 60 games with Philadelphia last year and has 75 career NHL games scoring 13-9-22.

Allison has also played in 38 games with Lehigh Valley in parts of the 2020-21 and 2021-22 seasons compiling 14-12-26. His most recent games with Lehigh Valley were at the end of the 2021-22 season in which he scored 10-7-17 in 28 games played.

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- 1. A way to drop
- 4. Bits per inch
- 7. Ghosts
- 12. Presents
- 15. Noises
- 16. Honorable fourth name in ancient Rome
- 18. Elevated railroad
- 19. A way to drench
- 20. The Tarheel State
- 21. Lilly and Manning are two
- 24. Where golfers begin
- 27. Harvester
- 30. Unit of subjective loudness
- 31. Jewish calendar month
- 33. Dash
- 34. Armed conflict
- 35. Daisy __: Broadway actress
- 37. Jump
- 39. Get free of
- 41. A written proposal or reminder
- 42. Organic chemistry reactive structure
- 44. African country
- 47. Cool!
- 48. Used to treat Parkinson's disease
- 49. __ route
- 50. Ed Murrow's home
- 52. Lethal dose
- 53. Give cards incorrectly
- 56. A treeless grassy plain
- 61. Famed R.L. Stevenson novel
- 63. In an incisive way
- 64. Mark Wahlberg's screen partner
- 65. Criticize

CLUES DOWN

- 1. Mountain in the Julian Alps
- 2. A domed or vaulted recess
- 3. Trade agreement

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

- 4. Larger
- 5. Edged
- 6. Data
- 7. Something curved in shape
- 8. Root mean square (abbr.)
- 9. Farm state
- 10. Pre-1917 emperor of Russia
- 11. Short-term memory
- 12. Indigenous peoples of central Canada
- 13. Honor as holy
- 14. Monetary unit of Samoa
- 17. Company that rings receipts
- 22. City in Finland
- 23. Small finch
- 24. Arctic explorers (abbr.)
- 25. Mild yellow Dutch cheese made in balls
- 26. Very willing
- 28. Partner to "oohed"

- 29. Turntable
- 32. Major Hindu deity
- 36. Move head slightly
- 38. Plain-woven fabric
- 40. Die
- 43. Shipped as cargo
- 44. Something highly prized
- 45. Individual thing or person
- 46. Humbled
- 51. Speak indistinctly
- 54. No seats available
- 55. Financial obligation
- 56. Green vegetable
- 57. Tough outer skin of fruit
- 58. __ Spumante (Italian wine)
- 59. Troubles
- 60. Singer Charles
- 62. Camper

FARM LAND FOR SALE BY TENDER

Sealed, written tenders for property in the RM of **ROLAND** described below will be received by:
McCULLOCH MOONEY JOHNSTON SELBY LLP
BOX 1670
CARMAN, MANITOBA R0G 0J0

PROPERTY SW ¼ 23-5-4 WPM
 being approx. (156.93)

CONDITIONS OF TENDER

- Interested parties must rely on their own inspection and knowledge of the property.
- Tenders must be received on or before 2:00 p.m. on November 24, 2023.
- Tenders must be accompanied by a \$10,000.00 cheque payable to McCulloch Mooney Johnston Selby LLP in Trust as a deposit. Deposit cheques accompanying unacceptable bids will be returned.
- Highest or any tender not necessarily accepted.

TERMS AND CONDITIONS OF SALE

- The bidder whose tender is accepted will be required to complete an agreement covering terms and conditions of sale.
- In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing which shall be December 29, 2023 or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the accepted tender is not paid within the set time limit the deposit may be forfeited as liquidated damages and not as a penalty.
- Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
- Successful bidder will be responsible for real property taxes commencing January 1, 2024.
- The purchaser shall be responsible for payment of GST or shall self-assess for GST.

