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STANDARD

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EDITION 29

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On the road again

STANDARD PHOTO BY BECCA MYSKIW

Remi Wale, left, and Stephanie Cyr sold everything they owned in Québec to travel Canada by horse and wagon.

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Travelling the country by horse and wagon: fulfilling a childhood dream

By Becca Myskiw

Travelling the country by horse and chuckwagon is a childhood dream come true for a Québec couple.

Remi Wale and Stephanie Cyr sold everything they had — their home, their land, their cars, their belongings — and set off on the journey of a lifetime on April 29. They saddled up two horses and set the other two up with the chuckwagon, left their family, friends, and jobs behind, and hit the road with only the bare necessities and their two dogs.

Every time Cyr was in a car with her parents when she was little, she'd look out the window and imagine herself galloping across Canada. In 2019, when she and Wale were on a trip with one of her friends, they got to talking about lifelong dreams with him, and it turned out they didn't know they shared the same one.

Soon, Cyr and Wale started doing weekend and weeklong trips with their horses.

"At one point it wasn't enough anymore," said Wale.

So, they decided to do it: travel the country by horse. The couple started practicing with their four horses, taking them out for more trips with saddles and packs. It wasn't until last



The Quebec couple set up camp in Canadians backyards as they travel the country.

November — five months before they were set to leave — that they decided they would add a chuckwagon to the adventure.

They got friends over to learn how to train the horses to pull it, they found a chuckwagon, and Cyr and Wale started training to be ready by April.

"People told us what we did in two months is what most people do in two years," said Wale.



STANDARD PHOTOS BY BECCA MYSKIW

Remi Wale and one of their four horses.

The pack horse carries about 120lbs every day. Cyr or Wale rode the other horse while leading the pack horse, and the other steered the chuckwagon.

The first-night the pair left Québec, they had it set up to stay at a friend's acreage, where their family and friends came for a send-off party. They then set off with two friends and their four horses as well. At the start, they were covering 25km a day, not knowing where they'd be sleeping each night. Their plan was always to

door knock. Show up at a place where they can set up for their horses, set up their chuckwagon to sleep, and ask if it's OK. They've received a "yes" every single time except once.

Cyr and Wale's whole journey's been done on Canada's backroads to avoid the dangerous main highways and the various rules that come with them.

Because of taking the backways, Wale said they've been seeing the true Canada. They see the tree, the

Continued on page 3

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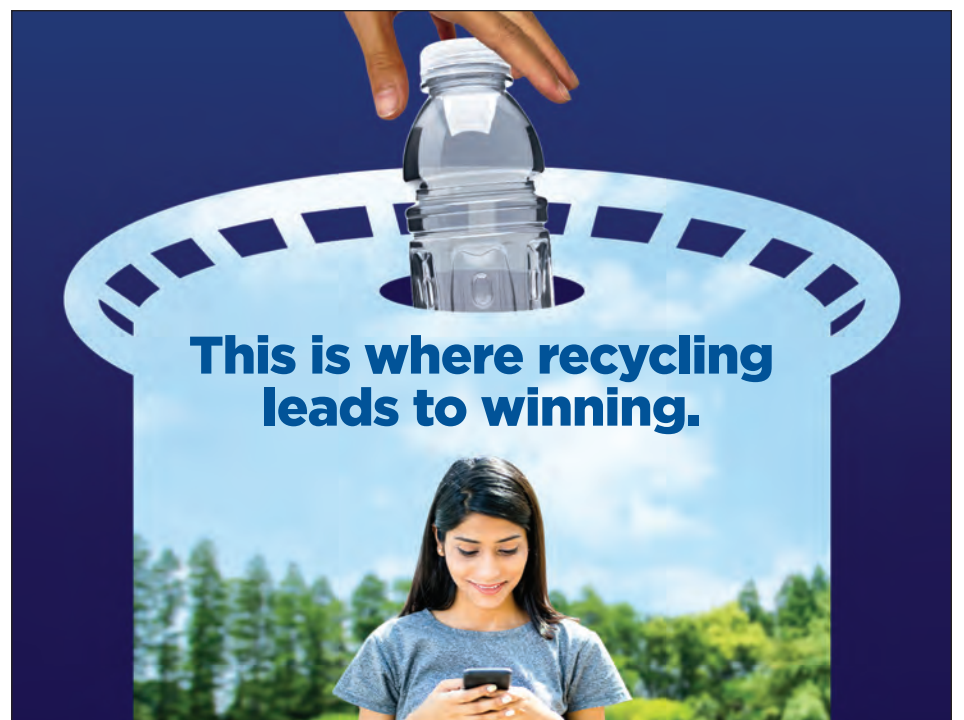
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> CHUCKWAGON TRAVELLERS, FROM PG. 2

streams, the valleys — they don't see open road for miles on end.

The one time they had to use the main highway was coming out of northern Ontario to Manitoba, where they put the horses on a trailer to transport them safely. After being in the province for only a few days, Cyr hurt her knee and was told she needed time off it.

So, their two friends kept going, and Cyr and Wale stayed behind. The Manitoban farmyard they were in had the best host, they said, who let them stay as long as they needed. The pair started up again two weeks ago, making it to Carman in time for the Carman Country Fair.

They were first at the Hart's, then the Middleton's. Though Cyr and Wale have a line to make their horses a pen, almost every yard they go to sets them up in a ready-made pasture, and Carman was no exception.

At the Middleton's, the four horses had a pasture and barn with fans. Cyr and Wale set up the chuckwagon just by the pen, in the backyard, where they stayed for two days. Trish Middleton took Cyr into Winnipeg to get things from Peavey Mart and Wale had a farrier come to see the horses.

Last Thursday, they started heading west again, going to Graysville, Roseisle, then St. Claude. The yards

they've been staying keep setting up places to stay along the way.

"It's the most beautiful thing," said Cyr. "People can be so nice and generous. I love meeting new people. Hearing how they live, their customs, their way of life."

The pair made lots of connections along the way. People have brought them fresh bread, steak dinners, bags

of meat, followed their journey by car, and so on.

The couple has no plans except move west. They've slowed down to do 10km a day. All they know is they want to be in Alberta for the winter where they can work on a farm in exchange for shelter and feed for their dogs and horses. After that, they'll continue to take life one day at a time.

"It's just slowing down life and ap-

preciating it day by day," said Cyr. "I think about someone else the whole time. I never thought about myself, first and foremost. This is for me. To think about me and to be free. There's no more stress; we're living life one day at a time."

Cyr and Wale have a Facebook group where anyone can follow along on their journey: L'Aventure d'une Vie.



STANDARD PHOTO SUBMITTED

Wale and Cyr are making their way across Canada with hopes of spending their winter in Alberta before moving on to British Columbia.

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Carman area 4-H Beef Clubs make \$200K in annual steer sale

By Becca Myskiw

While the Carman Country Fair was beginning, the local 4-H Beef Club season was ending.

On Friday, July 8, the Miami, Elm Creek, and Graysville 4-H Beef Clubs held their annual show and sale. Elm Creek club leader Trevor Carlson said the skills the club members use in showing are secondary to the ones they learn all year long.

"It's the wrap up of the year for the 4-H beef program and it's where the kids show off their projects and then sell the steers of course," he said.

Each of the three clubs competed against each other in the show as they showed off their steers and heifers. The club members received their awards Friday night, with each class having a different sponsor and win-

ner.

The beef sale was held in the afternoon at 1 p.m. and Carlson said it was record breaking.

"It was the best show we've had ever," he said. "It was close to the highest number of steers sold. The highest prices and the best support, too."

The three clubs sold a total of 44 steers that day. He said they were an excellent group of steers — as good as they've ever seen.

"The kids always do a good job bringing excellent steers and this year was no exception," said Carlson.

Jill Goff's steer went for the highest price — \$6.05/lb. The lowest steer went for \$2.45/lb, which is still .70 over market price. In total, the sale made over \$200,000.



Rene Rouire, right, presented the club's most valuable members who go over and above, mentor the younger kids, participate at various 4-H levels (club, area, provincial), is helpful, respectful and represents the club in a positive light, to: left to right: Harleigh Carlson (Elm Creek), Morgan Turner (Miami) and Nathan deRocquigny (Graysville).

Thanks for Farming Tour will be in Winkler next week

By Ashleigh Viveiros

Winkler plays host to the 2022

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Thanks for Farming Tour next week.

Organizer Jeremy Matuszewski of Thunderstruck Sales & Marketing said the Swift Current, SK stop was a big hit last week. Now they're looking forward to bringing the event home to Winkler July 27-28 for the first time since it was launched back in 2020.

