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Flight and fury



STANDARD PHOTO BY RICK HIEBERT

Bull fighter Cody Braithwaite gets a surprise lift at the Miami Fair & Rodeo but sticks the landing like a pro. The weekend event celebrated 30 years of rodeo thrills, 4-H pride and small-town spirit.

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Roseisle parade showcases community spirit on Canada Day



STANDARD PHOTOS BY BEV MCLEAN

The annual Roseisle Canada Day parade winds its way through town on July 1, drawing crowds from start to finish. The beloved event, organized by dedicated volunteers, began at the Roseisle Church and made its way past landmarks including the Co-op, Legion Memorial, and Memorial Garden before returning to its starting point. The day-long celebration also featured a waffle breakfast, community events, and fireworks, all proudly presented by the small but spirited community of Roseisle.



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Grieving father restores historic Catholic church in Sperling

By Emma McGill

A once-abandoned Catholic church in Sperling has found new life, thanks to one father's love and grief.

On June 30, the Bilodeau family hosted an open house and fundraiser at the historic Sperling Catholic Church, drawing a crowd of friends, neighbours, and supporters. While many came to see the extensive restoration work done on the building, most attended to honour the family's connection to the church—and the memory of four-year-old Maxwell Bilodeau.

Originally constructed in 1896 as the Waddell School, the building became a private residence in 1910 when a larger school was built in the community. It was later purchased by the Catholic parish, moved into Sperling, and transformed into a church. Paul Bilodeau's great-grandfather, Joseph Delaloye, built the church's front bell-tower.

The family's ties to the church run deep. Paul's grandparents, Alice Delaloye and Emile Bilodeau, were the first couple married there. After

the parish closed in 1971, Alice bought the property and planned to renovate it with her second husband, Charlie Bell, after moving from Winnipeg. Bell passed away from bone cancer before the renovation was complete.

In 1979, Alice donated the building to a local seniors' group, The Golden Group. They gave the building a new foundation and modest upgrades, reopening it in 1981 as a community gathering place named Golden Corner.

Decades later, in 2023, the group disbanded and listed the building for sale. Paul and his father, Art Bilodeau, purchased the property—bringing it back into the family. At the time, Paul's son Maxwell had just completed 10 months of chemotherapy after undergoing surgery to remove a brain tumour at the age of two.

"He wasn't expected to survive the surgery and his oncologist thought the cancer would come back during chemotherapy," Paul said. "He miraculously recovered from surgery and

Continued on page 4



Maya and Ella Bilodeau raised \$5,066 for CancerCare Manitoba in honour of their brother, Mighty Max.



STANDARD PHOTOS SUBMITTED

Paul Bilodeau restored the historic Sperling Catholic Church in memory of his son, Max, who passed away from brain cancer in September 2024. Pictured at the open house, Paul Bilodeau, Art Bilodeau, MLA Lauren Stone, and RM of Morris councillor Al Rowe each shared a few words about the restoration project and its significance to the community and the Bilodeau family.



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Carman crafter transforms clothing into cherished keepsakes

By Emma McGill

After losing both her daughter and her husband to cancer, Jeannette Labossiere of Carman was inspired to preserve their memory in a meaningful way—and in doing so, she found a way to help others in their grief.

Labossiere, who has lived in Carman since 1977, launched Quilted Memories, a small business creating hand-made ornaments using clothing from loved ones who have passed away.

"One Christmas, I decided I would like to make an ornament to send to my sister who wasn't able to be a part of saying goodbye to my husband and daughter," she said. She crafted the ornaments using fabric from her daughter's prom dress and her husband's ties.

Her sister was overjoyed to receive them.

"She was over the moon," Labossiere recalled. "It's something that keeps them in mind every year, whether you hang them on a Christmas tree or leave them in a bowl."

The gesture resonated so deeply that Labossiere realized she could bring comfort to others by doing the same.

"For the first one I ever made, I had three shirts from three different people and I combined them all together to make one," she said. "It was a gift for a mother who had experienced that loss. She was quite thrilled with it all because it's a memory of seeing something that your child and your family member wore."

The process is entirely by hand. Labossiere starts with a four-inch foam ball, cuts pieces of fabric, folds them into a pattern, and secures them with more than 200 straight pins—no sewing required. Each ornament takes about a day to complete.

She calls it a mix of art, hobby, and healing.

"I get a lot of tears of gratitude and people saying how beautiful it is," she said. "It's a grief journey when you lose people, and I just feel this connection and it gives me peace of mind knowing that I'm doing something for somebody else's grief journey."

"To see the smile on their face and how they clutch it to themselves when they pick it up. They'll say, 'This is beautiful, I can't believe you've done that.'"

Although many customers are people she knows, word of mouth has brought others to her as well. Each order carries a unique story: a child's blue dress, shirts worn fishing or gardening, even colours from a favourite sports team.

"I did receive a call from two women in Winnipeg. Their father had passed and she said to me, 'He loved a lot of bling, so I want a lot of bling on this,'" Labossiere said. "When they saw it, they said, 'Oh, Dad would love this.'"

Since she began making the ornaments two and a half years ago, Labossiere has also kept the tradition alive in her own family.

"In the last three years, I've lost my



STANDARD PHOTO SUBMITTED

Jeannette Labossiere was commissioned this spring to create 17 ornaments using the clothing of a customer's late grandmother, preserving cherished memories for the entire family.

husband and both my parents. Every Christmas, I make a point of making one of these for all my nieces and nephews, and for my son and his family."

Labossiere said she enjoys the quiet time she spends crafting each piece.

"I sit and pin for long hours," she said. "I try to make it a winter project because it's nice to have that to turn to. I turn on the Jets game and just pin away."

Looking ahead, she hopes to expand Quilted Memories to include keepsakes made from clothing of the living as well—baby clothes or blankets that help families remember special times.

Anyone interested in commissioning an ornament or inquiring about the process can contact Labossiere by email at quiltedmemories76@gmail.com or by messaging her on Facebook at Jeannette Des Lauriers Labossiere.

> IN MEMORY, FROM PG. 3

handled chemotherapy well with no recurrence. He was doing unbelievably well, so we got him into pre-school that fall and I started working on the property. This was my way of giving back to the universe for Maxwell's miracle recovery."

But in March 2024, Maxwell was diagnosed again and died on Sept. 27.

After taking time to grieve, Paul returned to the church and began a full restoration in Maxwell's memory.

He gutted the interior to the studs, insulated the space, redesigned the kitchen, and added a closet for laundry. He built a new staircase to the belltower balcony, expanded the balcony floor, and redesigned the top of the tower.

The building, now named Maxwell's Golden Corner, will serve as a spiritual retreat or family getaway listed on Airbnb and other rental platforms. It features a full kitchen, bathroom, and two queen-sized Murphy beds.

During the open house, Paul's daughters, Maya and Ella, ran a lemonade stand in memory of their brother—raising \$5,066 for Cancer-Care Manitoba.

"It meant a lot to me and my father and my daughters and my wife, as well," Paul said. "Just trying to raise a little bit of money for CancerCare and to have people come out and see Maxwell's memorial."

Dozens of people with ties to Sperling showed their support, including local MLA Lauren Stone and councillor Al Rowe. Paul and Art Bilodeau both gave speeches, and Paul cut the ribbon.

"It was really nice to see," said Paul. "A lot of people came that used to live in Sperling. Young and old. Almost everyone went up in the tower and rang the bell and took pictures. There were multiple people in their 80s that went up and reminisced about the old times in Sperling."

MCI board decides to pause operations for 25/26

By Ashleigh Viveiros

Mennonite Collegiate Institute in Gretna is pushing pause on operations for the 2025-2026 school year.

The board of directors of the Christian private school made the decision a few weeks ago to suspend programming as of the end of June.

"We're not going to be offering any classes for this fall," said CEO Chris Harms, noting it was a difficult decision but one that has been looming for some months now. "It was kind of the last resort. The hope was to continue forward."

"Lots of effort has been put into reducing tuition, finding people

to cover the costs of transportation, some of those types of things, hoping to give a boost for enrolment," he said. "But we just weren't able to commit to moving forward. There wasn't enough interest or commitment in the community for us to do that."

MCI had 45 students enrolled in classes this year. Two decades ago, the school had 195 students.

"It's been a slow, continual decline from then until now," Harms said, noting some years they've dropped by as many as 30-50 students, but in recent years it's been a much more gradual decrease.

The school has been in operation

Steer auction at Carman Fair to raise funds for young woman battling cancer

Community rallies for 19-year-old Peyton Bourgeois, facing advanced diagnosis

By Haley Cvar

The Carman and Area 4-H Beef Club is dedicating this year's steer auction to support 19-year-old Peyton Bourgeois, a Roseisle native and recent Miami School graduate who is fighting a rare and aggressive form of cancer.

Bourgeois, who graduated in June 2023, had been pursuing her dream of becoming a veterinary technician when her life was upended. During her practicum in March 2024, she was diagnosed with germ cell ovarian cancer.

At just 18 years old, she began a difficult cancer journey that has now led to more dire news: CancerCare Manitoba has run out of treatment options.

Doctors recently advised the family to consider quality-of-life care rather than continuing chemotherapy with limited results. The cancer has spread to her pelvic and spinal bones, as well as to the lymph nodes in her chest. With local treatments exhausted, the



Peyton Bourgeois, 19, is the focus of a cancer fundraiser at the Carman Fair.

family is now looking at possible care options outside the province or even the country.

Funds raised through the steer auction will support the cost of any future treatments recommended by specialists elsewhere.

In a moment of heartbreaking clarity, Bourgeois was asked what she would do if no treatment options remained. Her answer was to use the funds to take her family on a farewell trip and donate the remainder to the cancer care resources that have helped her



SUBMITTED PHOTOS

This steer will be auctioned off at the Carman and Area 4-H Beef Club sale on July 11, with proceeds supporting 19-year-old Peyton Bourgeois in her fight against cancer.

throughout her journey.

The fundraiser takes place Thursday, July 11 at 12 noon at the Carman Fair. A complimentary lunch for steer buyers and donors, courtesy of Hilltop Meats and the Carman and Area 4-H Beef leaders, will be served from 11 a.m. to noon, followed by the steer auction at 12 p.m.

Raffle tickets are \$20 and available in

advance or at the fair. Anything over \$200 will have their name announced at the fair. Ticket purchases can be made by e-transferring: hopeforpeytonb@gmail.com.

Organizers are encouraging the public to come out, place their bids, and show their support.

For more information, call or text 204-745-8787.

This week - July 10, the way it was through the years

By Dennis Young

100 years ago — July 10, 1925: Knox United and Zion United churches in Roland entered merger discussions. The Carman Fair awarded \$5,933 in prizes, despite only \$1,000 in entries. A.F. Higgins Co. Ltd. ran full-page ads following a strong summer market. Local producers shipped poultry

by rail. The school board advertised four staff vacancies. New ministers were appointed: Rev. Swyers to Carman, Albert and Central United; Rev. Allison to Roland Zion; and Rev. Martin to Homewood and Carman Anglican.

