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STANDARD

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THURSDAY,
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4-H gives back

STANDARD PHOTO BY JODI-LAINE GAULTIER

Members of the Roland 4-H Club put the organization's motto, "Learn to do by doing," into action during a recent town cleanup. Pictured collecting garbage are Ben McIntosh (left), Sampson Chouinard (right) and Silas Chouinard (top), helping keep the community clean while demonstrating the 4-H principles of larger service and better living.

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Matlock family raises awareness about Huntington's disease

By E. Antonio

Huntington's disease (HD) is a rare inherited brain disorder that gradually damages nerve cells in the brain. Over time, it affects movement, thinking, emotions, and behavior. Although there is currently no cure, advances in genetics and testing have transformed how doctors diagnose and manage the disease while also creating hope for future treatments.

Approximately 6,000 Canadians are currently living with Huntington's disease, while another 7,500 are considered genetically at risk. Although the disease cannot be prevented, early genetic testing can help people prepare emotionally, financially, and medically. It can also allow individuals to participate in research studies or clinical trials.

For Erin Babcock and her family in Matlock, Huntington's disease has affected generations. Her great-grandmother died from the disease at the age of 42 before passing it on to Babcock's grandfather, who later died at 62.

Years later, Babcock's grandfather's six children — including her mother — underwent genetic testing. Four of the six children carried the gene and have since passed away. Her mother

did not inherit the gene and today, several of her cousins continue to live with HD.

Despite the hardship, Babcock said the experience weakened family bonds.

"Growing up we were always a close family. We would get together weekly for dinner and special occasions with all my aunts, uncles and cousins," she said. "We have fond memories of hanging out at the Oasis Beach, Kildonan Park, and renting cabins at Grand Beach with a lot of family pictures."

After learning of the diagnosis, she described the news as "devastating," adding that relatives struggled knowing they had to continue living with the uncertainty of the disease.

"In the beginning, it was okay life carried on but as years passed symptoms developed and progress and made day to day life more complicated," she added. "This was not something we could celebrate."

Over time, her family became involved in HD awareness campaigns, fundraisers, conferences, and youth camps to support research and learn more about available treatments and supports. Some relatives also participated in drug trials, although the



STANDARD PHOTOS SUBMITTED

The Babcock family has been deeply impacted by Huntington's disease (HD), with several relatives diagnosed over the years. Pictured are Erin Babcock's mother, aunts and uncles: Michael, Belinda, Charlie, Donna, Sharon and George.

treatments had no effect on them.

The disease was first described in 1872 by American physician George Huntington. In his paper *On Chorea*, Huntington detailed the disease's symptoms, inherited nature, and gradual progression. Although doctors could recognize Huntington's disease clinically for many decades, they did not understand its genetic cause until much later.

HD is inherited in an autosomal dominant pattern, meaning a single altered copy of a gene from one parent is enough to cause the condition. If one parent carries the mutated gene, each child has a 50 percent chance of inheriting it. Symptoms usually appear between the ages of 30 and 50, although a rarer juvenile form can begin earlier.

Continued on page 8

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Recurring ant infestation forces surgery cancellations at Carman hospital

By Lana Meier

Elective surgeries at Carman Memorial Hospital have once again been temporarily postponed due to a recurring ant infestation inside the facility, raising concerns about long-term remediation efforts and operating room conditions.

According to a report published Tuesday by Global News, 16 elective surgeries have been postponed because of ongoing ant problems within the hospital.

In a statement provided to media, Southern Health-Santé Sud confirmed that a limited number of elective surgeries were postponed due to the presence of ants within the operating room environment.

“Any factor that could impact the safety or integrity of the operating room environment requires the suspension of surgical activity until the issue can be resolved,” the region stated. “The safety of patients, staff and physicians is paramount.”

Southern Health-Santé Sud said the affected procedures include surgeries such as hernia repairs and gallbladder removals. Officials said some surgical services are being temporarily shifted to another facility while extermination and mitigation work continues.

The region confirmed ants were first detected at the hospital in August 2024, but said the issue resolved within a few weeks at that time. When the ants reappeared last summer, additional measures were taken to address the situation. With another seasonal reappearance this spring, Southern Health-Santé Sud said more extensive work is now required to support a long-term solution.

“The region is currently working with a professional exterminator to identify the source of the ants and implement additional measures to support a long-term resolution,” the statement said.

Southern Health-Santé Sud added it is working closely with affected patients to review options for rescheduling surgeries.

Manitoba Health Minister Uzoma



Pavement ants often travel in long trails across floors, under carpets and along kitchen and food preparation areas inside buildings.

Asagwara said efforts are underway to restore services “as soon as possible.” The Manitoba Nurses Union has also commented publicly, saying members have described the issue as longstanding and affecting working conditions.

Local entomologist John Gavloski said the species reportedly being found at the hospital — pavement ants — is a common invasive ant in Manitoba that is especially well adapted to urban environments.

“The pavement ant (*Tetramorium immigrans*) is an invasive species that is not native to North America, but was introduced to North America in the 1700s,” Gavloski said. “It is now a common ant in many areas of North America, including Manitoba.”

Gavloski explained pavement ants commonly build nests beneath pavement, in cracks, compacted soils and areas with little vegetation, allowing them to thrive around developed properties and buildings.

“They are also tolerant of high surface temperatures. Thus, they do well in urban areas,” he said.

According to Gavloski, the ants feed on a wide variety of foods but are particularly attracted to sweet and greasy substances, which can draw them indoors in search of food.

“Indoor problems with pavement ants are generally worse in spring and early summer,” he said.

While pavement ants often forage



STANDARD PHOTO BY DENNIS YOUNG

Southern Health-Santé Sud confirmed that a limited number of elective surgeries at Carman Memorial Hospital have been temporarily postponed due to the presence of ants within the operating room.

outdoors during warmer months, Gavloski said they can also establish nests indoors in wall voids and humid areas near heat sources such as hot water lines.

He noted that controlling pavement ants can be difficult and often involves multiple approaches.

“Managing them is complex, and includes finding the nest, reducing access to foods, and can include the use of baits,” Gavloski said.

Gavloski noted he has not been directly involved with the Carman Memorial Hospital situation and said his comments were general observations about pavement ants rather than an assessment of the facility itself.

Southern Health-Santé Sud said extermination and mitigation efforts remain ongoing as officials work toward restoring full surgical services at the hospital.

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The Carman-Dufferin Standard connects people through stories to build stronger communities. Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out? Please share your story ideas with Dennis Young at denjohnyoung@gmail.com or Lana Meier at news@carmanstandard.ca or call 204-467-5836.

The Carman-Dufferin
STANDARD

**Carman and Area
Restorative Justice Committee
Annual General Meeting**

Wednesday May 27 7:00-8:00pm

Blue Crescent Hotel Carman
The volunteer CARJC partners with
MB Justice and law enforcement,
working to make our community a
safe and healthy one.

Come learn more about us.

Restorative Justice: Listening, learning and moving forward

By Lana Meier

Have you ever made a mistake or said something you wish you could take back? Have you ever chosen unwisely or made a bad decision?

Most of the time we can correct situations ourselves — through an apology or compensation. But sometimes actions lead to an arrest or court appearance. In certain cases, individuals are given an opportunity to repair the harm through diversion to a restorative justice committee.

Carman has been fortunate to have a Community and Area Restorative Justice Committee for many years, although many residents may be unaware it exists or what it does. The committee's work is confidential, and unlike many organizations, it does not fundraise — its operating costs are covered through provincial restorative justice funding.

The Carman committee currently has eight members and accepts referrals involving youth and adults.

"While restorative justice originally focused on youth, today we work with people of all ages," said committee representative Allison Abbott-Wiebe.

The number of meetings varies de-

pending on referrals. Some months pass without a meeting, while at other times the committee has met three times in a single month. In a typical year, the committee handles roughly three to seven cases.

"It really depends on the referrals we receive," Abbott-Wiebe said. "There are times months go by without a meeting, and other times we've met several times in a month to work through a case."

Restorative justice in Manitoba is generally applied to less serious, non-violent or first-time offences. These may include property offences such as theft, break and enter and mischief; offences against a person such as assault, assault with a weapon or uttering threats; and other matters including fraud, drug-related offences and various Criminal Code violations.

Once referred, a committee member contacts the client to explain the process and ask whether they are willing to participate. If they decline, the case returns to the court system.

Those who agree attend a meeting where they must share their story and accept responsibility for the harm caused. The process requires full ownership — there is no room for "I did this, but..."

Clients write a letter of responsibility and suggest ways they might make amends. At

the next meeting, the committee reviews the letter and determines sanctions suited to the case. These always include a responsibility letter and an apology to the victim, and may also involve counselling, community service, anger management, mediation or financial restitution.

"Attending the anger management session helped me see that frustration is a kind of anger. I learned some ways to recognize my feelings and react differently," said one client. "Working through the restorative justice process, I see how I hurt this person with my actions and I can do things differently."

Committee members check in with clients as they complete sanctions. When finished, the client returns to read their apology before the committee sends it to the victim and conducts a final debrief focused on growth and positive change.

Victim involvement is an important part of the process. Victims may share their story and provide a victim-impact statement, allowing the offender to understand the real consequences of their actions.

Restorative justice does not excuse wrongdoing, but seeks to understand what led to it.

"The goal is restoring trust — between the offender and the victim, and also between the offender and the community," Abbott-Wiebe said. "People have the opportunity to seek

counselling, attend anger management and complete meaningful steps that reduce the chance of reoffending."

If the committee did not exist, those opportunities would be lost.

"The process helps build stronger communities that support one another," she said.

"Explaining how I messed up and telling my story to the committee was really hard," another client said. "I know they're here to help but that was a tough thing to do."

Most participants ultimately express gratitude for the opportunity to repair harm and learn alternatives to repeating the same actions.

The committee welcomes new members interested in building a safer, more connected community. A short questionnaire helps ensure values align with the restorative justice approach.

The Carman and Area Restorative Justice Committee will hold its annual general meeting Wednesday, May 27 from 7 to 8 p.m. at the Blue Crescent Hotel in Carman. The volunteer-based organization partners with Manitoba Justice and law enforcement, working to make the community a safe and healthy one.

For more information about the Carman and Area Restorative Justice Committee, call or text 431-344-0178.

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SCRL big book bargains



STANDARD PHOTO BY ASHLEIGH VIVEIROS

The South Central Regional Library's "The Big One" Annual Book Sale filled the rink at the Access Event Centre in Morden with thousands of used books Thursday through Saturday. Bibliophiles from all across southern Manitoba came out to hunt for treasures. A final tally of how much the sale raised was not available at press time, but the proceeds all go to help the SCRL purchase new materials for its branches in Winkler, Morden, Altona, Manitou, and Miami.

Emergency preparedness starts at home, says Manitoba EMO

By Jo-Anne Procter

As Manitoba marks Emergency Preparedness Week, residents across Manitoba are being encouraged to take steps now to prepare for emergencies before disaster strikes.

The Manitoba Emergency Management Organization's (EMO) new "MB Ready" campaign focuses on helping Manitobans become informed, create emergency plans and build emergency kits that can sustain households for at least 72 hours during a crisis.

