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STANDARD PHOTO BY LANA MEIER  
Guest skater Kim Woods as Beetlejuice catches Beau Goerzen as a "Spooky Scary Skeleton" during the Carman Skating Club's Nightmare on Ice Street carnival March 13 at the Carman-Dufferin Arena, where participants enjoyed a Halloween-themed evening of skating and fun.

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# Manitoba-made series serves up diabetes-friendly cooking

By Jessica Eblie

A new Manitoba television series is showing viewers that healthy eating can still be full of flavour while highlighting local food producers across the province.

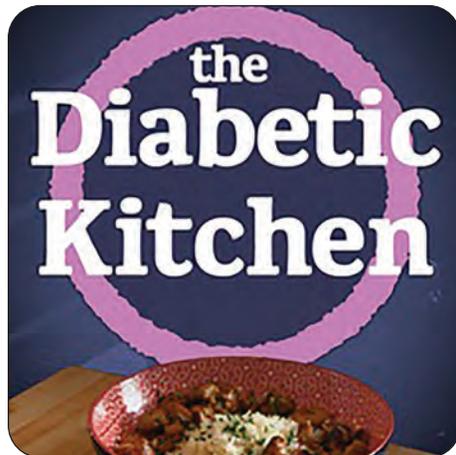
The Diabetic Kitchen, a six-episode cooking series that began airing in January 2026, combines a traditional cooking show format with visits to farms and food producers throughout southern Manitoba. Each episode features a different theme, ranging from game-day eats to vegetarian-style meals.

The series follows host Kevin Beaulieu as he prepares diabetes-friendly meals using local ingredients. Registered dietitian Bailey Lakutsa closes out each episode with a breakdown of each recipe's nutritional composition.

The Manitoba-made series was celebrated at a public screening on March 10 at the Park Theatre in Winnipeg, where three episodes were shown to a large audience.

For the show's cast and crew, the project represents both a health-focused initiative and a celebration of Manitoba's culinary and agricultural communities.

The concept for the series came from



Official Diabetic Kitchen photo from the Bell.ca website.

producer Karen Tusa, who said the inspiration was rooted in her own family's experience with diabetes.

Tusa explained that her father was diagnosed with the disease years ago, prompting her family to pay closer attention to what they were eating. With other friends and relatives also living with the condition, she said the issue has long been on her mind.

The idea developed through conversations with director George Orallo, a longtime collaborator who also lives with diabetes. While researching the concept, Tusa said they discovered there were few cooking shows fo-



STANDARD PHOTOS SUBMITTED

The cast and crew of the Diabetic Kitchen at the public screening of the series at the Park Theatre on March 10, 2026.

cus specifically on diabetes-friendly recipes.

"I did a lot of research, and there are no diabetic (cooking) shows out there," said Tusa.

After pitching the idea to several broadcasters, the series was picked up by Bell Fibre TV1. The network supported the concept, but producers wanted to ensure the program reflected Manitoba's food culture.

Instead of filming exclusively in a studio kitchen, the production team decided to visit local farms and suppliers, tying the ingredients used in

each episode to the producers who grow or supply them.

Tusa, who works professionally as a location scout and location manager, said the approach allowed the show to showcase Manitoba's agricultural landscape and the people behind it.

"I thought, wouldn't this be a cool twist to bring this (idea) into a cooking show?" stated Tusa. "We thought it would be so much better to send our host to the different locations and interview the producers at their place

Continued on page 2

## EMERGENCY PREPAREDNESS & INFORMATION NIGHT

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# Sperling hosts successful first cornhole tournament fundraiser



STANDARD PHOTOS BY ERIN DUNN

Participants of all ages took part in Sperling's first cornhole tournament fundraiser Friday evening, where 29 adult teams and nine youth teams competed in a round-robin format. The event brought the community together while raising funds to support the local arena.

By Lana Meier

A new twist on community fundraising brought plenty of laughs, friendly competition and strong local support as the Sperling Community Hall hosted its first-ever cornhole tournament Friday evening.

Organized by a 10-member board led by Erin Dunn, the event was introduced as a fresh way to raise funds while bringing residents together.

"The board decided to try a different kind of fundraiser and thought cornhole would be fun," said Dunn. "We all helped out with different tasks and took turns working in the canteen between playing."

The tournament drew a strong turnout, featuring 29 adult teams and nine youth teams, with most participants coming from the Carman and Sperling area. Teams paid a \$60 entry fee, with cash prizes awarded to the top finishers, including \$180 for first place, \$120 for second and \$60 for third. Youth participants also received candy bags.

Play was structured in a round-robin format with eight pools, guaranteeing each team at least four games. The top

two teams from each pool advanced to the playoff round, setting up a competitive finish to the evening.

Dunn said the event highlighted the importance of community connection while supporting a key local facility.

"It was a lot of fun. It brings community members together and the funds generated help keep the doors open to our local arena," she said, noting the event raised just over \$3,500.

The Sperling rink remains a central hub for the community, offering curling ice, skating ice, a 200-person capacity hall, kitchen and bar area all under one roof.

Among the night's highlights was a memorable matchup between a pair of parents and two 12-year-old competitors — including their own child. The youth team pulled off an upset victory and continued their strong run all the way to a third-place finish.

"It was a really fun game to watch — lots of three-pointers, and there was one round where the kids got all four bags in the hole," Dunn said.

In the end, Kevin and Nelson captured first place, followed by Alex and Sam in second, while Kate and Zeke



rounded out the podium in third.

Despite a few minor hiccups, Dunn said the tournament came together quickly thanks to the efforts of volunteers and community members.

Looking ahead, there are already plans to build on the event's success.

"We'll likely do this again," she said.

"We've also talked about hosting it in the summer when the ice is out — then we could get even bigger."

With a strong turnout and positive feedback, the inaugural cornhole tournament appears poised to become a staple on Sperling's community calendar.

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# getheard

EDITORIAL > VIEWPOINTS > LETTERS

## Canada's new top doc has local roots

By Ashleigh Viveiros

Our nation's new chief public health officer is eager to get to work making a difference.

Dr. Joss Reimer begins her three-year term as Canada's top doc on April 1. The Winkler native feels she's coming to the job well prepared.

"I applied for this position for the same reason that I went into public health in the first place, for the same reason that I did medicine," she shared in an interview with the *Voice*. "I really always wanted to use my career to help make the world a better place, and I want to contribute in any way I can to make my community healthier, whether that's my immediate friends and family, the city or town that I live in, or now the entire country."

She comes to the role with a lengthy list of credentials, including stints as president of the Canadian Medical Association, chief medical officer for the Winnipeg Regional Health Authority, undergraduate director of population health at the University of Manitoba, and as the medical lead and spokesperson for Manitoba's COVID-19 vaccine taskforce.

Her clinical practice includes several years of training in obstetrics and gynecology before tackling a public health specialty.

"I would never have predicted half of the things that happened in my career, growing up in rural Manitoba," Reimer reflected. "This is not ever what I pictured for myself, but I also feel like I've had the most rewarding career I could have imagined."

Looking back at her childhood, Reimer noted that medicine wasn't initially the path she thought she'd take.

Reimer is the daughter of longtime Winkler physician Dr. Murray Reimer ("I don't think it matters how far I get in my career," she noted, "I will forever be 'Dr. Reimer's daughter,' and I think he's really proud of that.")

"I grew up in the home of a family doctor and saw how hard that job is,

saw how much was missed of family events and having to disappear all the time, delivering babies in the middle of the night or going in for surgeries," Reimer recalled.

It led her to instead pursue a degree in political science.

"I wanted to get into international relations and try to help shape the world that way, but felt frustrated that many people didn't seem at the time to care about things like policy," Reimer said. "I wanted to try to find a role in something where I would see the benefits of the work that I was doing firsthand, and I do. I love doing work with patients and getting to directly see the impact on their lives."

"But I also very quickly found that I was still passionate about the policy side of things, because when you see the same problems coming up over and over and over again, you really start to want to try to dive into why this is happening and can we prevent it."

"That's where I ended up back in public health, back in the policy world trying to help people stay healthy instead of just coming to see us when they're not healthy and they need help."

Reimer became the face of the province's vaccine rollout during the pandemic. Being a public figure during such a divisive time certainly came with more than its fair share of challenges, but it was a role she ultimately found quite satisfying.

"All the stresses with being a public figure aside, the actual work I find incredibly energizing and rewarding to be able to provide resources to people," she said, noting she thrives on "making sure that people have the information that they need to make informed decisions. I love taking complex topics and trying to make them easily understandable to people."

To that end, her focus now as chief public health officer is to try to dispel health misinformation and rebuild public trust in the national health agency in the wake of the pandemic.



SUPPLIED PHOTO

Dr. Joss Reimer begins her three-year term as Canada's new chief public health officer next week.

"There's so many things that are going on that I care so deeply about," Reimer shared. "Misinformation and disinformation is a big one for me because I truly believe that all of us are trying to make the best decisions we can for ourselves, for our families, but when you are bombarded by misinformation online, that is very challenging to know what's true, what's best for me, what's best for my family."

"So I want to contribute in any way I can to making sure that Canadians have access to reliable, evidence-based information, whether that's with the healthcare provider right in front of them, on websites, on social media. I want to be part of providing good information to Canadians."

Reimer recognizes the irony in the fact she grew up in a region that today is in the site of one of the largest measles outbreaks in Canada and has the lowest measles vaccination rates in Manitoba.

"It's so heartbreaking to me to see people who become severely ill, and we've even unfortunately had a few deaths [nationally] that could have been prevented," she said, reiterating

Continued on page 6

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# RCMP urge vigilance during Fraud Prevention Month

By Haley Cvar

The number of reported scams and frauds in Manitoba continues to climb, siphoning tens of millions of dollars from the bank accounts and wallets of hundreds — if not thousands — of residents each year.

With Fraud Prevention Month now underway, the Manitoba RCMP is reminding the public that fraudsters use a wide range of tactics to separate people from their money.

“Fraud is increasingly a problem in Manitoba, across Canada and around the world,” said Staff Sgt. Kevin Cavanagh of the Manitoba RCMP Major Crime Services Cyber and Financial Unit. “We encourage Manitobans of all ages to remain vigilant and do your research before making payments or sharing banking and other personal information, particularly when individuals you don’t know are reaching out in person or online for any reason.”

According to the latest annual report from the Canadian Anti-Fraud Centre, Manitobans reported losing approximately \$31 million to scams in 2024 alone. Officials caution that the true figure is likely far higher, as only an estimated five to 10 per cent of victims report fraud to law enforcement.

