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EDITION 30

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Art all around

Six-year-old Cedar gave her family member a hand drawn tattoo during the two-day cultural music festival in Carman on July 22 and 23.

STANDARD PHOTO BY BECCA MYSKIW

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Additional auction details and photos
are available at www.billklassen.com

Chamber looking for stories from past and present women entrepreneurs

By Becca Myskiw

The Carman and Community Chamber of Commerce's women in business event is just over a month away, and they're still looking for past and present business stories.

The fall event is a celebration of Carman's many past and present women-owned businesses. It's slated for Sept. 10 from 6 p.m. to 1 a.m. at Ryall Park, complete with tents, tables, high-top tables, food, drinks, and an entertainment stage.

"When Evensong changed hands, it kind of dawned on me that a substantial number of our small businesses are women-owned and run," said Chamber president Marni Harrison.

So, she dug deeper into that revelation and found that now, 77 active Chamber members are women-owned businesses, and there are 97 past women-run businesses.

"In a town the size of Carman that's a substantial number of women entrepreneurs," she said. "We want to celebrate that, tell their stories. We feel the best way to celebrate women entrepreneurs past and present is by sharing their stories."

A big part of the fall celebration event will be sharing the stories of

the past and present women business owners in the community. Harrison hopes to have enough to print out and put up on the walls of the tents as a sort of gallery for eventgoers to read on Sept. 10.

With 174 possible stories to be shared, though, Harrison doesn't have nearly as many as she wants. So, she's hoping the local women business owners of past and present can write up a 200 to 300 word story about their business, telling how it started, how long it's been/was in business, what they miss or enjoy about it, and anything else they'd like to share.

Stacey Denhey, current owner of Cut of Class, took over the business from her mom, Shelley Fry-Czarnecki. They both sent in stories. Fry-Czarnecki's starts like this: "Shelley started her business in 1988 at 148 Main Street North. She was able to work doing hair while raising her two little girls in the same building. In 2003 she decided to move her salon into an open space at Carman Co-op. In 2015 the Co-op offered her more space and she accepted. Shelley designed the new salon, and her husband Ron painted and built it with six stylist chairs, a lash room, and a mani-



STANDARD PHOTO SUBMITTED

The Carman and Community Chamber of Commerce is looking for more stories from past and present women-owned businesses. Pictured, Cut of Class current owner, Stacy Denhey, celebrated the salon's 30th anniversary in 2018.

cure and pedicure station."

Denhey's starts like this: "I became the owner of Cut of Class in February of this year, but I grew up in the salon and it's really my home. I've watched my mom run her business for as long as I can remember. Along with getting to know the clients, I've been folding towels and taking out perm rods since I was in elementary school... Owing a business in a small town offers an incredible connection to the people around you. I would say it's mostly women that sit in my chairs, and I look up to and learn from so many phenomenal women in this community in whatever role they have. I'm so grateful to be able to raise my family here."

"I think the stories tell so much of

our history and also to really honour the fact that without those previous stories, the current businesses probably wouldn't be as successful as they are," said Harrison. "We really just want to say this is a really cool story, we want to celebrate everything that makes Carman unique, and this does."

To submit a story, email ccchamber@gmail.com or contact Jodi Winkler, executive director. Harrison said they hope to have most stories in by the middle of August, so they have time to mock them up, but they'll accept them after if necessary.

The event isn't just for women — it's to celebrate them. Anyone can buy a ticket and attend. Tickets will be available in the coming weeks.

Where are they now? Catching up with...Joanne Hamilton

By Dennis Young

Q. Firstly let's get familiar with you again. When did you live in Sperling?

From birth in 1952 until 1970.

Q. Did you attend school here?

Yes, I attended Sperling from grades 1 to 8 before on to Carman.

Q. What did you do for jobs as a student?

I was a candy stripper (not stripper) for a very brief time at Carman Hospital. I worked with Jill Halstead (Anderson) until we found a deceased gentleman in bed. Decided not to become a nurse! Other than that there

wasn't much to do in Sperling unless you count hoeing sugar beets for 25 cents a row. That was our spending money at the Carman Fair!

Q. What activities did you participate in as a student?

Baseball as a kid, curling as a young adult, but general sports in school. Horseback riding too.

Q. Did your family live here? Who and what did they do for a living?

Dad (Homer) was born in Sperling and lived most of his life in Sperling.

Continued on page 3

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> WHERE ARE THEY NOW, FROM PG. 2

Mum (Helen) moved to Sperling when they got married in 1940. They remained in Sperling until they moved to Winnipeg when they were in their 80s. Dad was a proud Canadian farmer for years. He also entered into politics and was elected three times during 1959 to 1969. He was very proud to represent the people of Dufferin. Mum was a nurse by training. She did not work outside the home but maintained her nursing skills.

Q. What was your chosen career after school?

By happenstance I became a court reporter with the Attorney General of Manitoba. I was with them from 1976 until 1990 and then went freelance with a firm called Law Reporting. I'm still doing a bit of court reporting out in BC. I told Mr. McKinnon that I used to get kicked out of class for talking and now I get paid for it! It was a great career and I met some very interesting characters!

Q. What got you to leave Sperling and where?

I left Sperling to seek adventure in the "big city" as several of my girlfriends moved to Winnipeg. After a year I moved to Toronto briefly and then returned to Winnipeg, eventually ending up in White Rock, B.C.

Q. Did you meet your spouse here or where?

Met Bruce in 1971 in Winnipeg but we separated in 2003.

Q. Did you raise any children here or where?

We have two daughters born and raised in Winnipeg and Oakbank. Carling in Toronto – working in the film industry and Kiersten in Lorette working with her husband in the automotive service industry.

Q. What else have you done career wise, where and how long?

Besides court reporting, I've always had side gigs, selling everything from clothing, jewelry, etc. Doing home parties.

Q. What passes your leisure time? Hobbies?

No real hobbies as I can't sit still long enough. I golf lots in White Rock, still ride horses a bit, lots of walking and yoga, drink wine with friends and entertain a lot.

Q. Have you travelled for leisure and where?

Travelling lots going to Australia the past five years as my husband of seven years now, Denis Smith, is from Melbourne. Have done parts of Europe, a lot of USA and Canada.

Q. What do you do now? Retired?

Semi-retired but Denis is still working in the insurance industry as a consultant in the mining area.

Q. Any future plans? Do you have to do list?

To travel as much as I can in the next few years. That's about it. And stay healthy

Q. Do you ever return to Sperling?

Every year! This year twice – just been in June and driving back in August/September with my sister, Sherryl.

Q. What are some of your fondest memories of your Sperling days?

School days (believe it or not), driving the back roads to Elm Creek dances and Carman parties, playing outside until the streetlights come on, rafting when the ditches were full of water, skating every Saturday and carnivals in the Sperling rink. Loved growing up in a small town.



STANDARD PHOTO SUBMITTED
Joanne Hamilton and Denis Smith.

