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Rainbow magic

STANDARD PHOTO BY ASHLEIGH VIVEROIS

Liv Dance Company's Mini Ballet group performs Rainbow Connection (1979) during the studio's year-end recital, Dancing Through the Decades. Pictured are Morgan Borst, Quinn Goerzen, Macy McCullough, Sophie Oakes, Melody Spieker and Elisabeth Young.

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Cardiac rehab program provides local support

By Lorne Stelmach

A regional program focused on heart health is marking five years of services and 25 cohorts this June.

The Pembina Valley Cardiac Rehabilitation (PVCR) program is an education and exercise program designed to support recovery after heart disease, heart surgery, or a heart attack.

Kinesiologist Nolan Turnbull said it is a great collaborative effort that involves staff from the Menzies Medical Centre in Morden and the C.W. Wiebe Medical Centre in Winkler along with a variety of allied health care professionals across the region.

“Cardiac rehab was identified as a need quite a while ago,” said Turnbull, who noted they worked with a cardiac rehab program in Portage with support and direction as well from programs in Winnipeg.

“Prior to this, there was no cardiac rehab program in the Pembina Valley. There’s various heart health classes that have been offered over the years, but there’s never been a comprehensive rehab program ... people would have had to go to the Reh-Fit Centre in Winnipeg, and it’s an amazing pro-



gram, but the problem is not everyone can afford to get there, and it’s a longer program, so it’s a bit more of a commitment. The biggest barrier for most people is the travel and the time, so to have something local is just more accessible.”

One of the participants in the program this spring was David Devloo from the Somerset area. He first had a



STANDARD PHOTOS SUBMITTED

Participants in the Pembina Valley Cardiac Rehabilitation Program meet in Winkler twice a week for six weeks to discuss heart health (above) and engage in some light physical activity, such as walking the track at the Meridian Exhibition Centre (right). It’s a local option for patients recovering from heart disease, surgery, or a heart attack.

heart attack in 2021 and took part in a cardiac rehab program in Winnipeg at that time. He then had heart surgery this past April.

“I found out there was a program here based out of Winkler, so that was a bonus,” Devloo said. “I’m a little

early into the program, given my surgery was just in April, but I think it’s a wonderful resource. I’m super impressed with the people who are involved.”

Continued on page 3

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Carman Legion Auxiliary supports local community groups



STANDARD PHOTOS SUBMITTED

Carman Legion Ladies Auxiliary president Barb Doerksen recently presented donations to several local organizations in support of community initiatives. From left are Elaine Owen accepting a \$1,000 donation on behalf of the Dufferin Agricultural Society (DAS), Edwin Pritchard receiving \$500 for the Carman Beavers, Cubs and Scouts, and Fred Colvin accepting \$1,000 for Riverview Legion Place. The auxiliary also donated \$500 toward a community poppy banner project led by Louise Pethybridge, who was unable to attend the presentations.

> CARDIAC REHAB PROGRAM, FROM PG. 13

He appreciates and values the support provided through the program.

"We've had wonderful speakers so far ... and there are good resources for everything, really.

"If I had to go into Winnipeg, I would have just skipped it. I wouldn't have gone into the rehab ... it just didn't make sense ... so I was just so happy that there was something local," said Devloo. "They've got a lot of options and resources depending on what you're dealing with ... these are caring people who are involved with this program."

PVCR consists of two weekly two-hour sessions for six weeks. The cost is only \$50, and participants learn skills for long-term heart health through regular supervised exercise, heart-healthy nutrition, medication management, stress management, lifestyle education, and counselling. Each group aims to help up to a dozen people in their recovery from a heart event or procedure.

The PVCR health care team helps clients manage symptoms and develop confidence in making healthy lifestyle changes through exercise and routine physical activity.

Throughout the program, the kinesiologist monitors each participants' exercise program and provides feedback and encouragement re-

garding their lifestyle goals.

The bottom line is that the expert cardiac rehab team ensures people's experience in the program is designed to meet their individual needs so that they can live their best lives and get back to doing the things that they most enjoy.

Turnbull suggested it can be a game changer for some people. There is a lot that comes into play in relation to cardiac health, he noted, so that is the focus of their work.

"Our program is a bit unique in that it does have the collaboration of all these different health care professionals," he said, noting they can offer referrals to a wide range of services such as a dietitian, respiratory therapist, pharmacist, kinesiologist and a mental health clinician. "The resources are available for referrals if needed to support the patient if throughout the program we identify the various areas of need.

"It's a very special program in that most cardiac rehab programs are run by a physiotherapist or kinesiologist and a nurse or something similar. Our

program is the only one that I know that has such a multi-disciplinary approach. We also have a doctor who comes in and presents as well," Turnbull added. "So there really is a team effort, and the multi-disciplinary ap-

proach to it keeps it more interesting and engaging for patients.

For more information about the program and upcoming sessions, email pvcrc@southernhealth.ca or call 204-361-6043.

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The Carman-Dufferin Standard is published Thursdays and distributed as a free publication through Canada Post to 3,457 homes by BigandColourful Printing and Publishing.

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Our commitment to you: we want to help build stronger communities through articles that both inform and entertain you about what's going on throughout the Pembina Valley. This is your community newspaper—let us know what you want to see in it.

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Manitoba Blue Cross opens service centre in Winkler

By Ashleigh Viveiros

Manitoba Blue Cross cut the ribbon on its newest regional service centre in Winkler last week.

“This new location represents an important step in making our services more accessible to the people across southern Manitoba, specifically in the Pembina Valley area,” said David Tompkins, vice-president of sales for the not-for-profit agency. “Above all, today is about further strengthening our connection with these communities and making support more accessible and ensuring people can get assistance from Manitoba Blue Cross closer to home.”