"We're pumped. This will be our 14th one and we haven't ever done one in Winkler, so we're really excited," he said.

The show already has over 45 agricultural exhibitors lined up as well as

a host of guest speakers.

"Farmers that come can expect to see a pretty diverse group of speakers," said Matuszewski. "We've got speakers talking on grain marketing, on succession planning. We have Quick Dick McDick coming just to entertain. We have Chris Beaudry coming to talk mental health.

"And then exhibitors from all across Western Canada and of course Winkler," he added, noting they'll be setting up shop both inside and outside at the MEC. "There's technology there, there's grain handling, grain storage, equipment, there's new innovations. It's just a wide variety of products from around the world."

Continued on page 8

Correction

Staff

In the July 14 edition of the *Carman Dufferin Standard*, the article "Boyne Book It Fun Run donates \$5K to Kat's Kritters", we published that Kathy Gyoerick was accepting the cheque in the photo, when in actual fact it is Kat's Kritters in fundraising volunteer Karen McGill.

Also in the same edition, in the article "Berry picking still a go", the phone number has the wrong area code. It should read (306) 581-7502.

The staff at the *Standard* apologizes for the errors.

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Pritchard Memorial golf tournament raises \$96K for CancerCare Manitoba

By Becca Myskiw

The 25th annual Pritchard Memorial golf tournament raises \$96,000 for cancer research and resources in rural Manitoba.

On July 9, the memorial event celebrated a quarter of a century at the Carman Golf and Curling Club with an online auction, 18 holes of golf, and a steak dinner.

The golf tournament started in the fall of 1998 after Mike Pritchard died of cancer that year. He had been going to school in Alberta for turf grass management with the hopes of becoming a superintendent of a golf course. The same year Mike Pritchard died from cancer, two others from the school did as well, all three men passing within months of each other. That first year, and the following nine years, their school hosted a golf tournament in the three men's honour to raise funds for a scholarship. The golf tournament was held in different provinces each year, coming to Roland a few times.

After the 10 years, it became difficult for the school to keep planning the event, so the people of Roland took it over and hosted it until 2013 when it became too much for them. That's when Darren Pritchard and his brother Al brought the annual tournament to the Carman Golf Course.

Every year since then, the annual event has grown, and this year was no exception. The 24th annual tournament raised over \$60,000 and saw over 240 golfers. This year, a total of \$95,937.07 was raised and 306 golfers hit the green.

"It's pretty amazing," said Darren

Pritchard. "Many golf tournaments teeter out after three, five, seven years. But we're growing [the tournament] and making more money for cancer, which is what it's all about."

Darren Pritchard said they were going to end the tournament after 25 years, but people keep telling them not to, so they've set the date for next year: July 8.

When Mike Pritchard was in school, as an assignment, he created and took care of the nursery green on the Carman course. On July 9, a plaque made by Carman Granite was unveiled in his honour. It's one foot wide by two feet long, 160 lbs, and six inches thick. The plaque has a photo of Mike Pritchard, his name, and where he was each year of his life — in school, working, etc. Under his photo it has "Jan. 11th, 1970 – June 3rd, 1998."

The memorial plaque will be in the ground beside the nursery green forever. For the 25th annual, the organizers wanted to have 25 sports jerseys available in the auction — and they did. Mike Pritchard wore the number 25 when he played hockey and it was the 25th tournament, so Darren Pritchard said it made sense.

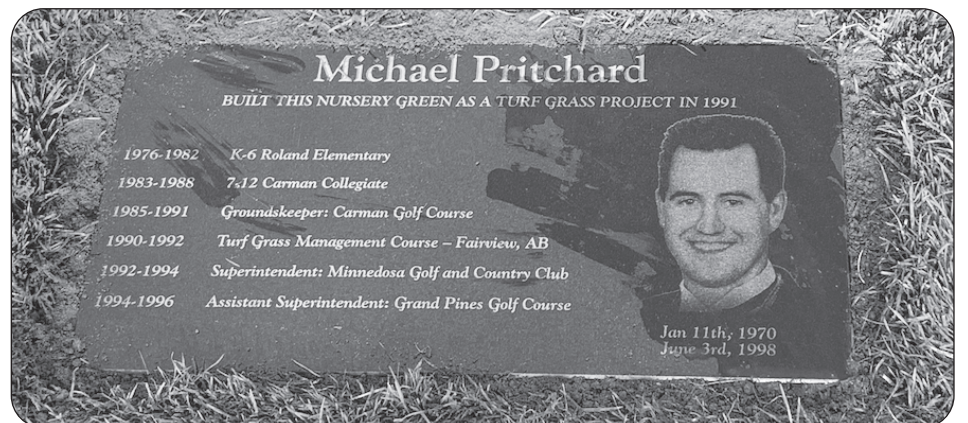
They had bids from all over the province in the auction, the jerseys being a bidder favourite. Some were new, some were worn, almost all were signed. Some sold for as high as \$2,000.

All the money raised at the Pritchard Memorial golf tournament goes to South Central Cancer Resource and CancerCare Manitoba, with those funds going to rural areas specifically.



STANDARD PHOTOS SUBMITTED

(Left to right) Darren Pritchard, Bob Pritchard, Lynda Pritchard, Allen Pritchard. Mike's brothers and parents.



The 25th annual Pritchard Memorial golf tournament raises \$96,000. This plaque was added to the nursery green at the Carman golf course Mike Pritchard's honour.

Province-wide fundraiser for Manitoba Firefighters' Burn Fund raises \$19K

By Becca Myskiw

Fas Gas stations across Manitoba were raising money for burn victims on June 30.

In support of the Manitoba Firefighters' Burn Fund, Fas Gas stations across the province spent the day raising money. For the last two to three years, the company has been supporting the initiative, dedicating one day each year to supporting the burn fund.

Several communities with a Fas Gas or Esso participated, and Carman was no exception. At the corner of Hwy 3 and Hwy 13 on June 30, the Carman Dufferin Fire Department (CDFD) supported the station, supporting them. Fire Chief Ben Vanderzwaag said they were on site for three hours pumping gas and showing their appreciation.

Other participating communities were Morden, Winkler, The Pas,

Neepawa, Thompson, and various locations in Winnipeg.

Fas Gas offers a way for people to donate on the fundraising day and they donate five cents per litre of gas sold to the Manitoba Firefighters' Burn Fund as well as all proceeds from any car wash if they have one on site.

The fund was created in March 1978 by Winnipeg firefighters. Today, it's supported by members of the fire service throughout the province.

When the Manitoba Firefighters' Burn Fund was created, they partnered with Health Sciences Centre (HSC) in Winnipeg to create the burn unit. The fund's volunteers work to fundraise for burn care, treatment, and rehabilitation for all — not just firefighters.

"Burn care is a very specialized care," said Vanderzwaag. "There's a lot of specialized care required for



STANDARD PHOTO SUBMITTED

Fas Gas and Esso stations across the province raised \$19,000 for the Manitoba Firefighter's Burn Fund.

burn victims."

The June 30 fundraiser day ended up raising \$19,000 across Manitoba for the Manitoba Firefighters' Burn

Fund. Vanderzwaag said it was an extremely successful event with lots of traffic coming through the Carman Fas Gas to support it.

The Carman-Dufferin
STANDARD



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

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at 204-461-2602
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Carman council news in brief: July 14 meeting

By Becca Myskiw

The Carman council has a new committee in charge of their social networking.

The Network and Social Media Committee started earlier in 2022. Their job was to look after the website and social media for the Town of Carman and Dufferin's rural municipality.

The new committee comes after the town and RM created a new, joint website, revamped their logos, and created a new online presence. The new website (www.carmanmanitoba.ca) has a section for the town and one for the RM, so people can find any information they need in one place easily. At the June 14 meeting, the new committee discussed slogan ideas for Carman Dufferin. A survey will be sent to office staff about a slogan in the works. The committee also talked about the new website design and accessibility, with most of the site details being done and more accessibility being added.

Each town and RM department will have their own pages on the new website — Carman Dufferin Recreation,

Carman Dufferin Economic Development, Carman Dufferin Planning District, and the Carman Dufferin Fire Department.

The committee will meet again in September.

Other council news:

Carman-Dufferin Planning District
- The committee approved the joining of the Rm of Grey and Carman-Dufferin Planning district and will rename it the Carman Dufferin Grey Planning District once joined.

Carman Dufferin Economic Development Committee

- The Manitoba Youth Job Centre Program has added an office in Carman.