75 years ago — 1950: Grey Goose Bus Lines named Shamrock Tea Gar-

den as a ticket agent. Clarence Devins was appointed chief of the Carman Fire Department. Culross won the Barnsley hardball tournament, while McDermott took top spot in softball. Paint jobs at Bill Pethybridge's Carman Auto Body were advertised for as low as \$34.50. Tenders were issued for the construction of a new public

school.

50 years ago — 1975: A fire in the grandstand during the Carman Fair was quickly extinguished. Bananas were on sale for \$1 for five pounds at both the Co-op and Safeway. The Carman Midgets, coached by Don Walker, captured the South East Ball Championship. Over \$30,000 was wagered during two days of betting at the fair. Manitoba Hydro faced a skilled labour shortage and brought in workers from the United States. Ralph Van Assen proposed the Town of Carman offer concessions to support his Intercontinental Truck Body Manufacturing venture.

25 years ago — 2000: RCMP investigated a series of random shootings in Carman. TR-S Ag & Auto relocated to the Carman Industrial Park. A lightning strike destroyed 1,000 flax bales at Schweitzer Mauduit. The provincial government hinted at impending school division mergers. Ernie Sutherland was coaching hockey in Sweden alongside former NHLer Thomas Steen. Miami's Megan Rothwell qualified for the National High School Rodeo Finals in Springfield, Illinois. The Town of Carman conducted mosquito spraying.

Flashback... Carman in the swim of things!

By Dennis Young

For the second year in a row, the Carman Swim Club, coached by Eric Lansky, captured the Southern Manitoba Speed Swimming Championship in 1966.

Held at the Winkler pool, the event saw teams from Winkler (54 points), Morden (17), and Gretna (17) all fall short of Carman's dominant 99-point finish.

Strong efforts from Marg Williams and Kim Sylvester accounted for 34 of those points across six events. Sylvester also claimed the Most Individual Points Award. On the boys' side, Bruce North and Scott Hand were standouts in their events.



STANDARD PHOTO SUBMITTED

Front row, left to right: Scott Hand, Bruce North, Joyce Williams, Leigh Young, George Bishop, Lex Hetherington, Bev Williams, Pat O'Brien, Leah Marshall, Scott Hetherington, Michelle Hetherington; Back row: Ted Pethybridge, George Maddison, Wynn McCullough, Art Williams, Marg Williams, Kim Sylvester

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getheard

EDITORIAL > VIEWPOINTS > LETTERS

• DON'T MIND THE MESS

Emotional baggage: now boarding

Years ago, I was roped into doing a skit at church. You know the kind—something meaningful and mildly awkward, performed under harsh fluorescent lights with a microphone that squeals just as you find your confidence.

The skit started with me walking across the stage, toting an empty bag. As I journeyed, I picked up blocks labeled “fear,” “regret,” “shame,” “resentment,” and “worry.” Classic church skit stuff.

By the time I was halfway across the stage, I was lugging this bloated, overstuffed bag like a woman who had misunderstood the airline’s carry-on policy. Eventually, weighed down and stuck, I gave it all up to God in dramatic fashion. Exit stage right. Everyone clapped. I was relieved it was over.

It was a simple object lesson—but one I’ve been trying to live ever since. And let me tell you, living it is a whole lot messier than acting it out in front of a congregation armed with coffee and bulletins.

Some people seem to glide through life like seasoned travelers—packing light, carrying only the good stuff:

sweet memories, hard-earned lessons, love. And then there are the rest of us. We pick up everything along the way. That rude comment someone made in 2009? Toss it in. The time we embarrassed ourselves in front of the whole class? Yep, pack it. Every heartbreak, every disappointment, every sleepless night worrying about things we can’t control—we haul it all.

We become emotional hoarders, stuffing our metaphorical bags until the zipper won’t close and we have to sit on it just to get through the day. And sometimes, we do just that. We sit on our baggage, stuck in one spot, unsure how to move forward without spilling our mess all over the floor.

Life doesn’t wait for us to figure it out. It just keeps handing us more to carry: responsibilities we didn’t ask for, losses we weren’t ready for, fears that sneak in when we’re too tired to argue. Some of it we choose; some of it we inherit. All of it adds weight.

But here’s what I’ve learned, usually the hard way: the real work is learning how to unpack. It’s not glamorous. No one claps. There’s no spotlight. It’s just you, sitting on the floor with your emotional clutter, picking up each item and asking, “Do I still need this? Or have I just gotten used to carrying it?”

Sometimes the answer surprises you.

There is no one-size-fits-all method to letting go. There’s only grace and trial and error. And the occasional ugly cry in your car. But there is wisdom in knowing that not everything deserves to come with you. Not the cruel words spoken in haste. Not the guilt you’ve already apologized for ten times over. Not the story you keep telling yourself about why you’re not

enough.

Here’s the kicker: we often fear that letting go of these things will make us lose part of who we are. Like if we stop carrying our pain, we’ll forget how strong we’ve been. But I promise you, strength doesn’t live in the pain. It lives in the healing. In the choosing to love anyway. In the decision to hope again.

And love? Love makes the baggage light.

When we fill our bags with love—real love, the kind that forgives and laughs and shows up anyway—everything else shifts. Regret softens. Fear quiets. The road ahead doesn’t look so steep. And maybe we even find ourselves walking a little taller, breathing a little deeper, ready to keep going.

So, what’s in your bag?

Maybe today’s the day you open it up, start sorting through the mess, and decide that love—not fear, not shame, not the past—is the only thing you really need to bring along.

And if you need help, I know a woman who once did a church skit about this. She’s still learning, too.

** Editors note: Lori Penner passed away last week. This is the final column she submitted before her death, and we feel it’s only fitting to share it in her memory as one last offering of wisdom and reflection on the shared experiences that connect us all.*

Lori spent decades covering the stories that mattered to the Pembina Valley. She believed in the power of community journalism, and she practised it with care, compassion, and an unwavering sense of purpose.

She left us far too soon. She will be missed—deeply, and by many.

All columns and letters published on our Get Heard pages are the personal opinions of the submitting writers. They are not objective news articles, nor are they necessarily the viewpoint of the Voice.

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Community mourns local journalist Lori as family seeks support for final farewell

By Lana Meier

The family of a beloved local journalist is asking for the community's help following her sudden passing last month.

Lori Penner, a long-time writer for the Altona Rhineland Morris Voice, the Winkler Morden Voice, and previously the Altona Red River Valley Echo, died June 25 at Boundary Trails Health Centre after suffering a stroke days earlier. She was 59.

Known for her compassionate storytelling and deep connection to the people of southern Manitoba, Penner built a career out of capturing the heart of small-town life. Her writing earned her respect across the region's newsrooms and communities.

"She believed even the quietest corners of a town held stories worth telling," her family wrote. "She poured her heart into every article she wrote."

Penner was also a devoted mother to six children, a grandmother of four, and a cherished partner to Richie, her long-time companion.

In the wake of her death, the family has launched a GoFundMe campaign to help cover funeral costs and travel expenses so her loved ones from across Canada can attend the service and say goodbye.

"We were unprepared for the costs that come with saying goodbye," the family said. "Any support—financial or by sharing—means the world to us."

The fundraiser is available at: <https://www.gofundme.com/f/in-loving-memory-of-lori-penner>.



SUBMITTED PHOTO

Lori Penner, a longtime journalist with the community newspapers, is remembered for her heartfelt storytelling and deep love for her family. She passed away June 25 at age 59. Her family has launched a fundraiser to help cover funeral expenses and reunite loved ones to honour her life.

worship
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Faith

"Faith is the assurance of things hoped for and the conviction of things not yet seen." Hebrews 11:1

You have probably heard the phrase "blind faith" which is often said as to say that belief in God is really without evidence or any real reason to believe other than your feeling that God exists. If we truly look at this verse in the context of the rest of Hebrews 11 this idea of "blind faith" is far from what faith actually means. We can have faith because of the things that we believe are coming are assured or guaranteed. Things we may not be able to see yet but we can be assured that it is real or that it will happen.

The chapter continues with bringing us back to the faith that people had in God's promises that they did not get to see come to pass in their lifetime. But God did bring those things to pass. Faith that God will do something He said He will do is not blind faith but rather having a confident understanding of who you have your faith in and understanding that whatever he says will come to pass because we already have evidence that He is real and that He will accomplish that which He purposes. We can put our assurance in God because what He says will happen is guaranteed.

Daniel Brewer

One last whirl remembered



STANDARD PHOTO BY DENNIS YOUNG

Clockwise from top left: Cheryl Young, Sandra Kippen, Mike Kippen and Linda Scott take one last spin on the Boyne School merry-go-round to reminisce about their school days. The ride, restored by Mike Kippen, is now inoperable and on display at the Dufferin Historical Museum in Carman.

Eden's Tractor Trek parade, BBQ is this Saturday

By Ashleigh Viveiros

The 18th annual Eden Tractor Trek will raise funds and awareness for mental health services this Saturday, and the community is invited to come out to show their support.

"This is a long-standing event that's well established in the community and beyond," reflects Dave Sawatsky, Eden Foundation director of development, sharing that they had 40 tractors signed up as of last week, and anticipate many more will join the parade by Saturday.

"In truth, it's never too late to register," he says. "You can show up on the day and we'll find a place for you, or call us the day ahead and we can register you over the phone."

For the first time, they're welcoming tractors of all ages, not just the vintage wheels of years past. Organizers are also offering first-time trekkers a deal on registration: \$75 versus the regular \$135 entry fee.

"We love to have the vintage tractors—they are the foundation of this event and people love to see and hear them, so that's always going to be a cornerstone of the event," Sawatsky says. "But we wanted to remove as many barriers [to participation] as possible ... and thought there's people who want to participate, but they don't have that vintage tractor. So bring whatever tractor you've got."

The change has already yielded a number of new drivers eager to show off their rides alongside the many returning participants, some of whom

have been supporters of this event from the beginning.

"There's a great recognition of Eden in the community—they have heard about us and know about us, and they know the good work we are doing and are committed to," Sawatsky says. "When I talk to people about Eden, most times they are only one step removed from a family member who has taken advantage of Eden's services when they were in a time of crisis or a down time ... it's something that's helped their aunt, their uncle, their sister, a very close relative within their lifetime. And so they connect to it on that level almost across the board."

"The community support for Eden has always been very strong, and we're so thankful for that."

Funds raised this weekend will go to support programs like Recovery of Hope, which offers counselling services on a sliding fee scale to ensure they're accessible to everyone, and Segue Career Options, which helps people with barriers to employment find meaningful work.

Some of the funds will also go to Eden's housing program and to the volunteer program at its acute care centre in Winkler, which has so many volunteers that a coordinator is needed on staff to organize them all.

