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Growing gardeners

STANDARD PHOTO SUBMITTED
Micah, Ophelia and Clementine Enns stand with the seed cabinet at Boyne Regional Library in Carman, where labelled and organized seeds are available for gardeners through the library's seed library program.

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Seed library ready to help Carman gardeners grow this season

By Lana Meier

As gardeners begin planning for the growing season, the seed library at Boyne Regional Library in Carman is once again stocked and ready to help residents get started.

The library's seed library allows community members to pick up seeds in the spring, grow them in their gardens and, if possible, return seeds from their harvest in the fall so others can enjoy them the following season.

Diane Cohoe from Boyne Regional Library said the initiative supports several important goals within the community.

"Seed libraries promote education, support food security, preserve local biodiversity, strengthen community connections and expand the idea of what a library can be," she said.

The seed library has been replenished this year thanks to generous donations from seed companies as well as individuals in the community. A wide selection of vegetable, flower and herb seeds are available for gardeners to try in their home gardens.

In addition to seeds, the library also offers several gardening tools available for loan to help residents start their plants indoors. Items available

include grow lights, seed warming mats, paper pot makers, mini seed starter trays and seed-starting kits complete with grow lights.

Throughout the year, the library will also offer several gardening-related programs designed to help both beginner and experienced gardeners learn new skills.

Upcoming programming includes seed-starting workshops, a grow giant sunflower activity for children and a seed-starting basics session for adults. Veggie starter kits will also be available for pickup for those looking to begin their gardens.

Additional programs planned for the season include an upside-down gardening workshop, a windowsill herb garden session and a dried flower workshop. In the fall, the library will also host a pumpkin decorating event.

Siblings Ophelia, Clementine and Micah Enns were among the young gardeners who took part in seed-planting activities at the library last year and said the experience helped spark their excitement for the growing season.

Eight-year-old Ophelia said watching the plants begin to grow was the

most exciting part.

"I felt happy and excited when I saw my plants start to grow," she said. Ophelia planted pansies, celosia and sunflowers and said next time she would like to try growing carrots, peas, zinnias and bachelor buttons.

Clementine, 5, said she especially enjoyed choosing from the many seed options available.

"I was excited and I liked all the new seeds," she said. Clementine planted cherry tomatoes, peas and nasturtiums and hopes to grow flowers, carrots and cucumbers next time.

Their older brother Micah, 11, who has been gardening for several years, said he appreciated the variety of seeds available through the library.

"I felt hopeful for summer," he said. "I really liked all the varieties of seeds the library has." Micah planted tomatoes, basil, rosemary and peas and said tomatoes remain his favourite crop to grow.

Library organizers say they are especially excited about helping people feel comfortable trying something new.

"We are excited about helping people feel confident starting seeds and discovering how fun and accessible gardening can be," said Cohoe. "We love that the workshops bring people together and support the seed library's mission of sharing knowledge and resources."

The seed library program follows a

simple cycle: residents choose seeds from the library, grow them in their gardens and, if possible, collect seeds in the fall to donate back for the next growing season.

To help ensure good germination rates, returned seeds should be no more than two years old and include the seed name, variety and colour. Volunteers assist with packaging and labeling donated seeds for the library collection.

Beyond gardening, organizers say the program also plays an important role in strengthening local connections.

"The seed library and gardening workshops bring people together in a welcoming space to share information, encourage the community to use their public library and provide opportunities to try new seeds," Diane Cohoe said.

For those new to gardening, she says the seed library offers a great place to begin.

"Many of the seeds in the seed library are easy to grow and perfect for first-time gardeners," she said. "Join one of our workshops at the library and check out the Carman Garden Club for upcoming events. Carman and area has a strong gardening culture with an abundance of knowledge to share."

Organizers hope the program will

Continued on page 6

Public Notice

Public Notice is hereby given that the Dufferin Weed Control District and The Town of Carman Public Works intend to conduct the following Pesticide Control Program during 2026:

1. To control noxious weeds on road allowances and drains
2. To control grasshoppers and mosquitos

The projected dates of application will be from May 1st, 2026, to October 31st, 2026, and the following herbicides and pesticides may be used:

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Manitoba Environment and Climate Change
Environmental Approvals Branch
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Winnipeg, MB R3Y 0L6
pesticideusepermit@gov.mb.ca



carmandufferin.com

Overnight spike hits Manitoba



STANDARD PHOTO BY DENNIS YOUNG

Gas prices jumped sharply overnight at service stations, rising from 141.9 cents per litre on March 5 to 149.9 cents per litre in less than 24 hours. The increase reflects a broader spike seen across the province and Canada in recent days, largely driven by rising global oil prices amid escalating conflict in the Middle East and concerns about potential disruptions to international oil supply.

Crocheting Connection: Carman launches Poppy Project

By Lana Meier

A new community project in Carman is inviting residents to stitch something meaningful together — one poppy at a time.

The Poppy Project, led by community member Louise Pethybridge, aims to create a handmade poppy banner crafted by residents of all ages and backgrounds. The finished banner will be displayed in Carman around Remembrance Day as a symbol of shared remembrance and community spirit.

Participants are encouraged to crochet poppies that will later be assembled into a larger community installation. No crochet experience is required. Pethybridge is offering instruction for anyone who would like to learn, making the project accessible to beginners as well as experienced crafters.

The first opportunity to get involved will take place March 21 from 1 to 5 p.m. at the Carman Active Living Centre, where participants can learn the pattern, pick up supplies and begin creating poppies. Those attending are encouraged to bring their own 5 mm crochet hook if they have one, although supplies will also be available.

Organizers say the event is designed to be welcoming and accessible. A light lunch will be provided, and childminding and transportation are available upon request.

Two additional drop-in sessions have also been scheduled at the Boyne Regional Library for participants who want to learn the pattern or need help finishing their poppies. The sessions will take place April 16 from 6:30 to 8 p.m. and April 17 from 1 to 3 p.m. Childminding and transportation will also be available upon request for those dates.

Pethybridge said the inspiration for the project came after seeing other communities create crocheted poppy banners.

"The inspiration came from seeing in the news a couple of other communities that had made crocheted poppy banners," she said. "I thought they were beautiful and because I love crocheting I wanted to make one for Carman. Then the idea kind of took on a life of its own and other people wanted to start making poppies too."

The project also took on deeper meaning when Pethybridge recently realized the Royal Canadian Legion is celebrating its 100th anniversary in 2026.

"I hadn't realized until just this week that the Legion is celebrating 100 years. It's like it was meant to be," she said.

For Pethybridge, the project is also personal. Several members of her family served Canada in uniform.

"I think most people have a family member or someone they know who has served our country presently or in the past," she said.

"For me personally, both my mother-in-law May Johnston and my father-in-law Bill Pethybridge were veterans of the Second World War. As well, my nephew Dorien Bibault served in the Canadian Air Force for 20 years."

She said the project offers an opportunity for residents to come together to honour those sacrifices while building community connections.

"I'm humbled by the sacrifices that so many people make and coming together as a community to honour our Legion is something that feels meaningful to me, especially right now," she said. "If we have fun doing this project, well that's a huge bonus."

Beyond the symbolism of remembrance, Pethybridge noted there are also personal benefits to crafting together.

"The benefits of doing things like crocheting are well documented — it helps us cognitively and gives us a better sense of wellbeing," she said.

The Poppy Project is part of the broader Community Connector Challenge launched by Carman Wellness Connections to strengthen belonging across the community.

For more information or to get involved, contact Louise Pethybridge at 204-745-6730 or pethybridgelouise@icloud.com. Residents can also watch for posters around town with additional details about upcoming dates and locations.

Everyone is welcome.



STANDARD PHOTO SUBMITTED

Residents are invited to crochet poppies like these for a community banner to be displayed in Carman around Remembrance Day.

Mom, someone's asking me to send them nudes. what do i do?

NOT SURE WHAT TO DO NEXT?

Report to **cybertip!ca**

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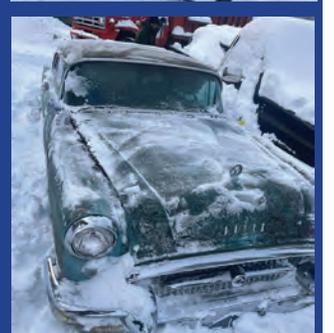
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getheard

EDITORIAL > VIEWPOINTS > LETTERS

Flashback... Jan. 1, 2000 - the Y2K scare

By Dennis Young

As the year 2000 approached, global attention was drawn to the so-called Millennium Bug, commonly referred to as Y2K. The issue was anticipated to have significant consequences for technologically advanced nations, with predictions that core infrastructure might fail — including malfunctions in aircraft and automotive chips, the loss of bank account data and disruptions to everyday household appliances.

The term “Y2K” described anticipated computer errors related to the formatting and storage of calendar data for dates from the year 2000 onward. Many programs represented four-digit years using only the last two digits (e.g., 1985 as 85), making it difficult to distinguish between the year 2000 and 1900. As a result, there was concern that computer systems’ inability to process dates accurately could jeopardize computer-dependent infrastructure worldwide.

Throughout 1999, media outlets consistently reported on updates, precautionary strategies and potential disaster scenarios. Literature such as Y2K for Dummies aimed to assist the public in navigating these uncertainties, and there were even reports of survival courses and underground shelters being organized.

The Canadian government took considerable measures. Prime Minister Jean Chrétien instructed key cabinet ministers to remain in Ottawa, assembling at 24 Sussex Drive to monitor the situation as midnight approached. Additionally, 13,000 Canadian troops were placed on alert. Locally, the RCMP advised citizens to prepare for possible emergencies, assuring them of continuous policing services.

The RM proactively filled reservoirs at Stephenfield and staffed facilities, including readying generators in case of electrical failure. The Community Hall was designated the Emergency Operations Centre, equipped with a portable generator since permanent backup power had yet to be installed. A detailed advertisement in the Valley Leader outlined comprehensive preventive steps and procedures for utilities, health care, law enforcement and emergency supplies.

Ultimately, the predicted crises associated with Y2K did not materialize on a global scale. Manitoba Hydro reportedly expended



\$16,000 in preparations but, like local governments, expressed relief at the absence of significant issues.