Q. Any last words you wish to send to our readers?

Embrace your small town roots. Some of the best memories I have are from Sperling. I have many friends that I still keep in touch with regularly. Growing up in a small community was the best. You never had to 'make appointments' to talk – you just dropped in. No texts, no ipads, no cell phones. It was a much simpler time (God, I'm sounding old!) I loved the sense of comfort that I got from living in Sperling. I wish everyone could experience it!



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HearCANADA.com

Carman Golf and Curling Club app sharing all info on course

By Becca Myskiw

The Carman Golf and Curling Club is reminding people to use their app for all things course related.

The course released the app eight years ago to give people a button on their phones where they could find what they need rather than going through the whole website. On it, golfers can book tee times, see course specials and upcoming tournaments, and even use it as a score card.

"It's for ease for our members and guests," said Dean North, general manager of the course.

The app has been up and running for eight years; there have been around 2,000 downloads. It comes with a GPS component, too, so golfers can see where they are on the course at any time and how far away each hole is. The app also shows each hole sponsor, so when at a certain hole, golfers can see who sponsors it.

"I just thought the trend was working that way," said North. "Every course at some point would end up with one. So, we looked around and I liked this one. It was an affordable price."

The Carman Golf and Curling Club app is regularly updated twice a year to ensure it continues to work as best as possible.

They're constantly adding new information it all the time. For example, last weekend was the Pembina Valley Classic, where over 200 people golfed in a three-day tournament, spending each day at a different course — Carman, Morden, Winkler. People can also find the best prices for playing a round of golf on the app and it's where they'll stay up to date with everything the club has going on. The app is free to download; anyone can get it — it's not for members only. However, North encourages everyone to download it anyways to stay up to date with whatever's going on at the Carman Golf and Curling Club. It includes information that's beneficial for the whole community.

"It's really been great," said North. "It's been well received, and people really like it."

The app is called "Carman Golf & Curling Club" and is on the App Store and Google Play, meaning iPhone and Android users can use it.



STANDARD PHOTO SUBMITTED

The Carman Golf and Curling Club has an app for everything someone might need at the course.

The RCMP wants to hear from youth

Apply to be a part of the National Youth Advisory Committee

Submitted

Canadian residents ages 13 to 21 can now apply to become a part of the RCMP's National Youth Advisory Committee (NYAC)! Applications must be received by September 12, 2022. Those who apply by July 31 will be a part of the first selection round and get a better chance of being selected.

This is an online opportunity for youth to connect, have their say and make a difference. NYAC

members interact with participants from all over the country and discuss important issues they face in their respective communities. They share their thoughts about youth crime and victimization topics, and help shape RCMP programs and initiatives. NYAC members can also receive reference letters and volunteer hours in recognition of their contributions.

Last year, nine Manitobans were a part of the National Youth Advisory Committee. "Being a part of the Youth Advisory Committee challenged me to expand my thinking and really pushed me to think more deeply about things that happen everyday right in front of me," said Colby, 15, from Grosse Isle.

Twenty-year-old Grayson from Winnipeg agrees. "I joined the committee to broaden my horizons. I was able to connect with youth and RCMP officers across Canada, and talk about the issues and concerns I see on a daily basis. Because of my involvement on this committee, I learned about different grants I could apply for and I was able to hold a drum making workshop with police, the Bear Clan, and youth from the inner city to help foster reconciliation and stronger community relationships."

Youth voices matter. The deadline to apply for the 2022-23 NYAC is September 12, 2022. To request an application form, contact RCMP.Youth-Jeunesse. GRC@rcmp-grc.gc.ca.

Manitoba Health expanding vaccine eligibility to include six month to four years

Submitted by Manitoba government

Manitoba Health is expanding COVID-19 vaccine eligibility to include children ages six months to four years. This follows federal approval of the Moderna COVID-19 vaccine for children in this age group, as well as clinical guidance from the National Advisory Committee on Immunization (NACI).

There are approximately 76,700 children in Manitoba in this age group. Vaccine supplies will initially be limited, with 14,900 doses in the first delivery. As a result, Manitoba is prioritizing the vaccine for children who:

- have certain medical conditions including:
 - chronic lung disease,
 - airway abnormalities,

- congenital or chronic heart or circulatory diseases,
- moderately to severely immunocompromised due to a medical condition or treatment,
- neurologic disorders (including developmental delay),
- diabetes, chronic kidney disease, or any chronic disease related to premature birth; or
- are First Nations, Inuit or Métis, regardless of where they live.

Children who meet these criteria must be at least six months old at the time of their appointment. The vaccine is a two-dose series and the recommended interval between doses is eight weeks. NACI recommends children receive their COVID-19 vaccine two weeks before or after any other vaccines to better monitor for

any side effects. Manitoba's approach is consistent with NACI, but children who have received a different vaccine within 14 days will not be turned away.

Parents and caregivers of eligible children can begin booking appointments on Monday, July 25 at 8 a.m., using the online vaccine finder or through the vaccine call centre at (toll-free) 1-844-626-8222 (1-844-MAN-VACC). Parents and caregivers who need to book two or more appointments for their children can use either option, but the phone line is recommended as the best way to access multiple appointments at the same time and as close together as possible.

Appointments will be available at regional vaccine sites, public health

offices and medical clinics. Manitoba is working with First Nations leadership to co-ordinate distribution to their communities.

Eligibility will expand to include more children in this age group once more vaccines are delivered to the province. A second vaccine shipment is expected in late July or early August.

To date, more than 3 million doses of COVID-19 vaccine have been administered to people living in Manitoba. Approximately 43 per cent of children ages five to 11 are fully immunized. Nearly 80 per cent of young people aged 12 to 17 have at least two doses of vaccine.

For more information, including the online vaccine finder, visit <https://protectmb.ca/>.

Luxe & Little offers all-natural mosquito repellent



By Jennifer McFee

A little goes a long way with an innovative vegan mosquito repellent featuring all-natural ingredients.

Luxe & Little, an Ontario-based business, is creating quite a buzz with its mosquito repellent candle and spray.

Entrepreneur Delight Greenidge explained that the gentle yet effective spray is safe for babies, children and people with sensitive skin.

"Our mosquito repellent spray is 100 per cent vegan, as all our products are. It's natural with no alcohol, no chemicals and no toxins," she said.

"We use premium quality ingredients — and not just premium by price but premium truly by quality. We use the highest grade of products that we source, and 98 per cent

of them are from right here in Canada. These products work really well — and they actually smell really good."

In addition to the well-known citronella scent, Luxe & Little's mosquito-repellent products contain special enzymes that are combined with essential oils of anise, eucalyptus, lemongrass and more.

"The candle and the spray work really well as a combination. And you can also use the sprays on their own if you're going hiking, biking or out for walks with the kids or dogs. There's no alcohol or chemicals to irritate your skin," she said.

