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STANDARD

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EDITION 16

THURSDAY,
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Emergency training

STANDARD PHOTO BY BETTY PARK

Health-care staff at Carman Memorial Hospital take part in a hands-on emergency simulation inside the STARS Mobile Education Unit on April 20. Participants practised airway management and other critical care procedures using realistic equipment while preparing for scenarios where patients must be stabilized before air ambulance transport.

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STARS brings hands-on emergency training to Carman hospital

By Annaliese Meier

The STARS Mobile Education Unit visited Carman Memorial Hospital on April 20, providing hands-on emergency training designed to help rural health-care providers manage critically ill patients while awaiting air ambulance transport.

The training focused on procedures that can be performed inside the hospital before a STARS helicopter arrives, with participants working through realistic emergency scenarios using specialized simulation equipment.

The mobile unit, staffed by three instructors, travels throughout Manitoba delivering practical training to nurses, physicians, paramedics and fire department personnel involved in emergency response. It is fully equipped with a stretcher, mannikin, IV solutions, simulated blood, airway devices, monitors, syringes and medications, allowing teams to practise high-pressure situations in a controlled environment.

Head nurse Maddie Gylywoychuk-Winkler, who organized the sessions for Carman Memorial Hospital staff, said one of the most important skills emphasized during the training was



Health-care staff at Carman Memorial Hospital practised airway management and other critical care procedures using realistic equipment while preparing for scenarios where patients must be stabilized before air ambulance transport.

airway management in deteriorating patients.

"The most critical skill learned or reviewed during this simulation was airway management of a deteriorating patient," she said.



STANDARD PHOTOS BY BETTY PARK

Carman Memorial Hospital staff stand in front with the STARS Mobile Education Unit during its visit on April 20. The specialized training unit travels across Manitoba to provide hands-on emergency simulations for rural health-care providers.

Gylywoychuk-Winkler said bringing the training to a rural hospital setting is essential to ensuring staff are prepared to respond confidently during emergencies.

"It was important for us to bring this training to Carman so that the staff at our rural hospital feel comfortable and competent to provide this critical care to patients that present to our hospital," she said.

"This will impact our community in a great way as it provides safety and trust, knowing that our staff can provide this care to them or their loved ones."

Two training sessions were held during the day, each accommodating six participants. The Carman Health Auxiliary provided \$1,500 in funding, which covered the cost of bringing in two STARS educators along with the mobile simulation unit.

Gylywoychuk-Winkler noted that response times for STARS can vary widely depending on factors such as the severity of the patient's condition, weather conditions and whether the aircraft is already responding to another call elsewhere in the province.

Because of those variables, she said, early intervention at the local level plays a critical role in patient outcomes.

Currently, STARS air ambulances land at the Carman-Dufferin Airport, with patients transported between the hospital and landing site by ground ambulance.

STARS officials say community support remains vital to maintaining the service, noting that while the organization's head office is based in Calgary, all donations made in Manitoba stay within the province.

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CIBC Staff Sweeten Cancer Fundraiser



STANDARD PHOTO BY DENNIS YOUNG

CIBC employees lend a hand to a sweet cause Monday morning as Robyn Woods and Shawna Pritchard join Andrea Smith, South Central Cancer Resource representative, decorating Smile Cookies in Carman in support of the annual Tim Hortons Smile Cookie campaign. Proceeds from cookies sold April 26 to May 2 will benefit South Central Cancer Resource and its growing client services across southern Manitoba.

By Lana Meier

The Tim Hortons Smile Cookie campaign runs April 26 to May 2 at the Carman location, with proceeds supporting South Central Cancer Resource. Now in its fifth year as the lo-

cal charity partner, SCCR is aiming to raise \$15,000 to help fund programs such as transportation and financial assistance for clients across southern Manitoba.

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PUBLISHER
Lana Meier



SALES & MARKETING
Brett Mitchell



SALES & MARKETING
Gwen Keller



REPORTER/PHOTOGRAPHER
Dennis Young



REPORTER/PHOTOGRAPHER
Emily Antonio



REPORTER/PHOTOGRAPHER
Jennifer McFee



REPORTER
Annaliese Meier



REPORTER
Haley Cvar



GRAPHIC DESIGNER
Nicole Kapusta



GRAPHIC DESIGNER
Tara Gionet



CLASSIFIED ADMINISTRATOR
Carrie Sargent



DISTRIBUTION
Christy Brown

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getheard

EDITORIAL > VIEWPOINTS > LETTERS

Thompson approves Miami expansion, drainage work

By Haley Cvar

The Rural Municipality of Thompson approved a final design for the Town of Miami expansion and moved ahead with several infrastructure and public safety initiatives during its April 9 regular council meeting.

Council accepted the dimension plan for a proposed residential subdivision in Miami, clearing the way for the next phase of development, including lot layout, roadways and servicing. The decision formalizes the municipality's direction on expansion plans that have been under review.

Public safety also saw a boost, with council approving the installation of a Wi-Fi-controlled emergency preparedness siren. The system is intended to enhance the municipality's ability to quickly alert residents during emergencies.

Drainage and roadwork were key discussion points throughout the meeting. Council approved survey-

ing and drainage licensing work for Ridge Road, including hiring Northern Plains Drainage Systems Ltd. for survey and design services and Webber Ag & Municipal Sales Inc. for permitting and consulting. Similar survey work was also approved for Norton Avenue.

The municipality committed \$22,050 toward broader drainage survey and permitting work, part of ongoing efforts to address water management challenges across the RM.

Council also approved a tile drainage application for land legally described as 21-5-5W, conditional on downstream approval from the RM of Roland.

A Ridge Road resident appeared as a delegation to raise concerns about road conditions and request improvements. Council later advanced drainage planning work in the area.

Infrastructure projects continue to move forward, including the Syl-

vester Bridge rehabilitation. Council approved a progress payment of \$178,036.55 for work completed to date, with the majority of funding to be transferred from the Manitoba Growth, Renewal and Opportunities (GRO) program.

Additional utility and infrastructure decisions included approving electrical upgrades at a booster station and a new water service connection application.

Council also gave third and final reading to a bylaw establishing a fire protection reserve, while a separate bylaw governing the use of municipal resources during an election received first and second readings.

Community support funding was approved through the municipality's first-quarter granting, including \$1,000 for the Miami Arts Associa-

Continued on page 5

The way it was this week April 30:

By Dennis Young

100 years ago, 1926: The racetrack was busy with locals working out their horses; the Carman Turf Club, D.A.S. and Athletic Association planned Victoria Day events together; Carman Tennis Club president Frank Rothwell set fees at \$5 for men and \$3 for ladies; Miss Ellison was in charge at the Ryall Hairdressing Parlours; R.H. Porter introduced the four-speed forward and two-speed reverse Ford axle; CP overseas tours were offered by R. Kellett in Carman; J.G. Carroll of Graysville advertised real estate, loans and fire insurance.

75 years ago, 1951: The Carman High School quintet placed third at Music Festival; R.C. McGregor was featured in The Country Guide for his fast-feathering chicks; the Kinsmen continued improvements at the swimming hole with a beach and trees; Carman Memorial Hospital Ladies Aid packaged and shipped 440 pounds

of rags to the Patriotic Salvage Corps; Jim McFadden returned home from a successful season with the Detroit Red Wings; Nick Wally and the Vagabonds played at Pat's Barn, seven miles north of Stephenfield, while the Royal Canadians performed at the Legion Hall; Walter Cunningham welcomed customers to a Robinson's store manager event; Hotpoint refrigerators were available from Marcel Lahure.

50 years ago, 1976: Bowie's Bakery was sold to Jim Zacharias after 37 years; a plot in Carman cemetery increased to \$20 from \$10, with digging fees rising to \$50 from \$30; Health Minister Larry Desjardins announced \$500,000 in renovations to Carman Hospital, limited to 29 beds; the Memorial Hall board considered converting the condemned upstairs into office space; Ranford Adamson continued blacksmithing, a trade he had practised since 1957; the Collegiate

staged Fiddler on the Roof; Kippen's Drive-In on Highway 13 North invited customers; Jack McKinnon and Prairie Agri-Photo moved to Carman from Glenboro.

25 years ago, 2001: The chamber met to discuss the town's future; Super Cuts charged \$32.95 for makeovers; Healthy Communities hosted an appreciation day for volunteers; Lyle Myers was named Manitoba Basketball Coach of the Year; the Carman Taekwondo Club competed at the annual Can-Am Games in Winnipeg; Graysville retained its school route for one more year after it had been slated for cancellation due to costs for 18 students; Aubin's opened a new 2,500-square-foot greenhouse; Lee's Construction promoted its building services; the McKee House in Sperling opened for the season; the Class of 2001 held a car wash fundraiser at the Bay Wash.

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Grey council reduces speed limit, advances drainage

By Haley Cvar

The Rural Municipality of Grey approved a series of infrastructure, safety and community funding measures during its April 1 regular meeting.

Council voted to reduce the speed limit on Road 25W from Provincial Trunk Highway 2 to about 250 metres south of the first railway track, lowering it from 90 km/h to 50 km/h. The change comes in response to increased residential development in the Highlands Meadows area and concerns about traffic safety, and will take effect once signage is installed.

Drainage projects also made up a significant portion of council's deci-

sions, with applications approved for provincial licences to complete ditch cleanouts and culvert work in multiple locations. Work is planned along E-10-8-4 and W-11-8-4, as well as E 16-9-5, including ditch regrading, culvert inspections and replacements, and installation of new piping to improve water flow.

Council supported emergency and community services through targeted funding, including a \$2,500 grant to STARS. The municipality also approved a \$1,000 grant to Elm Creek School's Grade 7-9 band program in recognition of its annual cleanup

work at the local waste disposal grounds.