"So there's lots of good targets for the money that goes to the programs that are serving people right here in

the community," Sawatsky says.



PHOTO SUBMITTED

You can cheer on the participants of the 18th annual Eden Tractor Trek this Saturday as it makes its way through Winkler, Morden, Chortitz, and Schanzenfeld.

The participating tractors will be on display at the Eden Health Care Centre grounds at 1500 Pembina Ave. in Winkler from 11 a.m. to 1 p.m. for a Tractors Through the Ages Show & Shine in conjunction with a barbecue fundraiser hosted by Gardenland Co-op. Both events are open to the community at large. Lunch is by donation.

"Come and take a look at the tractors, take part in the barbecue, donate what you can," Sawatsky says. "Talk to the drivers and owners—they love to talk about their tractors."

Trekkers will then hop on their tractors at 1:15 p.m. to embark on a route that will take them north up 15th St., east down Mountain Ave., south down 8th St., and then west out of

town down Pembina Ave. all the way down Road 12N to Morden.

They'll then head down north up Road 28W to Hwy. 3, travelling on the shoulder down to Greenvalley Equipment for coffee around 2:45 p.m. before continuing on at 3:45 p.m. to pass through Chortitz and Schanzenfeld en route to heading back to Eden for supper and awards.

If you can't make the trek, you can still support the cause by making a donation online at edenhealthcare.ca/events/eden-foundations-18th-annual-tractor-trek/.

That's also the page to go for more Tractor Trek information, including the complete route map and registration details.

BTHC Fdn. working to meet immediate, long-term needs of hospital

By Lorne Stelmach

Focusing on both the more immediate and longer term needs makes for a challenging but meaningful task for the Boundary Trails Health Centre Foundation.

Speaking after the foundation's annual meeting last week, chairperson Ben Friesen noted that supporting the ongoing expansion of the hospital is obviously their big focus right now.

"It just continues to give you so

much momentum, and everybody is so happy to see it going and it has been going so well," he said.

Friesen noted it continues to be very encouraging to see that so many are getting involved in ways big and small to help support the project.

"People got on board right from the start ... when we first started, it was very daunting to us," he said. "But once we started going, and we did have a good plan ... the community

just was behind it like 100 per cent right from the start.

"You don't want to say it's an easy sell ... but it is a very rewarding commitment to be working on. It's just something that people re-

ally buy into," Friesen added. "This whole area can become a wellness centre over here. It's really nice to have it regional."

In the meantime, Friesen said they also need to maintain their focus on their ongoing initiatives, such as supporting palliative care and spiritual care at the hospital.

"The expansion is sort of the exciting part of it, but we definitely have to continue," he said. "The foundation was originally put in place to support programs like the palliative care and the spiritual care and some X-ray equipment needs."

And the foundation is in a good position to keep building that support with a financial report that showed a surplus of just under \$1.3 million for the fiscal year ended March 31.

The revenue of about \$4.7 million includes \$2.5 million in designated donations, and the big driving factor

behind that success is the hospital expansion.

Kyle MacNair, who is the implementation lead for clinical programming with Southern Health-Santé Sud, provided a brief update on what had been estimated to be a \$100 million project that is being completed in phases.

It will include 24 additional acute care inpatient beds, expanded emergency department, new state-of-the-art operating room, expansion of the cancer care unit, dedicated space for palliative care services and a level two nursery designed to provide services to premature newborns with complex feeding needs.

The new community services building will enable existing community services to be relocated from the existing hospital space. Those services in the new building will include public

Continued on page 9

CARMAN FARMERS market
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Manitoba Community Food Currency Program embarks on sixth year

By E. Antonio

The Manitoba Community Food Currency Program is marking its sixth year of helping families in need access fresh, local food from farmers' markets across the province.

The program provides eligible households with a \$30 voucher weekly to spend at participating farm vendors. It began as a pilot project in 2020 with three sites—in Carman, Morden and Winnipeg—and supported 152 households. Since then, it has expanded to include 28 partner organizations, serving more than 750 households annually.

"The community response has been overwhelmingly positive in both rural and urban areas," said Kristie Schertzer, executive director of Direct Farm Manitoba, a non-profit that supports local farmers' markets and small-scale farms.

"We hear from seniors who are grateful for fresh veggies for canning, newcomers who can access produce and proteins they're familiar with, and families who make farmers' market visits into outings with their kids."

The goal of the program is to increase access to nutritious, farm-fresh food while also supporting local producers and community markets. With its 28 partner organizations, families can shop at 35 farmers' markets across southern Manitoba.

Schertzer said they aim to grow the number of partners and participating households each year, but expansion is limited by funding. Direct Farm Manitoba currently has a waitlist of interested partners.

Funding through the Sustainable Canadian Agricultural Partnership has helped the program grow and develop training tools for vendors and service providers.

"The support from Manitoba Agri-



STANDARD PHOTO SUBMITTED

Vanessa Rook of Dufferin Market Gardens is a vendor at the Carman Farmers' Market who participates in the Manitoba Community Food Currency Program, which provides \$30 vouchers to low-income families to spend at local markets.

culture has been invaluable," Schertzer said. "It's a great relationship, as we work directly with farmers' market vendors."

Direct Farm Manitoba has requested a two-year extension of its current funding agreement. Without that support, the number of participants would likely decrease, jeopardizing progress made over the past six years.

Households are referred through local service agencies such as resource centres, schools and seniors' groups, which work in partnership with Direct Farm Manitoba.

Vanessa Rook and her partner Tim of Dufferin Market Gardens have been part of the program since its inception.

"Giving low-income families and individuals a hand by offering excellent

quality, locally grown whole foods in a way that benefits farmers and fosters community—this program is a blessing to all of us," Rook said.

She values the energy the program brings to the Carman Farmers' Market and enjoys meeting a diverse range of people.

"We're very thankful to be part of a program that seeks to make good food available to good people. We know fresh produce and meat can be difficult to afford when budgets are tight, and highly processed food is often cheaper to fill up on."

Rook said there are no downsides to the program. Increased sales and uplifting conversations with customers are among the many benefits.

"The gold is recognizing a familiar face week after week and the warmth

of a reciprocal 'How are you doing today?' I really enjoy these interactions as a vendor, and I know building community matters to all of us."

Dufferin Market Gardens sells a variety of produce, with bestsellers including tomatoes, long English cucumbers, watermelon and cantaloupe. Rook emphasized the importance of fresh, local food not just for program participants but for all consumers.

"It's a great reminder that food picked locally just hours before the market is at its peak in freshness and nutrition."

Farmers or markets interested in joining the program can visit www.directfarmmanitoba.ca to learn more and express interest. Schertzer noted there is a waitlist, but farmers will be contacted as the program grows.

"As the cost of living continues to rise, programs like this help make food more affordable," Schertzer said. "With over 95 per cent of all vouchers being redeemed, it's clear there's real demand. This program complements food banks and other community initiatives, and participant feedback has helped shape its success."

Participants report enjoying their connections with local producers, while vendors say they've seen increased foot traffic and sales. At a time of rising food insecurity, the Manitoba Community Food Currency Program empowers families to buy their own food, connect with local farmers and support strong local food systems.

"Local food systems need farmers—and they need those farmers to keep farming," Schertzer said. "This program provides direct support to producers while helping food-insecure households and strengthening community. We think that's a win-win-win."

> BTHC FDN., FROM PG. 8

health, midwifery, home care services, children and youth rehabilitation services, and a centre for hope healing garden and healing courtyard.

Once all of that has been accomplished, work will then begin on renovation of the existing hospital space.

As of last month, work on the new in-patient unit and the energy centre was mostly complete, shared MacNair, who noted the energy centre is especially vital to ensure the hospital is fully powered.

"They are monsters that are going to provide the backup power," said MacNair, who also showed some interior shots showing the new in-patient unit looking pretty finished.

"The community services building

still looks a little rough ... not as far along," he noted.

"While all of this is going on, renovation planning is heavily underway," McNair added. "The end is in sight. We are going to have an eco-cardiology unit, so that is very exciting. This is something that's going to bring a lot of care closer to home."

Eunice Suderman, who is a palliative care nurse at BTHC, also offered some comments on that program.

"It's important to me to deliver compassionate and high quality care to each person," she said. "We work as a team with doctors and home care workers and volunteers and spiritual care and social workers and physiotherapists and occupational therapists ... it's just a whole team that

works together.

"By supporting a palliative care program here at Boundary Trails Health Centre, you are supporting a program that strives to include a patient's quality of life."

As the expansion project progresses, the foundation will continue to be in close contact with hospital directors to keep up with the equipment needs, Friesen emphasized.

"We really want to make sure that we do our due diligence and give us truly the equipment needs that are required," he said. "And as the expansion part gets opened up, there will be some other equipment needs."

Friesen also noted they are working on developing a longer term strategic plan.

"This foundation, in our view, it has stepped up to a different level. We're now not working with a few thousand dollars—we're working with millions of dollars of community money, and we want to make sure that these funds are properly spent and properly put to use, so we're working on getting some outside help with a strategic plan ... something that's not just for this year, next year, but goes beyond ..."

"We need a plan in place that the new board members coming on can see what the foundation is here for because it's not just this one expansion," he said. "This really stepped us up to another level. It was a learning experience for everyone of us on the board."

Miami marks 30 years of rodeo, honours mule derby legacy

By Lana Meier

The Miami Fair & Rodeo celebrated three decades of rodeo tradition June 27 to 29 with a weekend packed full of community spirit, 4-H showcases, and a nod to one of the town's most memorable events from years past.

Friday's events kicked off with 4-H open and interclub beef judging, while Saturday featured a free pancake breakfast sponsored by the Miami Merchants, the open 4-H sheep and cattle show, a kids fair, and the Heartland Rodeo.

A highlight of Saturday morning's kids fair was the bike parade, which saw 10 young participants take part with decorated bikes, scooters and wagons parading in front of the grandstands. Organizer Jolene said, there were very creative entries - Canada Day themed, sunshine and rainbows, license plates and even one with a baby carrier for her doll.

"It was very nostalgic for me to bring back the bike parade because that is what I remember from the Miami Fair & Rodeo as a kid."

The parade is open to all ages and runs as part of the kids fair. All participants received prizes, and Jolene is hopeful for even more entries next year.

Also on Saturday, the Miami 4-H Beef Club hosted its annual livestock show, including interclub competitions for grooming and showmanship in both cattle and sheep classes. This year's Huntley Knox Memorial Showmanship Class saw Brynn Stepler named Grand Champion and Lucas Cavers earn Reserve Champion honours.

During the Heartland Rodeo, organizers took time to honour another milestone: 50 years since the Miami Mule Derby, a legendary event that once helped put the small Manitoba town on the map.

"It was a wild event, from racing mules to packing contests and more. They even did it inside the arena at one point," said Miami Agricultural Society president Troy Turner. "This year, we're not bringing the derby back — yet — but we're recognizing the anniversary in a big way."