"You just need a little spray because it goes a long way. Then you can be outdoors and you don't have to worry about being swarmed by mosquitoes. It's so effective and it becomes a really good barrier for your skin. It almost feels like a moisturizing lotion when you put it on."

The mosquito repellent can also be sprayed onto your hands and then dabbed onto your clothing, Greenidge adds. However, you'll want to avoid spraying it directly on clothing to avoid potential stains.

The impetus behind the creative candle business stems from a sensory overload that Greenidge experienced at a barbecue four years ago.

While enjoying the get-together at the host's home, she became over-

whelmed by a multitude of pungent odours mingling together — perfume, cologne, aftershave, hairspray, food, smoke, you name it.

"It was all coming together in one big mesh of a scent, and it really profoundly went to my brain," she recalled.

"I kept thinking on my way home that there must be a candle that would make the experience less jarring for me."

"I HAD IT VALIDATED BY A SCIENCE PROFESSOR AND IT'S ALL UNDER A PROPRIETARY FORMULATION."

Greenidge had always loved candles and was determined to come up with one to neutralize strong odours. With help from her teenage son Spenser, she embarked on her entrepreneurial adventure.

"It was a lot of trial and error. The whole process took me nearly two years. I ended up with one formulation that worked on three completely different

unwanted smells — food odours, pet odours and smoke odours," said Greenidge, who formerly worked in the corporate world.

"I had it validated by a science professor and it's all under a proprietary formulation. We did a lot of blind testing across the country and we got really good feedback."

The long-burning luxury candles are made with premium pure soy wax, low-smoke wood wicks and essential oils. Odour-neutralizing hand and body sprays are also available.

"They remove unwanted smells from the air," Greenidge said. "They work really well."

The products launched in February 2020, and the business continued to grow during the subsequent pandemic-restricted years.

Over time, they added more products — including the mosquito-repellent spray and candle.

Adding to the unique approach, the candles come in eco-friendly handcrafted cement container vessel that can be refilled. All Luxe products are refillable.

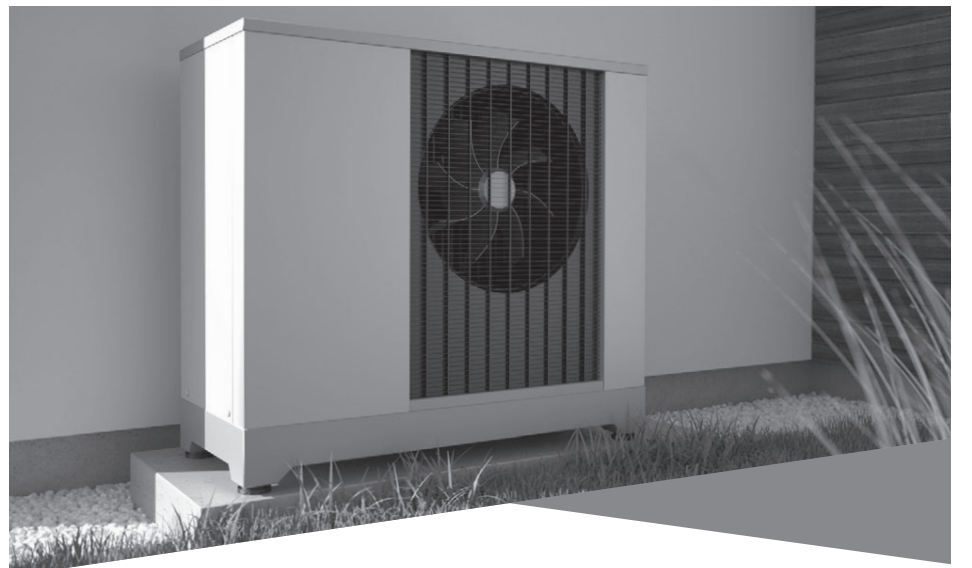
To learn more about Luxe & Little products, visit www.luxeandlittle.ca, email candles@luxeandlittle.ca or check out their social media pages.

A special mosquito repellent combo offer for Manitobans is on the website.



PHOTOS SUBMITTED

Luxe & Little candles are odour eliminating, 100% handmade with premium oils and the highest quality soy wax. The heat from the pure soy wax used in the candle will activate the enzymes, oils and react with the air molecules, replacing the smell with a fresh scent by filling the air pockets. PRICE: Soy Candles -Odour Eliminator - Package Set of 4 \$99.99 PLUS a FREE Bonus Odour Neutralizing Hand & Body 10ml Spray Valued at \$25.



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

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West Nile virus found in Hedingley, exposure risk low

Submitted

Manitoba Health reports that Culex tarsalis mosquitoes carrying the West Nile virus (WNV) were collected from the Rural Municipality of Headingley last week. This is the first mosquito pool that has tested positive in Manitoba this season.

The risk of exposure to WNV is currently low, but likely to increase in the coming weeks, as the highest risk period is historically in July and August. Manitobans are reminded that it takes just a single bite from an infected mosquito to contract WNV.

While most people who are infected will develop mild or no symptoms, some can develop severe symptoms that can result in hospital stays and even death. Recovery from

WNV infection, particularly severe symptoms, can take months or years.

While Manitobans are encouraged to enjoy outdoor activities, it is critical to reduce the risk of mosquito bites and potential exposure to WNV by:

- reducing the amount of time spent outdoors during peak mosquito hours between dusk and dawn;
- using an appropriate mosquito repellent;
- wearing light-colored, loose-fitting clothing with long sleeves and pant legs;
- maintaining door and window screens; and
- cleaning and emptying yard items that collect water.

Between 2017 and 2021, there were 45 cases of WNV in Manitoba. Nine

cases were hospitalized and four required intensive care. No confirmed human cases of West Nile virus have been identified in Manitoba yet this year.

WNV updates will continue to be shared with the public throughout the summer.

For more information about prevention, symptoms, weekly average trap counts of Culex tarsalis mosquitoes, fact sheets, posters and information for municipalities and health-care providers, visit www.gov.mb.ca/health/wnv/.

Manitobans can also contact Health Links-Info Santé at 204-788-8200 or at 1-888-315-9257 (toll-free) for more information.

Funding announced to address workforce shortages in Health-Care sector

Submitted by Manitoba government

The Manitoba government is investing more than \$5.2 million in two programs that will help address the overall staffing shortages in the province's health-care sector as well as increase the representation of Indigenous people in this field, Economic Development, Investment and Trade Minister Cliff Cullen and Health Minister Audrey Gordon announced here today.

"These two programs, the Skills Development Program and the Indigenous Adult Health Internship Program, will help provide the training and resources needed to address immediate and emerging workforce needs in a sector stretched thin from the pandemic," said Cullen. "This is key to addressing the significant labour market needs of the health-care sector."

The Skills Development Program provides career counselling and financial supports to eligible Manitobans seeking post-secondary training in programs up to two years in length. Funding is available for students pursuing training in health-

care fields including: health-care aide; health unit clerk; medical office assistant; pharmacy technician; and practical nursing.