Additional spending approvals included \$1,148 plus tax for survey monument restoration work, with half of the cost covered through a provincial program, and \$3,950 plus tax for the renewal of the municipality's Neptune 360 water metering software subscription.

In other business, council approved a \$300 membership fee to the Manitoba Association of Municipal Emergency Coordinators and appointed two new volunteer firefighters to the St. Claude station for the coming year.

Roland council approves variance, reviews projects

By Haley Cvar

The Rural Municipality of Roland approved a zoning variation to allow reduced side-yard setbacks for a residential property during its Feb. 10 council meeting.

Council gave the green light to Variation Order No. 2026-01, permitting setbacks on the east and west sides of a proposed home at 63 Blakeston Lane to be reduced from five feet to 3.5 feet. The application, submitted by Codi Hennan, was considered following a public hearing held earlier in the meeting.

"This application was routine for any property owner that wants a variation from our Development plan regulations. There were no objections to the variation requested," Reeve Jodi Gaultier said.

Councillor Carrie Hennan declared a conflict of interest and left the chamber during the hearing and decision. She rejoined council following the vote.

Council noted public notice for the hearing had been issued in accordance with The Planning Act, with amendments made to reflect updated measurements, setback details and the property's civic address.

Council also heard from John Harder of Centennial Farm Supply during a scheduled delegation.

Beyond the variation, council discussed several ongoing projects and operational updates, including a potential service agreement with Com-

missionaires.

"Commissionaires is in charge of our By-Law Enforcement, we have you used their services for the last several years, this was just a renewal of our ongoing contract," Gaultier said.

Planning continues for a fundraising initiative to support a new fire truck, with councillors working toward organizing a gala event. Meanwhile, drawings for renovations to the Roland Hall are nearing completion, with a request for proposals expected to follow.

"RFP for our hall reno went out April 2nd and closes April 24th. No dates are set for construction yet but if the project does move forward we hope to start sometime this summer," Gaultier said.

Council also received updates on infrastructure and utilities, including sewer and water matters at 66 and 70 Sixth St., as well as an issue at 58 Fourth St., where an invoice will be issued to the property owners.

The municipality is also moving forward with a liquor licence application, now in Stage 4 of the process.

In other business, council approved its year-end financial statements and appointed Deputy Reeve John Fox and John Bergen to the Tobacco-Shannon Creek subdistrict of the RedBoine Watershed District board for a one-year term beginning April 1.

Public works reported ongoing maintenance and winter operations, including repairs to equipment, snow

clearing across the municipality, and work to keep fire hydrants accessible. Annual safety inspections for fire department vehicles and municipal equipment were also completed, with some repairs handled in-house.

Council approved building permits for an occupancy permit at 60 Third St. and new home construction at 66 and 70 Sixth St.

The meeting also marked the start of interim chief administrative officer John Blatz, who has taken over administrative duties while the municipality continues its operations and year-end financial processes.

Correction

An article in the March 19 edition of the *Carman Dufferin Standard* covering the Jan. 13 meeting of the Rural Municipality of Roland contained errors in identifying municipal officials.

The article incorrectly stated that Reeve Chris Klassen and councillor Taya O'Brien were authorized to sign a tax arrears recovery agreement. It should have read that administrative assistant Amber Klassen or CAO Taya O'Brien were authorized to sign on behalf of the municipality. The Reeve of RM of Roland is Jodi Gaultier.

The article also incorrectly identified the municipality's representative to the Boundary Trails Health Centre Foundation board as Councillor Brent Hennan. The correct name is Councillor Carrie Hennan.

The *Standard* regrets the errors.

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Taking time to be in God's presence

I am not one to spend all my holidays away from home. Much of my holiday time is usually a "stay-cation" Yes, there will be some day trips, but also time spent organizing things at home. The best part of this time is to be able to spend time at home and relax!

But what is relaxation? How many of us allow ourselves even just a moment... when life suddenly shuts down and we are given opportunities to experience what God has given us. To do this requires a level of trust; trust in God, trust in ourselves – and trust in our ability to do just this – relax.

From Psalm 62...*For God alone my soul waits in silence, ...for my hope is from him. He alone is my rock and my salvation, my fortress; I shall not be shaken. On God rests my deliverance and my honor; my mighty rock, my refuge is in God. Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.*

To be honest, when I take "stay-cations" I have a long list of things I want to get done and yet very few get completed. What is more important to me is I take time to be quiet and be with God.

When I do this, I try not to feel guilty, instead allow myself to accept the feeling of peace. When your schedules take over your lives, remember that those times of solitude, time with God will always be waiting for you.

So, I encourage you to make a goal for yourselves, to actively take the time to be in silence, to rest and relax in your thoughts, in your prayers and in God. Even for a moment; and to allow life to shut down around you so you can experience God in all fullness.

Pastor Trudy Thorarinson
Grace – St. John's Anglican/
Lutheran Church

> THOMPSON, FROM PG. 4

tion and \$100 for the Miami School yearbook. Council also approved a caretaker subsidy request from the Lloyd Orchard Community Arena.

Operational matters included appointing a weed supervisor for the

2026 season and authorizing the transfer of outstanding utility accounts to the tax roll.

Public works updates highlighted upcoming seasonal priorities, including culvert installations,

dust control, drainage projects and bridge work at Sylvester Bridge and Bridge 11. Hiring is also underway for a seasonal employee expected to begin May 4.

Carman finalizes financial plan, advances fire hall project

By Haley Cvar

Carman council advanced its 2026 financial plan, passed a new property standards bylaw and approved several development and infrastructure items during its March 26 meeting, before formally adopting the budget and addressing additional policy and planning matters on April 7.

At the March 26 meeting, council gave second and third readings to a new unsightly property bylaw, formally adopting regulations aimed at addressing property maintenance and community standards. The move provides the town with clearer authority to manage neglected or unsightly properties.

"The change made to the by-law is in regard to large commercial/residential bins and location. They are now required to consult with the Town on location prior to installation to ensure they are not unsightly. Any enforcement would be done through Administration or By-Law Commissionaires

if required," said CAO Susan Stein.

Work on the town's 2026 financial plan also progressed, with council holding a public hearing before giving first reading to the financial plan bylaw.

"Key priorities are to increase reserves, complete the trestle bridge project, installing a lift station in the NW corner for the 2nd phase of the Parkview Development, Road improvements/rehabilitation, Recreation work at the pool and equipment, front end loader purchase for public works. Focusing on improving Asset Management and long-term planning. Council is also focused on improving health care working with the Carman Health Board and Southern Health as well as the expansion of an assisted living facility at Boyne Care," Stein said.

Development activity remained a focus, as council approved two subdivision applications, both subject to conditions. The approvals require

applicants to cover a portion of any monument restoration costs, if needed, and to seek any necessary zoning variations or conditional use approvals.

Infrastructure planning also moved forward with the Carman-Dufferin Fire Hall expansion. Council approved a quote from Steckley's Engineering to review and update architectural drawings and tender documents, selecting the lowest bid among proposals received. The work will help prepare the project for future tendering while maintaining its original scope.

In other business, council awarded the 2026 mowing contract for local ball diamonds and soccer pitches to Fairway Lawn Services and approved recreation staff wage increases in line with the employee pay scale.

Council also supported a resolution calling on the Association of Manitoba Municipalities to lobby the province for financial assistance related to

landfill regulations, citing the high and unpredictable costs of meeting new environmental standards.

At its April 7 meeting, council formally adopted the 2026 financial plan, giving second and third readings to the bylaw following the earlier public hearing.

Council also approved an updated accessibility policy.

In addition, council supported the Carman Community Health Board in proceeding with developing a cost estimate for a proposed expansion, engaging a consultant to complete the work.

"The goal is to determine the feasibility and cost of expanding local health care services to better meet the needs of the community," Stein said.

Council reviewed accounts totalling more than \$365,000 and discussed upcoming road improvements as part of the superintendent's report.

Dufferin backs community funding, infrastructure projects

By Haley Cvar

The Rural Municipality of Dufferin approved community funding, infrastructure tenders and key policy items at its March 17 meeting, before adopting its 2026 financial plan and finalizing several major decisions at a special meeting on April 7.

At the March 17 regular meeting, council approved more than \$208,000 in community grants to a wide range

of local organizations, including the Boyne Regional Library, recreation groups and community service agencies. The funding supports ongoing programming and services across the municipality.

Council also endorsed joint department budgets shared with partner municipalities, covering areas such as planning, protective services, recreation, cemetery operations and the

Memorial Hall.

Preparations for the 2026 construction season moved ahead, with council awarding the dust control contract and approving multiple gravel hauling and pit tenders. The municipality also authorized administration to issue a request for proposals for audit services for the 2026 to 2028 fiscal years.

Additional decisions included ap-

proval of an updated municipal accessibility plan and first reading of a bylaw to implement a pass-through water rate increase from the Pembina Valley Water Cooperative, as required by the Public Utility Board. Council also approved 2026 employment contracts during a closed session portion of the meeting.

RM of Dufferin approves 2026 financial plan with modest tax increase

By Haley Cvar

The Rural Municipality of Dufferin has approved its 2026 financial plan, with council highlighting a modest increase in municipal taxes alongside significant investment in infrastructure and services.

Council gave final approval to the budget through By-law No. 2041 on April 14.

The municipality has set a general municipal tax rate of 8.991 mills. When combined with two at-large special levies — 0.174 mills for machinery replacement and 0.155 mills for the municipal shop debenture — property owners will see a total municipal mill rate of 9.320 on their tax bills.

Based on the overall tax requirement, the municipality expects an increase of approximately two per cent in municipal taxes for 2026. The

amount raised through municipal taxation is projected at \$4,409,962.99, compared to \$4,321,699.35 in 2025.