- The roof replacement is almost complete on the Boyne Lodge penthouse area.

Work and Operation Committee
- LaSalle Redboine will provide some saplings for riverbank stabilization.

- The RCMP did a traffic blitz at the corner of 1st Street and 2nd Street SW to watch for people running the stop sign. With the current construction, the "concern will be eliminated

for a few weeks."

Safe Communities Carman-Dufferin
- The theme for fire prevention week 2022 (Oct. 9 to 15) is "Fire Won't Wait. Plan Your Escape."

- The town has ordered a seasonal speed bump for the area in Kings park by the tennis court and children's play area after a concern about people speeding by small children and families in the park.

Community and Social Development

- The Boyne Regional Library received a \$17,340 grant to use for the repointing of the brick work.

- The Carman Community Pathways committee plans to spend \$3,000 on gravel this summer.

- The Boyne River Keeper's recent even raised \$9,669.28, which will go towards their plans for a dock at Ryall Park.

- There was water damage at the Carman Dufferin Fire Hall on June 25 after the fill valve for the firetruck malfunctioned during a weather event and flooded the hall. S restoration company is cleaning the building.

Interest rate hikes mean Canadian families pay \$500 more a month

By Becca Myskiw

Times are tough for Canadians right now with inflation, and they're about to get tougher due to a recent interest rate hike.

The Bank of Canada raised its benchmark rate by a full percent recently from 1.5 per cent to 2.5 per cent, suddenly and drastically raising the cost of debt for Canadians.

Michelle Statz, a licensed insolvency trustee at Bromwich + Smith in Regina said while Canadians were warned about interest hikes coming, no one knew they would be this high. The reason the Bank of Canada raised the rates by a full percentage point is to slow the pace of rising inflation.

"The economy is getting back to where it was," said Statz. "People are spending again; the demand cost of goods is going up."

So, to slow the demand and people's spending and to get the cost of goods down, the bank raised interest rates. That affects any type of borrowing people may use — loans, lines of credits, mortgages.

"It means hopefully inflation comes down a bit," she said.

With the hike and inflation, Statz estimates Canadian families will need an extra \$400 to \$500 a month. So, with the increase in interest, it might prompt people to spend less.

According to Bromwich + Smith's perfect storm survey from earlier this year, "Canadian households are already awash in debt, with \$1.86 in consumer debt for every dollar of disposable income." And 84 per cent of Canadians are worried about the cost of living/inflation, and are half struggling to manage their debt.

Statz said to deal with this interest rate hike; people should be watching their spending and knowing where every penny of their money goes. People should know what they need to cover their necessities and debt payments (that have now gone up), and budget strictly.

"Don't use credit to pay bills or supplement income," she said. "Make sure your income can cover your expenses. If not, then look at where to cut expenses, and can you increase your income?"

She recommends those struggling with managing their budget talk to a professional like herself so they can avoid bankruptcy. They'll help review solutions and look at other ways to cut costs and pay bills without using credit, therefore taking away the need to pay the interest rate hikes.

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Green thumb accolades



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Carman and Dufferin Communities in Bloom's July 9th Yard of the Week recognition goes to Marlene Maykut and Brian Riach presented by CIB co-chair Susan Mooney (right) for the couple's beautifully landscaped yard on Ross Place. Marlene and Brian keep an exceptional front yard enhanced with flowers, grasses, and a lush lawn. Yard of the Week is an ongoing Year of the Garden 2022 program hosted by the local CIB group to highlight the special care so many Carman homeowners put into keeping lovely front yards. The gift basket presented contains generous donations from local businesses, plus a separate succulent-filled hanging basket comes from Aubin Nurseries Ltd. in Carman. CIB's special YOTW signage was made by local welding artist Melissa Emerson-Froebe. Two other yards will be recognized this month.

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Graysville Grand Champion/Reserve Steer:
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Miami Grand Champion/Reserve Steer:
Abbey deRocquigny/Kara deRocquigny
Most Valuable Member: Harleigh Carlson (EC),
Nathan deRocquigny (Graysville), Morgan Turner (Miami)
Overall Grand Champion/
Reserve Heifer-Brynn Stepler/Brayden Stepler
Overall Showperson: Jayci Jo Best
Overall Judge: Harleigh Carlson

THANK YOU TO EVERYONE WHO ATTENDED!



Public Notice

You're Invited

to share your views about the proposed rate changes from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has filed the 2023 General Rate Application before the Public Utilities Board (Board) for approval of Basic Autopac vehicle insurance rates and premiums effective on April 1, 2023 through March 31, 2024.

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

An electronic-based virtual public hearing on the proposed decrease will be held beginning:

Wednesday, October 19, 2022 at 9 a.m.

Please view the hearing via the PUB website link

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

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christle at 204-945-2638 or toll free 1-866-854-3698, no later than **October 1, 2022**.

For more information, visit www.pubmanitoba.ca.

Manitoba Public Utilities Board
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 Phone: 204-945-2638
 Email: publicutilities@gov.mb.ca

Carman Florists & Gift Boutique becomes Carman Floristas

By Becca Myskiw

Carman's beloved flower shop has a new look.

Move over, Carman Florists & Gift Boutique and make room for Carman Floristas. The shop revealed its name change at the Carman Country Fair parade, getting rave reviews from the community.

"It's been a long time coming," said Carman Floristas owner Carly Boklaschuk.

She bought the business in 2019, and one of the first things she did was add a gourmet coffee bar to the business. Along with selling plants and flowers of all colours and kinds, the shop now had a new edge, and it's only kept growing its drink menu.

A year and a half ago, the flower shop held a contest to get new business name suggestions. The one they chose (Carman Floristas) is a spin-off of Lori Stevenson's suggestion. After going through the gruelling process of a legal name change, Boklaschuk is happy to finally have it.

"Coffee's a big part of our business for sure that brings people in on a regular basis," she said. "We just wanted to incorporate that into our name."

So, adding florists with baristas, they got floristas, and everyone loved it. Along with the name change, the flower shop is changing their logo too. The "C" in Carman Floristas sits in a steaming coffee cup, and a



The new logo design has a "C" in Carman Floristas which sits in a steaming coffee cup, and a small bouquet of flowers adorns the end of "Floristas."

small bouquet of flowers adorns the end of "Floristas." Designed by KaleighRaeXO, the minimalist logo is in a feminine font on a cream background. Boklaschuk loves it.

"We're getting used to changing how we answer the phone," she said. "It doesn't quite feel real yet. We still have lots of stuff to do but we don't want to be wasteful so we're slowly transitioning."

In other words, people can still expect to see the old flower shop logo on coffee cups and such as Boklaschuk doesn't want to get rid of perfectly good pre-stamped sleeves. Soon, though, the outside sign will



STANDARD PHOTOS SUBMITTED

Carman Florists & Gift Boutique announced their new name Carman Floristas at the parade last week.

be different, the sleeves will be newly stamped, and boulevard signs will be added.

At Carman Floristas, people can get any drink they can think of — lattes, macchiatos, espresso, teas, lemonades, smoothies. They can also get any flower, too, or one-of-a-kind, lo-

cally made giftware.

Boklaschuk said this summer has been busier than the others with more weddings happening and more people travelling. She's seen lots of new faces walk through the flower shop door.

Central Manitoba Tourism hires new executive director

By Ashleigh Viveiros

There's a new but familiar face at the helm of Central Manitoba Tourism these days.

The agency, which represents 15 communities across southern Manitoba, welcomed Shane Neufeld as its new executive director last week.

Neufeld has spent the past year heading up the Explore Morden Winkler tourism group. It's a part-time role he'll keep on top of this new job with Central Manitoba Tourism.

"I wanted to make tourism promotion a full-time job and Explore Morden Winkler just isn't big enough yet for that, so putting these two together was a no-brainer," Neufeld said.

Both positions have a great deal of overlap, he noted, as the two agencies each seek to promote the many attractions the region has to offer to visitors and locals alike.

"With Central Manitoba Tourism, it's a lot of the same stuff I was doing for Explore Morden Winkler, just a little bit more expanded."

Central Manitoba Tourism board chair June Letkeman said Neufeld's work in the Morden-Winkler area made him a top choice when they were on the hunt for a new leader for the regional organization.

"We just thought this would be a good fit and we're thrilled to have him," she said.

There were some initial concerns raised by a few board members as to whether there would be a conflict between his two jobs—one focusing on a smaller area, the other on the region as a whole—but Letkeman said they're now confident that won't be a problem.