"The Manitoba government recognizes the critical need to increase workforce recruitment and retention in the health-care sector as part of the province's post-COVID economic recovery," said Gordon. "These investments will ensure that Manitoba's health-care system is amply staffed with a skilled, engaged workforce that is reflective of the province's population."

The Indigenous Adult Health Internship Program is a collaborative initiative between Indigenous communities and Southern Health-Santé Sud, a health authority in southern Manitoba, which serves a population of over 216,000 residents, noted Gordon.

"The Indigenous Adult Health Internship Program has been running since 2015 and has seen over 100 students successfully enrolled in the program. A quarter of these students were able to secure employment opportunities with Southern Health-

Santé Sud," said Jane Curtis, CEO, Southern Health-Santé Sud. "This program has resulted in many success stories. This year will see the seventh intake of the program, which runs annually for 12 to 14 weeks from September to December. I am thrilled to see heightened support for students to participate in this program as it has resulted in many success stories and contributes toward efforts to strengthen the health-care workforce."

Through pre-employment training programs, job-shadowing opportunities and a paid work practicum, this holistic project offers Indigenous community members the opportunity to explore high demand health-care occupations and areas including: administration; cook; dietary aide; health-care aide; health records; housekeeping; maintenance; materials management; and recreation or activities assistant. For more information on a wide range of labour market services to individuals, communities, and businesses throughout Manitoba, visit www.gov.mb.ca/wd/ites/index.html.

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Carman Dufferin Standard
Box 39, Stonewall, MB, R0C 2Z0

Miami Museum celebrates 50th anniversary

By Lorne Stelmach

Fifty years is always a major milestone, but it is perhaps especially worth celebrating for a small-town museum.

The Miami Museum marked that anniversary Saturday afternoon with a brief ceremony where board president Joe Brown noted how challenging it can be for a community this size to maintain such a facility.

"It's been difficult, I'm sure, over the years for small museums in a lot of towns to sustain the interest and to keep operating," he said.

"The museum and board have contributed quite a bit to preserving its history. We have tried to do the best we can to preserve the important history of the area," Brown said. "The future generations, it will be on them to sustain this organization and hopefully continue to preserve the history."

Brown, who originally hails from Kenora but then moved from Morden to Miami about 10 years ago, recalled being aware of the museum prior to getting involved with it, but not in-depth. He soon became impressed with what it all contained.

"It's amazing what's all in here, and the fact that it's now 50 years since it was set up kind of amazes me," he said.

"I've been doing a bit of research about museums in the area, and one thing that really struck me is how many started about 50 years ago, right after the Canadian centennial, so it must have inspired people," Brown added. "It's a real tribute to the community that they've sustained this here."

He offered a couple observations about what he thinks makes the Miami Museum stand out.

"One of the things that I really like about our museum is the fact that it makes really good use of property that may have otherwise not been used ... there's a church that we've got, there's a school building and an addition to it.

"And I think one of the benefits of our museum is that it's got a large scope in terms of the history. It's got paleontology, like fossils. It's got First Nation artifacts. It's got a lot of pioneer stuff, which a lot of museums have, but we've got a very eclectic mix.

"It's quite an extensive collection. Our inventory is something like 2,000 artifacts, so that's a lot of material."

Brown also alluded to the importance of the volunteers who have kept the facility going for so long.

"It's amazing. We've got volunteers on the board and who have been involved for like 35 years ... as soon as you see that, you realize the depth of the knowledge they have about the collection, but also the community.

"It's very good to have board members who have been around for such a long time," Brown said, reflecting, "I kind of feel like I'm a junior person on the board, and I'm over 70."

As far as what may lay ahead for the museum, Brown noted a grant last year from the Miami and Area Foundation will provide for a computer system.

"We're looking at improving our data and inventory ... we're looking at starting to create a better on-line presence," he said. "We do want young people to come, and it's nice to be able to see the physical things, but they need more incentive to come ... so we're looking at a web site and a few other things."



STANDARD PHOTOS BY LORNE STELMACH

The Miami Museum held a short ceremony Saturday to mark its 50th anniversary. Board president Joe Brown noted it's a "real tribute to the community" that the museum has been able to preserve so much local history for so long.



Miami is showing off what they have to offer Aug. 19

By Becca Myskiw

The third annual Celebrate Miami Community Showcase is on Friday, Aug. 19.

The third annual event was postponed for two years but is officially happening again this summer. Rural municipality (RM) of Thompson councillor, Heather Imrie, said it started in 2018 as a way to show off the people and things Miami has to offer.

"It was just to show our community what we all have to offer and to show newcomers to town and perhaps people that would be thinking of

moving to town," she said.

The showcase is four hours of local businesses, home-based businesses, local products and services, sports and recreation clubs, leisure organizations, and anything else, showing people what they do.

A sort of market will be set up along Norton Ave., from 3-7 p.m. on Aug. 19. Approximately 40 people, businesses, and organizations will share what they do along the street. While the market is on, live entertainment will be playing.

Imrie said there will be a general program to the day, with different

musicians and then council members to speak later in the event. The Miami Railway Station Museum will also put on a sort of performance that everyone is excited about.

"Last year the stagecoach got robbed so I'm looking forward to what they'll be doing this year," said Imrie.

Those who want to show off their business, talents, or organization at the showcase can still register until Aug. 15 to do so. Just call the RM office at (204) 435-2114 to register.

Imrie said they're planning for more activities on the showcase day, which will be announced as they're

confirmed.

"The office is indicating people are excited to see [the showcase] happening again," she said. "And we're excited for it too."

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ECS classes of 68, 69, 70, 21 reunite after 50 years

By Becca Myskiw

After a two-year delay, four Elm Creek School (ECS) classes held their 50-year reunion.

The classes of 1968, 1969, 1970, and 1971 got together on July 8 to reminisce and catch up from years gone by. Alice Miller was one of the organizers, along with six others. The group initially planned to have the reunion in 2020 (when the class of 1970 would be celebrating 50 years), but COVID-19 had other plans.

Luckily, communicating virtually using Zoom came along, and because the organizing committee was spread out across Canada, they had an easier way to plan. They planned the event for 2021 but had to postpone it for a second time, and this past winter decided they would do it in 2022 no matter what.

The four classes have had three other reunions, too — 10 years, 20 years, and 40 years — so planning the big 5-0 was nothing. For this reunion, they booked Scotswood Links from 10 a.m. to 10 p.m.; within the facility, people could golf, mingle, drink, and eat in one place without any extra bookings from the organizers.

Approximately 75 people came

from across North America to attend the reunion, 50 of whom were ECS alumni.

"We were quite pleased with that," said Miller. "Some people didn't come because of COVID...some people like reunions, and some, it's not on their bucket list."

Alumni came from the east and west coast, from across the prairies, and one even came from Indiana, USA.

People could mix and mingle at the reunion while looking at a memorabilia table with old school jackets, yearbooks, sports results, old report cards, a rural municipality map from the 1960s, and more. In addition, there was a coffee and tea station and an outdoor and indoor seating area.

