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135 years growing

STANDARD PHOTO BY LYNN SPOTT

The Miami Horticultural Society marked 135 years on Aug. 21, celebrating its historic flower and garden show with record entries and strong youth participation. Pictured, left to right, Shirley Zacharias, Gail Snider, Ruth Burnett, Velma Orchard and Dulcie Kennedy. Missing from the photo are Joan Duncan, Lynda Oakes and Joan Mikolase.

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Miami Horticultural Show marks 135 years with record junior entries

By Lana Meier

The Miami Horticultural Society marked its 135th flower and garden show on Aug. 21, drawing record participation and celebrating the group's long-standing roots in the community.

If Eva Campbell — the woman who hosted the first flower show on her lawn in 1890 — could have attended, she would have found plenty to admire. This year's event at the Miami Community Hall featured 72 exhibitors, split evenly between 36 adults and 36 juniors, and 607 entries in total.

The junior section stole the spotlight, with 298 entries — the most in the show's history. The youngest exhibitor was one-year-old Ledger Webber, while the most senior was 98-year-old Velma Orchard, who entered several exhibits.

Much of the youth participation came through the Junior Garden Club, which welcomed 17 members aged four to nine, and inspired siblings and friends to join in.

Among the winners, four-year-old Hali Mikolasek captured the trophy for most points in the junior section. Celeste Lawson earned most points



Celeste Lawson, winner of the most points in fruits and vegetables, with her son Garret and Lynn Sprott.

in the fruit and vegetable category, while Judy Knox won both the flower section and overall show.

OTHER TOP ENTRIES INCLUDED:

- Best flower arrangement: Sandi Paul
- Best gladioli: Judy Knox
- Best potted geranium: Judy Knox
- Best hydrangea: Ray Lawson
- Best lily: Gail Snider
- Best rose and best plate of fruit:



STANDARD PHOTO BY LYNN SPROTT

The Miami Horticultural Society celebrated its 135th flower and garden show on Aug. 21 with record entries, including 298 in the junior section. Lynn Sprott presented the trophy to Judy Knox for most points in the show. At bottom left, four-year-old Hali Mikolasek won most points in the junior division.

Judy Knox

More than 155 visitors came from 12 communities, including Winnshortipeg, Stonewall, Altona, Winkler, Morden, Carman, Manitou, Somerset,

Horndean, Ninette, Swan Lake and Miami. Seniors from the Manitou Personal Care Home also attended for an afternoon outing.

Continued on page 3

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www.genrising.org/events



The Miami Horticultural Society marked 135 years on Aug. 21, celebrating its historic flower and garden show with record entries and strong youth participation. Pictured, Judge Louise Page, Joan Robinson and Lynn Sprott checking exhibits.

The program featured greetings from the Reeve of the RM of Thompson, who congratulated the society as the oldest organization still active in the municipality, and from Linda Wall, president of the Manitoba Horticultural Society. Presentations included talks by Kelvin Hildbrandt on starting an orchard south of Miami, and Wendy Pearson on acts of kind-

ness. The event closed with raffle draws, award presentations and group photos of past and current members. Organizers thanked sponsors, volunteers and community members for prize donations, setup, accounting and kitchen work, all of which helped make the 135th show a success.



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Carman Habitat for Humanity seeks volunteers and donations for new build

Sept. 26 barbecue,
11 a.m. to 2 p.m., at
Homestead Co-op
benefits Habitat build

By Lana Meier

The Carman-Dufferin Chapter of Habitat for Humanity Manitoba is preparing to launch its next home build and is calling on the community for help.

The chapter holds title to a property at 146 First Street S.E., next door to its previous Habitat home and near Carman Collegiate. Volunteer organizer Ernie Bart said the site is well suited for a modest house that will serve a local family for generations.

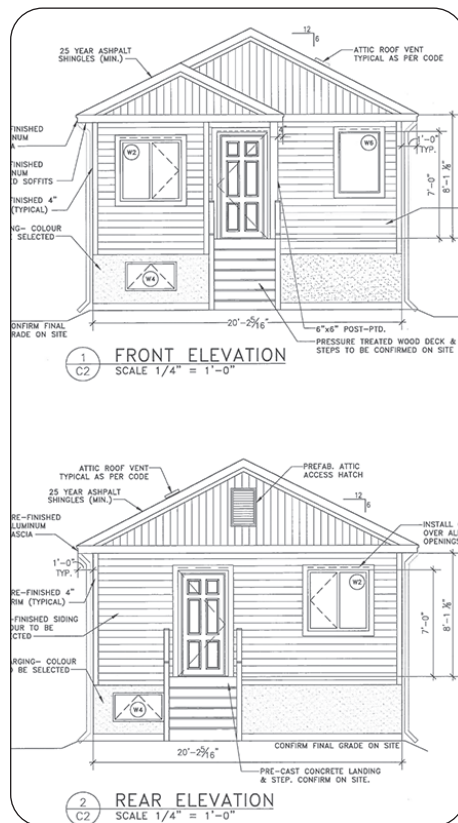
"The home is considered part of an interconnected communal system – both the neighbourhood infrastructure and the surrounding natural environment," Bart explained. "It's about building stability and belonging right in the heart of Carman."

The new house will be a simple, rectangular design with a covered front deck, similar to the first Habitat home built in Carman. Main floor plans call for a living room, dining room, kitchen and two bedrooms, with additional bedrooms and a bathroom in the basement if needed.

Habitat homes are typically between 850 and 1,000 square feet, with layout tailored to the size of the partner family. Construction is anticipated to begin in the fall of 2026, depending on funding.

"The chapter may begin the family selection process in the next few months," Bart said, noting applicants are screened through Habitat Manitoba's established criteria. "Families go through credit checks, counselling appointments and review before final approval. It's a thorough process, but the goal is to give a family a lasting foothold here in Carman."

Bart said the project addresses a pressing need in Carman and across



Concept drawing for Habitat for Humanity's next Carman build at 146 First St. S.E.—a simple rectangular home with a covered front deck and two bedrooms on the main floor.

rural Manitoba.

"Carman has the potential for growth, but not the housing supply to provide for that," he said. "Building a new home and buying land is now very expensive and prices out many people. With the cost of rent rising, families are struggling to save a downpayment. Some workers are even bussed in because there isn't housing available for them."

Citing a CBC report, Bart noted rural Manitoba has the highest rate of people in core housing need anywhere in Canada, with 23 per cent of renters living in places that fail two or more housing standards.

"Adding houses to the market in Carman is important for the continued growth of the community," he said.

To make the build possible, the



STANDARD PHOTO BY LANA MEIER

Left to right, Ernie Bart, Lucille Bart and Brent McDonald hosted a schollegen competition during World Rivers Day in Carman on Sept. 13.

chapter must raise between \$230,000 and \$250,000, with at least 75 per cent of funds or pledges secured before breaking ground.

"Fundraising support is one of the most needed areas right now, because without the funds the house cannot be built," Bart said. "But we also need volunteers of all kinds — people who can take direction on a build site, fundraisers with ideas, and local businesses willing to pitch in. Every dollar and every hour of work contributed stays right here in the community."

Businesses including Homestead Co-op, Toews Printing, Redpath Custom Carpentry, True North Foods, Neptune Properties and others have already committed support.

The chapter is also hosting a fundraising barbecue lunch on Friday, Sept. 26 from 11 a.m. to 2 p.m. at the Homestead Co-op Carman Food Store. Hotdogs, smokies, chips, veggies and drinks will be served, with proceeds going directly to the build.

Other fundraising campaigns include a door-to-door canvass in October and a community gathering event with Habitat presentations and enter-

tainment planned for November.

For committee member Laurie Redpath, the motivation is both practical and personal.

"As a local builder, I'm interested in both construction and helping a family benefit from the same kind of help I once received," said Redpath. "We were blessed with support when buying our first home, and I like being able to see someone local have that same opportunity."

He added that Habitat partner families not only gain strength and stability through home ownership, but also pay mortgages back into the local chapter, funding future builds.