Education taxes, which are collected on behalf of school divisions, will see a more substantial increase overall, rising to \$5,732,341 from \$4,907,998 last year. Rates vary depending on the applicable school division.

Municipal revenue will also be supported by \$1.98 million in conditional grants, with funding secured through programs such as Manitoba Growth, Renewal and Opportunities (Manitoba GRO) and the Municipal Economic Development Infrastructure Program (MEDIP). These grants will support major projects, including two bridge replacements and an addition to the municipal fire hall.

Total municipal expenditures are projected at approximately \$7.7 mil-

lion, up from just over \$6 million last year. The increase reflects both rising costs and continued investment in infrastructure and services.

Transportation remains the largest area of spending, covering public works labour, fuel, equipment operation and materials. The municipality has budgeted \$1,043,419 for gravel in 2026, a seven per cent increase from \$920,433 last year, as it works to maintain and improve its road network. Hydro costs are also expected to rise by about four per cent.

General government expenses include provisions for the 2026 municipal election, estimated at \$32,855, along with a two per cent increase in assessment services and an eight per cent increase in liability insurance.

Infrastructure expansion continues to be a priority, particularly for rural

water services. New waterline projects will be funded through local improvement levies applied only to the properties that benefit. The municipality typically sees about 10 new water connections each year, with several applications currently in progress.

Council also adopted a five-year capital plan outlining more than \$4.6 million in planned spending between 2027 and 2031. The program includes equipment replacement, such as graders and trucks, as well as continued investment in water infrastructure.

Property taxes for 2026 are due Oct. 30. The municipality is offering early payment incentives, including a one per cent discount in July, 0.75 per cent in August and 0.5 per cent in September. A monthly penalty of 1.25 per cent will apply to unpaid balances after the deadline.

2026 Census to shape decisions across Canadian communities

By Dennis Young

Every five years, Canadians take part in the census. The upcoming 2026 Census will be Canada's 24th national count, gathering valuable information to inform decisions across communities, provinces and territories, and the entire country.

This process builds a statistical snapshot of Canada's diverse population and the places we call home, capturing demographic, social, economic and agricultural data.

Below are several ways this information is used:

Federal: Population totals ensure fair representation in electoral districts. Household details guide programs such as Old Age Security and child benefits.

Provincial: Data highlights regions that may require new daycares, schools, retirement homes or health

facilities. Traffic patterns help plan upgrades for roads and networks.

Municipal: Local councils rely on census figures to determine service needs such as schools, policing, fire protection, senior housing and resource allocation.

Agriculture: The census reveals farming trends and provides insights for marketing and production decisions.

Businesses: Companies use these numbers to select locations for new factories, stores or offices, and to evaluate customer potential in different areas.

Individuals: Families can review the data to ensure their neighbourhood meets their needs. Professionals may reference salary averages during negotiations, while students use job-demand statistics to make informed career decisions.



STANDARD PHOTO SUBMITTED

Canadians will begin receiving 2026 Census invitation letters in early May, marking the country's 24th national count and helping gather key data that informs decisions for communities, governments and businesses.

Completing your census helps deliver high-quality information to support key decisions affecting Canadian families, neighbourhoods and businesses.

The official website for the 2026 Census of Population in Canada, including Manitoba, is census.gc.ca.

For the 2026 cycle, households across Manitoba will receive invitation letters starting in early May 2026 with instructions on how to complete

the questionnaire.

Here are Carman's census records from Library and Archives Canada:

1901 — 1,439 / 1911 — 1,271 / 1921 — 1,591 / 1931 — 1,418 / 1936 — 1,450 / 1941 — 1,455 / 1946 — 1,550 / 1951 — 1,867 / 1961 — 1,930 / 1971 — 2,030 / 1976 — 2,272 / 1981 — 2,408 / 1986 — 2,500 / 1991 — 2,567 / 1996 — 2,704 / 2001 — 2,831 / 2006 — 2,880 / 2011 — 3,027 / 2016 — 3,164 / 2021 — 3,114.

Manitoba, Ottawa boost wages for child-care workers

By Annaliese Meier

Early childhood educators in Manitoba are seeing significant wage gains as part of a joint federal-provincial effort to strengthen the child-care system and expand access for families.

The governments of Canada and Manitoba announced that wage increases introduced through a new provincial wage grid have boosted pay for early childhood educators (ECEs) by as much as \$7 per hour over the past two years, depending on certification level and facility size. The updated wage grid took effect April 1.

Manitoba Education and Early Childhood Learning Minister Tracy Schmidt said the increases are part of a broader strategy aimed at growing the workforce and supporting the expansion of licensed child-care spaces.

"The Manitoba government is delivering more high-quality child care for families across the province for children up to age 12," Schmidt said in a release, noting that nearly 1,200 additional educators have joined the sector.

The wage enhancements apply to ECEs, child-care assistants and home-

based providers working in licensed and funded facilities. They build on previous increases introduced to address long-standing wage gaps in the sector.

Federal Secretary of State for Children and Youth Anna Gainey said the investment reflects a continued commitment to strengthening early learning and child care across the country.

In addition to wage increases, the province will provide a two per cent funding boost — totalling \$14.3 million — to support wages at licensed facilities. Base operating grants will also rise by one per cent, adding \$4.7 million to help centres manage day-to-day costs.

Sector leaders say the funding is critical to stabilizing the workforce.

Jodie Kehl, executive director of the Manitoba Child Care Association, said competitive wages are key to improving retention and maintaining quality care.

"Fair and competitive compensation is essential to stabilizing the workforce, strengthening retention and sustaining high-quality early learning and child care," she said.

The announcement also includes more than \$14 million over two years to extend training programs at five post-secondary institutions, supporting 327 expanded seats for ECE students. The funding builds on a previous \$24-million investment made in 2023 to grow training capacity.

Officials say expanding training opportunities is necessary to meet growing demand for child-care spaces across Manitoba.

The investments are part of the Canada-Manitoba Canada-Wide Early Learning and Child Care Agreement, first signed in 2021. Under the agreement, Ottawa committed approximately \$1.2 billion over five years to reduce parent fees to an average of \$10 per day and increase access to licensed care. A 2025 extension added \$1.9 billion in funding through 2031.

Government officials say the combined measures — higher wages, increased operating funding and expanded training — are intended to ensure child care remains accessible, affordable and sustainable for Manitoba families.

Spring snow returns



STANDARD PHOTO BY DENNIS YOUNG

A fresh blanket of snow covers a backyard in Carman on April 15 after 10 cm of precipitation fell during windy conditions. Temperatures reached a high of -1 C and a low of -7 C, with wind chill making it feel closer to -16.

ATTENTION STUDENTS:



TWO \$500 SCHOLARSHIPS

Carman Legion Ladies Auxiliary #18 is offering two scholarships of \$500 each to a child, grandchild or great grandchild of a Veteran, Carman Legion Branch or Auxiliary member, leaving High School this year to further their education. The Scholarship must be used within one year from the day it is awarded.

Application forms are available at Carman Collegiate, Elm Creek Collegiate, Miami Collegiate, Dufferin Christian School or by contacting the Auxiliary Secretary directly at (204) 745-8222.

Applications must be clearly marked Legion Ladies' Auxiliary Scholarship and must be received by the Auxiliary Secretary, PO Box 98, Carman, MB. R0G 0J0 no later than Friday, June 5, 2026.

Carman Area Foundation gala celebrates community giving

By Lana Meier

The Carman Area Foundation brought the community together this week for an evening of celebration and giving, awarding more than \$213,924.10 to local non-profit organizations during its annual gala.

Held Friday evening, the event welcomed residents, donors and supporters from across Carman and surrounding municipalities, highlighting the impact of community-driven philanthropy throughout the region.

A total of \$191,660 from Carman Area Foundation endowment funds, along with \$22,264.10 from the Thomas Sill Fund, was distributed to dozens of local initiatives, supporting projects that range from health care and recreation to education, accessibility and community infrastructure.

Community Foundations Officer Caddie Crampton said the evening reflected the strength of local giving and the tangible impact those contributions continue to have across the region.

"It's a powerful reminder of what we can accomplish together," she said.

Funding announced during the gala will support a wide range of projects, including upgrades to recreational facilities, new medical equipment, youth programming and enhancements to shared community spaces.

Several of the largest grants included \$15,590 for IsoAir mattresses for palliative care at Carman Memorial Hospital, \$15,000 for a bladder scanner at Boyne Lodge, \$10,000 contributions toward a new fire truck for the Rural Municipality of Roland, a Habitat for Humanity build in Carman, and a



STANDARD PHOTO BY CADDIE CRAMPTON

Board members, donors and grant recipients with the Carman Area Foundation gather during the organization's annual gala Friday, celebrating the distribution of \$213,924.10 in funding to support community projects across Carman and surrounding municipalities.

new basketball court at Kings Park, as well as \$10,000 for a gym sound system upgrade at Carman Elementary School. Other notable grants included \$8,000 for training room tables for the Carman Dufferin Fire Department, \$7,500 for spectator stand heaters at the Elm Creek skating rink, \$6,837 for new basketball hoops in Sperling, and \$5,000 grants supporting projects such as banquet chairs for the Carman Active Living Centre, a multi-sport court in St. Claude and a ventilator replacement for STARS Air Medical.

In addition to larger capital projects, funding will support a wide range of community-driven initiatives, includ-

ing schoolyard improvements, library upgrades, minor sports equipment, accessibility enhancements, arts and culture programming, and improvements to parks, pathways and community facilities throughout Carman, the Rural Municipalities of Dufferin, Grey and Roland, and the community of Sperling.