A stagecoach built specifically for the original derby, long stored away in a shed, was brought out and hitched to a team of horses for the rodeo's grand opening on Saturday.

"We're getting a team of horses to pull it and it'll be part of the rodeo kickoff," Turner said. "If anyone has memories from those mule derby days, they'll remember this stagecoach for sure."

The weekend wrapped up Sunday with more Heartland Rodeo action and a continued celebration of community pride and tradition.



STANDARD PHOTOS BY RICK HIEBERT





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THURSDAY

Highlights from past fair days!

Time	Event	Location
9:00 AM	4-H Beef Female Show and Showmanship	Ring 2 (22)
9:00 AM	4-H Horse Show - Youth & Alumni Fun Show	Ring 1 (23)
10 AM - 8 PM	Farmtastic Activities	Farmtastic Fun Zone (13)
10 AM - 10 PM	Exhibit Hall	Exhibit Hall (8)
12 PM - 7 PM	AG on the Moove & Agricultural Education Area	
	Displays & Ruddneck Ranch Farms Petting Zoo	Carman Arena B Side (25)
12 PM - 8 PM	Prairie Exotics	Arena Lobby (28)
12 PM - 8 PM	Country Market - Vendors & Artisans	King's Park Road (29)
12 PM-1:15 PM	K9 Wow Zone - Presented by The Farm Pet Retreat	Farmtastic Fun Zone (13)
1 PM	Open Heavy Horse show & Mb Provincial	
	Percheron Show - Team Classes	ARK New Tech Arena (21)
1 PM	4-H Market Steer Show	Ring 2 (22)
12 PM - 12 AM	DAS Hospitality Tent	DAS Hospitality Tent (27)
2 PM - 4 PM	Foam Party	Farmtastic Fun Zone (13)
2 PM - 4 PM	Face Painting	Carman Arena B Side (25)
2 PM - 11 PM	Food Trucks	King's Park Road (29)
3 PM - 12 AM	Wondershows Midway - Family Fun Day	North of Carman Arena (1)
3 PM - 4 PM	Meet the Minis	Carman Arena B Side (25)
6 PM	Opening Ceremonies	Main Stage (6)
6:30 PM	Golden Prairie Arts Talent Show	Main Stage (6)
6 PM	Wrangler Relay Race	Ring 1 (23)
6 PM	Open Heavy Horse Show- 6 Horse Hitch and Unicorn Classes	ARK New Tech Arena (21)

Schedule and map of Fair Grounds continued on next page



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FRIDAY		
Time	Event	Location
8:30 AM 9 AM	4-H Market Lamb Show and Showmanship MB Provincial Percheron Show - Halter Classes & showmanship Open Heavy Horse show - Junior Decorating & Showmanship Classes	Ring 2 (22) ARK New Tech Arena (21) Ring 2 (22)
10:30 AM 9 AM	4-H Beef Grooming Classes CWA Open Horse Show	Ring 1 (23) Exhibit Hall (8)
10 AM - 10 PM 10 AM - 8 PM 12 PM - 7 PM	Exhibit Hall Farmtastic Activities AG on the Moove & Agricultural Education Area Displays & Ruddneck Ranch Farms Petting Zoo	Farmtastic Fun Zone (13) Carman Arena B Side (25) Arena Lobby (28)
12 PM - 8 PM 12 PM - 8 PM 12 PM - 12 AM 12 PM - 12 AM 1 PM 1 PM 1:30 PM 1:30 PM	Prairie Exotics Country Market - Vendors & Artisans Food Trucks DAS Hospitality Tent 4-H Market Steer & Sheep Sale Diaper Derby & Toddler Trot Hop on the Hobby Horse Chore Team Competition MB Provincial Percheron Show - Champion Team Open Heavy Horse Show - Ladies & Junior Cart Classes Sleepy the Clown Performance	King's Park Road (29) King's Park Road (29) DAS Hospitality Tent (27) Ring 2 (22) Farmtastic Fun Zone (13) Farmtastic Fun Zone (13) ARK New Tech Arena (21) Farmtastic Fun Zone (13)
2:15 PM - 3 PM 3 PM - 12 AM 3 PM - 5 PM 3 PM - 5 PM 3:30 PM - 4:30 PM	Wondershows Midway Face Painting K9 Wow Zone - Presented by The Farm Pet Retreat The Prairie Poodle - Learn about Grooming and Showing your Dog	North of Carman Arena (1) Carman Arena B Side (25) Farmtastic Fun Zone (13)
4 PM - 6:30 PM 5 PM 7 PM 6 PM - 7 PM 6:30 PM 7 PM 8:45 - 10:30 PM	Carman Farmers Market Registration for Open Jackpot Barrel Race Carman Country Fair Open Jackpot Barrel Race Penny-Sleeve 4-H Beef Show Awards Carman Cardinals Baseball Game M'Ladies	Carman Arena B Side (25) Carman Arena A Side (24) ARK New Tech Arena (21) ARK New Tech Arena (21) Main Stage (6) Ring 2 (22) Cardinals Diamond Main Stage (6)

By E. Antonio

The Carman Country Fair is set to return July 10-12 for its 145th year, offering three days packed with rodeo thrills, family-friendly fun, and agricultural showcases.

Hosted by the Dufferin Agricultural Society, the event is one of Manitoba's longest-running agricultural fairs. Society president Elaine Owen said the fair is a way of giving back to the community.

"Southern Manitoba gives so much to us—the land, people, natural wonders—it means everything to us to offer this to the area as a thank you," said Owen.



STANDARD FILE PHOTOS

"I remember coming to the fair as a kid, and I hope we can instill memories on the younger kids today."

New to this year's lineup is dirt bike and quad barrel racing, which replaces hooves with horsepower. The event kicks off at 1:30 p.m. Saturday with divisions for PeeWee,

Youth, and Open riding. Additional horse barrel racing takes place Friday, with a final round at 5 p.m.

The fair opens with the 4-H beef show at 9 a.m., continuing with the Market Steer show in the afternoon. A highlight of the weekend is the

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4-H Mar-

ket Steer and Sheep Sale on Friday at 1 p.m., which raised more than \$250,000 last year. Saturday's events include junior beef competitions, the Heavy Horse and Manitoba Percheron shows, and an antique tractor pull and demo derby at 1:30 p.m.

Continued on section page 5

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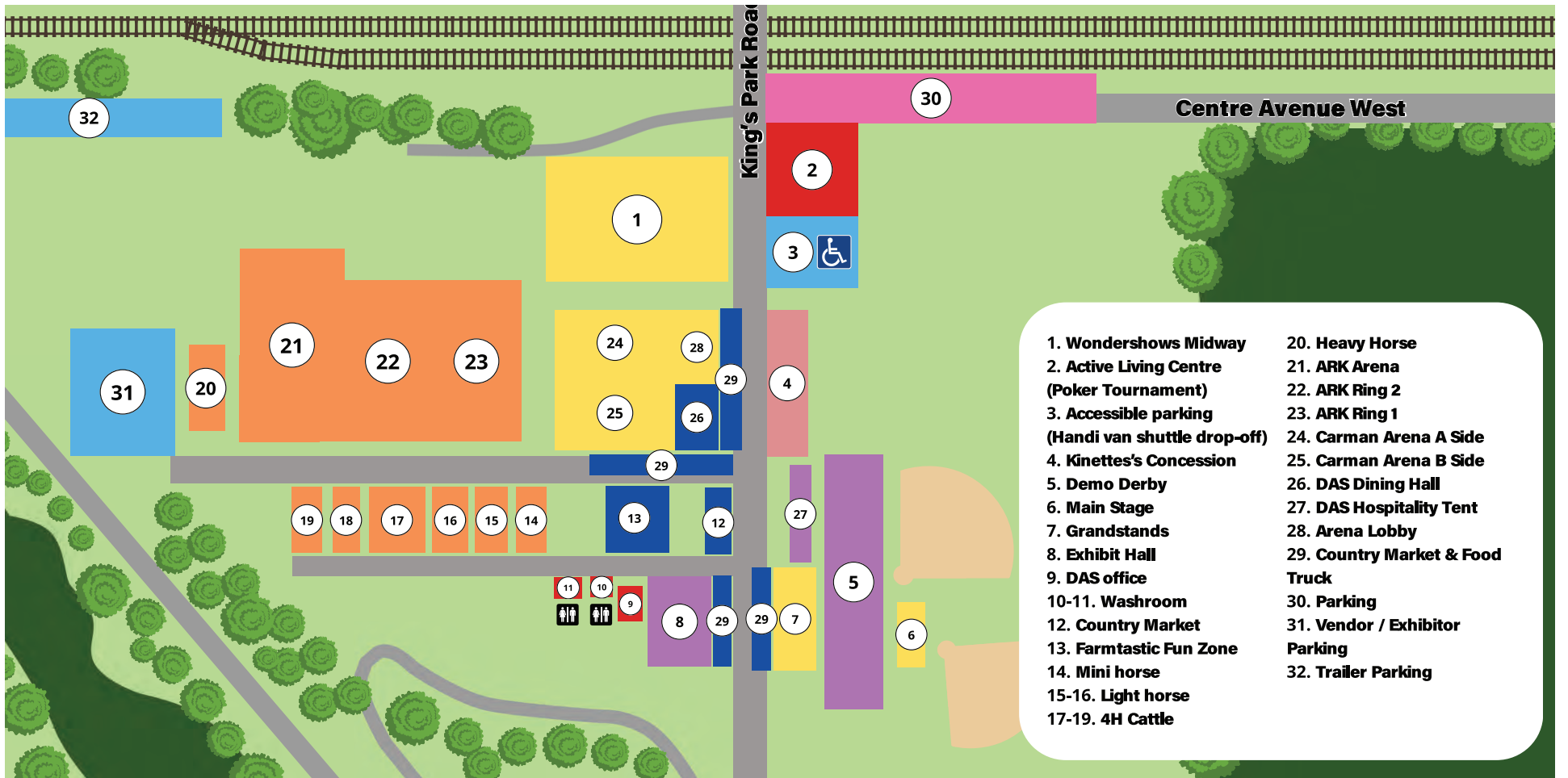
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SATURDAY