"This Habitat project provides a great opportunity for all community members to stand shoulder-to-shoulder with the recipient family," Bart said. "It's a chance to weave a real and lasting difference into our community fabric."

For more information on volunteering or contributing, email Bart at erniebart70@gmail.com or sign up at local events such as the Carman Farmers' Market, River Days, Carman Fair, or the Sept. 26 barbecue.

Free clothing, résumé help at Carman event Sept. 25

By Haley Cvar

Carman Wellness Connections (CWC), in partnership with Youth for Christ Carman, is inviting residents to "Suit Up for Success," a free, family-friendly event that combines practical career support with community connection.

The event runs Thursday, Sept. 25 from 2 to 6:30 p.m. at Youth for Christ

Carman, 108 Main St. S.

Organizers say the goal is to help people take steps toward employment and overall well-being while easing some of the challenges that families face.

Resources will include free clothing for men and women, children's clothing bundles, résumé and interview advice, and information on upcoming

job fairs and WEM Excel training. Parents will also have access to free childminding services during the event.

"This is a chance for parents to bring their kids, take part in workshops or conversations, and maybe even meet someone they'd like to have as a babysitter in the future," said Lisa Lehmann, CWC coordinator.

Snacks and refreshments will be available, and attendees will be able to connect with local service providers and volunteers.

The event is the product of collaboration between CWC's Supporting Emotional Health and Education & Employment working groups. Both

Continued on page 11

Roland council advances Memorial Hall renovation plan

By Lana Meier

The Rural Municipality of Roland has taken the next steps toward a \$1.15-million renovation of the Roland Memorial Hall following a public hearing and two subsequent council meetings in August.

On Aug. 11, 28 residents attended a public hearing to voice feedback on Local Improvement Plan No. 2025-01, which outlines both the scope and financing for the upgrades. Twelve participants spoke in favour of the plan, four objected, and three offered neutral responses. Two written objections were also submitted ahead of time, while others attended out of interest.

Reeve Jodi Gaultier said council weighed the mixed response carefully before moving ahead.

"The project was not taken lightly, but we feel it is important to upkeep our infrastructure as best we can to provide community spaces for current residents and the next generations as well," she said. "While we did receive a few objections to the project, it was not enough to choose to terminate the project."

The proposal would see the municipality borrow \$500,000 over a 10-year term at an estimated six per cent interest, with annual payments of about \$67,933. The remaining funds would come from reserves and gas tax revenues collected over the past five years. A flat-rate local improvement levy of \$150.63 per parcel would be added to annual tax bills, or property owners could opt for a one-time payment of \$1,108.65. Farmland is excluded from the levy.

Planned upgrades include new

flooring, fresh paint, an improved sound system, fully renovated washrooms including a universal wash-room, new storage facilities and—if funds allow—replacement tables and chairs. The RM office portion of the building will be demolished and rebuilt with new offices, a waiting room and staff facilities, while a new second storey will provide council chambers, staff room and additional storage. A lift and new HVAC system are also part of the design.

"The Memorial Hall had 181 rentals in 2024, so it is well used," Gaultier told residents at the hearing. "By renovating the hall we will continue to provide a functional and lovely facility for rentals. This upgrade will ensure our hall is upkept for many generations to come."

At its Aug. 12 regular meeting, council approved a \$27,175 contract with Steckley Consulting Engineers for engineered drawings, plus \$2,000 for additional request-for-proposal preparation work. Council also gave first reading to By-law 2025-11, the borrowing and local improvement bylaw tied to the project.

Before construction can begin, council must still pass second and third readings of By-law 2025-11 and secure provincial approval of the local improvement levy. Gaultier noted that the province has not yet provided any indication of approval, and the process can take as long as six months.

She added that while the ideal timeline would see a request for proposals go out later this fall with construction beginning in the spring once the frost has lifted, dates will depend on

provincial approval and contractor schedules.

Rentals will also be affected once work begins.

"Rentals will certainly be disrupted during renovations, but we can't guess for how long or when during the project until we have a start date and discuss with the contractor," Gaultier said.

The renovations are expected to benefit both municipal staff and the broader community.

"The new office space will be of great benefit to the staff and in turn the ratepayers," Gaultier said. "We have outgrown the current space and require more storage and workspace. The hall renovation will benefit community members who rent the space and participate in community events through better facilities and more accessible options. We have heard from many ratepayers over the years who were looking forward to a facelift for this building."

ROLAND COUNCIL DEALS WITH INFRASTRUCTURE, FINANCES AND RECREATION

While hall renovations dominated much of the discussion this month, Roland council also addressed a full slate of other municipal business at its August meetings.

At the Aug. 12 regular meeting, councillors approved budgetary control and income statements as of July 31, with accounts totalling \$227,641.01 and payroll of \$32,174.12. Reid & Associates was appointed as municipal

auditor for 2025 and 2026.

Council also agreed to a contract with Councillor Carrie Hennan regarding reimbursement for the installation of water and sewer services on Blakeston Lane, with Hennan abstaining from the vote due to conflict of interest.

Infrastructure updates from the public works department included gravelling country roads and back lanes in Roland, repairing water leaks at several sites, flushing rural water lines and sewers, and replacing damaged culverts. Crews also handled asphalt patching, tree felling, sidewalk repairs, campground facility maintenance and training for new staff.

Drainage and development also featured on the agenda. Blumengart Colony received approval to complete its own drainage work, with conditions on culvert depth and water flow. Council declined one request for a local improvement exemption but granted permission for Jason Park to rent a municipal magnet for \$100 per day.

Recreation programming continues to be popular in the municipality, with strong participation in summer events such as tie-dye, pottery classes and Small Town Bingo. Upcoming activities include a movie in the park, with plans to purchase a popcorn machine and a canvas screen.

Council also tabled discussions on refurbishment of the Millennium Pathway pending further quotes and agreed to redesign the municipal logo. A Chase the Ace fundraiser will proceed once required permits are in place.

Ride for Refuge back for a second year Oct. 4

By Ashleigh Viveiros

The second annual Ride for Refuge in support of Genesis House takes place in Morden next month.

Organizers have set a goal of \$20,000 for the Oct. 4 ride/walk.

"That's what we raised last year, which was great," shares Sophie Gerbrandt, resource and community coordinator for the shelter for the victims of domestic violence. "We had a little under 100 people, which was awesome for the first time doing an event like this."

As of press time, 33 participants had already signed up for the 2025 edition, raising over \$8,000 in pledges.

"It's exciting to see," says Gerbrandt, explaining the funds are earmarked for Genesis House's transitional hous-

ing project now under construction in Winkler. The 25-unit apartment complex will give women and their children a safe place to rebuild their lives free from their abusers. It's expected to open in 2027.

"The event's called Ride for Refuge, so we thought it would make sense with our project that we have going on to focus on housing with these funds," says Gerbrandt. "We're getting closer to that project actually becoming a reality. Last year it was more of a dream ... this year we can show this is what the money is going towards."

Ride for Refuge participants can pick between 2.5 km or 5 km walking routes or bike routes of 10 km and 20 km. The routes will all be clearly

marked and there will be rest stops along the way.

Check-in will begin on the green space north of the spray park in Morden Park at 10 a.m. on Saturday, Oct. 4. After a brief opening ceremony at 10:45 a.m., the walk will get underway at 11 a.m. followed by a pizza lunch at noon.

If Oct. 4 doesn't work for you, you can still take part by registering to fundraise and participate offsite on a day and time that works better for you.

Last year's ride drew people of all ages.

"It's a very family-friendly event," says Gerbrandt, "and a really good way to get a different demographic of people involved with what we do at

Genesis House."

You can sign up as an individual or with a team. Registration is free; riders are simply asked to collect pledges in support of the cause, if they can.

"We just ask that if people are able to donate, that's great," Gerbrandt says. "But we do have riders and walkers who are coming just to support us, and we welcome that as well."

Everyone who raises \$150 or more (\$75 or more for those under 18) in donations will receive a Ride for Refuge shirt in thanks for their efforts.

You can register in advance at en.rideforrefuge.org/location/morden or simply show up on the day.

"The more, the merrier," Gerbrandt says.