The campaign now includes the launch of the new MB Ready mobile app, announced by the Manitoba government on May 4 as part of Emergency Preparedness Week activities.

Transportation and Infrastructure Minister Lisa Naylor, who is also the minister responsible for EMO, said the app is intended to help Manitobans stay informed and better prepared during emergencies.

"Emergency Preparedness Week is a reminder of the importance of preparation in helping keep all Manitobans safe, and this year we are pleased to announce the rollout of the new MB Ready app to support that effort," said Naylor. "Planning ahead makes a real difference during emergencies, and this app will help keep Manito-



Scan to download the MB Ready app.

bans informed with clear, accessible and up-to-date information."

The MB Ready app provides real-time, location-based notifications for emergencies and incidents such as severe weather, wildfires, floods, road closures and power outages. Users can set alerts for specific addresses or geographic areas, allowing them to stay informed about conditions that may affect their home, workplace or other important locations.

The platform is available in both official languages and also includes guidance on building emergency kits,

creating household emergency plans, understanding local risks and accessing safety information during emergencies.

For residents in Manitoba, emergency preparedness is not a new concept.

Communities throughout the region have experienced repeated spring flooding, severe storms, blizzards, extended power outages and growing concerns related to wildfire smoke and evacuations in recent years.

The Manitoba government says the MB Ready initiative is designed to help families better prepare for emergencies before they happen by understanding local risks and developing household emergency plans.

The MB Ready app allows users to receive location-based emergency notifications for areas where they live, work or travel. The platform also includes preparedness checklists, emergency planning information and safety guidance for before, during and after emergencies.

For rural Manitobans, preparedness can be especially important due to longer emergency response times, ru-

ral road conditions and the potential for communities to become isolated during major weather events.

Residents are often encouraged to prepare for emergencies by:

- maintaining a 72-hour emergency kit
- keeping extra food, water and medications on hand
- ensuring backup charging options are available
- having plans for pets and livestock
- monitoring emergency alerts and weather warnings
- checking on seniors and vulnerable neighbours during emergencies

The province notes that emergency preparedness is a shared responsibility between governments, organizations and individual households.

The MB Ready campaign coincides with Emergency Preparedness Week, held nationally from May 3 to 9.

Residents can learn more about emergency preparedness resources or download the MB Ready app through the provincial emergency preparedness website.

Community pride shines



STANDARD PHOTO BY JODI-LAINE GAULTIER

Members of the Roland 4-H Club rolled up their sleeves to help keep the community clean during a recent town cleanup event. Six youth volunteers spent time collecting litter along most streets in Roland while promoting community pride and environmental responsibility and living out the 4-H pledge of using their "Hands to larger service." Members enjoyed searching for unusual items during the cleanup, with some of the more surprising finds including rubber boots, seashells and pieces of mail. The club said events like the cleanup help teach members the importance of giving back to the community and respecting the environment by not littering. Pictured in the group photo from left are Ben McIntosh, Silas Chouinard, Sampson Chouinard, Derek Baschuk, Nova Baschuk, Daxton Baschuk, and Kezia Falk with her dad Beny Falk.

Community cleanup crew



STANDARD PHOTO SUBMITTED

Members of the Carman-Dufferin Community in Bloom committee and volunteers from Neumann Hand helped clean up winter litter around Carman during a recent community cleanup effort, collecting approximately 15 bags of trash while promoting civic pride and environmental stewardship. Pictured from left are Judy Neustaedter, Lacey Spencer, Val Tournier, Terri Dyck, Kellie Wiebe, Deb Penner and Kari Richardson. Spencer, Wiebe and Richardson volunteered on behalf of Neumann Hand. Community in Bloom members Susan Mooney, Judy McGregor, Chris Vanderveen, Lee Collingridge and Lorraine McIntosh also participated but are not pictured.

STANDARD

getheard

EDITORIAL > VIEWPOINTS > LETTERS



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Trade diversification requires investment at home

By Cam Dahl, Manitoba Pork

Canadian governments and industry have responded to trade interruptions and global uncertainty with a common refrain: diversify our markets. This is the response in the face of disruptions with our largest trading partner, the United States. It has also been a response to tariff disputes with China. To its credit, the Government of Canada is actively seeking multiple new trade agreements (some might not make sense, but that is another commentary). The problem is not that this is the wrong pathway. The problem is that we often treat diversification as a slogan instead of strategically enabling farmers, processors and exporters to achieve the objective.

To be clear, the responsibility for realizing diversification is not only the job of government. Industry has a re-

sponsibility to step up to the plate as well.

Hog production and pork processing in Canada are critical components of the national GDP. In Manitoba alone, the industry annually contributes \$2.3 billion to the provincial GDP and supports 23,000 jobs in both rural and urban centres. Almost all of this contribution is driven by exports. Ninety per cent of the 8.5 million pigs raised in Manitoba are exported, either as live animals to be finished in



Cam Dahl
GM Manitoba Pork

the U.S. or as pork products shipped around the world. To say that hog farmers pay attention to international markets would be a massive understatement.

The exposure to the whims of U.S. trade policy is significant. We are nev-

er going to replace U.S. demand for our weanlings, but what do we need to do to limit this risk? The answer is almost a cliché. We need to finish more pigs and process more pork here at home.

The opening paragraph of Manitoba's recent Economic Development Strategy states that "In the face of economic uncertainty driven by tariffs, it's especially important for Manitoba to have a plan to develop our economy in a way that takes our future into our own hands, and also invests in Manitoba businesses, producers, workers, and families." Manitoba Pork believes that hog farmers, pork processors and supporting stakeholders can significantly contribute to this objective if the hurdles to growth can be overcome.

Manitoba Pork also wholeheartedly agrees with the provincial government's commitment "...to fostering a growing and competitive agriculture and agri-food industry as a key driver

Continued on page 8

The way it was this week: May 14

By Dennis Young

100 years ago, 1926 — Forty golfers take part in the Arbor Day tournament; D.A.S. distributes 5,000 scribblers and fair passes to students; Elsie Swanton wins a silver medal from Remington Typewriter Co. of Toronto for efficiency; A.S. Doyle sells two solid oak dressers with mirrors for \$26; Carman Gun Club president Dr. McGavin prepares members for crow and gopher season; Carman Tennis Club resurfaces courts with shale; A.F. Higgins Co. sells Falconer seed corn for \$4.25 per bushel.

75 years ago, 1951 — Bowie's Bakery expands to accommodate a new revolving oven capable of baking 300 loaves in 30 minutes; Elm Creek Co-op Meat Locker is destroyed by fire; the grass infield progresses at the ball park; Tom Rockey returns from the Sydney, Nova Scotia Millionaires

Hockey Club after finishing as the league's top-scoring defenceman; the average daily patient count at Carman General Hospital reaches 31.5; J.N. Anderson of McCabe's Elevator offers financing for seed purchases; bicycles now require a \$1 licence; agricultural office agent Frank Muirhead seeks spray operators; the Carman Hospital Board approves a \$5 raise, bringing staff wages to \$45 per month.

50 years ago, 1976 — The new Chimo outlet in Carman is destroyed by fire; Recreation Commission staff receive a 12 per cent wage increase; the Golden Star Motel is listed for sale; new teachers hired for the fall include Brian Boggs, Linda Cullen, Don Revel and Murray Kidd; the new Royal Bank branch is under construction; Co-op begins accepting hydro, water and phone bill payments; the Carman Water Ski Club is formed with president

Alex Penner, vice-president Gil Wiebe, secretary Glen McIntosh, treasurer Don Wiebe and membership chair Don Bagen; the McEachern Dam and bridge project remains on hold; Bowie's Bakery is sold to Jim and Ruth Zacharias.

25 years ago, 2001 — Bueckert Motors closes its doors; Dan Saunders announced as new elementary school principal; Boundary Trails Health Centre opens; Adult Education receives \$250,000 of the \$14 million allotted to learning centres; the final location of the Active Living Centre is announced; Al Tosh is named an honorary life member of the Miami Curling Club; area 4-H clubs take part in highway cleanups; the Carman Garden Club holds its annual plant and bake sale; Carman Greenhouse prepares for the spring season; the Wednesday A.M. Group welcomes guest speakers.

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Thompson council approves budget, awards service contracts

By Haley Cvar

The Rural Municipality of Thompson has approved its 2026 financial plan following a brief public hearing that drew no objections from residents.

Council adopted the budget during its April 24 meeting after a public hearing lasting one minute, with no presentations made either in support of or opposition to the plan.

Alongside the budget approval, council dealt with a range of infrastructure, operations and community funding matters.

Tenders were awarded for several municipal services, including mowing contracts for the Local Urban District of Miami, the Miami cemetery and rural areas. The LUD mowing contract was set at \$18,000 for 2026 and \$19,500 for 2027, while the cemetery and rural mowing tenders were awarded at \$10,930 and \$29,512 annually, respectively.

Council also approved a two-year agreement for aggregate hauling, with rates set at \$0.48 per loaded yard

of gravel and \$0.44 per loaded yard of shale.

Public works updates included ongoing drainage work, booster station upgrades and discussions around fibre installation requests and their potential impact on municipal infrastructure.

The municipality continues to explore longer-term projects, including lagoon expansion and enhancements to services at the Miami Medical Clinic, according to the chief administrative officer's report.

Council approved several administrative and operational items, including the purchase of a used triaxle lowbed trailer for \$48,825, funded largely through the municipality's replacement reserve.

A proposal from Superior Propane for equipment and service supply to municipal facilities was also accepted.

In planning matters, council approved a subdivision application to create two rural residential lots, subject to provincial approvals, shared access requirements and a heritage

resource impact assessment.

Council gave third and final reading to a bylaw governing the use of municipal resources during elections, while the municipality's 2026 tax levy bylaw received first reading but was later tabled.

Support was also granted for a local mud bog event organized by the Miami Power Toboggan Club, with council agreeing to provide a letter backing the group's permit application.

Through its community trust funds, the municipality approved more than \$25,000 in grants for local organizations, supporting projects ranging from facility upgrades and programming to beautification and equipment purchases.

Council also confirmed staffing and pay rates for the upcoming municipal election and approved participation in the 2026 Urban/Hometown Green Team program, including the hiring of two seasonal employees.

Thompson focuses on infrastructure, reserves and capital projects

By Haley Cvar

The Rural Municipality of Thompson has approved a balanced 2026 financial plan totaling just over \$5.2 million, with a strong focus on infrastructure upgrades, reserve contributions and long-term capital planning.

Council adopted the financial plan through Resolution No. 2026-04-46, with total municipal revenue and expenditures both budgeted at \$5,203,418.85.

The municipality's net municipal taxes and grants in lieu of taxes are projected at \$2.43 million in 2026, up from approximately \$2.35 million in the 2025 budget. School requisitions are also increasing significantly, rising from \$2.25 million to \$2.6 million.

Transportation services remain the municipality's largest operational expense at nearly \$1.29 million, reflecting continued investment in roads, drainage, culverts and snow removal. Recreation and cultural services are budgeted at more than \$2 million, largely tied to transfers and capital-related expenditures.

The plan also includes nearly \$494,134 in transfers to reserves, demonstrating a continued emphasis on financial sustainability and future infrastructure needs.