Located at 88L 15th St., Unit 3, the service centre gives both existing Blue Cross members and the public at large a place to go for face-to-face assistance with claims or questions about health and travel insurance coverage.

“Sometimes people want more than information; they want a chance to ask questions, talk things through, feel confident, and understand their options for coverage,” noted Benjamin



STANDARD PHOTOS BY ASHLEIGH VIVEIROS

Manitoba Blue Cross president and CEO Benjamin Graham presented United Way Pembina Valley reps Anna Wieler, Nichole Hiebert, and Cathy Sandercock with a \$10,000 donation to mark the occasion.

min Graham, president and CEO of Manitoba Blue Cross. “Having local support can make that experience

Continued on page 5

The way it was this week in: June 4

By Dennis Young

100 years ago, 1926 — Great Northern Railway stops Carman-Portage service; enumeration for the census begins; Elm Creek hosts District Field Day; five nurses graduate from Carman Hospital; DAS distributes 1,200 prize list books; pure cane sugar sells for \$1.40 per 20 lbs. at McClure & McCullough; Dufferin Leader subscription is \$2 per year; C. Montgomery sells Goodyear tires; large ad explains how to properly shear sheep; Carman Bible & Business Training School might close.

75 years ago, 1951 — South End Grocery takes on Webb Bus Line depot; Miss Olive Bowes’s Teen-Age Sewing Club holds achievement day; W.E. McCutcheon approaches council with plans for a pasteurization plant on his

property north of Carman; R. Takvam is provisional sec.-treas. of the Manitoba Farmer Union; Jerry McNulty of Sperling draws cartoons for the Leader; Memorial Hall hosts the Manitoba Provincial Drama Festival.

50 years ago, 1976 — Nine-year-old Brenda Pasche of PLP drowns in Carman refuse grounds; contractor Jack Ross hands over keys to Station House; Kinsmen offer \$300 and their time to paint the Station House exterior; new golf clubhouse patio opens; MacLeods sells 16 cu.-ft. freezers for \$278; Rick Preston awarded the Travis North Memorial Trophy for senior boys aggregate; Lorraine Tkachyk sets new junior girls 1,500-metre record with a time of 6:43.8; United Church Rev. Jack McLachlan leaves for Dauphin; Heather Birtle named

new Agassiz Toastmistress Club president.

25 years ago, 2001 — New pool remains on schedule; grey willowleaf beetle wreaks havoc on trees; Charlie Termeer hired as parts manager at Delaquis Ford; Legion and RCMP combine to box 2,000 pastry boxes with cookies for Bosnia peacekeepers; Midland’s new office undergoes renovations; goodbye Potato Blossom and hello Fun & Value Daze; 309 participants attend Manitoba Cycling Association mountain bike event at Birch Ski; Ray Moreton of Miami elected president of the Canadian Postmasters Association; Graysville Mennonite Church introduces Morman and Rose Dyck as pastor couple; Birch Canyon Western Weekend planned for Miami fairgrounds.

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> BLUE CROSS, FROM PG. 4

more personal, convenient, and approachable, especially when navigating something important or unfamiliar.”

The facility will also serve as a base for eligible members with individual or employee assistance program coverage to access professional support for their mental well-being through in-person counselling sessions.

“This is especially important because, for some people, being able to speak to someone in a safe, supported environment locally can make it much easier to reach out and get the support that they want and the support that they need,” Graham noted.

This is the second regional service centre the agency has opened in the past year (the first was in Thompson last fall) as it endeavours to reach out to its many members beyond Winnipeg.

“There’s always been a presence here, but in the last few years the board of directors and the executive have really talked about how do we put more of Manitoba in Manitoba

Blue Cross?” noted board member Curwin Friesen, who is president of local agricultural dealership Greenvalley Equipment.

Given the growth of the area, Winkler was the perfect fit for the next rural community in which to establish a service centre.

“The next logical choice because of the boom in this area was to serve locals down here in the Pembina Valley,” noted Graham.

The centre will employ three full-time staffers and also welcome Blue Cross counsellors from other offices.

The non-profit’s commitment to in-person customer service is to be lauded, said Winkler Mayor Henry Siemens, on hand to officially help Graham cut the ribbon on the facility.

“In a day and age when everyone seems to be running from customer service, when it’s harder and harder to get through, even on a phone call, to somebody when you’re looking for something, to see this investment into our community, to see this investment here with personal service

... we’re extremely thankful for that. We’re very proud that you’ve chosen Winkler.”

Manitoba Blue Cross further marked the occasion by making a \$10,000 donation to the United Way of the Pembina Valley.

“Supporting organizations like United Way is one more way we can help strengthen the region beyond the walls of our service centre,” Graham said. “This space is about being present—building relationships, supporting people in a meaningful way and investing in the well-being of the communities we serve.”

“It’s a wonderful boost to our campaign, which we’ll be launching this fall,” noted United Way board treasurer Anna Wieler. “This will really help the organizations that we support. We pass it on and they, in turn, support the people that make use of their programs and services. And now Blue Cross just adds to that support system within the community.”

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Closed Mouths, Open Minds

It’s likely you’ve heard the saying, “you have two ears and one mouth, use them accordingly.” It’s a famous proverb that encourages twice as much listening than speaking in conversation.

The bible affirms this wisdom when it says, “Let every person be quick to hear, slow to speak, slow to anger” (James 1.19).

But we’re not very good at listening. At least, I know, I’m not.

Instead of recognising we have two ears and one mouth, we converse as though we have five mouths and no ears. Rather than being quick to hear and slow to speak, we can be quick to judge, hasty to speak, and slow to listen.

Isn’t this what we see so often in public conversation, political discussion, and even in our personal dialogues.

Many conversations are not really dialogues - they’re monologues. And we’re the worse for it.

In previous articles, we’ve talked about the power of folly. According to the bible, foolishness often shows up in conversation.