Frauds range from relatively simple

schemes — such as phishing texts requesting payment information for a package never ordered — to increasingly sophisticated operations. Some scams now involve artificial intelligence to create convincing “deep fakes” that lend credibility to bogus investment opportunities.

The most commonly reported frauds in Manitoba include identity theft, false or misleading service-related promotions and scams posing as investment opportunities.

While seniors are often perceived as the most vulnerable, police say scammers target all age groups. National data shows the average dollar amount lost by victims in their 40s is nearly as high as that reported by victims in their 80s.

Police are offering several reminders to help residents protect themselves:

If it sounds too good to be true, it likely is. Offers of large inheritances or lottery winnings in exchange for “processing fees” are not legitimate. Nor are buyers who offer more than the asking price for items listed for sale online.

Be cautious of unsolicited contact. Phone calls, texts or emails from unknown individuals or organizations pressuring you to purchase goods or

services you never expressed interest in should raise red flags.

Safeguard personal information. Avoid sharing personal details with strangers, particularly over the phone or online. Be mindful of what is posted on social media.

Verify before you act. A caller claiming to be a grandchild in need of bail money or a company threatening to cut off service over an unfamiliar overdue bill may not be legitimate. Ask detailed questions and, if necessary, hang up and contact the individual or organization directly using a known phone number.

Anyone who believes they have been defrauded is encouraged to report the incident to their local RCMP detachment or police service. Police say reporting fraud can help investigators identify patterns, link suspects and prevent others from becoming victims.

Victims are also asked to file a report with the National Cybercrime and Fraud Reporting System, which serves as a central repository for fraud and cybercrime reports across Canada. Additional information is available through the Canadian Anti-Fraud Centre.

## worship with us > FAITH

### King of Glory

What does the Easter Season mean to you? It is a good thing to remember the reason for the season. In fact, the Bible states in 1 Corinthians 15 that this celebration is the most important in Christianity. The death and resurrection of Jesus Christ is the most documented event in all of the Earth’s history, and is the prime motivation for being a Christ-follower. Psalm 24 calls Him the ‘King of Glory.’ Let us take a look at the poem, which was sung as a song, that describes Jesus and His ride into Jerusalem on Palm Sunday.

#### Psalms 24 A Psalm of David

The earth is the LORD’s and the fullness thereof,

The world and those who dwell therein,

For He has founded it upon the seas

And established it upon the rivers.

Who shall ascend the hill of the LORD?

And who shall stand in his holy place?

He who has clean hands and a pure heart,

Who does not lift up his soul to what is false

And does not swear deceitfully.

He will receive blessing from the LORD

And righteousness from the God of his salvation.

Such is the generation of those who seek him,

Who seek the face of the God of Jacob. **Selah** (Pause and Reflect)

Lift up your heads, O gates!

And be lifted up, O ancient doors,

That the King of glory may come in.

Who is this King of glory?

The LORD, strong and mighty,

The LORD, mighty in battle!

Lift up your heads, O gates!

And lift them up, O ancient doors,

That the King of glory may come in.

Who is this King of glory?

The LORD of hosts,

He is the King of glory! **Selah**

(Pause and Reflect)

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Community Good Friday Service

10:30 am at Carman Christian Fellowship

All are also welcome to our

regular Sunday morning services

10:30 at 245 1st Street NW

Blessings

Pastor Richard Heppner

Friends Community Church

www.friendscommunitychurch.ca

# Flashback... Elm Creek dominance of the '70s

By Dennis Young

In the 1970s, Elm Creek was put on the hockey map with three Midget provincial championships in four years. The first came in 1970 versus Roblin. The Creek won 6-3 after scoring five goals in the third period. Back home, in front of 900 fans, the team wrapped it up with a close 5-4 victory.

The next year they defeated Roblin again, posting a 14-10 two-game total even after losing three players to junior teams. Skip ahead to 1974 and many of these boys were back at it again, winning the Provincial C title at home. After taking the first contest 11-6 against a combined Angusville-Binscarth club, the second game in Elm Creek was called with 1:27 left due to fighting. With the score tied 7-7 at the time, the Midgets won on total goals.

Once again in 1976, this time combining with Carman, many Elm Creek players captured Manitoba A and B titles. Per capita, this town has to rank high when it comes to numbers, performance and success.

Bob Miller recalled that Game 2 in Elm Creek was packed to the rafters.



STANDARD PHOTO SUBMITTED

The Elm Creek Midgets celebrate after winning the 1970 provincial championship in Roblin. Front row, from left: Dave Thiessen, Scott Hetherington, Glenn Miller, Harry Froese, Henry Knaggs and George Miller. Back row: manager Jack Hetherington, Bob Miller, Robert Kenyon, Terry Tkachyk, Les Laing, Brad Carefoot, Ed Tkachyk and coach Scotty Sisson.

Elm Creek’s Gerry Scharien, who was a DJ on Portage radio station CFRY at the time, provided play-by-play commentary on the air. Miller believes six

players from that team went on to play in the Manitoba Junior Hockey League and/or the Western Hockey League.

# Low-to-moderate flood risk across Manitoba

By Haley Cvar

The Province of Manitoba is forecasting a low-to-moderate risk of spring flooding across most of the province as runoff season approaches, though higher risk remains in parts of the Interlake.

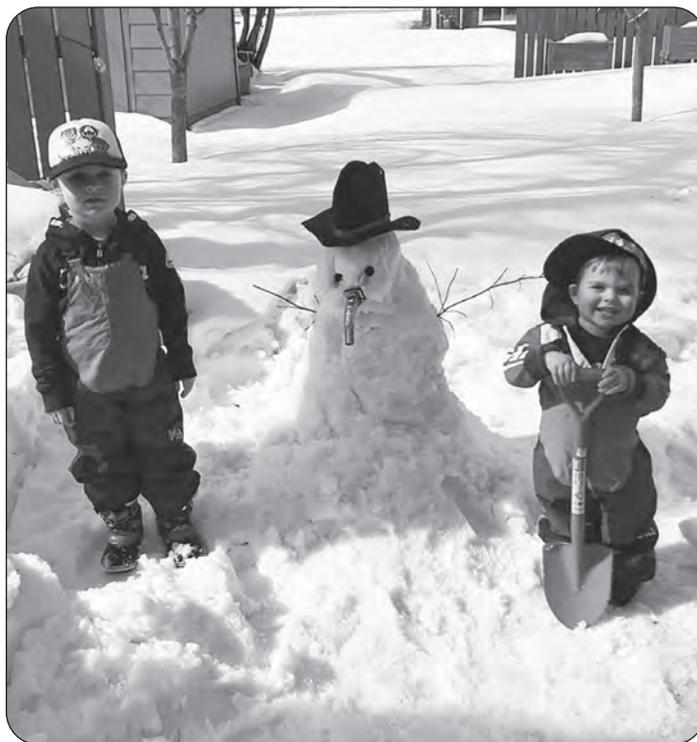
According to Manitoba Transportation and Infrastructure's Hydrologic Forecast Centre, the majority of Manitoba rivers are expected to see limited flooding under normal conditions. However, the Fisher River basin is facing a moderate to major flood risk, making it the primary area of concern heading into the spring melt.

A moderate risk of flooding is also in place for several major waterways, including the Red, Assiniboine and Souris rivers, along with the Icelandic River in the Interlake and portions of the Saskatchewan River in northern Manitoba.

Flood risk remains low for many tributaries, including the Pembina, Rat and Roseau rivers, as well as eastern Manitoba's Winnipeg River basin and the Whiteshell Lakes area.

Officials note that conditions leading into spring have generally been favourable. Soil moisture at freeze-up was near to below normal across much of Manitoba, while winter precipitation was also near to below normal in many regions. In addition, frost depths are normal to shallower than usual, allowing for improved absorption of meltwater.

Snowpack conditions are also contributing to the relatively stable outlook. Snow-water content across most Manitoba basins is within normal ranges, though parts of southern Manitoba are below average.



STANDARD PHOTOS BY DENNIS YOUNG

Cheryl Young and her grandsons, Kove and Kodey, made the most of the mild weather, building a "snow person" and enjoying an afternoon of sledding as temperatures climbed to a pleasant 6 C. last Friday.

The Fisher River basin, however, has normal to above-normal snow levels, contributing to its elevated flood risk.

Lake levels across the province remain within operating ranges, with Lake Winnipeg and Lake Manitoba sitting well below normal for this time of year. As a result, inflows into major lakes are expected to be below seasonal averages.

The province does not anticipate operating the Red River Floodway under normal or favourable conditions. However, it may be used if weather conditions worsen to help reduce water levels in Winnipeg. The Portage Diversion could also be activated

under unfavourable conditions or to address potential ice jams along the lower Assiniboine River.

Ice-cutting and breaking activities have already been completed on the Red and Icelandic rivers to reduce the risk of ice-jam flooding. Despite these efforts, officials caution that ice-jam flooding remains possible in historically affected areas, including along the Saskatchewan, Carrot, Swan, Icelandic and Fisher rivers.

The province emphasized that weather conditions in the coming weeks will be the key factor in determining how the spring flood season unfolds. Additional snowfall, rainfall

and the speed of the melt could all significantly influence water levels.

As temperatures rise and ice conditions weaken, Manitobans are being reminded to stay off rivers, retention ponds and other waterways.

The Manitoba Emergency Management Organization says it continues to work with municipalities, First Nations and other partners to prepare for potential flooding, including reviewing emergency plans and coordinating resources.

The full March flood outlook report is available on the provincial government website.

## > TOP DOC, FROM PG. 4

the importance of ensuring people are making health decisions with accurate information. "So if I can play a role in this new job in helping people make informed decisions, that is going to be very rewarding to me because I come from a community that's right now being affected by measles specifically."

Building trust is a big part of that,

she observed, as it was while trying to educate people about the importance of vaccination against COVID-19.

"I think I learned a lot during the COVID pandemic about some of those challenges. Particularly when people are going through a hard time, it can be even harder to trust authority because when you're struggling with things it's tough to know whose fault it is that you're struggling," Reimer said.

"During COVID, a lot of people went through some really difficult experiences—whether it was job loss or not having access to friends and family—that were really challenging."

When it comes to educating people during such challenging times, Reimer notes that it starts at the grassroots level.

"Where I think we see some of the best success is when we work directly with communities and try to work with people who are trusted in that community," she said, pointing to the work done by longtime local medical professionals to try to reach out to people and answer any questions and concerns they have about vaccinations. "I want to see that approach throughout, whether we're talking about the frontline providers, making sure that the physicians and nurses, that they have the information and the skills that they need to talk to people in that trusted relationship, but taking that all the way up to the provincial, to the federal level and making sure that our messages are centered around accurate information, but also

centered around empathy. That this is difficult, everyone's trying their best, and making sure we approach it from that standpoint."