“Our primary concern was the new water treatment plant, which operated without incident,” stated RM CAO Lind Baleja. “We remained cautious and implemented robust contingency plans.”

Similarly, Town CAO Cheryl Young and hospital director Betty Park confirmed that operations proceeded smoothly.

International incidents on January 1, 2000:

- Japan: Thirteen train stations temporarily ceased dispensing tickets.

- South Korea: Patient intake forms mistakenly recorded a new-

born as 100 years old.

- Hong Kong: Breathalyzers and taxi meters failed at midnight.

- Germany: Childcare subsidies were delayed due to payroll system errors.

- Italy: Prisoners’ release dates were erroneously extended by 100 years.

- United Kingdom: An error calculating the ages of 154 pregnant women resulted in incorrect Down syndrome risk assessments.

- United States: More than 3,000 Oregon residents erroneously received jury duty summonses.

- Canada: A daycare inadvertently offered a spot to a woman registered as 105 years old.

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Thompson council approves playground equipment, booster station generator

By Haley Cvar

Council for the Rural Municipality of Thompson approved new playground equipment for Rosebank and the purchase of a standby generator for the Birch Booster Station during its Feb. 26 regular meeting.

Council authorized the purchase of a Backyard Discovery Timber Crossing all-cedar swing set for installation in Rosebank at a cost of \$2,199.99 plus taxes. The equipment will be installed as a memorial to former councillor Walter McTavish, with the cost funded through the municipality's Economic Development and Recreation Reserve.

Council also approved the purchase of a Honeywell 22-kilowatt automatic

standby generator with Wi-Fi capability and a 200-amp transfer switch for installation at the Birch Booster Station. The generator, costing \$7,799.99 plus taxes, will help ensure continued water service during power outages and emergency situations. The purchase will be funded through the municipality's Emergency Preparedness Reserve.

During the public works report, the municipal foreman updated council on ongoing snow-clearing operations, including ridging and problem areas, as well as grader repairs, equipment safety inspections and trailer options. Updates were also provided on rural and Town of Miami water leaks and repairs, curb repair and replacement

options, booster station monitoring and insurance building inspections.

Council began preliminary discussions on the municipality's 2026 budget, with a future meeting date to be scheduled for further planning.

A proposed transfer of the municipality's 2025 operating surplus to several reserve funds — including the bridge reserve and cemetery reserve — was tabled for further consideration pending finalized financial figures.

Council also adopted the municipality's unaudited financial statement for the period ending Dec. 31, 2025, as required under The Municipal Act (Manitoba).

Grey council approves drainage projects, lagoon pump

By Haley Cvar

Several drainage projects, infrastructure upgrades and community event approvals highlighted the March 4 council meeting for the Rural Municipality of Grey.

Council approved multiple applications to Manitoba Sustainable Development's Drainage and Water Control Works department for drainage improvements across the municipality. The projects include ditch cleanouts, culvert resets and field access work on several sections of land.

Council also approved the purchase of a replacement pump for the St. Claude water treatment plant lagoon system. Contec Projects submitted the successful quote of \$20,000 plus applicable fees and taxes for a new Flygt N3127 10-horsepower pump. Delivery is expected within eight to 10 weeks, with installation and delivery charges also to be applied.

In Elm Creek, council authorized the municipality to apply for project funding through the Redboine Watershed District to seal an abandoned well located at the Elm Creek skating rink. If funding is approved, the municipality will cover the landowner portion of the project costs.

Council also approved support for the 2026 Elm Creek Canada Day celebrations. The municipality will provide a \$750 grant and allow the event — including fireworks, a parade, children's activities and other events — to be held on municipal property. The fireworks display will also be added as a separate liability policy under the municipality's insurance coverage.

In addition, council supported two proposals from RFNow to expand fibre-optic infrastructure in the municipality. The projects involve directional boring to connect to existing fibre lines north of Elm Creek along Road

29W and north of St. Claude along Road 51N and Road 46N. RFNow will be responsible for locating all utilities during the work.

Council also set Sept. 23 at 1 p.m. as the sitting date for the municipality's Board of Revision, which will hear applications related to the 2027 real and personal property assessment rolls and the 2026 supplementary tax roll. Under the Municipal Assessment Act, council members will serve as the board, with Reeve Gail Johnson acting as presiding officer and Chief Administrative Officer Allie Henderson serving as secretary.

Several items remain under review, including the municipality's water and sewer connection policy, a proposed speed limit change on Road 25W, a Bell/Next Gen 9-1-1 authority service agreement and additional drainage work in the area of S-1,2-9-3 and nearby sections.

The way it was this week in March 12:

By Dennis Young

100 Years ago, 1926... Frank Bryson obtains his Provincial Cavalry certificate; Maple Leaf applies for its own school district at NE2-7-4; tailored men's suits by Mr. Bolt at A.F. Higgins Co. for \$25; Pomeroy quartette of Tom Wilton, J.D. Graham, Fred and Bert Sutton entertains at United Farmers evg.; the losers of the crow/gopher extermination contest serve supper to winners at The Carmania; ladies' chifon silk hose \$1.75/pr. at Carman Millinery Parlours.

75 Years ago, 1951... Clarence Devins and Harold Ferris thanked for ice conditions at rink by Skating Club rep Bob Takvam; ratepayers turn down town's proposed \$50,000

improvement debenture by 161-224; locally trained skater Ken Grundy is hired by The Ice Cycles Show and hits the road; Ike Harder and Cam Johnston of Carman Motors host farmers at Boyne Theatre; Black Magic chocolates are \$1.65/lb. at Carman Pharmacy; Salvation Army looks at former Boys Home for older residents facility.

50 Years ago, 1976.... Hearing held to discuss closing of three rail lines including Carman subdivision; Ward 4 Dufferin residents petition re increased assessments; Ed Klassen re-elected to Fed Co-op board; three wells within town limits unfit to drink from; real estate broker John Epp offers 2% commission; Laura Rance and Gaylene McCutcheon win Sperling

Sunset Riders senior speak-off; Co-op wieners 75¢/lb.; Beavers advance to MAHA semis vs. Minnedosa; Hon. Howard Pawley opens Miami Community Centre.

25 Years ago, 2001... On Cue Theatre folds after 19 years; Wendy and Paul Clark open Carman Pharmacy; Blight's Carman hosts Customer Appreciation Days; Betty Fox visits Elm Creek School to highlight Terry Fox Run; Midland School Division office prepares to move into former Bank of Montreal; 1968 Miami grad Lorne McMillan donates \$15,300 to their Collegiate; farmers rally and protest at MB Legislature re low income rates; ratepayers in Midland face a 4.7% property increase.

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Flies and Folly

Picture this: You're holding a hand-sized burger. The cheese is melted, the sauce glistens, and you lean in for that first delicious bite - only to find a hair in your mouth. Or worse, a snail (as my sister once did)!

Or imagine uncorking your favourite bottle of wine. You let it breathe, as the sommeliers' advise. You lift the glass and take the first sip. You savour the notes - mmm, vanilla from the french oak, a hint of black cherry... and cloves.

Nope.

That's a fruit fly!

It doesn't take much to spoil something good, like a delicious burger, an award-winning wine, or a fragrant perfume.

This experience is so universal that it appears in one of the Bible's wisdom books, the Book of Ecclesiastes. *As dead flies cause even a bottle of perfume to stink, so a little foolishness spoils great wisdom and honor.* (10.1, New Living Translation).

It's very relatable. Foolishness does not need to be large to be devastating. A solid reputation can unravel by one moral lapse. Years of respect earned through careful leadership undone by one thoughtless word. One single act can upend years of faithful integrity.

This is the power of foolishness, according to the bible. The smallest hair, the smallest fly, or snail, causes the whole experience to stink.

It's easy to think that these are small blemishes to an otherwise descent life. But the Bible says this is true in a deeper sense. "Small" failures show a stench at the heart of who we are. "Whoever keeps the law and yet stumbles at just one point is guilty of breaking all of it," writes James (2.10). It's the fly in the wine, the hair in the burger, but worse.

But the sweetness of the gospel is that God in Jesus Christ provides a goodness, which cannot be spoiled or corrupted. Christ's perfection is not fragile like our own. If one small fly can spoil a bottle of wine, the smallest drop of grace can rescue an altogether spoiled life.

Maybe that's the sweetest note of all.

Pastor Dathan Pleiter, Elm Creek Canadian Reformed Church

Just Hang Up campaign aims to protect older adults from scammers

By Jennifer McFee

When in doubt, just hang up.

This simple yet succinct message aims to protect older adults from phone scams. It's part of an anti-fraud campaign through the provincial government and Winnipeg Police Service.

Grandparent scams and emergency scams involve fraudsters calling an older adult and impersonating a grandchild or family member in distress, sometimes using artificial intelligence, based on information obtained from social media, public information or data breaches. According to the Canadian Anti-Fraud Centre, Manitobans aged 60 and up reported losing almost \$350,000 to these types of scams in 2024.

The Just Hang Up campaign aims to stop scams the moment they begin, by encouraging people to just hang up when in doubt about a phone call. The campaign uses a multi-channel approach to reach older adults and their families, in an effort to strengthen fraud literacy through clear community messaging that builds confidence to pause, hang up, verify information with family and report incidents.

Deborah Hildebrandt, executive director of South Interlake 55 Plus, said this campaign is a great concept to promote while protecting older adults from these crimes.

"As an organization who serves older adults, we are always looking at various ways to educate community around frauds and scams from these heinous crimes," she said.

"In September, we hosted a Frauds and Scams presentation with the RCMP, which was extremely informative and included sharing ideas on how to protect themselves from fraudsters."

South Interlake 55 Plus, together with CIBC, will host another Frauds and Scams education session on May 14 at 7 p.m. All community members are welcome, and Hildebrandt hopes family members of older adults can also learn about these scams.

"Public awareness is critical to informing older adults about scams; therefore, we utilize social media platforms such as Facebook to share tips around protection from scammers," she said.

"Now the Just Hang Up campaign solidifies another method older adults can use if they are in caught in the midst of being scammed."