“A fool takes no pleasure in understanding, but only in expressing his opinions” (Proverbs 18.2).

Why is it foolish to speak only to express your thoughts?

Because wisdom and understanding comes through listening. If we desire truth and understanding, we need open minds, not just open mouths.

When we listen, we humbly acknowledge that we are not all-knowing and can be taught. It’s that humility that readies us to find truth and receive understanding.

This is why Jesus Christ, who is called “The Way, the Truth, the Life” – so often said, “He who has ears to hear, let him hear.”

Maybe what we need most is to stop and hear. We may just discover the truth.

Dathan Pleiter
Pastor of Elm Creek Canadian Reformed Church

Man charged with second-degree murder in Carman homicide

By Lana Meier

A 44-year-old Killarney man has been charged with second-degree murder following the death of a Carman resident whose body was discovered near a burning vehicle earlier this week.

On May 25 at approximately 1:15 a.m., Carman RCMP responded to reports of a vehicle fire inside a self-storage compound on 2nd Street Northeast in Carman.

Police said the vehicle was fully engulfed in flames when officers arrived. A deceased male was located near the burning vehicle.

The investigation was immediately taken over by RCMP Major Crime Services.

Following an autopsy, RCMP confirmed the 52-year-old Carman man died as the result of a homicide.

Investigators arrested a 44-year-old man and a 36-year-old woman on May 27 in connection with the death.

On May 28, Gordon Blaine McTaggart, 44, of Killarney, was charged with second-degree murder and remanded into custody.

The 36-year-old woman was released without charge after investigators determined she had no involvement in the homicide.

RCMP Major Crime Services continues to investigate.

Police are asking anyone with information related to the homicide to contact the Carman RCMP detachment at 204-745-6389. Anonymous

tips can also be submitted through Crime Stoppers at 1-800-222-8477 or online at Manitoba Crime Stoppers.

No further details about the victim or the circumstances surrounding the homicide have been released.



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TLC Daycare children take a sunny stroll through Carman



STANDARD PHOTO BY DENNIS YOUNG

Children and staff from TLC Daycare enjoy a sunny walk through Carman on Wednesday, May 29, as temperatures climbed to 29 C under clear skies and a light southeast wind. Pictured are daycare staff Keena Owen and Chloe Cummings with children during an afternoon outing near the centre.



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Senior complex taking shape



STANDARD PHOTO BY DENNIS YOUNG
Tree clearing recently took place at the future assisted living construction site on the Boyne Lodge campus as Boyne Care Holdings prepares to move ahead with the next phase of its seniors housing expansion.

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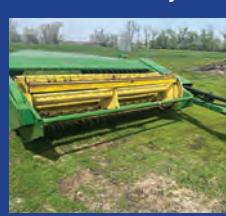
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Pride march and rally in Winkler Sat., June 13



STANDARD FILE PHOTO

Pembina Valley Pride's annual march and rally comes to Winkler for the first time on Saturday, June 13.

By Ashleigh Viveiros

Members and allies of the local 2SLGBTQA+ community will gather in Winkler next week for the city's first-ever Pride celebration.

Pembina Valley Pride has hosted six parades and rallies in recent years to mark June as Pride Month. Based on feedback from those events, organizers felt it was time to bring the festivities to the region's largest community, said president Pauline Emerson-Froebe.

"We've done Altona, we've done Morden, and we've done Carman," she said. "There are queer people in Winkler too."

A public gathering of like-minded community members and supporters can go a long way towards making 2SLGBTQA+ individuals feel welcome and

loved in the place they call home, Emerson-Froebe said.

"For some people, this is once a year where they get the internal strength to know that they are accepted by friends and family, by peers, by allies, and that can carry you through a very long time to know that you're not alone in this area."

The day kicks off with a Rainbow church service at 10:30 a.m. at a local church before the festivities move to the Winkler Parkland stage area with a Rainbow Makers Market and a by-donation barbecue lunch starting up at noon.

"We have various local artisans that are coming, and artisans from across the province," shared Emerson-Froebe. "And then we'll also have tables for community groups. Some are local community groups and some are queer groups coming from out of town."

Several guest speakers will take the stage at 1 p.m. before supporters head out on a short march along the bike/walking paths in the area before heading back for an afternoon of stage entertainment and activities.

"We're going to have lawn games, we're going to have a photo booth, we're going to have face painting," said Emerson-Froebe. "And then we have a mural where people will be able to write or design on."

Their goal, Emerson-Froebe stressed, is to create an inclusive, safe space for the 2SLGBTQA+ community and its allies to come together in celebration and support. To aid in ensuring everything runs smoothly, there will be security on-site throughout the day.

Emerson-Froebe acknowledges there are people upset a Pride event is happening in Winkler. Her message to them and the community at large about this

gathering is simple:

"That it's a family-friendly event, that it is a safe space, and it is a joyous event. And know that if you're not interested in this, then carry on and do your regular Saturday thing. There's no need to come if this isn't your thing," she said. "This is a welcoming event for the queer community and, very importantly, its allies."

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2026

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Liv Dance celebrates five seasons of success

By Lana Meier

Liv Dance Company celebrated its fifth season with a year-end recital titled *Dancing Through The Decades*, featuring performances by all 170 dancers in the program.

Held recently in Winkler, the recital highlighted a variety of dance styles and celebrated another successful year for the studio, which continues to draw dancers from communities across the region.

In addition to the recital performances, the studio recognized dozens of dancers who received five-year awards for their dedication and commitment to the program.