STANDARD



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EDITORIAL > VIEWPOINTS > LETTERS

Dufferin council tackles annexation, hiring and infrastructure

By Lana Meier

Dufferin council worked through a full slate of infrastructure, hiring and planning items over two summer meetings, supporting a Town of Carman annexation request and approving multiple utility and drainage projects.

At the July 15 meeting, with Deputy Reeve John Peckover chairing in the reeve's absence, council approved \$584,601.56 in accounts and green-lit a \$19,145 MRX 920 V4 mobile meter-reading unit to modernize utility collections. Two rural waterline connections were approved (Rook; Bosma), and council accepted donations for the Roseisle Memorial Garden to replace rose bushes and purchase a "Grace" statue, with donors to be recognized.

Roads and drainage featured prominently: council approved Agassiz Seed Farm's surface drainage plan (S½ 31-6-3W), and awarded a \$5,223.55 quote to Pier Solutions to repair the Mackenzie Bridge on Road 35N. Subdivision applications from Kelvin Dyck (SE 28-6-7W) and Nathan/Natasha Mangin (NW 9-7-7W) were approved. Council also dealt with correspondence ranging from provincial operating grants

and assessment reports to RCMP statistics and drought/water availability updates.

On Aug. 19, with Reeve Cor Lodder back at the table, council approved \$789,702.30 in accounts and advanced several staffing decisions. Melissa Cruickshank was hired jointly with the Town of Carman as Fire-Safety Administrator and EMO co-ordinator (effective Sept. 2, 2025). A seasonal recreation employee was made full-time, and Jani-King was contracted to clean Memorial Hall at \$2,715 per month through Dec. 31, 2026. The Greenwood Cemetery groundskeeping contract was extended to 2026.

Council supported the installation of a commemorative heritage marker at Road 33N and 30W, and applied for a \$5,000 AMM infrastructure grant to improve the small picnic shelter in Kings Park. Additional waterline connections were approved (Reimer; Agassiz Seed Farm), and council authorized a ConX Wireless bulk water fill system at Stephenfield. Valley Fibre locates were cleared, and RCML's fibre-optic extension agreement was approved to allow installation along municipal roads.

On the agriculture and drainage file, council approved tile drainage for 320 acres at W 8-7-5W (D Mack Farms; Sean McIntosh Farms) with an outlet via the lift station to the municipal ditch along Road 37N, and authorized McIntosh Ventures to install an irrigation line adjacent to Road 29. Council also approved relocating Aubin Nurseries' irrigation line.

Council endorsed the Town of Carman's annexation proposal for a 75.64-acre parcel (Lot 39 — Plan 1358, NW¼ 19-6-4W) and agreed to enter a tax-sharing agreement as part of the process. A covenant pledging 2026 municipal taxes as security for a \$2.5-million line of credit was approved to meet current-year expenditures. Lease arrangements with Doyle's Funeral Home were renewed for 2025.

The meetings also covered ongoing bridge updates (McEachern), provincial highway improvements, and drought/Stephenfield water supply reports, with several project items tabled for further information (sprayer upgrade; project work orders; quotes for ring road/Roseisle asphalt).

The way it was this week in: Sept. 24

By Dennis Young

100 years ago — 1925.... Tenders are called to install hydro lines from Carman to Sperling, with bids ranging from \$5,000 to \$8,000; Miss Hazel Cochran teaches piano and theory in preparation for college exams; steam-heat is installed in Carman Hospital and the nurses' home; the Province of Manitoba Savings and Loans offers four per cent guaranteed interest and just \$1 to open an account; Carman School hosts its annual Boys and Girls Club Fair.

75 years ago — 1950... Grain deliveries reach 100,000 bushels at Carman, 80,000 at Homewood, 136,000 at Sperling, 51,000 at Elm Creek, 10,000 at Barnsley and 68,000 at Graham; Bert

Gilmore sells the Red & White Store to A.C. Clarke; the Carman Ball Club prepares its diamond for a grass infield; Farm Help Services of Carman is asked for 30 men but can only supply five; Ross Laycock harvests new potatoes; Robert Apps retires after 25 years at Carman Hospital; Strachan Seeds sells tulip bulbs for 50 cents a dozen.

50 years ago — 1975... Assiniboia Downs hosts Carman Day; Ron Stanger receives a life membership with the Kinsmen Club, with Peter Sanderson named new president and Merv Robinson moving to past president; the arena lobby gets a facelift with new carpet, paint and plexiglass to replace wire; Jim Hodgson be-

comes the new Beaver Hockey Club president.

25 years ago — 2000... The Holland Shop opens in Carman; Stevens Drug Store offers a full line of Halloween costumes; the library undergoes renovations to add a reading room, public washroom and new office space; Adult Ed registrations rise to 106, up from 79 the previous year; Fas Gas Ltd. takes out a \$150,000 building permit for the corner of Highways 3 and 13, demolishing Mayert's Sign Shop, Mitchell Accounting and Carman Car Wash; NHL goaltender Eddie Belfour donates funds for a display case in the arena lobby.

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Carman council reviews airport proposal

By Haley Cvar

Carman council met Aug. 21 with a full agenda that covered finances, infrastructure projects, staffing updates and community concerns. Deputy Mayor Robert Bryson chaired the meeting in the absence of Mayor Brent Owen.

Council heard from the Carman-Dufferin Airport committee, which presented a proposal to purchase the runway and additional land at the regional airport. Financial matters were also front and centre, as council approved nearly \$489,000 in July accounts, authorized a \$1.5-million line of credit, and passed a resolution to seek Public Utilities Board approval to cover a 2021 utility deficit of almost \$598,000 through accumulated surplus.

Two traffic-related by-laws — one governing signage and another regulating parking — received third and final reading, updating the town's rules for drivers.

Staffing decisions included the resignation of EMO Coordinator Rick Penner and the hiring of Melissa Cruickshank as both Fire Safety Administrator and EMO Coordinator, effective Sept. 2. Council also hired Brayden Cox as Recreation Technician. Service contracts were awarded for Memorial Hall cleaning and cemetery maintenance, while a lease with Doyle's Funeral Home was renewed.

Infrastructure and community planning were also discussed. Council received updates on the Trestle Bridge project, considered potential museum expansion, and reviewed requests for

new pathways and sidewalks. Manitoba Transportation was asked to study a crosswalk at Kings Park and 4th Avenue, while council supported a trial using rubber aggregate for road repairs on 5th Avenue NW.

Council also dealt with several letters from residents and groups, including concerns over downtown parking, pathway safety, and a dangerous dog complaint. The town approved financial arrangements tied to Boyne Care Holdings, endorsed a \$5,000 grant application for pool upgrades, and received reports from its committees and regional partners.

Community events were also noted at the meeting, including the Terry Fox Run held Sept. 14 and the Dufferin Agricultural Society's Hoedown in the Hall fundraiser on Aug. 23.

worship with us > FAITH

"Wasting Time"

I read an article where one person said, "Before people will trust you, they have to know that you are willing to waste time with them."

I found that interesting and as I began to think about it more, it really made sense. In other words, in all the daily tasks we may have to do in the day, it is just as important to sit and spend time with people.

To be honest, this can be challenging. It is all too easy to get "hung up" on my to-do list and not wanting to get distracted. And, some days that's necessary.

Yet, when I look at my life in ministry, the most important times have often been when I'm "wasting time." I've found that the most important times have been when I'm talking with someone at the post office or in the grocery store. The most important times have been when I have a visit with someone, with no agenda but to be with the person.

There is an importance of being willing to "waste time" with people. Those times when there is no agenda but just being in the moment. In many of these moments, it seemed like nothing "big" is happening, but, when all is done and we looking back, those "nothing" moments were what mattered the most.

When I think about who my friends are and why we're friends, and why we are still friends it is because of our conversations while waiting for something, during board games, or over coffee. Friendships are created when you "waste time" together.

Summer seemed to go by way too fast and fall with all the business has begun. How about, instead of cramming more into our days, why not try to focus on wasting a little bit of time with the people you care about the most or with a those you meet on the street or in the grocery store. After all, in the end, the times we "waste together" seem to end up being the most valuable time.