Even right here in the Interlake, fraudsters are targeting older adults.

"I have heard of folks in our area being scammed and it has been alarming to hear. The scammers are taking advantage of those in vulnerable individuals while in an emotional state," Hildebrandt said.

"Therefore, education is key to eliminating this



STANDARD PHOTOS SUBMITTED

Learn more about how to protect yourself from scams at justhangup.ca.

from occurring, and we will continue with providing education sessions in the future. If anyone in community would like to know more about frauds and scams, they can connect with us directly and we can provide them with the resources needed to protect themselves."

Joie Van Dongen, chair of Age Friendly Stonewall/Rockwood, said she has also heard of older adults being targeted by scammers in local communities.

"It has been a cautionary tale for others," she said.

The new campaign's name "Just Hang Up" is very clear, she added.

"Seniors need to understand that it may seem rude and upsetting, but whomever is calling will call back if the call is important. This gives one time to calm down and phone family or a friend for advice," Van Dongen said.

"At times one may be expecting a phone call from an unrecognized number and you must answer the call. It is a good idea to keep your contacts up to date so you can see the name of who is calling. Also, having a code name with family is an excellent plan."

A recent TV ad about a grandchild-in-trouble scam is well done, she added.

"It is very easy to panic when confronted by someone pretending to be a grandchild, that your computer has been hacked or you owe money," she said.

"Always ask for a phone number to call back and then hang up."

Provincial funding will support online resources, promotional materials and advertising to educate older adults, while also empowering victims by challenging the stigma of being scammed. The campaign also encourages reporting to prevent further victimization, and it will include an online resource hub at justhangup.ca/.



The funding has also enabled the Winnipeg Police Service to develop a presentation that will continue reaching older adults well beyond the campaign's completion. The WPS Community Relations Division, in partnership with A & O: Support Services for Older Adults, will deliver in-person presentations to provide older adults with practical tools and awareness to help prevent victimization. Over the next six months, the campaign aims to engage with more than 700 people during these sessions. Information on how to book WPS and A & O group presentations can be found at justhangup.ca/.

Amanda Macrae, CEO of A & O Support Services for Older Adults, said the organization is proud to partner with Winnipeg Police Service to deliver the Just Hang Up campaign.

"The agency remains committed to empowering older people with the knowledge and tools they need to stay safe and age well in their communities. As increasingly complex frauds and scams continue to target older adults, the need for greater public awareness, education and prevention initiatives has never been more critical," she said.

"The Just Hang Up campaign serves as an important tool in helping prevent older individuals from becoming victims of crime."

The Manitoba government provided \$134,000 in funding for the campaign from the Criminal Property Forfeiture Fund (CPF). In 2025-26, the province has allocated more than \$643,000 in CPF funding to the Winnipeg Police Service for several projects, including the Just Hang Up campaign. CPF redirects proceeds from the sale of seized criminal property toward law enforcement and community safety initiatives.

March is Fraud Prevention Month in Canada. More tips on how to prevent fraud are available at antifraudcentre-centreantifraude.ca.

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> SEED LIBRARY, FROM PG. 2

continue to grow in the years ahead.

"We hope people come away with long-term confidence in growing their own food, a sense of connection to their neighbours and an appreciation for sharing resources," said Cohoe. "If the Seed Library can help build a community that learns together,

supports each other and keeps local gardening traditions alive, that's a lasting success."

For more information on upcoming programs or to explore the seed library, visit www.boyneregionallibrary.com or stop by the Boyne Regional Library in Carman.

Architectural malpractice: Manitoba investors just finding out data hacked last August in CIRO security breach

By Patricia Barrett

At least 750,000 Canadian investors had their personal and financial data stolen last August after hackers gained access to the IT system of a national investment regulatory body, and some of those investors in the Interlake said they're just finding out about it now.

The Canadian Investment Regulatory Organization (CIRO) is a private, self-regulatory organization that patrols investment and mutual fund dealers in Canada. CIRO has a mandate to protect Canadians from improper investment conduct and practices by overseeing the investment industry and ensuring compliance. CIRO obtains investors' personal and financial data "in the normal course" of carrying out its mandate.

Its IT system was hacked last August, resulting in access to and exfiltration of a suite of personal and financial information of investors - as well as investment brokers - that included legal name, date of birth, social insurance number, passport information, bank account number(s), financial information, gender, eye colour, height, address, telephone number, email address, beneficiary information, and criminal or civil disclosures.

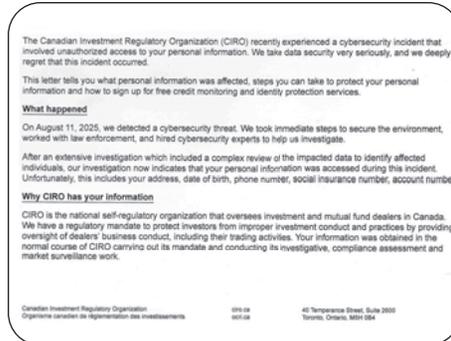
Two investors whose data was stolen shared parts of a letter they received from CIRO informing them of the breach. One investor lives on the west side of the Interlake and the other is affiliated with an Interlake resident who lives on the east side. Neither wants to be identified and only one investor shared their concerns.

CIRO had announced on its website via a news release dated Aug. 18, 2025, that it had identified a "cybersecurity threat" on Aug. 11, 2025, and it proactively shut down some of its systems. It stated in that release that "Canadians' investments are not at risk."

That major breach of security flew under the radar of the two investors. And they were blindsided last week when they received a letter from CIRO.

"After an extensive investigation which included a complex review of the impacted data to identify affected individuals, our investigation now indicates that your personal information was accessed during this incident," states CIRO's Jan. 14, 2026, letter to the investor who agreed to speak with the paper. "Unfortunately, this includes your address, phone number, social insurance number, account number."

The investor said not only did they just become aware of CIRO's breach, but they had also not been given a heads-up from their financial institu-



A letter an investor received from CIRO indicates the data accessed "includes" their address, date of birth, phone number, social insurance number and account number.

tion.

"I learned about the breach last week and then received a letter in the mail on Friday [Jan. 30] confirming that my information may have been affected," said the investor. "I didn't receive any notification directly from my financial institution, which was frustrating."

As regards CIRO's failure to protect their data, the investor said their ability to trust has taken a hit.

"I'm careful about protecting my personal and financial information and I take that responsibility seriously, so it's disappointing to learn that data I trusted to others to safeguard was compromised," they said. "I've always been an advocate for privacy and data protection, and this has affected my trust."

CIRO offered the 750,000 Canadians affected by the breach two years' worth of credit-monitoring services through Equifax and TransUnion, and the investor said they'll be taking up that offer, as well as keeping a "close eye" on their accounts. That said, they don't think two years of monitoring goes far enough as their stolen data could be used in perpetuity.

"Data like this can be misused years down the road, and long-term monitoring should be available to every customer who may have been affected. There's a limit to what individuals can realistically do to be secure. At some point, stronger protections have to be in place at a higher level, and government needs to act," they said. "I think CIRO and the financial institutions involved need to be transparent, communicate clearly and provide ongoing support to those affected. This shouldn't end with a letter - people deserve reassurance that real improvements are being made to prevent this from happening again."

CIRO's letter to the other investor is nearly identical, including its issue date, but it states the investor's date of birth was accessed in addition to other vital information.

Both letters indicate a possibility -

List of CIRO Dealers by Peer Group

<p>1. INTEGRATED</p> <p>BMO Nesbitt Burns Inc.* CIBC World Markets Inc.* National Bank Financial Inc.* RBC Dominion Securities Inc.* Scotia Capital Inc.* TD Securities Inc.* TD Waterhouse Canada Inc.</p> <p>2. RETAIL</p> <p>Aligned Capital Partners Inc. Arton Investments Assante Capital Management Ltd.* ATB Securities Inc.* AURAY Capital Canada Inc. Aviso Financial Inc.* B2B Bank Securities Services Inc. Canaccord Genuity Corp.* CIBC Investor Services Inc. Designed Securities Ltd. Desjardins Securities Inc.* Edward Jones* Fidelity Clearing Canada ULC* Friedberg Mercantile Group Ltd.* Haywood Securities Inc.* iA Private Wealth Inc.* Investors Group Securities Inc.</p>	<p>JitneyTrade Inc. Kernaghan & Partners Ltd. Lakeshore Securities Inc. Mandeville Private Client Inc. Nour Private Wealth Inc. OMG Wealth Management Inc. OmniVita Custom Wealth Management Inc. Perry Securities Ltd. Pollitt & Co. Inc.* Portfolio HiWay Inc. Queensbury Securities Inc. Retire First Ltd. RGF Wealth Management Ltd. Rothenberg Wealth Management Inc. Secutor Capital Management Corporation Sightline Wealth Management LP StephenAvenue Securities Inc.* Wellington-Altus Private Wealth Inc.</p> <p>4. MANAGED ACCOUNTS</p> <p>Acker Finley Inc. Caldwell Securities Ltd.* Cumberland Private Wealth Management Inc. CWB Wealth Partners Ltd.</p>	<p>Webull Securities (Canada) Limited</p> <p>6. INSTITUTIONAL</p> <p>Barclays Capital Canada Inc.* Beacon Securities Limited* BNP Paribas (Canada) Securities Inc. Cantor Fitzgerald Canada Corporation* Casgrain & Company Limited Citigroup Global Markets Canada Inc.* Clarus Securities Inc.* Cormark Securities Inc.* Deutsche Bank Securities Limited Eight Capital* Goldman Sachs Canada Inc.* Instinet Canada Limited* J.P. Morgan Securities Canada Inc.* Jefferies Securities, Inc. JonesTrading Canada Inc.* Laurentian Bank Securities Inc.* Merrill Lynch Canada Inc.* Morgan Stanley Canada Limited* MUFG Securities (Canada), Ltd. Paradigm Capital Inc.* Peters & Co. Limited* PGM Global Inc.*</p>
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CANADIAN INVESTMENT REGULATORY ORGANIZATION

A partial list is shown of banking and financial organizations that share client data with CIRO. About 750,000 Canadian investors had their personal and financial information stolen last August after hackers gained access to CIRO's system.

by use of the word "includes" - that the two investors may have had more personal and financial information stolen than what the letters spell out.