At 12:30 p.m., about a dozen people went to Halarda Farms for a couple hours to tour the dairy barns. Then, at 2 p.m., ECS opened, and the alumni went for a tour guided by those alumni who taught at ECS recently.

"That was very interesting because some people had walked out of the school in 1969 and had never been back," said Miller.

ECS has had a lot of additions since the 1970s. The gym is now the music room with a larger one added in 1974.



STANDARD PHOTO SUBMITTED

The Elm Creek School classes on 1968, 1969, 1970, and 1971 hosted their 50-year reunion two weeks ago.

Miller taught the first gym class in it the following school year. At the end of the hall where the track athletes used to train are no longer doors to the outside — it's two classrooms and the new gym.

At 4:30 p.m., the attendees had social time, then a buffet supper at 6 p.m., where their past teacher, Don Woods, gave a speech.

"He said, 'Alice came and told me you were having a reunion,'" said Miller. "I came thinking I was going to see a bunch of teenagers but instead

they sent their grandparents."

The night ended with trivia questions and everyone wishing the day wouldn't have to end.

"It's to reconnect with our past," said Miller. "We spent 12 years with those kids. We spent a minimum of four years with those people in the hallways and on the track teams and on the volleyball teams and in the classrooms. We had so many experiences as teenagers so it's great to see how everyone's evolved and how they turned out."

Contribute to science with photos from your smartphone

The Big Backyard BioBlitz offers critical data for scientists and conservation

Submitted

Manitoba (July 25, 2022) – Over the August long weekend, the Nature Conservancy of Canada (NCC) is encouraging everyone to get outside to enjoy and document the nature around them, in the name of science.

NCC's third-annual Big Backyard

BioBlitz will run from July 28 to August 1, across the country. From backyards to national parks, on lunch break and on vacation, people can snap photos of the species they find around them and submit their observations to one of the largest crowd-sourced species inventories in Canada, through the iNaturalist app. Together, we'll compile valuable information on species populations and locations for scientists and conservation planners, who can use this information to understand species distribution, and in some cases plan future protection and restoration efforts across the country.

"Anyone can participate. It's a great way for people of all ages to look at nature more closely and learn about

biodiversity close to home," said Evan Balzer, Conservation Engagement Coordinator with NCC in Manitoba. "Spending time outdoors is also beneficial for our physical and mental well-being. This is a great way to connect with nature and fellow nature lovers, while contributing to our collective knowledge of plants, animals and fungi in Manitoba."

To join the Big Backyard BioBlitz, people can register anytime at natureconservancy.ca/bbb. Once registered, people will receive a step-by-step guide on how to participate, photography tips, information about species identification, and an automatic entry to win a Big Backyard BioBlitz prize pack.

"Whether you log an invasive plant like burdock, or an at-risk amphibian like the northern leopard frog, every entry counts," Balzer said. "It can provide valuable information such as locating species outside of their usual range or where invasive species are encroaching. This information can be used to identify important habitat for protecting at-risk species."

More than 6,500 participants logged over 36,000 observations across Canada in last year's event.

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Pawsitively thoughtful bears stitched one fur at a time

By Becca Myskiw

It's a hobby like no other — handmade teddy bears sewn from real fur coats.

Louise Sanders sewed her first teddy bear in her high school Home Ec class. It was stuffed, non-jointed, and simple as a bear can be, but it was good, and it stitched her love for the hobby right into her.

After getting a bear-making book from her mom for Christmas, Sanders spent the next two years making another one as perfect as she could.

"And then I realized it was kind of fun and slowly, I started making them out of real fur instead of fake fur," she said.

It takes Sanders about 22 hours to complete an entire bear.

Real fur, she said, gives the bear a richer quality. Plus, it comes with imperfections and unplanned spots and lines, and she likes the challenge of making those imperfections work within her stuffed bears.

"If I'm going to put 22 hours of work into it, I want it to look classic," she said.

Sanders makes custom bears, which are personalized and typically made from a family member's fur coat. It's a way of keeping a family heirloom in the family in a practical way. She also makes her own bears out of coats she finds herself in thrift stores which she's now selling at Golden Prairie Arts Council (GPAC).

First, Sanders plans out each bear. A pattern will depend on the type of fur she's working with. For example, coyote fur will make a pretty big bear as it's at least 14" long and a small



The teddy bears from fur coat including rabbit, coyote and fox.

bear would be nothing but a puff ball. For other furs, she has to plan around the imperfections so as not to have a big black spot where facial features are on the teddy bear.

After the pattern's planned, she cuts her pieces and backs everything. Sanders then uses an awl, a wooden vice, and a needle and thread to hand make each bear. So far, she's made about 27.

Some coats make up to seven bears, too, depending on the length and thickness of the hide. And when a coat has a person's initials inside it, Sanders uses that for the linings of the paw pads or adds it in another creative way. She's added vests, skirts, and ties, too.

"I've had someone tell me it's a 'bearloom,'" she said.

Each finished bear has a certificate of adoption, care instructions, and contact information for any needed repairs. Sanders calls her hobby "Thoughtful Paws."

To get a personalized bear made by her, call (204) 825-4328.



STANDARD PHOTOS SUBMITTED

Louise Sanders is selling a few handmade bears at the Golden Prairie Arts Council.

CIB Yard of the Week



STANDARD PHOTO SUBMITTED

Carman and Dufferin Communities in Bloom is very pleased to present its July 16th Yard of the Week recognition to Maureen and Chris Lemky whose beautiful home and yard is located on 2nd Ave. NW. The Lemky's front yard includes beautiful flowerbeds and lush grass and is surrounded by an exceptional collection of well-cared-for trees. CIB co-chair Judy McGregor (right) presented the couple with CIB's certificate, a gift basket filled with items from local businesses, and a hanging basket from Aubin Nurseries. This is the third of four Yard of the Week recognitions CIB is doing this month. Yard of the Week is a special CIB Year of the Garden 2022 project to highlight the work so many Carman homeowners put into creating outstanding front yards.

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Summer cultural music fest brings hundreds to Ryall Park

By Becca Myskiw

The sounds of almost every instrument could be heard throughout Ryall Park last weekend as musicians from all over the province came to Carman.

Golden Prairie Arts Council (GPAC) hosted a two-day cultural music festival on July 22 and 23, bringing out blues, folk, r & b, and pop artists to serenade local crowds.

The festival kicked off on Friday with the Lee Wenaus Blues Band, followed by Kuyabeatz, and the Barthouse Band, a trad music group.

The Barthouse Band is comprised of four Bart brothers, one on bass, one on guitar, one on violin, and one on the mandolin. They started their 40-minute set with an Irish tune and followed it up with other traditional songs from countries around the globe.

Brenda Major, GPAC executive director, said they're trying to get back into the swing of things after COVID-19, and the summer cultural music festival was the first step towards that. Their dream is to host a full music festival in the park and make it an annual event.