As she prepares to begin her new job, Reimer admits there's both excitement and a bit of trepidation.

"I feel like I'm as well prepared as one could be for this monumental role," she said. "I'm obviously going to make mistakes—we all make mistakes. There's going to be a lot that I need to learn, and so there's a healthy amount of anxiety that I feel."

"But I feel an equal amount of excitement about being able to contribute to the well-being of Canadians, and knowing that I'm joining a team that is full of experts and really strong, passionate people."

"This is a once-in-a-lifetime opportunity to contribute to the well-being of everybody across the country."

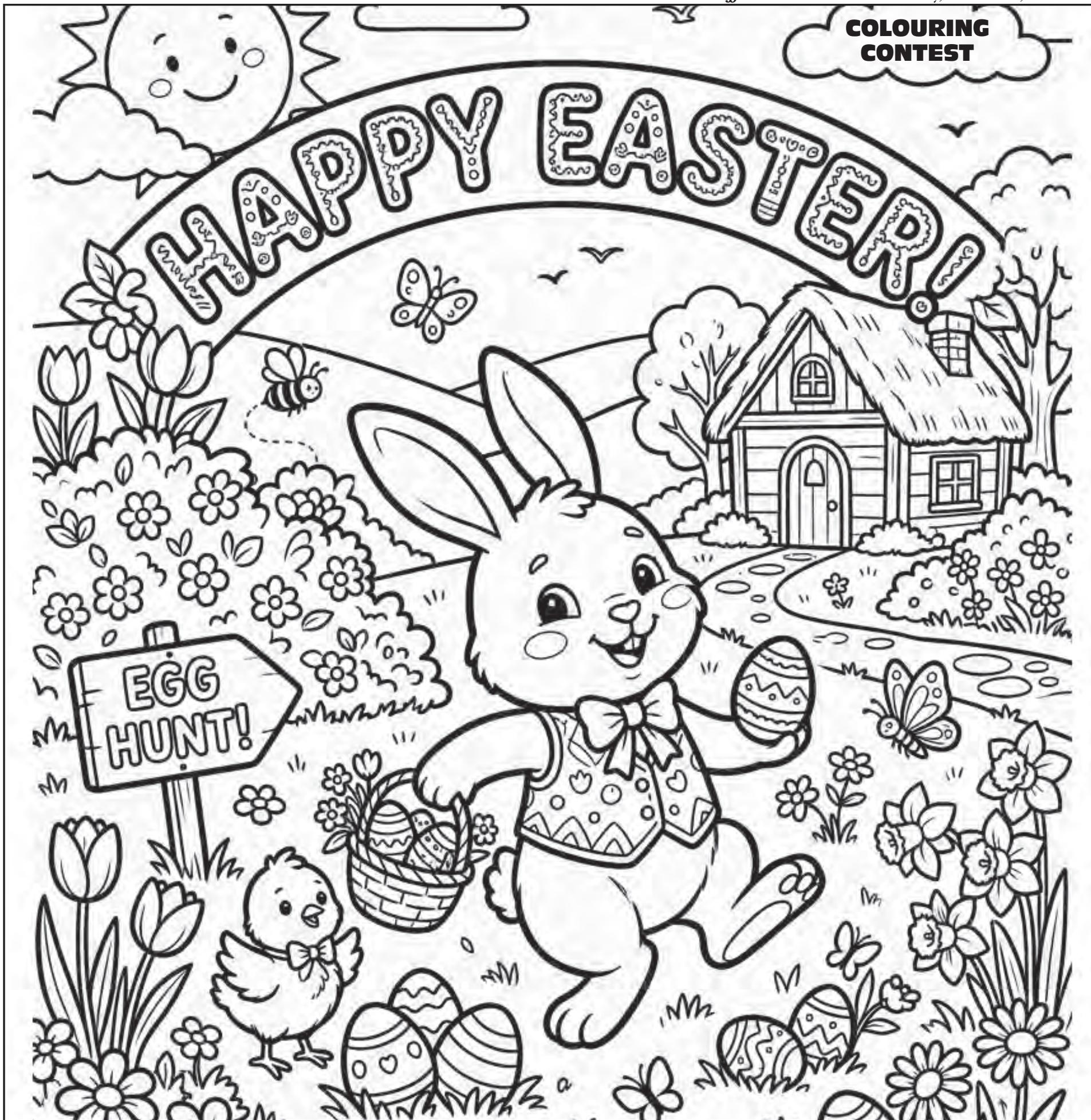
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# Customer data hacked from Loblaw and Telus

By Patricia Barrett

Canadian companies Loblaw grocery giant and telecom company Telus were the targets of cyber attacks that resulted in the loss of customer data.

Loblaw posted a press release dated March 10 on its website about the data breach.

The company characterized the

cyber-attack as a “low-level data breach” with only “basic” information exposed, and said it’s notifying its customers.

“After identifying suspicious activity on a contained, non-critical part of its IT network, the Company has determined that a criminal third-party accessed some basic customer information such as names, phone numbers, and email addresses,” said the company in the news release.

It did not specify when the cyber-attack occurred.

Loblaw went on to say that its current investigation has indicated that customers’ passwords, health information and credit card data “were not compromised” nor was PC Financial.

Loblaw Companies Ltd. operates thousands of stores across Canada, including grocery stores such as the

Real Canadian Superstore, No Frills, Extra Foods, and Dominion, as well as Shoppers Drug Mart pharmacy.

Telus was also subjected to a cyber attack that resulted in customer data being accessed, but it’s unclear when it happened and how serious it was.

No mention of the cyber attack in Telus’ Newsroom site (back to July 2025) could not be found.

In an interview with the *Canadian Press* posted on March 13, Telus said it’s investigating a cyber attack on a “limited number” of its digital systems.

Telus spokesperson Richard Gilhooley said the company will notify any customers who may have been affected.

The story did specify how many customers were or might have been impacted in the data breach nor what

type of data were accessed and stolen.

In addition to cyber forensic experts, the company said it’s working with law enforcement.

A group calling itself ShinyHunters contacted an American media outlet last week, claiming it was planning to release a large amount of data that it claimed to have stolen from Telus in August [2025?], and that the group had sent Telus a ransom note in February demanding a payment [unspecified] in Bitcoin.

The group also shared with *Reuters* news service samples of the alleged data including information about two dozen or so companies, personal data, call data, and FBI background check information. *Reuters* has not verified its authenticity.

## Gas prices spike to 164.9¢/L



STANDARD PHOTO BY DENNIS YOUNG

Gas prices continue to surge at local service stations, climbing from 141.9 cents per litre on March 5 to 149.9 cents, and now reaching 164.9 cents per litre, reflecting a sharp nationwide increase driven by rising global oil prices and ongoing concerns about potential supply disruptions linked to escalating conflict in the Middle East.

## The way it was this week in March 26:

By Dennis Young

**100 years ago, 1926...** Diamonds from \$25–\$250 at Cochran’s Ltd. Jewellers & Optometrist; RM awards road maintenance to T.M. Graham at \$1.15 per mile; Homewood Players perform a three-act play featuring Art & Wes Wood, Laura Walker, Ross & Effie Laycock, Mildred Pritchard, Earl McGill, Ernie Last and Ester Froebe; hot cross buns \$0.25 per dozen at Adam’s Model Bakery; Ellen North (Jr.) and Helen Graham (Sr.) win United Church speeches; harrowing started in Graysville by W.S. Burnett; it takes Gord Peck seven hours to travel Winnipeg to Carman via Starbuck Road due to mud conditions.

**75 years ago, 1951...** Dufferin Coffee Shop holds remnant sale; Game & Fish announce points: magpies 5, crows

2, crow eggs 2, gopher tails 1; pitcher Gentry Jessop named Cardinal Ball Club manager; Southern Electric sells new GE steam and dry irons; YMS Bacon Show winner Arnold McCutcheon; Ted Owen and Ralph Sutton attend field crop courses at the University of Manitoba for their districts; St. John’s Anglican observes its 60th anniversary; Dorfman’s Robin Hood rolled oats \$0.35/48 oz.

**50 years ago, 1976...** 1970 flood levels predicted; town passes \$13,952 Rec Commission budget (same as 1975); Bill Bobyk welcomes you at the Bank of Montreal; Murial’s Style Shop up for sale; Jim Stow, John Murta and Armin Gitzel attend potato grower meetings in Grand Forks; 1976 Dodge Custom pickup priced at \$5,150 at Laycock Motors; Carman track team members

Sherri-Lee and Cyndy McKay, Diane Wilton, Bev Magnusson and Valerie Fields qualify for state meet in Minneapolis; RM and town “argue” over Rec director and Rec Commission futures.

**25 years ago, 2001...** Carman-Dufferin Fire Department recruiting; Colin McRae wins sportsmanship award with the Brandon Wheat Kings; Bar 8s Square & Round Dance celebrates 50th anniversary; Sonatrice Singers perform in Ottawa at Community Choir Nationals; Carman Cougar pee-wee girls win both league and provincials; merchants decide to open late on Thursdays instead of Fridays; Communities in Bloom eligible to represent Manitoba in national competition, says member Gord Stobbe; D & M Foods 1 kg Cheez Whiz priced at \$6.98.

## > DIABETIC, FROM PG. 2

of work so they could share what they do in their environment.”

While the show highlights Manitoba producers and healthy home-style cooking, the central goal is to make diabetes-friendly meals accessible to people looking to improve their health.

Beaulieu brings an unusual background to the role. Unlike most television cooking hosts, he does not come from a culinary or broadcasting profession.

“I sell trucks at the Freightliner dealer in Winnipeg for a living,” Beaulieu said. “I’ve worked there for almost 15

years now.”

His connection to the series came through Orallo, whom he has known since high school. The idea for Beaulieu to host the show came during regular Sunday dinners he hosted for friends.

“One day Orallo said, ‘I’m going to do a cooking show, and you’re going to be the host,’” Beaulieu recalled.

Like Orallo, Beaulieu also lives with Type 2 diabetes, which helped shape the direction and tone of the series.

The creators wanted the show to feel approachable, especially for viewers who might be intimidated by complicated recipes or specialized equipment. Simple tools — including

beginner-friendly gadgets like a slap-chop — appear regularly throughout the episodes.

“We didn’t want to intimidate anybody,” Beaulieu said. “We wanted to encourage people to try the recipes and make small changes toward better health.”

Filming for the first season took place over several days, including visits to farms and food producers across southern Manitoba, followed by cooking segments filmed in a home kitchen.

Despite the relatively short production schedule, Beaulieu said the experience gave him a new appreciation for television production.