Among the major capital projects

planned for 2026 are improvements to the Miami lagoon, streets and sidewalks, utility infrastructure upgrades and work at the waste disposal ground. The municipality's total 2026 capital budget is listed at approximately \$1.88 million.

Several large reserve withdrawals are planned to support projects, including \$340,000 from the Gas Tax Agreement Replacement reserve and \$225,000 from the Waste Disposal Ground reserve.

Looking ahead, the municipality's five-year capital plan outlines several major future projects, including:

- a proposed \$2-million lagoon expansion; a proposed \$2-million fire hall;
- a \$400,000 grader replacement;
- bridge maintenance projects totaling more than \$358,000; and ongoing drainage and licensing work estimated at \$100,000 over five years.

The Local Urban District of Miami is also planning increased spending in several areas. Its 2026 budget includes \$50,000 for capital expenditures and a local mill rate of 7.430.

Meanwhile, the municipality's utility budgets remain balanced. The Miami Utility is budgeting revenues and expenditures of \$209,290, including a \$48,000 transfer to capital proj-

ects. The Rural Utility budget totals \$181,800, including capital transfers for booster station generator work and water system upgrades.

Provincial and federal grants continue to play a significant role in the municipality's finances. The financial plan includes more than \$760,000 in conditional grants and transfers, including Gas Tax funding, Green Team support, weed control funding and grants related to bridge and waste disposal ground projects.

FINANCIAL PLAN HIGHLIGHTS

- Total 2026 municipal budget: \$5,203,418.85
- School requisitions increasing to \$2.6 million
- Transportation budget: \$1.287 million
- Recreation and cultural budget: \$2.069 million
- Transfers to reserves: \$494,133.86
- 2026 capital budget: approximately \$1.88 million
- Major future projects include a lagoon expansion and new fire hall, both estimated at \$2 million each
- More than \$760,000 in grants and conditional funding anticipated
- LUD of Miami mill rate set at 7.430

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Preparing a Place

This week Thursday is Ascension Day. Christians around the world remember the fact that Jesus Christ ascended into heaven. His disciples watched him being lifted up into heaven. As Jesus was going up into heaven, he blessed them. Then a cloud took him out of their sight.

Why is the ascension such an amazing event? Because there is now someone in heaven who is a true human being like we all are.

After the fall into sin in the garden of Eden, human beings were unable to be in God's presence because he is holy and we are sinful. Yet in his mercy, God promised that there would be reconciliation with him through a Saviour. He promised that the evil serpent who led Adam and Eve astray would be defeated and destroyed.

Now this Saviour has come in Jesus Christ, God's Son. He gave his life as the ransom for many and rose from the dead. Now in his glorified body, he has ascended into heaven, the first human being to ever do so but not the last!

Jesus has gone ahead of us to prepare a place in heaven for all those who believe in him. He told his disciples this in John 14:1-3. What a wonderful reality! Jesus is in heaven right now preparing a place in his Father's house, where there are so many rooms. How amazing that place will be! In the presence of God the Father, reconciled to him, at peace with him, enjoying God forever without any sin or wickedness or death or sickness or pain. It is sure to happen because Jesus is there already. His work is succeeding and will be fully accomplished. His preparations will be perfect, beyond anything we can imagine.

In John 14:6, Jesus says, "I am the way, and the truth, and the life. No one comes to the Father except through me." These are Jesus' words of life. Believe in him and receive eternal life!

Rev. Carl Van Dam, minister of Carman East Canadian Reformed Church

> HUNTINGTONS, PG. 2

Early symptoms may include clumsiness, forgetfulness, mood swings, or difficulty concentrating. As the disease progresses, movement problems become more severe. Many patients develop chorea, which involves involuntary dance-like movements, along with stiffness, poor balance, and trouble speaking or swallowing.

The disease also affects mental health and cognitive abilities. Depression, anxiety, irritability, and apathy are common symptoms, while cognitive decline can make planning, memory, and decision-making increasingly difficult. As the disease advances, many individuals require assistance with everyday tasks and long-term care.

Although HD is serious and progressive, it is not an immediate death sentence. Many people live 15 to 20 years after symptoms first appear. While there is still no cure, treatments today focus on symptom management and improving quality of life. Medications can help control movement and emotional symptoms, while physical, occupational, and speech therapy can help patients maintain independence for as long as possible.

Researchers began intensifying their search for the disease's genetic roots in 1972. In 1983, they made history by successfully mapping the disease-causing gene to chromosome 4 — the first time any autosomal disease had been genetically mapped. This breakthrough made predictive "linkage testing" possible, allowing some individuals to learn whether they were likely to develop the disease before symptoms appeared.

Another major breakthrough came in 1993, when scientists identified the exact mutation in the huntingtin (HTT) gene. Researchers discovered that Huntington's disease is caused by an expanded CAG repeat — cytosine-adenine-guanine — within the gene. Most people have between 10 and 35 CAG repeats, while individuals with Huntington's disease have 36 or more. This mutation produces an abnormal huntingtin protein that

slowly damages brain cells over time.

The research process lasted decades and involved thousands of participants and dozens of institutions around the world. Research today is increasingly focused on identifying genetic modifiers, examining additional genetic factors that may influence when symptoms begin or how quickly the disease progresses.

Some experimental treatments are also attempting to slow or stop the disease itself. In September 2025, researchers studying the experimental gene therapy AMT-130 reported promising results. Patients who received a high dose of the treatment experienced a 75 per cent reduction in disease progression over 36 months compared to untreated individuals. Researchers also observed better maintenance of motor, cognitive, and daily functioning abilities.

The therapy is delivered through a one-time surgical procedure directly into the brain. Researchers are now preparing to share their findings with broader scientific organizations and the U.S. Food and Drug Administration (FDA).

Before genetic testing became available, doctors relied mainly on symptoms and family history to diagnose Huntington's disease. Today, genetic testing can confirm the disease even before symptoms appear. Predictive testing became available in Canada in 1987, and the University of British Columbia performed the country's first predictive test for an adult-onset disease in 1986.

Genetic testing for Huntington's disease is carefully structured because of the emotional impact the results can have. Patients often meet with genetic counsellors or neurologists to discuss possible outcomes before testing begins. Neurological and mental health assessments are also commonly performed beforehand.

The test itself usually involves a blood sample, which scientists analyze using Polymerase Chain Reaction (PCR) technology to count the number of CAG repeats in the HTT gene. Several forms of testing are



The Babcocks participate in several HD awareness campaigns and fundraising events throughout the year. Pictured are the Babcocks, Sam, Cory, Penny, Kat, Serena, Candace, Belinda, Stacey, Chris, Erin, Marissa, Jeff and Brandon.

available, including diagnostic testing for symptomatic individuals, predictive testing for those with a family history, and prenatal or pre-implantation testing during pregnancy or IVF procedures.

For Babcock, one of the most difficult aspects was watching family members slowly lose the ability to communicate and function independently.

"We tried our best by bringing them their favourite treats, and celebrate the good times, but there are always those moments of frustration," she said. "You would tell them 'Good bye' and 'I love you,' and sometimes it would take them so long to process what they said, you would already be half way down the hall before they said it in return. It got harder to have conversation because they would lose their speaking control. They would get frustrated because they couldn't speak, and you would feel frustrated with yourself knowing you can't help them."

Babcock wants others to know support is available through physicians, specialists, and organizations such as the Huntington Society of Canada Manitoba Chapter.

She also understands the difficult choice many families face when deciding whether to undergo testing — whether it is better to know you carry

the gene or continue living with uncertainty.

Babcock added she experiences "survivor guilt" for not inheriting the gene while watching relatives struggle with the disease.

"You are never able to help enough," she added. "But as annoying as those phone calls were to help them, I would give anything to hear their voices again."

The Huntington Society of Canada also continues to raise awareness through its annual #LightItUp4HD campaign, encouraging communities across the country to illuminate landmarks in blue and purple during May, which is Huntington Disease Awareness Month. May 15 is recognized as Huntington Disease Awareness Day in Canada. Organizers say the campaign helps families affected by Huntington's disease feel supported while increasing public understanding of the fatal genetic disorder. In Manitoba, the Huntington Society's chapter has remained active for decades through community fundraisers, awareness walks and support programs, including the annual Walk in Lockport, which has raised more than \$650,000 over the past 50 years.

More information about Huntington's disease is available through the Huntington Society of Canada Manitoba Chapter, www.hdmanitoba.ca.

> PORK, FROM PG. 5

of the provincial economy." How do we turn this aspiration into reality?

With the right conditions in place, the level of investment in plant and barn expansions in Manitoba could exceed \$1.5 billion. With a new hog finishing site costing in the range of \$15 million, the ability of producers to access long-term, stable and affordable financing is a significant barrier to accomplishing the goal of growing our capacity.

Announcements have been made about the development of capital

funds. For example, Farm Credit Canada recently announced a \$5 billion fund to be created in conjunction with private-sector investors. The federal spring economic update also revealed the creation of a \$25 billion sovereign wealth fund. These announcements are all well and good, but they will not unleash the growth waiting to happen if capital remains unavailable to farmers. Governments need to move beyond catchphrases. Industry stakeholders need to be brought to the table to ensure the policies are in place to deliver capital to the farm gate.

Investment to increase hog finishing and pork processing in Manitoba will not only reduce reliance on U.S. markets, but it will also create jobs in rural and urban areas, open up additional local opportunities for other sectors of the agricultural economy such as feed producers, and increase the resilience of our rural communities in uncertain markets.

Current global instability and concerns over our trade relationship with the U.S. have been a wake-up call for Canadians. But trade diversification should not just be a reaction to crisis.

It should be a permanent component of economic strategy. The countries that will succeed in the new global trade environment are the ones that invest steadily in relationships, infrastructure and competitiveness long before problems emerge.

Canada has many of the advantages needed to succeed, including a strong reputation as a reliable, high-quality supplier of food, abundant resources and proximity to major markets. What has been missing is not potential. It has been urgency and follow-through.

Winkler youth clinches first at Showcase of Magic

By Ashleigh Viveiros

A Winkler youth wowed the judges at the 37th annual Young Magicians of Manitoba (YMM) Showcase of Magic May 2, winning the first-place trophy for his age group.

Nine-year-old Kolbyn Potter has been part of YMM for the past three years, heading into Winnipeg every other Saturday for a morning of magical education. This is his first time winning the Junior Division for rising magicians age 7-11.

Potter began developing a keen interest in magic tricks a few years ago, watching videos and teaching himself the basics.

"I was watching videos on YouTube of people doing magic," he recalls. "And then I saw Dean Gunnarson and I was like, 'I want to be this guy.'"

Gunnarson is a Canadian escape artist who is renowned for such feats as escaping from a straightjacket while hanging over the Hoover Dam, jumping out of a plane handcuffed, and being buried alive under several tonnes of wet cement.

"I was like, 'I want to do that one day,'" says Potter. "So I started practicing the tricks I saw and I started to get really interested in it."

He was thrilled when his parents found out about YMM's program and enrolled him in it, as it was an opportunity to get together with other magically-inclined kids and learn new tricks to boot.

"I like how I get to meet new people, get to make friends," Potter says.

"We learn at least one or two tricks a day," he says of the sessions, which are led by experienced magicians.