CIRO lists on its website hundreds of financial institutions from which it obtains investors' data. These "dealers" include well known names such as BMO Nesbitt Burns, CIBC World Markets, National Bank Financial, RBC Dominion Securities, TD Waterhouse Canada, Assante Capital Management, Aviso Financial, Desjardins Securities, Investors Group Securities, Richardson Wealth, Sun Life Canada Securities, and Morgan Stanley Canada. Credit unions offering investment services have partnerships with some of the large financial companies listed.

Hackers can do a lot of damage with stolen personal and financial data. They can clone it several times over and sell it on the dark web to other criminals or impersonate an individual to open a bank account, apply for loans, apply for credit cards, make purchases, steal the title to a property and sell it, apply for an additional mortgage, or demand a ransom in exchange for a promise to not sell the data. They can also attempt to access victims' accounts and change passwords.

Bill Buckels lives in the Interlake and is a retired systems analyst, software engineer and wealth systems manager. The *Standard* asked him to explain what he believes happened as he used to build IT systems for large financial companies in Canada, the U.S. and internationally, including RBC Dominion Securities, National Bank, various stock exchanges and international banking systems. He said he knows how data security should be structured, and it's clear that CIRO's IT system was not built to do information hiding.

"In my day, the protocol was to hide client information and never transmit that data across the Internet. Ever. Not if you wanted to have system integrity. Internal IT systems can be set up in such a way that there's a complete separation between transactions and clients so that client data would never be exposed," said Buckels.

"CIRO's security lapse is a serious breach of the personal and financial data of three quarters of a million Canadian investors. And what's equally serious is that CIRO didn't inform some of those investors - we don't know exactly how many - about what happened until maybe a month later or over four months later, according to the class-action lawsuit, after its system was hacked. This to me is criminal negligence on the part of the CIRO board. They enabled this data breach by not doing their proper due diligence with regard to IT and data security. The board is in charge; they have the keys to the place and they left all the doors unlocked."

He's questioning why CIRO needs to have investors' personal data in the first place as that information should be held only by banks and financial institutions.

"CIRO is a private oversight committee, not a police force, and it should never have been able to copy investors' data from the servers of banks and financial institutions. The system CIRO is using actually makes a second copy of client data - it's called cloning - even though it's encrypted. CIRO's system puts that copy on their own server, whose soft underbelly was exposed because CIRO failed to protect it. So if it can't protect its server, why isn't CIRO using an IT system that doesn't identify clients?" he said.

Dr. Joss Reimer named Canada's chief public health officer

By Staff

A doctor who grew up in Winkler and has gone on to serve in a number of top positions in Manitoba has been named the new Chief Public Health Officer by the Government of Canada.

Reimer, who became the face of Manitoba's efforts to battle the COVID-19 pandemic, will begin a three-year term April 1, and she welcomes the opportunity.

"Public health is about uniting efforts to protect and promote the well-being of people in Canada, especially those who are most vulnerable," Reimer said in a statement. "I look forward to collaborating with colleagues and partners domestically and internationally, and with communities across the country toward this important goal."

Reimer is a past president of the Canadian Medical Association and chief medical officer for the Winnipeg Regional Health Authority. She was the medical lead and spokesperson for Manitoba's COVID-19 vaccine task force and spent nine years as undergraduate director of population health at the University of Manitoba.

She has public health expertise in health communications, health equity, sexually transmitted and blood borne infections and immunizations, and she has contributed to numerous scientific publications and presentations in both official languages.

Voted Humanitarian of the Year by Doctors Manitoba, she was lauded for her passion for physician wellness and public health.

Reimer completed medical training at the University of Manitoba and McMaster University, training several years in obstetrics and gynecology before finishing a public health specialty.

She completed a master's in public health degree with a project focused on health communication in Kenya, and her research areas have focused on sexually transmitted infections and drug related harms with projects in Canada and Colombia.

Reimer has received several additional awards including the King Charles III Coronation Medal, the Queen Elizabeth II's Platinum Jubilee Medal, University of Manitoba Dis-

tinguished Alumni award, and the St. John Ambulance Pandemic Medalion.

Minister of Health Marjorie Michel said Reimer comes into the role at a critical time as the country continues to face a resurgence of vaccine preventable diseases such as measles, the threats posed by avian influenza A (H5N1), HIV and tuberculosis as well as the ongoing impacts of the illegal drug crisis and the negative impacts of false health information.

"I am pleased to welcome Dr. Reimer to the role of Canada's Chief Public Health Officer. I look forward to working alongside Dr. Reimer to address pressing and complex public health challenges."

"We are thrilled to welcome Dr. Joss Reimer to the Public Health Agency of Canada. At a time when strong, science-driven leadership has never been more important, I am confident that her vision and dedication will help advance the public health and well-being of Canadians. I look forward to working together to drive meaningful progress and deliver last-



CMA.CA

Winkler native Joss Reimer has been named Canada's new chief public health officer.

ing impact for Canadians," said Nancy Hamzawi, president of the Public Health Agency of Canada.



4 stimulating activities for a **HEALTHY BRAIN** after 50

Have you passed the 50 mark and want to keep your mind sharp for as long as possible? Experts agree that you can slow cognitive decline by stimulating your brain every day. Simple, fun activities are sure to help. Here are four to explore.

1. Games

Sudoku, crosswords, brain teasers and chess all require strategy and concentration. They challenge your brain and keep it active. Board games give you the chance to play with your children, grandchildren or friends. The social aspect boosts your mood while you ex-

ercise your mind.

2. Foreign languages

Are you looking for a challenge? Learning a new language will surely put your brain to the test. Mobile apps and online courses can make it easy for

you to explore Spanish, Italian, German and more. Why not set yourself the goal of practising to become more fluent before your next trip?

3. Volunteering

Giving your time to people in need or an organization that shares your values is also a great way to keep your brain active. Meeting new people with similar interests can help

break the cycle of loneliness and reduce anxiety and depression. Contact your local community centre to find out what options are available to you.

4. Reading

Whether you prefer books, magazines, comics or newspapers, reading offers many benefits. It stimulates the imagination, strengthens focus and sharpens visual pro-

cessing. Most importantly, reading has a direct impact on memory. Visit your neighbourhood library, join a book club or read your local newspaper.

Stay healthy with mental stimulation!

It's one of the best ways to enjoy all the wonderful things life has to offer for many years to come.

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Elm Creek students love to read



STANDARD PHOTO SUBMITTED

Lillian Klausen, president of the Manitoba Teachers' Society, visited Grade 6 students at Elm Creek School as part of I Love to Read Month. Reiden Tichit, a University of Manitoba teacher candidate completing his practicum at Elm Creek School this year, invited Klausen — his cousin — to be a guest reader in the class. During her visit, Klausen read short passages from Canadian history and engaged the students in comprehension activities. Tichit is completing his final practicum and will graduate this spring with a Bachelor of Education degree.

Two Winkler men killed in multi-vehicle collision near Roland

By Lana Meier

Two Winkler men died following a multi-vehicle collision in the RM of Roland on the evening of March 6.

Pembina Valley RCMP said officers responded to the crash at approximately 7:35 p.m. on Highway 428 just north of Road 19 North.

Police said two trucks had stopped in the southbound lane to assist a man whose vehicle had left the roadway and entered a ditch.

As this was happening, a southbound vehicle driven by a 17-year-old female approached the scene and did not immediately realize the trucks were stopped on the highway.

The vehicle swerved to avoid the

truck in its lane, clipped one of the stopped trucks, left the roadway and struck the rear of the car that was already in the ditch.

Two males who had been standing in the ditch — the 44-year-old driver of the first vehicle and a 73-year-old man from one of the trucks — were seriously injured and later died.

The 17-year-old driver and her passenger, also a 17-year-old female, were taken to Boundary Trails Health Centre as a precaution. No other injuries were reported.

Road conditions were icy at the time of the collision.

Pembina Valley RCMP continue to investigate.



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at mbl.ca/ESG



Canola growers express concern about closure of agriculture research stations

By Jennifer McFee

Agriculture and Agri-Food Canada recently announced that they will be closing multiple research stations and reducing staff levels across the country, and canola growers are expressing concern about the impacts.

Delaney Ross Burtnack, executive director of the Manitoba Canola Growers Association, said that each research station has its own series of research priorities. As far as they know at this point, the only research station closing in Manitoba is in Portage la Prairie.

"The collective group of locations also worked together as a geographically diverse network to ensure agricultural testing happens in a range of locations and conditions," she said.

"In Portage, work like early-matu-

riety soybean testing, winter wheat variety adaptation for Manitoba conditions, and operating as a central location for extension and reporting of that work were important functions."

She outlined some of the possible impacts of these closures.

"Stakeholders across agriculture have met repeatedly since this announcement to try and assess the depth of the impact," she said.

"Without clarity on how the ongoing research work at affected locations and by affected staff will managed going forward, we can only speculate on the most obvious impacts. These latest cuts compound with ongoing erosion of funding in recent decades to further weaken prairie-wide re-

Continued on page 11



STANDARD PHOTOS SUBMITTED

A canola field near Teulon grows during the summer season. Canola producers say federal cuts to agricultural research, including the closure of the Agriculture and Agri-Food Canada research station in Portage la Prairie, could affect future crop development and innovation for farmers across Manitoba.

Focus on FINANCE

Navigating the Shift: Smart Money Moves for Canadians in 2026

As the Canadian economic landscape continues to evolve, many households find themselves at a financial crossroads. With shifting interest rates and a fluctuating housing market, the "set it and forget it" approach to personal finance is becoming a relic of the past. Financial experts are now urging Canadians to adopt more dynamic strategies to protect their wealth and maintain their purchasing power.

The primary focus for most advisors this year is the optimization of registered accounts. The Tax-Free Savings Account (TFSA) remains a powerhouse for long-term growth, especially as the cumulative contri-

bution room reaches new heights. "Maxing out your TFSA is no longer just a suggestion; it's a necessity for tax-efficient wealth building," says Elena Rossi, a senior wealth strategist. Meanwhile, the First Home Savings Account (FHSA) has become the gold standard for aspiring homeowners, offering the dual benefit of tax-deductible contributions and tax-free withdrawals.