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

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NOTICE OF SPECIAL MEETING ACCESS CREDIT UNION LIMITED (the "Credit Union")

TAKE NOTICE THAT a Special Meeting of the Members of the Credit Union will be held at 7:00 PM CST on Tuesday, the 28th day of November, 2023 via teleconference to consider the approval of the amendment of Access Credit Union Limited's By-laws to allow for the removal of districts in accordance with The Credit Unions and Caisses Populaires Act (the "Act") and the By-laws of Access Credit Union Limited (as proposed herein).

All eligible members wishing to participate in the Special Meeting are required to register online at www.accesscu.ca prior to November 28th, 2023 at 4:00 PM CST.

VOTING

TAKE FURTHER NOTICE THAT Voting on the Special Resolution will take place during the meeting held on November 28, 2023. Each member may vote on a personal electronic device. Voting will end during the meeting and results will be shared.

PROPOSED RESOLUTION ACCESS CREDIT UNION LIMITED

WHEREAS the Governance Committee has recommended to the Board of Directors of Access Credit Union Limited ("Access") that certain changes be made to the By-laws of Access;

AND WHEREAS the Board of Directors of Access have considered the recommendations of the Governance Committee pertaining to the removal of the Director District Structure;

AND WHEREAS section 58(1) of the Act provides that the Members of Access may, subject to the Act and the Articles of Access at a general meeting called for the purpose, amend By-laws in respect of those matters authorized or required by any provision of the Act;

AND WHEREAS under section 58(2)(b) of the Act, any By-law may be amended by the Members by a majority of the votes cast at the meeting if written notice of the proposed amendment is forwarded to each Member of Access with the notice of the meeting at which the amendment is to be considered;

WHEREAS the Board of Directors of Access have determined that it is in the best interest of Access to put before the meeting of the Members the recommendations of the Governance Committee for approval of the Members;

AND WHEREAS the Board of Directors recommend that it is in the Members' interest to approve the recommendations of the Governance Committee;

AND WHEREAS this meeting has been duly called and requisite notice under the Act and the By-laws has been given by the Directors of Access for the purpose of amending the By-laws of Access as aforesaid;

NOW THEREFORE BE IT RESOLVED AS A GENERAL RESOLUTION OF THE CREDIT UNION THAT: The By-laws of Access Credit Union Limited be and are hereby amended to remove any reference to the Director District Structure, including the Table of Contents, Interpretation, Section Five, Section 6.02(b) and (c), Section 7.04(a) and (b) and Appendix 1.

Unless otherwise expressly amended as herein provided the provisions of the By-laws of Access Credit Union Limited remain in force without any further amendment.

SUMMARY OF PROPOSED BY-LAW CHANGE

The proposed By-law changes remove Director Districts to provide for more equal representation on the Board as it relates to the growing territory of the Credit Union and to enable the most qualified Members to serve as a Director and a member of the Board of Directors.

RIGHT OF DISSENT

TAKE FURTHER NOTICE THAT, under the provisions of Section 127 of The Credit Unions and Caisses Populaires Act, you have the right to dissent to the proposed amendment. If you wish to dissent, you must send a written objection to the amendment to the Credit Union at or before the meeting of Members referred to in this Notice.

DATED this 2nd day of November, 2023

ACCESS CREDIT UNION LIMITED By
 Order of the Board of Directors



Cornerstone Christian Care Society

thanks the following businesses and individuals for their support with our annual Golf Tournament. Thanks also to everyone who donated items for our online auction.