"He assured us that he can work for both of us and I really trust that he will," she said. "I think it's great because he has worked with Travel Manitoba already and he's already familiar with all the summer student programs available, because we have a student working with us too. He re-



STANDARD PHOTO SUPPLIED

Shane Neufeld started in his new role as executive director of Central Manitoba Tourism last week.

Continued on page 13

> THANKS FOR FARMING TOUR WINKLER, FROM PG. 4

The schedule is the same for both days of the event, which run from 8 a.m. to 5 p.m.

On the Wednesday, though, the Thanks or Farming team is partnering with the Central Station Community Centre to host a seafood boil at the fa-

cility as a fundraiser for its community programs. The evening includes a seafood meal of lobster, crab, shrimp and more alongside music from Jess Rae Ayre. There were still about 40 of the \$150 tickets left as of Monday. Call 204-325-0257 to book yours.

"We're really excited to provide that space for them," said Matuszewski, stressing that being able to give back at every community it visits is a major part of the tour's goal. To that end, all admission fees to the Winkler event will be donated to Central Station.

"That's part of our vision. We want to say thank you to farmers and we

want to support the communities that support the farmers ... so it's very important for us to support an organization like Central Station that does so much for Winkler and the surrounding area." Tickets are \$10 and are available online, along with a detailed event schedule, at thanksforfarming-tour.com.

WELCOME TO THE 2022 SUNFLOWER FESTIVAL



THURSDAY JULY 21

7:30pm Thursday Night in Neubergthal (Silas Presley and band performing)

FRIDAY JULY 22

9:00am 55+ Men's Slo-Pitch Softball Tournament (Altona Park)

11:30 – 1:30pm BBQ Kickoff Lunch Suggested Donation \$5 for lunch Sponsored by COOP, proceeds to The Kiddie Sunshine Centre located at the park, shelter #1.

11:00 – 5:00pm Gallery in the Park features artwork throughout the weekend. Featuring Lorraine Roy and Buffalo Creek Artists (Ken Loewen, Steve Penner, Bev Friesen, Marguerite Krahn, and Barb Wiebe)

2pm Queen Contestant Speeches (Indoors at the Millennium Exhibition Centre)

4:00 – 8:00pm Mennonite Foods at the Rhineland Pioneer Centre

5:00 – 8:00pm Bounce-a-rama Inflatables sponsored by Pembina Valley Pharmacy (Altona Park)

5:00 – 10:00pm Food trucks open

6:00 – 7:00pm Altona Fire Department – Family Fun! (located at Parkside Jr. High School – South of the park)

4:00 – 9:00pm Gifted the Market Located in the Arena at the Millennium Exhibition Centre

5:00 – 10:00pm Axe Throwing

8:00pm Introduction of the 2022 Manitoba Sunflower Festival Queen Contestants

Opening Ceremonies (located at Park Stage)

8:00pm Altona Farm Service Friday Night Stage show by "Piano Kings" Billy Joel and Elton John tribute (located at Park Stage)

Continued on Next Page

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WELCOME TO THE 2022 SUNFLOWER FESTIVAL

SATURDAY JULY 23

- 7:30 – 9:30am** Pancake Breakfast by donation sponsored by Access Credit Union (All Proceeds going to Kiddie Sunshine Expansion Project) (located at the Access Credit Union parking lot)
- 10:00am** Gigantic Commercial parade (Downtown)
- 11:00 – 7:00pm** Mennonite Foods at the Rhineland Pioneer Centre
- 11:00 – 3:00pm** Altona Farmers' Market (located at 10th Ave at the park)
- 11:00 – 8:00pm** Bounce-a-rama Inflatables sponsored by Pembina Valley Pharmacy (Altona Park)
- 11:00 – 8:00pm** Cole and Mace Law Office Petting Zoo by Riklyn Farms
- 11:30 – 12:30pm** Free Yoga, outdoors at the Gallery in the Park (Bring a mat) *WEATHER DEPENDENT*
- 12:00 – Dusk** Food Trucks Open
- 12:00 – 8:00** Gifted the Market (Located in the Arena at the Millennium Exhibition Centre)
- 2pm** Queen Pageant Fashion Show (Park Stage)
- 2:00 – 4:00pm** Free Face Painting (located by the Inflatables)
- 3:00 – 10:00pm** Axe Throwing
- 3pm** Buffalo Creek Mills Children's Entertainment by Teakle Family Circus (Park Stage)

- 1:00 & 4:00pm** Xtreme Dog Show brought to you by Ruff Mutts (Greenspace west of the Tennis Courts)
- 1pm** Altona Rhineland Emergency Services Fire Truck Pull (10th Ave Across from park)
- 7:30pm** Stage Show in the Park with entertainment by Don Amero & Manitoba Sunflower Festival Queen Pageant fashion show
- 10:00pm** Crowning of the 2022 Manitoba Sunflower Festival Queen
- 10:30pm** Fireworks (located behind the Millennium Exhibition Centre)
- 8 pm – 1 am** Elk's Dance (Rhineland Pioneer Centre)

Continued on Next Page



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WELCOME TO THE 2022 SUNFLOWER FESTIVAL

SUNDAY JULY 24

- 10:30am** Community Worship Service (Altona Park Stage)
- 12:00pm** Legends Car Club's 41st Annual Show in the Park
- 12:00pm** Bounce-a-rama Inflatables sponsored by Pembina Valley Pharmacy (Altona Park)
- 12:00pm** Cole and Mace Law Office Petting Zoo by Riklyn Farms (Altona Park)

- 12:00pm - dusk** Food Trucks open
- 1:30 - 8:00pm** Free Swimming (Altona Aquatic Centre)
- 1:30, 2:30 & 4:00pm** Extreme Motocross
- 1:00 - 4:00pm** Bubble Soccer and Gladiator Jousting (Greenspace west of the Tennis Courts)
- 1:00 - 4:00pm** Mobile Climbing Wall by Vertical Adventures
- 1:00 - 6:00pm** Sunday afternoon Music in the Park on the Park Stage

Continued on Next Page

Join us in Altona this weekend for the Manitoba Sunflower Festival
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WELCOME TO THE 2022 SUNFLOWER FESTIVAL

SUNDAY JULY 24

- 3:00pm** Free Faspa – Watermelon and Rollkuchen served to you by Town of Altona & Municipality of Rhineland
- 4:30pm** Legends Car Club trophy presentation
- 6:00 – 10:00pm** Old Time Dance (Pioneer Centre)



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SUNFLOWER FESTIVAL**



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WORK & WESTERN WEARHOUSE

Firefighters battle early morning blaze in Miami

By Becca Myskiw

Just over a week before it was slated to open, the Miami Active Living Centre was on fire.

At 5 a.m. last Tuesday morning, a community resident noticed on their way to work, flames engulfing the roof of the town's newest building.

Rural municipality (RM) of Thompson Reeve Brian Callum, got a text early on July 12 telling him the beloved building was on fire.

"It was devastating news," he said. "I just got a text about 7 a.m. and came to town immediately. Your heart just kind of sinks. It's very disappointing because we're very close to being done and having people in it."

The fire departments of Roland and Miami were on the scene quickly to battle the blaze and remained on sight for hours. They ended up getting the blaze extinguished but not before the damage was already made.

Both sides of the Miami Active Living Centre roof have extensive damage, with water and smoke damage now inside due to the crews fighting the fire.

"It remains to be seen how much can be salvaged," said Callum.

The active living centre was plan-

ning a grand opening for July 22, where community representatives were set to talk, and community members would be able to walk through the multi-million-dollar facility. However, because of Tuesday's fire, that opening has been put on hold, and Callum doesn't know when it will be postponed too.

The cause of the fire is still unknown, but is under investigation. Once it's determined what happened, Callum said they'll get experts down to see what can be saved and reused, then construction on the building will partially start over and resume.

Miami community members took to Facebook to express their sadness over the devastating fire. On Miami Fire and Rescue's post, someone commented a crying face. On the Miami active Living Centre's post, people reacted with sad faces, commenting, "This is so sad for our community." and "So very sad; I am hoping repairs can be done to what was going to be an amazing building."

"It's a major blow to the whole community," said Callum. "It really hurt and the whole community is feeling. All we can do now is be positive and move on."



Fire broke out at the Miami Active Living Centre shortly before 5 a.m. last Tuesday.



STANDARD PHOTOS SUBMITTED

Miami and Roland fire departments battled the early morning blaze causing substantial damage to the roof.

> CENTRAL MB TOURISM NEW DIRECTOR, FROM PG. 8

ally knows what he's doing with all this and he's very good at promoting our area."