However, saving is only half the battle. Debt management is taking center stage as many Canadians navigate mortgage renewals in a higher-rate environment than the previous decade. Experts suggest "stress-testing" your own budget before

the bank does. Shifting from high-interest consumer debt—like credit cards—to lower-interest lines of credit or consolidated loans can save the average household thousands in annual interest payments.

Finally, the rise of low-fee Exchange-Traded Funds (ETFs) and robo-advisors has democratized investing, making it easier for beginners to start small. Diversification across global markets, rather than just the

TSX, is being hailed as the best defense against domestic volatility.

The message from the financial community is clear: proactive planning is the best hedge against uncertainty. By prioritizing high-interest debt repayment and maximizing government-incentivized accounts, Canadians can build a resilient foundation for whatever the market brings next.



Do you feel confident in your financial plan? In a world of changing markets, rising costs, and constant uncertainty, many people are working hard—but aren't always sure their money is working just as hard for them.

At Victorious Financial Services, our goal is simple: to help you gain clarity, confidence, and a plan designed around your priorities. True financial progress isn't about chasing quick returns or reacting to headlines. It comes from thoughtful investing, tax-efficient strategies, and protection planning that work together over time.

We believe growth should feel steady, purposeful, and aligned with what matters most to you—whether that's retirement security, caring for family, supporting the next generation, or giving generously in your community.

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So we'll ask again: do you feel confident in your plan?

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> CANOLA, FROM PG. 10

when research and innovation has never been more important," she said.

"Manitoba Canola Growers Association is working closely with our counterparts across Canada to get clear on the Agriculture and Agri-Food Canada decision and next steps in order to support and protect the research needs of farmers and the in-

dustry as a whole."

Warren Ellis, board chair of the Manitoba Canola Growers Association, has a canola farm based in Wawanesa.

"As a Manitoba farmer, I'm concerned about what these Agriculture and Agri-Food Canada decision staff cuts mean for the future of canola research," Ellis said.

"Public independent research delivers real value for farmers, and Agriculture and Agri-Food Canada decision researchers and support staff have done tremendous work for our industry over many years. Losing this capacity puts long-term innovation and crop development at risk."

Delaney Ross Burtnack, executive director of the Manitoba Canola Growers Association, says proposed Agriculture and Agri-Food Canada cuts — including the closure of the Portage la Prairie research station — could weaken prairie-wide agricultural research capacity and create gaps in crop testing and innovation.

search capacity."

This situation risks the integrity of the research network and leaves geographical gaps, she added.

"We are not clear how they will be addressed. Public funding continues to shrink, putting more pressure on farm groups like ours to seek out funding for the research work farmers need," Ross Burtnack said.

"That work may not be replaced by the private sector or would benefit from long-term continuity and third-party unbiased oversight. In the current trade environment where Canada is seeking to grow and secure its agricultural sector, this is a step in the wrong direction."

The role of research is essential in the industry.

"Publicly funded research is the foundation of innovation in agriculture," she said.

"It encompasses so much of the work that happens before a product, crop variety or production technique is commercialized, and much of the work that doesn't have commercial potential because it's too small a market or too regional to be of interest to the private sector, for example."

Across Manitoba, there are about 6,000 canola farms, including 327 in the Interlake region.

"Farmers recognize the value of efficient operations. However, there is real and shared concern across the sector that this decision will cause significant gaps and damage to the agricultural research sector at a time

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'HEARTfelt' hockey raising funds Friday

By Siobhan Maas

A "HEARTfelt" hockey game takes place between the Pembina Valley Twisters and the local RCMP Horsemen this Friday night to raise funds for the Hutterian Emergency Aquatic Response Team (HEART), a local organization specializing in underwater search and recovery.

"What brings community together?" asked Cst. Gilles Gravelle about the organizing of this second annual event. "A hockey game. This is about thanking the community and the importance of supporting local."

Gravelle also assured that the Horsemen, comprised of local RCMP officers, firefighters, and men from the Oak Bluff Colony, will be going full force.

"Most of the team is pushing 50. Last year we had to get the oxygen tanks out in the dressing room and were passing around the A535," he said. "But we will give it our best again."

Pat Schmitke, co-owner of the Twisters, believes in the cause.

"Our ownership group feels hockey is more than a game, but rather about our community. We like for the team to work and play locally. The HEART Team provides a service that is sadly necessary out of the goodness of their hearts, and it doesn't come cheap."

Started in 2016 by Manny and Paul Maendel, brothers from Oak Bluff

Colony, HEART aids in the recovery of drowning victims.

Over the last 10 years, the team has attended over 70 call-outs across the country.

"There are continued unresolved drownings around the province and across Canada," explained Manny Maendel, who works as the group's search lead, remote operating vehicle (ROV) pilot, diver, and sonar technician. "Because HEART can't be everywhere, in recent years we are focused on enabling and equipping other organizations and law enforcement to do underwater work and recovery themselves."

Training is provided on-site at the colony east of Morris, and between the training facility and a large gravel pit, both classroom sessions and open water techniques are learned.

"We are able to do mock-up exercises with dummies that we sink and I teach teams how to look for them with sonar and underwater robotics," Maendel said.

The HEART team provides ongoing support to communities.

"We'll head back to Grand Rapids to help with recovery once temperatures clear up and the ice clears off," shared Maendel. He also spoke recently at the Grand Chiefs Emergency Management conference in Winnipeg. "It is my dream to enable First Nations



STANDARD PHOTO SUBMITTED

Friday night's benefit game between the Pembina Valley Twisters and the RCMP Horsemen is raising funds for the Hutterian Emergency Aquatic Response Team (HEART).

communities in underwater recovery so they don't need to rely on outside entities. Any agency that reaches out for training or support, I try to share my knowledge and expertise as best I can."

Donations are vitally important to HEART's operations, with all funds going directly to training, equipment and maintenance, travel, and logistics involved in searches.

"We don't charge for our services and it is difficult to get funding from the province," noted Maendel, noting donations can be made online at heartteam.ca.

Maendel will be stepping out onto the ice on Friday to play with the

Horsemen.

"I love hockey and need to get my fix twice a week. My friends in the RCMP and the firefighters in Morris show that [HEART] is a meaningful mission, even just locally. The support is incredible."

In last year's fundraising game, the Horsemen beat the Twisters 5-3.

"We had to push ourselves playing against the young Twisters players," laughed Gravelle. "I've already started my combat breathing this year and we're thankful for the young Mavericks goalies who are coming back to help us out."

The puck drops at 7 p.m. on Friday, March 13 at the Morris Multiplex.

> SECURITY, FROM PG. 7

"CIRO could carry out its oversight duties by using a system that uses a transaction number it gets from a financial institution that's following a certain set of business rules, rules that comply with regulatory oversight. The transfer of data should use the language of the so-called geeks and nerds who put everything in code. There should be no human-language data available to CIRO. This organi-

zation shouldn't be able to know investors' personal information The way to separate financial reporting from client information is through an information-hiding system."

When people used to go to HIV clinics for testing back in the 1980s at a time when there was a huge stigma around the virus, Buckels said the clinic would assign people a number instead of a name and do anonymous testing. CIRO should have had that kind of system - and should have that

going forward - in order to protect client information.

In addition to CIRO's board being at fault for failing to secure investors' data, he puts the weak security protocol down to the attitude of Gen Y and Gen Z who are building the IT systems of today and failing to question systems that look at data from a "non-machine" point of view.

"When did CIRO implement this IT system? I guess we'd have to ask CIRO - and we'd have to ask Gen Y

and Z, as well, as they invented these systems and these rules. This is like having the fox guarding the hen house," said Buckels. "I don't know any reason why CIRO would need to know client data. But they think it's okay to transmit it over the Internet and store copies of it on their server. There's a level of arrogance here, too, where they think their system can't be hacked, that whatever level of encryption they're using is secure enough to allow them to store sensitive data and do queries on their server. CIRO is not competent and should be shut down."

As for the role of banks and financial institutions sharing investors' data with CIRO, Buckels said he's sure they're "hiding behind regulation to deny their fiduciary responsibility."

He thinks two years' worth of credit monitoring is "insulting" as 750,000 Canadians will need new social insurance numbers, new bank ac-

Continued on page 15

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> MEAL IDEAS



One-Pot Creamy Shrimp Scampi

In large, high-sided saute pan, add shrimp and cook according to package directions. Remove shrimp to bowl and keep warm.

In same pan with scampi sauce, stir in half-and-half and stock. Bring to low boil. Add pasta. Cook, stirring occasionally, until pasta is cooked al dente, 8-10 minutes.

Stir in spinach and cook just until beginning to wilt. Stir reserved shrimp into pan.

To serve, divide shrimp scampi between four bowls and top each with grated Parmesan. Serve with lemon wedges.

- Prep time: 5 minutes
 Cook time: 25 minutes
 Servings: 4
 1 package (12 ounces) SeaPak Shrimp Scampi
 1 1/4 cups half-and-half or milk
 1 1/4 cups chicken stock
 8 ounces linguine noodles
 6 cups fresh spinach
 1/4 cup grated Parmesan cheese
 4 lemon wedges



Butterfly Shrimp Bruschetta

Preheat oven to 425 F. Bake shrimp according to package directions and keep warm.

Slice baguette to match number of shrimp. Rub one garlic clove over one side of each slice of bread. Brush garlic-rubbed sides with 3 tablespoons olive oil. Set aside.

Finely dice remaining garlic. In medium mixing bowl, stir tomatoes, remaining olive oil, diced garlic and 1/3 cup chopped basil. Season with salt and pepper, to taste, and set aside.

In large, hot skillet, working in batches, add baguette slices oil sides down and cook until browned around edges. Remove from pan.

Top each baguette slice with small spoonful of tomato mixture and one shrimp. Garnish with basil leaf.