“I’ve walked away from this with a deeper appreciation of folks that do this for a living.”

For Beaulieu, one of the most meaningful aspects of the project was the way it brought together longtime friendships and community connections.

“The show really tells a story of relationships,” he said. “Food brings us together as family and friends.”

All six episodes of *The Diabetic Kitchen* are now available for streaming on Bell Fibre TV1. The cast and crew hope the series will attract additional distribution and potentially be renewed for a second season.

# Flashback... Civil defence takes front stage

By Dennis Young

Civil defence refers to the use of organized non-military efforts to prepare for attacks and similar disastrous events. It re-emerged after 1949, when the Soviet Union detonated its first atomic bomb. If the Second World War proved the value of civilian readiness, the Cold War institutionalized it.

By the 1950s, the threat of nuclear conflict with the Soviet Union pushed Western governments into full defence planning — and Canada followed suit. This would become the most comprehensive era of domestic preparedness in our history. Responding to the perceived threat of enemy attack, pamphlets, municipal survival plans and mock attack exercises were created to help minimize danger.

The federal government increasingly emphasized responsibility for survival through civil defence organizations, preparations and public participation. On May 8, 1952, Carman decided to form a committee to concern itself with that matter and the lessening of the effects of enemy action in the case of attack.

Kline Cochran, civil defence co-ordinator for the Town of Carman, spoke to the Chamber of Commerce describing the effects of an atomic bomb explosion.

“Explosion of a nominal bomb would completely paralyze a city like Winnipeg. Devastation would be complete within a half mile of ground zero. A mile away damage would be severe; moderate damage would occur up to 1½ miles from the explosion and light damage would be caused to two miles.”

“We must be prepared for national survival if NATO’s thin shield should crumble,” Mayor Harris stated. “Carman is headquarters for one of nine mutual aid areas surrounding the city. We would be called upon to receive as many as 36,000 evacuees in a short time, should the need for evacuation of Winnipeg arise.”

Following the realization of widespread radioactive fallout from the H-bomb in 1954, focus shifted from evacuation to survival and shelter. This was a time when Canadians were taught to expect the worst and prepare for it.

In schools, children practiced duck-and-cover drills and air-raid sirens were installed and tested in many cities and towns. Public service ads in

newspapers, on TV and radio taught families how to build home shelters, purify water and survive fallout.

The government began building a nationwide Nuclear Detonation and Fallout Reporting System (NDFRS) to measure the pattern and intensity of an explosion. A network of 2,000 small fallout posts — 200 in Manitoba — was constructed. There were three types:

A — a cinderblock structure inside buildings

B — a metal structure underground

C — above-ground shelters on stilts in permafrost areas

Trained volunteers, including RCMP members and postmasters, would detect radiation and transmit data to centres across the country. From there, the information was sent to the emergency headquarters Diefenbunker in Ottawa.

One of those B posts was discovered at the Moose Lake Provincial Park entrance. It consisted of a 10-foot vertical metal tunnel that led down to a horizontal corrugated-metal 8 × 14 cylinder. It housed radiation monitoring equipment, storage, food and water for two weeks, and two beds. In 2023, it was dug up and moved to Miami.

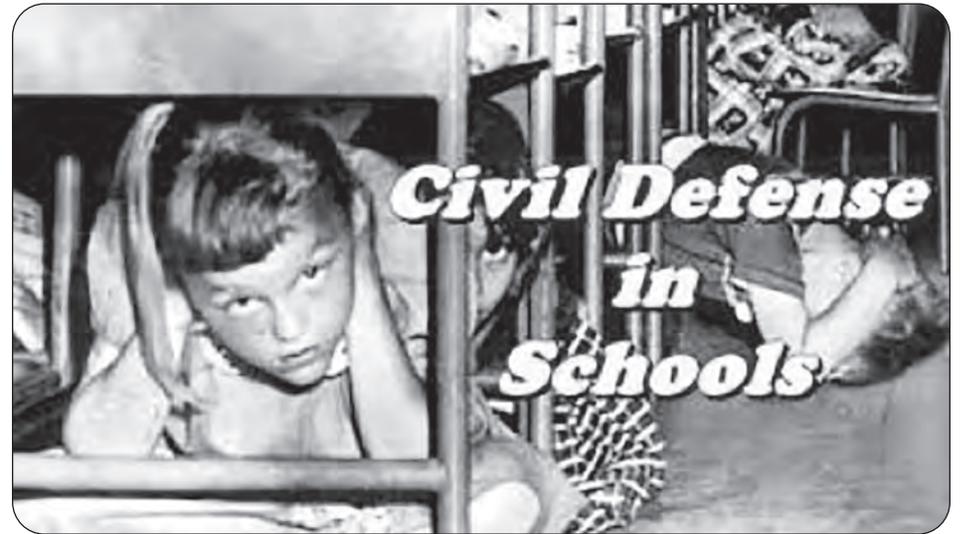
“This thing is a real Cold War artifact, basically a giant culvert. It’s the only one of its kind restored in this way in Manitoba — maybe Canada,” said Gilles Messier, who found the decommissioned post and was the driving force behind the project. Visit or contact the Miami Railway Station Museum, which hosts tours of this must-see!

Shrapnel: Miami’s post would have been operated by the CNR agent and was buried west of the station. It was decommissioned in the early 1970s.

The four-storey Diefenbunker was the largest and could keep 565 people “comfortable” for one month. It too is available to tour in Carp, Ont.

Building a personal shelter involves significant cost (ranging from \$10,000 to \$100,000+) and requires permits, with potential issues from local water tables and soil conditions. Companies now offer pre-built underground bunkers, often made from shipping containers, designed for modern survival needs.

The primary responsibility for civil defence was eventually transferred to EMO.



STANDARD PHOTOS SUBMITTED

Students take part in school emergency drills during the Cold War, preparing for the possibility of nuclear attack.



Destinations Detours and Dreams

The Town of Miami has restored and recreated a 1950s fallout monitoring post, now open to the public for tours.

# SCRL puts call out for used book donations

By Lorne Stelmach

The South Central Regional Library has put out a last call for book donations to help ensure the upcoming big book sale fundraiser really lives up to its name.

Director of library services Gail Hildebrand noted a couple of factors have come into play in terms of the library still appealing to local booklovers for donations.

"The last two years we have had the big book sale back, we had had two semi-trailers full of books donated from the leftovers at the children's hospital sale in Winnipeg," she noted. "We are only getting one trailer this year because they have changed their format as well."

It was Hildebrand's sense as well that things haven't yet fully rebounded from the shut-down during the pandemic years.

"We had that break over COVID," she said, noting the Access Event Centre "was a vaccination site in Morden, so we couldn't use the centre for those years, and we just lost a lot of our donations, so we've been really advertising and pushing for donations ... we just haven't really come back donation-wise since before COVID."

Through the pandemic, the various SCRL branches held smaller sales in their own communities.

Since the return of "the big one" in 2024, the sale has brought in about \$18,000 in support of

the regional library network.

This year's sale takes place April 30 from 2 to 8 p.m., May 1 from 9 a.m. to 8 p.m., and May 2 from 9 a.m. to 2 p.m. at the event centre in Morden. People are once again invited to bring along a reasonably-sized bag to fill with books for just \$10 (oversized bags may be charged more at checkout).

As far as donations go, they're currently accepting a little bit of everything: children's books, paperback fiction and nonfiction, inspirational fiction and nonfiction, hardcover fiction under 20 years old, literature, drama and poetry, biographies, humor and comics, cookbooks, gardening and hobby books, CDs and DVDs, and also accounting, computer science, economics, law, medicine and science textbooks that are less than five years old.

They do not accept moldy or smelly books, damaged books with missing pages, Reader's Digest condensed books, magazines, university texts that are more than five years old, Harlequin romances more than five years old, encyclopedia sets, and cassette and VHS tapes or LP records.

"We try to stay away from the older non-fiction stuff because it gets outdated," said Hildebrand, adding non-fiction ideally would be five years old or newer as well.

She noted they have been surprised at times by what seems to be most popular.



STANDARD FILE PHOTO

South Central Regional Library's giant used book sale takes place from April 30 to May 2. Donations are being accepted April 11.

"What we find with the big one is there is a lot of the non-fiction that we think will never go," she said. "That's where the niche market comes in. You can't even guess though as far as what is going to go."

"Another unusual trend in the past couple of years has been people purchasing the books that look like classics ... they aren't really classics, but people buy books for decor," she added.

"There's something for everybody, and people are often after something different, but usually it's the adult fiction and the kid's books that are the big sellers, and Christian fiction as well in this area."

Donations will be accepted at any SCRL branch until April 11.



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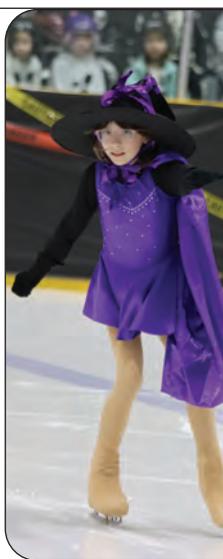
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# Nightmare on Ice S

By Lana Meier

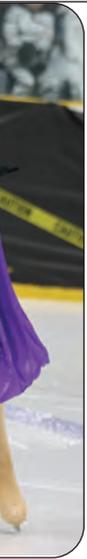
The Carman Skating Club brought a spooky twist to the ice with its annual Nightmare on Ice Street, held March 13 at the Carman Arena. Skaters of all ages entertained with themed routines set to familiar songs including I Want Candy, Monster Mash, an Egyptian, Spooky Scary Skeletons, I Put a Spell on You, Hotel Transylvania, Thriller and Werewolves of London. The program also featured an adult solo song, a StarSkate routine to Someone Like You, and wrapped up with all performers for a finale to This Is Halloween. The carnival showcased the progress of the Stars and StarSkate participants while celebrating another successful season. The club extended a special thank you to coach Debra McKinnon, who works with all the board of directors and volunteers for the countless hours that go into making





# Street

l skating carnival, Night-  
entertained the crowd with  
Ghostbusters, Walk Like  
nia, Purple People Eater,  
olo performance to Run-  
rformers joining together  
e club's CanSkate, Rising  
on the ice. The club also  
l 94 skaters, as well as to  
aking the show possible.



# MB Chamber Orchestra coming to Winkler April 15

By Ashleigh Viveiros

The Manitoba Chamber Orchestra is hitting the road this spring to perform at the P.W. Enns Centennial Concert Hall.

*MCO on Tour: Classical Meets Country* takes the stage at the Winkler concert hall on Wednesday, April 15 at 7 p.m.