Organizers described the evening as a powerful reflection of local generosity and collaboration, with attendees gathering to support initiatives that enhance quality of life throughout the region.

The foundation also recognized its sponsors for helping make the event

possible, including Greenland Equipment, Aubin's Nurseries, Sperling Industries, Carman Pharmacy, Walinga and Blue Crescent Hotel.

Attendees praised the evening's atmosphere, food and entertainment, with many highlighting the opportunity to connect with others committed to giving back.

The Carman Area Foundation said the success of the event reflects the continued support of donors and volunteers, whose contributions help fund programs and initiatives that benefit residents throughout the region.

Morden tech program picked up by RRC Polytech

By Lorne Stelmach

A technology training initiative that had been well received in Morden will continue under a new educational institution.

The shutdown of the Winnipeg-based Manitoba Institute of Trades

and Technology had a ripple effect earlier this year, with the future of the network and system administrator program based in Morden up in the air as a result.

Last week, though, Red River College Polytech announced the Morden

program is among several former MITT programs it is taking on to continue.

In a news release, RRC Polytech and MITT stated they had been working diligently to complete an academic program review of all MITT programs

as they worked collaboratively on the transitional process to RRC Polytech.

"Our focus throughout this work has been on students and on ensuring the in-demand training Manitoba's economy depends on continues without disruption," said Fred Meier, president and CEO of RRC Polytech. "Earlier today, we provided an update to stakeholders, including staff and students of both institutions, that MITT programs with strong enrolment and labour market demand will continue under RRC Polytech beginning this fall, preserving critical training capacity and supporting workforce needs today and in the years ahead."

Nineteen MITT programs will be

Continued on page 15

Barnswallows Quilters mark 40 years with annual show May 1-3

By Lorne Stelmach

From its humble beginnings 40 years ago, what became the Barnswallows Quilters has come a long way.

It marks the milestone with its upcoming annual show set for May 1-3 at the Access Event Centre in Morden.

As always, the show serves as a showcase of the creative talent from across the region. Every year it brings a wide variety of work that is both traditional and contemporary, and that is something organizers are always keen to highlight.

"They're all very artistic," said co-chair Lesley Andrew. "Maybe it's because of Manitoba's long winters. We have more time to do these kinds of things in winter time.

"There is a lot of talent for sure, and it's neat to see it come through in so many different ways. It's not just the traditional quilts. There's beautiful wall hangings and a variety of things."

The quilt show had modest beginnings, Andrew recalled, noting it started when Gloria Dyck converted an old horse barn on her property into a gathering space for friends to sew.

"She gathered her friends to hand quilt a quilt for charity," she said. "They met regularly and enjoyed having a show and tell. So this event eventually led to having a public show."

The variety of work displayed for the

show has grown to include all manner of fabric work by artisans from all over southern Manitoba.

The 2026 event runs Friday, May 1 from 10 a.m. to 8 p.m., Saturday, May 2 from 10 a.m. to 5 p.m., and Sunday, May 3 from noon to 5 p.m. in the event centre community hall.

Registration happens on Wednesday April 29 from 10 a.m. to 8 p.m. in the facility's Morden Chiropractic meeting room. While Barnswallows members get preference if space becomes limited, the show is open to all quilters.

"You don't have to be a member, although we do have a lot of quilts and we may not be able to hang up everyone's quilts," Andrew noted. "We welcome everyone with different levels of expertise, whether you're a first time quilter or you're learning new techniques or you're sharing your inspiration with others ... anyone can register a quilt for the show."

As always, the show will shine a spotlight on a feature quilter. This year it's Joyce Debreuil, who will have several pieces on display.

Another feature of the show is the annual challenge where creators are given a theme to work with for the following year. This year's theme is "Connection."

"It is always interesting to see. They take a theme, and what one person



STANDARD FILE PHOTO

The work of quilters and fabric artists from across the region will be up at the Access Event Centre in Morden next weekend.

sees with it is different from what another person sees," said Andrew, who shared that the 2027 theme is "Ruby" in honour of the quilting showcase's four decades in the community.

A new feature this year will be a display by a fiber art network from B.C. with the theme of "Up Close." The show will also feature a merchant mall overseen by Aspen Grove Quilting. And, of course, the Barnswallow's Boutique allows members to have some of their work available for sale as well. There will also be a rainbow

auction, with proceeds supporting South Central Cancer Resource and Boundary Trails Health Centre women's health services. Andrew shared that they will have perhaps around 60 high school students tour the show on the Friday, and she hopes that it will inspire the next generation of quilters.

"And we're always encouraging new members ... everyone is welcome. It doesn't matter what level of expertise you are," she said. More information is available online at the barnswallowquilters.wordpress.com.

Registration now open for provincewide Alzheimer's walks in support of dementia

By Haley Cvar

Communities across the province are preparing to step up in support of families affected by dementia as the Alzheimer Society of Manitoba hosts its annual IG Wealth Management Walk for Alzheimer's throughout May and June.

The walk, the Society's largest annual fundraiser, brings together participants of all ages to raise funds and awareness while supporting people living with dementia, as well as their families, friends and care partners.

"It's one of my favourite days because of the strong sense of community — you really feel like you're a part of something," said CEO Erin Crawford. "It's also just a lot of fun. There's music, activities for the kids and so much laughter and love. You'll leave feeling uplifted."

Walks are scheduled in several Manitoba commu-

nities, including Selkirk on June 4, Steinbach on June 7, Gimli on June 12, Altona on June 17, Portage la Prairie on June 18 and Darlingford on June 20. Brandon will host its walk earlier, on May 27.

Funds raised through the events help the Alzheimer Society continue offering critical services, including one-on-one support, education sessions, support groups and dementia-friendly programming aimed at helping individuals and families live well with the disease.

For participants like Gary Garbutt, the walk holds deep personal meaning. Garbutt, who walks with his team "Gary's Groupies," said the event has become one of the most important days of the year for him and his wife, Barb.

"It's inspiring," he said. "You see all those people, and you think, 'wow, there's

a lot of support out there.'"

Organizers encourage participants to register as individuals or teams, begin fundraising and share their reasons for walking with their networks. The event also serves as an opportunity to connect with others who understand the challenges of dementia and to show support for those navigating the journey.

Visit alzheimer.mb.ca to learn more about the Walk and to register.

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Slawik returns to GPAC gallery with new works

By E. Antonio

Wanda Slawik says art has become her second language.

Born in Poland and now living in Canada for more than four decades, the Winnipeg-based artist says art has transformed who she is as a person.

"I didn't know who I was before I became an artist," she said. "Creating is an inseparable part of my life. It's a way to express myself — the best way."

From May 1 to June 30, more than 25 of Slawik's pieces will be on display at the Golden Prairie Arts Council, featuring some of her favourite works. A welcome reception will also be held at GPAC on Saturday, May 9, from 1 to 3 p.m.

Working primarily in pastels, Slawik also uses watercolour, acrylic and oil paints to create a variety of subjects. Her favourite pieces to create are landscapes, often inspired by her own photographs.

"Landscapes are the power of me," she added. "It's what drives me as an artist."

She explained that each piece is fuelled by her creativity while drawing inspiration from real-life references. Once an image is selected, she aims to stay true to both herself and the reference photo while adding unique artistic elements.

"Getting the idea is the hardest part," she said. "Once it is on paper, it's super easy."

Slawik is a trained multimedia artist who graduated from the High School of Fine Arts in Warsaw, Poland. She said her education gave her a new perspective on life.



A collection of Slawik's paintings, showcasing her use of pastels, acrylics and oils, will be on display at GPAC.

"Everywhere I look, there is something to create."

Displaying her work at GPAC was an easy decision following her first exhibit there three years ago. She described GPAC as "one of the best galleries in Manitoba," adding that small, rural galleries help the art community and culture thrive — something she believes is vital for the future of artists.

"We are a group of people without a voice," she said. "We don't exist in political language and we are consistently overlooked by the government. Art has more power than medicine. We need to be opening more galleries, having more public spaces for artists



STANDARD PHOTOS SUBMITTED

Winnipeg artist Wanda Slawik will display her artwork at the Golden Prairie Arts Council from May 1 to June 30.

to share their work and filling all the blank walls with art."

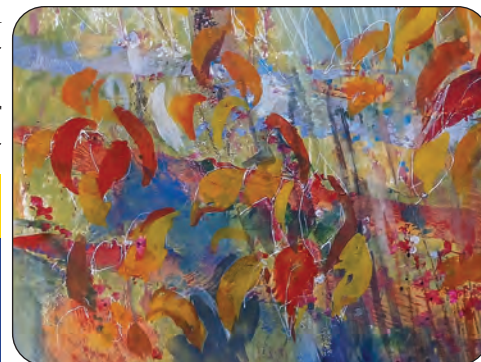
She added that for her, it is not about commission, but about sharing the importance of creativity.

"Artists should have the right to share their art and I want to help open the door for other artists. I like opening people's eyes to the beauty."

She hopes visitors who view her display at GPAC will leave with a re-

newed sense of meaning.

"I hope they will take away a sense of peace and assurance," she added. "We live in an amazing province and its beauty deserves to be shared."



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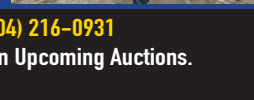
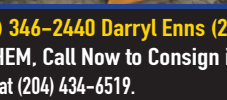
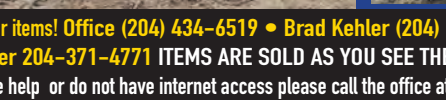
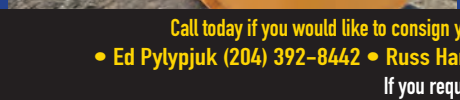
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Joyce Debreuil honoured as featured quilter at Barnswallows' exhibit

By Lorne Stelmach

Barnswallows Quilters's annual quilt show always puts the spotlight on a featured quilter, and the choice for this year's event was quite surprised to be selected for the honour.

