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THURSDAY, JULY 3, 2025 **VOLUME 5**

EDITION 26

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STANDARD PHOTO BY JO-ANNE PROCTER

Carman Collegiate graduate Cherish Williams wears her traditional jingle dress during the inaugural Prairie Rose School Division Pow Wow & Jamboree in St. Laurent on June 6. Williams and fellow Indigenous, Métis and First Nations graduates were honoured and congratulated by community members.

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Regional Connections reports on "busiest year ever"

By Ashleigh Viveiros

It was another "busiest year ever" at Regional Connections Immigrant Services, the agency reported at its annual general meeting last month.

Executive director Steve Reynolds shared that they saw "significant year-over-year growth" in terms of programs delivered, clients served, and community engagement.

"We saw over 5,000 clients," he said, noting that includes 1,760 new clients and over 4,000 returning ones. Some newcomers to Canada make use of the agency's services for several years, depending on which programs they're involved in.

Regional Connections recently wrapped up the final year of its five-year funding cycle with its primary funder, Immigration, Refugees and Citizenship Canada. They've since begun a new, three-year funding cycle.

Looking back, it's amazing how much they've grown over the last handful of years, Reynolds said.

"Through that [five-year] period, Regional Connections has grown by 143 per cent and added several core programs ... as well as undertaking several major grant projects under Canadian Heritage to promote welcoming communities and to combat racism and discrimination."

The agency has also broadened its service area considerably.

"We now have local office sites or regularly scheduled itinerant staffing in Morris, Rosenort, Carman, Notre-Dame-de-Lourdes, Selkirk, Gimli, and Arborg as well as continuing from our existing sites in Altona, Dauphin, Morden, and Winkler," Reynolds shared.

Reflecting on the success of their myriad programs—which range from settlement and employment services to refugee assistance, English classes, and more—Reynolds shared a few highlights.

"We are honestly excited about everything, but the employment program is maybe an underrated successes," he said, noting many of those services are open to all, not just newcomers. "They had almost 800 clients last year and just a lot of success in finding local employment."

Of note especially is the success of the program's professional bridging service, which helps internationally educated professionals secure jobs more in line with their credentials and navigate Canadian licensing processes.

"It's a loss for everybody and for the community if these people are underemployed," Reynolds said. "So that's been a big success."

The HIPPY (Home Instruction for Parents of Preschool Youngsters) has also done great work in building relationships in local immigrant communities.

"Home visitors go to visit the mothers, usually, of pre-schoolers once a week. It's a great program," Reynolds said, noting the goal there is to help families prepare their child for school while also giving parents the opportunity meet other parents and learn how they can better support their child ahead of them starting Kindergarten. "We've been delivering it for coming up on five years now and it's grown and really meets the needs, especially in communities where there's no public transportation because it's pretty common then that one of the parents is kind of stuck at home ... so it addresses the isolation of the mom and helps prepare the child for Kindergarten so they're more school ready. It's been a real success."

Looking to the future, Reynolds said they're focused on maintaining their current level of programming.

"As newcomers continue to arrive, it's a lot of work just to maintain the services or the capacity we have," he said, noting the federal government's plans to limit immigration levels will most likely affect future funding for

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these types of programs.

Still, there is increased funding coming for things like language training.

"A lot of our language program is federally-funded and they just focus on permanent residents," Reynolds said. "They did have an exception that Ukrainians who have arrived on a work permit were eligible for those services the past three years, but that exception has ended ... so that's been a huge concern. But I'm really happy the province is stepping up and adding some funding to our language program."

It will allow that program to continue to offer English classes to hundreds of people—from spring 2024 to spring 2025, they had 1,119 students registered students.

Another highlight coming up is the agency's expansion in Morden.

"We've outgrown our space in Morden quite awhile ago," Reynolds said, sharing that they're going to move into a spacious new building going up beside Gardenland Co-op.

"Right now we're fundraising and looking for support for the capital costs for us," he said, explaining that while they will be leasing their space in the building's first floor they still need to cover the costs of finishing off the interior to suit their needs. "Construction will start very soon and we hope to move there in August 2026.

"Ît'll have quite a bit more classroom space and childcare space; those are both really small at our current location. We've had wait lists in childcare often in Morden, which prevented people from taking classes, or having to wait longer to take English classes, so we're excited about that being better.

"We're always so happy to be working in these communities," Reynolds said of Regional Connections' entire service area. "I can say the partnerships are amazing at all levels.

"And we're always looking for volunteers," he added. "We have some opportunities like community mentors or language buddies or conversation group hosts.

"Having community members be part of welcoming newcomers and helping newcomers build skills English skills but also build their social network, make some friends, meet some people, makes them feel more at home. It supports the newcomer, it supports integration, and we end up with more cohesive communities."

Learn more about how you can get involved online at regional connections.ca.



Carman students shine at Manitoba Marathon Relay





Two teams from École Carman Elementary School were recognized by their coach Lisa Goertzen for their podium finishes at the 2025 Manitoba Marathon Relay, held June 16 in Winnipeg. Left photo, the Cool Cats Run Club team of Tenly Nordstrom, Keenya Nordstrom, Jenna Dreger and Cash McGorman placed second with a time of 4:04:58. Right photo, close behind, the team of Grayson Knaggs, Logan Braun, Hayes Reimer and Hadley Enns captured third with a time of 4:05:10. The relay event, which invites youth teams from across the province, is part of the annual Manitoba Marathon weekend celebrating fitness, teamwork and community spirit.

Deere to his heart



STANDARD PHOTO BY MATTHIEU MEIER

Ryker Owen heads to the Elm Creek store on June 24, taking charge of his own ride on a day that reached 20 C. The young aspiring farmer says he wants to follow in his dad's footsteps.

Public Notice

You're Invited

to share your views about the rate application filed by Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has filed the 2026 General Rate Application before the Public Utilities Board (Board) for approval of Basic Autopac vehicle insurance rates and premiums effective on April 1, 2026 through March 31, 2027.

For further details, please contact MPI at inquiries@mpi.mb.ca or visit the Board's website at www.pubmanitoba.ca.

> A public hearing on the proposed rate application will be held beginning: Tuesday, October 14, 2025 at 9 a.m.

Please view the hearing via the PUB website link.

If you are interested in learning more about this rate application, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's online comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christle at 204-945-2638 or toll free 1-866-854-3698, no later than September 30, 2025.

For more information, visit www.pubmanitoba.ca.

Manitoba Public Utilities Board

400-330 Portage Avenue, Winnipeg, Manitoba R3C 0C4 Phone: 204-945-2638 Email: publicutilities@gov.mb.ca

Southern Health partners with First Nations to improve end-of-life care

By Lorne Stelmach

A ground-breaking initiative is working to bridge gaps in palliative care and ensure culturally relevant services that are accessible to Indigenous communities.

The Southern Health-Santé Sud palliative care team has been working in partnership with Dakota Ojibway Health Services and five local First Nations

The goal is to provide more accessible, equitable and culturally safe palliative care by addressing the unique needs of First Nations communities in the region, and the project began with a series of engagement sessions within each partnered First Nation community, offering a space for participants to share their experiences.

"One of the things that we hope with this is that our way of having worked through what the models might be for a group of communities might set the stage for other places in Manitoba, other places in Canada, to follow a similar process," said Dr. Cornie Woelk, who has been involved with the project.

And in fact, representatives from the regional palliative care team recently attended the Canadian Public Health Association's national conference in Winnipeg for a presentation entitled *Enhancing Palliative Care with First Nations Communities - a models of care project launched through the Canadian Partnership Against Cancer (CPAC)*.

Woelk traced it back a number of years when the province appointed someone to look at a broader approach to palliative care education across the region, so it made sense to make that person a partner with Southern Health-Santé Sud, and it started the process.

"Some years ago, we started making some connections with First Nations communities, realizing that they were being left out of the discussion around palliative care," he said. "They're being left out of the discussion on lots of things, but our mandate wasn't lots of things. Our mandate as the palliative care team was to look at palliative care."

They then went out to meet with various Indigenous communities including Dakota Tipi First Nation, Long Plain First Nation, Roseau River Anishinaabe First Nation, Sandy Bay Ojibway First Nation and Swan Lake First Nation to discuss how they could all work together to better meet the needs.

They were then led to the project launched by CPAC to take a better look at cancer outcomes and program delivery across the country.

"We had already established a bit of a relationship with First Nations communities, so that kind of got us going," said Woelk, who added they then hired two co-ordinators—one appointed by CPAC and one by the region's palliative care team.

"We started by doing lots of exploratory work, sitting down with lots of the communities ... trying to figure out what are the important things for you as we try to deliver palliative care."

The process led them all to a few common goals or priorities.

"Number one was they wanted care closer to home, which is very consistent with everybody's care," Woelk observed. "First Nations communities often can't easily get it because there's different funding models between federal and provincial, and there are issues around access.



STANDARD PHOTO BY LORNE STELMACH

From left: Dr. Cornie Woelk, Dr. Tanja Borchers, Michelle Cardinal, and Katie Asma presented on Southern Health's palliative care project in partnership with Dakota Ojibway Health Services and five local First Nations.

"Another one was culturally safe care. They want less racism, and of course we've heard this so many times ... but that's really, really important," continued Woelk.

"It's interesting when we went to the communities and asked what can we do in palliative care there, one of the first responses was we want less racism, and it's very humbling to hear that," he continued.

"Many of us think we're already doing a good job, but we live in a system that's evolved in a certain way that approaches Indigenous cultures in a certain way.

"Finally, they wanted reciprocal learning, which was very interesting. They wanted to learn better techniques and things about palliative care so that they could provide it better," said Woelk. "They also wanted us to understand and learn some of their ways and some of their approaches that might help us treat them better and who knows, might even help us treat us better."

And he observed that addressing almost anyone of those goals could help address the others as well at the same time.

"When you get to know each other, you realize your differences are actually less than your similarities, right," added Woelk. "It takes time for our culture to evolve, so we have to do everything we can to evolve it, but we can't so easily mandate it as some things."

He cited the example of having First Nations home care staff shadow one of the palliative care nurses and also encouraging the reverse as well.

"It gets them in the community and better understanding the community," he added.

Woelk feels the initiative overall is making really good progress across the region.

"It's going to look a little different in each community because each community might see a different way of getting care closer to home or getting to reciprocal learning," he added.

Future steps for the project include more reciprocal learning and job shadow opportunities and the development of a memorandum of understanding between the involved parties. These initiatives are designed to further integrate the knowledge and practices of both western and traditional care systems, ensuring a holistic and supportive approach for patients and families.

As the project progresses, its leaders remain committed to making palliative care more accessible and culturally appropriate for First Nations communities, ensuring every person receives the dignity, respect, and quality care they deserve as they near the end of life.

The project for now will continue through to 2026, but Woelk hopes they can make it sustainable by that point when the current funding ends.