It's part of MCO's spring tour, an annual outreach initiative bringing the Winnipeg-based orchestra's programming to rural and remote Manitoba communities, explains Suzu Enns, director of education and community engagement.

It's about "meeting people where they're at," she said, noting this show is tailored-made for Winkler with a theme celebrating the simple pleasures of nature and rural life. "This is a theme that really resonates in the classical repertoire ... the countryside and nature has always been an inspiration, and we want to share that with the audience."

The program features elegant waltzes, lively dances, and rustic melodies

ranging from the Baroque era through to modern times. Selections include works by Aaron Copland, Karen Sunabacka, Beethoven, Vivaldi, The Beatles, and more.

"It's that repertoire of Beethoven or Vivaldi that you may expect to hear from a string chamber orchestra, and then also other types of things that you may not expect but that sound so great when we're playing them," Enns said.

There will even be a few sing-a-long moments.

"Anyone can enjoy this—you don't have to be totally versed in what classical music is," Enns stressed. "I think it's a really nice entry point to some great music."

Tickets to *Classical Meets Country* are available online at [winklerconcert-hall.ca](http://winklerconcert-hall.ca).

## STUDENT ENGAGEMENT

The public concert is just one part of MCO's activities in the area that week.

"It's really a two-day excursion in that part of the province," Enns said.

For the first time, the MCO Toy Symphony school program is venturing outside Winnipeg, stopping at École



**PHOTOS BY MATT DUBOFF**  
MCO on Tour: *Classical Meets Country* takes the stage at the Winkler concert hall April 15. The chamber orchestra is also making a stop at schools in Winkler and St. Malo that week for its Toy Symphony program, giving kids the chance to learn from and perform with MCO musicians.



St-Malo on the Wednesday and then J.R. Walkof School in Winkler Thursday.

"It's about teaching the kids 'toy' parts," Enns said, explaining the elementary school kids are given a variety of toy instruments to help them explore rhythm, sound, creativity, and collaboration together. "They'll be practising and learning how to play the part and also learning how to play in an ensemble and follow a conductor."

The workshop will culminate with a rehearsal with MCO musicians followed by a performance together in the school gymnasium.

"We're going to be playing with the students in a full school concert," Enns said. "We have a bunch of good repertoire, really audience-friendly, kid-friendly but also educational orchestral music."

"This is the first time most of them will ever have seen an orchestra. And then at the same time to have 60 or even up to 80 students actually playing with the orchestra—it's quite a lot for the kids," she said. "It's all about making the experience really, really kind and welcoming and fun so that they can really feel confident and supported during it all."

Past MCO Toy Symphony workshops have been a blast, Enns shared, and she's excited to be bringing it to these two rural schools.

"The concentration and focus that they have, especially when they're younger kids, it's amazing," she said. "It's amazing how music can bring us together, bring communities together, but it can also just bring out such an inspiring side of it with the kids."

It's a big part of the outreach work MCO does to try and reduce the barriers that might exist to keep people from learning what orchestral music is all about, she noted.

**Lauren Stone**  
MLA for Midland

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# Quiz night raises funds for Carman Handi-van



The "Sour Suckers" team, Quiz in My Pants led by Jay Bryson and friends, share a laugh after finishing last during the Carman Handi-van's annual fundraising quiz night at the Carman Golf & Curling Club. The light-hearted title recognizes the final-place team in the friendly trivia competition. Pictured, Bryson Team: Ellyn Dalebozik, Kali Bryson, Justin Dalebozik, Jay Bryson and Connor Gates.



**STANDARD PHOTOS SUBMITTED**  
Members of Team Trebek Rejects, led by April North, celebrate after winning the Carman Handi-van's annual fundraising quiz night held at the Carman Golf & Curling Club. Pictured left to right, Randy Gates, Jen Gates, Mike Hutton, Dean North, Kyle MacNair, Holly Wiebe, Ben Wiebe, April North

By Lana Meier

A lively night of trivia, laughter and community spirit helped support accessible transportation in the community as the Carman Handi-van hosted its annual fundraising quiz night at the Carman Golf & Curling Club.

A total of 12 teams, including 78 players, took part in the event, competing in a variety of trivia rounds while raising \$1,950 for the volunteer-run service.

The evening's top honours went to Team Trebek Rejects, led by April North and friends, who finished in first place. Organizers also gave a playful nod to the team finishing at the bottom of the standings, Quiz in My Pants, led by Jay Bryson and friends, recognizing them as the

event's "sour suckers" team.

The event was emceed by Kathie Findlay, who kept the evening running smoothly while entertaining participants throughout the competition.

Earlier in the day, a stickspiel was also held, with \$152 raised through a 50/50 draw and donated to the Handi-van.

Organizers with the Carman Handi-van thanked everyone who attended and supported the fundraiser, saying the event was a strong success filled with plenty of laughs and good times.

Funds raised during the quiz night will help support the Handi-van's operations and future equipment needs. The organization's goal for 2026-27 is to purchase a new

van, with costs estimated between \$165,000 and \$180,000, to continue providing transportation services for residents who rely on accessible travel in the community.

Fundraising efforts will continue in the coming months, with the organization's annual general meeting scheduled for Wednesday, April 29.



Emcee Kathie Findlay kept the crowd entertained while guiding participants through the trivia rounds during the Carman Handi-van's annual fundraising quiz night at the Carman Golf & Curling Club.



Carman Handi-van board members: Cheryl Bartley, Julie Douma, Sandra Friesen, Laureen Kippen, Madie Gylywoychuk-Winkler, Kathie Findlay, Trevor Smith. Unable to attend, Ken Stevens, Brad Dunn, Charity McGlashon, Steffi Wiebe and Jacquelyn Last.



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# Falk Family Band performs benefit concert in Winkler Friday

By Ashleigh Viveiros

A Christian ministry that helps lift children out of poverty in Latin America is holding a benefit concert featuring The Fehr Family Band this weekend in Winkler.

Generation Rising hosts the band at the Emmanuel Mennonite Church (750 15th St.) this Friday, March 27, at 7 p.m.

It's part of a larger tour that is bringing the Alberta-based family troupe out west, shares Rafael Duerksen, Generation Rising director.

"We're doing three concerts with them in Ontario and then three here in Manitoba," he says, noting last year the band performed on behalf of the ministry in Alberta and British Columbia, to great success.

The Fehr Family Band features James and Heather Fehr and their 11 children. The acoustic group regularly travel the country together to share their love of both music and God.

The evening will feature gospel songs, personal testimonies, and a message of hope.

"This is more than just a concert," Duerksen says. "It's an opportunity for families and churches to gather, be encouraged in their faith, and be reminded of the hope we have in Christ."

Admission to the show is free, though donations will be accepted towards Generation Rising's work.

Those donations are integral to the ministry, Duerksen says.

"Our work has grown because we do these concerts. We don't have the name recognition of bigger organizations, and so we depend on doing these kinds of events for people to get to know us, to partner with us for the long term. We depend on these donations to help this project—we couldn't do it without it."

"We partner with Christian schools in Latin America that serve children who live in extreme poverty," Duerksen explains. "If you provide education and faith you can really lift people out of poverty in the long term."

Funds raised this weekend will go to help a school in Honduras continue to grow.

"[It's] on the outskirts of San Pedro Sula, and this area has gone through a lot," Duerksen shares. "They've had gang wars and then a flood, and so the school we're working with, we're helping them renovate some classrooms."

"The school has grown over time and they have enough space, but some of their original classrooms were built for little kids. Now that the school also has a high school, they need big-



SUPPLIED PHOTO

The Falk Family Band (above) takes the stage Friday in support of Generation Rising, a Christian ministry that helps kids in Latin America (right) get an education and break the cycle of poverty.

ger washrooms, they need to build a lab for their high school so that the students can actually complete the required work to graduate."

Generation Rising was started in 2008 by people looking to make a difference in the world.

"We started very small," Duerksen says. "It was just a group of friends from Winnipeg that had originally come from Paraguay and they wanted to give back to the place that they had come from."

They began raising funds through small-scale community events to sponsor scholarships to a school in Paraguay begun by one of their founders.

"And then it just started growing from there as there were more schools that needed help," Duerksen says. "And more people joined in."

Today they work with schools not just in Paraguay and Honduras but Nicaragua as well.

They've certainly seen the fruits of their labour over the past 18 years.

"We've seen a lot of children ... coming back and working as teachers in the schools, which is amazing to see," says Duerksen. "We also have a university program, so we're starting to see some of these children come through the university and they're sharing their family story and how they, for a lot of them, will be the first people ever to go to university in their



family.

"And every once in awhile as we're walking around, someone will approach us and say, 'Hey, I've from that school and this is my life now,'" he says of the kids who have gone on to build families and careers because of the education they were able to

receive. "It's a generational project. Each generation rises out of [poverty] a bit more."

You can learn more about Generation Rising at [genrising.org](http://genrising.org) or check out this weekend's concert for more stories of their impact.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Cobras dominate to capture provincial crown

By Annaliese Meier

The Elm Creek varsity girls basketball team delivered a statement performance at the Manitoba High Schools Athletic Association 'A' Provincial Championship, capturing the title in dominant fashion this weekend in Ste. Rose.

The Cobras opened the tournament with authority, cruising to an 88-33 victory over the Treherne Tigers in the quarterfinals. They carried that momentum into the semifinals, defeating the Fisher Branch Cougars 75-36 to secure a spot in the championship game.

Awaiting them was the province's top-ranked Ross L. Gray Raiders, setting the stage for a highly anticipated final. But Elm Creek left little doubt about the outcome, using relentless defensive pressure to control the game from start to finish en route to a decisive 51-27 victory.

Assistant coach Maddi Fraser said the team's defensive effort defined their championship performance.

"Our defence in the last game—they didn't know what hit them," she said. "There was no quit at any point in any game, all gas."

The win marks Elm Creek's first provincial championship in 15 years, capping off a tournament run that showcased both depth and discipline.

Laila Miller and Lexi Jones were named Provincial All-Stars, while Kamryn Lepp earned tournament MVP honours for her standout play throughout the weekend.

Head coach Christine Wolf praised the team's ability to rise to each challenge they faced.

"Through their hard work and determination, each game showed that they are a team," she said. "As the challenges changed in the tournament they rose up to it and succeeded."

Assistant coach Kelli Wiebe echoed that sentiment, highlighting the team's balance and defensive strength.

"I'm proud of the girls and their hard work and dedication," she said. "They are a deserving group that worked as a team with multiple high scoring positions and some crazy good defence. All the other teams were afraid to play against us. We will be back next year going for a repeat."

Fraser added the championship was no fluke, but the result of sustained effort.

"In most things luck plays a factor, but this was in no way a lucky run," she said. "Every inch of it was earned by these girls."