The work of Joyce Debreuil will be featured at the show set for the May 1-3 at the Access Event Centre in Morden.

"I was astonished," said Debreuil. "I've actually only belonged to the group for a couple years, although I've been quilting for a lot longer than that ... so I was surprised and very flattered."

"I've always sewn quilts, but I would have never imagined being a featured quilter."

The displays of the featured quilters often vary from being a sort of retrospective of their work to perhaps having a representative theme. For Debreuil, family connection is the common thread between many of her pieces.

"I have nine great grandchildren, and I made each one of them a quilt with their name on the top, so that's going to be the centrepiece," she shared.

Working with fabrics and especially sewing has long been a part of Debreuil's life.

"I sewed all my life, but mostly I sewed for my kids," she noted. "I started quilting about 25 years ago after I retired."

"I like working with colour, and I've always sewn and worked with fabric."

She sees much of her work as not being very traditional in most ways.

"Most of my quilts are not traditional patterns. The ones I'm going to show are not traditional

patterns mostly," Debreuil said.

She referred to a couple mottos she likes to ascribe to when it comes to her pieces.

"If everything fits but one doesn't quite match, it's a mistake, but if nothing matches, then it looks great," she said. "Another quote from a book I really enjoyed was 10 colours might be wrong, but a hundred colours are always right ... if you have enough colours, it will be fine. My display will be very colourful."

As to the attraction to quilting, Debreuil went back to her family connections with her creations.

"They're useful. When I give people quilts, I tell them don't hang them on the wall. Use them. So these baby quilts are all going to have been used already."

Debreuil sees there being a lot of talented quilters in the region, so it is nice that this show puts it all on display.

"It's high quality work," she said, noting there is an upcoming national show in Winnipeg where she would love to see local quilters on display. "I went to one in Edmonton a couple years ago, and lots of the quilters here could easily show there and not be ashamed."

And as for the local show, she also looks forward to meeting and connecting not only with other quilters and aficionados but perhaps even inspire interest among youth.

"It's nice to see when a few younger people come in," Debreuil said, recalling when she taught a 15-year-old great niece to quilt. That niece went on to make a huge queen-size quilt for her parents that will be in the show.



STANDARD PHOTO SUBMITTED

One of the custom quilts Joyce Debreuil has made for each of her grandchildren.

"This is a bit of a push to get some younger people interested," she noted. "It's a bit of an expensive hobby, especially to get started. Without having somebody to help, it's hard to get started, but there's a few."

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From hard work to lasting legacy: remembering the Luckings of Carman

By Dennis Young with family notes

"Our parents left a lasting impression on us to be hard workers, enjoy life and put family first. They were great mentors and set great examples. We know that they had hard times, but they both enjoyed life to the fullest!"

Freeman grew up in Elkhorn, where he developed a notable reputation as a skilled fastball pitcher. Throughout his youth, he played for various teams across Manitoba before leaving his hometown to seek employment. He initially found work at the Flin Flon rink and continued playing fastball with their team.

His abilities attracted the attention of the owner of the Cruise Dairy ball team in Dauphin, resulting in an employment offer contingent upon his participation on their team. While working at the King's Hotel and delivering milk, Freeman pitched for them.

During this period, dancing served as a primary social activity, and Freeman attended as many dances as his schedule permitted. It was through this shared interest that he would later meet his future spouse.

Dorothy Heesaker was born in Million and completed most of her early education at a local country school, ultimately achieving Grade 8 through correspondence. As the eldest child, she frequently cared for her younger siblings and, according to family accounts, often walked long distances to school without shoes.

Dorothy's enthusiasm for dancing began at an early age, with her brother Eugene accompanying her to nearby events, Dorothy riding on his bicycle handlebars. Eventually, she moved to Dauphin for work, securing a position as a waitress at the King's Hotel, where Freeman was also employed.

She was also a housekeeper for the Dickson family. Mrs. Dickson recognized the potential compat-



Hard to believe Freeman and Dorothy found time to relax with all they accomplished in life.

ibility between Dorothy and Freeman and arranged their introduction by inviting them to dinner. That meeting resulted in their marriage in 1941.

By 1945, Freeman had advanced to manage the Carman Safeway, while Dorothy dedicated herself to raising their six children. The family later relocated to Manitou for Freeman's position at Beaver Lumber, during which time he suffered a severe injury to his left hand. The support system they had established in Carman prompted their return to the community.

Despite personal challenges, Freeman and Dorothy maintained a balanced lifestyle, integrating recreational activities and volunteerism into their daily lives. Freeman served as grocery manager at the Co-op and contributed more than two decades to town council, including involvement in the Boyne River Diversion project. He was also active in the local golf club, holding executive roles such as president, serving as starter at the Carman Labour Day Classics, and co-founding the Millionaire Club.

Dorothy, meanwhile, balanced her responsibilities as a mother with two decades of evening work as a waitress at the Rex, developing strong relationships with her customers. Upon retirement, she dedicated herself to volunteer work, often saying, "A little work never hurt anyone, and if it makes you feel good, then you've accomplished what you set out to do."

Her volunteer service included nearly 20 years with the ladies' section of the DAS — earning her honorary life membership from the Manitoba Association of Agricultural Societies — and 16 years as president of the Ladies Auxiliary.

Additionally, she served on boards for Parkview Manor and Evergreen Place, participated actively in the Anglican Church and United Way, supported local elections, and helped establish breast self-examination clinics. Dorothy co-founded and served on the Handi-van committee for 10 years, motivated by her empathy for the elderly.

Following the completion of the Community Hall in 1979, Dorothy and Doreen Young (D & D Catering) launched a group to raise funds, coordinating 139 banquets and recruiting 1,700 volunteers over several years,



STANDARD PHOTOS SUBMITTED

The strong bond within the Lucking family created many fond memories. Pictured in 1997 (L-R): Ellen, Kathy, Dorothy, Doreen, Charlie and Shelley.

ultimately eliminating the facility's debt with a donation of \$30,000. Freeman assisted by managing financial records and acting as the gofer.

Dorothy's passion for dance persisted throughout her life. She was a longtime member of the Bar 8s Square Dance Club and later played a key role in founding and organizing the Carman Fun and Fiddle Festivals.

In recognition of her extensive service, Dorothy received multiple honours, including Citizen of the Year, Volunteer of the Year and the Half Century Award.

As parents, they were loyal providers. "Growing up, we developed and maintained a strong family bond. Our vacation trips always seemed like an adventure, with eight of us in Dad's Dodge. Dad, Mom and Shelley in the front — that put the rest of us in the back: one on the floor hump, one in the back window and the other three on the seat!"

"Mom and Dad had a gift for hospitality. It was not rare to see the house full of visitors, whether family or friends. We played lots of games, and on Saturday nights when Mom would come home from the Rex after midnight with Chinese food, we ate and played games into the wee hours. We always hoped that Mom would sleep in so we didn't have to go to church, but that never happened!"

Freeman and Dorothy Lucking distinguished themselves as committed community members, devoted both to public service and to cultivating a vibrant family life. Their legacy of dedication and resilience continues to serve as an inspiration to us all.

Dorothy (82) and Freeman (87) both passed away in 2003. Doreen Lucking, who passed in 2020, farmed in Miami with Clayton Cox before later moving to Morden. Kathy Lucking met Alvin Cox, who was in the Air Force; they moved frequently and later retired in Winnipeg. Alvin passed in 2013. Ellen Lucking and George Neufeld are retired and living in Carman. Charlie and Roland's Debbie Young live in Headingley as retirees. Dorothy Lucking is retired in Moose Jaw and is married to fellow Carman native Greg Karmazenuk.

Shelley Lucking currently lives in Carman.



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The Tea Party to headline Corn & Apple Festival

By Lorne Stelmach

The Corn and Apple Festival is again dipping into the rich well of Canadian rock from the 1990s for this year's main stage lineup.

It was announced last week that The Tea Party will be the headline act for the Aug. 28-30 festival.

Active especially throughout the '90s and up until 2005, the band reformed in 2011. The Tea Party has released eight albums and sold over three million records worldwide, including four double-platinum awards, one platinum, and four gold albums in Canada.

Known for their powerful blend of rock and world music influences, The Tea Party is sure to deliver a memorable show, and festival executive director Rashaad Hamid said they were very pleased to land an act of this calibre for the Saturday night stage show.

"As a community-focused festival, bringing in a band of this calibre has been something many in our community have suggested over the years, and we're thrilled to finally make it

happen," he said.

"They are a well-established Canadian act with a strong reputation for outstanding live performances, and we feel they will connect very well with our core audience. From both a personal perspective and on behalf of the organization, this is shaping up to be one of the standout moments of our festival."

The festival will also have The Highway Company as the opening act that night, offering a mixture of Americana rock.

Hamid said he feels this is a continuation of what has proven to be very successful for the festival in the past few years.

"Building on the momentum of recent years, including strong turnouts and major performances like The Big Wreck in 2022, the festival continues to grow in both scale and ambition. This announcement reflects that continued progress," he suggested.

"We are also working behind the scenes on a bunch of other stuff, with more announcements to come as de-



STANDARD PHOTO SUBMITTED

The Tea Party will anchor the Saturday night main stage lineup at the Morden Corn and Apple Festival this summer.

tails are confirmed. The best way for the community to stay up to date is by following our social media channels and subscribing to our newsletter."

Hamid also made an appeal for continued support from the community.