Pastor Trudy Thorarinson
Grace - St. John's Anglican / Lutheran Church

More measles exposures confirmed

Staff

The province notified the public last week of two additional measles exposure sites in the Winkler area. Officials said anyone who was at New Life Fellowship Church, 67 Hochfeld St. N. in Hochfeld, on Sept. 7 from 10 a.m. to 2 p.m. should monitor for symptoms until Sept. 27. People who attended New Life Fellowship School at the same address on Sept. 8 from 9 a.m. to 2 p.m. are asked to monitor until Sept. 30. Public health is also encouraging anyone who may have been exposed to check their immunization records and ensure they are up to date with the measles vaccine (MMR or MMRV).

For people born in 1970 or later who have never received a measles vaccine and have never had the infection, vaccination is recommended. Individuals are advised to limit contact with others, particularly those who are immunocompromised or unimmunized, from the fifth day after exposure to the 21st day after the latest exposure. Certain people should not receive the

vaccine, including infants under six months, pregnant women and those with weakened immune systems. These groups should contact their health-care provider or public health, as they may be eligible for preventive treatment within six days of exposure. Close contacts may also be asked to isolate and consider vaccination.

Symptoms of measles usually appear seven to 21 days after exposure. Early signs include fever, runny nose, drowsiness, irritability and red eyes, followed by small white spots inside the mouth or throat. A red blotchy rash typically appears on the face several days later and spreads down the body. Complications can include ear infections, diarrhea, pneumonia and encephalitis. Anyone who develops symptoms is advised to isolate at home, call their health-care provider in advance and advise them of possible exposure. Unimmunized household members should also limit contact with others until medical advice

is received.

Measles is highly contagious and spreads through airborne droplets when an infected person coughs or sneezes. Transmission can occur from four days before the rash appears until four days after. The disease is often more severe in infants and young children and can be life-threatening. Immunization is the only effective protection.

In Manitoba, a two-dose program for measles, mumps, rubella and varicella (MMR or MMRV) is routinely provided for children, with the first dose given at 12 months and the second between ages four and six. A second dose may be given earlier following exposure, and outbreak eligibility extends to some children aged six months to under 12 months. Public health officials continue to monitor the situation and provide updates, with the number of measles cases in Manitoba posted weekly on the provincial measles webpage.

letter to the editor

Thank you for honouring our history

I just want to congratulate and thank you, Dennis, for the article on Bob McKenzie in the Sept. 18 *Carman Standard*.

Having grown up in Roland, I knew him all my life as one of the big kids.

He was always friendly and polite, and no matter where I met him—whether in Roland as a kid or in Carman as an adult—he always knew me and had time to stop and talk. A very special person.

You have done him justice and depicted him well.

- Isabelle Waddell

I wanted to say thank you! We all thought the article "Remembering Clarence Bedford's legacy in law and community," which appeared in the Sept. 4 edition of the *Carman Standard*, was well written and a wonderful keepsake. I even learned some things about him that I didn't know before. Thanks again, Dennis.

- Jennifer Paulhus
(granddaughter)

Carman Terry Fox Run raises \$7,400 for cancer research



STANDARD PHOTOS BY BEV MCLEAN

Participants gather in Ryall Park for Carman's Terry Fox Run on Sept. 14, where around 50 people helped raise \$7,400 for cancer research in honour of the Terry Fox Foundation's 45th anniversary.



FlATTop and Company performs on stage during Carman's Terry Fox Run.

By E. Antonio
Around 50 participants took part in Carman's Terry Fox Run on Sept. 14, raising \$7,400 for the Terry Fox Foundation in honour of the 45th anniversary of the cross-country fundraiser. Participants gathered at Ryall Park to walk, run, stroll and roll in support of cancer research. "This event creates a sense of community for Carman area residents and a generous community it is," said run organizer Linda Sylvester. Participants enjoyed live entertainment by FlATTop and Company, celebratory cupcakes donated by Jena Krahn, and posed for photos with a Terry Fox quilt sewn by Joan McKetiak. Brenda Major also took home the Terry Fox pillow in a raffle draw. "We appreciate everyone who supports this great organization and their contributions in making this a successful and fun event," Sylvester added. "Thank you to everyone for their support in funding the research in the fight against cancer."



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Joan Johnston poses with the Terry Fox t-shirt quilt sewn by Joan McKetiak.

Community harvest raises \$46,000 for global food security

By E. Antonio

Harvest season in Elm Creek brought in more than \$46,000 for global food security this month after a local field was donated and harvested for charity.

The annual community harvest saw seven combines, three grain carts and several semi-trucks work together Sept. 10 to bring in a wheat crop from 80 acres generously donated by Helen Rempel. The effort supports Conquering Hunger Overseas Is Community Endeavor (CHOICE), a partner project of the Canada Foodgrains Bank (CFB). Volunteers, local farmers and community members donate their time, equipment and expertise each year to grow and sell the crop, with proceeds directed to hunger relief overseas.

"It was a beautiful sunny day on the afternoon of Wednesday, September 10 with seven combines, three grain carts and several semi's and super b's," said CHOICE secretary Carolyn Koster. "Harvest commenced in the early afternoon and was done in approximately an hour. We are very thankful for the beautiful weather after the rains."

The field averaged 83 bushels per acre, raising more than \$46,000. Final figures will be confirmed at the end of the year.

"A thank you to all of our corporate donors for the donations of seed, chemical and fertilizer. As well as thanks to those that give of their time and equipment to keep the project going in season; and thanks to those that give financially," Koster added. "We

are thankful for you, our community, and your support of this growing project and the Canadian Foodgrains Bank."

Koster also extended gratitude to Ian Lepp for coordinating field activities and the volunteer growers. Lepp said the field benefited from early seeding and favourable conditions.

"The field was seeded early and produced a nice wheat crop considering limited summer precipitation," he said.

CHOICE funds are distributed among six food security projects supported by CFB. In 2024, the Foodgrains Bank raised \$74 million through its partnerships with 15 Canadian churches and agencies, supporting 1.2 million people worldwide.

Among the beneficiaries is Mennonite Central Committee (MCC), which provides short- and long-term aid in 45 countries facing food crises. MCC receives 20 per cent of CHOICE harvest profits.

"One of our most important goals is to provide sustainable development in communities that need it most," said Wesley Ncube, MCC Manitoba constituency relations coordinator. "In collaboration with other agencies such as Canada Foodgrains Bank and CHOICE, we provide relief, development, and peace in the name of Christ with the goal of ending global hunger."

Ncube highlighted the success of a cultivation agriculture project overseas, where women learned new techniques to maximize crop yields with limited rainfall.



STANDARD PHOTOS SUBMITTED

Conquering Hunger Overseas Is Community Endeavor (CHOICE) harvested its annual crop on an 80-acre field in Elm Creek this September. The wheat harvest raised \$46,000 in profits to be dispersed among six Canada Foodgrains Bank global food security projects.

"They had very little rainfall so their crops were dry and were not doing well economically. We taught women to adopt new cultivation agriculture techniques so they could use the little rain they had to maximize their produce," he said. One woman became a lead farmer while raising a family and began teaching others.

"Education is crucial and I am thankful to the farmers in our great province who support and partner with the work we do," Ncube added. "Something may look small to someone, but it is a miracle to somebody else. Local farmers are just as important as the farmers we are working with all around the world."



is pleased to welcome
Dr. Mohammad Chowdhury, MD

to our primary health care team which includes:

- Dr. T. Atchison, MD CCFP
- Dr. J. Braun, MD CCFP
- Dr. S. Vermeulen, MB ChB
- Vanessa Jamault, NP
- Sara Birnie, NP
- Dr. S. Afrose, MD
- Dr. K. Roberts, MD CCFP
- Dr. S. Nejad, MD CCFP

Dr. Chowdhury moved to Carman with his wife Dr. Afrose and children in 2021. He recently completed the International Medical Graduate Program and is now working full time at Carman Community Health Centre as a family physician. He has worked as a clinical assistant at BTHC and Carman Hospital prior to completing the IMG program. Dr. Chowdhury received his medical training and worked as a family physician and anesthesiologist in Bangladesh until coming to Canada. After arriving in Canada, he discovered Manitoba to be a good fit for him and his family and felt blessed to be able to support his family while they both pursued requirements to practice as physicians. He has found the people of Carman to be great and loves living and working in a rural community which is very familiar to him.