Time	Event	Location
7 AM - 9 AM	Access Credit Union Free Pancake Breakfast	Ryall Park
8:30 AM	Miniature Horse Open Show	Ring 1 (23)
9:00 AM	Open Junior Beef Futurity Show	Ring 2 (22)
10 AM	Carman and Community Chamber of Commerce Parade	Parade Map
10 AM - 8 PM	Farmtastic Activities	Farmtastic Fun Zone (13)
11 AM	Jackpot Yearling Heifer Show	Ring 2 (22)
11 AM - 6:30 PM	Exhibit Hall	Exhibit Hall (8)
12 PM - 6 PM	AG on the Moove & Agricultural Education Area Displays & Ruddneck Ranch Farms Petting Zoo	Carman Arena B Side (25)
12 PM - 12 AM	Food Trucks	King's Park Road (29)
12 PM - 7 PM	Prairie Exotics	Arena Lobby (28)
12 PM - 8 PM	Country Market - Vendors & Artisans	King's Park Road (29)
12 PM - 10:30 PM	DAS Hospitality Tent	DAS Hospitality Tent (27)
12 PM - 12 AM	Wondershows Midway	North of Carman Arena
12 PM - 10 PM	Texas Hold'em Poker Tournament	Active Living Centre (2)
12:30 PM	Exhibit Hall Awards Ceremony	Exhibit Hall (8)
1 PM	Pee Wee Beef Showmanship	Ring 2 (22)
1 PM - 3 PM	Face Painting	Carman Arena B Side (25)
1 PM - 5 PM	Gel Battle Zone	Farmtastic Fun Zone (13)
1:15 PM	All breeds Cattle Show	Ring 2 (22)
1:30 PM	Open Heavy Horse - MB Champion 4 Horse Classic, Junior team classes, Cart classes	Ark New Tech Arena (21)
1:30 PM - 5:30 PM	Demo Derby and Dirt Bike/Quad Rodeo / Antique Tractor Pull	Grandstands (7)
1:30 PM - 3:30 PM	A Living Fairytale - A Country Princess	Fairgrounds
3:30 PM	Best of Barns Cattle Show	Ring 2 (22)
6 PM - 7 PM	Rainy Day Apparel - Nathan Strange	Main Stage (6)
7 PM - 8:30 PM	Reverend Rambler	Main Stage (6)
8 PM - 1 AM	Carman Minor Ball Social	Carman Arena A Side (24)
9 PM - 10:30 PM	Catie St Germaine	Main Stage (6)
9 PM - 10 PM	Exhibit Hall Entries Pickup	Exhibit Hall (8)
10:30 PM	Fireworks	Grandstands (7)



For more information www.carmancountryfair.ca



> COUNTRY FAIR, FROM PAGE 3

Younger visitors can explore the Farmtastic Fun Zone, which opens at 10 a.m. Thursday. Activities include a diaper derby, toddler trot, and hobby horse races, plus educational stations like cow milking and seed investigations. Other attractions include Prairie Exotics, AG on the Moove, and the Ruddneck Ranch Farms Petting Zoo.

The exhibit hall showcases arts, baking, crafts, and produce from the community and opens daily at 10 a.m. Meanwhile, the Country Market runs from noon to 8 p.m., with vendors like Fehrway Feeds offering western wear and live-stock supplies.

Evening entertainment begins Thursday at 6 p.m. with opening ceremonies followed by the GPAC Talent Show. Saturday starts with a free pancake breakfast at Ryall Park and the Chamber of Commerce parade at 10 a.m. The fair concludes with a fireworks display at 10:30 p.m. Saturday near the grandstands.

Admission fees apply, and some events may require additional registration or fees. For full event details, visit www.carmancountryfair.ca or call 204-745-2226.



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> MEAL IDEAS



Sorghum BLT Salad

1-inch pieces
 1 cup cherry tomatoes, halved
 1/4 cup fresh parsley, coarsely chopped
 4 green onions, thinly sliced
 salt, to taste
 pepper, to taste
 Parmesan or goat cheese (optional)
 To make dressing: Blend mayonnaise, milk, garlic powder and pepper until smooth and creamy. Season with salt, to taste. Refrigerate until ready to use.
 To make salad: In large, deep skillet over medium-high heat, fry bacon. Turn frequently until evenly browned. Drain on paper towel and crumble.
 In large bowl, combine sorghum, lettuce, mixed greens, tomatoes, parsley, green onions and bacon. Season with salt and pepper, to taste, and toss with dressing. Top with Parmesan or goat cheese, if desired, and serve.

Recipe courtesy of United Sorghum Checkoff Program
 Prep time: 20 minutes
 Cook time: 20 minutes
 Servings: 4-6
 Dressing:
 2/3 cup mayonnaise
 1/4 cup milk
 1 teaspoon garlic powder
 1/4 teaspoon freshly cracked pepper
 salt, to taste

Salad:
 1 pound bacon
 3 cups cooked whole-grain sorghum
 1 head romaine lettuce, rinsed, dried and shredded
 1-2 cups mixed greens, torn into



Chicken Skewers

rice, for serving (optional)
 In saucepan over medium heat, cook brown sugar, tomato paste, apple cider vinegar, mustard, onion powder, garlic powder, paprika, barbecue seasoning, honey and teriyaki sauce until well combined.
 Cube chicken and place in large bowl. Pour sauce over chicken, saving some for basting. Marinate at least 1 hour.
 Heat grill to medium heat.
 Place marinated chicken cubes on skewers and arrange on baking sheet. Grill until chicken reaches 165 F internal temperature, 20-30 minutes. Baste with remaining sauce as needed. Serve over rice or use for chicken tacos.
 Substitution: Use hot honey instead of regular honey to spice it up.

Recipe courtesy of "Cookin' Savvy"
 Servings: 4-6
 1 cup brown sugar
 1 can (6 ounces) tomato paste
 1/2 cup apple cider vinegar
 1 tablespoon mustard
 2 teaspoons onion powder
 1 teaspoon garlic powder
 2 teaspoons smoked paprika
 2 teaspoons barbecue seasoning
 1/2 cup honey
 1/4 cup teriyaki sauce (optional)
 2 pounds boneless chicken



Popped Sorghum

Recipe courtesy of United Sorghum Checkoff Program
 Prep time: 1-2 minutes
 Cook time: 4-6 minutes
 Servings: 2
 2 teaspoons oil of choice (optional)

1/2 cup whole-grain sorghum
 salt or seasoning of choice
 Heat stainless steel pot with tight-fitting lid over medium heat.
 Add oil, if desired. When hot, add whole-grain sorghum and cover with lid.
 Shake pot often to prevent burning.
 When there are more than 10 seconds between pops, remove from heat.
 Sprinkle lightly with salt or seasonings of choice.

Four summer health tips

By Fitness Expert Julie Germaine Coram

We're well into a beautiful summer here in Manitoba, and that usually means people are more active and burning calories outdoors — yay! But is your diet on point?

Remember, what you choose to put into your body has a major impact on how you feel, influencing everything from your sleep patterns to your energy levels. Eating well also helps maximize the results of your exercise routine and reduces health risks associated with poor nutrition, including cancer.

Here are some tips to help you round out the summer with your health top of mind:

1. Choose seasonal fruits and vegetables

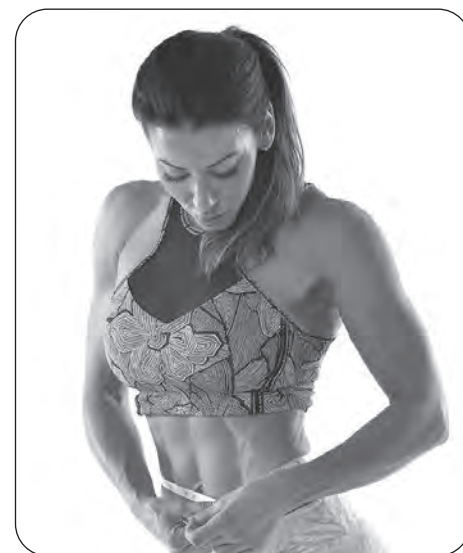
Support the environment and reduce emissions caused by long-haul transportation by shopping at local farmers' markets. Buying nutrient-rich, in-season produce is a win for your body and the planet.

2. Add greens and protein to your snacks

The good news? You can still indulge in chips and sweets — many new products at specialty stores are more nutritionally favourable, offering options that are lower in fat or higher in protein. One of my new favourites for satisfying a sweet tooth is Probites, an ice cream-like snack that delivers 18 grams of protein per serving with only six grams of sugar. While it's still a little high in saturated fat at 19 per cent of the recommended daily value, it's a much better alternative to a traditional sundae, which offers no protein and far more sugar.

3. BBQ the right way

Skip processed meats like hot



Fitness Expert Julie Germaine Coram

dogs and instead marinate healthier choices like chicken, fish, vegetables, and, occasionally, lean cuts of pork or beef. Try to trim excess fat and avoid charring meat — blackened edges have been linked to increased cancer risk.

4. Hydrate all day

Water is essential for your body's vital functions, especially when it's hot and sunny. Sore knees? You might need more water to cushion your joints. Getting sick often? Staying hydrated keeps your mucous membranes thick and effective, which helps prevent illness. You shouldn't feel thirsty during the day — that's a sign you're already dehydrated.

Have questions? Email me if you'd like to explore healthier alternatives to your go-to treats, or if you want to talk about your personal nutrition, health goals, or fitness struggles. You can also schedule a free online consultation at: www.calendly.com/juliegermaine

Coach Julie Germaine Coram is dedicated to long-life health! She is an active mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fitness Specialist. She has helped many thousands of people worldwide improve their health since 2005.



Shrimp Spaghetti

1 teaspoon onion powder
 1 cup frozen or fresh spinach
 bread, for serving
 Cook spaghetti noodles according to package instructions.
 In skillet over medium heat, add butter, avocado oil and shrimp. Mix in 1 tablespoon garlic powder and paprika. Remove shrimp after they begin to turn pink; set aside.
 Add chicken broth, Parmesan, heavy cream, remaining garlic powder, onion powder and spinach to skillet and mix well. Add shrimp back to skillet to finish cooking. Mix in noodles and serve with bread.

Recipe courtesy of "Cookin' Savvy"
 Servings: 4-6

1 pound spaghetti noodles
 2 tablespoons butter
 1/4 cup avocado oil
 1 package (12 ounces) raw shrimp
 2 tablespoons garlic powder, divided
 1 teaspoon smoked paprika
 1 cup chicken broth
 1/2 cup grated Parmesan cheese
 1/4 cup heavy cream

Are We Dating The Same Guy Manitoba creator releases tell-all e-book on pitfalls of online dating

By Patricia Barrett

When it comes to potential romance, there can be something unsettling about digitally mediated dating websites and the power wielded by some users to convince people to let down their guard and push critical thinking to the wayside.

But groups of women dedicated to supporting and empowering other women who are using or have used online dating sites have sprung up across North America and beyond, including in Manitoba.

And if you're thinking of trying online dating – or you've already been there and are wondering how to do a quick fact-check of your partner or potential partner – you might want to consider taking a how-to crash course via a new e-book launched last Wednesday by Brittany Isfeld, who created the online women-only group Are We Dating the Same Guy Manitoba.

Isfeld, a social media influencer with 47,000 followers on TikTok and actress who's appeared in films and series such as *Nobody 2*, *Wintertide*, *Almost Unsolved*, *In Plain Sight*, and *Cruise Ship Killers*, shares some personal heartbreak after navigating the tricky, unfiltered world of trying to find a partner using 21st-century technology, as well as the reason why she was compelled to create a supportive women-only forum, which is modelled on the first Same Guy group in New York City.