The 2026 five-year award recipients were Abigail Cruickshank, Madeleine Chouinard, Audrey McIntosh, Margo Petkau, Ava Hiebert, Marley Unrau, Ava Jeske, Milania Melnic, Avery Klassen, Noah Yanez, Bekka Bartley, Penny Stepler, Brynn Stepler, Raina Park, Cora North, Rose Hannah, Danyka Wolfe, Ryan Swaenepoel, Debra Cruickshank, Rylee Schmidt, Fernanda Yanez, Scarlett Rondeau, Georgia Friesen, Shelby Dales, Jillian Gaultier, Sidalee MacLean, Josephine Penner, Sophie Oakes, Leah Major, Taytum Buhler, Lenyn Boklaschuk, Téya Courcelles, Macy McCullough, Wrenleigh Dyck and Nova Baschuk.

Liv Dance Co. also celebrated a strong competition season, earning awards and high placements at several events including the Manitoba Dance Festival, Candance and CNDC.

Among the season highlights, *Concerning Hobbits* earned Gold Honours at the Manitoba Dance Festival, while *Five Guys Named Moe* received a Candance Judges Award, placed second overall in the Children's Small Group category at CNDC and earned the Competitive Children Musical Theatre High Score award.

Other notable achievements included

Johnny B Goode and *Friend Like Me* both placing in the Candance Top 15 Mini/Junior Soloist category, while *Drama Queen* earned the Dance Manitoba Junior Musical Theatre Scholarship.

Everywhere, Everything received an OTF seventh overall Div. 2 duet/trio placement and a CNDC Judges Award, while *One Way Or Another* placed second overall in Div. 2 large group at OTF.

Bittersweet Symphony placed eighth overall in Div. 3 large group at OTF and third overall teen large group at Candance, while *Poison* earned a Top 15 Teen/Senior Soloist placement at Candance.

The Look placed sixth overall in Div. 4 small group at OTF and third overall senior small group at Candance.

The routine *Money* capped off the season with multiple honours including second overall in Div. 4 small group at OTF, first overall senior competitive small group at CNDC, the Competitive Senior Musical Theatre High Score award at CNDC and selection as Manitoba Dance Festival gala performers.

The studio also shared that it is preparing for another season in a new studio building, which organizers hope will be ready in September.





STANDARD PHOTOS BY ASHLEIGH VIVEROIS





Keeping the Promise

By Lana Meier

The community is invited to gather in Carman on Sunday, June 7, to honour and remember local veterans during the annual Decoration Day ceremony hosted by the Royal Canadian Legion Branch 18.

The service will begin at 2 p.m. at Greenwood Cemetery and will provide an opportunity for residents to pay tribute to the men and women who served Canada in times of war and peace.

Following the ceremony, volunteers and community members will place Canadian flags on the graves of local veterans throughout the cemetery, continuing a longstanding tradition of remembrance and respect.

Decoration Day has deep roots in Canadian history and serves as a time to honour those who made sacrifices in service to their country. While Remembrance Day is observed nationally each November, Decoration Day offers communities an opportunity to remember local veterans and recognize their contributions closer to home.

Organizers encourage residents of all ages to attend and take part in the meaningful tradition. The placement of flags at veterans' graves helps ensure the service and sacrifices of local veterans are remembered by future generations.

The ceremony is expected to include prayers, wreath-laying and moments of reflection as the community comes together to express gratitude for those who served. The event is open to the public.


Royal Canadian Legion Branch 18 has long played a key role in preserving veterans' memories in the community, including its support of the Carman Cenotaph, which was dedicated in 1989 to honour Canada's war dead.

Residents attending the ceremony are encouraged to arrive a few minutes early and join in the collective act of remembrance for Carman's veterans and their families.

**Carman Legion
Decoration Day**

**Sun., June 7, 2026
2:00 PM**

Greenwood Cemetery
Canadian Flags will be placed on the graves of our veterans. Carman Legion volunteers will do their best to ensure that all veterans be remembered.
If you have any questions or concerns, please contact the Carman Legion @745-2454.


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may we never forget!*



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**Time to reflect on
SACRIFICES
made by SO MANY.**



DECORATION DAY IS TUESDAY, JUNE 2, 2026















Town of **Carman Dufferin** Rural Municipality of



**Manitoba
55+ Games**
PRESENTED BY **PLAYNOW**

SCHEDULE

DAY ONE - TUESDAY
JUNE 9, 2026

-  8:00 AM Pickleball Women's Doubles
-  8:00 AM Equestrian **BIRDHILL PARK**
-  9:00 AM Disc Golf
-  9:00 AM Slo-Pitch
-  9:00 AM Floor Shuffleboard
-  9:30 AM Bridge - Contract
-  9:30 AM Bowling - Singles
-  9:30 AM 8-Ball 55+ Singles
-  9:30 AM Snooker 70+ Singles
-  9:30 AM 18 Hole Golf - Net: Callaway
-  9:30 AM Arts & Crafts
-  1:00 PM Swimming
-  2:00 PM Bridge - Duplicate
-  5:30 PM **Opening Ceremonies & Reception**




**OPENING CEREMONIES
& RECEPTION**
ACCESS EVENT CENTRE
IN MORDEN





2026 EVENT GUIDE

HQ Headquarters/Registration
Access Event Centre, Morden
Meridian Exhibition Centre, Winkler