The past few years have been challenging ones for anyone involved with tourism, and Central Manitoba Tourism is eager to move forward to better days.

"Hopefully now we've got things back on track and we're going to try our very best to do the best we can to promote our region," Letkeman said. "Because now with the high cost of fuel, people are going to be staying in our province and looking for things to do closer to home. And there's lots to do in our area. We have such a wonderful area."

A big part of Neufeld's job is getting the word out about what all there is to do in Central Manitoba.

To that end, the much-delayed regional summer travel guide is slated to be released this month. Neufeld said he'll also be working hard to promote the many upcoming community festivals and other summer events and attractions.

"It's been obviously quite hard for everyone over the last couple of years," he noted. "I believe drawing

people to our communities now is just as important as it was before the pandemic, if not more."

In September, the agency will present its 2022 tourism awards, which seek to recognize top local events, volunteers, marketing efforts, and other related categories. Nominations for the awards are due by July 30. Details are available at centralmbtourism.ca.

There's no other region quite like Central Manitoba, Neufeld observed.

"Where else can you go where you can see for absolutely miles but then also travel a few kilometres down the road and there be hills and valleys? It's just a beautiful place to see and more people definitely need to check it out."

Blaine Pedersen
MLA for Midland

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Please share your story ideas with **Dennis Young** at denjohnnyoung@gmail.com or **Lana Meier** at news@carmanstandard.ca or call 204-467-5836.

The Carman-Dufferin
STANDARD

Carman Garden Tour shows off town's colours

By Becca Myskiw

Some of Carman's most colourful gardens were on display last weekend for all to see.

The annual Carman Garden Tour was on July 16, bringing people from all over to check out what locals are growing.

The day started at 10 a.m. at the Dufferin Historical Museum. Various local vendors were set up selling handmade goods to people when they came to get their tickets and a program before setting off to tour Carman's best and brightest gardens.

Guests could also buy tickets before the event and could also pre-pay and pre-order a meal for the day from Crazy Lady's Cafeteria.

Map in hand, garden enthusiasts went around the area under the scorching sun to see seven blooming gardens. Two were outside of town, the other five in and around Carman's streets.

Darlene Beer was just one of the seven people presenting her garden on tour. She moved to town two years ago and had no soil to garden in when she did. So, not wanting to turn her entire rock plot into a garden, she made a few raised beds, and planted the rest of her plants in recycling bins people had given her.

"It's the smallest garden I've ever had," said Beer. "I had to pack a lot into a little space."

And she did. Beer starts all her plants from seed and grows them in a three-tier growing unit. She starts most things in the beginning of April, depending on the weather and the



A decorative pot in Darlene Pritchard's garden.

type of plant. This year, because of the late winter and wet spring, she had to start many plants later than she'd have liked.

"I'm so happy with the way everything turned out even though it was late for some things," she said.

Beer's garden has the tastiest vegetables of every kind, including her cherished tomatoes. She mostly grows annual flowers, each a different pop of colour to her backyard.

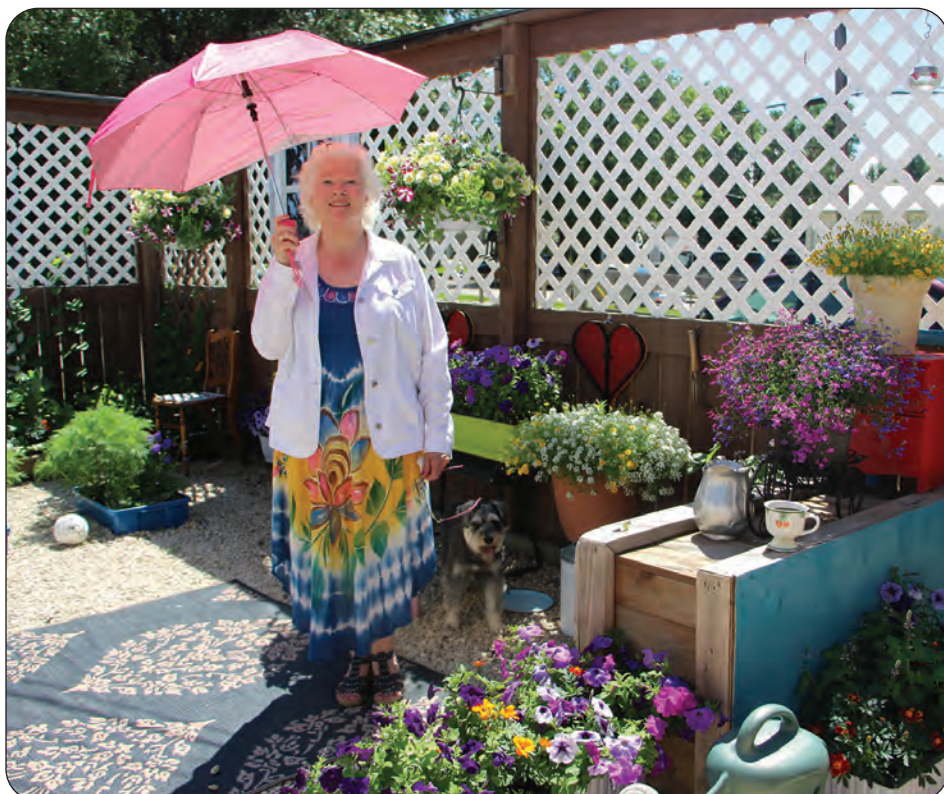
The tour ran from 10 a.m. to 3 p.m. when the vendors at Kings Park packed up.

All funds raised from the tour come from ticket sales and donations. That money gets funnelled back into the Carman Garden Club where they use it to support the junior gardeners and other community outreach programs.



STANDARD PHOTOS BY DENNIS YOUNG

Ray Pritchard, above, and Darlene Pritchard, below, were excited to show off their yard to those taking in this year's Carman Garden Tour.



Darlene Beer was one of the seven stops on this year's garden tour.



Mr. and Mrs. Fred De Witt welcomed guests to their home to tour their yard.

'Bottles of Manitoba' on display now in Darlingford

By Lorne Stelmach

A temporary exhibit on throughout the summer at the Darlingford School Heritage Museum showcases history through the lens of a simple yet diverse product.

Bottles of Manitoba is a privately owned collection, and the display offers a glimpse of the many Manitoba companies that manufactured glass bottles and jars. There is a wide array of bottles from businesses ranging from national breweries to small-town druggists.

"I think the draw is a combination of things," said Patrick Thiessen, who organized the exhibit. "I think it is the colours, the different shades of aqua, the clear ones ... and the purple is actually not supposed to happen. They're made to be clear, but UV exposure over time turns them purple. There's such a variety of colours and shapes and sizes ... and there was a bit of a progression over time from the aqua coloured bottles to the clear sort of as technology advanced.

"I think the interest in some of the stuff is even that there's things that you can still buy, like we have the Lee and Perrins worcester bottle."

The collection of bottles was loaned to the museum after an opportunity for their display presented itself as a result of cabinets having been built for a new exhibit that is only coming next year.

"So it just kind of worked out," said Thiessen. "We had the space, so it was

a great opportunity."

The vast array of bottles includes those from a century ago when patent medicines were peddled to cure whatever ails you.

"A lot of them contained ingredients like alcohol, cocaine, morphine, opium or things like that," said Thiessen.

He especially liked Dr. Agnew's Cure for the Heart from about 1906, which claimed to relieve one of the classic heart attack symptoms in just 30 minutes.

"They would make whatever might make you feel good—whether or not it cured you was beside the point."

There are samples of bottles from two glass manufacturers that existed in Beausejour and Winnipeg in the early 20th century. There are also medicine bottles that also date to similar time period as well as others for various household items ranging from cleaners and varnishes to perfumes and toiletries.

"At that time, everything was in glass and in bottles," said Thiessen, who also pointed to bottles used for food items including sauces, vinegars, and extracts. "There were druggists who would get their own bottles made with their business name on it, and hopefully they would be returned so they could be reused."

There are a range of other names which history buffs might recognize such as White Seal beer, Northwest Aerated Waters, Fort Garry Brewery and Golden Key soda.



STANDARD PHOTOS BY LORNE STELMACH

Above, Patrick Thiessen of the Darlingford School Heritage Museum with the Bottles of Manitoba on display there until fall. The show features dozens of jars made by a wide variety of companies in Manitoba stretching back over 100 years.