"One of the challenges ... is the funding will run out sometime in 2026 ... so then the challenge then is how do you create enough momentum that there will be some kind of continuing work on this," said Woelk. "We hope the amount of work we can put in in the next year will set the stage for ongoing work and interest ... actually by ourselves."

"To me, I'm glad this program came about," said Denise Hobson, home care co-ordinator for Long Plain First Nation.

Their overriding concern was families wanting their loved one to spend their final days at home, she said, but many First Nations communities don't have nearly the same level of services and supports in place.

As well, they can face many other challenges including even some degree of racism, she said, and many families struggle with the legacy of residential schools.

"There were so many obstacles," Hobson said. "I kept trying to reach out to Southern Health ... how can we do this in a better, safer fashion.

"I reached out to our own tribal members as well and was saying we have to work with those people over there at Southern Health ... it goes both ways," she added. "Now I can do things with a physician's support.

"To me this program has helped me," Hobson concluded. "I've had the ability to connect with these doctors and caregivers to get a better service for the person dying in the community."

GIFF prepares for milestone 25th anniversary with bigger prizes, bold programming

By Lana Meier

The Gimli International Film Festival (GIFF) is rolling out the red carpet for its 25th anniversary from July 23 to 27 with expanded programming, major prizes and a slate of acclaimed films from around the world.

This year's RBC Emerging Filmmaker Pitch Competition will award a record \$15,000 to the winning filmmaker—up from the previous \$10,000—along with in-kind support from industry partners. Finalists will pitch their film ideas live to a panel of judges for a shot at the top prize.

In celebration of its milestone year, GIFF will also draw a grand prize package worth more than \$6,000 through the Explore Manitoba 25th Anniversary Raffle. The travel package, donated by top Manitoba tourism businesses, supports GIFF's Outreach Initiatives. Anyone can enter.

The 2025 festival lineup features a wide range of award-winning features, documentaries, animations and shorts. Among the highlights:

- Touch An international romance and winner of eight Edda Awards, including Best Screenplay, Best Cinematography and Best Actor. The story is based on a bestselling novel.
 - Agatha's Almanac A West-

Canada premiere following 90-year-old Agatha Bock as she fights to preserve her family farm in southern Manitoba.

- The Teacher A Palestinian schoolteacher must reconcile his political convictions with his emotional ties to a student and a new volunteer.
- U Are the Universe A Ukrainian-French science fiction epic about a space trucker who may be the last person alive after Earth explodes.

Endless Cookie - An animated feature tracing the lives of two halfbrothers—one Indigenous, white—as they journey from Toronto to Shamattawa.

- How To Live A vibrant look at Nairobi's LGBTQIA+ youth creating their own ballroom culture, celebrating joy, resistance and identity.
- Tight Lines A conservation documentary following four young women who become Iceland's first female fishing guides.
- When We Became Folk Fest -The story of the Winnipeg Folk Festival's growth, told through restored archival footage.

These and dozens of other films will be showcased across curated streams, including the Icelandic Film Series, Circumpolar Film Series, Made in Manitoba, Social Justice, Indigenous, Environmental, LGBTQ2SIA+, Future is Ours, and IBPOC Film Series.

"For a quarter century, the Gimli International Film Festival has been bringing a truly incredible cinematic experience to the shores of Lake Winnipeg," said GIFF executive director Teya Zuzek. "Our team is proud to continually champion regional, national, and international cinema from emerging and established filmmak-

GIFF is also strengthening national partnerships with leading film organizations, further enhancing the festival's reach and supporting its mission to foster collaboration across Canada's film industry.

Back by popular demand, the free RBC Sunset Screenings will nightly return on Gimli Beach. Festivalgoers can kick back with a blanket or lawn chair and enjoy open-air showings of Best in Show, Stop Making Sense, Space Jam, Almost Famous and The Thing.

A daily GIFF shuttle service will run from two locations in Winnipeg, providing affordable, low-carbon transportation to and from the festival—a convenient option for attendees who want to relax or enjoy a drink.

Festivalgoers with Super Passes or Industry Passes will also gain access to exclusive events such as the Opening Reception, the GIFF Global Industry Summit, and the Awards Recep-

For full programming details and tickets, visit gimlifilm.com.



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Province launches affordable home energy program

The Manitoba government has launched a new program aimed at helping homeowners lower their energy bills by upgrading to energyefficient heat pumps, Environment and Climate Change Minister Mike Moyes announced last month.

The Affordable Home Energy Program, delivered through Efficiency Manitoba, is a central part of the province's Affordable Energy Plan. It supports families in making energy-saving home upgrades, reduces greenhouse gas emissions and creates jobs in the clean energy sector, said Moyes.

"This is a big step toward a greener, more sustainable province that is building a low-carbon future by harnessing renewable energy, while making life more affordable for Manitoba families," he said.

Eligible homeowners who heat their homes with electricity could see their energy bills drop by up to 30 per cent—approximately \$1,000 in the first year—by switching to a groundsource heat pump.

Efficiency Manitoba CEO Colleen Kuruluk said the program offers a comprehensive, efficiency-first approach, guiding homeowners through energy evaluations, insulation upgrades and installation of the right heat pump system.

"We're proud to be part of this important initiative to help Manitobans make smart energy efficiency upgrades that deliver lasting savings and comfort," said Kuruluk.

The program includes flexible participation options, including a no-upfront-cost model that allows families

to begin saving immediately. It also supports retrofits in both single-family homes and multi-unit residential buildings.

Clarence Jonker, president of the Manitoba Geothermal Energy Alliance, said collaboration with industry partners will help ensure the province can meet growing demand with a skilled local workforce.

"Bringing together industry partners to support the Affordable Home Energy Program will help ensure Manitoba is prepared to meet growing demand with a skilled local cleanenergy workforce to support reliable and affordable geothermal energy," Ionker said.

More information on eligibility and available incentives is available at efficiencymb.ca/affordable-home-ener-

MPI files rate hike application for 2026-27 insurance year

Manitoba Public Insurance is seeking a 2.07 per cent increase to basic auto insurance rates for the 2026-27 insurance year, according to a general rate application filed Tuesday with the Public Utilities Board.

If approved, the increase would add about \$21 to the average annual premium for a private passenger vehicle, or roughly \$1.75 per month. The new rates would take effect April 1, 2026.

MPI says rising claim costs—driven

sive vehicle technology—are impacting auto insurers across North America.

"While the market remains volatile and the cost of claims continues to rise, this rate request truly emphasizes MPI's commitment to keep auto insurance affordable for all Manitobans," said Satvir Jatana, MPI's president and CEO.

The proposal also includes a change to the Basic deductible, increasing it

by increasingly complex and expen- from \$750 to \$1,000. MPI plans to introduce a new \$750 deductible option under its Extension line of business, which also offers \$200, \$300 and \$500 deductibles.

A two per cent increase to Extension product pricing—covering items like rental vehicle insurance and added third-party liability—is also proposed.

Jatana said the changes give customers more flexibility to manage costs while maintaining access to lowerdeductible options if they choose.

Measles exposures at Boundary Trails Health Centre, Winkler clinic

Public health officials are warning of new measles exposure sites in our area:

• Boundary Trails Health Centre emergency department on June 19 from 9:40 a.m. to 3:20 p.m., from 10:10 p.m. to 1:20 a.m. on June 20, and on June 21 from 10:30 a.m. to 4:30 p.m. Anyone who was at this location on June 19 and 20 is asked to monitor for symptoms until July 11. Anyone who was at this location on June 21 is asked to monitor for symptoms until July 13.

• C.W. Wiebe Medical Centre Urgent Care in Winkler on June 17 from 11 a.m. to 2 p.m. Anyone who was at this location is asked to monitor for symptoms until July 9.

Public health is asking anyone who was in these locations during these times to check their immunization records and ensure they are up to date with measles vaccine (MMR or MMRV). Contact your health care provider if symptoms arise.

Information about symptoms and measles vaccination can be found www.gov.mb.ca/health/publichealth/diseases/measles.html.

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Flashback... One-room schools the heart of Manitoba communities

By Dennis Young

As settlers took up land across this area, one of the first requirements was for schools. The ideal was that no child should have to travel more than four miles to school. Thus, one-room schools became the backbone of early education in rural Manitoba. The local school also became the focal point for meetings, picnics, dances and other social events.

As transportation improved and districts consolidated, country schools disappeared. While there were once 1,000 of these schools, it is estimated that fewer than 100 exist today—most repurposed and losing their original character. Some have become granaries, sheds or even firewood, making any remaining ones especially precious.

Dufferin has two such schools-Boyne and St. Daniel.

St. Daniel was formally established in 1894 as a log structure adjacent to the log church. A year later it was moved and used until a new school was built in 1902. Originally operated as a bilingual school (French/English), it became solely English in 1910 to reflect the change in ethnicity in the area. The present building was erected in 1952 for \$11,200 (approximately \$130,000 today), featuring a full basement and a pressure system for running water and flush toilets. It offered education until 1966, and the district itself was dissolved in 1968, becoming part of Midland. Today, however, the school is still in use—as a community hall hosting events like crib nights.

Boyne's first school was built in 1878 but was known as the Salterville School. It was replaced in 1892,



STANDARD PHOTO SUBMITTED

Boyne School gives students a glimpse of days gone by as they take part in Pioneer Days activities.

but the one known today was built in 1930 with a coal furnace and full basement. Electricity arrived in 1946 and an oil furnace in 1949. Its configuration by the school board of the day was an attempt to standardize a design for builders. Besides Boyne, the same design was used for Garnett and Ostrander schools.

Closed in 1966, the Boyne School was saved by community efforts and was designated a municipal heritage site in 1988. It was occasionally used or rented by the Community Preservation Society, Carman Beamers, Lions Club and Boyne Ladies Club for community activities like Christmas gatherings, St. Patrick's Day events, card nights and the school's 100thyear celebration.

In 2013, a group began raising \$75,000 to move the school to the museum grounds in King's Park. The aim was to restore it as a museum attraction, complete with original desks, wood floor, front chalkboard and more. It opened in 2017 after much hard work and dedication.

"We have come a long way, doing a lot of work and overcoming obstacles," said then museum president Trish Aubin. "The building was put on a new foundation and plenty of cosmetic work was done."

The chimney had to be removed for the move, and it was later rebuilt. "One of our board members took all 400 bricks home from the original chimney and meticulously cleaned them and rebuilt it. It was the most tedious and yet interesting part of the entire project," she said.

Today, the Boyne School remains an integral part of the Dufferin Historical Society's programming, offering students a once-in-a-lifetime opportunity to experience class—just as it was hundreds of years ago.

This week, the way it was through the years

100 years ago — **July 26, 1925:** Frank Bridge Co. Ltd. advertised Deering mowers, while Melotte Cream Separators were sold by C. Montgomery's. The Orangemen of Dufferin County marked the anniversary of the 1690 Battle of the Boyne. The Town of Carman leased a swimming hole and surrounding grounds for five years, charging \$1 per swim. A dance at Memorial Hall featured the Carman-Sperling Orchestra, with tickets priced at \$1 per couple and an extra 25 cents per additional girl.