 **8-Ball & Snooker**
Morden Legion - 285 N. Railway, Morden


 **9 & 18 Hole Golf**
Winkler Centennial Golf Course - 400 15th St, Winkler


 **Bocce Ball**
Meridian Centre, 1045 Grandeur Ave, Winkler


 **Bowling**
Carman Bowling Alley, 120 Main St., S., Carman


 **Card Events**
Morden Active Living Centre - 306 N. Railway St., Morden
Morden Legion - 285 N. Railway, Morden

 **Disc Golf**
Stanley Park - 23111 MB-14


 **Equestrian**
Birds Hill Park, Birdshill MB

 **Floor Shuffleboard**
Winkler Senior Centre - 650 South Railway Avenue


 **Horseshoes**
Stanley Park - 23111 MB-14

 **Predicted Walk & Run**
Discovery Trails School - Parkhill Dr., Morden

 **Pickleball**
Access Event Centre, 111-D Gilmour St, Morden
Meridian Event Centre - Centennial Arena, Winkler

 **Slo-Pitch**
Winkler Ball Diamonds, Winkler

 **Swimming**
Winkler Aquatic Centre - 580 Park St, Winkler

 **Track**
Discovery Trails School - Parkhill Dr., Morden

REGISTRATION DESK HOURS















MONDAY - 10:00 AM - 7:00 PM

TUESDAY - 8:00 AM - 6:00 PM













WEDNESDAY - 8:00 AM - 5:00 PM

THURSDAY - 8:00 AM - NOON

DAY ONE - TUESDAY
JUNE 9, 2026

-  8:00 AM Pickleball Women's Doubles
-  8:00 AM Equestrian **BIRDHILL PARK**
-  9:00 AM Disc Golf
-  9:00 AM Slo-Pitch
-  9:00 AM Floor Shuffleboard
-  9:30 AM Bridge - Contract
-  9:30 AM Bowling - Singles
-  9:30 AM 8-Ball 55+ Singles
-  9:30 AM Snooker 70+ Singles
-  9:30 AM 18 Hole Golf - Net: Callaway
-  9:30 AM Arts & Crafts
-  1:00 PM Swimming
-  2:00 PM Bridge - Duplicate
-  5:30 PM **Opening Ceremonies & Reception**

DAY TWO - WEDNESDAY
JUNE 10, 2026

-  8:00 AM Pickleball Mixed Doubles
-  8:00 AM Equestrian **BIRDHILL PARK**
-  8:00 AM Track
-  9:00 AM Slo-Pitch
-  9:30 AM Cribbage - Pairs
-  9:30 AM Bowling - Teams
-  9:30 AM 8-Ball 70+ Singles
-  9:30 AM Snooker 55+ Singles
-  9:30 AM 18 Hole Golf: Gross
-  1:00 PM Floor Shuffleboard
-  1:30 PM 1km/3km Predicted Walk/Run
-  1:30 PM Cribbage - Individual

Best wishes
to all the participants
in the 2026
**Manitoba
55+ Games!**



Carrie Hiebert,
**MLA Morden-
Winkler**

mordenwinklermla@gmail.com
(204) 325-7834
367-4th Street
Winkler, MB R6W 0M5



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U13, U17 and U19 squads post strong weekend for Central Energy

U13 team goes 4-0 while U17s sweep and U19s split opening weekend

By Annaliese Meier

The Central Energy U13 squad turned in a strong weekend, posting a 3-1 record during Manitoba Premier AAA Softball League action despite competing in hot, sunny conditions with temperatures approaching 30 C.

Central Energy opened play May 30 at Friedensfeld Community Centre Diamond 1 with a 13-6 victory over the Eastman Wildcats before falling just short in the second game of the doubleheader, dropping an 11-10 decision.

The U13 team bounced back the following day at LaSalle - Jays Care, earning a pair of close victories over the Manitoba Angels. Central Energy won the opener 13-12 before completing the sweep with a 9-7 victory in game two. One of the weekend's most dramatic moments came in the 13-12 win when Milaunia W. delivered a walk-off hit to secure the victory. Central Energy also collected 14 hits in the contest.

The U13 squad will now travel to Stonewall on June 6 for a doubleheader against the Interlake Phillies before facing the Westman Magic on June 7 at ANSC WSA. Both doubleheaders are scheduled for 12 p.m. and 2 p.m.

The Central Energy U17 team also enjoyed a successful weekend, sweeping a pair of games against the Westman Magic on May 29 at ANSC Boston Pizza.

Central Energy earned a 10-2 vic-



The starting pitcher for Central Energy Heidi Reimer was stellar on the mound Saturday, limiting Westman Magic hitters' success at the plate.

tory in the opener before following it up with a 16-6 win in the second game of the doubleheader. Taylor Wall powered the offence with four RBIs, a home run and two doubles in the opener before adding four hits in game two. Shyanne Goertzen also had a standout performance, driving in four runs, including a two-run home run, in the 16-6 victory.

The U17 squad will return to action



STANDARD PHOTOS BY RICK HIEBERT

Westman Magic's Kendra Grift can't get a handle on the ball as Central Energy's Emma Klassen slides safely into second base Saturday at the Winkler ball diamonds.

June 7 when it travels to Riel Park for a pair of games against the Winnipeg Lightning scheduled for 12 p.m. and 2 p.m.

At the U19 level, Central Energy opened its season with a split weekend against the Eastman Wildcats and Westman Magic.

The Wildcats earned 12-8 and 11-4 victories in Friedensfeld on May 29, but Central Energy responded the following day in Winkler with an 11-5 win and a 13-3 victory over the Westman Magic as players battled through temperatures approaching 30 C under sunny skies. Molly Conrad drove in three runs in the 11-5 victory, while Rory Lumgair provided a strong relief outing, tossing three scoreless innings without allowing a hit. Hailey-Jo Guf-

fei added two RBIs in the 13-3 win.

The postponed games against the Westman Magic originally scheduled for May 17 have been rescheduled for June 21.

The Central Energy U15 team did not see game action during the week but is scheduled to return to the field June 3 for a rescheduled doubleheader against the Westman Magic at Republic of Manitobah Diamond 9. The games were originally postponed because of weather and high winds and are scheduled for 6 p.m. and 8 p.m.

Across the organization, Central Energy teams combined for a strong week, highlighted by the U13 squad's unbeaten run and convincing sweeps by both the U13 and U17 teams.