"I think people are really anxious to get out again," she said. "It's amazing to host live music again. Last year's outdoor event was great too but this is just...it's nice."

Saturday had an artisan market along with performances from the Liv Dance Company, Shanley Spence, Patti Kusturok, and Amara Conde. Each day was admission by donation, with funds going back to GPAC.



STANDARD PHOTOS BY BECCA MYSKIW
Pictured clockwise from top: The local Barthouse Band, Kuyabeatz, Nigel Bart of GPAC paints to the music, two brothers of the Barthouse Band and seven year old Emmet Hasell watched the concert from his perch in a tree in Ryall Park Friday night.



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Carman's inaugural rugby season is off to great start

By Becca Myskiw

Rugby in the Pembina Valley is in full swing. The Carman Eagles rugby team makes up a third of the local league's participants. Just shy of 75 children signed up for this season in the valley, about 25 in Carman.

The league's first match night was on Thursday, July 14 in Winkler. Every Thursday, each Pembina Valley team gets together and plays a mini tournament. That way, they can practice and play while getting used to the game.

There were supposed to be six teams in the league, but Miami only had a few players sign up, so they're playing with the Morden and/or Carman teams. So this year, there's a Carman team, Altona team, Morden team, Winkler team, and Plum Coulee team.

"Instead of individual training sessions they all get together to play games," said Adam Porte, organizer of the league. "There's immediate competition right off the bat."

Rugby is a 15-a-side team sport. The game's object is to ground the ball behind the opposing team's line, which is how to score a goal. Players can use their hands and feet to move the ball. The catch,

however, is when the ball is being carried in hand during rugby, it can only be handed off or thrown backwards.

It's a "hooligan's game played by gentlemen", ensuring manners are first and foremost on the field.

After the first two nights, Porte said it's been good and it looks like the players are having fun.

"It's a new sport to the majority of kids," he said. "Right now, we do entry level sessions...then slowly introduce them to games. The latter half of the season will be games full-time. Right now, we're trying to make sure every kid has a smile on their face and is moving so it's an easy bedtime for parents."

Each player on each team will get a jersey eventually, but for now has a team shirt and is getting rugby shorts, socks, and a ball. Porte said with more sponsorship dollars, the players can get more.

For now, he's thrilled with the number of volunteers stepping in to help and coach as it's bringing more former players out of the woodwork to get involved and give the new players a good season.



STANDARD PHOTO SUBMITTED

The Carman Eagles rugby team makes up a third of the Pembina Valley rugby league.

Central Energy win gold



By Ashleigh Viveiros

Central Energy retained its title at Softball Manitoba's U13 AAA Provincial Championship in Brandon last weekend.

The regional team—which this year has girls from Manitou, Winkler, Morden, Elie, Portage la Prairie, Oak Bluff, and Starbuck—kicked off the weekend with a 5-2 record in the round robin.

The win column included victories over the Smitty's Terminators (12-3), Manitoba Angels (12-2), Eastman Wildcats (3-2), Manitoba Thunder (7-3), and Winnipeg Lightning (11-4). Losses were by a score of 3-2 to both the Interlake Phillies and Westman.

The Magic bested Central Energy for a second time that weekend in the 1 vs. 2 game of the playoffs, which Westman took 7-2.

The 13UAAA provincial championship team includes: (back row, from left) Melissa Pearce, Ella Conrad, Taylor Wall, Kennedy Funk, Morgan Miller, Mya Richard, Taryn Toews, Tara Pettinger, (middle row) Shyanne Goertzen, Zoey Shantz, Ava Bonik, Bree Pearce, Addison Nikkel, Camryn Lavallee, and (front) Rory Perrin. Right: The team celebrates.

STANDARD PHOTOS SUBMITTED



"We had some tough losses in the round robin but stuck to the game plan of playing calm and confident," coach Tara Pettinger said on Monday. "Despite losing the 1vs2 game, the girls never doubted themselves."

"It is 10 games in four days for these players," she noted. "It is a tough grind physically and mentally. They were up for the task and knew they wanted gold again."

Win it they did, first dispatching the Wildcats in the semi-finals 6-2 before squaring off against Westman once again.

Last year, Central Energy beat the Magics 3-1 to win the title. They did it again this year with the same score.

The provincial championship wraps up a stellar summer for the team, who finished the regular season with a record of 24-3-1.

Helping young players hone their skills

By Lorne Stelmach

It's not only a passion for the game of hockey that motivates Boe Leslie but also a desire to give back as well that is behind the Northern Roots Hockey School.

Having the opportunity to offer a session last week in Morden was a homecoming of sorts for the founder and director of the hockey camp which welcomed players in the U9, U11 and U13 age categories.

"This is year number one [in Morden]. I've done camps all over the world ... and I'm finally back to my home," said Leslie, who grew up in Carman before the game took him to college in the U.S. and then to Europe for almost a decade.

"I then ended up starting my own business 15 years ago, but I'm based out of Washington right now ... and I've been itching for years to get back to Manitoba, to my roots."

All of the camp staff were born and raised in Manitoba, including his father Bob, who coached professionally in Europe for over 20 years and had nine postings with Team Canada at the world championships, Deutschland Cup, and Spengler Cup.

There is also Barry Lewis, who is currently serving as the development coach at the Ontario Hockey Academy and is former head coach of Morris High School as well as former assistant coach in DEL Germany of the Swiss National League and the MJHL Winkler Flyers.

Leslie himself is a former Division 1 player at Union College and played eight years in Switzerland and England. He has 15 years working full-time in youth hockey development.

"I grew up here in a hockey family, so we're really excited to be back here doing this now," said Leslie, who aims to have each session include power

skating, goalie-specific training, puck handling skills, battles, small area games and a scrimmage.

Leslie's first time bringing Northern Roots Hockey School to Morden-Winkler saw 35 kids register to take part.

"It's been going great," Leslie said last Wednesday as the kids took to the ice. "We're on the ice two hours a day.

"I couldn't be more happy with the staff I was able to put together to be with me here," he added. "I think the kids are having a great time, and I would love to build on it in the future."

His aim for the camp goes beyond just learning and improving on the basic skills.

"I am such a believer in what hockey can do for us from so many different angles of life," said Leslie.

"I want kids to improve ... and I know they will come out of the week being better as hockey players, but I've always felt that a hockey camp can be a place where players of different levels all get exposure to great coaching.

"We can figure out a way that they



STANDARD PHOTOS BY LORNE STELMACH

The Northern Roots Hockey School run by Boe Leslie welcomed 35 U9, U11, and U13 hockey players to the ice in Morden last week.



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are all put in small groups over the course of the week where they can thrive and compete against kids of similar

abilities ... and we can put kids in a position where they are going to come out of the week loving the game even more.

"For me, it's challenging kids, sometimes putting them in situations where they don't really know what skills they're working on, but we're

pushing them to a place where they may be outside of their comfort level as well, but they are working on the skills," he concluded.