75 years ago — 1950: The Carman Cardinals claimed first prize at the Dominion City tournament, defeating the Omaha Rockets. A sea turtle skeleton was uncovered at the Thornhill Quarries. Weekly barn dances were held every Friday at C.G. Andrews' farm, located four miles east and one mile south of Carman. The Rex Café served meals around the clock during the Carman Fair. The local Legion sponsored and participated in a game of donkey baseball. Meanwhile, the long-awaited flood lights at the ball park were switched on, drawing a crowd of 3,000.

50 years ago — 1975: The Golden Star Motel was listed for sale. Dr. Louis Chung joined the Carman Medical Group. The Sonatrice Singers released a new album. Miami hosted its first Canadian Mule Derby. Arbitration was underway between Midland School Division and its teachers over wage disputes. The Town of Carman expressed interest in becoming a twin city with Winnipeg and planned to name Mayor Stephen Juba an honorary citizen. The Recreation Commission assumed maintenance of King's

Park from the Chamber of Commerce. Tom Rockey proposes CN building be Rec office but gets approved as Senior

25 years ago — 2000: A proposed hog operation raised concerns about runoff into the Boyne River. Verla Driedger received a Manitoba Council on Aging Recognition Award. The Trans Canada Trail Relay passed through Miami. The Midland School Division reviewed busing options in light of expanding catchment areas. Miami School was the only rural participant in the Manitoba School Împrovement Program. Warren Mc-Cutcheon was drafted in the eighth round by the NHL's New Jersey Devils. The Midget Goldeyes captured their league title.

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Good Grace

We hear a lot of people talk about grace, and I am not referring to the brief prayer for your meal. So, what is it? The Bible describes it as a gift from God, a blessing that you do not deserve. Some have used the name as an acronym, describing it as God's Riches At Christ's Expense.

Salvation Grace saves the person who believes. Ephesians 2:8-9 tells us that we are saved by God's grace, not by any works we do. We have been given forgiveness for our sins and freedom to live a better way.

Justice Grace makes us justified before God, taking away our guilt. Romans 3:24 says that we are justified, or cleared of charges against us due to sin, by the sacrifice of Jesus Christ on the cross.

Power Grace enables and trains us to live according to high standards that we would not normally be able to live. Titus 2:12 tells us that God's grace trains us to renounce ungodliness and to live godly lives.

Hope Grace gives us hope to endure the evil of this world, knowing that we will one day be free from sin and all the evil side effects that come with. Romans 6:14 explains that grace enables us to live outside of the power of

Cheap Grace or Good Grace Romans 6:1-2 reminds us that God giving us grace and forgiveness is not license to sin more, but rather motivation to give up the life of sin that we died to when we accepted His salvation. Let us live in that grace, recognizing it for what it is: a beautiful gift that we need. Let us also share it with others. It is a free gift available to all!

Blessings

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PVLIP launches Community Activity Checklist

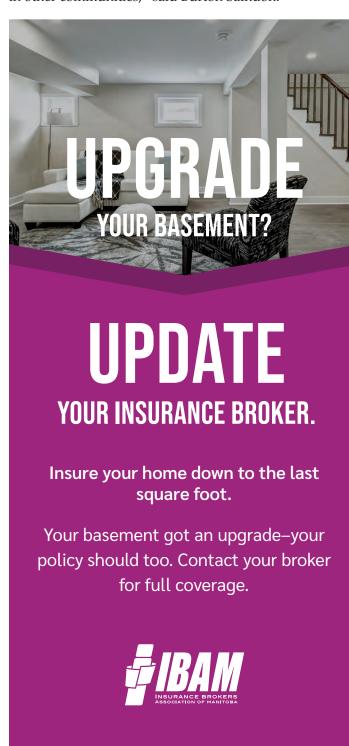
The Pembina Valley Local Immigration Partnership (PV-LIP) is tackling part of its new Community Action Plan this summer with a fun challenge to area residents.

PVLIP has launched a Community Activity Checklist and is inviting everyone to complete it between now and

"We wanted to help the general public recognize the ways in which they can be welcoming and inclusive to newcomers," said PVLIP coordinator Elaine Burton Sain-

Fostering inclusion is the top priority in the group's new strategic plan. Under this heading, they're taking steps to address racism, embrace diversity, and promote mutual understanding.

"There's lots of opportunities to check out a variety of cultural events, whether it's here in the Pembina Valley or in other communities," said Burton Saindon.



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But you don't have to travel far the checklist includes activities that explore new cultures close to home, such as visiting a restaurant from a different culture, learning about another religion, watching a foreign-language movie, or getting to know someone born in another

Each checklist item includes three boxes to mark whether you did it alone, with others, or encouraged someone else to do it.

"One of our goals is mutual understanding," said Burton Saindon. "Maybe you're a senior who can't go out easily, but you could send this to your grandchildren. There's lots of layers in which you could help promote these opportunities."

To further help people explore cultural diversity, PVLIP created a detailed events calendar at pvlip. ca/events/ highlighting multicultural activities across southern Manitoba.

"We encourage people to submit their events," she added. "Maybe



TINYURL.COM/PVLIPCHECKLIST

it's a cultural group that has a picnic every year, but nobody knows unless they've got a friend in that group. A newcomer might attend if they knew about it."

People are welcome to fill out and submit the checklist mul-

"We'll collect as many responses as possible," Burton Saindon said. "If someone learned something new or made a new friend, we'd love to hear that so we can share it with the com-

Access the checklist at tinyurl.com/PVLIPchecklist.

Visitors welcome to explore historic Cardinal chapel

A local student and newly appointed curator is encouraging residents and visitors alike to discover the history of the Sainte-Thérèse Chapel in Cardinal this summer.

Rodin Labossiére, a graduate of Notre Dame High School who is set to study abroad in the fall, has taken on the role of tour guide at the chapel, which is a designated Municipal Heritage Site.

Built in 1927 by residents of the small town near Notre Dame de Lourdes, the chapel was later abandoned but has since been carefully restored using original sacred items. Visitors can view historical photographs and learn about the heritage of both the chapel and the town.

Though the chapel receives fewer than 500 visitors a year, it is open daily throughout the summer and offers a quiet and reflective stop for those interested in Manitoba's rural religious history.

The non-profit group that maintains the chapel accepts donations by mail to help with upkeep. Contributions can be sent to: PO Box 10, Cardinal/Notre Dame, MB R0G 1M0.





STANDARD PHOTO SUBMITTED

The Sainte-Thérèse Chapel in Cardinal built in 1927 and restored with its original sacred items, is open to visitors daily throughout the summer.

Class of 2025

STANDARD The Carman-Dufferin

- Carman Collegiate
- Dufferin Christian School
- Elm Creek School
- Miami School
- École Regionale Notre-DameSt. Claude School Complex

















Class of 2025 STANDARD



Carman Collegiate celebrates resilience and spirit at 2025 graduation

By Annaliese Meier

Carman Collegiate's graduating class of 2025 crossed the stage on June 25 with cheers, memories, and a clear sense of pride after years of hard work, growth, and perseverance.

Held in the school's gymnasium, the ceremony brought together family, staff, and community members to honour the accomplishments of the graduating class. Principal Mary Reimer opened the event by welcoming guests and acknowledging the support systems that helped students reach this milestone.

"These students have shown remarkable resilience, not just in their academics but in the way they've supported one another," said Reimer. "We are proud of the people they've become."

Elaine Owen, chair of the Prairie Rose School Division board, brought greetings on behalf of the division. She commended students for their determination and encouraged them to carry forward the lessons and values they developed during their time at Carman Collegiate.

Diplomas and school awards were presented, followed by a spirited and heartfelt speech from guest speaker Amanda Rheault, a Grade 6 teacher who had worked closely with many of the graduates during their early years.

"You've crossed the finish line of one chapter in your life—and yes, some of you sprinted across with confidence, while others rolled in with a crumpled assignment and an energy drink," Rheault joked, to laughter from the crowd.

In her address, Rheault reminded graduates that the road ahead won't always be smooth—but that the detours, setbacks and even wrong turns will help shape their path.

"Life isn't a checklist or a straight road," she said. "There will be potholes, missed exits, and probably someone in the backseat playing music you didn't ask for. But that's the beauty of it. The journey is the

She urged the class to lead with character, take chances, and stay curious about the world around them.

"You don't need a million followers to make an impact," she said. "You just need to care deeply, act bravely, and keep showing up."

Following the staff-nominated awards and the presentation of the Governor General's Academic Medal, graduates Ella Benner and Ava Nykoliation took to the podium to deliver the student address.

"Today, we don't just stand here as graduates—we stand here as stories in progress," they said. "Each of us shaped by the late-night cramming, awkward presentations, and friendships that carried us through it all."

Their speech reflected on the transition from childhood to young adulthood, with memories of snow forts, spilled juice boxes and school spirit days woven alongside more recent moments of challenge and achievement.



STANDARD PHOTOS BY BRETT MITCHELL

The Carman Collegiate Class of 2025 gathers on stage following their June 25 graduation ceremony. The evening featured speeches, awards, and a celebration of the students' accomplishments as they prepare for the next chapter.



STANDARD PHOTOS BY BRETT MITCHELL

The Carman Collegiate Certificates of Distinction.

"We started this journey learning how to print our names neatly and losing our minds over smelly markers," they said. "Look at us now."

Benner, who also delivered the valedictory message, said it felt surreal to be chosen and emphasized the importance of growth and perseverance.

"I really wanted to focus on how much we've all changed, learned, and pushed through challenges—especially when it felt easier to give up," she said. "Just making it through these last few years is something to be proud of."

She encouraged her peers to embrace uncertainty and to pursue what feels meaningful, regardless of timelines or expectations.

"Don't feel like you have to have it all figured out," Benner said. "Life doesn't have to follow a set plan. Just keep showing up—and get involved, even if it scares you a little."

As she looks ahead to studying to become a veterinary technician, Benner credited her family, teachers and 4-H leaders for guiding her and helping her step outside of her comfort zone.

The ceremony closed with a sense of celebration and gratitude as the graduates tossed their caps and posed for photos with beaming smiles.

More than 60 awards and scholarships were presented throughout the afternoon, recognizing academic excellence, trades readiness, volunteerism,

Congratulations to the Graduating Classes of 2025

Carman Collegiate





Ella Benner and Ava Nykoliation delivered the student address.

artistic achievement and leadership. Among the top honours presented, Ezra Doell was awarded the Governor General's Academic Medal and the Staff Award—recognizing both academic excellence and the respect

of Carman Collegiate's educators.

The afternoon was a celebration of not only personal accomplishment but community connection—a recognition of the teamwork, mentorship and friendships that carried the Class

of 2025 through uncertain times and into a hopeful future.