- | | | |
|----------------------------|--------------------------|-------------------------------------|
| Archway Dairy Supply | Hi-Tech Seals | Samson Architecture/
Engineering |
| Autoready Collision Centre | Ideal Floors | Seahawk |
| Beukema Pneumatics | ITI Financial | Skylon Electric |
| Bman Scrap Metals | Kings Park Towing | South Central |
| Bo-Russ Contracting Ltd. | Klos Realty-Tamara Bell | Building Supply |
| BSI Insurance Carman | Knockabouts | Southern Comfort |
| Cantherm Distributors | Clothing Store | Mechanical |
| Carman Floristas | Koster Farms | Southside Dairy |
| Carman Home Hardware | Kroeker Farms | SS Plumbing |
| Clear-Cut Carpentry | LCL Construction Ltd. | Steendam Builders |
| Combroft | Lee and Lee Law Office | Stream-Line Dairy |
| Craig and Ross | Legacy Letters | Thornwood |
| CV Foundations | Custom Steel Art | Toews Printing |
| Dewitt Foundations | Leyenhorst Art | Tri-Star Ag Services |
| Dicks Heating | Lightning Quick Printing | True North Foods |
| Dlux Cabinetry | LJ Acres | True Roots Designs |
| Douma Homes | Milkhouse Workshop | Two Trucks |
| Doyle's Funeral Home | MMJS Law Offices | Water and Septic |
| Dufferin Market Gardens | Newman Hand Insurance | Vanderveen Commodities |
| Earl and Marilyn Vanassen | PEG Construction | Vanderveen Construction |
| Ed's Tire | Premier Printing | Vanderveen Greenhouses |
| Eileen's Creations | Quiet Mile Flower Co. | VCS Contracting |
| Elevation Construction | Richard McKenzie | VG Ventures |
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Saturday -
11:00 a.m. to 4:00 p.m.**

FARM LAND FOR SALE BY TENDER

Sealed, written tenders for property in the
RM of GREY described below will be received by:

McCulloch Mooney Johnston Selby LLP
14 Main Street S., Box 1670
Carman, Manitoba R0G 0J0

PROPERTY SW ¼ 18-8-5 WPM
being approx. 160.12 Acres
NW ¼ 18-8-5 WPM
being approx. 129.68 Acres

CONDITIONS OF TENDER

- Interested parties must rely on their own inspection and knowledge of the property.
- Tenders may be placed and accepted on one or both or all parcels of land.
- Tenders must be received on or before 2:00 p.m. on November 17, 2023.
- Tenders must be accompanied by a \$10,000.00 cheque payable to McCulloch Mooney Johnston Selby LLP in Trust as a deposit. Deposit cheques accompanying unacceptable bids will be returned.
- Highest or any tender not necessarily accepted.

TERMS AND CONDITIONS OF SALE

- The bidder whose tender is accepted will be required to complete an agreement covering terms and conditions of sale.
- In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing which shall be December 17, 2023 or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the accepted tender is not paid within the set time limit the deposit may be forfeited as liquidated damages and not as a penalty.
- Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
- Successful bidder will be responsible for real property taxes commencing January 1, 2024.
- The purchaser shall be responsible for payment of GST or shall self-assess for GST.

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

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

EMPLOYMENT OPPORTUNITIES



Walinga Inc. is seeking a full time, experienced
CNC Machinist to join our growing team!

Duties and Responsibilities:

- Able to work in a fast paced environment, with a focus on high quality standards.
- Be a team player with effective interpersonal and organizational skills.
- Must be flexible, reliable, and have good time management capabilities.

Qualifications and Requirements:

- Red seal certified machinist or equivalent preferred.
- Must have basic machine programming skills and be able to use precise measuring tools.
- Able to read and understand drawings and blueprints.
- Minimum 1 year experience.
- Wage range is \$22/hr - \$35/hr depending on experience and skill set. A red seal or equivalent is automatically entitled to a \$2 hour premium.

Walinga Inc. in Carman, Manitoba is seeking a full time,
Material Handler to join our growing team!

Duties and Responsibilities:

- Maintain inventory by monitoring incoming shipments & ensure proper quantities received.
- Distribution of materials received within the Plant.
- Record & report any discrepancies or damaged goods received.
- Locate and pack materials for shipping.
- Operate forklift, pallet jack and other machinery to move items onto and off trucks and loading docks.
- Maintain cleanliness of Warehouse and stock locations.
- Keep Yard and Receiving areas neat and tidy.
- Assist production with miscellaneous tasks.
- Assist in Year end Inventory & other duties as skill set reflects ability.