"Blackwoods was a big bottler, earlier in Manitoba's history," Thiessen said. "We have the different styles of bottles that they used, different things that they made; they made sauces and vinegar as well as beer, stouts and ales and soda. That was a pretty big company in Winnipeg for a long time."

Thiessen not only appreciates the diversity and versatility of the glass bottles but also appreciates their benefits compared to plastic and the toll that takes on our world today.

"Glass can remain usable ... some of these soda bottles from 1900, you could fill them up and cap them and it would work. There's nothing wrong with them once they've been cleaned out."

The exhibit will remain in place through to September. The museum is open Saturday and Sunday from 1 to 5 p.m., or you can send them a message via its Facebook page for weekday tours (which are dependant on volunteer availability).

Refreshment stop



STANDARD PHOTO BY DENNIS YOUNG

Eight year old Charlotte Prins, left, Lea Kohler, 8, middle, and Anne Prins, 10, were in charge of keeping Carman Garden Tour guests rehydrated with a cool class of lemonade in the 28 degrees C. temperatures last Saturday.

Flashback...Park's Hatchery



STANDARD PHOTO SUBMITTED

Mel Park spent a year from 1928-1929 living in California with his uncle, and while there, he visited a large hatchery. He became interested in the hatchery business and in 1932 he opened the Park Carman Hatchery.

He bred and raised White Leghorn hens with hatching dates every Monday and Thursday with a 100 per cent guaranteed arrival starting early in March until late June. In 1935 he hatched 48,887 chicks. Over the years, he grew the business on had depots in Morden and Portage but shut down all production in 1959.

Mel and his wife Mary's poultry yard was located one block west of the hatchery (now the Watson residence in 1st Ave NW) where Legion Lodge, Evergreen Lodge and the Parkview Manor are located today. The poultry range was on the 45 lot Park Subdivision west of Highway 13 and east of the Friends Community Church.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Manitoba roster announced for Women's National baseball championships

Submitted by Patti Hacault

If you want to experience grit you are going to need to view women's baseball where players have put on their big girls' pants and have shown that the real-deal, hardcore, grit-making training really is the good stuff and the only way to the next-level. So, being tough, understanding that the coaches are directing them, supporting them, and believing in them results in great things.

Coaches Jeremy Culleton and Marc Bissonnette have released the names of the girls who will be competing in the 2022 Women's Invitational Cham-

pionship in Stonewall from July 21-24.

The team is comprised with young ladies encompassing the entire province of Manitoba with many of the players' home bases are from rural boys' teams. Members are Jewel Thompson (MacGregor), Emily Foster (Somerset), Mercedes Gorham (Steinbach), Kennedy Toews (Steinbach), Michalya Peacock (Somerset), Darbi Poole (McAuley), Raven Carrière (La Broquerie), Amber Baker (Strathclair), Horizon Senff (Winnipeg), Sarah Moir (Winnipeg), Caitlin Culleton (Vassar), Jamie Johnston (Arborg), Brittany Langlais (Gar-

son), Katie Heppner (Winkler), Zoe Hinks (Boissevain), Avery Pickering (St. Adolphe), Liberty Aime (Clandeboye), and Leah Peitsch (Winnipeg).

"I am happy to be back on a diamond. After COVID, this is a celebration as much as a competition," said Jeremy Culleton, coach.

"I'm looking forward to a great championship with a group of amazing women," emphasized Bissionnette.

"Our group of players and coaches are excited to be playing in our home province, with family and friends. It will be our first time playing Senior

Women's baseball with our group from U16 nine years ago. The love of baseball playing against players that also love the game, makes it a great game. Can't wait for the tournament to start," concluded Joanne Johnston, Manager of Team Toba.

express photo by daryl gersham

Arborg's Jamie Johnson will be one of several pitchers supporting the defence for Team Manitoba at the Women's National Baseball Championships in Stonewall this weekend.

Bisons, Orioles to meet in first round of playoffs

By Ty Dilello

After a long and gruelling 20+ game regular season over the past two months, the Altona Bisons and Pembina Valley Orioles will be meeting up in the first round of the MJBL playoffs.

Altona finished third in the regular season standings with a 13-9 record, while Pembina Valley finished sixth with a 9-15 record. The long-time ri-

vals met four times over the course of the season, with Altona winning on three occasions.

"They'll be tough," said Bisons manager Curt Letkeman of the Orioles. "They're a good hitting team, and we'll be thin on pitching as Ethan Giesbrecht, Dillan Thiessen and Connor Cory all pitched at provincials this past weekend. Connor Cory may be available for a bit, but we're some-

what handicapped going into the playoffs. What else is new?"

"It will definitely be a hard-fought series," noted Orioles manager Jim Odlum. "It'll come down to pitching and who can play a complete game. But it's going to be a fun, competitive series. It always is against Altona."

The best-of-three series began Tuesday night in Altona. Game two is in Morden Wednesday night. Game

three, if needed, is back in Altona Thursday. Other MJBL quarterfinal matchups are Elmwood Giants versus Interlake Blue Jays, St. James A's versus Winnipeg South, and St. Boniface Legionnaires versus Carillon Sultans.

The winners from the quarterfinals will play a best-of-three semifinal, with the winners there advancing to a best-of-five MJBL championship final series.

Sharpshooters right on target

By Jennifer McFee

Young competitors gave it their best shot at in a provincial-level trapshooting competition last weekend.

On Sunday, July 10, a total of 34 competitors squared off at the Manitoba Junior Shotgun Provincials at the Winnipeg Trap and Skeet Club.

The 18-and-under competition brought participation from clubs in Winnipeg, Lundar, Pembina Triangle, Brandon and Portage la Prairie.

Kevin Brown of the Pembina Triangle Club notes that Nic Neufeld from the RM of Stanley was the overall winner, shooting a 92 to beat out the competition.

"Last year, Nic shot an 88, one target back from the winning score," Brown said.

"Karissa Giesbrecht of Roland also came home with the ladies' novice trophy, with her sister Cassandra taking second place in that class. Conner McCullough of Carman rounded out the Pembina Triangle Trap Club

team."

Lorne Ross chairs the Manitoba Junior Shotgun Association and runs the junior program at the Winnipeg Trap and Skeet Club, which includes members from the Stonewall, Teulon and Balmoral areas.

"In the competition, you shoot four rounds of 25 targets, so that's 100 shots — 50 in the morning and 50 in the afternoon and you shoot them in groups of 25," explained Ross, who lives north of Stonewall.

"Logan Halldorson, a 10-year-old boy from Lundar, shot a 24 out of 25 in one round. He was first place in the 13 and under novice category. That was a good highlight."

In addition, Ross notes that Mackenzie Riechart of Brandon also earned impressive results.

"She won the trophy for going the most consecutively from the start without a miss," he said. "She went 20 without missing. It's a sport where girls can compete equally with boys."



STANDARD PHOTO SUBMITTED

The Pembina Triangle team included Nic Neufeld, Karissa Giesbrecht, Cassandra Giesbrecht and Connor McCullough.

Other sharpshooters include Magnus Pallson from Balmoral, who ranked first in the 15 and under novice category, and Russell Watts from Balmoral, who earned first place in the 18 and under open. The championship team from Lundar Gun Club was made up of Logan Halldorson, Zach Halldorson and Matty Law.

For all competitors, Ross can see the benefits of participating.

"I find that when you allow a kid to do something like this, it helps with their maturity and learning responsibility because they are handling loaded firearms," he said.

The Pembina Triangle, Winnipeg and Lundar clubs run junior programs every May and June. All three clubs welcome everyone to come and try shooting clay targets during months of May to October.

Classifieds

The Carman-Dufferin
STANDARD

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

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Large 2 bdrm. apt. in Carman. Includes A/C, in-suite laundry, plenty of storage, 1 parking spot. Non smoking, freshly painted. Available Aug. 1st. Call 204-745-7571 for viewing.

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Want to learn to fly? Recreational Pilot Program is the best way to get started, must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger; can easily add float rating to permit. Lakeside Flight Academy 204-642-4799.

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Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228 www.firstandsecondmortgages.ca

NOTICES

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

NOTICES

NEED STAFF? Advertise NOW in the 32 Weekly Manitoba Community Newspapers to get your messaging out and be seen all over the Manitoba! Hiring? Selling some land? Looking for something? Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net

The Carman-Dufferin
STANDARD
Call 467-5836



**RURAL MUNICIPALITY OF DUFFERIN
NOTICE OF REGISTRATION
OF PROSPECTIVE CANDIDATE
FOR GENERAL MUNICIPAL ELECTION**

Please be advised that a general municipal election will be held on October 26, 2022.