- Prep time: 15 minutes
 Cook time: 15 minutes
 Servings: 6
 1 package (9 ounces) SeaPak Jumbo Butterfly Shrimp
 1 baguette
 3 garlic cloves, divided
 6 tablespoons olive oil, divided
 3 cups grape or cherry tomatoes, seeded and finely diced
 1/3 cup chopped basil, plus additional for garnish
 salt, to taste
 pepper, to taste



Chicken and Rice Bowls with Peanut Sauce

- 1 cup cooked brown or jasmine rice
 1 cup Dandy celery, julienned
 1 cup shredded carrot
 1/2 medium English cucumber, thinly sliced
 1/4 cup unsalted roasted peanuts, coarsely chopped
 lime wedges, for serving

To prepare peanut sauce: In small bowl, whisk soy sauce, lime juice, rice vinegar and honey. Add peanut butter and sesame oil. Whisk vigorously until sauce is completely smooth and creamy. Set aside.

To prepare bowls: In nonstick 12-inch skillet over medium-high heat, heat olive oil until simmering. Add shredded chicken and about 3 tablespoons peanut sauce. Stir constantly to coat chick-

- Recipe courtesy of The Produce Moms
 Prep time: 7 minutes
 Cook time: 5 minutes
 Servings: 2
 Creamy Peanut Sauce:
 1 1/2 tablespoons soy sauce
 1 tablespoon freshly squeezed lime juice
 2 teaspoons rice vinegar
 1 teaspoon honey
 1/4 cup creamy peanut butter
 1 tablespoon toasted sesame oil
 Bowls:
 1 tablespoon olive oil
 1 cup cooked, shredded chicken

Ask the Money Lady

Dear Money Lady,

I want to change advisors for the New Year because I think I am paying too much. What should I be paying for a portfolio of about \$500K. Thanks, John.

Many Canadians worry about the fees they pay their advisors and wonder if they're paying too much regardless of the amount they have saved. Having been an Investment Banker for over 30 years, I can tell you, you do get what you pay for. However, fees, inflation, and future market volatility always eat away at your retirement capital, decreasing your purchasing power, and eventually forcing you to lower your lifestyle as you age. Remember, the key is to maintain a well-diversified portfolio which includes bonds, cash, and high-quality stocks. When you're looking for an investment "partner," try to pick an advisor who really has your best interests at heart and can help you financially plan your future. Ask them what their goals are for your portfolio and how they plan to achieve them. Understand how they're paid and question the commissions they receive on your investments. So, let's talk about that, what should you pay? There are 2 basic fee structures that most advisors adhere to – transactional or fee-based.

Transactional fees are charged with every investment transaction. This is often the case when you buy fixed income investments such as bonds. A fee is charged when you purchase the bond and then again when you sell it. There are not many advisors that still offer transactional fee structures when buying securities. They seem to have left the industry with the vintage old-school stockbrokers who had to do multiple trades every month to make any money. A method we used to call "pump & dump" back in the day. Now we have investment advisors that want to put you in fee-based plans, designed to offer more protection for clients along with a consistent revenue stream for the advisor and brokerage firm.

At the retail level, many financial planners are paid a base salary with a commission matrix based on how they grow their book of business and bring on new clients. Typically, fees are preset and based on the mu-



tual fund you choose ranging from 1% to 2.95%. Investment advisors are usually on straight commission, making them much more motivated to ensure you make a profit of which they in turn are compensated on. Fee-based services range from .75% all the way up to 3%. Some advisors act as personal bankers for ultra-rich clients, doing everything for them, hence they may be able to justify the higher fee structure. But for most of us, we don't need someone to pay our bills and handle our budgets, so if you are paying more than 1.5% for a fee-based portfolio, you may be paying too much. If you have different SMA products, (Separately Managed Accounts) your advisor may increase their fee up to a max of 1.75%.

Really John, the bottom line is, fees are all over the map and vary from one advisor to another. The cost you pay for professional financial advice should be based on your own personal comfort zone. Is your advisor a valued partner that you are willing to pay for, and most importantly are you satisfied with their services? It's always a good idea to periodically check out the competition, talk to your friends and see what they pay. Remember, as you age and move investments into secure fixed income products with lower risk and smaller gains, your number one problem will be fees and expenses.

Good Luck and Best Wishes,
 Money Lady

Written by Christine Ibbotson, Author, Finance Writer and Syndicated Money Coach on BNN Bloomberg. Christine is also part of the everyday lineup on CTV Your Morning in every province. No AI. Follow Christine on Instagram @askthemoneylady, or on Facebook (Christine Ibbotson).

en and heat through, about 3 minutes. Remove from heat and set aside.

To assemble rice bowls: In deep serving bowls, add cooked rice. Top with warm chicken covered in peanut sauce.

Arrange celery, carrot and cucumber around chicken. Top with peanuts.

Drizzle remaining peanut sauce over bowls. Serve with lime wedges to squeeze over bowls.

Local Irish dancers shine at international competition

By Lorne Stelmach

A Morden-based dance program had a successful showing at a recent major competition in the United States.

Irish dancers from Danceworks headed south over the February long weekend to take part in the North American Irish Dance National Championships in Minneapolis.

The group of 13 dancers came home with 12 first places, nine second places, 12 thirds, three fourths, six fifth places, one sixth place, one seventh place, and three honourable mentions for 44 placings overall.

Dancers then advanced to the awards levels one and two on the Sunday. The most significant achievement there was in level two where there was a first-place finish in U18 for 17-year-old Ella Kalinouski. Many other local dancers reached the podium or ranked in the top 10 in their categories.

"Our dancers were amazing," said instructor Cathy Savage. "We had really, really good results. I was so incredibly proud of them. This is a really great bunch of kids."

She attributed their success to "a lot of hard work, practicing and listening to their teacher. It was just really working at it and correcting the mistakes that need to be corrected ... and it's even just having the confidence to go out on stage and compete, which is huge."

And Savage suggested others in the competition took notice of these dancers coming from rural Manitoba.

"There were dance schools from all over the States, and there were three



STANDARD PHOTO SUBMITTED

Thirteen dancers from Danceworks' Irish dance program competed at the Irish Dance Nationals in Minneapolis last month.

schools from Ireland, so it was a really big competition for us to be there," she said. "Small-town Manitoba is competing against these dancers from places like Kansas City, Ohio, Minneapolis ... competing against these bigger schools from places like Boston and Chicago."

"They do really, really well compared to these other schools ... so it's just a huge accomplishment for them."

For many of the dance students, who range in age from nine to 17 and hail from across the Pembina Valley, this event was a new experience.

"Of those 13 who went, only one girl had danced at the nationals before," Savage noted. "For six of them, it was their first competition ever. So that is amazing in itself, and some of them were trying new dances they had just started learning in September."

She suggested their success reflects a high level of passion and dedication for Irish dance among the students.

"They have to love it and enjoy it," she said, adding her thoughts on the attraction of Irish dance.

"I think it's just the music ... and it's

just a little different from a lot of the other genres," she suggested. "Irish dance is hard work, but once you start doing it and you get it ... and the physicality of it too is amazing. It's like a workout every time you get on the stage."

Local dance students can now look forward to April when they travel to Regina for another competition. Before that, Danceworks will also be hosting an Irish ceilidh March 27 at the Kenmore Theatre in Morden. Tickets are available through the Danceworks website.

> SECURITY, FROM PG.12

counts, new driver's licenses and so forth to better protect themselves.

He reached out to federal finance minister François-Philippe Champagne and the Manitoba Securities Commission to request a criminal investigation of CIRO under Section 219 of the *Criminal Code*, he said. CIRO committed "architectural malpractice" by abandoning foundational principles of information hiding and created a "sniffer's paradise" (sniffer refers to computing tools used to capture or intercept data packets flowing across networks).

The *Standard* contacted CIRO, asking how many hours or days CIRO's system was breached, how far back in time the compromised data go, why CIRO needs to clone clients' personal information, how many years it has been cloning client data, how exactly is CIRO enhancing its IT system in the aftermath of the breach, whether it will continue to have future access to

investors' personal data, and whether it thinks it's competent to continue its regulatory role.

Apart from the question pertaining to cloning data, CIRO's director of corporate communications and public affairs, Sean Hamilton, declined to answer the questions, saying the newspaper can find those answers on its FAQ page, news release and "about us" page.

Hamilton offered a statement denying that CIRO "clones or transmits" data, saying CIRO is on the receiving end for data.

"To be clear, CIRO does not clone or transmit personal information. CIRO receives information in the normal course of carrying out its regulatory mandate to protect investors from improper investment conduct and practices, and conducting its investigative, compliance assessment and market surveillance work," said Hamilton.

But CIRO is being sued for allowing the personal and financial informa-

tion of 750,000 Canadians that it holds as copies in its system to be stolen. An application for a class-action lawsuit against CIRO was brought before the Quebec Superior Court on Oct. 6, 2025.

It states CIRO failed to implement adequate cybersecurity and data protection measures, and committed a fault inconsistent with the trust placed in it by registrants, investors and the public. And CIRO is being "summoned" to retain all investigation reports and findings related to the breach, including "copies of the stolen data sets."

The full text of the suit is available on Lex Group Inc.'s website.

In addition to offering credit monitoring through Equifax and TransUnion for two years, CIRO said in its letter to compromised investors that credit-monitoring service includes monitoring the dark web for Canadians' stolen data.

Equifax itself was hacked in 2017,

resulting in a major data breach that accessed names, addresses, social insurance numbers and in some cases the credit cards of about 100,000 Canadians, as well as the personal data of 143 million Americans. The breach was caused by Equifax's failure to patch a software vulnerability.

The *Standard* contacted the Manitoba Securities Commission (MSC), whose website notes CIRO's cybersecurity breach and states that CIRO wants investors with questions to contact them [i.e., CIRO].

The paper asked MSC how many Manitoba investors out of the 750,000 had their personal and financial data stolen, when MSC found out about CIRO being hacked, why financial institutions in Manitoba didn't notify their investment clients about the data theft, whether DocuSign (electronic signatures) was part of the data breach, and what MSC is doing to protect Manitobans' data.

The commission did not respond.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Local youth athletes medal at Winter Games

By Staff

Some young athletes from the south central region of Manitoba had strong showings at last week's Manitoba Winter Games hosted by Thompson.