With diplomas in hand and memories in their hearts, the graduates left the gymnasium ready to take on what comes next—whether that be

post-secondary education, careers in trades and agriculture, or time to explore and grow.

"Be kind. Work hard. Have fun," Rheault reminded them. "And never forget—you've got what it takes."



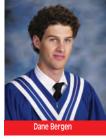










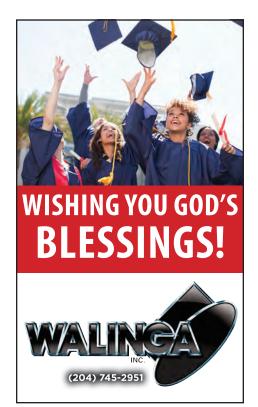


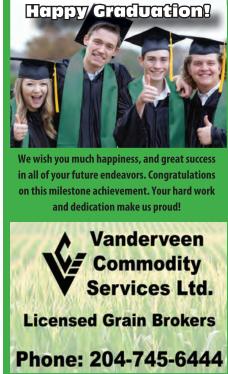




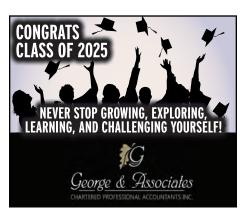


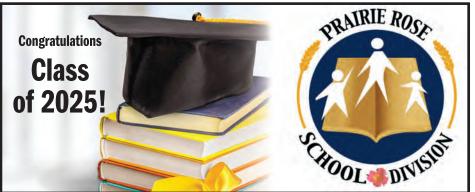
• Class of 2025 • Class of 202











Congratulations to the Graduating Classes of 2025

Carman Collegiate





Principal Mary Reimer presented the Governor General medal to Ezra Doell.





Carman's grade 6 teacher, Amanda Rheault was the guest speaker.





















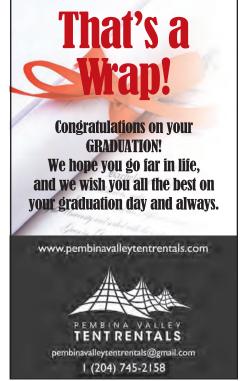
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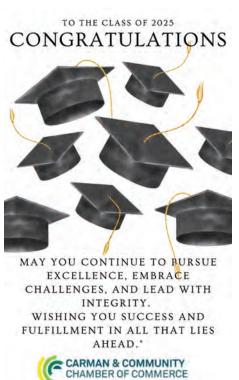


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Carman Collegiate





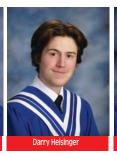










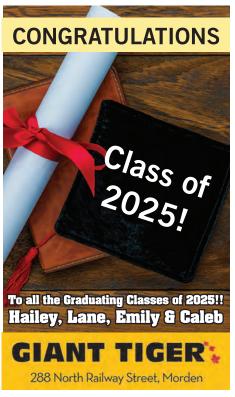






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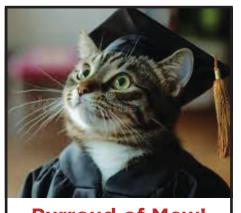






Congratulations, Class of 2025!

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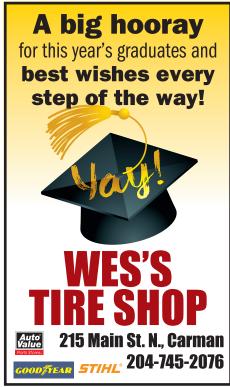


Purroud of Mew!
To all the grads:
You've earned your
stripes - and naps!
Congratulations!

Rolling Plains Veterinary Corporation
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and Notre Dame
Veterinary Clinics

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Graduation



Carman Collegiate



• Class of 2025 • Class of 202

















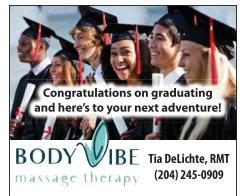


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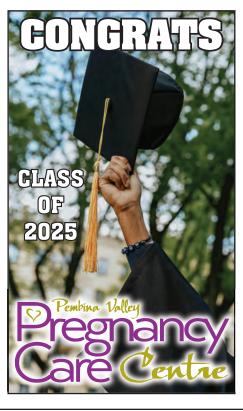


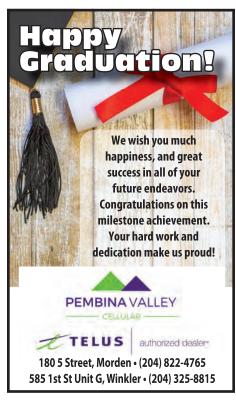


















Congratulations to the Graduating Classes of 2025

Carman Collegiate



























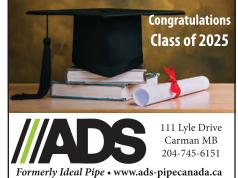








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Congratulations Carman Collegiate to the Graduating Classes of 2025





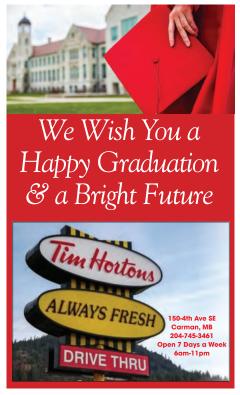


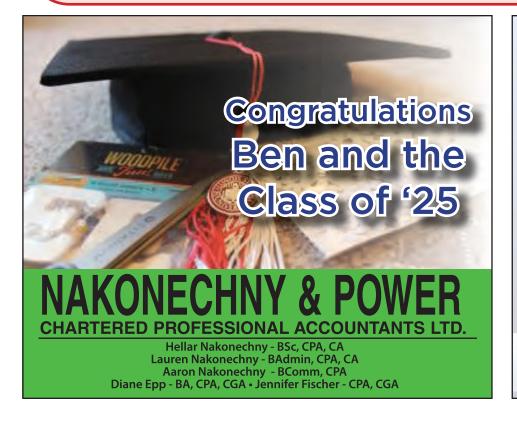
Carman Collegiate Awards and Bursaries

1	Benefits RX Pharmacy	. Topics in Science 40S	Jessica Anderson
	Benefits RX Pharmacy	Physics 40S	Daniel Beichter
	CANDO Rail Services	. CANDO Spirit Award	Brayden Cox
	Carman Active Living Centre	. Deserving entering post sec	Safa Nusaibah
	Carman & Community Chamber of Commerce		
	Carman Collegiate	. World Geo 40 2025	Tisha Rojo
	Carman Collegiate	. School Spirit 2025	Brayden Cox
	Carman Collegiate	. School Spirit 2025	Dawson Cummer
	Carman Collegiate	. World Geo 40 2025	Emily Blanco
	Carman Collegiate	. World Geo 40 2025	Leah Findlay
	Carman Collegiate	. Metals 40s	Dawson Cummer
	Carman Collegiate		
	Carman Collegiate	. Essential Math 40S	Mavelin Avila
	Carman Collegiate		
	Carman Collegiate	. Graphics 40S	Dawson Cummer
	Carman Collegiate	. Psychology 40S	Zander Cox
	Carman Collegiate	. Psychology 40S	Tisha Rojo
	Carman Collegiate		
	Carman Collegiate	. Phys Ed 40F	Mavelin Avila
	Carman Commuity Health Centre	. Health care field	Mavelin Avila
	Carman Cougar Hockey Bursary	. Cougar Hockey	Dane Bergen
	Carman Cougar Hockey Bursary		
	Carman Cougar Hockey Bursary	. Cougar Hockey	Zander Cox
	Carman Cougar Hockey Bursary		
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	Carman Cougar Hockey Scolarship		
	Carman Health Aux. (applied to)		
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	CIBC		
	Clean Water Pro		
	Doyle's Funeral Home		
	Doyle's Funeral Home		
	D.R. McClement Memorial Bursary	. Entering Agriculture	Jessica Anderson
l	Ed's Tire Service		
	Friesens	,	
	Nomestead Coop	. employee Ka	y-lee Cox-McDonald

Homestead Coop	emplovee
Homestead Coop	employeeJacob Florell
Homestead Coop	employee Joele Andrea Haro
	employeePax Onia
Kinette Club of Carman	VolunteeringEmily Blanco
	ELA Comp 40S Tavlor Thiessen
Klos Realty	Best overall science studentEzra Doell
Klos Realty	ELA Trans 40SDane Bergen
LCL Construction Ltd	Entering Construction Dawson Cummer
	Deserving Student Dawson Cummer
	ELA Trans 40SNate Phillips
	Deserving StudentElla Benner
	Deserving Student Ava Nykoliation
	Creative writer/compassionateEmily Blanco
Mapdot Builders	,
	Andrew Wolfe MMJS Law Office
	Charish Williams Nakonechny & Power
	Emily Blanco Nakonechny & Power
	Taylor ThiessenNewman Hand Insurance Ltd
	Nate Phillips Prairie Rose School Division Award
	Jessica Anderson . Prairie Rose School Division Award
	Amy Doell Prairie Rose School Division Award
	Ava Nykoliation Prairie Rose School Division Award
AP Chemistry 42S	Safa Nusaibah Prairie Rose School Division Award
AP Biology 40S	Amy Doell Prairie Rose School Division Award
AP Biology 42S	Amy Doell PRTA
	Ella Benner
Roland & District Chamber of Commerce	Roland Resident Jessica Anderson
Roland & District Chamber of Commerce	Roland ResidentRvan Peters
Roland & District Chamber of Commerce	Roland Resident Taylor Thiessen
Roseile Friendship Club	Roseile Resident
Sperling Industies	Entering trades Brayden Cox
Sperling Industies	Entering tradesZander Cox
Syl's Drive Inn	Employee Sara Fehr
	Agriculture/Open if n/a Daniel Beichter
	Biology 40S Mavelin Avila
Carman Collegiate	Governor General AwardEzra Doell
Carman Collegiate	Staff AwardEzra Doell







Carman Collegiate students and staff would like to thank the following contributors to our graduation.

Benefits RX Pharmacy CANDO Rail Services Carman Active Living Centre Carman and Area Foundation **Carman & Community Chamber of Carman Collegiate Carman Community Health Centre Carman Health Auxiliary Carman Pharmacy** CIBC **Clean Water Pro Dovle's Funeral Home D.R. McClement Memorial Bursary Ed's Tire Service Friesens Homestead Coop Kinette Club of Carman** Klos Realty **LCL Construction**

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Dufferin Christian School Class of 2025 reflects on faith, friendship and future

By Lana Meier

The Dufferin Christian School Class of 2025 celebrated their graduation on Wednesday, June 25, in a ceremony filled with reflection, faith and encouragement for the journey ahead.

Held at the Carman West Canadian Reformed Church, the evening ceremony honoured 19 graduates with a program that included heartfelt messages from guest speakers Mr. Stuart Harsevoort and Miss Avery Linde, as well as a thoughtful and humourfilled valedictory address by Peter deBoer.