Isfeld lays out the dark side and the light side of online dating in her easy-to-read and engaging e-book or "survival guide" that's titled *Are We Dating the Same Guy: the Guide to Red Flags, Sisterhood and Taking Your Power Back!*

The e-book features true-life stories of anonymized women who are or were members of the Manitoba group, warning signs of potentially bad dates and the rise of a sisterhood dedicated to busting the baddies on online dating sites in order to keep other women safe.

The intersection of human attraction and modern technology definitely has a downside, said Isfeld, who lives in the RM of Gimli. It's easy to just "jump behind a screen" and say whatever you want.

"Unfortunately, in the modern day of online dating anyone can be whoever they want to be. And it's hard to navigate. The world is your oyster when you're sitting behind a computer screen; it's very easy to fool people in to believing that they are who you want them to be. But stepping out from behind that screen can reveal someone a lot different from what they've portrayed online," said Isfeld, who juggles a busy schedule overseeing the Same Guy Manitoba group and a full-time job.

"Giving women a resource where they can call a guy out in the first stages of dating – is this even the person they're claiming to be? – I think makes it a lot easier for women and gives women a little more confidence. It also provides an extra layer of safety: women have posted that a particular guy has had criminal charges for something terrible. It's a scary world for women to live in these days. A woman can get into the wrong car and that's the last you hear of her."

Some of the most common incidents women will experience "right off the hop" on dating sites are "demands" or directions from men, seeing unwanted sexually explicit images, and encouraging women to share sexualized or sexually explicit images of themselves.

"I can't tell you how many times a woman can

open a new message and see a picture they really were better off not seeing. Online dating gives people a platform to do whatever they want," said Isfeld. "And there's a lot of aggression out there, including demands for women to meet a guy in a certain place and so on. That makes it icky. And it also puts a whole different spin on learning who someone is and seeing how people can act. If you're going to do these things to a complete stranger online, what are you going to do in person?"

Created in 2023, Isfeld's Are We Dating the Same Guy Manitoba group has attracted over 24,300 members across the province.

Isfeld said her group is by no means a "male-bashing" forum as she knows it's "not just men" who play the field and can have several people on the go at once. Her group is focused on being a resource for women. It's about sleuthing and sharing information that women need to make sound decisions about who a man might be. And there are also "good" stories shared by women who've found the real deal.

The e-book reflects that ethos, providing women with an idea of what they can expect in online dating and how it operates so that they're prepared for what could happen and learn to practise self-safety.

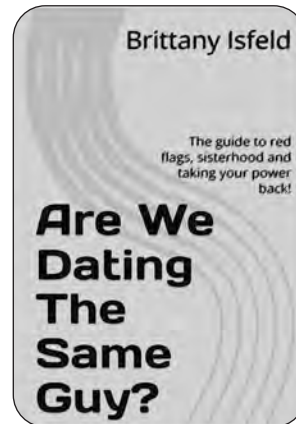
"My Same Guy Manitoba group is not about hating men; there are men who get posted in my group with no bad things said about them, only good things such as that they're in relationships and are engaged to be married," said Isfeld. "This is a space for women to get together and find out if their partner is being faithful. Sometimes the spinoffs are friendships with the mistress!"

Despite some of the relatively happier outcomes realized through her online group, Isfeld said there are a few things that really stand out for her. One example is a woman who said she was subjected to abuse from her partner for over a decade and had been cut off from her friends and family. Shortly after Isfeld started her online forum, the woman thanked the group for creating a space in which she was able to discover that her partner was involved with several other women.

"He got posted in the group with multiple women saying, 'I just saw him' or 'I have been dating him.' He had multiple women on the go," said Isfeld. "This opened her eyes. So she thanked us and left the relationship. We're literally helping women leave unsafe or unhealthy relationships."

Another outstanding incident was a post from a woman who told the group she planned to meet a particular guy in person, and one of the group's members posted evidence showing him having been charged with trying to arrange a hit on his ex, said Isfeld. By pre-checking a potential date using the forum, the woman was able to make a decision about personal risk.

Isfeld said she and her team of about 10 administrative volunteers spend "countless" hours moni-



Copies of the newly released book now available in stores.



PHOTOS COURTESY OF BRITTANY ISFELD.

Brittany Isfeld launched an e-book titled *Are We Dating the Same Guy: the Guide to Red Flags, Sisterhood and Taking Your Power Back!* on April 30. The book is a survival guide for women taking part in the unfiltered and unpredictable world of online dating.

toring the group to ensure women are adhering to the Same Guy Manitoba rules. Those rules include not jeopardizing the safety of other women – or themselves – who are sharing stories of their experiences, not publishing false statements (libel) about the men they're discussing, not posting last names, addresses, phone numbers of men, not bullying other women, and not taking screenshots of conversations or other content from the group and sharing it externally.

The admins are "constantly" monitoring activity or identifying fake accounts that can compromise the integrity and safety of the group.

"My admins are dedicated to keeping women safe, and the safety of women is my first priority," said Isfeld, who shoulders the financial costs (e.g., Internet, electricity) of running the site in addition to carrying out admin duties. "We constantly monitor the group and investigate what we think could be fake profiles. If they're fake, we delete them. It's a huge job for us as admins because we don't take this lightly."

Isfeld said she plans to use some of the proceeds from her e-book to pay her admin team because they're devoting hours of unpaid time to the Same Guy Manitoba group.

The *Are We Dating the Same Guy: the Guide to Red Flags, Sisterhood and Taking Your Power Back!* e-book can be ordered through Amazon, Kindle Direct Publishing or by visiting Isfeld's Facebook page, Brittany Jade, and clicking on a link, or visiting @brittskibear on TikTok.

Isfeld said she has plans to release a print version of the e-book that will likely include a workbook or quiz section. People have already been asking her for print. Stay tuned for a book launch date.

Corn & Apple Festival announces its headliners

By Lorne Stelmach

Morden's Corn and Apple Festival is making a couple of changes with its entertainment lineup this summer.

The main stage headliners for the Aug. 22-24 weekend will bring back a country-oriented lineup for the Friday evening along with a 90s-era rock theme for the Saturday night.

"It's been a couple years since we had country music, so we thought it was time to do that again. There's always been the interest and the demand," said chairperson Nathan Knight on Monday.

"Everybody wants something for them, and we do the best we can, but of course we have limited stage time," he noted. "But we did hear from some people that it would be nice to have country music back on the stage."

"Another thing that we've done is we've gone from three bands to two, and each band will play a bit of a longer set," he added, noting it will also simplify things for the stage crew to have to do one less set switch over.

Friday night starts with local country favourites Brothers Keep. Henry and Larry Abrams are no strangers to the music scene. Older brother Henry has done extensive songwriting, and Larry is a two-time Juno Award-winning touring/studio musician. The two have come together to combine their passion of writing songs and performing live with songs that tell stories of their small town farming roots, family and faith.

They will be the lead-in for critically-acclaimed Canadian country star Chad Brownlee. With over 125 mil-



lion global streams, multiple gold and platinum-certified singles and repeated appearances at the top of the Canadian Billboard charts, he brings a performance that fuses country, pop and rock with the soul of 80s influences and the energy of modern country hits.

Kicking off Saturday night will be the local punk rock power of The Monochromatics. Hailing from right here in Morden, The Monochromatics bring raw energy, punk passion and local heart to the stage. Originally formed in 2006 under the name Threw, the band evolved into The Monochromatics in 2012, blending classic punk vibes with modern flair.

From there, the stage will feature Big Shiny 90s as the headliner. This vibrant cover band from Toronto is dedicated to reviving the iconic sounds of the 1990s and the music that defined



PHOTOS SUBMITTED

The 2025 Morden Corn and Apple stage will welcome, Chad Brownlee, Big Shiny 90s, The Monochromatics, and Brothers Keep.

a generation.

From pop-punk to alternative rock and hip-hop, Big Shiny 90s delivers a high-energy performance that can keep the crowd dancing. Whether it's Green Day, Foo Fighters, Weezer or even Britney Spears, their dynamic set will transport you back to the golden era of music with passion, precision and party vibes.

The festival has had a good response to the '90s-era bands that have been featured the last couple of years, and he feels that crowd will enjoy the main act Saturday.

"They are a cover band ... but anything that was on a Big Shiny Tunes compilation album back in the day can be part of their repertoire," said Knight.

He also likes the idea of giving stage time to local acts.

"We want to make sure we do that but still find a nice mix," he said. "We don't want a local band that's going to be playing eight different shows around here already this summer ... we want something unique for the festival, and at the same time we do want to showcase some local talent."



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U15 Central Energy strike gold in Moose Jaw

By Annaliese Meier

The U15 Central Energy capped off a dominant weekend with a gold medal performance at the Crushed Can Tournament in Moose Jaw, Saskatchewan.

The AAA squad went undefeated through six games from July 5 to 7, culminating in a 7-0 shutout win over the Lloydminster Liners in Sunday's championship final.

Kylie Wiebe led the offence in the final, going 3-for-3 at the plate with three singles, while Ella Conrad and Bree Pearce each drove in two runs with key hits during a four-run fourth inning.

Blaine Wiebe earned the win in the circle, pitching three innings of one-hit ball while striking out four and walking two. Shyanne Goertzen secured the save with a scoreless outing in relief.

Central Energy's weekend started with an offensive explosion in Friday's opener against Swift Current. Hailey Baldwin had six RBIs, including a second-inning grand slam, to lead the team to an 11-1 victory. Goertzen added a triple and two RBIs, while Kylie Wiebe pitched three innings of one-hit ball with five strike-

outs.

Later Friday, Central Energy took down host Moose Jaw Ice 6-1, thanks to a five-run fourth inning that included RBI contributions from Baldwin, Goertzen, and Pearce. Goertzen and Wiebe combined for five strong innings in the circle, allowing just three hits between them.

Saturday saw two more convincing wins. A 5-0 victory over TCA U15A featured a combined three-hit shutout from Goertzen and Wiebe, with Zoey Shantz and Pearce each tallying two hits. Then, in a 7-0 win over the Phantoms U15A, Blaine Wiebe went 3-for-3 with a triple, double, and single, while Pearce and Conrad also added multi-hit games.

The Energy were tested in a Sunday morning semifinal rematch with the Lloydminster Liners, where they pulled off a dramatic 5-4 walk-off win. Baldwin tied the game with a sixth-inning RBI single, and Sinead Convery drove in the game-winner on a fielder's choice. Goertzen and Wiebe again shared pitching duties, limiting the Liners to just one earned run.