Manitoba 55+ Games kicks off next Tuesday

800 athletes coming to Morden-Winkler-Stanley June 9-11

By Ashleigh Viveiros

Hundreds of athletes from all over the province will be in Morden-Winkler-Stanley next week for the Manitoba 55+ Games.

"We've got over 800 athletes registered, but many of them are doing multiple events," shares Linda Brown, executive director of Active Aging in Manitoba, which organizes the Games. "So it equates to about 1,300 entries, which is exciting to see."

"Every year we're growing," she

says, reflecting on how the first Games held back in 1983 had just 300 entries. Since then, the event has become a huge draw for older athletes of all abilities.

It is, first and foremost, a friendly competition, Brown says.

"It's a chance for people to compete in their age group," she says. "A lot of times people will say, 'Well, I'm 80, I'm not going to be able to compete against a 55-year-old.' But you're not ... and you're never too old to enter—

we have 75+ categories, 80+, 85+.

"The whole idea is to promote active living at any age," Brown stresses. "So that's why we always say it's a friendly competition, though it is amazing how it brings out the competitive spirit as well."

Events are taking place at venues across the region and beyond Tuesday, June 9, through to Thursday, June 11.

Snooker and eight-ball takes place at the Morden Legion, nine and 18-

hole golf are at the Winkler Centennial Golf Course, bocce ball is indoors on the turf at the Meridian Exhibition Centre, the various card events (bridge, cribbage) are at the Morden Active Living Centre and the Legion, floor shuffleboard takes over the Winkler Senior Centre, horseshoes will be tossed in Stanley Park, pickle ball is at both the MEC and the Access Event Centre, slo-pitch is at the Winkler ball diamonds, swimming is at the RCU Aquatic Centre, arts and crafts are at

Continued on page 13

Young triathletes to take on Arborg course July 4

By E. Antonio

The Interlake Kids of Steel Triathlon is returning to Arborg for a third year on July 4, inviting athletes aged six and older to compete in a fun-for-all event.

Race director Paula Anderson said community support for previous events has been tremendous, and she is excited to witness the thrill of the day again.

"We strive to make the triathlon more than just a triathlon," she said. "We want to create a friendly, cheerful and supportive environment for youth of all ages and abilities."

Presented by the Sulong Triathlon Group, the Kids of Steel Triathlon divides athletes into six age groups, each competing in varying distances of swimming, biking and running. New to the event this year is the Super Sprint Triathlon, open to athletes aged 16 and older. Anderson said it is an ideal race for older competitors looking to participate in a safe and comfortable environment. Athletes are required to supply their own gear, except for a swim cap, which is provided.

The event begins with a swim in the Arborg pool, followed by a guided bike ride through the east side of town, and concludes with a run on the Arborg Collegiate track. All races wrap up with a cookie medal and certificate presentation, as well as a pizza party and celebration where everyone is encouraged to stay.

"Competing in a triathlon is a tremendous feat, and it's important everyone's accomplishments are honoured," Anderson said. "The goal is to bring joy, excitement and fun so the kids have something to look forward to and want to come back to each year."

Ten-year-old Arla William is from

Stonewall, and she competed in her first triathlon last year with Kids of Steel. Previously, she took part in her school's run club, took swimming lessons and enjoyed bike rides with her family. When she saw her cousin compete a year earlier, it inspired her and her siblings — Sawyer and Nora — to register.

"I like triathlons because when I finish it, there is a sense of accomplishment," she said. "I feel proud of myself for finishing."

She added she likes how it is hosted in a smaller community, so there isn't as much pressure. Plus, she enjoys how the only competition is herself.

"You can run your own race and can focus on yourself. I like to imagine there is nobody else there and I am doing this just for me."

Two of her favourite memories from last year include her family cheering her on as she crossed the finish line and the celebratory pizza party with other athletes afterward.

This year, her goal for the Kids of Steel Triathlon is to have fun and beat her time from last year. Her mom, Jessica, said as a parent, it fills her with pride seeing how much effort Arla and her other kids put into the race.

"It's physically and mentally challenging," she said, describing the race. "There were times that you could tell that she was pushing herself as hard as she could, but she never gave up. Once she passed the finish line, she was exhausted and went through a roller coaster of emotions. She initially said she never wanted to do it again in, but after catching her breath, she realized that it was such a good accomplishment and she was proud of herself."

For Anderson, when she looks back at her triathlon journey over the last



STANDARD FILE PHOTO SUBMITTED

Registration is now open for the Kids of Steel Triathlon in Arborg on July 4. Athletes aged six and older will take once a swimming, biking and running challenge before celebrating with a cookie medal and pizza party. Pictured are 2025 athletes, Sawyer Williams, Easton Kanteluk, Nora Williams and Arla Williams.

decade, she said she quickly fell in love with the sport after realizing how accepting and inspiring the community was. She said she enjoys looking back on her own races and hopes similarly happy memories are created for young athletes competing in the Kids of Steel Triathlon.

"Kids already come energetic and excited on their own, and seeing them excited makes me excited," she added. "They bring so much energy to everything they do."

Aside from the athletes, Anderson said the event is made possible by its many volunteers. She noted there is

about a one-to-one ratio of racers to volunteers. Volunteers assist with a variety of tasks, including registration, counting laps, directing athletes and traffic, helping racers with equipment, serving food and more.

"There is no shortage of volunteers — they are everywhere," Anderson said.

Athlete and volunteer registration is open until June 2 at 4 p.m. Pricing varies depending on the registration date, with early-bird pricing ending May 31.

To register or inquire about volunteering, visit www.heclatri.com.

> MANITOBA 55+ GAMES, FROM PG. 12

the Winkler Arts and Culture Centre, and the predicted run/walk and track and field events are all at the Discovery Trails School in Morden.