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

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

For the office of reeve(head of council): Between May 1, 2022 and September 20, 2022

For the office of councillor: Between June 30, 2022 and September 20, 2022

at the Rural Municipality of Dufferin office, 12-2nd Avenue S.W. Carman, Manitoba during the regular hours of business, Monday to Friday 8:30 a.m. to 4:30 p.m.

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

Dated at Carman, Manitoba on April 28th, 2022.

Sharla Murray, CMMA
Senior Election Official

FOR RENT

2 bedroom suites available Aug. 1 and Oct 1., appliances and air conditioning included. Balcony, shared laundry, mail delivery, secure locked entrance, non smoking. Upgraded flooring and paint. For more information or viewing email at carmanapts@gmail.com or call 204-751-0039

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Hwy #1, MacGregor, MB

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www.kaldecktrailers.com

OPEN HOUSE

Wednesday, July 20

129 Bishop Bay,
5 to 7 PM

Thursday, July 21

164 4th Ave (Hwy 3). SE.
5 to 7 PM



Trishmiddleton@remax.net
Phone 204-745-8248



**TOWN OF CARMAN
Used Oil & Antifreeze
ECO CENTRE &
TRANSFER STATION HOURS**

**Monday, Wednesday, Friday –
1:00 p.m. to 4:00 p.m.
Tuesday & Thursday - CLOSED
Saturday -
11:00 a.m. to 4:00 p.m.**

FARMLAND FOR SALE

230.2 Acres of cultivated land for sale
12 miles north of HWY JCT 2 & 13 on the west side
SE 25-10-5 W 77.07 acres
NE 24-10-5 W 153.13 acres
Currently rented out for the 2022 growing season
List Price \$1,335,160.00
Offers will be presented on July 28th and will need a \$10,000 deposit
Possession Date - December 1, 2022
MLS# 202215931
Contact Listing Agent Karla Last at 750-0440 for more details



**PUBLIC NOTICE
Town of Carman
Mosquito Fogging Schedule**

Ground fogging of the entire Town of Carman plus a 3 km buffer zone, for the control of mosquitoes with Malathion ULV will commence

**THURSDAY evenings at 10:00 pm until
FRIDAY morning ending at 6:00 am.**

Fogging will be suspended on any scheduled day if:

1. Temperature is below 13° Celsius
2. Rain
3. Wind speeds are too high and not conducive for effective adult mosquito control
4. Statutory Holiday

NOTE CHANGE OF POLICY: Should fogging be cancelled or suspended on any scheduled day it will commence the next acceptable night.

Fogging will commence when daily landing counts exceed an average of one landing per minute over a ten minute period.

Buffer zones will be recognized during fogging unless a Province of Manitoba Health Order has been issued.

Please call the Town of Carman (204-745-2443) for further information.



TENDER
Tenders are now being accepted for

**1,000 ROUND BALES OF GOOD
QUALITY UPLAND HAY AND
800 ROUND BALES OF STRAW**

*Smaller amounts considered
Please quote price per tonne delivered to Ashern Auction Mart with a brief description of the hay. Please quote price per Large Straw Bales Delivered. Also state what the bales are tied with.*

Lowest or any tender not necessarily accepted.

Deadline for tender: July 30, 2022

For more info call:
Kirk @ 204-768-0019 (cell)
or send quote to:

Interlake Cattleman's Co-op Assoc. Ltd.
(Hay Tender)
Box 599, Ashern, MB. R0C 0E0
Fax: 204-768-3690
Email: icca@mymts.net
Lic. 1128

**FIND THE RIGHT PERSON FOR
THE POSITION with an
EMPLOYMENT/CAREERS AD in**



Call: 204-467-5836

IN MEMORIAM



Ann T. Wiebe
 May 10, 1933 - July 22, 2009
 Mom your life was love and labour
 Love for your family true
 Mom you did the best for all of us
 We will always remember you
 Miss you mom
 -Love Shirley, Linda, Doreen

IN MEMORIAM

In loving memory of
P. Doreen Cox
 (nee Lucking)
 February 8, 1944 - July 26, 2020
 It's been two years
 since you were given to the angels above!
 We miss you as much today
 as we did on that day.



If Marsh Marigolds grow in heaven,
 Lord, then pick a bunch for us;
 Place them in our Mother's arms,
 And tell her they're from us.
 Tell her that we love and miss her,
 And when she turns to smile;
 Place a kiss upon her cheek,
 And hold her for a while.
 Because remembering her is easy,
 We do it every day.
 -Love Clayton, her four children

Announcements Classifieds

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12 Patterson Dr.
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Online Timed Auctions
 @ iCollector.com

Estate & Moving Auction
 Closes Wed July 27th @ 7:00PM
 Featuring Guns & Ammo

Estate & Moving Auction
 Closes Wed August 3rd @ 7:00PM

Consignments Welcome!

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(204) 886-7027

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Contact this newspaper NOW or MCNA at **204.947.1691** or email **classified@mcna.com**

www.mcna.com



ASPEN WINDS/VENTS DE TREMBLE is currently looking for **Direct Support Professionals** to work full time and part time at our Residence in Notre Dame de Lourdes.

In our residential program, the successful candidate will support individuals in their home and assist in providing an environment in which residents can become valued members of the community through integration. A variety of schedules are available. Please indicate your availability and/or scheduling restrictions when applying. We offer competitive wages, shift premiums, pension* and benefits* and a flexible, fun work environment. Opportunities for advancement and additional training is available.

The successful applicant must:

- Have a genuine interest in supporting people with intellectual disabilities;
- Be 18 years of age or older;
- Have a minimum Canadian grade 10 education or equivalent;
- Be willing to take First Aid training and Non-Violent Crisis Intervention training;
- Complete a Criminal Record Check and an Adult Abuse Registry Check;
- Be motivated and willing to work as a team, and able to work independently;
- Be available to work flexible hours including the occasional statutory holiday, weekends, and evenings.
- Valid Manitoba Driver's License considered an asset.

Please contact Michaela Knibbs or Katelyn Wise at (204) 248-2154 with any questions. Resumes can be submitted directly at the Day Program or by email to michaela@aspenswinds.ca or katelyn@aspenswinds.ca.

Remember Your Loved Ones
 with an Announcement in the

Call 467-5836

The Carman-Dufferin **STANDARD**

PUBLIC NOTICE

PROPOSED BELL MOBILITY RADIOCOMMUNICATIONS FACILITY TELECOMMUNICATION TOWER

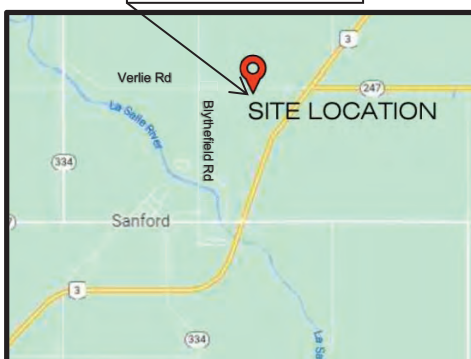
Bell MTS is committed to providing Canadian communities high speed wireless voice and data service. To improve service, Bell MTS is proposing to construct a 65 metre Self Support tower with ancillary radio equipment including an equipment shelter approximately of 3m x 3m at the base of the tower with a perimeter fence restricting public access. As part of the public consultation process as required by Innovation, Science and Economic Development (formerly Industry Canada), Bell MTS' regulator under the Radiocommunications Act, Bell is inviting the public to comment on the proposed tower location before August 23rd, 2022 date in compliance with ISED's telecommunications policy. This tower is fully compliant with ISED guidelines, as found under the CPC.

TOWER LOCATION: Approximately 650m West of the intersection of Hwy 3 and Hwy 247

COORDINATES: 49.694190, -97.426280

LEGAL: The Ely 1980 feet of the NW 1/4 of Section 29-8-1 EPM Exc Firstly: Right of Way of Canadian National RLY, Plan 658 WLTO Secondly: All that portion described as follows: Commencing at the intersection of the Northern limit of said NW 1/4, with the Eastern limit thereof;thence Sly, along said Eastern limit 1000 feet thence Wly, at right angles to said Eastern limit, 274.75 feet thence Nly, at right angles to the last described course, 208.75 feet thence Ely, at right angles to the last described course, 208.75 feet thence Nly, at right angles to the last described course, to said Northern limit, thence Ely, along said Northern limit, to the point of commencement; Thirdly: All that portion which lies to the se of the most NWly limit of Road, Plan 7837 WLTO Fourthly: Plan 40340 WLTO and Fifthly: Works Plan 68616 WLTO

Location of Telecommunication Tower



ANY PERSON MAY comment by close of business day on August 23rd, with respect to this matter.