There were even some medals earned in a few sports and categories, and Team South, which takes in a large portion of the southern half of the province, finished atop the overall medal standings with a total of 86 including 32 gold, 27 silver and 27 bronze.

The largest contingent from the region was likely from the Boundary Trails Nordic Team, which sent eight athletes and brought home 14 medals in three races over three days. The team is part of a provincial development program in which athletes train year-round for cross-country skiing.

Here is a breakdown of their results:

- U12 male classic technique: Josh Wiens, gold.

- U12 male skate/open technique: Josh Wiens - gold.

- U14 male classic technique: Ryder Loewen, gold; Syelas Hoepfner, silver; Colin Klessens, bronze.

- U14 male skate/open technique: Colin Klessens, gold; Ryder Loewen,

silver; Syelas Hoepfner, bronze.

- Mixed team relays: Syelas Hoepfner, silver.

- U16 male skate/open technique: PJ Earl, silver.

- U12 female skate/open technique: Rosalynn Hoepfner, silver; Gloria Brodland, bronze

- U12 female classic technique: Rosalynn Hoepfner, bronze.

- U16 male classic technique: PJ Earl, bronze.

Meanwhile, in archery, Noah Philpott of St. Claude won gold in archery recurve in individual U17 male.

In figure skating, Kierra Bree Penner of Morden won silver in singles star 6/7 figure skating, Tessa Shae Dyck of Miami won silver in figure skating pre-novice mix, and Ky-Lynn Jenner of Morden won bronze in singles novice female.

In futsal (indoor soccer), the U14 female south team earned silver. Team members from this region included Hayley Lilyanna Sherington-Voth, Josey Heisinger, Miriam Fehr, Lyann Fochtberger, Kari Born, Sydney De Santis, Zaharra Hildebrand, Ciara Grace Nadeau, Jocelyn Funk, and Oleksandra Motuziuk.



STANDARD PHOTO SUBMITTED

The Boundary Trails Nordic Team were among the local youth athletes to bring home a medals from the Manitoba Winter Games in Thompson this past week.

On the boys side, the U14 male south team also won silver. Team members from this region included Pol Angelo Morales Oyardo, Oscar Mbabazi, Lukas Bergen, Ryan Phillip Strickland, Micah Olusola, Lukas Enns, David Geppo, Omer Shahab, Oakley Jerema, and Oliver Titchkosky.

Other results included mixed doubles curling, where the South 2 team of Alex Bitton and Anna Lanthier and the South 1 team featuring Carman's Chloe Winkler both went 2-2.

In U13 male hockey, the South 1 team lost in the consolation game, while the South 2 team won the bronze

medal with a 3-2 win against Winnipeg Gold. Team members from this area included Brody Duncan, Griffin Wiebe, Gaige Gorden Gelo, Nixon Nakonechny, and Hudson Samuel Neufeld.

In hockey U14 female, the South 2 won the bronze medal with a 3-1 win over team east. Team members from this area included Macey Darby, Quinn Hildebrand, Kaydence Willow Ewbank, Charlotte McCutcheon and Emma Peters. The South 1 team lost in the consolation round.

Wild put an end to Hawks' season in quarter-finals

By Lorne Stelmach

The playoffs came to an end last week for the male U18 Pembina Valley Hawks as they lost their best of five quarter-final series in three straight games to the Winnipeg Wild.

After a 9-2 loss in game one Feb. 28, the Hawks made it closer but still dropped game two March 2 by a score of 3-2 in overtime before being edged 4-2 in game three last Wednesday.

"At the end of the day, we had some injuries," noted coach Jeff Andrews. "We were kind of playing a little beat up in the playoffs, and we played a really good team."

Games two and three were close, and Andrews felt they could have easily gone the other way with another break or two.

"We had our chances. In a tight series like that, when you get the op-

portunities, you've got to cash in, and unfortunately, we weren't able to do that, and they found ways to score when they needed to."

He was happy with the power play, which was clicking at about 30 per cent, as well as the penalty kill, which was at about 80 per cent.

"We just needed more secondary scoring, and we needed to get a couple breaks," he said. "I'm happy and proud of the guys with how they pushed it and made it a good series."

In game two, the Hawks were just barely outshot 44-43. They scored early in the third period to tie things up before giving up the game-winning goal at 1:46 of overtime.

Tyson Pethybridge and Carson Hiebert scored for Pembina Valley, while Koen Bleznuk had a good effort in goal with 41 saves.

In game three, the Hawks fell behind 3-1 after 40 minutes. They then drew within one in the final frame before Winnipeg sealed the victory with an empty net goal with 27 seconds remaining.

Hiebert scored both of the Pembina Valley goals on power plays, and Bleznuk made 23 saves as the Wild held a 27-25 edge in shots.

Andrews thought they had a pretty good season overall but recognized they faced a tough task against the Wild.

"There were lots of improvements," he said noting he saw a lot of strong growth this season. "For me, it's nice to see some of those new players take a big step forward, and I think that will be huge for us moving forward, to get some of those guys who were new to the program this year to see

how they develop over the summer and move forward and push to fill big roles with our hockey team in the future.

"Overall, I think our defensive game is something that we really need to have the guys buy into and embrace so that we give ourselves a chance to win every game."

Andrews concluded there is good potential for next season with a good core of returning players.

"It's huge when you can get some returning guys and have those guys take a big step forward and push to be difference makers next year. You're always going to add young players, and it's going to take a little bit of time for them to adjust and figure things out. That's one of the things that we always have to deal with each year."

Pembina Valley Run Club expanding routes and building community

By Annaliese Meier

A grassroots running initiative in southern Manitoba is picking up momentum as it prepares for a new season.

The Pembina Valley Run Club, a free, volunteer-run group that began last year, is expanding its reach in 2026 with additional meeting locations, more running opportunities and a broader regional focus.

The club was launched by organizers Linnea and Erik Buchsmann after they noticed the growing popularity of community run clubs while living in Winnipeg.

"Run clubs created a sense of accountability, encouraged outdoor fitness and helped people connect with others in their community," the Buchsmanns said. "When we moved to the Pembina Valley area, we hoped to meet others who shared the same enjoyment of running."

With few organized opportunities locally, they decided to create their own.

"In the end, we decided to go ahead and create the kind of running community we felt was missing here," they said.

During its inaugural season, the group operated as the Morden Run Club, meeting primarily at Morden Park on Saturday mornings. Participants would run a loop ranging from three to eight kilometres.

Attendance varied week to week, with some runs attracting as many as 20 people. Participants included runners of various ages, families with children and even the occasional dog.

Organizers say that variety and the relaxed atmosphere are part of what makes the club special.

"It's truly a mix of everyone," the Buchsmanns said. "Some very accomplished runners come out, but we also have people celebrating their first three kilometres, along with walkers and run-walk participants."



Encouraged by growing interest, the group has rebranded as the Pembina Valley Run Club and plans to expand beyond Morden this season.

New runs are planned in Winkler, along with trail routes near Minnewasta Lake and other areas throughout the Pembina Valley. Organizers also hope to incorporate track runs and additional route options to provide more variety.

The club previously met about twice a month on Saturday mornings, but the upcoming season will introduce additional opportunities to run together, including Tuesday and Thursday evening meet-ups.

Each gathering begins with a brief welcome and overview of the route before participants set out with others who match their preferred pace.

"After the run, people usually stay for a bit to stretch, chat and get to know one another," the Buchsmanns said. "We often bring some post-run refreshments to share as well."

Most routes are planned around five kilometres, though participants are encouraged to adjust distances to suit their comfort level.

The club intentionally operates without



STANDARD PHOTOS SUBMITTED

Members of the Pembina Valley Run Club head out on a group run during the club's inaugural season. The volunteer-run club is expanding across the region in 2026 with additional routes and meet-ups.

membership fees or formal structure in order to remain accessible to everyone.

"Running is one of the most accessible forms of fitness, and we wanted to keep the club in that same spirit," the Buchsmanns said. "Our goal has always been to grow community and encourage people to get active."

Looking ahead, the group hopes to continue building a supportive running community across the region.

"Our main goal is to grow par-

ticipation and continue building the local running community," the Buchsmanns said. "The more people who come out, the more fun and supportive the atmosphere becomes."

The club's first run of the season is expected to take place in mid-April.

Residents interested in joining or learning more can follow the Pembina Valley Run Club on Instagram (@PembinaValleyRunClub) or Facebook.

Flashback: Junior girls' ringette on way to provincials

By Dennis Young

Carman's ringette team (with teammates from Pilot Mound, Miami and Morden) went undefeated in six straight games at the 11-team Provincial B Championships in 1991.

Held in Stonewall, the 15-and-under squad secured the gold medal with a 9-8 victory over Dauphin. Prior to that, the team hosted a four-team tournament at home, losing to St. Pierre in the final 6-4.

Tara Funke:

"I remember our coaches were amaz-

ing! It was also the last year most of us played ringette, as female hockey started up the following season, I believe." I remember our Coaches were amazing.

Melinda Jeanson: "We were a group of young ladies from multiple towns who came together and became a unit. We had great coaches who pushed us to the limit and made us the team we were. We were there for each other, and it felt like after every win we just got stronger."



STANDARD PHOTO SUBMITTED

Pictured left to right, back row: Shelley Lucking (coach), Lisa McKinney, Jennifer Boxshall, Shannon Parkinson, Michelle Frost, Cheryl Sylvester, Wendy Zimmerman, Tara Lenton, Christie Fitchner, Lana Heaman (assistant coach), Diane Sylvester (assistant coach); Front row: Karen Oakes, Kara Park, Shannon Harburn, Tara Funke, Melinda Jeanson, Nicole Choquette, Cairie Rach, Shaelyn Strachan.

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WANTED: Older gas stove 4 burner with griddle. No electric pilot light, manual. Phone 204-655-3549.



RURAL MUNICIPALITY OF DUFFERIN PUBLIC NOTICE REGARDING THE PR ROAD RESERVE EXPENDITURE

PUBLIC NOTICE is hereby given pursuant to subsection 169(8) of The Municipal Act that the Council of the Rural Municipality of Dufferin intends to transfer PR Road Reserve funds in the amount of \$50,902.17 to the Operating Fund.