Mr. Harsevoort, a longtime educator at the school, began by telling students he would keep his address brief-but packed it with wisdom rooted in Psalm 16, the class's chosen

"You can change the world," he told them, before clarifying: not necessarily in grand or global ways, but through how they choose to see the world and live out their faith. He urged graduates to look at life through what he called a "God-lens"—a perspective modelled by King David in the psalm, who chose to place his trust, joy and purpose in God.

"The purpose of your education here



STANDARD PHOTOS BY BRETT MITCHELL

The Dufferin Christian School Class of 2025 celebrated their graduation on June 25 at the Carman West Canadian Reformed Church. Nineteen students received diplomas during an evening ceremony filled with reflection, faith and encouragement.

has been to show you how the eyes of faith give you a different, more honest view of the world," Harsevoort said. "Change your perspective, and you change the world around you."

He noted how well his message aligned with that of the next speaker, Miss Avery Linde, even though they hadn't co-ordinated their remarkssomething he said reflected the unifying truth of Scripture.

Linde, who joined DCS this past year, shared how her own perspective had shifted while getting to know the graduating class. Initially nervous to teach high schoolers—"a land of giants," she joked—she came to admire the depth and character of each student.

"Everyone has a story," she said. "And when you know Whose you are, it changes everything. It gives you a foundation when life feels uncertain, and an identity that isn't shaken by success or failure."

Linde encouraged students to carry that identity with them as they step into adulthood, reminding them that even amid difficulty, they are not alone.

"Hard doesn't mean hopeless," she said. "Psalm 16 tells us that God shows us the path of life and that His presence brings fullness of joy. You don't have to figure it all out—just trust the One who has written your

Valedictorian Peter deBoer took the podium with warmth and wit, offering a personal look at the class's journey through school—from early years and new classmates to online learning during the pandemic.

'While our class has seen a lot of change over the years, some things have remained constant," deBoer said. He recognized the "core group" of classmates who had been together since Kindergarten, as well as those who joined along the way and brought new ideas and friendships.

He reflected on the class's athletic achievements, competitive spirit, and shared memories—while also acknowledging the spiritual foundation built through their education, families and churches.

"We've been given, by God, the ability to make a change, a difference," he said. "The impact we should have is one that draws others to the joy we've found in Him."

In a stirring close, deBoer challenged his classmates to reflect on how much of that "true joy" they were carrying



Class of 2025 • Class of 2025



















Congratulations to the Graduating Classes of 2025

Dufferin Christian School





into the next chapter, reminding them that the Christian path—though narrow—leads to eternal joy in God's presence.

The ceremony concluded with the presentation of diplomas and warm applause for the graduates. As they step forward into diverse futures, one message rang clear throughout the evening: they are equipped with a firm foundation of faith, ready to see the world differently, and live accordingly. inspiring Words to Remember

WORDS TO REMEMBER

"Change your perspective, and you change the world around vou."

- Mr. Stuart Harsevoort

"Your story isn't small—it's part of something much bigger."

Miss Avery Linde

"We've been given, by God, the ability to make a difference. It doesn't have to be massive. Just lead by example and share the joy you've found in Him."

— Valedictorian Peter deBoer





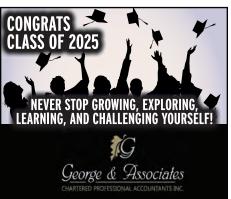








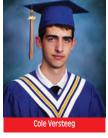




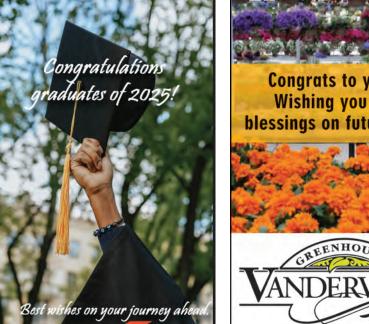








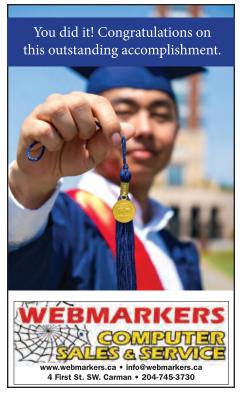




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Corrections to the Graduating Classes of 2025

Dufferin Christian School





Bronze Medallion presented to Haylee Vanderveen by Mr. Chris deBoer.



Valedictorian Peter deBoer











CLASS OF 2025

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erin Christian School

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"You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore." Psalm 16:11



Elm Creek School



Elm Creek School celebrates resilient Class of 2025

By Emma McGill

Elm Creek School's graduating class of 2025 crossed the stage Monday evening, June 23, surrounded by family, friends, educators and community members during a heartfelt ceremony held at Crossway Church.

With 16 students donning caps and gowns, the event honoured years of dedication, growth, and shared milestones. Principal Jesse Thomaschewski welcomed the crowd and reflected on the graduates' accomplishments, character, and growth—many of them students he has known since junior high.

high.

"This group is a unique one," he said. "They are passionate about the issues they care about, they push themselves to succeed, and they've shown time and again that they're not afraid of hard work—on the court, in the classroom, and in their communities."

Thomaschewski noted that many of the graduates had walked the same school halls since kindergarten. "Our hope is that Elm Creek School has been more than just a place of learning," he said. "It's been a second home, a source of support, and a place where you learned what it means to care—for each other and for the world you're stepping into."

He encouraged students to take pride in their



STANDARD PHOTOS BY BRETT MITCHELL

Elm Creek School's Class of 2025 celebrates with a cap toss following their graduation ceremony at Crossway Church on June 23.

journey

"You've made memories here that will stay with you long after you leave," he said. "And you've left a mark that will be remembered by those who follow."

Vice-principal Ashley Cook joined him on stage as co-host of the evening, and offered a light-hearted

but practical final math lesson.

"Don't worry—we're staying away from polynomials," she said. "Today's lesson is this: education is an investment. You get out what you put in."

Cook urged students to continue learning in all areas of life. "Your K–12 schooling is just the beginning," she said. "Whatever your next step—post-









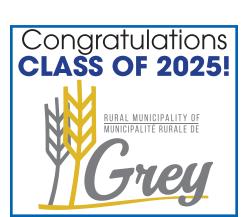
















ELM CREEK SCHOOL THANK YOU!

Fun Raisers of Elm Creek Award **Prairie Rose School Division** Awards **CIBC** Bursary

Prairie Roots Co-op Award & Bursaries John Roth Memorial Scholarship R.M. of Grey Award

Kinette Club of Carman Award Legion Branch #18 Scholarship ONE Insurance Award

Vanderveen Commodities Awards Guardian/Parent Advisory Council Award Prairie Rose Teachers Association Scholarship

Richardson-Pioneer Grain Award & Scholarship Newman Hand Insurance Scholarship Carman Chamber of Commerce Scholarship

Midland Constituency Award

Enns Family Scholarship
Community Members Contribution Awards
Ladouceur Family Scholarship

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Elm Creek School would like to thank all our sponsors for their contributions towards our 2025 Graduation.

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Congratulations to the Graduating Classes of 2025

Elm Creek School



secondary, work, travel, or sports—put in your best effort. You each have unique talents, and the world needs what you have to offer."

The ceremony included greetings from Prairie Rose School Division trustee Jack Foote and an invocation by Scott Isaak. Graduates received diplomas from the province and the school division, along with a congratulatory certificate from Midland MLA Lauren Stone. Awards and scholarships were handed out to students who applied, recognizing both academic and community achievement.

Claire Yelena Malenko received the Governor General's Academic Medal, awarded to the top graduating student for overall academic excellence.

This year's valedictorian, Nixon Jones, delivered a speech filled with gratitude, humour, and reflection.

"For those who don't know me, my name is Nixon John Robert Jones—middle names usually only heard when my mom's a little upset with me!" he joked, before turning his attention to the importance of the occasion.

Jones thanked teachers for their mentorship and patience—especially during memorable moments like badminton qualifiers and late assignments. He credited them with teaching life lessons that will stick well beyond the classroom.

To the parents, he expressed appreciation for their "endless love, support and patience," acknowledging the sacrifices they made along the way.

"And to my fellow graduates—congratulations! It's not just the diploma that marks today, but the journey we've taken to get here. The tassel really was worth the hassle."

Jones recounted classroom memories and milestones, from dissecting pig fetuses to sewing gym bags and making Shark Tank videos. He also



Claire Yelena Malenko received the Governor General's Academic Medal.

highlighted their trip to Norway House Cree Nation and their provincial volleyball championship win-moments he said built character, confidence and lasting friendships.

Using the school mascot, COBRAS, Jones closed with a message about the future, assigning meaning to each letter:

- C: Challenge yourself to reach your full potential.
- O: Opportunity dances with those already on the dance floor.
- B: Believe you can and you're halfway there.
- R: Remember, you can't climb the ladder to success with your hands in your pockets.
- A: Accept no one's definition of your life—define yourself.
- S: So long as your desire to explore is greater than



Nixon John Robert Jones delivered the valedictorian address.

your fear, you're on the right track.

He encouraged classmates to embrace challenges, take risks, and keep learning.

"Graduation is a new start. Sadly, our journey together may be ending, but our individual adventure is just beginning," he said. "Behind you are all your memories. Before you are all your dreams. Around you are all who love you. With you is all vou'll need."

With diplomas in hand and cheers from the crowd, the Elm Creek graduates exited to a slide presentation and a community-wide parade through town. A formal dinner followed at Scotswood Links.

The Class of 2025 left their ceremony with heads held high—and sunglasses, perhaps, to match their bright futures.