Dr. Chowdhury will be providing primary care services in our clinic as well as hospital and emergency care at Carman Memorial Hospital as he values being a doorway to medical care for patients with both minor and complex needs.

Anyone looking for a family physician must register with the Manitoba Family Doctor Finder program, as CCHC will be using the Family Doctor Finder list to contact any new potential patients.

Register by phone or online at:
Phone: Monday – Friday 8:30 am – 4:30 pm. Toll-free at 1-866-690-8260
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The many reasons to support Small Business

Small business is big business across much of North America. According to a 2024 report from Innovation, Science and Economic Development Canada, nearly 98 percent of all businesses in Canada are small businesses, which the Government of Canada defines as firms with one to 99 paid employees. Small businesses boast an equally notable presence in the United States, where the Small Business Administration reports such establishments account for 99 percent of the nation's firms.

With such a profound presence in both Canada and the United States, it's no wonder small businesses are championed at a point in time when shopping takes center stage. Small Business Saturday occurs each year on the Saturday after American Thanksgiving, making it part of a weekend that is often characterized as the start of the holiday shopping season. With small businesses set to take their well-

earned turn in the spotlight, consumers can ponder the many reasons to support Small Business Saturday this year.

Small businesses are significant employers. The term "small business" can be misleading, particularly in terms of job creation. While small businesses are generally described as firms with fewer than 500 employees, recent data from the SBA indicated small companies accounted for two-thirds of employment growth across the U.S. over the last quarter century, ultimately generating around 13 million jobs during that time period. Small businesses also are big-time employers in Canada, where the ISED notes such firms employed 46.5 percent of the nation's total private labor force in 2023. Those jobs are filled by consumers' family members, friends and neighbors, and supporting these employers ensures those individuals can keep earning.



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· Small businesses help to fund vital local services. Another notable reason to support small businesses is their role in creating strong local tax bases. The revenue generated by successful, local small businesses strengthens communities because it translates into tax income for local towns, which benefits schools, community organizations and public safety.

· Small business spending is more likely to stay in the local community. Another way supporting small businesses benefits communities relates to where consumers' dollars go once they're spent. Data from the American Independent Business Alliance indicates 48 percent of each purchase

at a local independent business was recirculated locally. By comparison, just 14 percent of purchases at chain stores was recirculated locally. That means more than three times as much money is staying in communities when consumers buy from locally owned businesses compared to chain retailers.

There's no shortage of reasons to support Small Business Saturday. This year, consumers can do their part and give local small businesses, and the communities they call home, their unwavering support by shopping local on Small Business Saturday.

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Dufferin museum thanks donors for \$45K renovations



STANDARD PHOTO SUBMITTED

Dufferin Historical Museum vice-president Lori Keith and director Dennis Young provide updates to donors about recent renovations.

By Lana Meier

The Dufferin Historical Museum board welcomed donors who supported its renovation project at a pair of appreciation evenings this spring.

Guests enjoyed wine and hors d'oeuvres while touring the museum's artifacts and Boyne School and hearing reports on last summer's activities and plans for the year ahead.

The \$45,000 project included expanded storage space, a mini-kitchen and a wheelchair-accessible washroom. It was made possible through years of fundraising and contributions from local supporters.

Looking ahead, the board's priorities include completing the digital cata-

loguing of more than 10,000 artifacts, launching a project to honour local heroes, planning the next fundraiser and updating the museum's displays.

The museum attracted more than 500 visitors before closing for the season, including groups from Elm Creek School, Riverview Lodge and soon a local Cub Scout troop. Tours are still available by appointment through board contacts listed at dufferinhistoricalmuseum.com.

The board is also encouraging new members, with annual fees of \$10 for individuals or \$25 for families. Elections for board positions will take place in November. The board meets on the third Monday of each month.

> SUIT UP FOR SUCCESS, FROM PG. 4

groups are made up of volunteers committed to reducing poverty and improving well-being in the community.

CWC operates six working groups overall, focusing on areas from health and wellness to education and community engagement. The non-profit, volunteer-driven organization partners with local government, service providers and residents to create lasting change.

"Suit Up for Success is about more than clothing or job tips," Lehmann said. "It's about people encouraging one another and finding practical support in a welcoming space."

All are welcome to attend. No registration is required.

For more information, contact CWC coordinator Lisa Lehmann at lisa@carmanwellnessconnections.ca or 204-750-8214.

Carman teachers celebrate 50 years of teaching, friendships and memories

By E. Antonio

Half a century after stepping into their first classrooms, a group of Carman Elementary School teachers are still stepping into each other's lives.

In 1975, seven young women began their teaching careers in Carman. They soon discovered that the best way to survive those early years was together. What started as Wednesday night suppers in the 1970s has turned into a 50-year friendship marked by laughter, shared milestones and plenty of classroom stories.

"In Carman — especially during the winter — there wasn't a lot to do. So, we decided we would all get together and bond over a delicious meal," said Janet Scott. "Some other teachers came and went to these nights, but they never stayed in touch the way we did."

Over the decades, the women have celebrated marriages, welcomed children and grandchildren, and marked their retirements. Though some have

moved away, they reconnected during the pandemic and made an effort to gather annually.

On Sept. 6, the original group — now six after losing one member a few years ago — reunited to celebrate the 50th anniversary of their teaching careers. They shared lunch and dinner at local restaurants, while their husbands joined for a round of golf. It was the first time in years the entire group had been together.

"As you get older, you cherish these people you knew back when you were younger," Scott said. "Even five minutes of conversation takes you back. It's special when you are with people you have known a long time — especially after 50 years."

Like in the old days, talk turned to school life. But instead of swapping lesson plans, they reflected on how much teaching has changed — from chalkboards to smartboards, from handwritten report cards to digital records.

"It's special to us having remained in touch after all these years," Scott said. "We are able to talk about people we knew, remember those who have passed, share a laugh about things students did and



STANDARD PHOTO SUBMITTED

Retired Carman Elementary School teachers marked the 50th anniversary of beginning their careers on Sept. 6. The group meets annually to reconnect and reminisce about their decades in the classroom. Pictured (L-R): Back row — Noreen Gray (née McLean), Marilyn Winters (née Henderson), Nancy Sheffield (née Fraser). Front row — Colleen Maltais (née Kinney), Janet Scott (née Edwards), Barb Stevens (née Wilton).

wonder where they are today."

The women estimate they've taught thousands of Carman students across their combined careers, spanning several generations of families. For many, former pupils are now parents or even grandparents themselves.

"This year felt different," Scott added. "We got together like it was going to be the last. In the coming years, we don't know how many more chances we'll have. We did a lot of laughing, and I'm fortunate for the friendships — and memories — we've made."



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Flashback... 1956 Freshie Day

By Dennis Young

Can you find these new Collegiate kids: Jim McGregor, Marlyn Cutting, Denny Sylvester, Faun Ross, Denny Hunter, Marilyn Cochran, Marg Stevenson, Thelma Harrison, Roslyn Finnie, Janice Whiteside, Deanna McCutcheon, Carol Peasgood or Ellen Hunter?

A "Freshie Day" was — and maybe still is somewhere — an orientation day designed to welcome incoming freshmen into the school community and help them get to know the school environment, other students and staff.

Freshie Days often included activities such as:

- sessions to explain school policies and procedures
- tours to help students navigate the building



STANDARD PHOTO SUBMITTED

Students take part in "Freshie Day," a tradition that welcomed newcomers with activities, introductions and a parade in outlandish attire.

- information about clubs and extracurricular activities
- But the one thing all of us new students can recall... the parade and classes while wearing outlandish attire!