The program runs in conjunction with the school year, culminating with the Showcase of Magic in May and a group barbecue in June.

At the showcase, Potter did a trick involving a cut rope magically being restored.

"There are a few different ways to do it," he says, though he's mum on the details of his preferred method—a magician never reveals how it's done, after all.

Winning was pretty cool, Potter says, but even more so was who presented him with the award: Gunnarson himself, who Potter had met previously during a tour of Gunnarson's collection of artifacts from the world of magic.

That was an amazing visit, Potter says, excitedly rattling off some of the props he got to see from Gunnarson's

biggest tricks. He was also thrilled to get a few tips from the master himself.

Potter expects magic will continue to be a big part of his life, though his current career ambition is to become a veterinarian.

"And then when I'm off work I'll be travelling and performing magic," he says.

He encourages other kids to give magic a try.

"They'll get to have lots of fun learning the world and probably making up a bunch of tricks by themselves and trying to wow people."

Mentoring the next generation

YMM chair Bob Barker shares that the program has been operating since the early '80s. Today it draws a couple dozen kids each year, ranging in age from as young as seven all the way up to 17.

"We teach a trick every week and we give performance tips and then we talk magic and share secrets," he says, noting it's immensely gratifying to see kids like Potter grow in skill and confidence through the years. "For a nine-year-old to get up in front of an audience and not just to speak but actually manipulate something, remember the sequence, remember the words, it's quite an accomplishment."

Potter's performance at the showcase really stood out, Barker says.

"The judges are looking at skill level and how well they accomplish the trick. They're looking at audience reaction and their presentation and their originality—did they put their own little spin on it?"

"Kolbyn's was really good. He handled it really nicely and even had a surprising move in there ... he did something I hadn't seen before, so I was really pleased. I don't know where he got that from but I'll have to corner him to find out," he says, laughing. "But it's good to see, because it's the kids who are doing the work at home, practicing ... who do a little bit every day to get really good at it. And Kolbyn has that hunger and that desire to succeed. He's doing stuff that some adults can't even do."

You can learn more about Youth Magicians of Manitoba online at youngmagicians.com.

"I SAW DEAN GUNNARSON AND I WAS LIKE, 'I WANT TO BE THIS GUY.'"



SUPPLIED PHOTO BY J. CAREY LAUDER PHOTOGRAPHY

Kolbyn Potter provided lots of oohs and aahs as he magically restored a cut rope for the Showcase of Magic May 2, where he came in first in the Junior Division.



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Dufferin Museum opens seven days weekly

By Dennis Young

The Dufferin Historical Museum is preparing for future growth with the help of the Town of Carman crew, who have been assisting with groundwork for a new 12'x36' storage shed at the museum site.

Museum officials say the additional storage space will help volunteers better organize the growing collection and create new displays by allowing some artifacts to be stored off site.

"The Town crew have been great and very helpful in preparing the ground for a future storage shed at the museum," representative Dennis Young shared. "The shed will enable the museum volunteers to spread out current items and design new displays by storing artifacts off site."

Due to limited storage capacity, the museum is currently not accepting vintage item donations until later this year. Officials noted that existing storage areas are already at capacity as volunteers work to reorganize exhibits and collections.

In another recent change, the Dufferin Historical Museum has expand-



Volunteers and supporters of the Dufferin Historical Museum are preparing for future expansion as groundwork begins for a new storage shed that will help create additional space for artifacts and future displays at the museum.

STANDARD PHOTOS BY DENNIS YOUNG

ed its operating schedule and is now open seven days a week after the museum board approved Monday openings.

Supporters and visitors are encour-

aged to check the museum's website for hours and information or to book a tour.

Hackers breach Canada Life, steal Canadians' personal data

By Patricia Barrett

Canadians have once again become the victims of cybercriminals after insurance company Canada Life had its IT system breached this month and customer data stolen.

Canada Life provided few details about the cybersecurity incident.

It said in an April 20 news release that the "unfortunate" event involved "unauthorized access to certain applications through an employee account" and that the company launched an immediate investigation.

"Our primary focus is the protection and care of our customers, advisors, and employees," said the company. "While we are finalizing a thorough analysis to understand the exact nature and full scope of impact, we have begun communicating with our customers."

Individuals whose personal information was accessed will be contacted and offered credit-monitoring protection, it added.

Canada Life was founded in 1847 as

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Continued on page 19

Roland 4-H Club members showcase year of learning and leadership

By Lana Meier

The Roland 4-H Club wrapped up another successful season during its achievement night held Thursday, May 30, where members showcased the projects they worked on throughout the year.

Seven members took part in the club this season, including Nova Baschuk, Nora Baschuk, Daxton Baschuk, Silas Chouinard, Sampson Chouinard, Kezia Falk and Ben McIntosh. Club leaders Lisa Pinkerton and Derek Baschuk guided members through a variety of hands-on projects and activities during the year.

Projects completed this year ranged from foods and animation to babysitting and crafts, allowing members to explore a wide range of interests while developing practical skills and confidence.

During the achievement evening, guests had the opportunity to browse project displays, ask ques-

tions and hear members speak about the work they completed throughout the year. Members proudly showcased project boards highlighting their accomplishments and learning experiences.

Ben McIntosh, who participated in the Exploring Foods project, said his favourite part of the year was making and eating a stuffed crust cheese pizza, while admitting cleanup was his least favourite part.

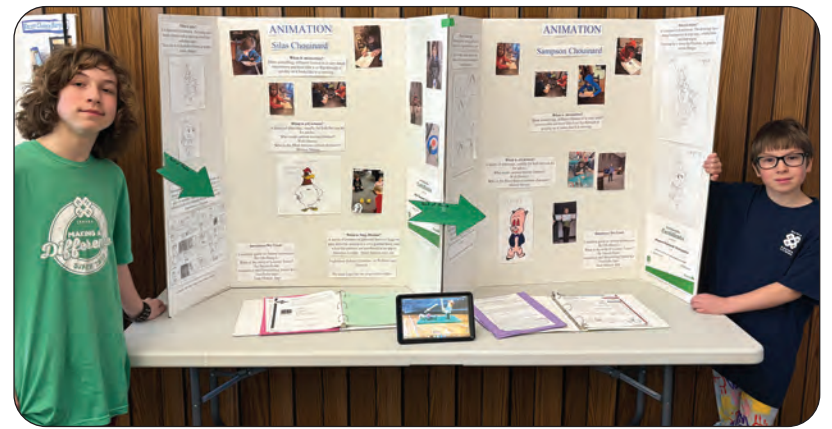
The Roland 4-H Club continues a long-standing tradition in the community. Roland is recognized as the birthplace of 4-H in Canada, with the first organizational meeting for what was then known as a "Boys and Girls Club" taking place there in 1913.

Club members are also continuing their community involvement by participating in the Roland town cleanup on May 8.



STANDARD PHOTOS BY HALEY MCINTOSH

Roland 4-H Club members showcased their year-long projects and shared presentations during achievement night on May 30. Pictured left to right, top row, left, Ben McIntosh, Nova Baschuk, Kezia Falk; Bottom row, Daxton Baschuk, and Silas (L) and Sampson (R) Chouinard. Missing from the photo is Nora Baschuk.



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SPRING HOME & GARDEN: A RENEWAL ALONG THE BOYNE

As the last traces of snow retreat from the banks of the Boyne River, the town of Carman, Manitoba, begins its annual transformation. Known as the “Forest Town of Manitoba” for its stately oaks, elms, and maples, this vibrant community in the heart of the Pembina Triangle is more than just an agricultural hub; it is a sanctuary for those who find peace in the soil. This spring, the focus is on merging Carman’s rich horticultural heritage with modern, sustainable practices that honour our unique prairie landscape.

In Carman, spring is a season of patience and strategic preparation. While the urge to plant is strong, experienced local growers know that “spring is what kills the perennials” more often than winter. The key is a measured approach. Now is the ideal time to clear winter leaves and debris to expose the soil to the warming sun, though leaving some mulch near sensitive plants is wise to protect against sudden overnight frosts. Before the first seeds hit the ground, nourish your beds with organic matter, compost, or well-rotted manure. This is especially vital for raised beds, which drain faster and may require more frequent watering as the season warms. While tropical varieties like basil and impatiens must stay indoors until June, you can safely sow cold-season crops now. Peas, radishes, lettuce, and spinach are robust enough for the current temperatures.

Beyond the flower beds, spring is the prime season for structural renewal, as homeowners look to expand their living space into the great outdoors. Building a deck or pergola is one of the most impactful ways to enjoy the Boyne Valley views, but Carman’s heavy clay soil requires a solid foundation. Whether opting for traditional pressure-treated lumber or low-maintenance composite decking, ensure that footings are set deep enough to withstand the prairie frost heave. A well-designed deck serves as more than just a seating area; it acts as a bridge between the home and the garden. Integrating built-in planters or privacy screens made of cedar slats can provide a modern aesthetic while offering a framework for climbing vines like hops or clematis.

This season, there is a distinct shift toward a blend of technical skill and intu-

itive design that prioritizes local ecology. Incorporating native plants not only ensures survival in our Zone 3 climate but also supports the pollinators essential to our agricultural economy. For early spring colour and bee support, the Prairie Crocus and Blue-eyed Grass are excellent choices. For fragrant privacy screens and hedges, consider Common Lilacs or Forsythia, while peonies and bleeding hearts offer long-term reliability for perennial beds. The Prairie Crocus, our provincial flower, remains a beloved harbinger of spring. Its fuzzy stems protect it from late cold snaps, making it

a perfect low-maintenance addition to sunny, well-drained spots.

As we refresh our gardens, our interiors are following suit. The current trend is “Indoor-Outdoor Fluidity,” involving the use of botanical prints, natural wood finishes, and an abundance of houseplants like Anthuriums to mirror the greenery emerging outside. For those seeking inspiration, events like the Winnipeg Home + Garden Show remain the premier destination for discovering new fixtures, finishes, and landscape designs. Large sliding glass doors or even simple window updates can help frame

your new outdoor construction, making the backyard feel like a true extension of the living room.

Carman’s gardening and building culture is deeply social. The Carman Garden Club, which traces its roots back to 1929, continues to be a cornerstone for local knowledge. While the xeriscape garden tours may be on a bi-annual rotation, the spirit of sharing—whether through plant sales or online photo exchanges—is stronger than ever. For local homeowners, spring is also the season of the Manitoba Home Builders’ Association Parade of Homes, offering a glimpse into the latest in home technology and sus-

tainable building. Whether you are renovating a historic home near downtown or planning a new landscape in a developing neighbourhood, the goal remains the same: creating a space that feels like a natural extension of the Boyne Valley.

As the Lawn and Garden Journal returns to the airwaves, let us embrace the slow start. The cooler spring may delay some blooms, but it also allows our perennials to establish stronger roots without the shock of a sudden heatwave. Take a walk along the community pathways, watch the rapids of the Boyne, and let the natural beauty of Carman inspire your next project.