Congratulations to the Graduating Classes of 2025

Elm Creek School





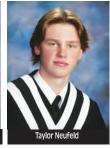




















ELM CREEK SCHOOL 2025 GRADUATION

- 1. CIBC Graduation Bursary Makkedah Veldman
- 2. Fun Raisers of Elm Creek Award Nixon Jones
- 3. Vanderveen Commodities Portfolio Makkedah Veldman
- 4. Vanderveen Commodities Addison Schmidt
- 5. Prairie Roots Co-op Award Reid Miller and Jullian Benthem
- Prairie Roots Co-op Bursaries Addison Schmidt, Makkedah Veldman and Hayley Enns
- 7. R.M. of Grey Award Makkedah Veldman
- 8. Congeniality Award Claire Malenko
- PRSD Honour Roll, School and Community Activities Award - Hayley Enns
- 10. PRSD Diligence and Commitment to Learning Award -Lachlan Janzen
- 11. Richardson-Pioneer Scholarship Nixon Jones
- 12. Richardson-Pioneer Award Claire Malenko
- Prairie Rose Teachers' Association Scholarship -Tia VandeVelde

- 14. Governor General's Bronze Medal- Claire Malenko
- Guardian/Parent Advisory Council Award -Claire Malenko
- 16. Newman Hand Insurance Charlotte Billing
- 17. ONE Insurance Scholarship Hayley Enns
- 18. Midland Constituency Award Jullian Benthem
- 19. John Roth Memorial Scholarship Nixon Jones
- 20. Ed Schroeder Math & Science Scholarship Award Addison Schmidt
- 21. Val Esau Trades & Technology Scholarship Award -Lachlan Jones
- 22. Kinette Club of Carman Award Charlotte Billing
- 23. Ladouceur Family Scholarship for Science Tia VandeVelde
- 24. Don Woods Scholarship for Excellence in History Tia VandeVelde
- 25. Carman Chamber of Commerce Scholarship Makkedah Veldman
- 26. MB Canola Growers Scholarsihp Addison Schmidt
- 27. Carman Legion #18 Reid Miller







Miami School



Miami School Class of 2025 celebrates milestone 'In Bloom'

By Lana Meier

Miami School's Class of 2025 marked the end of their high school journey with a heartfelt graduation ceremony on Monday, June 24, under the theme In Bloom—a reflection of growth, resilience and the promise of what's to

Twenty-three graduates crossed the stage at the Miami Community Centre in front of a crowd of proud families, friends and educators. The evening continued with a celebratory banquet at the Miami Event Centre.

Board trustee Ronald Hofer brought greetings on behalf of the Prairie Spirit School Division Board of Trustees, and Assistant Superintendent Chris Gamble spoke on behalf of the division office.

This year's guest speaker was Mr. Cory Rutter, a longtime supporter of Miami students through his involvement with the Miami Post Secondary Educational Organization. Rutter, a strong promoter of the trades and a dedicated community volunteer, was recognized for his longstanding commitment to supporting youth and advancing educational opportunities in the area.

Co-valedictorians April Steppler and Addison Bruce delivered a joint address on behalf of the graduating class. They reflected on the journey that brought their class to this point from early years in elementary school to the bonds built through shared experiences in high school.

Valedictorian replies were delivered by Liam Dyck and Max Koscielny, who offered words of gratitude to parents, staff, and fellow classmates. They also spoke of the importance of embracing change and continuing to grow through every new challenge.

The graduation's floral theme—In Bloom—served as a symbol of the students' transition into the next stage of life. Whether heading off to further education, entering the workforce, or pursuing new personal paths, the Class of 2025 was reminded that they are just beginning to blossom into

Boyne Chapter of Winnipeg Retired

Cam & Wanda Stockford



Valedictorians April Steppler and Addison Bruce

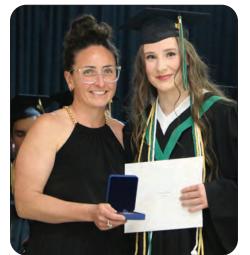
their full potential.

Miami School staff and the broader community celebrated the graduates not only for their academic achievements, but also for the kindness, determination and spirit they brought to their school and hometown.

As the evening wrapped up, one message rang clear: the future is in bloom—and the Class of 2025 is ready to grow.



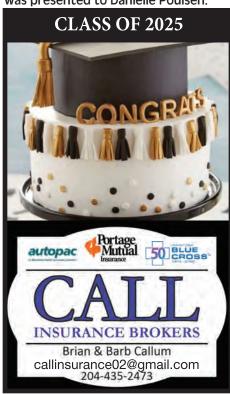




The Governor General Bronze Medal was presented to Danielle Poulsen.



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Organization gratefully acknowledges the generous contributions of these sponsors in helping to make our 2025 Graduation a success.

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Carman Community Health Centre Friends & Family of Gary Smart Family of Catherine Orchard Garg's Groceries Miami Agricultural Society Joey McNair Miami Recreation and Play Spaces Miami Moose Hockey Team Orchard Grain Farm - Mike, Rachelle & Chad Mile 30 Farm – Todd & Tania Vanstone Doug & Diane Mowbray **Prairie Rose School Division** Refined Health – Dr. Nicole Krapp ND Roseisle Friendship Club

Blair Sharpe

Cory Rutter Construction Family of Jeffery Prondzinski Friends and Family of Anne Dyck Golden Prairie Arts Council Joan & Ed Driedger McCulloch Mooney Johnston Selby LLP Miami Power Taboggan Club Noah Penner Miami School Staff Pembina Creeks Wildlife Association **Prairie Rose Teachers Association** Roland Air Spray **Steppler Family Farms** Rural Municipality of Thompson Stacey's Garden SJ Agronomy Services Steppler Farms Westwind Realty Inc. Wil Kalinowski

Congratulations to the Graduating Classes of 2025

Miami School











Scholarship



...Hannah Graham

Guest Speaker Mr. Cory Rutter was chosen as he is community member who has been a long time supporter of a yearly graduation scholarship for Miami School Graduates for Miami Post Secondary Educational Organization; promoter of trades within our community; community volunteer





Wishing you all the best on your graduation day. Good luck on your new beginnings! Congratulations!



Miami, MB 204-384-1103

MPSEO SCHOLARSHIPS

Anne Dyck Memorial ScholarshipMorgan Turner
Blair Sharpe Career ScholarshipErica Peters & Danielle Poulsen
Blair Sharpe Dramatic Arts Scholarship
Boundary Trails Health Center
Cathy Savage Career Scholarship Erica Peters & Addison Bruce
Cathy Savage Trades ScholarshipApril Steppler
Carman Community HealthAddison Bruce
Cory Rutter Constriction
Gary Smart Memorial
Jeffrey Prondzinsli Memorial Scholarship Isabella Waldner
Miami 4-H Activity Club April Steppler & Addison Bruce
Miami Agricultural Society ScholarshipMorgan Turner
Miami Power Toboggan ClubKassidy Bourgeois
Miami Rec & Play SpacesHannah Graham
Miami School Staff
MPSEO Stem AwardAddison Bruce & Danielle Poulsen
Miami VarietyHannah Graham
Mile 30 Farm Career ScholarshipApril Steppler
Orchard Grain FarmApril Steppler
Pembina Creeks Wildlife AssociationHannah Graham
Refined Healthlsabella Waldner
Roseisle Friendshi Erica Peters
SJ Agronomy Steve Livingston MemorialApril Steppler
Westaway Pharmacy Career Scholarship Isabella Waldner
Other Scholarships
Boyne Chapter of Retired TeacherMorgan Turner
Carman Ladies Legion AuxiliaryMorgan Turner
Carman Legion Branch 18 BursaryJade Bridgeman
Dufferin Agricultural Society ScholarshipMorgan Turner
Manitoba Corn Growers AssociationAddison Bruce
Manitoba 4-H Council ScholarshipAddison Bruce/April Steppler
Liv Dance Studio Scholarship
Providence College - Buhler Entrepreneur
ScholarshipHannah Graham
Providence College - Highschool Leadership
ScholarshipHannah Graham
Providence College - Academic Excellence

Access Cycodia Union
Access Credit Union
Tell us your Story Scholarship
Queen Elizabeth II Entrance U of M - Tier IAddison Bruce/April Steppler/Erica Peters/Danielle Poulsen
50th Anniversary of the Family Farm ScholarshipApril Steppler
Bee Maid Honey Limited 50th Anniversary
ScholarshipApril Steppler
RM of Roland ScholarshipKassidy Bourgeois
Subject Awards
Accounting Systems 40SHannah Graham
Essential Math 40SHannah Graham
Applied Math 40SAugustus Sanders
Interdisciplinary Topics in Science 40S Erica Peters
Global Issues: Citizenship & Sustainability 40SVeronica Klassen
Biology 40SErica Peters/Danielle Poulsen
Music 4S Augustus Sanders
Chemistry 40S
Erica Peters/Danielle Poulsen
Psychology 40S Amber Wiebe
Pre-Calculus 40S Erica Peters
ELA Comprehensive Focus Alyssa Rivard
Drama 40SMorgan Turner
ELA Literary Focus Erica Peters
Human Ecology 40SAddison Bruce
Visual Arts 40S Kaleah Elias/Ambria Klassen
Staff Selections Staff Selections
Wil Kalinowki Sr. DiligenceApril Steppler
Miami Moose Bursary Phys Ed 40S Danielle Poulsen
Patrick Mowbray, Morgan Turner
PRTA Career ScholarshipMorgan Turner
School SpiritAugustus Sanders/Addison Bruce
Catherine Orchard Scholarship Danielle Poulsen
Governor General Bronze MedalDanielle Poulsen
PRSD Academic ExcellenceAddison Bruce
PRSD Diligent Commitment to LearningDanielle Poulsen & Erica Peters



Miami School

















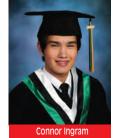










































Miami School's Class of 2025 is captured in a panoramic moment during their June 24 graduation ceremony at the Miami Community Centre. The event, held under the theme In Bloom, celebrated the growth and accomplishments of 23 graduates as they prepared to take their next steps.

Congratulations St. Claude School Complex to the Graduating Classes of 2025



St. Claude School Complex celebrates Class of 2025

By Lorne Stelmach

Students, families and staff gathered at St. Claude Catholic Church June 20 to celebrate the graduation of 17 students in the class of 2025 from the St. Claude School Complex.

Principal Ryan Mangin saluted the class as a historic grad class in being the last ones that will be able to say they got through the pandemic and other challenges.

"Through it all, you were resilient and stuck together," he said, emphasizing the word resilience as what really summarized this class, which also suffered some tragedies and lost a friend in the past

"It's a testament to the impact that you've had on all of us," said Mangin, noting the lessons that were learned such as to "be on time, get your work done, be good people and remember where you came

Colleen Philippot, who is a trustee with Prairie Spirit School Division, cited a quote from Pablo Picasso that suggested "the meaning of life is to find your gift; the purpose of life is to give it away.

"I know you will use your talent and follow your passion to make the world a better place," she said.

The ceremony included academic awards and bursaries sponsored by local businesses and organizations along with a heartfelt joint valedictory address delivered by Aiden Morisseau and Sydney Kiefer-Starling.

"Standing here today, I feel a mix of emotions: pride, excitement, and, yes, a little disbelief," Morisseau told the crowd.

"We made it. We're graduating. And while it's easy to get caught up in the celebration, I want to start by recognizing just how far we've come—and everything we've been through to get here."

Kiefer-Starling reflected on the challenges the class faced starting high school amid a global pandemic and emphasized the resilience they developed along the way.

We laughed, we struggled, we supported each other. And now, we celebrate this moment, togeth-



STANDARD PHOTOS BY LORNE STELMACH

The St. Claude School Complex Class of 2025 gathered for a group photo following their graduation ceremony held June 20 at St. Claude Catholic Church. Seventeen students crossed the stage, marking a milestone filled with reflection, resilience and celebration.

er," she said.

The pair recalled shared memories including classroom antics and unforgettable moments with classmates, while also paying tribute to their late friend and fellow student Manuel.