These funds will be used for road reconstruction purposes.

Council will hear any person who wishes to make a presentation, ask questions, or register an objection to the proposed transfer at:

Rural Municipality of Dufferin
Memorial Hall, 12-2nd Ave SW, Carman, MB
Tuesday, April 7th, 2026 7:00 p.m.

Copies of the proposed expenditure may be examined during regular office hours at the Rural Municipality of Dufferin office, 12-2nd Avenue S.W., Carman.

Dated at the Rural Municipality of Dufferin the 27th day of February, A.D. 2026.

Sharla Murray, CMMA
Chief Administrative Officer
Rural Municipality of Dufferin

FARM LAND FOR SALE BY TENDER

Sealed, written tenders for centrally located farm land in the RM of Rhineland described below will be received by:

Franz Hoepfner Wiens Law Office

Box 99, 1 - 880 J 15th Street, Winkler, MB R6W 4A4

LANDS:

- 1) S ½ OF E ½ OF NW ¼ 7-3-3 WPM (39.75 acres)
- 2) NLY 660 feet of S ½ OF NW ¼ 7-3-3 WPM (40.00 acres)
- 3) SLY 660 feet of S ½ OF NW ¼ 7-3-3 WPM (40.00 acres)
- 4) NLY 1188 feet of the E ½ OF SW ¼ 7-3-3 WPM (36.00 acres)



(The above sketch is for illustrative purposes only)

CONDITIONS OF TENDER:

1. All parcels to be sold together. Tenders for less than all lands will not be considered.
2. The parcels of land described will be sold "as is" by current ownership group.
3. Tenders must be received on or before 5:00 PM on March 19, 2026. The successful bidder will be informed by 5:00 PM March 23, 2026.
4. Highest or any tender not necessarily accepted.
5. Possession to be April 10, 2026.
6. Tender must be accompanied by a refundable deposit of \$10,000.00 (cheque made payable to Franz Hoepfner Wiens Law Office).

TERMS OF SALE:

1. The successful bidder(s) will be required to enter a formal agreement with all current owners, covering terms and conditions of sale.
2. Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
3. If the balance of the accepted tender is not paid on the due date, the deposit paid may be forfeited as liquidated damages.
4. Successful bidder will be responsible for real property taxes commencing January 1, 2026.
5. The purchaser is responsible for GST or shall self-assess for GST.
6. The successful bidder(s) may enter into an agreement to rent an adjoining 40 acres in SW ¼ 7-3-3 WPM at their option following completion of the sale.

For further information contact Franz Hoepfner Wiens Law Office at 204-325-4615 - fhwlw.ca/tenders.



PUBLIC NOTICE RURAL MUNICIPALITY OF GREY

Pursuant to Section 194 of the Municipal Act, notice is given that the financial statements and auditor's report for the Rural Municipality of Grey for the 2024 fiscal year are available for inspection by any persons during regular office hours at the RM of Grey office located at 27 Church Avenue East in Elm Creek or on our website at www.rmofgrey.ca. Dated this 4th day of January 2026.

Allie Henderson
Chief Administrative Officer
Rural Municipality of Grey



BUDGET 2026-2027 PRESENTATION

PRSD is hosting its public Budget 2026-2027 Presentation at the Prairie Rose School Division Office, 45 Main Street South,



Carman, MB, on **Monday, March 23, 2026, at 6:00 PM.** The presentation will be recorded and posted on our website (g.prsdmb.ca/board/financebudget) following the live event, and a feedback form will be available until Friday, April 3, 2026, at 9:00 a.m.

Constituents may attend in person or online. To register, please complete the [Budget 2026-2027 Presentation Registration](#) form using the QR code above or the link here (tinyurl.com/26-27prsdbrdgt). Registration is required for the live event. If you need support registering or have questions, call the office at 204-745-2003 or send emails to prsd@g.prsdmb.ca.

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CARD OF THANKS

We would like to thank the community for their support and the wonderful turnout for the January annual general meeting held January 19, 2026 at the Kinsman room at Carman Dufferin Arena. We look forward to the upcoming season and seeing everyone on the pitch!

Many thanks to our outgoing board members for their years of volunteering with dedication and community-focused service. Please welcome the new board members: president Laura Visscher, vice president Doug Termeer, regional coordinator Robynn Linde, social media and registrar Sheela Borst, treasurer Garrett Hillmer, fundraiser coordinator Alexander George, referee coordinator Carolyn Koster and members at large Denise Strange and Ron Friesen and a special thanks to Chelsea Kozak who has agreed to stay on the board as Past President to help transition the new board. Welcoming back secretary Mandy Weir, U4-U8 representative Kate Menold, and U10-U14 house league coordinator Laurie Redpath.

The soccer pitch committee, working towards the end goal of adding two additional pitches at Sexsmith Drive, is now chaired by Carolyn Koster.

"We're excited to be starting our soccer season soon! While our numbers are a bit lower than in previous years, it won't affect the fun, growth, and learning we'll share on the field. We're looking forward to a fantastic season where our soccer community can come together, support one another, and enjoy the game we love. Here's to a great season ahead!" said president Laura Visscher.

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OBITUARY

Rev. Jean Cheryl Carruthers (Yuill, nee Lumgair)
August 25, 1945 - March 3, 2026

Jean's plans were interrupted by an abrupt illness and she was called home to her Lord.

A celebration of life will follow at a later date with better weather, to allow folks to gather, one of her favourite things.

Full obituary and tribute online at: doylesfuneralhome.ca



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Town of Carman

Public Notice Regarding the 2026 Financial Plan

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of The Municipal Act that the Council of the Town of Carman intends to present its financial plan for the fiscal year 2026 at a public hearing in the

**Town of Carman
Memorial Hall,
12-2nd Ave SW, Carman, MB
Thursday March 26th, 2026
7:00 pm**

Council will hear any person who wishes to make a presentation, ask questions, or register an objection to financial plan, as provided.

Copies of the financial plan are available for review and may be examined by any person during the regular office hours of the Town of Carman at 12-2nd Avenue S.W., Carman. Dated at the Town of Carman the 3rd day of March, A.D. 2026.

Susan Stein, CMMA, CLGED
Chief Administrative Officer



RURAL MUNICIPALITY OF DUFFERIN PUBLIC NOTICE REGARDING THE 2026 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the Rural Municipality of Dufferin intends to present its financial plan for the fiscal year 2026 at a public hearing in the

**Rural Municipality of Dufferin
Memorial Hall, 12-2nd Ave SW, Carman, MB
Tuesday, April 7th, 2026 7:00 p.m.**

Council will hear any person who wishes to make a presentation, ask questions, or register an objection to the financial plan, as provided.

Copies of the financial plan are available for review and may be examined by any person on our website <https://www.carman-manitoba.ca/duf-finances/> or during the regular office hours of the Rural Municipality of Dufferin office at 12-2nd Avenue S.W., Carman, please call ahead for pickup at (204)745-2301. Dated at the Rural Municipality of Dufferin the 27th day of February, A.D. 2026.

Sharla Murray, CMMA
Chief Administrative Officer
Rural Municipality of Dufferin

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• MARCH • PHARMACY Appreciation Month

HEALTH ADVICE YOU CAN TRUST



Behind the Counter: Celebrating the Vital Role of Your Local Pharmacist

This March, as the snow begins its slow retreat across Canada, communities from coast to coast are pausing to recognize a group of healthcare professionals who have become the most accessible—and often most trusted—pillars of our medical system. It is Pharmacist Awareness Month, a time to celebrate the evolving and essential role pharmacists play in keeping Canadians healthy.

Gone are the days when a pharmacist's job was strictly limited to counting pills and labeling bottles. Today, your local pharmacist is a highly trained clinical provider whose scope of practice has expanded dramatically to meet the growing needs of a strained healthcare system. In many provinces, pharmacists now prescribe medications for minor ailments—such as cold sores, hay fever, or uncomplicated urinary tract infections—saving patients hours of waiting in emergency rooms or walk-in clinics.

“We are often the first point of contact,” says Sarah Thompson, a community pharmacist in Winnipeg. “Whether it’s managing chronic diseases like diabetes and hypertension, administering life-saving vaccines, or providing mental health support, we are here to bridge the gap between diagnosis and daily wellness.”

The convenience of the pharmacy is unmatched. With no appointment necessary at most locations, Canadians turn to their pharmacists for quick, expert advice on everything from drug interactions to over-the-counter skin care. During the peak of the respiratory virus season, pharmacists were on the front lines, managing medication shortages and ensuring that families had the tools to recover at home.

Beyond the retail counter, pharmacists are making waves in hospitals, long-term care homes, and primary care teams. They perform complex medication reviews to prevent adverse

reactions—a leading cause of hospitalizations among seniors—and provide specialized consultations on smoking cessation and travel health.

Moreover, the integration of technology and personalized medicine is further redefining the field. Pharmacists are increasingly involved in pharmacogenomics—using a patient’s genetic profile to determine which medications will be most effective—and utilizing digital health platforms to monitor patient outcomes in real-time. This shift toward proactive, data-driven care ensures that treatments are tailored to the individual, reducing the “trial and error” often associated with new prescriptions.

However, the profession isn’t without its challenges. The increased demand for services, coupled with nationwide staffing shortages, has placed significant pressure on pharmacy teams. This March is not just about awareness; it is about appreciation. It is an invitation for Canadians to say “thank you” to the professionals who work late shifts and navigate insurance hurdles to ensure patient care never wavers.

As the heartbeat of the Canadian healthcare landscape, pharmacists continue to advocate for patient safety and health equity. Their presence in rural and underserved areas provides a vital lifeline for those who might other-

wise lack immediate medical attention. By empowering pharmacists to work at the full extent of their clinical training, Canada is building a more sustainable and responsive healthcare model for everyone.

As we celebrate Pharmacist Awareness Month, take a moment the next time you pick up a prescription to acknowledge the expertise behind the counter. They aren’t just dispensing medicine; they are dispensing care, safety, and peace of mind. Our healthcare system is stronger, more resilient, and more human because of them.



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