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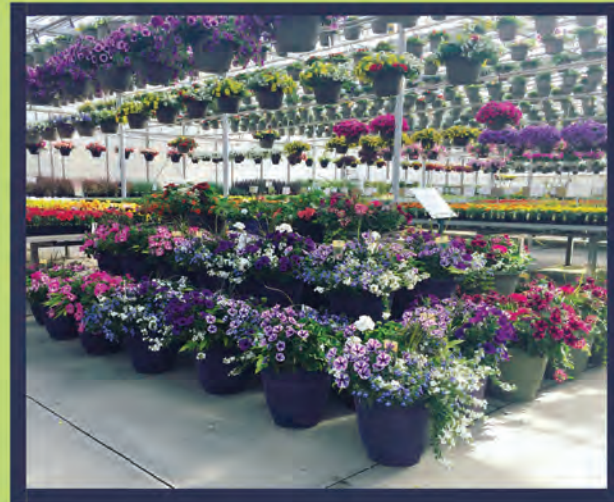
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Spotlight on quilts



PHOTOS BY RICK HIEBERT

The Barnswallow Quilt Guild's annual Quilt Show at the Access Event Centre in Morden last weekend featured a sea of beautiful handcrafted quilts. This year's feature quilter was Joyce Debreuil, shown above with granddaughter Sacha Dubreuil and great-granddaughter Aya in front of the quilt she made for Aya. Debreuil has made custom quilts for each one of her many grandchildren and great grandchildren. Right: Karen Schroeder and Liz Enns of Elm Creek admire some of the work on display. The day also included the Guild Boutique, a merchant mall, rainbow auction, and a display of the Fibre Art Network's "Up Close" exhibit.



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-  **JUNE 19-20**
-  **JULY 3-4**
-  **JULY 17-18**
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EMS WEEK



The Heartbeat of Our Communities

As we move through the third week of May 2026, communities across Canada pause to recognize a vital pillar of our healthcare infrastructure. From May 17 to 23, we celebrate National Paramedic Services Week. This year's theme, "Improving Outcomes, Together", serves as a poi-

gnant reminder that the success of our emergency medical system depends on a seamless partnership between highly skilled professionals, healthcare stakeholders, and the public they serve. In Carman, this week is not just a national observance but a deeply local one, as we honour

the paramedics who navigate the unique challenges of rural Southern Manitoba.

The image of the paramedic has shifted dramatically over the last decade. No longer are they seen merely as ambulance drivers responsible for rapid transport; today, they are mobile intensive care clinicians. For the residents of Carman and the surrounding RM of Dufferin, the Carman EMS team provides 24/7 coverage across a massive 600-square-mile service area that includes Elm Creek, Roland, and Sperling.

This evolution is visible through the expansion of Community Paramedicine. These programs allow paramedics to visit high-risk patients in their homes, providing chronic disease management and post-surgical follow-ups. By treating patients in place, they improve individual health outcomes while reducing the burden on the Carman Memorial Hospital emergency department. This proactive approach embodies the "Improving Outcomes, Together" theme by integrating emergency services more deeply into the long-term health of our neighbours.

While we celebrate their successes, we must also acknowledge the significant pressures facing our local responders. As of May 2026, the paramedic profession in Manitoba continues to grapple with systemic hurdles. Staffing shortages remain a critical concern; rural areas have seen fluctuations in full-time equivalent positions, sometimes resulting in increased wait times for emergency care. This puts immense pressure

on existing staff, who often work long shifts with minimal downtime between calls.

Furthermore, offload delays—the time paramedics spend waiting in hospitals to transfer patient care—remain a bottleneck. Even in regional hubs, these delays impact "unit availability" for the next emergency call. Supporting our paramedics means more than just a thank-you; it requires a collective commitment to health system reform that ensures these professionals are available when the next emergency call rings.

This week offers several opportunities for residents of Carman to engage, learn, and show support. Community involvement is a cornerstone of "improving outcomes," as a bystander's quick action often determines the ultimate success of a paramedic's intervention.

Save-A-Life Day (Thursday, May 21): This is a national focus on CPR and AED awareness. Local health partners encourage residents to familiarize themselves with the locations of Automated External Defibrillators (AEDs) in public spaces like the Carman Dufferin Arena or the Community Hall.

Residents are encouraged to use this week to update their family emergency plans. The Carman Dufferin Emergency Preparedness Guide provides specific checklists for the first 72 hours of an emergency.

Local schools and community groups often use this week to send cards to the Carman EMS station, located near the Carman Town Fire Hall. These small gestures provide a

significant boost to morale for a workforce that frequently deals with high-stress situations.

The Paramedic Chiefs of Canada have designated daily themes to guide our reflection:

EMS Safety Day (May 19): Reminding us to "Slow Down and Move Over" when we see flashing lights on Highway 3 or 13.

EMS for Children Day (May 20): Highlighting specialized pediatric care provided at facilities like Carman Memorial Hospital.

EMS Recognition Day (May 22): A day for formal thank-yous to those behind the patch.

EMS Remembrance Day (May 23): A somber moment to honour those who have lost their lives in the line of duty.


Improving outcomes is not a task for paramedics alone. It requires a public that is trained in basic first aid, a government that prioritizes mental health support for first responders, and a community that treats its healthcare workers with the respect they have earned. As we mark Paramedic Services Week 2026, let us commit to being active partners in our own safety and the success of the paramedics who keep Carman thriving.

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Province releases healthcare recruitment and retention toolkit for municipalities

By Patricia Barrett

The provincial government launched a toolkit last month to help municipalities recruit and retain healthcare workers.

The toolkit aims to help communities better understand how to recruit physicians, nurses and other healthcare professionals from other regions or from other countries, and support them in their communities over the long term.

Health minister Uzoma Asagwara said the toolkit was developed with municipalities and provides practical tools, best practices and ideas communities are already using to support providers.

“Health care doesn’t stop at the clinic door: it’s built in our communities,” said Asagwara in an April 23 news release. “Across Manitoba, we’re working with local partners to showcase their communities and welcome health-care professionals, support them as they build their careers and help them put down roots.”

Endorsed by the Association of Manitoba Municipalities, and building on strategies municipalities have found successful, the toolkit provides ideas to showcase a community so that potential recruits get a sense of

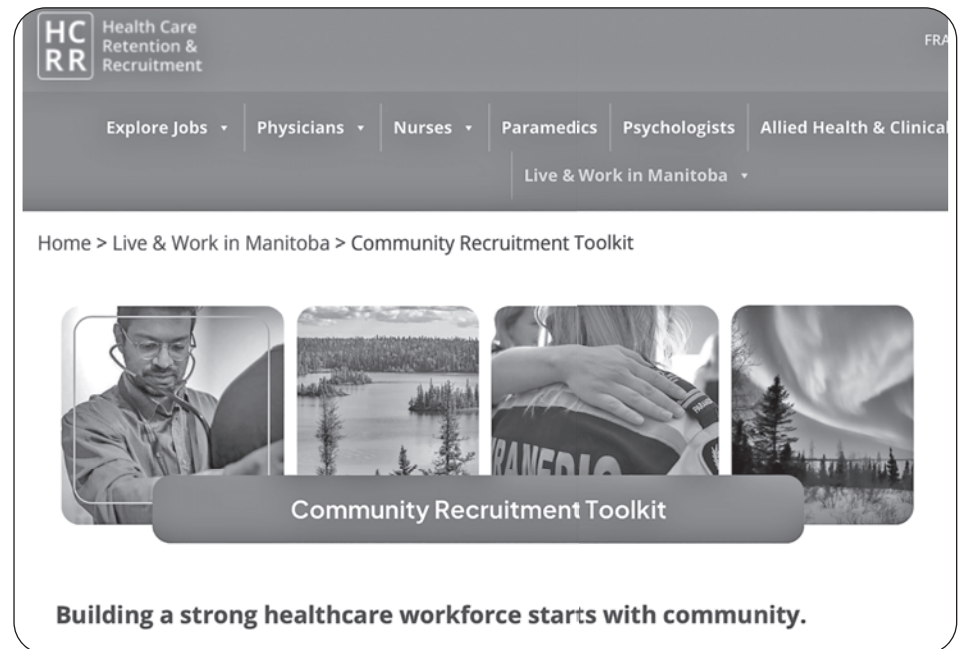
what it would like to live in a particular community.

Once recruited, the work doesn’t stop. The toolkit says the decision of healthcare providers to stay in a community is “rarely about the job alone.” They must feel connected, and have access to resources such as housing, recreation, childcare, schools and affordability, as well as an ability to make friends and have a sense of belonging. That includes a quality of life for their partners and children.

Communities can tailor strategies to meet the needs of healthcare professionals coming from overseas or from different provinces, or to students completing a residency.

“Communities that are successful in attracting and retaining healthcare professionals think ahead about housing. That might mean identifying short-term, transitional options for those arriving quickly, or working alongside candidates with longer timelines to help them find permanent housing that fits their needs,” states the toolkit.

“Support often goes beyond housing itself. Many communities help new providers navigate the essentials of daily life—how to get around, establishing a bank account, where to set



up utilities, how to access reliable internet and mobile services, and what to expect in a Manitoba winter. Small gestures, like guidance on winter readiness or transportation options, can make a big difference in helping someone feel prepared and confident in their new environment.”

Creating a social connection and keeping new medical providers engaged is also a successful strategy. Providers can be introduced to a “lo-

cal ambassador,” they can be included in social circles and community activities such as sports or cultural events in order to help build “early relationships” and help them feel that they’re part of something bigger.

Each regional health authority has dedicated representatives to help a community recruit healthcare workers.

Visit the toolkit online at makeitmanitoba.ca

Flashback... From coal oil to natural gas in Carman

By Dennis Young

Before rural electrification, streetlights were coal oil lanterns hung on posts at each block’s corner. Lamp-lighters tended these lamps, making two daily rounds — collecting them each morning to clean and refill, then returning in the evening to light and replace them.

Before natural gas, Carman and Dufferin primarily used cordwood from the escarpment for heating, with shipments reaching as far as Sperling. In the early 1900s, some local farms and homes installed gas-powered Delco plants with battery storage to provide electricity for lighting and water pumps.

Gas exploration was common across southwestern Manitoba, particularly in places like Manitou and Notre Dame, where shallow shale gas was discovered. Some water wells there struck gas pockets, allowing a few households to convert them for uses such as lighting and cooking.

By 1921, Carman became one of the first communities — along with Morden, Roland, Portage, Minnedosa and Virden — to receive natural gas service. The era of manufactured coal

gas lasted until 1957, when a major pipeline (TCPL) from Alberta began supplying natural gas to cities and rural areas.

In 1964, Great Plains Western (Manitoba) Ltd. hired Preston Construction of Winnipeg to lay 23 miles of pipe from Oakville and install 53,500 service lines throughout Carman. Foreman John Gray estimated the project would take three weeks using four trenching machines capable of digging a five-foot-deep, three-foot-wide trench per minute. The team laid 9,400 feet of four-inch pipe and 44,100 feet of two-inch pipe, employing 35 workers.

H. Wilde was initially appointed manager for the district but was soon succeeded by Marvin Kirk, who managed operations until George Thiesen took over in 1966. Joe Champelain replaced him in 1968. In 1971, Western Propane purchased Great Plains, and managers Abe Klassen, Dale Williams and Denis Duval each served in turn.