"Manuel was more than just a classmate. He was a friend, a comedian of sorts and a light in the lives of many of us," said Morisseau. "His absence today is deeply felt, but so is his presence—in our memories, in our stories, and in the way we carry forward his spirit."

The graduates expressed gratitude to teachers for their guidance and to families for their unwavering

"To our families. Thank you for being our roots and our wings," said Kiefer-Starling. "Your sacrifices, your love and your constant support made this day possible."

Among the top academic honourees was Damen



Valedictorians Aiden Morisseau and Sydney Kiefer-Starling















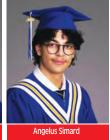




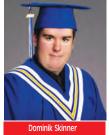
















Congratulations to the Graduating Classes of 2025

St. Claude School Complex

Chen who earned awards in History of Canada, Interdisciplinary Science, Applied Math, Pre-Calculus and Physics. Chen also received the St. Claude School Complex academic credits bursary and the Lactalis Canada bursary.

Sydney Kiefer-Starling received top honours in English Language Arts and Canadian History (French) and was a co-recipient of the Prairie Spirit School Division graduation merit award alongside

Laing also earned awards in business and was presented with bursaries from the Mountain Foundation and the Advisory Council for School Leader-

Moshe Tipan Lagos, Scott Fehr, Calvin Chartrand, Zadyn Simard, Dominik Skinner and Abigail Parvais were among the other graduates who received subject awards or scholarships from local businesses and organizations.

The Governor General's Medal, awarded to the student with the highest academic standing, was St. Claude School graduate Calvin Chartrand received presented by principal Ryan Mangin to Damen Chen.

ACADEMIC AWARDS



the Essential Math 40S Academic Award.



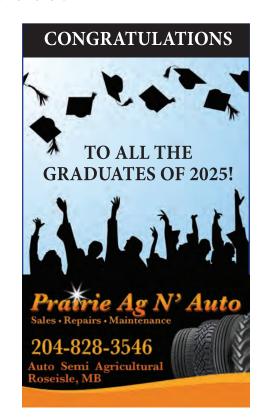
Principal Ryan Mangin awarded the Governor General's Medal to Damen Chen.

ST. CLAUDE SCHOOL COMPLEX GRADUATION CEREMONIES ST. CLAUDE CATHOLIC CHURCH JUNE 20, 2025

Essential Math 40S Moshe Tip	
	an Lagos
Essential Math 40S Scott Fehr	•
Essential Math 40S Calvin Cha	artrand
ELA 40S ComprehensiveSydney Kie	efer-Starling
French 40S Scott Fehr	•
Histoire du Canada 30S Sydney Kie	efer-Starling
History of Canada 30S Damen Ch	en
Interdisciplinary Topics in Science 40SRolling Plains Veterinary Corp Damen Ch	en
Applied Information & Communication 15FBoyne Electric Ltd	kinner
Business 10S Scott Lain	g
Applied Math 40S Damen Ch	en
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Pre-Calculus 40S Damen Ch	CII
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"Thank you to all of the sponsors for their generous donations for bursaries and scholarships. Every effort has been made to ensure that all bursaries and scholarships have been distributed according to criteria established by the donors. We appreciate all your continued support.

If any other individual or businesses are interested in donating a bursary or scholarship, please contact the school. With the increasing costs of post secondary institutions, the students appreciate any help to cover the tuition costs. Thank you and enjoy the evening." "Congratulations to the Graduates of the Class of 2025. Thank you to all of our sponsors for their generous donations to our graduates."





to the **Graduating Classes of 2025**

Congratulations École Regionale Notre-Dame

















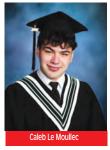




















École régionale Notre-Dame - 2025-2025

Certificates

Anglais: Comprehensive Focus 40S - Kenza Ouihya **Chimie 40S - Caleb Deleurme**

Français: Langue et communication 40S - Kenza Ouihya **Infographie et imprimerie : Travaux pratiques 40S :** Jenée Collet et Sophie Cenerini

Mathématiques au quotidien 40S - Kenza Ouihya Mathématiques pré-calcul 40S - Caleb Deleurme

Physique 40S - Caleb Deleurme

Psychologie 40S - Caleb Deleurme

Athlete of the year - plaque - Laure Dizengremel

Biologie 40S - Caleb Deleurme

Aliments et nutrition 40s - Kenza Ouihya

Technologie des communications graphiques : Maya **Mondragon et Laure Dizengremel**

Bursaries

- La bourse des anciens membres AÉFM - \$1,000 -Kenza Ouihya

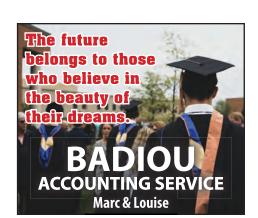
- The Governor General's Academic Medal Caleb **Deleurme**
- Division scolaire franco-manitobaine \$800 -**Chloe Grenier**

Bourse Lucie et Maurice Boisvert - \$500 -

Chloe Grenier et Kenza Ouihva

Caisse Groupe Financier - \$500 - Laure Dizengremel Comité culturel de Lourdes - \$500 - Laure Dizengremel Fondation Santé Notre-Dame - \$500 - Chloe Grenier

- Porcherie Lac du Onze Ltée \$500 -
- **Laure Dizengremel**
- Bourse d'admission Université de Saint-Boniface -\$3,250 - Kenza Ouihya
- Bourse d'admission Université de Saint-Boniface -\$2.500 - Chloe Grenier
- Bourse d'admission Université de Saint-Boniface -\$1,000 - Gavin Rondeau et Gabin Mazover
- University of Manitoba Chown Centennial Scholarship \$1,000 - Caleb Deleurme





• Class of 2025 • Class of 202



PRSD hosts inaugural Indigenous graduation ceremony

Pow wow and jamboree honour culture, community and student success

By Jo-Anne Procter

For the first time, Prairie Rose School Division (PRSD) held an Indigenous graduation celebration on June 6, honouring students from across the division with a day filled with culture, community and pride.

The 2025 Celebration Pow Wow & Jamboree, hosted at St. Laurent School, brought together Indigenous, Métis and First Nations graduates for a ceremony that blended traditional teachings, performances and heartfelt words of encouragement.

Master of Ceremonies Ray "Coco" Stevenson opened the event by introducing members who performed a Pipe Ceremony—a sacred practice used by many Indigenous cultures to connect with the Creator, spirit world and nature. It is often used to seek blessings, mark intentions or ask for guidance.

Coco encouraged attendees to live by circle teachings and treat others with respect. "Never turn your backs on anybody and never leave anyone in the background," he said. "Be respectful to others and to Mother Earth and the spirits that protect the land."



Traditional pow wow dancer doing the Prairie Chicken Dance.

tention. "Choose your words right," he said. "Speak from the heart and don't take that gift for granted."

Music by the St. Laurent Fiddlers and dancing by the Little Bitty Steppers and Interlake Steppers followed, leading into a ceremonial Grand Entry. Graduates were led in by flag bearers St. Laurent Reeve Richard Chartrand and Interlake-Gimli MLA Derek Johnson, dignitaries and PRSD members with drumming by Sons of the Drum and Walking Wolf.

Throughout the event, speakers emphasized both the personal and collective meaning of the milestone—cel-



Traditional pow wow dancer with Carman Collegiate graduate Cherish Williams in her jingle dress.



STANDARD PHOTOS BY JO-ANNE PROCTER

The 2025 Prairie Rose School Division Indigenous graduates were honoured at Pow wow and jamboree in St. Laurent on June 6.

Indigenous visibility in education.

"Life is too precious and personal to follow someone else's path—you must take the lead to find what success looks like for you," said PRSD board chair Ashley Lachance. "Not a single person here has travelled the same path to get to this moment. You all come with different circumstances, experiences, aptitudes and passions—and when you leave here today, you will all take different paths again. You will have the joy of making this life uniquely yours.

MLA Derek Johnson urged graduates to embrace the power of their voice, vote and values.

"Success isn't just about your school achievement; it is about lifting others as we rise," he said. "Your future is unwritten, but your potential is limit-

He also acknowledged the families and educators who supported the graduates along their journeys. "It is their celebration as well," he added.

Manitoba's Education and Early Childhood Learning Minister Tracy Schmidt brought greetings on behalf of the provincial government. She encouraged students to take pride in the moment and remember the community behind them.

"None of us gets to where we are in life on our own," she said. "We get there with our family, with our community, with our educators—the people that love and care about us. Take that into your future and think about how you can use all the gifts you have been given in your life, and how you can create community and opportunity for other people as you go on into your journey of life."

Schmidt also acknowledged the

broader context, noting the ongoing wildfire evacuations and environmental challenges facing many First Nations and rural communities across

Each graduate was introduced and presented with a certificate and special gift. For many, the ceremony marked more than the end of high school—it was a public affirmation of identity and belonging.

Coco closed the celebration with a final reflection on growth and purpose. 'Sometimes we walk back, sometimes we stand still—but the important thing is that we walk together, with intention and grace."

As the final honour song echoed through the gym, families and community members lined up to congratulate each graduate. The energy in the room was one of hope, pride and possibility.

Plans are already underway to make the Indigenous grad celebration an annual event. Organizers say they hope to build on the success of this year's gathering and continue creating space for Indigenous students to be seen, supported and celebrated.

GRADUATES INCLUDED:

From St. Laurent School: Maciej Adamski, Breyden Allard, Kenyon Boudreau, Isaac Chartrand, Jewel Jolicoeur, Ayden Munro, Rylee Pistun, Tatyanna Shoenemann-Harding, Ethan Sigurdon, Keshawn Tacan and Shanaya Young.

From Carman Collegiate: Jessica Anderson, Ella Benner and Cherish Wil-

From Miami School: Kiana Leith. From Institut collégial St. Paul's Collegiate: Marlee Morisseau.

SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

Elm Creek teen earns spot on Team Manitoba football roster

By Annaliese Meier

Fourteen-year-old Logan Deurbrouck of Elm Creek will represent Manitoba this summer after being named to the provincial football roster through Football Manitoba's Blue and Gold program.

The Portage Collegiate Institute (PCI) Grade 9 student, who stands 6'3" and weighs 270 pounds, has played football for seven years and was thrilled when he received the news from his coach.

"I was very excited when I found out I had made the team," Deurbrouck said. "It means a lot to me to compete at this level."

Deurbrouck, who primarily plays right tackle, said he enjoys the technical and mental challenge of the position.

"I enjoy playing on the O-line because it is one of the hardest positions in football, and I like how unique the relationship is between the linemen — how it works as a complete unit," he said.

Team Manitoba's season runs from spring to early summer, with games played at St. Vital Mustangs Field in Winnipeg. The team will face off against provincial squads from Saskatchewan, Alberta and British Columbia.