Across the tournament, Central Energy showed strength in all aspects of



SUBMITTED PHOTO

The U15 Central Energy captured gold at the Crushed Can Tournament in Moose Jaw, Sask., going undefeated across six games from July 5-7. Pictured left to right, back row: Kylyn Shindle (head coach), Shayna Driedger, Blaine Wiebe, Kylie Wiebe, Hailey Baldwin, Ella Conrad, Shyanne Goertzen, Zoey Shantz, Morgan Miller (assistant coach); front row: Bree Pearce, Payton Manness, Sinead Convery, Kelsey Dyck, Amelia Wytinck and Kevin Convery (manager).

the game—outscored opponents 42-6, committing no errors through six games, and showcasing strong pitching, timely hitting, and disciplined

plate approaches.

With the gold medal secured, the U15 Central Energy continue to build momentum heading into the final stretch of their summer season.

Central Energy competes in Sioux Falls tournament

By Annaliese Meier

Three Central Energy softball teams took the field in Sioux Falls over the weekend, with U17 leading the charge with a strong showing against top-tier U.S. competition.

The U17 squad went undefeated through round robin play and won their first playoff matchup before falling in the quarterfinals. Their run earned them a tie for fifth place out of 34 teams — the highest finish of any Energy team at the tournament.

Eve English was a key contributor in the early going, racking up 10 RBIs over four games, including a two-run homer and a four-hit performance in a 19-4 win over Nebraska Wave 16U. Taylor Wall, Hailey-Jo Guffei and Molly Cowan also had standout weekends at the plate, while pitchers Kennedy Funk, Gabrielle Hildebrand and Taylor Wall all picked up wins in the circle.

The U19 team showed resilience, rebounding from a tough 0-3 start in pool play to rattle off four straight playoff wins and capture the B-side championship. They finished 15th out of 26 teams.

Maddy Friesen powered the U19 offence in

a 12-0 shutout over Twin Port Rampage 18B with five RBIs, including a three-run homer. Karli Toews was solid on the mound, notching multiple wins and allowing just one earned run across 10 innings pitched. Christina VanDeVelde, Rory Lumgair and Heidi Reimer also delivered clutch hits in the playoff run.

U13 Central Energy battled through a tough field of 22 teams. After going winless in round robin play, they picked up a convincing 12-0 victory over Twin Ports Rampage 12U in the playoffs before being eliminated in their next game to finish tied for 17th.

Beaudry E led the U13 offence in the win with four RBIs, while Collins V and Brady W combined for a shutout on the mound. Emma S and Addison D were steady contributors throughout the weekend.

The U15 team had the weekend off and will rejoin the tournament circuit later this month.

Up next, several Central Energy teams will return to local league and provincial play as they continue to prepare for Softball Manitoba provincials later this summer.



SUBMITTED PHOTO

The U17 Central Energy softball team turned heads in Sioux Falls with a top-five finish out of 34 teams. Pictured left to right, back row: Addison Nikkel, Becca Anderson, Kara Buhler, Hailey-Jo Guffei, Eve English, Ava Bonik, Mya Richard. Front row: Taylor Wall, Kennedy Funk, Molly Cowan, Taryn Toews and Gabrielle Hildebrand.

Decor charity classic tournament returns Aug. 7

By Lorne Stelmach

The annual Decor Charity Classic golf tournament aims to make a lasting difference in the community by supporting four worthy causes.

It has raised over \$1.6 million since its inception in 2004, and co-chairperson Dave Schellenberg said they are always so grateful their efforts are so well supported year after year.

"It's really close to selling out each year, but we haven't had to turn people away. It's been really nice in that respect," he said, noting though they were already at 146 golfers last week when "144 would be a full course, but they can go a bit more than that ... this is as early as I can remember that we've kind of filled up, which is a nice problem to have really ... so things have gone really well."

Including the 50 per cent matching amount from Decor Cabinets, the tournament last year raised around \$110,000.

Proceeds each year go to three local charities: Youth for Christ, Pembina Counselling Centre and Pembina Valley Pregnancy Care Centre.

A fourth charity recipient is selected anew each summer. This summer it's Crossroads Christian Communications, an organization with tremendous outreach globally, providing faith-based media content for people of all ages. *100 Huntley Street* has been its flagship television program; it is believed to be the longest running daily television program in Canada.

Crossroads provides messages of faith and inspira-

tion for millions of Canadians and has done so for 60 years. It has also served as a not-for-profit aid agency for over 45 years, having responded in times of natural disaster worldwide, raising funds and partnering with on-site, non-government organizations for emergency relief and long-term rebuilding strategies.

"We are deeply grateful to Decor Cabinets for selecting Crossroads as a beneficiary of this year's charity classic golf tournament," said CEO Kevin Shepherd, noting this "generous support comes at a significant moment as we boldly proclaim Canada strong and free in Christ and unite in prayer for our nation."

"This timely gift will help us share the transforming story of Jesus through inspiring and innovative media to anyone, anywhere, anytime."

The tournament takes place Aug. 7 at the Minnewashta Golf and Country Club in Morden with a shotgun start at 11 a.m.

The entry fee of \$200 includes the green fee and a shared cart as well as other amenities, including snacks and lunch and dinner. To sign-up, head to golf.decorcabinets.com.

Schellenberg said they value having the opportunity to make a positive impact on the lives of others and value the support of everyone, including the golfers, sponsors, and donors.

"Everybody keeps coming back year after year ... and when they see that their dollars can go the extra mile by getting matched 50 per cent by Decor, it's pretty compelling if you feel strongly about the chari-



STANDARD FILE PHOTO

ties that are being supported, so I think that's a big draw.

"This year again, we've one or two new sponsors," he added. "So there's lots of support from our local community and lots from our suppliers."

Sweeping changes to World Curling broom standards

By Siobhan Maas

Effective June 20th, World Curling (WC) has adjusted their compliance regulations for curling brooms in WC competitions—which includes the Olympics—based on sweep testing that took place at the Morris Cargill Curling Training Centre (CCTC) in May.

For three days, the CCTC was centre ice for broom manufacturers from around the world, world-class curling ice makers Greg Ewasko of Beausejour, current chief ice technician for Curling Canada, and former Olympic chief ice technician Hans Wuthrich of Gimli, as well as several athletes from across the country, including Brett Gallant and Kates Lawes, who acted as test sweepers.

"The world was in Morris to test existing brooms already on market in use by various companies," explained Level 4 NCCP Olympic coach and host Lorne Hamblin. Together with wife Chris, the Hamblins hosted the event organized by WC director Jill Officer and designed by former WC vice-president Graham Prouse. "Broom performance was compared against each other, with the manufacturers watching."

Many curling brooms currently on the market are made using multiple

components, including sleeves or covers over moulded foam, bringing into question the accuracy of the different foams used.

"There is science to the testing," said Hamblin. "With the CTCC's Canadian rock thrower, we have achieved accuracy of 99.9 per cent on every throw."

Throw consistency eliminates variability from the throw itself, allowing the broom's impact to be the primary focus. Only two curling rocks were used in the testing—one control rock and one sweeping rock—to contain and control the results.

"After each throw, we weren't allowed to push the rock down the ice," Hamblin explained. "Instead, we dragged the rock back on a plastic board because even slight wear between throws can affect performance."

To maintain a high level of consistency, "we threw over 2,000 rocks," Hamblin noted.

The outcome of the testing has prompted changes to World Curling standards. Several broom models are now disqualified from competitions, including BalancePlus RS with Firm 2.0 foam, Goldline Impact with Evader foam, Hardline Ice Pad with Competitive foam, and SmartBroom by



SUBMITTED PHOTO

The results of sweep testing at the Morris Cargill Curling Training Centre this spring has led the World Curling organization to make changes to what brooms are allowed in its competitions, which includes the Olympics.

Curling Tools with its current foam.

The updated regulations require component-style brooms to use softer, less-firm foams, ensuring greater minimum compression and promoting fairer play.

While this was an interim step to move the sport of curling forward from processes established in 2016, the game continues to modernize

alongside elite performance. Longer-term testing processes will continue.

"Fast forward to 2025, any new product needs to be sent for testing," said Hamblin. "This testing is about what athletes want to try and is unique because it brings everyone together in a cooperative atmosphere."

Full details of the regulation changes can be found at worldcurling.org.

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CONDOLENCES



Lori Penner

It is with great sadness that the Manitoba Community Newspaper Association (MCNA) offers our deepest condolences to the family, friends and co-workers of Lori Penner upon her sudden and unexpected passing. Lori was kind and well loved in her community. She was also a dedicated and award-winning journalist to a few of our MCNA newspapers. We extend our deepest sympathy to all those who knew her in the community and who will miss her dearly, as well as to all of those who had the honour of working with her. Rest in Peace.



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NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR Rural Municipality of Thompson By-Election

Please be advised that a Ward 3 By-election will be held on **September 3, 2025**.

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

NOTICE IS HEREBY GIVEN that candidate registrations will be received:

For the office of Ward 3 Councillor: Between July 15, 2025 and July 29, 2025

at the Rural Municipality of Thompson Municipal office located at 530 Norton Avenue during the regular hours of business.

To obtain a registration form contact the Municipal Office at 204-435-2114

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CARETAKER OPPORTUNITY TENDER

The Town of Carman and RM of Dufferin is now accepting applications for the purposes of Caretaker for the Memorial Hall Municipal Office, on a daily basis from Monday to Friday, on a contract basis.

All necessary cleaning supplies and equipment to be provided. Rate of pay must be provided in the tender and if required P.S.T. and G.S.T. The contractor will be required to be registered and remit P.S.T. on this service, and will be responsible for all Worker's Compensation costs (as applicable).

Interested parties are asked to submit an application, complete with any pertinent information supporting your application.

Contractor must be bondable and will be required to provide a Criminal Records check from the R.C.M.P., acceptable to the Town and the RM.

Applications will be accepted until July 25th, 2025, at 4:00 p.m. However, this time period may be extended until such time as a suitable applicant is chosen.

Applications may be mailed, delivered, or e-mailed to the Town of Carman or RM of Dufferin at the following address(s) and addressed to the CAO respectively:

TOWN OF CARMAN AND RM OF DUFFERIN
12-2nd AVENUE SW
BOX 160, CARMAN MANITOBA R0G 0J0
Phone: (204) 745-2443/204745-2301
e-mail: info@townofcarman.com or info@rmofdufferin.com

NOTICE OF NOMINATIONS RURAL MUNICIPALITY OF THOMPSON

NOTICE IS HEREBY GIVEN that on the following days:
July 23, 24, 25, 28 and 29, 2025

between the hours of 9:00 a.m. and 4:00 p.m. at the R.M. of Thompson Municipal Office located at 530 Norton Avenue, Miami, Manitoba.

I will receive nominations for the office of Councillor for Ward 3 of the aforesaid Local Authority.

The nomination deadline is July 29, 2025 at 4:00 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the ward, but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations to be filed in person at the above location, on the date and hours specified. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the SEO at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Dianne Swain, Senior Election Officer

R.M. of Thompson

Phone: 204-435-2114

Fax: 204-435-2067

E-mail - info@rmofthompson.com

Dated at the Miami, MB on July 7, 2025.