Outside the immediate area, the Carman 5 Pin Bowl is hosting the bowling events and the equestrian competitions are at Birds Hill Park near Winnipeg.

The detailed daily schedules are available online at activeagingmb.ca.

"We certainly encourage people to come and watch," Brown says. "There's no charge—just show up and enjoy."

Slo-pitch is always a big favourite for athletes and fans alike, though pickleball has surpassed it in sheer athlete numbers—there are 300 pickleball entries this year.

"We have the women's playing on Tuesday, mixed on Wednesday, and men's on Thursday," Brown says.

Helping to pull off this massive sporting event are 135 local volunteers, who all got together for an appreciation supper in Winkler last week.

"We've always struggled with finding volunteers for things, so I think this is great ... it really speaks to the

commitment and excitement," says Brown, noting the three communities of Morden, Winkler, and Stanley have embraced supporting these Games financially as well.

"The sponsorship has been amazing. We have great support from Manitoba Liquor and Lotteries every year and Manitoba Credit Unions, Blue Cross, but locally the businesses have really stepped up. It's been amazing what they've all done, so that's really great to see."

STANDARD PHOTO/ASHLEIGH VIVEIROS
Active Aging in Manitoba executive director Linda Brown encourages sports fans to come cheer on the 55+ Games athletes next week.



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Please submit resume to Att.

Cynthia Unrau
Office Manager
by June 12, 2026

Only those leading an interview will be contacted.



Public Hearing for Financial Plan

Monday June 8th @ 7:00pm
Roland Memorial Hall

For the purpose of: holding a public hearing for the 2026 proposed financial plan and to allow persons to make a representation, ask questions or register objections.

The information about the matter and the procedures of the hearing are available for review at the RM of Roland office (45 3rd St Roland) or by emailing cao@rmofroland.ca

Carman Medical Group

cmgroup@mymts.net

Clerical Position Full/Part-Time

Carman Medical Group is looking for a professional, energetic individual with computer skills & a positive attitude.

Please submit resume to Atten:
Cynthia Unrau Office Manager
204-745-2024

Only those leading to an interview will be contacted.



ASHERN AUCTION MART

ATTENTION: FARMERS AND RANCHERS

ANNUAL GENERAL MEETING

Monday June 15, 2026
At 8:00 PM

Auditors Financial Report
Election of Directors

204-768-2360
icca@mymts.net
www.ashernauctionmart.com
License #1128

ONLINE - Farm Auction Sale for the Estate of the Late Ronald Wallace Stevenson, Peguis, MB

Sale Starts online:
Monday, June 15th, 2026 at 9:00 a.m.
Closes: soft close starting at 10:00 a.m., Wednesday, June 24th, 2026

Viewing - June 12 & 13, 2026.
Contact Sherri at (204) 308-3154.
Check out full listing at: apro.bid or www.globalauctionguide.com

Bergner Auction Service-Ashern
(204) 768-2669

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 - * Good Academic standing (copy of transcript required)
 - * Explanation of career choice
 - * Evidence of school and community volunteering
 - * Minimum of one Letter of Reference
- Interested students should apply in writing to:

Carman Health Auxiliary
C/o Betty Park
317 180 Southpark Drive
Carman, Manitoba R0G 0J0
Email: parkbm@live.com
204-745-3417 Cell: 204-750-2279
** Application deadline: June 12, 2026**

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

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Buyer for all farmyard scrap, machinery and autos. No item too large! Best prices paid. Phone Alf at 204-461-1649.

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NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

NOTICES

HIRING FOR SUMMER? NEED TO SELL SOMETHING? Doing an online event? Let us help you book your blanket classified ads, Response Builder Ads or Power Builder Ads across Manitoba, to increase your marketing presence. Let people know about your business, item for sale or event, by placing an ad with us! Your ad will be seen in the MCNA Member Newspapers, in over 368,000+ homes in Manitoba. Please call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. Take advantage of our great pricing! MCNA - Manitoba Community Newspapers Association. www.mcna.com

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take a break > GAMES

SUDOKU

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

Sudoku Answer

Announcements Classifieds

Book Your Classified Ad Today - Call 204-467-5836 news@carmanstandard.ca



OBITUARY



Stella Mae Shiel (nee Grundy)

Peacefully on Friday, May 29, 2026 at the Carman Memorial Hospital, Stella passed away at the age of 93 years.

She is survived by her children Joy (Vern) Thielmann and Brian (Patricia) Shiel; her grandchildren Jocelyn (Gord) Grimolfson, Krista (Matt) Pertulla, Kelvin (Kristi) Thielmann, Nathanael Shiel, Heather Shiel, Caleb Shiel and Matthew Shiel; her great-grandchildren Travis and Mikayla Thielmann and Jonas, Spencer and Grady Pertulla; brothers and sister, Rae (Nancy) Grundy, Allan Grundy, and Gloria (Wayne) Topping.

Stella was predeceased by her husband Leslie and her daughter Elizabeth as well as her siblings Madalene Branan, Esther Oldridge, Leona Oldridge, Donna Webster, Betty Arrand, Edwin Grundy, Bill Grundy, Bruce Grundy and Robert Grundy.

Stella was born in Strathroy, Ontario on June 26, 1932. She went to Business College and Bible College in London where she met Leslie Shiel and married on June 7, 1958. They had three children, Beth, Joy and Brian while pastoring a church in Pembroke. In 1965 they moved their family to South America under a mission organization. Les became the Director and teacher at the Bible Institute in Lamas Peru. Stella was the housemother for the students as well as the Secretary/Treasurer for the Mission. In 1974 they lost Beth in an electrical accident which was the hardest day of their lives. They returned to Canada in 1975. They pastored various churches in Ontario, Alberta and Manitoba before retiring to Elm Creek where Joy and her family lived. Les passed away in 2015 and Stella has been residing in Carman until she passed to her eternal home on May 29, 2026. Stella lived her life serving Jesus, family and friends.