"We want to emphasize that as the festival continues to grow, so do the associated costs of delivering high-

quality programming. We are deeply grateful for the support we receive, and we continue to encourage local businesses and community partners to consider the festival as their own, stepping forward as sponsors to help us keep expanding and bringing more exciting experiences to the region for years to come."

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get inspired

> MEAL IDEAS



Flatbread Nicoise

Preheat oven to 450 F. Using mandolin, thinly slice potatoes.

Drizzle 9-by-13-inch baking sheet with 1 tablespoon olive oil and spread pizza dough to edges. Shingle potatoes over dough, leaving 1/2-inch border. Season with salt and pepper, to taste, and drizzle with remaining olive oil.

Bake pizza until cooked through and crust is golden, about 25 minutes. Remove and let cool slightly.

Bring small saucepan of salted water to boil. Add green beans and cook until bright green and crisp tender, about 3 minutes. Strain, rinse with cool water and drain well. Transfer to work surface and cut each bean into thirds on bias.

Strain oil from tuna can into small bowl and whisk vinegar into oil. Season with salt and pepper, to taste.

Sprinkle slightly cooled pizza with arugula, tuna, tomatoes, olives, green beans and red onion. Drizzle with vinegar dressing then slice and serve warm.

Total time: 50 minutes

Servings: 4

4 ounces baby potatoes, well-scrubbed

2 tablespoons extra-virgin olive oil, divided

1 pound store-bought pizza dough, at room temperature

kosher salt, to taste

freshly ground black pepper, to taste

2 ounces green beans or haricot verts, trimmed

1 can (5 ounces) Genova Yellowfin Tuna in Olive Oil

1 1/2 teaspoons red wine vinegar

1/2 cup baby arugula

1/2 cup cherry tomatoes, halved

1/4 cup pitted kalamata or nicoise olives, halved

1/4 small red onion, thinly sliced



Vietnamese Caramelized Beef Bowls

moons

1 bunch fresh mint

1 bunch cilantro

chopped roasted and unsalted peanuts

1 lime, cut into wedges

Cook vermicelli noodles according to package directions. Set aside.

To prepare beef: In medium bowl, whisk garlic, ginger, fish sauce, brown sugar, lemongrass paste and lime juice until blended. Add beef and mix until well blended. Marinate 15 minutes.

In large skillet over medium-high heat, heat vegetable oil. Add beef and cook, breaking up using wooden spoon and stirring occasionally, until beef is dark and caramelized, 10-12 minutes.

To make dressing: In small bowl, combine soy sauce, lime juice, lemongrass paste, brown sugar and sriracha, if desired. Whisk until sugar dissolves. Slowly stream in vegetable oil, whisking, until dressing is thickened.

To prepare salads: Divide noodles between four shallow bowls. Arrange caramelized beef, lettuce, carrots, cucumber, mint and cilantro in bowls then drizzle with dressing and sprinkle with peanuts. Serve with lime wedges for squeezing on top.

Prep time: 20 minutes

Cook time: 30 minutes

1 package (8 ounces) rice vermicelli noodles

Beef:

2 cloves garlic, grated

1 thumb ginger, peeled and grated

2 tablespoons fish sauce

4 teaspoons light brown sugar

1 tablespoon lemongrass paste

1 tablespoon fresh lime juice

1 pound Niman Ranch ground beef

1 tablespoon vegetable oil

Dressing:

4 tablespoons soy sauce

4 tablespoons fresh lime juice

2 tablespoons lemongrass paste

2 tablespoons light brown sugar

2 teaspoons sriracha or hot sauce (optional)

2 tablespoons vegetable oil

Salad:

8 ounces butter lettuce leaves

8 ounces carrots, peeled and sliced into matchsticks

1 English cucumber, halved lengthwise and thinly crosswise into half-

This Mental Health Week, let's talk about substance use

By News Canada

Being a kid isn't easy. Young people are often under a great deal of stress, and one way some youth respond is with drugs or alcohol. Teens may use drugs and alcohol to relax, to fit in with peers or because they believe it will help with focus or performance. They may also simply be curious about trying something new.

Substance use always comes with risks, especially for young people, because their brains aren't fully developed until around the age of 25. Cannabis, alcohol, nicotine and other substances increase the risk of harm to developing brains, hampering functions like concentration and memory, and can lead to mental health challenges such as anxiety and depression.

Substance use can make mental health struggles worse. It can be a way for teens to forget their problems and simply feel good for a brief moment. But that good feeling comes from the substance triggering the brain to release dopamine, the "happy hormone." Over time, regular use can interfere with the brain's dopamine system, actually making it harder to feel happy or motivated. It can also make existing mental health issues worse, or create anxiety. In some cases, teens using drugs can develop paranoia or schizophrenia.

Talking with teens about substance use is a critical part of



preventing harm. Teens may have incomplete or incorrect information about the substances they or their friends may be using, even legal ones. Clearly communicating your expectations and sharing accurate, factual information about risks—including those that may not be obvious—can help teens reduce their risk and make more informed decisions about their health.

You don't have to face the topic alone; you can find free resources online, like Health Canada Experiences, which has interactive modules for parents and teens to get better informed on substance use.

Teens may have questions of their own that they've been too nervous to ask. That's why it's important to create a safe environment to calmly and openly have discussions. You can learn more about starting the conversation at healthcanadaexperiences.ca.



Mediterranean Tuna, Feta and Dill Salad

Dressing:

2 tablespoons fresh-squeezed lemon juice

1 tablespoon fresh chopped dill

1/2 teaspoon salt

1/4 teaspoon ground black pepper

In large bowl or on platter, lay arugula. Place cherry tomatoes, cucumber, feta, red onion and dill over arugula. Top with tuna; reserve oil from cans.

To make dressing: In small bowl, combine lemon juice, dill, salt and pepper. Whisk in reserved olive oil from tuna cans until mixture is well blended.

Drizzle dressing over salad and top with additional chopped dill, if desired.

Total time: 20 minutes

Servings: 4

3 cups arugula

1 cup cherry tomatoes, each cut in half

1/2 English cucumber, cut into 1/2-inch chunks

1/2 cup feta cheese chunks

1/4 cup sliced red onion

2 tablespoons chopped fresh dill or 1 teaspoon dried dill, plus additional for topping (optional)

2 cans (5 ounces each) Genova Yellowfin Tuna in Olive Oil

Future docs see what rural medicine has to offer

By Ashleigh Viveiros

Boundary Trails Health Centre welcomed a group of future doctors to town early this month to give them an idea of what rural medicine is all about.

The University of Manitoba's Rural Interest Group — about 40 students strong, all in their first and second years of medical school — stopped by the regional hospital Saturday.

They spent the morning rotating through several interactive skills stations led by local health-care professionals before heading out for lunch and a tour of Dead Horse Cider near Winkler.

Second-year medical student Kyla Goulet-Kilgour, who grew up in Winnipeg, said the experience opened her eyes to what a medical practice beyond the Perimeter Highway has to offer.

"We started with a presentation from one of the doctors, just setting the stage for what a rural practice can look like," she said. "That was really inspiring. He emphasized the dignity of the person and the importance of providing patient-centred care. That's always a good reminder for us medical students as we learn."

"What was really cool as well as we toured the Boundary Trails facility, which is a lovely new space," Goulet-Kilgour added, referring to the community services building and in-patient unit that opened at BTHC this spring. "So that was really nice to see."

The hands-on workshops proved to be a highlight of the day.

"That was probably one of my favourite parts," she said. "We started off with a session where we learned intubation from one of the doctors who works in anesthesia. Then we had suturing sessions, learning how to do different stitches. And then we had a pediatric session where we went over how to evaluate a newborn

baby."

Other stations touched on procedures related to lung capacity and women's health.

"We learned how to do things like endometrial biopsies, IUD insertions, Nexplanon insertions — those sorts of things," Goulet-Kilgour said, noting that session was especially interesting to her. "I had a really good conversation with the doctors who were running it, particularly the obstetrician-gynecologist, hearing what it's like to work rurally as an obstetrician."

"I've never really had the chance to talk with a rural obstetrician who's doing many surgeries a week and dealing with some, oftentimes, high-risk, high-stakes cases. So it was really cool to talk with her."

"I've got to say, the doctors and all the facilitators across the board were super keen to share their knowledge and really excited to have us there learning and to answer any questions we had," she added, noting it has given her food for thought as she moves through her training. "Everyone I interacted with was very welcoming and proud of their community, which was really nice to see."

The day was organized by Southern Health-Santé Sud in partnership with the C.W. Wiebe Medical Centre in Winkler and the Menzies Medical Centre in Morden.

Menzies clinic executive director Nicole Walske said events like this are a great way to showcase what the Morden-Winkler area has to offer.

"It was a fantastic opportunity to have med students join us for the day and see a little bit about the work available in rural medical practice, as well as our facilities and some of our fantastic physicians and support teams," she said. "It's a great opportunity to build connections with these students as they begin this journey and give them a place to land when they have questions."



STANDARD PHOTOS SUBMITTED

On Saturday, the University of Manitoba's Rural Interest Group medical students got the opportunity to tour BTHC and take part in hands-on training in everything from intubation (above) to suturing (below).



"For some of them, this may be their first rural exposure in a medical setting," Walske added.

Programs like the Rural Interest Group (RIG), in addition to Rural Week — which also brings first-year medical students to area medical centres — are making a difference when it comes to physician recruitment.

"I just signed my very first physician who was one of my RIG attendees," Walske said, noting she joined the Menzies clinic four years ago. "She's just going into residency and will be

joining us when she's done in two years. She was a RIG participant, so it's kind of cool to see that connection come full circle and realize that the work we do, sometimes years prior, makes a difference — it just takes time."