Requirements:

- Able to work in a team or independently in a fast paced environment.
- Must be reliable, organized, self motivated and pay attention to detail.
- Must be physically able to lift 40lbs & work in all weather conditions.
- Must comply with safety regulations & wear protective gear.

Benefits:

Walinga offers a competitive wage, full benefits package, pension, profit sharing, and a great work environment. Wage is dependent on experience and qualifications.

If you are looking for a rewarding career and would like to share a resume please contact Ray Beukema at 204-745-2951 (ext 440) or email him at ray.beukema@walinga.com.

We thank all applicants, but only those selected for an interview will be contacted.

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PRSD IS RECRUITING FOR AN: ASSISTANT SECRETARY-TREASURER

Position:

- Full Time
- Salary to be determined based on qualification and experience
- Starting date is determined based on the availability of the successful candidate.
- PRSD Division Office is located in Carman, MB

Apply to hr@g.prstdmb.ca For complete posting, please visit www.prstdmb.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.*

St. Claude & Haywood Curling Club 2023-2024 Thursday Night Curling League (8 end games) \$600/team (Tentative Start Date: Nov. 16, 2023)

**Deadline to enter a team is
November 10, 2023**

**To enter a team contact:
Janice Chevrier by text or call
204-856-9169 or**

**Monique Bruneau by text or call
204-750-1098 or send us a message
through our St. Claude and Haywood
Curling Club Facebook page!**

FREE Junior Rock – Curling Club Program For children in Grades 3 or above

(Free Junior Rock Program provided by the St. Claude & Haywood Curling Club)
Tuesdays from 4 to 5 pm

Tentative start date November 21, 2023
(A Junior Rock Curling League will also be starting in the New Year)

Helmets and clean shoes are required
Equipment provided by the Curling Club if needed. Deadline to enter your child is November 10, 2023. To sign up your child contact: Janice Chevrier by text or call 204-856-9169

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BABY SHOWER

Join us in celebrating
Mom-to-Be
Kenna Owen
December 2, 2023
At 1 p.m.
Carman United Church
142 1st Street SW
Instead of a card, please
bring your favourite
childhood book!
Registry:
www.myregistry.com

IN MEMORIAM



Albert Norman Penner
July 5, 1945 – November 7, 2000
Just a thought of Sweet Remembrance,
Just a Memory sad and true;
Just a thought of Love and Sweet Devotion,
Of the ones that think of you.
-Forever Loved,
Judy and Blended Family

OBITUARY

Bob Oakes



Peacefully at the Pembina-Manitou Health Centre on Sunday, October 22, 2023 Bob Oakes of Miami, MB passed away at the age of 75 years.

He leaves to mourn his passing his wife Cathy; children Amy and James (Melissa); grandchildren Sophie and Sara; and grand-puppy Maggie. He is also survived by his sisters Norma and Diane; brother-in-law Doug (Donna) Bruce; and numerous nieces and nephews as well as his aunt, Vivian Shelton and many cousins.

He was predeceased by his parents Les and Pearl Oakes and his parents-in-law Jim and Margaret Bruce as well as his niece Cindy Titchkosky.

Bob was born on March 7, 1948 in Glenboro to parents Les and Pearl Oakes. Bob was raised on the family farm SE of Miami along with his siblings Diane and Norma. He spent his childhood and teenage years working on the farm, curling, and playing hockey and baseball.

He attended Miami School and then decided to continue his education at the University of Manitoba where he graduated in 1969 with his Diploma in Agriculture. His education and experience led him back home to the family farm. In the 70s, Bob decided to get his pilot's license. He bought a plane and enjoyed flying around and even went as far as Regina.

In 1979, he married the love of his life, Cathy Bruce. They then welcomed their two children to the world; Amy in 1981 and James in 1983. Over the years, they took many family camping trips with friends and traveled to many hockey and curling rinks.

Sports were a big part of Bob's life. He spent a big part of the 80s in the curling rink. He started golfing men's league in Roland until the Miami Golf Course opened up. He was also an avid Jets fan and was excited to hear of their return to Winnipeg in 2011.