Private family service and committal will take place in Elm Creek Cemetery. Public Memorial service will be held on Wednesday, June 24, 2026 at 7:00 p.m. at Pembina Valley Baptist Church, Winkler, MB.

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

OBITUARY



Stephen George Porter September 16, 1957 - May 27, 2026

It is with broken hearts, full memories, and probably a little bit of a noise complaint that we announce the passing of Stephen George Porter, who left this earth on May 27, 2026, at 9:23 p.m. at the age of 68.

Steve was born on September 16, 1957, and from that day forward, the world got a whole lot louder.

He was the beloved husband of Susan Porter (née Lousley), whom he married on July 19, 1977. Together they shared nearly 49 years of marriage — a strong, beautiful life built on love, loyalty, family, laughter, and likely more than a few “Steve, what are you doing now?” moments.

Steve was the proud father of Matthew, Jonathan, Amanda, and Lacey, father-in-law to David, Jason, and Vicky, and grandfather to Carmen, Taylor, Isabella, Adeline, Lincoln, Dylan, and Noah. His family was his greatest joy, even if he occasionally kept them on their toes — medically, emotionally, and with whatever new project he had decided needed “just a little more chrome.”

Steve was predeceased by his mother, Reta; his father, Roland; his sister, Sharon; and his brother, Patrick.

A formal service to honour Steve's life was held, with arrangements entrusted to Doyle's Funeral Home in Carman, Manitoba. Following the formal ceremony, everyone joined in a true Porter Party - just the way Steve would have wanted.

“He never had any grass growing under his feet.”

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

AGM

ANNUAL GENERAL MEETING 2026

NOTICE OF ANNUAL MEETING
Wednesday, June 17, 2026

Location: St. Leon Recreation Centre, St. Leon, MB

AGENDA ITEMS

- DIRECTORS' REPORT
- CEO'S REPORT
- AUDIT & FINANCIAL REPORT
- ELECTION OF DIRECTORS
- APPOINTMENT OF AUDITORS

Please Join Us!

6:00 - 7:00 p.m. | BBQ Supper: Pork on a bun, chips & drink
Cost: \$10
Proceeds will be donated to St. Leon Recreation Centre

7:30 p.m. | Call to Order

www.pembinaco-op.crs

UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any persons who wish to make them in respect to the following matter: RURAL MUNICIPALITY OF THOMPSON BY-LAW NO 7-2026.

HEARING: R.M. of Thompson Council Chambers

LOCATION: 530 Norton Avenue Miami, MB

DATE & TIME: June 25, 2026, at 10:00 a.m.

GENERAL INTENT: To consider and potentially adopt Zoning By-law No. 7-2026, being a by-law to regulate the use and development of land and buildings within the Rural Municipality of Thompson, including provisions respecting permitted and conditional land uses, zoning districts, development standards, and related planning matters under the authority of The Planning Act.

FOR INFORMATION CONTACT: Melissa Brunel, Chief Administrative Officer
RM of Thompson
Box 190 Miami, MB R0G 1H0
Phone: 204-435-2114
Email: cao@rmofthompson.com

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

Dated Friday May 22, 2026

NOTICE OF PUBLIC CONSULTATION

A PUBLIC CONSULTATION SESSION will be held regarding proposed annexation from the RM of Dufferin to the Town of Carman.

Project 75 Developers and the Town of Carman would like to invite you to participate in a public consultation regarding the proposed annexation of the land legally described as Lot 39 Plan 1358 in the NW ¼ 19-6-4WPM, Roll 43700 on June 22nd, 2026, from 6:00 to 8:00 pm at the Carman Legion Hall. This proposal is to annex the land from the RM of Dufferin to the Town of Carman. The annexation proposal has been forwarded to the Municipal Board and is supported by the Town of Carman and the RM of Dufferin. Any interested parties are invited to attend the consultation to receive additional information regarding the proposal. Written submissions can be sent to the Town of Carman. Copies of the proposal are available at the Town of Carman Office at 12-2nd Avenue SW, Carman.

Schedule "F" of the Proposal

FOR INFORMATION CONTACT:

Susan Stein CAO Town of Carman cao@townofcarman.com Box 160 Carman, MB, R0G 0J0	Lindsay Boeve Project 75 lindsayboeve@gmail.com Box 2092 Carman, MB. R0G 0J0
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Remember Your Loved Ones

with an Announcement in the

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JUNE

Men's Health MONTH

Prioritize your well-being

Men's mental health: 4 tips to be your best

Did you know that about 70 per cent of the chronic health conditions affecting Canadian men are caused by lifestyle? Men must pay close attention to their lifestyle habits and stress levels to live a long and healthy life. Organized by the Canadian Men's Health Foundation (CMHF), Men's Health Month invites men of all ages to participate in the

Move for Your Mental Health event.

Benefits of physical activity

Health professionals recommend engaging in 150 minutes of moderate to vigorous physical activity every week. For example, activities like walking, running, swimming and gardening can positively impact your physical and mental well-being.

Moreover, physical activity has been shown to reduce symptoms of depression and chase away negative thoughts. Moving your body also reduces pain and stress by stimulating the neurotransmitters that release cortisol and endorphins.

Self-assessment tool

It's normal to occasionally experience symptoms of anxiety or depression,

like difficulty concentrating and low energy. However, if these feelings become overwhelming, don't be afraid to seek help.

The CMHF has a self-assessment tool to help you determine whether chronic stress, anxiety or depression are affecting your health. This resource can be found in the MindFit Toolkit on the CMHF website. This tool shouldn't be used as a substitute for professional medical advice.

Visit menshealthfoundation.ca to learn more about Men's Health Month and donate to show your support and help the men you love live healthier lives.



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