Deurbrouck earned his roster spot through Football Manitoba's Blue and Gold program, a two-week development and selection camp for athletes

in the U16 and U17 age categories. Players were evaluated during a series of practices and a final showcase game at Princess Auto Stadium. Athletes who impressed were invited to a second round of tryouts featuring two six-hour practice days. Final team selections were based on overall performance.

Four of Deurbrouck's Grade 11 teammates at PCI — Harley Utech, Kingston Daniels, Max Johnson and Dominic Nickels — were selected for the U18 roster

Though he lives in Elm Creek, Deurbrouck opted to attend PCI for high school in part because of the school's strong football program. His decision has paid off: during the 2024 season, he won PCI's Rookie Offensive Lineman of the Year and the team's Dedication Award. He was also named recipient of the Robert Whitlaw Memorial Award — given to the top rookie in the Winnipeg High School Hockey League.

"I've enjoyed every minute of playing football," said Deurbrouck, who credited his parents for supporting his journey in the sport and keeping him motivated.

Now, with years of hard work behind him, Deurbrouck will take his game to the next level — proudly wearing Manitoba colours on the national stage.



STANDARD PHOTO SUBMITTED

Elm Creek's Logan Deurbrouck, was named to Team Manitoba's U16 football roster following standout performances at Football Manitoba's Blue and Gold selection camp.

Central Energy to host national fastpitch championships in Winkler and Morden

By Lana Meier

Two southern Manitoba cities will welcome the country's top young softball players this summer, as the Central Energy U15 AAA female team prepares to host the 2025 Canadian Fastpitch Championships.

From Aug. 13 to 17, Winkler and Morden will jointly host the Softball Canada 15U AAA Female and Male National Championships — marking the first time both tournaments will take place in the same location on the same dates.

"This is the first time in any fastpitch category the female and male national championships will be held at the same location on the same dates," said Gilles LeBlanc, manager of operations with Softball Canada.

The combined event will see 31 teams from across the country compete at local diamonds, with up to 500 athletes and officials expected to attend. Organizers say the tournament will have a major economic impact and help grow the game regionally.

"Softball has given our families so many great experiences and we are thrilled to be able to give back to the sport and the region," said national co-chairs Kristi Guilford and Tara Pettinger.

The host team — Central Energy U15 AAA female — is made up of 12 athletes and a coaching staff from the Central Manitoba region. Assistant coach and team manager Kevin Convery said the players are looking forward to competing in front of family, friends and the next generation of minor ball athletes.

"They are really looking forward to having minor ball players of all ages come cheer them on," Convery said. "They hope to inspire a whole new generation of fastpitch athletes who will love the game as much as they do."

Softball Canada and Softball Manitoba extended thanks to the host communities and the many volunteers and sponsors who are helping make the event possible. Organizers are still seeking local volunteers and sponsors, with more information available at www.softball.ca/u15womens.



STANDARD PHOTO SUBMITTED

The Central Energy U15 AAA female team will serve as host for the 2025 Canadian Fastpitch Championships, taking place Aug. 13–17 in Winkler and Morden. Back row (from left): Shayanne Goertzen, Blaine Wiebe, Shayna Driedger, Hailey Baldwin, Kylie Wiebe, Ella Conrad. Front row (from left): Amelia Wytinck, Sinead Convery, Kelsey Dyck, Payton Manness, Bree Pearce and Zoey Shantz.

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We thank all who apply and advise that only those selected for interviews will be contacted.

Jim Hav

It is with deep sadness that we announce the passing of James Wilfred "Jim" Hay, beloved husband of Janice and father of Kristi and Colin. Jim passed away at the Winnipeg Health Sciences Centre on Thursday, June 19, 2025 at the age of 63 years.

A celebration of Jim's life will be held at a later date.

Cash in your gold

and silver coins,

jewelry, nuggets, gold

dust, ingots, dental

gold, sterling etc.

Also BUYING ENTIRE

COIN COLLECTIONS!

Numismatics, old coins,

Royal Canadian Mint

coins, Franklin Mint

coins +++.

House calls available

for free and I cover all

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Todd

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Transfer Station Hours

Mon - Wed - Fri

1:00 - 4:00

Saturday 11:00 - 4:00

Full obituary and service details to follow on Brockie Donovan website.

Arrangements are in care of Brockie Donovan Funeral & Cremation (204) 727-0694

Your memory will live forever Engraved within our hearts

NOTICE OF VOTERS LIST / **WANTED** PERSONAL SECURITY PROTECTION FOR THE GOLD & RURAL MUNICIPALITY OF THOMPSON SILVER!!!

Please be advised that there will be a Ward 3 By-Election for Councillor on September 3, 2025.

Notice is hereby given that a copy of the VOTERS LIST may be revised at the Municipal Office for the Rural Municipality of Thompson located at 530 Norton Avenue, Miami, Manitoba until July 29, 2025 during regular office hours.

At this time the Senior Election Official (S.E.O.) will be available to update the voters list by:

- (a) Adding the names of voters who are entitled to have their names on the list:
- (b) Deleting the names of persons who are not entitled to have their names on the list; and
- (c) Making such other corrections of errors to the list as required. **VOTER ELIGIBILITY:**

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

1) A Canadian Citizen and at least 18 years of age on election day: and

2) A resident of the local authority for at least six months prior to Election Day OR a registered owner of land in the municipality for at least six months prior to election day.

NON-RESIDENT VOTER QUALIFIED IN MORE THAN ONE WARD:

In accordance with Section 25(2) of The Municipal Councils and School Boards Elections Act, any non-resident voter who owns property in more than one ward is responsible to notify the S.E.O. in writing, not later than July 29, 2025 of the ward in which he/she desires to vote. Failing the foregoing, the voters name will be placed on the list as the S.E.O. may select.

APPLICATION FOR PERSONAL **SECURITY PROTECTION:**

A voter may apply in writing to the S.E.O. (at the address / fax number below) no later than July 29, 2025 to have his or her name and other personal information omitted or obscured from the voters list in order to protect the voters personal security. The application may be submitted in person, by mail or fax and must include your name, address and include proof of identity. As a personal security voter, you may only vote by sealed envelope ballot. You must fill out an application to vote by sealed envelope. Contact your S.E.O. for application forms and more information.

ALL CHANGES TO THE VOTERS LIST MUST BE COMPLETED ON OR BEFORE July 29, 2025.

Dianne Swain

Senior Election Official (S.E.O.)

For the:

Rural Municipality of Thompson Box 190 Miami, MB R0G 1H0

Phone: 204-435-2114 Fax: 204-435-2067



Recipe courtesy of "Cookin' Savvy" Servings: 4 1 package real bacon pieces

1/2 cup mayo

1 large tomato, chopped

BLT Wraps

1 teaspoon onion powder 1 teaspoon garlic powder salt, to taste pepper, to taste 4 taco tortillas, warmed 3-4 slices lettuce

In bowl, mix bacon pieces, tomato, mayo, onion powder and garlic powder until blended well. Add salt and pepper, to taste.

Spread onto warmed tortilla and add lettuce. Roll up and cut in half.

Tip: Recipe can be doubled, if needed.



Frosted Peach Lemonade

scoops Premier Protein Vanilla Milkshake 100% Whey Protein Powder 1 cup lemonade

1 cup frozen peach slices

In blender, blend protein powder, lemonade and frozen peach slices until



2 cups Premier Protein Vanilla High Protein Shake

5 tablespoons gelatin

3 scoops Premier Protein Vanilla Milkshake 100% Whey Protein Powder

3 graham crackers

3 chocolate bars

Protein Marshmallow S'mores

Add protein shake to small saucepan and layer gelatin on top. Let set 5-10 minutes (gelatin will start to "bloom"). Over low heat, whisk mixture peri-

odically until consistency thins.

Pour into mixing bowl and allow to cool 5-10 minutes until mixture is warm, not hot.

Add protein powder; whisk 10-20 minutes, or until light and fluffy. Mixture should not break and fall immediately when whisk is lifted.

Pour mixture into lined pan and allow to set in refrigerator.

Slice and serve alone or with graham crackers and chocolate bars.

red Ask the money lady

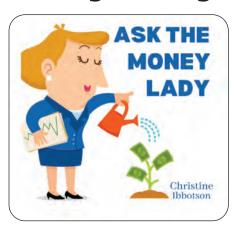
Dear Money Lady: I am a single mom and wondering how to get started investing. The market right now is really scary with all the US Tariffs and the stock market going down. Should I stick with my high interest bank account until things get better? Jan

NO Jan, now is the time to invest in the market - everything is "on-sale," and you could earn a lot more from your investments when the market turns, than keeping your money in a bank ac-

More women like Jan, need to be looking at investing for the future but unfortunately the stats on women investing today are quite dismal. Because we are still experiencing a gender wage gap, it makes it all the more necessary for women to invest today. Here's some facts: women on average earn 20% less than men. When broken down by demographic compared to a white man, Asian women earn 13% less, white women earn 18% less, black women earn 35% less and all other women (visible minorities) earn 42% less. Over an average women's working career, it's estimated she will earn \$450,000 less than the average white man will earn over his lifetime. This reality makes it imperative, especially for single women, to invest sooner so they can use the benefit of time to grow their investments, (through dividends and compounding). Women tend to be much more conservative with their investment decisions than men and typically feel intimidated by a financial advisory community of mostly men.

Ladies, start believing you can be smart with money; learn more. You just need to ensure you invest enough of your money to provide for the future you want.

Often times people pursue complicated investment strategies, believing the complexity will give them a better return. Some advisors will take it a step further, talking about the amount of time they must spend evaluating different companies for things like pricing, dividends and growth potential, to convince clients that their investment strategy is the best. Personally, after 35 years in the industry, I have found that there is no need for complexity - simple is still the best.



Ladies, here is how you should get started. I want you to choose 3 or 4 ETF Index Funds (exchange traded funds). Index funds are a great way to get into the market because they're professionally managed funds that follow a benchmark index. They provide superior diversification, lower risk and lower costs. You want to choose different asset types: 1. US Stock, 2. Canadian Bonds, 3. International Stock. Stay away from emerging markets for now and stick to funds that follow the NASDAQ and the S&P. Here are some funds you could check out.

Fidelity ZERO Large Cap Index Vanguard S&P 500 ETF BMO S&P 500 Index ETF Vanguard Total Stock Market ETF TD Active Global Dividend ETF Vanguard Conservative ETF TD Active US Dividend ETF Vanguard Global Momentum ETF

Saving money in a high interest savings account is good for emergencies or short term commitments, but to keep up with inflation, you will need to invest and get your money working for you. Women live longer than men and will most likely need more money to support their retirement. Don't wait ladies - get started now.

Good Luck and Best Wishes, Money Lady

Written by Christine Ibbotson, Author, Finance Writer and Syndicated Money Coach on BNN Bloomberg. Christine is also part of the everyday lineup on CTV Your Morning in every province. No AI. If you have a money question you want answered FREE – send it to: info@ askthemoneylady.ca

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