Years ago, Bob decided to join the fire department. He was hesitant at first but it became very important to him very quickly. He took his level 1 training in 1991 and participated in many training exercises over the years. He spent many of those years as a captain before retiring in 2018. He was proud to have devoted 40 years of service to Miami Fire & Rescue.

Bob always looked forward to his annual hunting trip to Belmont with his dad and cousins. He enjoyed hunting and fishing and also got to share a few of these expeditions with James. Another hobby of Bob's was traveling. He enjoyed many trips with Cathy and Jim and Donna. Some of the trips that he enjoyed were Mexico, Arizona, Nashville, Parksville, Osoyoos, Toronto, and a Caribbean cruise.

In 1996, Bob retired from farming and started working at his brother-in-law Doug's farm, Rivertrail Potato. He enjoyed planting and digging potatoes and working in the shop during the winter. He retired in 2013 and continued to enjoy golf. He also enjoyed seasonal camping at Pelican Lake and then later on at Stephenfield Lake Resort. His granddaughters Sophie and Sara occupied some of his time with tea parties, reading books, colouring and watching their tv shows.

We will always miss his unique humour and will forever cherish our memories with Bob. We'd like to thank the health care professionals at the Pembina-Manitou Health Centre as well as all of the family and friends who have helped and supported Bob's journey.

A Come and Go Celebration of Life was held on Friday, October 27, 2023 from 2-4 p.m. at the Miami Community Hall. Private interment has taken place at the Miami Cemetery.

In lieu of flowers, memorial donations can be made to the Miami & Area Foundation or to the Canadian Diabetes Association.

Thank you, Mark Reimer and Craig Johnston
Doyle's Funeral Home
In care of arrangements

Carman Legion Ladies Auxiliary
Remembrance Day Tea
Saturday, November 4
2 - 4 p.m.
Legion Auxiliary Hall
Bake table, fun auction and raffle

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

Rural Municipality of Grey
Box 99, 27 Church Ave E, Elm Creek MB R0G 0N0
204-436-2014 Planning Office: 204-745-2509

UNDER THE AUTHORITY OF THE PLANNING ACT
NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any persons who wish to make them in respect to the following matter:

The Rural Municipality of Grey By-Law No. 10-2023 and 11-2023 being AMENDMENTS to the Village of St. Claude Zoning By-Law 375-04 and the Rural Municipality of Grey Zoning By-Law No 5-03 respectively.

HEARING: RM of Grey Municipal Office – Council Chambers
LOCATION: 27 Church Ave E, Elm Creek, Manitoba

DATE & TIME: November 15, 2023
By-Law 10-2023: 11:00 AM
By-Law 11-2023: 11:10 AM

GENERAL INTENT:
To re-zone portions of the land from "AR" (Agriculture Restricted)" to "MG" General Industrial.

AREA AFFECTED:
Parts of SW ¼ 22-8-7 WPM RM of Grey as shown shaded in Red and Green on the Map

FOR INFORMATION CONTACT:
Kim MacLellan, Coordinator of Planning Services
Carman Dufferin Grey Planning District, Phone 204-745-2443 Ext 235

A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, 8:30 a.m. to 4:30 p.m. Monday through Friday. Copies may be made, and extracts taken therefrom, upon request.

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

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Pancreatic Cancer Awareness Month

Why Do We Recognize Pancreatic Cancer Awareness Month? The five-year relative survival rate is 10%. That means that 90% of

Canadians diagnosed with pancreatic cancer will die. Pancreatic cancer is currently the third leading cause of cancer-related deaths in Canada, yet it continues to be underfunded, overlooked, and outpaced in research. Pancreatic Cancer Canada is committed to raising

the survival rate through investments in research, increased awareness, and specialized care and support for patients and their families. What is World Pancreatic Cancer Day? World Pancreatic Cancer Day is an annual global event on November 16, 2023. It's a day to raise

awareness, honour those we've lost, and demand improved survival rates for those facing the world's toughest cancer.

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NEWSPAPER

- Pain in the upper abdomen or back
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