Classifieds Announcements

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OBITUARY



Martin James Moody
October 13, 1948 - June 30, 2025

It is with profound sadness that we announce the sudden passing of Martin Moody, who died at Boundary Trails Hospital Monday, June 30th at the age of 76. He leaves behind his wife Jan, who he was married to for 55 years, as well as his daughter Jennifer, and grandsons Max, Felix and Fox Westphal of Hollister, CA and his son Scott Moody of Miami, MB. He also leaves behind his sister Iris (Gordon) Sapinski of Lake of the Prairies, MB and Sicamous, BC, and his brother Cameron (Denise) Moody of Calgary, AB. He is predeceased by his parents Jim and Anne Moody, his sister Marion (Ron) Horinek, and his brother Brent Moody.

Martin had a long career with Canada Post, starting as a letter carrier in Portage la Prairie, MB at the age of 16. He moved with Jan and Jennifer to Cranbrook, BC in 1979, then on to Prince Rupert, BC with Scott in tow for a management position in 1989. The family returned to Manitoba in 1991 where he managed the Raleigh Depot Letter Carrier Division in Winnipeg until his first retirement and relocation to Miami in 2006. Never one to sit around, Martin always had a side gig going whether it be window washing, limo driving, or car detailing at Carman Ford. He also delivered to the rural postal routes in Miami and Morden until his final retirement when COVID hit in 2020.

Martin embraced life in Miami, quickly making friends and becoming part of the community with his friendly, teasing nature and wry humor. He loved his time playing cards and crib at the Friendship Center, Collingwood, and The Station, eagerly teasing to win away his rivals quarters. He served as Board President to the Collingwood for ten years and always has a smile to greet the harness racing crowd and folks coming to Miami Agricultural Society events when he worked the gate.

Martin lived every day to the fullest; family camping trips, supporting his children's sporting endeavors, feeding the backyard birds, golfing, curling and so much more fun. He will be missed by all who knew him.

At Martin's request, cremation has taken place. His Celebration of Life will be on July 24th at the Miami Community Centre Hall at 2pm, preceded by a private family interment at the Miami Cemetery.

In lieu of flowers, donations may be made in Martin's name to the Miami Community Centre via the RM of Thompson, 530 Norton Ave, PO Box 190, Miami, MB R0G 1H0.

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

OBITUARY



Deanna Mintenko

Peacefully, on July 3rd, 2025, Deanna passed away surrounded by her family at the age of 84.

She was predeceased by her husband, Bruce, who passed away in 2017. She is survived by her children, Angela, Bryan, and Anthony (Kim), and grandsons Arison, Egan, and Kai.

Born in Beausejour, Manitoba and raised in Winnipeg, Manitoba, she completed a nursing degree at St. Boniface Hospital School of Nursing. Along with her husband, Bruce, she lived in Rivers, Shilo, and Russell before settling in Oakville, Manitoba, where she resided until 2017. In recent years, she lived at Boyne Towers in Carman, Manitoba.

She worked as a nurse at the Lions Prairie Manor in Portage La Prairie and raised a family in Oakville, where she was involved in community groups such as the Horticultural Society, 4-H, and the Oakville Arena.

the Oakville Arena.

We extend our appreciation to the Boundary Trails Doctors, Nurses, and staff for the compassion, respect, and dignity shown to Deanna. We thank the staff and residents at Boyne Towers for their friendship and support. A special thank you to Mike and the staff at the Carman Handi-Van for their valuable community service.

A celebration of her life will be held on Thursday, July 10th, 2:00 pm at Doyle's Funeral Home in Carman, Manitoba. A private interment will follow at 4:00 pm, at Greenwood Cemetery in Carman.

In lieu of flowers, donations may be made to the Carman Handi-Van Corporation at <https://www.canadahelps.org/en/charities/carman-handi-van-corp/> or by calling 204-745-2916.

Doyle's Funeral Home
in care of arrangements
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OBITUARY



Lorna Lawson

On June 25, 2025, Lorna Lee Lawson (nee Brown) of Miami, MB passed away at Health Sciences Center after a short but aggressive battle with cancer.

She leaves behind her husband Glenn, who she was married to for 46 years, as well as her daughter Arvel (Brian) of Mannville, AB and son Paul (Theresa) of Altamont, MB. She also leaves behind her two sisters, Emily (Terry) Hunter of Winnipeg, MB and Burna (Jim) Wilton of Guelph, ON and her sister-in-law Linda Griffin of Moose Jaw, SK and her brother-in-law Grant (Joan) Lawson of Brandon, MB. She will be missed by her grandchildren and great-grandchildren, along with many cousins and dear friends.

Lorna was predeceased by her parents, Harry and Edith Brown and her in-laws John and Myrtle Lawson.

Lorna grew up on a farm outside of Roland, MB where she developed her love of trees, animals, birds and open spaces. She loved horse back riding with her Dad and often shared memories of their long talks during these rides. Once she graduated high school, Lorna completed her medical secretary training before working in this field in Southern Manitoba and then Haida Gwaii, British Columbia. Though Haida Gwaii captured her heart, she decided to move back to Manitoba and went on to marry Glenn in 1979. While raising her family, Lorna worked as a Public Servant for the RCMP for thirty-six and a half years. She received the Queen's Jubilee Award in 2002 for her professional and community work in 'D' Division. Lorna loved her family and could often be found sewing uniforms or costumes into the wee hours of the morning, attending her children's sporting events, supporting her parents, volunteering in the community and baking her famous flax buns for gatherings.

Lorna will be remembered for her beautiful smile, generous spirit and kind disposition. To know Lorna, was to know love. She was so proud of her children and loved her family and friends. She was an avid sports fan, enthusiastically cheering on the Winnipeg Jets each season. She enjoyed curling and travelled to many Briers, Scotties and World Qualifiers. She shared a love of music with her husband Glenn, attending many concerts over the years. She also loved time at Pelican Lake, Gimli (Willow Island) and Steep Rock with her family. Being a night owl, you could count on her to visit into the early hours of the morning, while watching the stars, Northern Lights and Meteor Showers. Her happy place at home was her backyard firepit, where she grew flowers, enjoyed bird watching, cuddled her cats and dogs and hosted many gatherings for family and friends. In her retirement, she discovered Parksville, BC and absolutely loved walking amongst the big trees of Rath Trevor Park and on the ocean floor when the tide was out. Lorna was an active member of her book club and recently published a book of memoirs for her family.

Lorna was fortunate to take a trip back in time in the summer of 2023, when she travelled back to Haida Gwaii after 50 years away. These Islands held a special place in her heart and returning gave her the chance to re-connect with old friends, meet the children of old friends and show her daughter and son-in-law the magic of Haida Culture and Art.

Lorna accepted her cancer diagnosis with courage, remaining hopeful, staying strong and making her own decisions until the very end. A special thanks to all those who supported Lorna since her diagnosis at the end of April. In her final days, she was surrounded by the love of family and friends and was deeply appreciative of everyone's presence. She received tremendous care from her paramedics, Joel and Ryan, and from the teams at Boundary Trails, STARS and Health Sciences; you will never know how much she appreciated your care.

At Lorna's request, cremation has taken place. Her Celebration of Life will be on July 19, 2025 at the Roland United Church at 1:30 p.m. Burial to follow at the Miami Cemetery.

In lieu of flowers, donations can be made in Lorna's name to STARS, the South Central Cancer Resource or the Nature Conservancy of Canada.

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

OBITUARY



Terry Veenendaal

It is with sadness that we announce the passing of our husband, father, grandfather, and great-grandfather Terry Veenendaal, who entered eternal glory on Sunday June 29th at the age of 88.

A viewing will be held at Canadian Reformed Church of Carman East on Wednesday, July 9th, 2025, from 7-8 p.m. Funeral service will be held the following day July 10, 2025, at 1:00 p.m. also at the Canadian Reformed Church of Carman East with burial to follow at Greenwood Cemetery, Carman.

In lieu of flowers, donations may be made to "Canadian Reformed World Relief Fund" or "Come Over & Help".

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

Your memory will live forever Engraved within our hearts



Join Us on July 16, 2025 as we shine a light on glioblastoma (GBM), the most common, complex, treatment-resistant, and deadliest type of brain cancer. National Brain Tumor Society spearheads this annual event to support survivors and their loved ones, to remember those who are no longer with us, and to honor leaders working toward a cure and better quality of life for those living with this



devastating disease. The incidence of glioblastoma (GB), also known as glioblastoma multiforme, is 4 per 100,000 people in Canada according to the Brain Tumour Registry of Canada*. GB accounts for 12-15% of all intracranial tumours and 50-60% of astrocytic tumours. GBMs increase in frequency with age and affect more men than women. GBs may manifest at any age, but mostly affect adults with a peak incidence between 45 and 75 years of age. Only 3% of childhood brain tumours are glioblastomas.

TUMOUR CHARACTERISTICS

- GB is the most common and most aggressive malignant primary brain tumour. These tumours contain various cell types, the most common being astrocytes.
 - Most of these tumours occur in the cerebral hemispheres but can develop less commonly in other parts of the brain such as the cerebellum, brainstem or spinal cord. The cells of these tumours grow quickly, are not well defined, and can spread throughout the brain.
 - Can develop directly or evolve from a lower grade glioma (secondary GB).
 - Less common in children.
- Common symptoms include, but are not necessarily limited to:
- Headache: The most common symptom, it's caused by an increased pressure in the brain
 - Weakness in the arms or legs
 - Decreased sensation
 - Nausea and/or vomiting
 - Unsteadiness
 - Seizure
 - Progressive memory decline
 - Personality deficit
 - Decreased level of consciousness
- The kind of symptoms produced depends highly on the location of the tumour, more so than on its

pathological properties. The tumour can start producing symptoms quickly, but occasionally is an asymptomatic condition until it reaches a larger size.

TREATMENT/STANDARD OF CARE

It is very difficult to treat glioblastoma due to several factors:

- The tumour cells are very resistant to conventional therapies
- The brain is susceptible to damage due to conventional therapy
- The brain has a very limited capacity to repair itself
- Many drugs cannot cross the blood-brain barrier to act on the tumour.

SURGERY

The first treatment step is surgery to remove as much tumour as possible.

Surgery is almost always followed by radiation. Glioblastoma's capacity to extensively invade and infiltrate normal surrounding brain tissue makes complete resection impossible. The goal of surgery is to de-bulk — a surgical procedure with the goal of decreasing the mass effect of a tumour by removing dead tissue or a portion of the tumour.

However, improvements in neuroimaging have helped make better distinctions between tumour types and between tumour and normal tissue.

RADIATION

After surgery, radiation therapy is used to treat any residual visible tumour on imaging and any microscopic tumour cells in the surrounding region in an attempt to prevent recurrence.

CHEMOTHERAPY

Chemotherapy is often given at the same time as radiation, and often given alone after the combination of chemotherapy and radiotherapy is completed. In children, chemotherapy may be used to delay the need for radiotherapy.

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