In 1986, Inter City Gas (ICG), which supplied the product and owned the site, took over Western Propane operations. Employees Cornie Ruitter



STANDARD PHOTO SUBMITTED

Cornie Ruitter oversaw Western Propane in 1974 on Highway 3 south until 1986, when Inter City Gas (ICG) took over the business. He later went on to start the propane operation at the Carman Co-op.

and Wayne Meijer handled deliveries until staff were eventually let go and the offices moved to Morden. The former site now houses Pritchard Auto Wrecking on Highway 3 South.

From the 1990s to the 2000s, Centra Gas was the main distributor un-

til Manitoba Hydro, the provincial Crown corporation, acquired it in 1999. This made Manitoba Hydro the sole supplier of both gas and electricity in the province, delivering about two billion cubic metres of natural gas to 130 communities today.

Rosemary Siemens performs at U.S. National Day of Prayer in D.C.

By Ashleigh Viveiros

Plum Coulee native Rosemary Siemens and her husband Eli Bennett made history last week by becoming the first Canadians to perform at the National Day of Prayer in Washington, D.C.

The 75th annual gathering at the U.S. Capitol took place May 7, and Siemens and Bennett were there singing a song she had written for the occasion years earlier in faith that this lifelong dream would one day come true.

"Eight years ago, I wrote a song called 'Path of Prayer.' It quickly became the most requested song in our live shows, but I never released it," Siemens shared. "For years, I would watch the National Day of Prayer and feel so strongly that I was supposed to wait, that this song was meant to be performed there. I even told Eli years ago that I believed we would play it at that event one day. It truly felt like God had a specific moment for it."

The opportunity became a reality this February when the musical duo were performing at the Synergize religious conference in Orlando, Florida.

"Leaders from around the world, church leaders, were there, and we were invited to play," said Siemens.

Also on hand was Kathy Branzell, president of the National Day of Prayer Task Force. After hearing Siemens and Bennett perform, and learning of their interest in being part of the National Day of Prayer, Branzell issued them an invitation.

"It was just such an honour. It was amazing," Siemens said. "To have that dream fulfilled was totally a God thing."

Siemens sees the event as a truly unifying one, where people from all political affiliations gather to seek wisdom from a higher source.

"To have both sides come together for prayer in the highest government in the U.S. is pretty significant,

especially with all the turmoil now," she said. "Just to hope to bring unity through God and focusing our attention on prayer and the power of prayer is just pretty significant."

"To have a song like 'Path of Prayer' there, I think was just God's perfect timing."

The experience exceeded Siemens' expectations. Entering the Capitol Building and making their way through the National Statuary Hall left them in awe of the history of the place.

"It is actually the first place where the U.S. government ever met, so it's very significant," Siemens said. "And the acoustics were so unbelievable."

"To have that honour, and it just has such a reverence in there. It was more than I could have ever imagined, honestly."

Siemens' parents, Jack and Mary Siemens, came out from Plum Coulee to watch her perform, as did her three kids.

"It was so special to have them all there," Siemens said. "It was one of those moments where you're like, 'I can't actually believe that I'm here.' I come from this little small town. It's only through God—He ordained the steps to that moment."

Siemens and Bennett, who make their home in B.C., are looking forward to coming back to Manitoba for a stretch this summer, and to performing a benefit concert at the Winkler concert hall in fall.

"It's my favourite place to come," Siemens said. "We usually try and come home for a month and spend time on the farm and spend time with family."

"It's very important for me to have the boys kind of being raised on the farm, feeling that sense of my home and farming and hard work and country living. I want them to experience that. Honestly, it's their favourite



STANDARD PHOTO SUBMITTED

Rosemary Siemens and Eli Bennett were the first Canadians to ever perform at the National Day of Prayer gathering in Washington, D.C. earlier this month.

place to go."

You can stay up-to-date on the details of their upcoming performances

on Siemens' website: rosemarysiemens.com/.



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Pembina Valley film group preparing to release its first full-length film

By Lorne Stelmach

A fledgling local group of filmmakers have taken a big step forward with the coming release of their first full-length feature film.

Headed up by lead filmmaker Santi Larrauri, Pembina Valley Films is in the post production phase for the *The Distance Between Bars and Benches*, so it is an exciting time for them to be about to release the results of their efforts that drew on local talent and locations.

"It was exciting to see how everybody was able to rise to the challenge, the whole group," said Larrauri it was nice that they developed so quickly."

The film centres around Jolene, who after suffering partial amnesia from an accident embarks on a quest for clues of what happened that night. She soon discovers, though, that the truth comes at a price.

Starring Kelsie Dorge as Jolene, the film also features such local talent as Xander Klassen, Julie Myers, Larrauri himself, Alexander Peters, Darien Dawley, Nick Pharoah, Tim Aliev, Keith MacLean, and many more.

The Pembina Valley Films group had started out with a number of short films but with the idea that they would work towards doing a full-length feature film, Larrauri noted.

"I had to develop a theme right from scratch," he said. "When the team started to get more positioned in their craft, we decided it was time, so I wrote a story.

"It was originally a story I was supposed to write for a client. I sent it to him, and I said to my partners okay, this is actually something we can afford to make," he said.

Larrauri touched on the story idea.

"After months of therapy with little success, the doctor tries a different approach. He releases [Jolene] back home with strict instructions that nobody is to speak to her about any of it ... she's supposed to remember the events organically on her own,"

he explained. "She pursues the truth ... but it's not necessarily a good idea that she pursues it because when she discovers it, things spiral down from there."

Larrauri recalled reading about such a case years ago.

"It never got out of my mind. I remembered the story ... so I decided to develop something similar to it ... and I added a few twists and turns."

Larrauri said it was a somewhat daunting task to contemplate at first with limited resources and basically a crew of just three people.

"The community really pitched in. We made our budget stretch. We got free locations," he noted. "The town really helped us out. We couldn't have done it without Morden."

Filming was limited to weekends over the course of several months, as all involved have full-time jobs and other responsibilities.

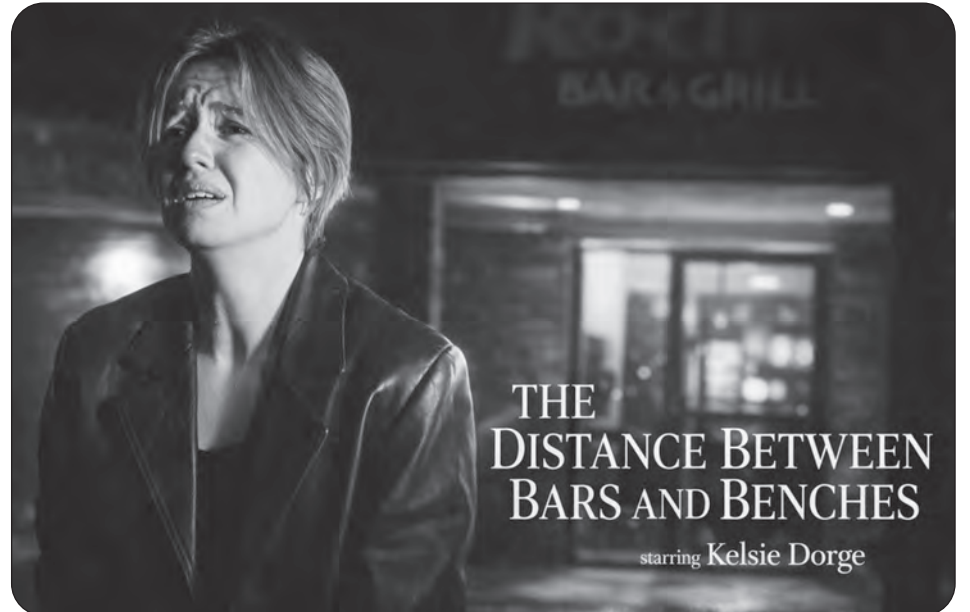
"It was challenging, but we had great help. The actors we chose from local theatre groups here. Most of them had experience with acting," Larrauri said. "Most of them didn't have any experience with film though except for the ones I used in my short films. It was a nice experience ... working with them and seeing the, transferring their skills from theatre to cinema."

Larrauri has a real appreciation for the level of talent here in this region.

"We have quite a good theatre community here," he said. "When we advertised for auditions for this, we were surprised by the number of people. We had over 60 people show up ... and we ended up extending it ... we eventually used most of them even as extras. It was nice.

"When I wrote the script, I already had some people in mind for the characters. I already had people in mind who were all local," he added.

It seemed like a natural fit for Xander Klassen to be involved, as he very much grew up around theatre and



SUPPLIED PHOTO

The *Distance Between Bars and Benches* was shot at locations across the Pembina Valley featuring local talent. It's set to be released later this spring.



acting with his father, Richard Klassen, being the lead producer and director with Candlewick Productions.

"I've been around acting most of my life. I believe I was four or five years old when I started acting with Manitoba's Passion Play," he noted.

"This is the first time on film, so it's quite new for me," Klassen noted, observing that theatre acting is quite different from film. "It's a unique experience."

"It's definitely something I came to enjoy. I started with some nerves with auditioning and all that, but it really is amazing to be on set and to work with people who had maybe done this before but maybe it was their first times too. It is very much surprising how much talent there is in this area," said Klassen, who added he also likes the storyline. "It is really a story of what was lost and all of the characters wanting to repair that ... all of the characters have lost something from this accident."

Playing the lead character of Jolene is Kelsie Dorge. She said the film shoot was quite intense and challenging, but also exciting.

"It really is a great story, and the people who have put so much time and work into it is really something. It has been amazing."

She was immediately interested when approached about it.

"I've always been into theatre, always been in choirs and in bands," she said. "And I had worked with Santi on a couple short films ... I've already been working with him and his team.

"I instantly was, you know what, I've got to try," she said. "It is kind of a childhood dream come true. I've always been into theatre, always had a childhood dream of being in a movie ... so I had to be a part of it.

"It was very much daunting but extremely exciting," said Dorge. "It was absolutely exciting to see that kind of interest and that level of talent in the area."

The Distance Between Bars and Benches is aiming for a release date of late May. Larrauri plans to have a local premiere for it and to submit it to film festivals and perhaps to services like Netflix and Amazon Prime.



Back 40 Folk Festival shaking things up this year

By Lorne Stelmach

Organizers of the annual Back 40 Festival are optimistic about this year's event as they prepare to host it with some significant changes from past years.

Not only is the festival being moved from Morden Park to the Suncatch Plaza in downtown Morden, but it is also going to be held over two days at the end of June rather than the first weekend of the month. Admission this year will also be free.

Financial and other considerations led the festival board to decide to shake things up this year, said chair Scott Bell.

"People have enjoyed the setting in the park, but downtown Morden is a nice spot to hold an event as well," he said, noting that "the Suncatch stage has been put to good use with live music" with other events through the summer months.

"I know change like this is always a bit jarring for people, but for us it was born of necessity," Bell said. "Things needed to change just so that we could sustain the festival ... it just seemed to be time to try something new. So we're just looking to create a couple of great evenings of music for the community. And it's free to at-

tend, and we're really pleased to be able to offer that to the community."

Shane Falk, who has stepped into a leading role in organizing the festival, noted they will be watching closely how things go with the new location and dates.