Carman Wheels Car Club celebrates 25 years of cars and camaraderie

By Haley Cvar

When four friends decided to pool \$30 each to start a car club in 2000, they never expected it would still be thriving 25 years later. Today, Carman's Wheels Car Club has more than 30 members and plenty of stories to share.

Club president Ron Dyck said the idea for the club came one night during a casual conversation about the cars they grew up with.

"We were sitting there having our evening coffee, talking about cars and such, and somebody said, 'Hey, we should start a car club,'" Dyck recalled. "So we each put \$30 down for membership fees and decided to just go from there. That's how Wheels Car Club was born."

The founding members — Gil Wiebe, Jason Voogt, Ernie Enns and Ron Dyck — couldn't have guessed at the time that the club would still be going strong a quarter century later.

"No, we never imagined it would grow into what it has," Dyck said. "We just loved cars and the community around them, and wanted to share that."

Since then, the club has grown to 31 members and several corporate sponsors. While most members live in Carman, others come from surrounding towns like Winkler, Altona, Elm Creek and Winnipeg.

"You don't need to own a car to join," Dyck said. "You just need to enjoy and promote the restoration and preservation of classic cars and trucks. Some members have one vehicle, some have 10, and some just come for the community."

For Dyck, the passion for classic cars runs deep.

"In 1974 I bought a 1958 GMC truck from my neighbour and spent three years restoring it," he said. "I still have that truck — it's in pieces right now undergoing a complete re-restoration. When the club started, I had a 1965 Pontiac Custom Sport, and today I've got a 1964 Chevy Impala SS and that '58 truck."

The club celebrated its 25th anniversary during World Rivers Day on Sept. 13, an event Dyck said was the perfect fit.

"Partnering with Boyne River Keepers was a way to celebrate our beautiful river and our community, while showcasing our cars," he said.

The milestone came with special touches, including commemorative T-shirts and a handmade Gas Bowser Trophy, modelled after one Dyck had won at a past show.

"The trophy idea came out of my own experience," he said. "It was something unique, and we thought



Ron Dyck presented the Gas Bowser Trophy, crafted by Don Bergen, to Tom Hamilton for best interior with his 1958 Chevrolet Impala.

it would be a great way to mark 25 years. The shirts were another way to give members and supporters a keepsake."

Over the years, the club has seen everything from everyday summer drivers to rare vehicles like a 1911 Case car — one of only three known to exist. Members regularly travel to shows across Manitoba, and Wheels hosts two of its own each year: one in June at King's Park, and another alongside World Rivers Day.

But Dyck said what stands out most isn't the cars — it's the people.

"The friendships we've made with members, their families and other car clubs are what I'm most proud of," he said. "It's about the cars, sure, but it's even more about the connections."

All four founding members were on hand for this year's anniversary, something Dyck said was especially meaningful.

"It really hit home, seeing all of us together again after 25 years," he said. "I'm proud that we've built something that's lasted this long, and I hope it keeps growing for the next generation."

"The friendships and memories are what keep us going," he added. "If you're thinking about joining, just come out. You'll be part of something special."

Wheels Car Club meets on the third Thursday of each month from November to June. Dyck encourages anyone with an interest in classics to reach out at 204-745-0289.



STANDARD PHOTOS BY LANA MEIER

Carman's Wheels Car Club president Ron Dyck stands with his 1964 Chevrolet Impala SS during the community car show. The classic model is recognized by its stacked headlights, Impala script on the grille bar, SS badging and chrome trim.



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Team Hayward opens MJCT season undefeated in Morris

By Annaliese Meier

Team Hayward started its Manitoba Junior Curling Tour campaign on a high note, going undefeated to capture the Morris Fall Classic MJCT from Sept. 12-14.

The Carman-based rink capped the weekend with a 6-3 victory over Team Eagles in Sunday's final, securing its first tour title of the 2025-26 season.

"It felt great to get that first spiel win of the season," said skip Shaela Hayward. "Starting off the year like that is huge for our momentum going forward, so we're excited to build off that win."

Team Hayward opened with an 8-4 win over Team Cannon on Sept. 12 before edging Team Keough 6-5 in a close match the following morning. They followed with an 11-2 decision against Team Allan on Saturday and a 9-3 win over Team Buchalter in Sunday's semifinal to earn a spot in the championship.

In the title game against Team Eagles, Hayward's rink controlled the pace with steady shot-making and timely scores to close out the 6-3 win.

"It was a great game in the final against Team Eagles," Hayward said. "I felt like we were in control the whole game, so just trying to keep the lead was crucial in coming out on top."

This year's roster features Hayward

at skip, joined by third Keira Krahn, second India Young and lead Dayna Wahl, with coaching from Ron Westcott. While the lineup has evolved over the years, Hayward's leadership at skip has remained the team's constant.

"I've always loved being skip and the strategy side of the game, so it definitely is a comfort for me that I'm still in the house," she said. "The team chemistry is great. We're really connecting on and off the ice, which I think helped our success this past weekend."

The win in Morris builds on an already impressive résumé for the Carman curler. Hayward has captured the 2024 Canadian U-18 championship, won the 2024 Manitoba U-21 junior provincial title and claimed three straight MHSAA girls' provincial championships from 2021 through 2023. She added the 2025 Co-ops of Manitoba junior crown earlier this year and skipped to a 2024 Manitoba mixed championship with Team Ryan Wiebe, finishing fourth at nationals.

Following their Morris victory, Team Hayward will return to the ice this week at the Granite Curling Club for the Mother Club Fall Classic before continuing with the Larry Jones Junior Curling Classic in early October, the Stonewall MJCT on Oct. 17, the Heather MJCT on Oct. 24 and the



STANDARD PHOTO SUBMITTED

Shaela Hayward, left, with teammates Keira Krahn, India Young and Dayna Wahl went undefeated to capture the Manitoba Junior Curling Tour Morris Fall Classic Sept. 12-14, defeating Team Eagles 6-3 in the final.

Kyle Flett Memorial on Nov. 6.

Hayward said the team is determined to make the most of this season, particularly since it marks the final year of junior eligibility for some teammates.

"We have a lot of goals for the team this year as it is half the team's last year in juniors, but the main goal

would be capturing the Manitoba title at the end of the season and being in contention at the 2026 Canadian Juniors," she said. "We're also playing in some big events including the first ever U25 Grand Slam of Curling in October and the WFG Cup in December. We're definitely gearing up for these two big events."

Carman men's golf windup highlights season champions



STANDARD PHOTOS SUBMITTED

Carman Golf Club wrapped up its men's Wednesday night league with the season-ending windup. Pictured left to right, Alex Lemky earned top honours as most points individual, while Felix Unger and Neil Martin captured the 1st Division title. Brian Wood and Bill North won the 2nd Division, and Lemky teamed up with Steve Whitehead to claim the 3rd Division (not pictured). Overall team champions were Jeff Jeanson and Marlin Metcalf.

Ladies Tuesday League champions crowned at Carman



STANDARD PHOTOS SUBMITTED

Carman Golf and Curling Club Ladies Tuesday League champions received their prizes from golf pro Dean North. Division 3 winners were Kyla Orchard and Laura Znak; Division 2 champions were Dale Owen and Donnie Walker; and Division 1 title went to Lori Pritchard and Brenda Mutcher.

SEMHL season opens Oct. 24 with playoff twist

By Haley Cvar

The South Eastern Manitoba Hockey League is set for another winter of senior hockey, with the 2025-26 regular season scheduled to open Oct. 24.

The SEMHL confirmed at its semi-annual meeting on Sept. 16 that its nine teams will each play 18 regular season games — nine at home and nine on the road. The campaign will wrap up Feb. 7 before all teams advance to the postseason.

This year's playoff format will once again feature a Survivor Series between the eighth- and ninth-place teams. The club finishing eighth will have the option of starting the two-game series at home or away. If the teams split the series, the deciding second game will continue into overtime until a winner is determined. From there, the Survivor Series winner will advance to face the first-place finisher in the opening round. Both the quarterfinal and semifinal rounds will be best-of-five, while the championship final will be decided in a best-of-seven series.

For the Carman Beavers, anticipation is high. "It's always great to start a new season," said general manager Lorne Zacharias. "We have a young team with a few new faces and we're excited to get back on the ice."