Hands-on educational sessions led by current doctors and medical staff show future physicians "they're allowed to build the practice that works for them" in a rural setting, Walske said. "When they see that, it's a big part of the appeal."

> MTT, FROM PG. 8

offered as RRC Polytech programs beginning for the 2026-27 academic year, including Morden's network and systems administrator program.

MITT had introduced it in Morden this past year. Its aim was to provide hands-on learning in information and communication technology and practicum experiences with local employers.

MITT's decision to close its doors stemmed in large part to changes made by the federal government over the past two years to the international student program. Those changes resulted in a 55 per cent drop in international students at the school, making its ongoing operations fiscally unfeasible.

"MITT has a proud history of meeting the labour market needs of the province, and we are pleased that the programs that have made MITT unique will continue to be available

to Manitobans long after we wind down operations," said Neil Cooke, MITT president and CEO. "We are grateful for RRC Polytech's partnership and collaboration through this transition, which continues to focus on the success of our students as they complete their programs and ensuring that in-demand pathways remain strong, relevant, and available for future students."

The collaborative work will continue to successfully prepare students and programs for the fall

2026/27 academic year.

"While today's results have set the groundwork for our next steps, they are just the beginning of the process. What comes next will be supporting students' academic journey with the sharing of this information, and the assessment of staffing requirements, which will be undertaken with great consideration in a fair and transparently articulated process," said Meier.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Elm Creek's Lepp, Wolf honoured at provincial awards

By Annaliese Meier

Elm Creek School was recognized on the provincial stage Saturday as Basketball Manitoba handed out its annual high school awards.

Grade 12 standout Kamryn Lepp was named the 'A' female player of the year, highlighting a strong season that saw her emerge as one of the top players in her classification across Manitoba.

"I was very surprised to receive this award because I don't think I stand out as a player, but my team stood out as a team," said Lepp.

Lepp also earned selection to the 'A', 'AA', 'AAA' girls graduating all-star game, where she competed among the province's top graduating players.

"This whole season has been so fun and unforgettable," she said. "I am so proud of all my teammates and how they persevered through playing difficult teams all season, and how we were all able to stay positive, even through the difficult games."

Behind the bench, Elm Creek also earned top coaching honours, with Christine Wolf named 'A' girls coach

of the year.

"I feel very honoured," said Wolf. "Many times, I have been asked where Elm Creek is, so for the program it highlights our presence in the sports community."

Wolf described the team as resilient, pointing to its ability to push through adversity throughout the season.

"They just kept going, taking each challenge as a step to success," she said.

Wolf also credited Lepp's leadership and work ethic as key factors in the team's success.

"Right from day one in Grade 9 playing on the varsity team, she has never shied away from driving to the net and taking the shot," Wolf said. "She would spend extra time honing her skills, and by example, it encouraged others."

Lepp said representing Elm Creek on the provincial stage has been especially meaningful for a small community.

"It has been so much fun and such an honour for us as a small community to finally start to be recognized at a provincial level," she said.

She also credited her family for their support throughout her basketball journey.

"My Mom and Dad have definitely been my strongest supporters throughout all of high school sports," Lepp said. "They are always there to cheer me on, but also never failed to remind me that my worth is not found through my athletic performance."

Lepp also credited her coaches — Wolf, Maddi Fraser and Kelli Wiebe — for helping shape her development.

"They have taught me to persevere and keep working hard even when I'm tired," she said. "That's a lesson I will carry on through my life."

Looking ahead, Lepp plans to attend Bible school for a year before continuing on to university.

The Basketball Manitoba Awards, held at Sport Manitoba Courts and the Manitoba Museum, celebrate the province's top high school players, coaches and contributors each season.

For Elm Creek, the recognition serves as a testament to the program's growth and its emerging presence on the provincial stage.



STANDARD PHOTO SUBMITTED
Elm Creek's Kamryn Lepp was named 'A' female player of the year and earned an all-star selection at the Basketball Manitoba Awards.

Trophy tour brings World Cup fever to Manitoba

By Kieran Reimer

A once-in-a-lifetime moment is set for this June as the 2026 FIFA World Cup kicks off in Canada for the first time.

Vancouver and Toronto will host matches, while 14 additional cities across the United States and Mexico will welcome the world's top soccer nations.

Although no games will be played in Manitoba, the FIFA World Cup Trophy Tour by Coca-Cola is ensuring fans across the country can still be part of the experience.

Last Monday, Manitoba got its chance to welcome the original FIFA World Cup Trophy at Memorial Park in Winnipeg, where thousands gathered to view soccer's most coveted prize — a 13.6-pound trophy made of 18-karat gold.

"We know the sport is growing rapidly in Canada, and Winnipeg has a strong, vibrant community of fans who are deeply connected to the game," said Diana Brenchley, direc-

tor of brand partnerships and sports marketing at Coca-Cola Canada.

"Bringing the Trophy Tour here is about celebrating that passion and giving fans a once-in-a-lifetime opportunity to experience the original FIFA World Cup Trophy up close. It's all part of our commitment, as a long-standing FIFA partner, to make the tournament feel truly national and accessible to fans from coast to coast."

Attendees also took part in Coca-Cola and FUZE Iced Tea tastings, a Northern Super League photobooth, prize giveaways and other interactive activities.

Former Canadian national team members Desiree Scott and Diana Matheson were among those in attendance, along with Scott Gillingham, who participated in the on-stage trophy reveal.

Winnipeg marked the third of seven Canadian stops on the tour, following visits to Calgary and Vancouver. The tour will continue through several U.S. Midwest cities before return-



STANDARD PHOTO BY BRETT MITCHELL
Brazilian World Cup champion Roque Júnior reveals the FIFA World Cup Trophy during the FIFA World Cup Trophy Tour by Coca-Cola at Memorial Park in Winnipeg last Monday. The stop was one of 75 on the global tour and the third in Canada.

ing to Canada in May with stops in Montreal (May 22), Halifax (May 23),

Sanford Collegiate shines at Basketball Manitoba awards

By Annaliese Meier

Sanford Collegiate was well represented among the province's top high school basketball talent Saturday as Basketball Manitoba handed out its annual awards.

Leading the way was Grade 12 standout Halle Penner, who was named the AAA female player of the year following a dominant season on the court.

"I was happy and ecstatic but also proud of all the work I put in to get here," Penner said. "It means a lot to earn the AAA player of the year for the second year in a row."

Penner's impact extended beyond her play, as she was also recognized with the Carl Ridd Award, which includes a \$750 scholarship toward post-secondary education and honours student-athletes for excellence in sport, academics and community involvement.

"It means a lot that they would even consider me for the award," she said. "I feel grateful for this recognition and proud of this achievement."

Penner was also selected to compete in the A, AA, AAA girls graduating all-star game, where she joined many of the province's top players.

Sanford's presence at the all-star event extended beyond Penner, with teammate Jacintha Muir also earning a selection. Muir was additionally recognized with the Donovan Gayle Scholarship, a \$500 award presented to players who demonstrate resilience, perseverance and a positive attitude both on and off the court.

The program was further represented on the AAA female all-Manitoba team, where Ryan McKinlay earned a spot among the province's top players in the category.

Behind the bench, Sanford's success was also reflected in coaching honours, with Kelli Sinnock named AAA girls coach of the year.

"It has been an honour to be named AAA coach of the year," Sinnock said. "There are many great coaches out there that dedicate a lot of time, so it's a true privilege to be nominated by fellow coaches."

Sinnock credited the team's success to its commitment and culture, noting the group's consistency at the provincial level.

"The time, dedication and buy-in from this group has been incredible," she said. "We have made it to the provincial finals for the last three years, and it was extremely special to win on home court in Sanford."

She added that the team's demanding schedule — including competing in higher-level tournaments — helped prepare the athletes for success.

"We played a heavy 4A tournament schedule and they rose to the challenge every time, winning four tournament championships," Sinnock said. "I'm beyond proud of all of their accomplishments both on and off the court."

Sinnock also highlighted Penner's leadership and all-around ability as key to the team's success.

"Halle led with her intensity, athleticism and experience," she said. "She's a player who is always willing to play both sides of the ball, and her rebounding ability is extremely special."

Penner delivered a standout performance at provincials, averaging 27 points, 18 rebounds and five steals per game en route to being named tournament MVP and earning the players' choice award.



STANDARD PHOTO SUBMITTED

Sanford Collegiate's Kelli Sinnock, Halle Penner, Jacintha Muir and Ryan McKinlay were recognized at the Basketball Manitoba Awards, earning provincial honours for their performances during the high school basketball season.

Sinnock also pointed to McKinlay's role as a steady presence on the court.

"Ryan is our starting point guard and an incredible defender," she said. "She creates so many opportunities for us and has shown outstanding composure under pressure."

For Penner, the success was a reflection of both personal growth and team achievement.

"I would describe my season as successful," she said. "I'm most proud of our team winning provincials and the growth we've shown since last season."

Penner will continue her basketball career at Brandon University while pursuing a bachelor of business administration degree.

"It has meant everything to be part of the Sanford program," she added.

"Coach Sinnock has been a great role model and support for me during my time here."

Longtime contributor Hank Nyman was also honoured for his commitment to the sport, receiving recognition for 25 years of coaching service — a testament to the sustained strength and tradition within the Sanford basketball program.

The Basketball Manitoba Awards, held at Sport Manitoba Courts and the Manitoba Museum, celebrate the top players, coaches and contributors from across Manitoba's high school basketball community.

For Sanford Collegiate, the collection of honours reflects not only individual excellence but the continued growth and success of its basketball program at multiple levels.

> FIFA, FROM PG. 16

Ottawa (May 24), and Toronto (May 25-26).

Globally, the trophy has already travelled to dozens of cities, with North America serving as the final leg of the 75-stop tour.