With a dominant three-game sweep and a provincial banner in hand, the Cobras



Provincial All-Star selections Lexi Jones (left) and Laila Miller (right) flank tournament MVP Kamryn Lepp following the MHSAA 'A' Provincial Girls Basketball Championship.



STANDARD PHOTO SUBMITTED

The Elm Creek Cobras celebrate after capturing the MHSAA 'A' Provincial Girls Basketball Championship in Ste. Rose. Back row (left to right): coach Christine Wolf, Bryn Reimer, Marly Billing, Laila Miller, Lexi Jones, Kamryn Lepp, Ryenne Enns, Zoie Schmidt, assistant coach Kelli Wiebe. Front row: Rosalee Finch, Tierney Brewer, Rylee Schmidt, Macy Friesen, assistant coach Maddi Fraser.

## Odds n Ends capture Carman Rec League title



STANDARD PHOTO SUBMITTED

The Odds n Ends are celebrating another championship after capturing the Carman Rec League title in a double-knockout playoff format. According to the playoff bracket, the team secured victories over the Coasters, Dangle Berries and then the Coasters again to clinch the championship. The win marks the team's third title in the past five years, adding to a growing legacy within the league. The Odds n Ends are also part of a long-standing tradition in the community, with the team having celebrated its 50th anniversary in 2017. Back row (left to right): Evan Wiebe, Steve Doell, Nathan Strange, Mason Metcalfe, Mark Owen, Brian Whitehead, Ryan McIntosh, Nick Knook, Jack Hodgson, Chris Swaenepoel, Scott McIntosh. Front row, Aaron Nakonechny, Adam Lambletz, Brent Tournier, Derek McIntosh, Chris Dales and Kelly Dyck.

## Elm Creek Lightning capture U11 Gold AA B-side title with playoff sweep

By Annaliese Meier

The Elm Creek Lightning U11 squad capped off a strong 2025-26 season by capturing the Pembina Valley U11 Gold AA B-side league championship, sweeping their best-of-three final series in two straight games.

Elm Creek opened the series with an 11-5 victory on home ice before clinching the banner with a 9-5 win in Game 2 at Stride Arena in Portage la Prairie.

"It was a good feeling to win the banner and to finish off our season with a win and on a positive note," said the team's coach. "Our team performed well for the most part in the finals."

The deciding game was close through the opening period before Elm Creek pulled away, with Mason Goerzen providing the turning point by scoring three goals from the blue line on precise shots. Carter Bryson added two goals to help extend the lead.

The championship effort reflected the team's development over the course of the season, particularly in puck movement and overall team

play.

"Our team has really improved since the start of the year with positioning and passing the puck and playing as a team," the coach said. "I'm most proud of how our players pass the puck with each other, which can be a challenge convincing 10-year-olds to pass, but they bought into that."

Berkley Tournier also played a key role throughout the playoffs, recording points in every game while leading the forecheck with a relentless effort.

The team, made up of players from both Elm Creek and Carman, also showed strong chemistry off the ice.

"Half were from Elm Creek and half from Carman, and I think it's important they learn how to meet new people and build new relationships," the coach added. "What stood out was how the kids got along with each other this year."

The group also learned the importance of consistency, responding to earlier lessons by delivering a complete effort in the final.



STANDARD PHOTO SUBMITTED

The Elm Creek Lightning U11 team celebrates after capturing the Gold AA B-side league championship, sweeping their best-of-three final series with 11-5 and 9-5 victories in Elm Creek and Portage la Prairie. Team members include (back row, L-R) Donavon Smith, Carter Bryson, Landon Richardson, Colby Dyck, Blake Russell and Easton Coulombe; (front row, L-R) Berkley Tournier, Mason Goerzen, Theodore Tkachyk, Jake Lepp, Oaklan Nakonechny and Deacon McIntosh.

"The kids came to play in this final game as we learned from previous games when we don't play a full

game, we don't usually have success," he said.

## Manitoba players named to U16 POE spring camp roster

By Annaliese Meier

A group of Manitoba's top young hockey players will take the next step in their development pathway as Hockey Manitoba has announced the roster for the 2026-27 Boys Under-16 Program of Excellence (POE) Spring Selection Camp.

The camp is scheduled for April 10-12 at the Scotiabank Hockey for All Centre in Winnipeg and marks the first stage in identifying athletes who will represent the province on the national stage.

Players selected to attend the camp come from communities across Manitoba, reflecting the depth of talent developing throughout the province.

The Spring Selection Camp will feature a series of scrimmages, a goaltender session and a Western Hockey League (WHL) presentation, giving athletes both on-ice evaluation opportunities and exposure to the next levels of hockey.

Following the April camp, a reduced group of players will advance to the Top-40 Camp, set for May 21-24 at the Southeast Event Centre in Steinbach.

From there, the final roster for Team Manitoba will be selected ahead of the 2027 Canada Winter Games, which will take place Feb. 27 to March 14, 2027, in Quebec City.

Heading the program is Brad Purdie of Winnipeg, who returns for his

second stint as head coach of the U16 squad and his fifth year with the Program of Excellence. He is joined by assistant coaches Dave Funk of Winnipeg and Garrett Szeremley of Morden, while Bernie Reichardt serves as director of operations.

The U16 Program of Excellence represents the first step in Hockey Canada's high-performance pathway. Athletes introduced at this level gain exposure to elite training standards and competition, with many advancing to represent Canada at the U17, U18 and World Junior levels.

Hockey Manitoba officials say the program is designed to provide elite athletes with the tools and opportunities needed to succeed at higher levels, including major junior, U SPORTS and NCAA hockey.

The full camp schedule includes multiple intra-squad scrimmages across the three-day event, beginning Friday afternoon and concluding Sunday, along with a mandatory WHL presentation for all participants and one parent.

Hockey Manitoba continues to partner with CCM Hockey and the Western Hockey League in supporting the Program of Excellence and its athlete development pathway.

Selected players include Andrew Abbott (Winnipeg), Koen Braunberger (Winnipeg), Kingston Catch-

away (Dauphin), Declan Champagne (Winnipeg), Aiden Christie (East St. Paul), Maddux Clark (Winnipeg), Jaxon Cullen (Killarney), Carter Cunningham (Winnipeg), Alex Delorme (La Salle), Alexander Dyrlund (Winnipeg), Mohamad El Hossari Garcia (Winnipeg), Reed Everett (Winnipeg), Logan Fey (West St. Paul), Daniel Flett-Neapew (Brandon), Mason Froese (Winkler), Nixon Gaudet (Île-des-Chênes), Bentley Goulden (Viriden), Joshua Harvey (Winnipeg), Owen Hirst (Lac du Bonnet), Carter Hope (Winnipeg), Felix Huberdeau (Russell), Benjamin Kolton (Winnipeg), Rhett Legaarden (Grandview), Sawyer Lepp (Rivers), Camden Lesuk (East St. Paul), Owen Lovie (Holland), Tyler McCallum (Winnipeg), Declan McNicol (Winnipeg), Liam Meier (Stonewall), Jacob Mirrlees (Oak Bluff), Kale Nicol (Brandon), Ryder Olford (Île-des-Chênes), Easton Pitz (Viriden), Bo Sabourin (Winnipeg), Max Sauders (Winnipeg), Reed Sherry (St. Malo), Kellan Shtykalo (Dauphin), Cooper Soltys (Erickson), Taylor Sullivan (Brandon), Wyatt Sydenham (Hodgson), Greyson Urquhart (Winnipeg), Beck Van Kemenade (Rosser), Graycen Van Meijl (Brandon), Evan Vigier (Notre Dame), Brock Vodden (Manitou), Eli Waslyk (Winnipeg), Everhett Weiser (Winnipeg), Jett Wood (Brandon),

Easton Anderson (Brandon), Jack Arseniuk (Winnipeg), Madden Atkinson (Swan River), Mason Auger (Viriden), Bryson Calder (Carlowrie), Asher Carey (Selkirk), Owen Derkach (Winnipeg), Braedan Gilbertson (Lorette West), Zachary Haney (Winnipeg), Garrett Henderson (Morden), Walker Kempthorne (Souris), Jett Kuypers (Winnipeg), Daxton Lopushniuk (Oakbank), Ryder MacLean (Winnipeg), Marko Malbasa (St. Andrews), Alexander Malmstrom (Winnipeg), Zander Maloney (Winnipeg), Gabriel May (Mitchell), Maverick McFarlane (Oak Bluff), Blake Meier (Stonewall), Joshua Nowe (West St. Paul), Brayden Olsen (Brandon), Andren Paulsen (Oak Bluff), Colton Pawlyshyn (Winnipeg), Brady Piec (Oakbank), Will Preston (Brandon), Drew Simpson (Winnipeg), Chimezie Uzoruo (Winnipeg), Neely Victor (Morden), Dane Wubbe (La Rivière), Haize Brightnose (Ste. Anne), Nicholas Buhay (Niverville), Nicolas Fontaine (Winnipeg), Benjamin Gardner (Dauphin), Connor Lemieux (Stonewall), Leonid Nekipelov (Lorette), Ethan Radke (Morden), Nash Siemens (Winnipeg), Jaxon Smedvik (Winnipeg), Champ Vannus (East St. Paul), Aurick Veldhuisen (Brandon) and Darby Wilson (Neepawa).

# Rockets capture provincial, RMFHL titles

By Annaliese Meier

The South Central Rockets capped a dominant season by capturing both the Hockey Manitoba U18 Female A provincial championship and the Rural Manitoba Female Hockey League (RMFHL) title in dramatic fashion — winning both championships on Hamiota ice.

The Rockets went undefeated at provincials, posting a perfect 4-0 record en route to the gold medal. In the final, they defeated the Brandon Wheaties 2-0 in a tightly played defensive contest, combining disciplined team play with strong goaltending to shut down the Wheaties' offence.

South Central carried that momentum into the RMFHL playoffs, opening with a hard-fought first-round series against the South West Stars, where they advanced with a 2-1 series victory in the best-of-three matchup.

They then faced the Hamiota Huskies in the league final in a series that went the distance.

The Rockets opened with two straight wins to take a 2-0 series lead, but Hamiota responded with back-to-back victories to force a deciding Game 5.

The championship game required overtime, where Reese Morrison scored the winner with just over two minutes remaining to secure the RMFHL title for South Central and complete an unforgettable season.

The championship roster features players from across the region, including Carman's Presley Wolfe, Taytum Worms and Kiera Klassen, along with athletes from St. Claude, Holland, Treherne, Notre Dame, Mather, Swan Lake, Mariapolis, Glenboro and Bruxelles.