BELL MTS CONTACT:

Marshall Rasmussen
 Medallion Wireless
 Consultants for Bell MTS
 2417 Main Street
 West Kelowna, BC, V4T 2H8
 Fax: 604-469-6838
 Email:feedback@Medallionwireless.com

UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter:

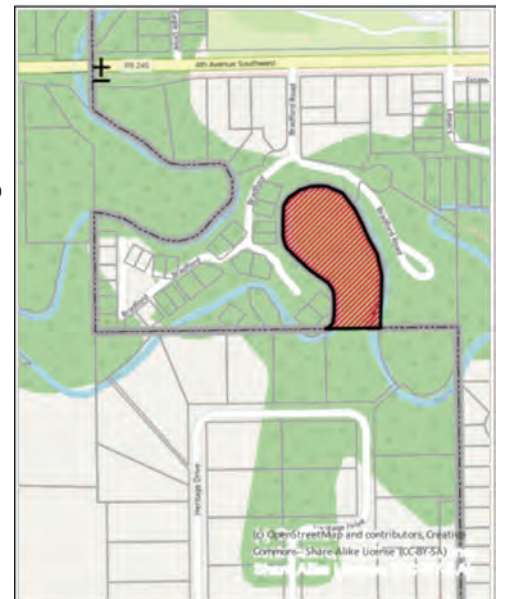
CARMAN-DUFFERIN BY-LAW NO. 16-2022 BEING AN AMENDMENT TO THE CARMAN- DUFFERIN PLANNING DISTRICT DEVELOPMENT PLAN BY-LAW NO. 3-2014, as amended.

HEARING LOCATION: Memorial Hall, 12 2nd Ave SW, Carman MB, Council Chambers
DATE & TIME: August 9, 2022 at 8:00 a.m.
GENERAL Intent: To re-designate the portions of land highlighted red on the attached map
FROM: Rural Residential Policy Area
TO: Residential Policy Area
AREA: Lot 11, Plan 1000 NE¼ 24-6-5W

FOR INFORMATION CONTACT:

Kim MacLellan,
 Coordinator of Planning Service
 Carman-Dufferin Planning District
 Box 160, Carman, MB RoG ojo Phone (204) 745-2443
 Email: planning@townofcarman.com

A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken therefrom, upon request.



get inspired

> MEAL IDEAS



Layered Mediterranean Hummus Salad

Recipe courtesy of chef George Duran
 Servings: 4-6
 2 containers (10 ounces each) Fresh Cravings Hummus, any flavor
 1 cup sliced cucumbers
 1/2 cup Kalamata olives, seeded and roughly chopped
 1/2 cup canned garbanzo beans, drained
 1/4 cup crumbled feta cheese
 3/4 cup cherry tomatoes, quartered
 1/4 red onion, finely chopped
 2 tablespoons finely chopped fresh

parsley
 1/2 lemon, juice only
 extra-virgin olive oil
 zaatar, for sprinkling (optional)
 pita bread or tortilla chips
 On bottom of large, flat serving dish or platter, use spoon to evenly spread hummus.
 Layer cucumbers, olives, garbanzo beans, feta cheese, cherry tomatoes, red onion and parsley throughout hummus. Squeeze lemon juice over top.
 Drizzle with olive oil and sprinkle with Zaatar, if desired. Serve immediately with pita bread or tortilla chips.



Enchilada Lasagna

1 cup shredded cheddar cheese
 Preheat oven to 350 F.

In large skillet over medium-high heat, add olive oil. Add onions and cook until soft and translucent, 4-5 minutes.

Add shredded chicken and stir in taco seasoning. Add chicken broth and bring to simmer, about 5 minutes.

Add cream cheese, Tex-Mex cheese, salsa and cilantro. Stir until cream cheese is melted and simmer 3-4 minutes until slightly thickened.

Spray square baking dish with nonstick cooking spray. Place two tortillas in bottom of pan, folding over or trimming sides of tortillas to fit.

Spoon half chicken mixture over tortillas. Repeat then place remaining tortillas over top. Mix crushed tortilla chips with cheddar cheese and sprinkle over top. Bake 30 minutes, or until lasagna is bubbling and lightly browned.

Let stand 10 minutes then top with additional salsa before serving.

Recipe courtesy of chef George Duran
 Servings: 4-6
 2 tablespoons olive oil
 1 large onion, chopped (1 cup)
 1 deli roasted chicken, skin and bones removed, shredded
 2 tablespoons taco seasoning
 1 cup chicken stock or broth
 8 ounces cream cheese, at room temperature
 2 cups shredded Tex-Mex cheese blend
 16 ounces Fresh Cravings Chunky Salsa, plus additional for serving
 1 cup fresh cilantro, chopped
 nonstick cooking spray
 6 flour tortillas (9 inches each)
 1 cup tortilla chips, crushed



Jalapeno Bacon and Salsa Biscuit Bites

apart in centers. Use hands to flatten each biscuit into circles. Set aside.

In bowl, mix mozzarella cheese with chopped jalapenos, bacon and salsa.

Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.

Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.

Serve warm.

Note: If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.

Recipe courtesy of chef George Duran
 Yield: 16 biscuit bites
 1 tube biscuit dough (8 biscuits total)
 7 ounces grated mozzarella cheese
 1/4 cup jarred jalapenos, chopped
 8 slices cooked bacon, chopped
 1 cup Fresh Cravings Restaurant Style Salsa
 nonstick cooking spray
 Preheat air fryer to 350-360 F.
 Divide each biscuit in half by pulling

How are you doing, really?



Submitted

The world is so very different than even three years ago. We live in a culture where we often put on our game face regardless of how we are feeling inside. "How are you?" "I am fine." End of discussion.

True, when some people ask that question, it is a formality, and they really aren't asking if you are really okay. Certainly, as well, someone might pose the question, but we really do not want to get into it.

This absence of true, caring communication and connection can leave us feeling isolated. It might seem to us that everyone else is doing fine, and we wonder what is wrong with us that we cannot feel more upbeat and positive. People can even become depressed when they compare their lives to others and feel theirs comes up short.

My profession is based on really caring about how people feel. I see the profound effect it can have on others when they feel truly heard, understood, and supported. I also see the pain that comes from not having that outside the therapy office.

We are a tribal species, meant to connect with others; however, the pandemic, social media, and the busyness of life have interfered with that.

There is a sense of validation and belonging when we connect with someone who is like-minded. Often, I see people who feel isolated because no one in their world thinks like they do.

What do we do about this? For starters, we can listen deeply to others, trying to sense what feelings might lie behind their words. If they are to share personal feelings or issues with us, this is a sacred trust: they must know we would never repeat what is shared in confidence.

It is helpful if we are willing to share our own vulnerabilities, as that puts us on an equal footing. It can be comforting and validating for one to know they are not the only one struggling.

There is an even deeper kind of connectedness. That is our connection with our true self, or our soul or authentic self. All the busyness and distractions can keep us from spending any meaningful time with ourselves. Often a sense of disconnectedness can be as much about this as other people.

Our lives can become all about doing things for others, carrying out our responsibilities, and doing things that others want or expect from us. It can then feel hard to be alone, because when we are by ourselves, we are left with a stranger.

To overcome this, take some time by yourself often, and listen to your inner dialogue, the way you would listen to a friend. Explore what you truly feel at a deep level, and what your heart yearns for.

If this sounds like what happens when we start a new friendship, it is exactly that. When we become our own best friend, treating ourselves as we would another, we can comfort and support ourselves. Then, however alone we might be at times, we always have that connection with ourselves.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for inspiration.



Italian Pasta and Bean Salad

3/4 cup fresh mozzarella bocconcini, cut in halves or quarters
 1/4 cup toasted walnuts (optional)
 1/4 cup (1 ounce) shredded fresh Parmesan cheese

Cook pasta according to package directions; drain and rinse under cold running water. In bowl, combine pesto with pasta to coat well.

Combine pasta with drained bean salad. Stir in tomatoes and mozzarella; refrigerate.

To serve, sprinkle walnuts and Parmesan cheese over top.

Substitution: 3/4 cup mozzarella may be substituted for bocconcini.

Prep time: 15 minutes
 Servings: 6
 2 cups uncooked rotini pasta
 1/2 cup prepared pesto
 1 can (15 ounces) READ 3 Bean Salad, drained
 1 cup grape or cherry tomatoes, halved