"I'm very excited about the changes, and if it comes down to, after a couple years, people want to go back to the park, and we can find a way to make it feasible to go back to the park, then that's not out of the question," he said. "We took the cost savings and we were able to spend it on making it free, but we've also gotten really great support this year from local businesses, so that's really helped."

Falk shared a few other factors that came into play as planning for the 2026 festival got underway.

"We started to look at even doing sound—out in the park is a lot harder to make the sound sound well because it's just such a big wide open area," he said. "And even just the work involved in setting it up in the park just for one day.

"We thought how can we make this both easier on the volunteers and the board but also cut costs and benefit the community as well by increasing the number of people coming by

making it free?"

Falk also pointed out some people might only want to see a certain band or two but don't necessarily want to pay for a whole day pass.

"And we have that great stage area down there already set up," he said. "I've also seen the success of some of these street festivals in the city where it gets the whole community or neighbourhood out ... so I thought why not do that here?"

"And even with the businesses, we are showcasing that we have such a beautiful downtown," he added.

Organizers are also capitalizing on the fact that the Suncatch Sounds concerts that happen through the summer provide an established draw.

"We kind of took over one of those, so that already helped that the City would be prepared to put on one of those," Falk said. "We could keep things set up and do a second day on the Saturday."

The festival kicks off Friday, June 26 at 6 p.m. with a lineup that starts with local band Lakes and Pines followed by Stellar and The Irvin Miller Band along with a few to-be-announced "tweener" acts.

The second night, Saturday, June 27, also gets underway at 6 p.m. with

a lineup that includes The Sharpe Brothers Band, Cassidy Mann, and Field Guide.

Falk feels there is a good lineup of local performers as well as some bigger names from Winnipeg.

"I think we've got a great mix," he said.

"It's a really nice blend of some popular Manitoba performers both from Winnipeg and from our local area," agreed Bell.

In addition to the music, there will be a vendor market and food trucks. Organizers are also planning to offer a 50/50, with the proceeds being split between Many Hands Resource Centre and Big Brothers Big Sisters Pembina Valley.

"It's kind of a Back 40 gives back initiative," explained Falk, who also shared that music fans who are not ready to go home after the show can head down the block for more music. "We're also doing something this year to keep the music going with some local bands. We partnered with Travelers [Inn Bar & Grill] ... after 10:30, there will be bands playing there as well."

Head to backfortymusicfestival.com for more information.

> HACKERS, FROM PG. 10

the Canada Life Assurance Company. It provides personal health insurance for medical services such as physiotherapy and psychology, dental insurance, life insurance, retirement planning and insurance for businesses and their employees.

Other media reports said hackers known as ShinyHunters stole the data of about 70,000 Canadians from Canada Life.

Bill Buckels, a retired systems analyst, software engineer and wealth systems manager who lives in the Interlake, said the Canada Life cyber attack represents an ongoing failure of companies to protect clients' data.

"Well, of course, Canada Life was hacked," said Buckels. "This is another good case for not storing customer information where it can be accessed through the Internet."

He said he's not surprised the company's IT system was breached as the ironclad security protocols he worked with back in his day are just not being implemented now because of convenience. That's why the news is full of stories about companies being hacked and client data stolen.

Strong protocols from 35 or 40 years ago still exist and can be built into to-

day's IT systems, he said. Those security protocols include "data or information hiding" whereby individual clients are linked only to a "generic tag" such as a customer ID or a transaction number, with none of their personal data attached, as well as not allowing the transmission of sensitive data from a company's server over the Internet.

"Canada Life should have had information hiding. In the 1980s and 1990s, this was a tenet of computer privacy, and we didn't have this hacking problem back then," said Buckels, who worked in the financial sector for companies such as RBC Dominion Securities and for stock exchanges and international banking systems. "If you're going to leave the door open, the criminals are going to come in and steal everything."

According to his research, Buckels said the stolen Canada Life data included names, contact details, and possibly financial and health insurance data.

Hackers accessed the system via a single employee's account. Buckels said it could have been a phishing email that the employee opened or the hackers could have obtained a previously hacked password that the employee was using for other applications, and the hackers tried it out and

were able to access Canada Life client data stored on the Cloud. In this way, the hackers didn't have to "break in through a firewall; they just walked in the front door."

"If the employees have access to client information through the Internet, then you as the company have compromised your own system, and you're to blame," said Buckels. "Under what circumstances does an employee need to have access to more than one customer at a time? If they choose to, Canada Life can have a 'closed' system for employees that won't compromise the data of thousands and thousands of clients."

Cybercriminals not only sell personal data on the dark web to other criminals, but they'll also sit on it for years. For example, if they can't read encrypted data they've stolen, Buckels said they'll store it for years until new technology is developed to "crack" older encryption standards.

"The Canada Life data is obviously going to be set aside and could be frozen until thawed in five years' time or more," he said.

That's why a hacked company saying there's "no evidence client data is being shared on the dark web" or offering its clients free time-limited credit-monitoring services is virtually meaningless. It does nothing to pro-

tect victims whose data was hacked.

"Canada Life is giving a credit check for a year or two as compensation to the victims. But it's clear that these are really stupid people when it comes to protecting data and they should be punished like criminals to teach them a lesson," said Buckels. "The company needs to pay when that data eventually gets used and the damage occurs, whether that's tomorrow or a decade or more from now. Canada Life is effectively an accessory to this breach and it should be liable to the same penalties given to hackers — who may never be caught."

He underscored that fact that when IT systems are not exposed to the Internet, data cannot be stolen. Thieves would have to physically steal a server containing data by dynamiting brick and mortar to get to it.

What Canada Life and other companies with weak IT protocols need to do now is "remove client data from the Internet altogether," he said.

The Canadian Investment Regulatory Organization (CIRO) experienced a major cybersecurity breach in 2025 that affected about 750,000 Canadian investors. Hackers stole personal and financial data (including birthdates, SIN, bank account numbers and eye colour) after they accessed CIRO's IT system.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Central Energy teams open AAA softball season

By Annaliese Meier

The Central Energy U13 squad opened the 2026 Manitoba Premier AAA Softball League season with a split through its first four games, highlighted by an explosive offensive performance against the Smittys Terminators on May 9.

Central Energy opened the season May 3 against the Manitoba Angels, falling 13-8 in the opener before dropping a 10-7 decision in the second game of the doubleheader. Despite the losses, Central Energy remained competitive offensively against one of the league's early top teams.

The U13 team rebounded on May 9, overpowering the Smittys Terminators 18-2 in the opener before narrowly falling 9-7 in the second game to earn a split on the day.

Central Energy will next face the Eastman Wildcats on May 30 at Friedensfeld Community Centre Diamond 1. The first game is scheduled for 10 a.m., followed by the second game at 12 p.m.

The Central Energy U15 team opened the 2026 Manitoba Premier AAA Softball League season against the Interlake Phillies on May 3 at the Carman Sportsplex North Field.

Central Energy dropped both games of the opening doubleheader, falling 6-3 in the opener before the Phillies secured a 14-4 victory in the second game.

Despite the results, Central Energy



Central Energy's Taylor Wall delivers a pitch against the Interlake Phillies.

showed flashes offensively in both contests while gaining early-season experience against one of the league's established programs.

The U15 squad will look to bounce back May 14 when it hosts the Westman Magic for a doubleheader at Republic of Manitobah Diamond 9. First pitch is scheduled for 6 p.m., with the second game to follow at 8 p.m.

The Central Energy U17 team also opened its season on May 10 against the Interlake Phillies in Stonewall.

The Phillies earned a 13-3 victory in the opener before taking the second game 15-8 later in the afternoon.



PHOTOS BY LANA MEIER

Becca Anderson of the Central Energy keeps a Phillies runner close at first base during U17 Manitoba Premier AAA Softball League action in Stonewall on Sunday. Central Energy jumped out to an early lead before the Phillies rallied back to earn the victory in the second game of the doubleheader.

Central Energy will look to bounce back on May 17 when the team hosts the Eastman Wildcats for a doubleheader at LaSalle - Jays Care. The first game is scheduled for 12 p.m., followed by the second contest at 2 p.m.

Meanwhile, the Central Energy U19 team is set to begin its regular season on May 17 with a home doubleheader against the Smittys Terminators at Quarry Park Diamond 3 in Stonewall.

The opener is scheduled for 12 p.m., with the second game to follow at 2 p.m.

Following the opening weekend, Central Energy will travel to Friedensfeld on May 29 for a pair of games against the Eastman Wildcats at Friedensfeld Community Centre Diamond 1, with first pitches scheduled for 6 p.m. and 8 p.m.

Southern talent selected for Team Manitoba POE Top-40 camps

By Haley Cvar

Hockey Manitoba announced the selections for its Boys U16 and Women's U18 Program of Excellence Top-40 camps, scheduled for May 21-24 at the Southeast Event Centre in Steinbach. The camps mark the second phase of the Program of Excellence pathway as athletes continue working toward a chance to represent Team Manitoba at the 2027 Canada Winter Games in Quebec City.

The Boys U16 Top-40 camp will feature skills sessions, team-building

activities and inter-squad exhibition games. The group includes 24 forwards, 12 defencemen and four goaltenders selected by Team Manitoba coaching staff and evaluators following the U16 Spring Selection Camp held in Winnipeg earlier this year.

The Women's U18 Top-40 camp will also include skills sessions, team-building activities and inter-squad exhibition games. The roster consists of 23 forwards, 13 defencemen and four goaltenders selected after the Women's U18 Top-68 Camp, which

took place in Winnipeg in February.

Athletes selected to the Top-40 camps will continue to be evaluated as Hockey Manitoba works toward naming the final Team Manitoba rosters for the 2027 Canada Winter Games, set for Feb. 27 to March 14, 2027.

The Canada Winter Games are one of the country's premier multi-sport events and feature top developing athletes from across Canada competing for provincial and territorial teams.

LOCAL PLAYERS FROM THE PEMBINA REGION INCLUDE:

Boys U16:

- Forward Mason Froese (Winkler)
- Forward Brock Vodden (Manitou)
- Defenceman Andren Paulsen (Oak Bluff)
- Goalie Ethan Radke (Morden)

Women's U18:

- Forward Madeline McKay (Oak Bluff)
- Forward Lydia Hill (Miami)
- Forward Casey O'Brien (Stanley)

Race season begins May 22-23 at Dead Horse Creek Speedway

By Lorne Stelmach

The roar of the engines will be heard again at Dead Horse Creek Speedway, and the Valley Motorsports Association is excited to get racing underway for a fourth season at the track west of Morden.

President Chris Unrau said they are excited to be more established now that they have a few seasons under their belts, and they're eager to continue to grow.

"We get a lot of very, very positive feedback from the racers ... what they like about Dead Horse Creek and the environment and the people. They just love a community that embraces racing," said Unrau. "Motorsports isn't for everyone ... this definitely attracts the gear heads and motorsports people."

The association has six weekend events and a total of 12 races planned for the summer.

It kicks off May 22-23 with the Bobcat Battle of the Creek sponsored by Duron Equipment. That's followed June 19-20 with the McNaught Cadillac Cup and July 3-4 with the Greenville Equipment GVE Deere Run, which will include an air show by Luke Penner on the Saturday night

A new event is set for July 17-18 sponsored by Elmer's Manufacturing. It will be a doubleheader with the Northern Late Model Racing Association.