STANDARD PHOTO SUBMITTED

Members of the South Central Rockets celebrate after winning both the Hockey Manitoba U18 Female A provincial championship and the RMFHL title on Hamiota ice. Pictured left to right, back row: Coach Allen Van Den Bosch, Paige Hague, Charlee Neal, Coach Gus Vigier, Kiera Klassen, Rylen Fallis, Tamara Devos, Coach Jason Wolfe, Piper Sawatzky, Kylie Williamson, Coach Lyold Drummond, Bella Starling, Brooklyn Marginet, Coach Chris Starling, Celeste Hamilton; Middle row, Taytum Worms, Cailyn Laing, Manager Lisa Collet, Julie Vigier, Presley Wolfe, Reese Morrison, Mia Van Den Bosch, Alexa Desrochers, Katelyn Collet; Front row, Macey Taylor and Paige Drummond.

# Veteran Carman duo shines at 55+ Games stick curling event

By Annaliese Meier with files from Resby Coutts

Age proved to be no barrier for Charlie McCullough and Wayne Johnston.

The Carman duo delivered an impressive performance at the Manitoba 55+ Games stick curling competition, held March 18-19 in Morden, earning gold in their age category while competing against younger teams.

At "a little over 80," McCullough and Johnston drew attention throughout the event with their precision shot-making and steady play, holding their own against curlers many years their junior.

McCullough, a former Canadian Stick Curling Association Open champion in 2010, and Johnston remain active at the Carman Curling Club, though they have not regularly competed on the provincial bonspiel circuit in recent years.

Competing in the over-70 division, the pair advanced to the semifinals after defeating Marvin Klassen and Roland VanDeynze. They were edged in the semifinal by eventual division winners Blair

Coggans and Lino Santos.

However, at the conclusion of the event, McCullough and Johnston were awarded the gold medal as the top team in the over-85 age category, recognizing their outstanding performance within their division.

The Manitoba 55+ Games, presented by PlayNow and organized by Active Aging in Manitoba, highlight the importance of staying active and engaged later in life. This year's provincial event is scheduled for mid-June in the Morden-Stanley-Winkler region.

"Charlie and Wayne are a perfect example of active aging in Manitoba," said executive director Linda Brown. "Now in their mid- to late eighties, they continue to embrace opportunities to stay physically active, remain involved in the sport they've played for a lifetime, and stay connected with others."

"They are an inspiration to us all."



STANDARD PHOTO SUBMITTED

Carman's Charlie McCullough (right) and Wayne Johnston celebrate after winning gold in the over-85 division at the Manitoba 55+ Games stick curling event held March 18-19 in Morden.

What's *Your* story?

We want to hear from you.

The Carman-Dufferin  
**STANDARD**

Please share your story ideas with Dennis Young at [denjohnnyoung@gmail.com](mailto:denjohnnyoung@gmail.com) or Lana Meier at [news@carmanstandard.ca](mailto:news@carmanstandard.ca) or call 204-467-5836.

# Rogue 101 Taekwondo brings home eight medals from Victory Cup

By Annaliese Meier

Seventeen competitors from Portage and Carman's Rogue 101 Taekwondo returned to competition April 30 at the Victory Cup Challenge, marking their first tournament appearance in two years.

Rogue 101 brought a team of 25, including three volunteers, 17 competitors and eight coaches (three competitors also served as coaches), representing a strong turnout for the club, formerly known as Portage Premier Taekwondo.

Taekwondo competition includes two disciplines: patterns (forms), also known as poomsae, and contact sparring, known as kyogi. For some competitors, advanced sparring also included head contact — a first for all athletes in that division.

The team recorded 11 personal bests along with seven bronze medals (five in patterns, two in sparring), four silver medals (three in patterns, one in sparring) and five gold medals (one in patterns, four in sparring). For many participants, it was their first competition.

Patterns require both mental and physical strength, with athletes judged on accuracy, power, focus and precision. Sparring demands a high level of training, combining strategic, mental, physical and psychological elements.

"Rogue 101 Taekwondo's competitors carried themselves with great strength, skill and resilience," said Master Evelyn Hoogerdijk. "This is shown not only in how participants act when they win, but also when they do not medal. Those who did not



STANDARD PHOTOS SUBMITTED

From Left to Right, back row, Master Evelyn Hoogerdijk, Mr. Russel Termeer, Amber Enns, Clint Enns, Siert Prins, Rose Kuizenga, Jayanna Vanderwoude, Wayne Prins, Kian Chimicag, Jhames Chimicag; front row, Amos Enns, Micah Enns and Allan Fox.

medal still walked away with personal bests."

There are no participation medals in taekwondo tournaments.

Coaches provided support throughout the event, including warmups, stretching, in-match mentoring and strategic guidance. Prior to the tournament, all coaches completed a seminar covering rules, Safe Sport standards, and concussion recognition and care.

"We had such a wealth of information and skills present that we were able to provide coaching to

other clubs that were short of coaches," said Hoogerdijk. "This was a great testament to the sportsmanship we strive to uphold."

The club also extended thanks to its volunteers and expressed appreciation to parents and families for their continued support.

"Our club has tremendous heart and stands as an example in taekwondo skill and manner," Hoogerdijk said. "I value manner and honour over medals, and to walk away with both makes me extremely proud."



Allan Fox (middle), silver medallist for board breaking.



Volunteers Mr. Russel Termeer (left) and Jayanna Vanderwoude.



Gracie Jeffrey, gold medallist for board breaking.



Kian Chimicag (middle), gold medallist for patterns.



Jhames Chimicag, Gold Medallist in Sparring (left) with Kian Chimicag, Silver Medallist in Sparring (middle).



Clint Enns, Bronze Medallist for Sparring (left).



Rose Kuizenga, Silver Medallist for Boards (middle).

# get inspired

> MEAL IDEAS



## Maple-Glazed Easter Ham

juices from pan, until meat registers 120 F at thickest portion.

In medium saucepan over medium-high heat, stir maple syrup, brown sugar, bourbon, ginger and cinnamon; bring to boil. Cook, stirring occasionally, until thickened, 6-8 minutes. Remove from heat. Cover to keep warm and set aside.

Remove ham from oven and discard foil. Increase oven temperature to 400 F. Using pastry brush, glaze ham with 1/3 cup maple-bourbon mixture.

Bake ham about 30 minutes until top is lightly caramelized and meat registers 145 F at thickest portion, brushing with remaining glaze every 10 minutes.

Remove from oven and transfer ham to serving platter. Let rest 15 minutes and garnish with orange slices, orange wedges and rosemary sprigs.

Photo courtesy of Shutterstock

Recipe adapted from Southern Living

Total time: 3 hours

Servings: 10

1 bone-in spiral-cut ham (8-9 pounds)

1 cup pure maple syrup

1/2 cup packed dark brown sugar

1/2 cup (4 ounces) bourbon

1/2 teaspoon grated fresh ginger

1/4 teaspoon ground cinnamon

orange slices and wedges, for garnish

fresh rosemary sprigs, for garnish

Preheat oven to 350 F.

Place ham in large roasting pan and fill with 1/2 inch of water. Cover pan with aluminum foil and bake about 2 hours, basting every 30 minutes with



## Chocolate Easter Egg Cupcakes

To make cupcakes: Preheat oven to 350 F. Line 12-cup muffin tin with cupcake liners.

In bowl of electric mixer, sift flour, sugar, cocoa powder, baking soda, baking powder and salt.

In medium bowl, whisk egg, butter, milk, water, vegetable oil and vanilla extract.

Mix dry ingredients on low speed 1 minute. Add wet ingredients. Mix 2 minutes on medium speed and scrape sides and bottom of bowl. Mix 1 minute on medium speed.

Divide evenly among cupcake liners.

Bake 12-15 minutes, or until toothpick inserted in center comes out almost clean.

Cool cupcakes on wire rack.

To make frosting: Using paddle attachment of electric mixer, whip butter 8 minutes on medium speed until pale and creamy. Add powdered sugar, milk, vanilla extract and salt; mix on low speed 1 minute. Increase speed to medium and mix 6 minutes until frosting is light, creamy and fluffy. Add food coloring and whip 1 minute.

Pipe frosting onto cupcakes and top with egg-shaped chocolate-coated candies.

Photo courtesy of Unsplash

Recipe adapted from A Classic Twist

Prep time: 30 minutes

Cook time: 15 minutes

Cupcakes:

1 cup all-purpose flour

1 cup sugar

1/3 cup cocoa powder

1 teaspoon baking soda

1/2 teaspoon baking powder

1/2 teaspoon salt

1 egg, at room temperature

1/2 cup buttermilk, at room temperature

1/2 cup hot water

1/4 cup vegetable oil

1 teaspoon vanilla extract

Frosting:

3 sticks unsalted butter, softened and cubed

3 cups powdered sugar, sifted

2-3 tablespoons milk

1 teaspoon pure vanilla extract

1 pinch salt

2-3 drops brown food coloring

egg-shaped chocolate-coated candies

# Ask the Money Lady

Dear Money Lady Readers: Have you been offered a BN-PL option at a store self-checkout?

It's now the latest thing this fall, being offered only on the self-checkout at your local retailer, whether that be for household goods, car parts or even groceries. So, what is it you ask?

BN-PL stands for "Buy Now - Pay Later" and is a new stream of business almost all financial institutions are getting involved in for 2026. With the rising cost of practically everything these days, banks, credit unions and even smaller companies that offer POS (point of sale) services have now realized there is an opportunity to capitalize on Canadians that are struggling. Of course, you know how this works, right? At the time of purchase, when you are prompted to pay, you will be given the option to defer the payment, "taking the merchandise with you now" and then agreeing at the point-of-sale terminal to "pay for it sometime in the future." Viola, you get to defer the re-sponsibility of payment!

Now some of you may be saying - well Chris, I can do that with my credit card? Sure, you can. But a BN-PL plan is not just for use with credit card holders, it's for debt or cash too. Some banks are now pre-authorizing debit cards and bank accounts to allow you to pay for purchases in installments with the first payment sometimes due at the checkout and then the rest auto-charged to your debit card/account over the next few weeks (usually in two-week intervals) or it could be setup monthly.

And don't think that these are small companies behind this new phenomenon. Moneris is now the biggest proponent of BN-PL through its point-of-sale terminal solutions, owned jointly by RBC Royal Bank and BMO Bank of Montreal. Moneris calls it their one-time recurring payment plan, while RBC recommends it as a way to "grow your business, and give your customers a better shopping experience." RBC says to small businesses: "Turn more browsers into buyers with little effort. There's no development work on your part and Pay-Plan by RBC will easily integrate into your existing site."