"In the end, we want them to be challenged and thrive and then leave the ice at the end of every day with a smile on their face."

Winkler Storm split weekend games

By Ashleigh Viveiros

George Siemens scored Winkler's lone goal last week Thursday as the Storm fell to Lucania FC on the road.

The 3-1 loss came a couple days before the team was sup-

posed to host Luso Canadian on Sunday. Luso forfeited due to a lack of players.

With that, the Storm's record for the summer thus far is at 3-5-1, which puts them in last place in the Manitoba Major Soccer

League's Premier Division.

Winkler hits the road again this week to face the Lions in Winnipeg on Wednesday. They then host the Lions on Monday, Aug. 1.

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Town of Carman
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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.

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



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TOWN OF CARMAN**

In accordance with Section 36 of The Municipal Councils and School Boards Election Act (MCSBEA), the Town of Carman Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the Town of Carman can have his or her name added to the Voters List or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. That person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

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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.

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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.



**RURAL MUNICIPALITY OF GREY
BOARD OF REVISION
2023 REAL AND PERSONAL ASSESSMENT ROLLS**

PUBLIC NOTICE is hereby given that the Assessment Rolls for 2023 to be revised, have been deposited in this office and are open to public inspection at the R.M. of Grey Office, 27 Church Avenue East, Elm Creek, Manitoba, during regular office hours.

THE BOARD OF REVISION for the R.M. of Grey will sit to hear complaints received regarding the said Assessment Rolls, in the R.M. of Grey Council Chambers, 27 Church Avenue East, Elm Creek, Manitoba, on Wednesday, September 7th, 2022 at 8:00 p.m.

ANY PERSON who believes that an assessment ought to be revised may make application in accordance with Sections 42 and 43;

APPLICATION FOR REVISION

42(1) "A person in whose name property has been assessed, a mortgagee in possession of property under subsection 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- liability to taxation;
- amount of an assessed value;
- classification of property;
- a refusal by an assessor to amend the assessment roll under subsection 13(2)."

APPLICATION REQUIREMENTS

43(1) "An application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- be filed by
 - delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41(2), or
 - delivering it upon the secretary, at least 15 days before the scheduled sitting date of the board as indicated in the public notice."

Applications for revision of assessment roll shall be addressed to: THE BOARD OF REVISION, R.M. of Grey, Box 99, Elm Creek, Manitoba ROG ONO.

Deadline for filing application is August 22, 2022 at 4:30 p.m.

Dated at Elm Creek, in Manitoba, this 19th day of July, 2022.

Kim Arnal, Secretary
Board of Revision

**TOWN OF CARMAN
PUBLIC NOTICE
BOARD OF REVISION
FOR 2023 ASSESSMENT ROLL**

Public notice is hereby given that the 2023 assessment roll for the Town of Carman has been delivered to the Municipal Office 12 - 2nd Avenue SW, Carman, Manitoba and is open for public inspection during regular business hours. That any person, who believes that an assessment ought to be revised, may make application in accordance with section 42 and 43 of the Municipal Assessment Act.

APPLICATION FOR REVISION

"42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS

"43(1) An application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- be filed by
 - delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41(2), or
 - delivering it upon the secretary, at least 15 days before the scheduled sitting date of the board as indicated in the public notice."

The Board of Revision will sit on Thursday, September 8, 2022 at 7:00 p.m. in the Council Chambers of the Town of Carman 12 -2nd Avenue SW, Carman to hear applications. The final date on which the Secretary of the Board may receive applications is Tuesday, August 23, 2022. Dated this 22nd day of July 2022.

Cheryl Young, Secretary
Board of Revision
Town of Carman
Box 160
Carman MB ROG OJO



Classifieds

The Carman-Dufferin
STANDARD

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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



Timed on-line auction for Bill and Jan Lightly, Hwy 3, Brunkild, MB, closing Aug 5. Payment and pickup Aug 6 from 9 am to 2 pm. Good shop tools, like welders, air compressor, Special tools, etc. Good yard equipment, 1968 Volvo project car, Sebring car kit purchased in 1990, still in shipping crate, see www.billklassen.com

Timed on-line auction for Betty Jensen and estate of the late Brian Jensen, closing Aug 12, 6 pm. Payment and pickup, Saturday, Aug 13, 9 am to 5 pm at the farm 3 mile east of Inwood, MB on Hwy 229. 2004 Oldsmobile, 4 door sedan, 2004 Chev 2500 pickup 102000 km, JD 920 Industrial tractor w/ loader, IHC B 414 diesel tractor, MF 135, 65, AND OLIVER gas w/ forks, small bobcat w/ bucket and forks, all run and drive, also project motor home, tools and household, antiques, etc. See all at www.billklassen.com/nextlot

35th Annual Consignment Auction, TIMED ONLINE closing, Saturday July 30, payment and pickup will be Monday Aug 1. 9 am to 4 pm at the auction yard 3/4 mile south of Hwy 3 and 14 Hwy. Winkler, Morden. This auction will have a wide variety of items from machinery to tools cars, trucks, RV, Lawn and Garden etc.

Yard is being filled up as we speak. SEE THE LINE UPS AT www.billklassen.com 204-325-6230, 204-325-4433



Carman Dental Centre

Looking for part time permanent receptionist for Carman Dental Centre no evenings or weekends. Email lrdental@mymts.net



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

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

A	V	W	V	O	R	V	O	I
E	J	I	W	E	B	E	N	V
O	E	L	E	N	V	P	V	I
O	D	V	C	S	V	O	D	E
N	V	W						
N	E	S	S	E	S	S	E	S
S	N	O	O	V	L	A	E	W
O	E	O	V	B	I	S	E	V
V	O	N	W	B	V	O	S	O
L	O	O	O	I	O	H	O	J

Crossword Answer

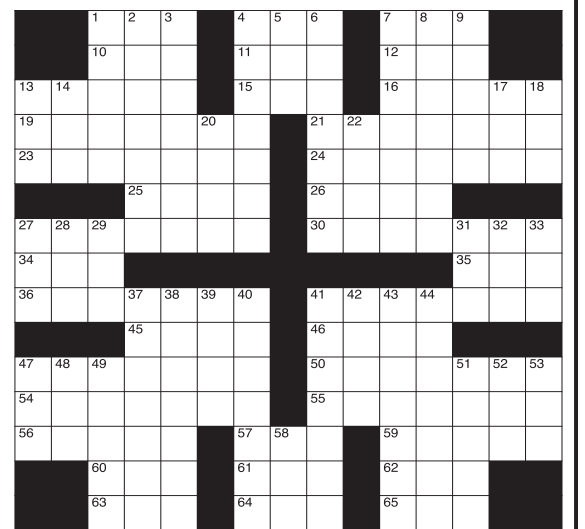
CROSSWORD

CLUES ACROSS

- America's WW2 President
- Move earth
- Insecticide
- Naturally occurring solid material
- State of fuss
- Bhutanese wine
- Greek island
- Taxi
- Tanzanian ethnic group
- Metrical foot
- Boasted
- Eel-like vertebrate
- Small freshwater lakes
- Morally base
- Not odd
- Where you live
- Fixed in place
- A very large body of water
- Moved quickly
- Winged horse
- Small waterfall
- Hoopster Gasol
- One who mimics
- Tropical plant
- Used of walls
- A citizen of Iran
- Christian hermit
- She marries the groom
- American patriotic society
- Wine grape
- School of Buddhism
- A team's best pitcher
- Consumed
- Time zone
- Part of a company name
- Type of bulb