While acknowledging the group's youth, Zacharias is optimistic about their progress. "We continue to gain more experience and hope to compete," he said.

On the Survivor Series format, Zacharias said it gives every team a fair chance at playoff hockey and fits the league's calendar. "With the regular season ending in early February, it seems appropriate," he added. He noted the eighth-place option to start at home or away may make some difference, but often it comes down to ice availability: "Ice time can be difficult to come by at that time of year."

Zacharias also supports the SEMHL's playoff structure. "Best-of-five until the final and then best-of-seven seems appropriate," he said.

With nine teams in the mix this year, Zacharias

expects tight competition. "I hope this will create a little more parity in the league," he said, though he acknowledged that clubs from smaller communities face challenges drawing players. Recruiting and retaining talent, he added, has become tougher as the level of play continues to rise. "More junior players are finishing their competitive hockey playing in the SEMHL. Remaining competitive is more of a challenge in these times."

Beyond the rink, Zacharias underlined the Beavers' deep roots in Carman. "The Carman Beavers have been a long-time institution in this community and we hope to continue to provide a positive identity and place for local players to compete," he said. Fans, he added, are vital to keeping senior hockey strong: "Hockey is always more fun when we have good crowds that support the team."

The SEMHL will release its full regular season schedule in the coming weeks.

Hawks sweep Parkland to close male U18 pre-season; female squad splits four at showcase

By Lorne Stelmach

Pre-season results can only say so much, but the Pembina Valley Hawks offered plenty of encouragement this past weekend.

The male U18 squad skated to back-to-back victories over the Parkland Rangers, opening with a 6-2 win on home ice in Morden on Saturday before following up with a 5-2 decision Sunday in Dauphin.

The Hawks showed strength in their defensive play while making the most of their scoring chances to close out the exhibition schedule on a positive note.

Pembina Valley now turns its attention to the start of the Manitoba U18 AAA Hockey League season. The Hawks will host the Norman Northstars for a doubleheader this weekend with games Friday and

Saturday in Morden.

HAWKS SPLIT FOUR GAMES AT U18 FEMALE SHOWCASE

The Pembina Valley Hawks posted a win and a tie in four exhibition games on the weekend at the U18 female pre-season showcase hosted by the Central Plains Capitals.

The Hawks opened Friday with a 3-1 victory over the Eastman Selects, getting goals from Payton Manness, Sophia Cox and Casey O'Brien into an empty net.

Their second outing Saturday went sideways as the Weyburn Red Wings jumped out to leads of 5-0

and 8-0 en route to a 10-0 rout. Later that day, Pembina Valley salvaged a 1-1 tie with the Yellowhead Chiefs, with Chase Braun scoring in the third period to even the contest.

The Hawks closed out the showcase Sunday with a 6-1 loss to the Winnipeg Ice. Manness scored in the second period to cut Winnipeg's lead to 2-1 after 40 minutes, but the Ice pulled away with four unanswered goals in the third.

Pembina Valley is scheduled to continue its pre-season with a pair of exhibition games in Fargo this weekend against the North Dakota 16U and 19U teams. The Hawks will then launch their regular season with three straight road games: Oct. 4 against Westman, Oct. 5 against the Winnipeg Avros and Oct. 6 against Eastman.

get inspired

> MEAL IDEAS



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Lemony California Grape and Beet Salad

Servings: 6
1/4 cup, plus 1 tablespoon, extra-virgin olive oil, divided
3 tablespoons lemon juice
1 tablespoon honey
2 cups peeled and sliced (1/8-inch thick) raw red and yellow beets, cut into small half-moons or triangles
1/2 teaspoon sea salt
3 cups halved red Grapes from California
1/2 cup roasted salted pumpkin seeds
2 green onions, thinly sliced
4 cups (3 ounces) baby arugula
freshly ground pepper, to taste
Heat oven to 400 F and line baking sheet with parchment paper. In large

bowl, whisk 1/4 cup olive oil, lemon juice and honey; set aside.

Place sliced beets on prepared baking sheet and drizzle with remaining oil. Add salt and toss well to coat. Spread in single layer and bake 25 minutes, or until tender; let cool.

Add grapes and pumpkin seeds to bowl with dressing and toss well to coat. Add cooled beets, green onions and arugula. Toss lightly; season with pepper, to taste.

Nutritional information per serving: 250 calories; 5 g protein; 25 g carbohydrates; 16 g fat (58% calories from fat); 2.5 g saturated fat (9% calories from saturated fat); 0 mg cholesterol; 320 mg sodium; 3 g fiber.



Loaded Philly Cheesesteak Baked Potato

Prick potatoes all over with fork. Bake until potatoes are tender and fork inserted easily comes out, 45 minutes-1 hour. Split tops of potatoes open with knife and fluff potato flesh with fork. Set aside.

In small bowl, combine sour cream and milk, adding more milk as needed, until sour cream is pourable. Set aside.

In large skillet or on griddle over medium-high heat, heat 1 tablespoon butter. Add peppers and onions; cook until tender, 3-4 minutes. Season with salt and pepper, to taste. Transfer to plate and set aside.

Clean skillet then melt remaining butter. Add steak and cook until fully cooked and lightly browned, 3-4 minutes. Season with salt and pepper, to taste. Return vegetables to skillet and toss to combine.

Evenly top each potato with 1 tablespoon butter, steak mixture and cheese. Transfer to oven and bake until cheese is melted, 2-3 minutes. Drizzle with sour cream and serve.

Recipe courtesy of Real California Milk

Prep time: 10 minutes
Cook time: 1 hour, 11 minutes
Servings: 4
4 large russet potatoes, washed
1 cup Real California sour cream
1-2 tablespoons Real California whole milk
1/4 cup Real California unsalted butter, divided
1 small green bell pepper, thinly sliced
1/2 small yellow onion, thinly sliced
kosher salt, to taste
freshly ground black pepper, to taste
1 pound fresh shaved sirloin steak
2 cups shredded Real California provolone cheese
Preheat oven to 425 F and line baking sheet with aluminum foil.

Ask the Money Lady

Dear Money Lady Readers,

I recently received a question from someone wondering about debt consolidation in retirement and this reminded me of a talk I did a few years ago on the Honeymoon Phase of Retirement. We all go through this phase when we initially retire. That great moment when you can finally sleep in everyday, no prospecting calls, no angry co-workers, and no demanding bosses. You're finally free from the rat race, and you welcome the honeymoon stage of retirement with open arms. But did you know that 4 out of 5 retirees today find themselves in debt only 18 months after they've retired. They may have walked into retirement with no debt, but after the honeymoon stage, they're now in it. The problem arises from not planning properly. I know you planned all your way to get to retirement, but failure to plan in retirement can be just as problematic – mentally and financially. Many retirees leave work with no plan and no clear to-do list.

Let's face it, your professional identity most likely defines you to the outside world. Once you retire, that identity is lost, along with all the people, culture, and community that you were immersed in. So, who are you going to be in retirement? What are you going to do with the next 20-30 years of your life? You must create a new game plan. Fear of being irrelevant and alone has no place in this new phase of your life.

Now I don't suggest you try to replicate your career by switching to consulting or public speaking, unless you've always wanted to. Often this does not work out the way you expect it to. Instead, you need to re-channel your energy into new aspirations, maybe a part-time job you could love, with no stress, (as paid employment or a volunteer endeavour). Most people will need to redefine their identity, so below are some questions to ask yourself before you get started:

- What do you really want to do, and what is meaningful to you now?
- What things haven't you tried in your life but secretly would like to?
- Where will you live in retirement? Could you divide your time between two locations a year?



• Could you be a mentor to millennials? Could you start a club to meet more like-minded people?

• Have you worked out your financial plan and included travel (even if it's on a shoe-string budget)?