Obviously, you can tell, I disagree to a buy-now and pay-later model for small retail. It's one thing to offer it with big ticket items like,



furniture, cars, boats/motorcycles and homes; but it's quite another to offer it for small household purchases, like a toaster or basics, like groceries and pet food. Are we never to get out from under our debt to retire comfortably? Apparently, the financial institutions would rather us not. This sound like another creative way to get people continuing to borrow. All lenders know that loans and mortgages are their "biggest money-making machines" and when people are struggling why not make it easier for them to borrow even more?

Banks know that if Canadians have a lot of open credit that they eventually can't handle, when offered to amal-gamate it into a consolidation loan or at the time of a mortgage renewal - well, they will mostly likely do it to ease the financial pain. Having been in banking for over 35 years and seen the before and after of the 2008 Financial Crisis, this feels like the times before the crisis, when banks and lenders were eager to showcase new clever and inventive products to entice us all to carry more credit.

Please be careful with your money. Make it a habit to stick to a written financial plan or budget and try to resist spending too much as we go into the holiday season. If you would like help with creating a new 2026 financial plan, I now offer one-on-one personalized and confidential money coaching. You can find out more on my website or drop me an email at [coaching@askthemon eylady.ca](mailto:coaching@askthemon eylady.ca)

Good Luck and Best Wishes this Holiday Season,

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 @askthemon eylady, or on Facebook (Christine Ibbotson).

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**Rural Municipality of Grey**  
**NOTICE OF VOTERS LIST/ PERSONAL SECURITY PROTECTION**

Notice is hereby given that a copy of the VOTERS LIST may be revised at:

**Rural Municipality of Grey Office**  
27 Church Avenue East  
Elm Creek, Manitoba

until September 22, 2026 between the hours of 8:30 AM and 4:30 PM or by email.

At this time the Senior Election Official (SEO) or Assistant Senior Election Officials (ASEO) will be available to update the voters list by:

- (a) adding the names of voters who are entitled to have their names on the list;
- (b) deleting the names of persons who are not entitled to have their names on the list; and
- (c) making such other correction of errors to the list as required.

**VOTER ELIGIBILITY:**  
A person is eligible to have his or her name added to the Voters List if he or she is:

- 1) a Canadian citizen and at least 18 years of age on election day; and
- 2) a resident of the local authority for at least six months prior to election day, OR a registered owner of land in the municipality for at least six months prior to election day.

**NON-RESIDENT VOTERS QUALIFIED IN MORE THAN ONE WARD:**

In accordance with Section 25(2) of The Municipal Councils and School Boards Elections Act, any non-resident voter who owns property in more than one ward is responsible to notify the S.E.O in writing, not later than September 22, 2026 of the ward in which they desire to vote. Failing the foregoing, the voter's name will be placed on the list as the SEO may select.

**APPLICATION FOR PERSONAL SECURITY PROTECTION:**  
A voter may apply in writing to the SEO (at the address/email below) no later than September 22, 2026 to have his/her name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail or email and must include your name, address and include proof of identity.

**All changes to the voters list must be completed on or before September 22, 2026.**

Dated at Elm Creek in the Province of Manitoba on March 17, 2026.

Kim Arnal, Senior Election Official (SEO)  
Rural Municipality of Grey  
Box 99, 27 Church Avenue East  
Elm Creek MB R0G 0N0  
seo@rmofgrey.ca (email)

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**Public Notice is hereby given that the ROLAND GOLF CLUB INC.** intends to conduct the following Pesticide Control Programs during 2026

1. To control noxious weeds on the golf course. The projected dates of application will be from May 1, 2026, to October 31, 2026. The herbicides to be used include: Par 111; Round-Up Transorb.
2. To control disease on the golf course. The proposed dates of application for these programs will be from May 1, 2026, to October 31, 2026. The fungicides to be used include: Banner Max; Insignia Duo; Daconil 2787, Mirage Stressgard, Compass 50WG.

The public may, within 15 days after this notice is published, submit written comments to the department or register a written objection to the use of pesticide next to their property.

Contact Information:  
**Manitoba Environment and Climate Change Environmental Approvals Branch**  
14 Fultz Boulevard (Box 35)  
Winnipeg MB R3Y 0L6  
pesticideusepermit@gov.mb.ca

**Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication Please Call 204-467-5836**

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## OBITUARY



### Leslie (Les) Pritchard

It is with profound sadness that we announce the passing of Leslie (Les) Pritchard on Monday March 17, 2026 at the Carman Hospital after a long battle with heart disease. Youngest son to late Gordon and Noreen Pritchard.

He will greatly be missed by his children Jeff (Shawna) and Tanya (Geoff) Morrison; his grandchildren Brody (Sam) Bryce and very special great-grandson Maverick. He also leaves his brothers David (Gail), Bob (Lynda) and his favourite sister Connie (Ross) Shaver and many nieces and nephews.

Dad was born November 21, 1950 in Roland and grew on the family homestead. His love for cars lead him into the automobile industry and fast cars lead him to Miami, where he met the love of his life, Carla Campbell, and they married in 1972. He started his first business "Les" Pritchard Auto Body in Roland and later

bought the family farm and built an even larger shop...This man never stopped...tow company, scrap metal, fixing, selling, building, tractor pulls, travelling...the list is endless. He loved his food but his passion was racing...he was a proud dad when his son and grandson followed his footprints and his daughter into cooking. His health started failing and they sold the farm in 2007. He cherished his friends and family and was a legend in his day and will always be #1. Time to celebrate...You won the Race xoxo.

A large appreciation goes out to the Carman Hospital staff, palliative programs and Bardal Funeral Home, you went above and beyond and we thank you.

Funeral will take place on Saturday, April 18 at 1:00 p.m. at the Roland United Church. Lunch to follow at Roland Memorial Hall.

## OBITUARY



### Mary Florence Wildfang (nee Twiss)

On March 21, 2026, Mary passed away at the Boyne Lodge, Carman, MB.

Mary was born July 8, 1940 in Elm Creek, MB.

She was predeceased by her husband Clifford (2022), son Sandy (2017), grandson Darren (2017), granddaughter Tracy (2024).

Mary leaves to cherish his memory and mourn her loss: children James Wildfang, Bonny Derksen (Richard), Gerald Wildfang, Eric Wildfang (Nadine) and many grandchildren and great-grandchildren.

Funeral service was held on Wednesday, March 25, 2026 at 11:00 a.m. at Doyle's Funeral Home, Carman, MB. Interment took place in Elm Creek Cemetery.

Donations may be made to a charity of one's choice.

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

*Your memory will live forever Engraved within our hearts*

## IN MEMORIAM



### In Loving Memory of a special wife, Laura Skeavington

December 27, 1939 - March 29, 2024

The day you left and gained your wings,  
My heart just broke in two;  
I wish you could have stayed with me,  
But Heaven needed you.  
You left me with the memories,  
And I love you dearly still;  
No matter how much time goes by,  
You know I always will.  
You were a very special person,  
With kindness in your heart;  
And the love we had together,  
Grows stronger now we're apart.  
I know I cannot bring you back,  
Although I wish it every day;  
But a piece of me went with you,  
The day you went away.

-From your loving husband,  
Don

# Mark Passion

You are invited to an evening of scripture reading and congregational singing to commemorate the suffering and death of our Saviour, Jesus Christ.

Date: **Sunday, March 29, 2026**  
Time: 7:30 pm  
Coffee and baking to follow

"For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many."  
Mark 10:45

**Canadian Reformed Church, Carman EAST**  
112-4th Ave SE, Carman, MB

Don't Miss the Craft Event of the Spring!

## Eggcellent Hop & Handcraft Bazaar

**APRIL 1 • 10 AM – 8 PM**  
Elm Creek Community Hall  
70 Arena Rd, Elm Creek, MB ROG ONO

- Lots of Talented Makers
- Unique Handmade Gifts
- Easter Goodies & Decor
- Bouncy Castle & Fun Activities
- Prizes, Surprises & Tons of Fun for the Whole Family!

**Free Admission!**

Handmade Crafts  
(204) 599-1263  
hopmarket2026@gmail.com

**Remember Your Loved Ones**  
with an Announcement in the

Call 204-467-5836

**COOL CATS**

RCU GOLDEN ACCOUNT

If you would like to support

The Carman-Dufferin  
**STANDARD**

Congratulate your loved ones with an announcement in the Carman Standard.  
\$60 will help record the history & pay for your local newspaper

Shop Local - Stay Local. To purchase an advertisement or announcement call or text Gwen Dyck at 204-823-0535 or email ads@carmanstandard.ca

# March is PHARMACY Appreciation Month

## More Than a Prescription

Pharmacy Appreciation Month (PAM) across Canada, a time to pull back the curtain on one of the most accessible yet often overlooked pillars of our healthcare system.

For many of us, a trip to the pharmacy is a routine errand—a quick stop to pick up a prescription or a bottle of vitamins. But for the teams working behind those counters, every interaction is a critical high-wire act of clinical precision, safety, and compassion.

### THE EVOLVING FACE OF CARE

The days when a pharmacist's primary role was "counting pills" are long gone. Under the 2026 national theme "Pharmacists CAN," the Canadian Pharmacists Association (CPhA) is highlighting how these professionals are doing more for our health than ever before.

From the pharmacist who assesses and prescribes for minor ailments like eye infections or skin rashes—saving you a long wait at the emergency room—to the pharmacy technician meticulously preparing specialized medications, these teams are the frontline "engine room" of community health. In a time when many Canadians struggle to find a family doctor, the local pharmacy has become the most immediate point of medical expertise.

### GUARDIANS OF PATIENT SAFETY

Beyond the visible tasks like administering flu shots or COVID-19 boosters, pharmacy teams perform a silent, vital service: protection. Every time a pharmacist reviews a file, they are checking for dangerous drug interactions, ensuring dosages are safe for a patient's age or kidney function, and advocating for the best possible health outcomes.

They are the educators who sit down with a patient to explain how to use a new inhaler or manage a complex regime of heart medications. They are the problem-solvers who navigate drug shortages and insurance hurdles so that no patient goes without the care they need.

### THANK YOU GOES A LONG WAY

Pharmacy teams—including pharmacists, technicians, assistants, and students—often work long hours under significant pressure to keep our communities safe. While the clinical work is their profession, the human connection is often their "why."

Acknowledge their expertise when they offer advice on your over-the-counter choices.

Patience during busy periods, recognizing the care they take with every single patient.

Our local pharmacies are more than just stores; they are hubs of hope and health. This month, let's celebrate the people who keep our community's heart beating, one dose at a time.

Let's make sure they feel that connection in return. Appreciation doesn't have to be grand.



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 PHARMACY

CARE



Medication  
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