CLUES DOWN

- Marine protozoan
- You use it for your eyes



- Set aside for a later time
- Metrical foot
- Famed journalist Tarbell
- Consumes quickly
- Rewards in a civil suit
- Kamodo are some
- Ballroom dance
- Chum
- Comedienne Gasteyer
- A room to relax
- Commercials
- Six (Spanish)
- Wild party
- Small European viper
- Baseballer Gordon
- Eccentric person
- A way to save for your future
- Young boy
- Midway between northeast and east
- Changed
- Prominent
- Genus of seabirds
- Event regarded as wrong
- Skipped in a lively way
- Multi-function radar (abbr.)
- A country in W. Africa
- Burn a corpse
- NHL great Bobby
- Women's ___ movement
- NHL great Bobby
- Coarse, green material
- Treated with calcium oxide
- When you hope to get there
- "Partridge" actress Susan
- What thespians do

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

The Carman-Dufferin
STANDARD

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get inspired

> MEAL IDEAS



Lentil Bolognese with Veggie-Based Penne

1/2 cup vegetable broth
1 box Veggiecraft Farms Cauliflower Penne

Toppings:
fresh basil
Parmesan cheese
red pepper flakes

Cook lentils according to package directions. Drain then return to pot and add marinara and vegetable broth. Stir well and simmer over low heat about 10 minutes.

Cook penne according to package directions.

Top cooked pasta with lentil Bolognese, fresh basil, Parmesan cheese and red pepper flakes.

1 cup dry French green lentils or brown lentils
1 jar (24 ounces) marinara sauce



S'mores Skillet

6 graham crackers, roughly crumbled, divided

Preheat oven or grill to 350 F.

Place medium heat-proof bowl over medium saucepan simmering with water. Add butter, 1/4 cup chocolate chips and unsweetened chocolate; melt. Remove from heat and allow mixture to cool 15 minutes.

In small bowl, whisk flour, baking powder and salt.

In large bowl, mix eggs, sugar and vanilla. Add chocolate mixture and mix until well combined. Stir in flour mixture. Add 1/4 cup chocolate chips, 1/2 cup mini marshmallows and three graham crackers to batter.

Pour mixture into 8-inch skillet. Top with remaining mini marshmallows, chocolate chips and graham crackers. Grill or bake 10-12 minutes. Remove from grill. Cool 10 minutes and serve.

Prep time: 30 minutes
Cook time: 10 minutes
Servings: 6
8 tablespoons unsalted butter
3/4 cup semisweet chocolate chips, divided
2 ounces unsweetened chocolate
1/4 cup all-purpose flour
1 teaspoon baking powder
1/4 teaspoon salt
2 large eggs
1/2 cup Domino Light Brown Sugar
1 teaspoon pure vanilla extract
1 cup mini marshmallows, divided



Popcorn Party Pizza

candy-coated chocolate pieces (optional)

Spray 12-inch pizza pan with nonstick cooking spray; set aside.

In large saucepan over medium heat, heat butter. Stir in marshmallows until melted. Stir in popcorn until well coated.

Spread mixture evenly onto prepared pizza pan.

Drizzle red piping gel over "pizza" for "sauce."

Cut small circles (about 1 1/4-inch diameter) from rolled fruit snack and place on pizza for "pepperoni" slices.

Decorate with jellybeans, coconut and candies, if desired. Cool completely before cutting into wedges.

Yield: 8 slices
Nonstick cooking spray
3 tablespoons butter
1 bag (10 1/2 ounces) mini marshmallows
2 quarts popped popcorn
1 tube (0.68 ounces) red piping gel
1 package red raspberry rolled fruit snack
green jellybeans (optional)
coconut (optional)

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

As devastating as the pandemic has been on so many, I will dare say there have been a few positives. (I'd never ask for terrible circumstances to be the catalyst for positive change, but since we are going through it anyway, I for one, will take whatever we can get.) The introverts of the world are finding relief in less social pressure, the chronically ill are thinking, 'I always try to avoid people carrying viruses and stay home if there's the threat of a simple cold,' and some folks needing counselling can actually get to a zoom appointment from their bed, rather than having to find the energy to leave the house. I can think of one more positive:

Support groups are now everywhere online, and readily accessible.

I just looked at my FB account and I am part of seven groups covering an array of my health issues. I have found the M.E. and Gastroparesis groups particularly helpful as they are more rare diseases. I'm continually amazed at how much information other patients have and are

willing to share. And the emotional support is overwhelming. Recently, when my diabetic retinopathy became active again, I posted in one of my Type 1 Diabetes groups about how alone I felt inside my head, and how even though people are understanding, most can never understand. The response was a flood of comments from people recommending top-notch eye clinics in London, fellow patients telling me their journeys with eye disease, virtual hugs, and many offered to stay in touch privately to walk the road with me. These people got it.

As much as my family and friends are supportive, none of them can truly relate (apart from my aunt who lost her husband to Diabetes complications, eye disease included in my uncle's picture), and certainly none of them know the latest retinopathy eye treatments available and where to get them.

As much as I prefer face-to-face connection with people, I'd never have access to these supports if it weren't for online groups. (This does not only apply to health. I have made some tight music connections online during the pandemic as well!) And I'll dare say that patient lived experience is often more helpful than doctor book knowledge, especially considering I can talk with hundreds of patients online, with access to only one doctor.

Take advantage of the positives, yes?

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on FB @medicalmissstress, Instagram @susie.suscha, and lesshealthstress.com



Cheeseburger Turnovers

and onions are tender. Drain. Stir in ketchup and mustard.

Separate biscuit dough. On ungreased baking sheet, flatten biscuit dough to form 6-inch rounds. Spoon beef mixture onto one side of flattened dough. Sprinkle with cheese. Top with dill pickle half. Fold dough over filling. With fork tines, press dough edges to seal. Cut two slits in top of dough to release steam. Repeat with remaining dough, beef mixture, cheese and pickles.

Brush each turnover with egg wash.

Bake 18-22 minutes, or until deep golden brown.

1 pound ground beef
1/2 cup onion, chopped
2 tablespoons ketchup
1 tablespoon mustard
1 can flaky biscuits
1 cup shredded cheese
1 dill pickle slices, halved
1 egg, beaten
Heat oven to 375 F.
In large skillet, cook ground beef and onion until beef is thoroughly cooked