"That will bring in the best of the best in the whole northern plains region ... so we're looking forward to some really good competitive late model racing that weekend," said Unrau.

The season continues with the Harvest Classic Aug. 7-8 (another new event) and the Proven Seed King of the Corn Aug. 28-29, with the NLRA also back on Aug. 29.

Unrau said they are optimistic about the season ahead and the support and volunteer response.

"We're just always amazed by the response that we've had from the community, from businesses, and from community groups and from people who



STANDARD FILE PHOTO

Opening weekend at the Dead Horse Creek Speedway is May 22-23.

want to volunteer and racers and fans. It just seems to be really gaining momentum, and we're really excited about it."

He noted they have a good fire and safety crew in place with the use of a couple response vehicles, donated gear, and volunteer firefighters standing by to use it.

And Unrau is optimistic the track will be in good shape this weekend and beyond.

"As far as the weather goes, you're always dealt different curve balls, so this year, with the cool weather that we've had, it just really slowed down getting things ready, so we hadn't been able to do a whole lot out at the track until this past week ... there was a big push on to get things ready."

More information is available online at deadhorsecreekspeedway.ca.

Cardinals ready for ninth Border League season

By Lana Meier

The Carman Cardinals are preparing to take the field for their ninth season in the Border Baseball League, with the club aiming to remain competitive while welcoming several new faces to the roster.

The Cardinals will open the 2026 season at home on Tuesday, May 19 against the Altona Bisons as part of another busy summer schedule in the league's East Division.

"Our team this year is looking to provide strong competition," Cardinals president Jack Pethybridge said. "Although we have had a couple of veteran players retire, we have added a number of new players to the team and have a full roster."

The Border Baseball League will once again feature East and West divisions, with teams playing opponents from across the league throughout the season.

Joining Carman in the East Division are the Altona Bisons, Morden Mud Hens and Winkler Whips. The West Division includes the Baldur Regals, Cartwright Twins, Clearwater and Holland A's.


Pethybridge said the Cardinals are eager to build on the strong support they continue to receive from local baseball fans.

"We look forward to providing great games for our strong and supportive

fan base," he said. "See you at the ballpark."

Carman's opening month schedule includes four games, beginning with the home opener against Altona on May 19 at 7 p.m.

The Cardinals will then travel to face the Morden Mud Hens on May 22 before taking on the Winkler Whips also on the road on May 26 at Arctic Field. Carman returns home on May 29 to host the Baldur Regals.



HOME SCHEDULE

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|---------------|------------|-----------|---------------------------|------------------|
| May 19 | Tue | vs | Altona Bisons | 7:00 p.m. |
| May 29 | Fri | vs | Baldur Regals | 7:00 p.m. |
| Jun 12 | Fri | vs | Morden Mud Hens | 7:00 p.m. |
| Jun 16 | Tue | vs | Winkler Whips | 7:00 p.m. |
| Jun 30 | Tue | vs | Morden Mud Hens | 7:00 p.m. |
| Jul 3 | Fri | vs | Cartwright Twins | 7:00 p.m. |
| Jul 10 | Fri | | First Home Playoff | 6:30 p.m. |

get inspired

> MEAL IDEAS



Berry Bagel French Toast Casserole

powdered sugar
maple syrup
berries (optional)

To make casserole base: Preheat oven to 300 F. Cut bagels into 1-inch cubes. Spread on baking sheet and toast 10 minutes until slightly dry.

Lightly grease 9-by-13-inch baking dish. Add toasted bagel cubes and half the berries.

Whisk eggs, milk, cream, maple syrup, brown sugar, vanilla, cinnamon and salt. Pour evenly over bagels.

Press bread gently so it absorbs custard. Cover and refrigerate 2 hours, or overnight.

Heat oven to 350 F.

To make crumble topping: Mix flour, brown sugar, cinnamon, salt and melted butter. Sprinkle mixture over casserole. Add remaining berries.

Bake 40-45 minutes until center is set and top is light golden color. If it browns too quickly, tent loosely with foil.

Let rest 5-10 minutes. Dust with powdered sugar and serve with maple syrup. Top with extra berries, if desired.

Prep time: 55 minutes

Servings: 6-8

Casserole Base:

5 Dave's Killer Bread Summer Berry Bagels

1 cup strawberries, sliced, divided

3/4 cup blueberries, divided

1/2 cup raspberries, divided

8 large eggs

1 1/2 cups milk

1/2 cup heavy cream

2 tablespoons maple syrup

2 tablespoons brown sugar

1 teaspoon vanilla extract

1 teaspoon cinnamon

1/4 teaspoon salt

Crumble Topping:

1/4 cup flour

1/4 cup brown sugar

1/4 teaspoon cinnamon

1 pinch salt

4 tablespoons melted butter

Serving:



Spicy Tuna Sushi Rice Cups

spicy mayo or Sriracha, for topping
wonton crisps, for topping
Heat oven to 375 F.

To make sushi rice: Mix cooked rice with rice vinegar, sugar and salt. Let cool slightly.

To make tuna mixture: In bowl, combine tuna (no draining needed), mayonnaise, Sriracha, soy sauce and wasabi, if desired. Mix well.

To assemble: Cut nori sheets into squares and press into cups of muffin tin to line them.

Fill each nori-lined cup with sushi rice, pressing gently to form small nest shape.

Sprinkle furikake over rice then top with spoonful of tuna mixture.

Bake 8-10 minutes until heated through and edges are slightly crispy.

Remove cups from muffin tin, drizzle with spicy mayo or Sriracha and top with wonton crisps.

Recipe courtesy of @amateur_husband on behalf of Bumble Bee Seafoods

Sushi Rice:

2 cups sushi rice, cooked

2 tablespoons rice vinegar

1 tablespoon sugar

1 teaspoon salt

Tuna Mixture:

1 can (5 ounces) Bumble Bee Snackers

Lemon Pepper

3-4 tablespoons mayonnaise

1-2 teaspoons Sriracha, or to taste

1/2 teaspoon soy sauce

1/4 teaspoon wasabi (optional)

Assembly:

nori (seaweed sheets)

furikake seasoning

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

I have great news for you today! What's that, you ask? Well... let me tell you.

Traditional medicine and holistic (alternative) medicine can coexist. (I'd argue they should coexist.) Have you ever struggled with nausea every time you sit in the backseat of a car? Or burned yourself taking a lasagna out of the oven? Or had a pesky boil in your armpit?

I'm sure a doctor can help by prescribing an anti-nauseant, giving you a cream to soothe and heal a burn, or lancing a boil. But I've found I can sometimes feel better or heal using things I can get at the grocery store. (This is NOT medical advice. I can't diagnose or treat your health issues.) I've found that eating ginger when I'm motion sick helps calm the nausea. I also know that if I'm going on a long road trip or train ride, I need to take an anti-nauseant. For minor burns, I've found aloe vera soothing and helpful for healing. But if the burn isn't healing or is more severe, off to the doctor I go.

Recently, I've had a UTI that just won't go away. Four rounds of antibiotics later, my gut is screaming for help. Antibiotics are known for killing beneficial bacteria, wreaking all sorts of havoc. So I did some research and am now consuming kombucha, yogurt, and oats to get much-needed probiotics and prebiotics. I needed the doctor for the antibiotics, but the solution to my (new) gut issues resulting from them—I've found that on my own.

Some folks are anti-medical, and some are anti-"alternative." I can respect that. I've had medical appointments that turned out badly, and I've tried home remedies that changed nothing. But I've also benefited from both approaches. I know this analogy is overused, but for me it's real life: Type 1 diabetes. I'd be dead without medical intervention—both at the time of diagnosis and ever since. My doctor provides me with insulin. But I've also educated myself on high-fibre diets and using healthy fats to reduce insulin spikes. Cinnamon has been found by some to help lower blood sugar. I didn't get this information from my doctor.

So, I guess I'm here to ask you to keep an open mind. I would hate for you to miss out on feeling better because you're ignoring one approach or the other.

And about the boil... I'm afraid I can't help you with that one—sorry!

Less health stress, yes?
A published author and musician, Susie currently lives in the UK. Find her on Instagram @authorsusieschwartz and at www.lesshealthstress.com (email: info@lesshealthstress.com). Author of Help the Doctor Help You: 41 Secrets and Tips for Self-Advocacy to Get the Best from Your Appointments.



Picnic Cherry Limeade

chilled

1/2 cup tart cherry juice, chilled
Drain maraschino cherries, reserving syrup. Set whole cherries aside.

Juice four limes to yield 1/2 cup juice; thinly slice remaining limes.

In large pitcher, stir cherry syrup, lime juice, soda and tart cherry juice. Add lime slices.

Transfer to container with tight-fitting lid for transport. Serve over ice and garnish with reserved whole cherries.

Photo courtesy of Shutterstock

Recipe adapted from "Southern Living"

Total time: 5 minutes

Servings: 10

1 jar (10 ounces) whole red maraschino cherries, chilled

6 limes, divided

1 bottle (2 liters) lemon-lime soda,

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OBITUARY

Gord Boklaschuk
April 16, 1962 - May 1, 2026



It is with great sadness that we announce the passing of our beloved dad, papa, friend, mentor and Tracey's soulmate on Friday, May 1, 2026 with all of us by his side.

He leaves behind the love of his life, Tracey Malone; his children, Deena (Rod), Derek (Carly), Devon (Regan), Damon (Amy); Tracey's children, Kendra (Cody), Abbey (Cole), Deaghan (Isaac); and their grandchildren, Lennyn, Cole, Wren, Alex and Robin.

Gord was a professional, confident and skilled pilot, carpenter, and father - capable of things many could only dream of. We are grateful for the values and life skills that he instilled and the experiences that he gave each of us.

Though he can no longer fly with us, we will carry on - flying together.

A Celebration of Life was held on May 9, 2026 at The Farm in the RM of Woodlands. Blue skies & tailwinds Gordo!



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RURAL MUNICIPALITY OF



REQUEST FOR PROPOSAL
RURAL MUNICIPALITY OF MORRIS
MANITOBA

ROSENORT LAND SALE & DEVELOPMENT

Request for Proposals (RFP) will be received by the RM of Morris Office located at 207 Main Street North, Box 518, Morris, MB, R0G 1K0 or by email cao@rmofmorris.ca up to 2:00 pm local time on Friday, July 3rd, 2026 for the following:

The opportunity to purchase and develop approximately 57.19 acres of usable RM of Morris owned Property located on the South-West side of the Rosenort. Total of 71.12 acres with 13.93 acres described as 'Brush/Scrub' or 'Creek Conservation Land'. The intent of this Request for Proposals (RFP) is to identify development concepts that contribute positively to the long-term economic and community development of Rosenort and the surrounding municipality.

RFP Documents are available on the RM of Morris website: rmofmorris.ca under "Updates" or by request from the CAO by email: cao@rmofmorris.ca

The lowest bid or any RFP not necessarily accepted. This RFP process was designed for respondents to propose ideas and deliver solutions for the Lands. The Developer with the best overall development program will be selected for further negotiation and will enter into a development agreement with the RM of Morris.

Wes Unrau, CAO

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