"The response has been incredible so far, in Canada and around the world," said Brenchley. "Thousands of fans come out to be part of the experience, and in Winnipeg, we were preparing to welcome just over 8,000 fans. Even in our short time here, you can feel how excited people are — not just to see the trophy, but to be part of something bigger."

Another highlight for fans was the appearance of 2002 World Cup champion Roque Júnior, who has joined each of the Canadian stops to help

unveil the trophy.

The 49-year-old former defender from Santa Rita do Sapucaí, Brazil, received loud cheers as he took to the outdoor stage.

Monday marked his first visit to Winnipeg, where he experienced typical Manitoba spring weather.

"It's cold, but what I saw in Vancouver and Calgary and here is I think the people like the football," said Junior. "I saw a lot of people with spirit of the World Cup. This is good — it's good for Canada, will be good for the World Cup. A lot of people will come to Canada to see the World Cup, and this is a big opportunity for the country to host the most important football event in the world."

Junior said opportunities like the Trophy Tour didn't exist when he

was growing up, making it especially meaningful for young fans today.

He recalled first watching the tournament at age 10 during the 1986 World Cup, when Argentina won the title. He also remembered travelling with his father to São Paulo, where he met former Brazilian national team player Luís Antônio Corrêa da Costa, known as Müller — a moment that helped shape his dream.

"I was, I think, nine or eight years old," said Junior. "For me, it was a big pleasure. I remember that until today, and that helped me to dream. I looked at him and said, 'Oh, maybe one day I can do the same thing that he did.'"

"I hope I can inspire some young people to look to the future and maybe want to play football. This is part of life."

Junior added he is encouraged by the growth of soccer in Canada, noting the national teams were not as prominent during his playing career.

Canada is currently ranked No. 30 in the FIFA men's world rankings and ninth in the women's rankings.

At the 2026 tournament, Canada's men's team is set to compete in Group B alongside Bosnia and Herzegovina, Qatar and Switzerland in the expanded 48-team format.

The top two teams from each group, along with the eight best third-place finishers, will advance to the knockout stage.

The tournament runs from June 11 to July 19, with Canada opening against Bosnia and Herzegovina on June 12 at Toronto's BMO Field.

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RURAL MUNICIPALITY OF THOMPSON 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 Thompson Office
530 Norton Avenue, Miami 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 other Election Officials will be available to update the voters list by:
- adding the names of voters who are entitled to have their names on the list;
 - deleting the names of persons who are not entitled to have their names on the list; and
 - making such other correction of errors to the list as required.

VOTER ELIGIBILITY:
A person is eligible to have their name added to the Voters List if they are:

- 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 SEO 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 their 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 Miami in the Province of Manitoba on April 30th, 2026

Dianne Swain, Senior Election Official (SEO)
Rural Municipality of Thompson
Box 190, 530 Norton Avenue
Miami, MB R0G 1H0
Phone: 204-435-2114
Fax: 204-435-2067
Email: info@rmofthompson.com
The next General Election takes place on October 28, 2026.



RURAL MUNICIPALITY OF DUFFERIN NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE

FOR GENERAL MUNICIPAL ELECTION
Please be advised that a general municipal election will be held on October 28, 2026.

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise, or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations:

For the office of Reeve: Between May 1, 2026 and September 22, 2026
For the office of Councillor: Between June 30, 2026 and September 22, 2026 at the Rural Municipality of Dufferin office, 12-2nd Avenue S.W. Carman, Manitoba during the regular hours of business, Monday to Friday 8:30 a.m. to 12:00 p.m. and 1:00 p.m. to 4:30 p.m.

To obtain a registration form contact the SEO by email at cao@rmofdufferin.com or telephone 204-745-2301.

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NOTICE OF ANNUAL MEETING

HOMESTEAD CONSUMERS CO-OP LTD.

THURSDAY, MAY 7, 2026

7:00 P.M.

This year's AGM will be held online via Webex. To register, email your name and member number to AGM@homestead.crs by 5:00 pm on Monday May 4, 2026.

Attend virtually and be entered to win great door prizes!

AGENDA ITEMS:

- Annual report of the Board & Management to the membership
- Presentation of the audited financial statements
- Appointment of auditors
- Election of Directors
- Proposed Bylaw Amendments to Bylaws #3.05, #3.14, #3.18, #6.01, #7.03, #7.04, #7.06, #8.05, #8.06 and #8.09.

Visit www.homesteadco-op.crs for full descriptions of all proposed Bylaw changes.

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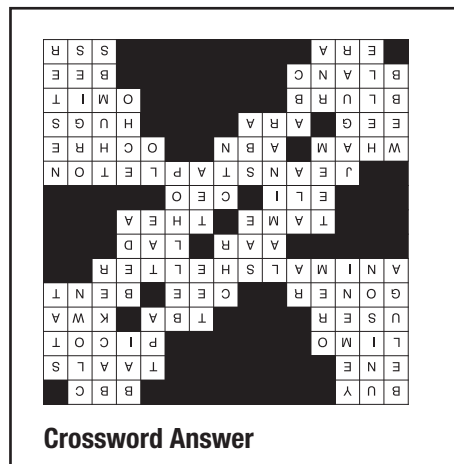
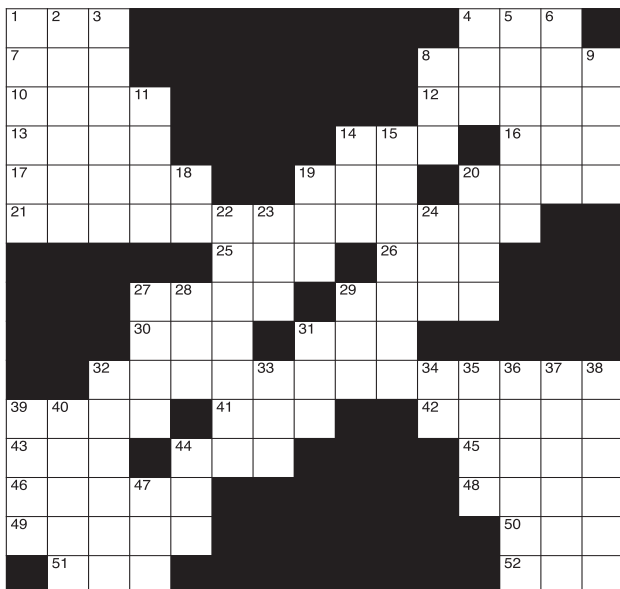
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- Group of languages
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- Angled
- A place to adopt pets
- Swiss river
- Young boy
- Unexciting

CLUES DOWN

- Type of whale
- In tune
- A citizen of Yemen
- Actress Ling
- One who supports
- Circus performer
- Yearly tonnage (abbr.)
- Quantitative fact
- Utah city
- Where a golfer begins
- Attendant
- The ancient Egyptian sun god
- Book of Chronicles (abbr.)
- Benedictine monk
- Not turbulent
- Car mechanics group
- Buffer used in chemistry
- Fall heavily
- Pie ___ mode
- The Brits love it
- Children's TV channel (abbr.)
- Jacksonville footballer
- Helps little firms
- ___ and behold
- A way to resemble
- Fingers
- Excessive indulgences
- You might be an "empty" one
- "How the West Was Won" writer
- European river
- They begin the alphabet
- The body's messenger



Crossword Answer

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

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Shining a Light on Fibromuscular Dysplasia



On May 1, 2026, I will reflect on a powerful sight: the illumination of the Morden Sign and Bruce the Mosasaur. In April 2022, my life changed forever when I was diagnosed with a severe form of Fibromuscular Dysplasia (FMD) in four of my neck arteries. FMD is a rare, incurable cardiovascular disease where arteries are abnormally twisted, leading to aneurysms and narrowing (stenosis) that increase the risk of stroke or artery dissection.

For me, these landmarks glowing in red and blue offer profound hope. It is a sign that the private, daily struggle of FMD is becoming known. Seeing iconic Canadian landmarks illuminated makes me feel connected to a movement for change and a little less alone in navigating this journey.

My diagnosis came unexpectedly at the Peter Munk Cardiac Centre in Toronto during an MRI for a separate issue. This discovery fundamentally altered my daily life. To manage the risks, I must constantly monitor my activities: no straining, no tilting my neck back, no contact sports, and no placing my head below my heart. I also have to avoid factors that raise blood pressure, such as heavy lifting, extreme temperatures, and certain medications.

Awareness and early diagnosis are vital. It often takes years for a patient to receive an FMD diagnosis after



their first symptom. Increased awareness among healthcare providers ensures appropriate care, reduces pain, and improves quality of life. Common symptoms include high blood pressure, migraines, dizziness, neck pain, and pulsatile tinnitus (a whooshing sound in the ears). Because FMD is often mistaken for vertigo or anxiety, anyone experiencing these symptoms should seek evaluation from a vascular specialist. Crucially, a head-to-pelvis CT scan should be performed, as FMD can affect multiple arteries.

While an FMD diagnosis can be overwhelming, the disease is manageable with medication, and many people live active, normal lives. The focus is on preventing complications and becoming your own advocate.

Our community can support these efforts by starting conversations, sharing stories to increase visibility, and

visiting the Fibromuscular Dysplasia Society of America (fmdsa.org). Education is key, as many family doctors remain unaware of the symptom-cause connection. Bringing educational pamphlets to specialists can help other patients get the attention they need.

In 2023, I started a local support group. At our first meeting, I realized that asking medical questions wasn't the primary goal; rather, it was the need to have our stories heard and to feel understood. In a world where FMD is so rare, finding others who share this path provides a profound sense of connection.

If you are facing this diagnosis, please know: you are not alone.

This feature brought to you by these community-minded businesses. Please show them your support.

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