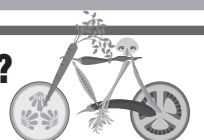
Pure leisure for most retirees gradually turns into pure boredom, and we've seen a new trend of retirees that are having difficulty adjusting. Many overidentified with their careers and now need to remind themselves that they still have value. Remember, there is so much more to experience in this new phase of your life. Why not go back to school, start a small hobby-business, make a plan to leave a meaningful legacy, become a teacher or tour guide, improve your health, take dance lessons, or learn a new skill. Always keep planning your life. I know you've done a good job planning to get to retirement, so once there, you must continue that plan to reinvent your life in retirement too.

In fact, this is something I'll be talking more about this fall during my Vibrant Living Series presentations. Empowerment, financial readiness, and finding meaning after retirement are all major themes we'll be exploring—because retirement isn't the end of your story, it's the start of a whole new one. If you'd like to attend one of my sessions in your community, visit my website to find out where I'll be speaking next at askthemoneylady.ca

Good Luck and Best Wishes,
Money Lady

Written by Christine Ibbotson, Author, Finance Writer and Syndicated Money Coach on BNN Bloomberg. Christine is also part of the everyday lineup on CTV Your Morning in every province. No AI. Follow Christine on Instagram @askthemoneylady, or on Facebook (Christine Ibbotson).

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Town of Carman - Job Posting Recreation Department

The Council of the Town of Carman has the following job posting available:

Full Time Facilities Maintenance Personnel

This position includes shift work, including days, evenings, and weekends. The wage rate is as per the Employee Agreement and depending upon experience. The following is the job description of the position that is currently posted.

Summary of Position:

This position performs a variety of tasks related to the maintenance and operation of Carman Dufferin Recreation facilities and grounds and works in accordance with approved practices and procedures. Some of those tasks included are ice maintenance, park and pathway cleaning and maintenance and general pool maintenance.

Qualifications of Positions:

- Minimum of Grade 12 education, or equivalent
- Valid Manitoba Class 5 Drivers License
- Considerable knowledge of materials, methods, and equipment used in janitorial work.
- Ability to arrange and complete a work schedule with a minimum of direct instruction.
- A general knowledge of carpentry, plumbing, electrical and/or welding skills.
- Willingness to complete all courses as required by the Town.
- Will require a Criminal Record Check upon hiring.
- Willingness to serve the public at any time of day.

Typical Duties:

- Operates and maintains mechanical systems and equipment at all recreation facilities and performs grounds keeping duties as required. Makes and maintains artificial ice surfaces and operates all ice resurfacing and associated equipment at Carman Dufferin Recreation.
- Performs a variety of cleaning tasks, facility set up for rentals, and minor maintenance tasks in and around the facilities operated by the Recreation department for the purpose of keeping the buildings safe, clean, and in an acceptable sanitary condition.
- Promote the goals and philosophies and the Recreation department and all associated programs or personnel concerned with the delivery of services and fulfills a public relations role at all times.
- Enforce rules and regulations as may be established from time to time regarding the use of Recreation facilities and associated equipment.
- Required to set up all meeting rooms and customer rentals via work orders.
- Maintain ball diamonds, soccer pitches, arena, splash park, pool, parks and other areas according to the approved standards.
- Other duties that may be assigned by the Facilities Manager.
- Communicate both orally and written with the public and staff
- Able to complete all tasks as a team player.

Only applicants chosen for interviews will be contacted and all others are thanked for their interest in the position. The Town of Carman strives to be an equal opportunity employer.

Any interested must apply to the undersigned, in writing with a resume and references to be considered for this position. Please forward all applications to the undersigned.

Dated in the Town of Carman, this 11th day of September 2025.

Susan Stein CMMA
Chief Administrative Officer
cao@townofcarman.com
Town of Carman



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Hours:

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Thursday	8:30-5:00

**NO evenings
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The position is a salaried position with an average of six weeks holidays. The base salary is \$64,000 with production bonuses to a maximum of \$70,000.00. Wages are negotiable based on experience.

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For More Information,
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aaron@gallerydental.com



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OBITUARY



Ronald Norman Stanger

On September 19th Ron Stanger, surrounded by his family, passed away at the age of 91.

Predeceased by his parents, James and Elsie Stanger, brother Clayton Stanger and sister-in-law Jean Stanger, brother Orval Stanger and sister-in-law Kay Stanger, and niece Noreen (Jim) Webster.

Left to grieve and to remember him with great love is his wife of 70 years, Isabel Stanger; his daughters Debbie (Chris) Sutton and Donna (Craig) Last; his grandchildren Geoffrey Sutton (Abbey), Jenna Sutton (Kyle), Sydney Last (Brody) and Tyson Last (Dana); his precious great-grandchildren Oaklyn, Hali and Brooks; his nieces Lori (Bran) Contant and Kathy Stanger and his nephew Rick (Shirley) Stanger.

Ron was born on January 17, 1934 in Portage la Prairie. He was raised with his two older brothers on a farm north of Portage la Prairie. He loved his life on the farm and in his later years he would share stories as he reminisced about the good old days. "You can take the boy out of the farm but you can't take the farm out of the boy". He was a member of the Portage 4H Calf Club where he won many trophies while showing his calves at the Portage Fair.

Ron began his career with Safeway in Portage la Prairie in 1954. He worked his way up from stocking shelves to being transferred to the Carman Safeway Store to become manager in 1961. He was manager there for 28 years and retired when Safeway closed its Carman store.

Once retired from Safeway, Ron could not stay retired. He always had a passion for photography and in 1990 opened a Sooter's Photofinishing Service franchise in Carman and in other towns in Manitoba. Ron then decided to become a professional photographer. He took courses in Grand Forks, ND and Winnipeg. Over the span of this career, he took many photos of families; sports teams; dance groups and graduation pictures. In recent days, many have told us about him taking their pictures and remember him wiggling his knees to make the younger ones smile. He also just loved being a wedding photographer. He was proud to be the photographer at over 150 weddings.

In 1982 Ron and Isabel rented and renovated a building in Carman and opened Lyn Lea's gift store. With Isabel running the store and Ron doing the 'behind the scenes' work, the store was theirs until 1992.

Ron was a very involved community member and served time on many different boards. He was a Carman Town Councillor for 14 years.

Ron was a member of the Chamber of Commerce for years. He was a member of the Carman Legion. Ron was on the Carman Arena Board, Boyne Hostel Board, Boyne Library Board, Active Living Center Board. Ron chaired the Boyne Flood Committee. He was a member and on the Executive for many years of the Carman Kinsmen Club and the Carman Golf Club. He also served time on the Carman Beavers executive. Ron organized the 'Santa Saturday' for many years. On this day a Christmas movie was played at the Boyne Theatre and after Santa (Walter Johnston) would arrive with treat bags for all the children. Santa was also driven around Carman to visit various other places. In 2000, Ron co-chaired (with Dennis Young) the very successful Carman Homecoming.

Ron was an avid golfer. He loved spending time on a golf course and going on golf holidays with family and friends. He was a huge Blue Bomber fan and had season tickets for many years, going with Isabel and quite often taking his grandchildren.

He loved to travel and learn about different places. He and Isabel went on many vacations together and often with friends and family. After they retired, they spent many winters in El Centro, California with old friends and made many new friendships there.

Friends were a huge part of his life. He had so many from the many chapters of his life. And as those friends know; he loved a great laugh, always had a joke and just loved to play pranks on them. Those friendships are something he cherished.

And after all these things have been said, Ron's biggest joy in life was his family. Ron and Isabel were married on August 27, 1955 and were so fortunate to have 70 wonderful years together; raising a family, working together, traveling, and deeply caring for and supporting each other. What a great partnership they had and such an example to follow! He was a wonderful father to his daughters and spent so much time with them as they were growing up. Many wonderful family vacations were had. Most remembered was their road trip to California in their convertible. The family especially enjoyed the summers that were spent together at their trailer at Delta Beach.

And then came the grandchildren, and they became the light of his life. Countless hours were spent playing with them and watching them at all their different events. He was so very proud of each of them. And when his three great-grandchildren arrived, he was over the moon. He loved his visits with them and loved hearing stories about them.

Ron lived a long and wonderful life and he will be missed by all who knew him. He spent the last year of his life at Boyne Lodge and although he hated being separated from Isabel, he never complained about anything else. He received exceptional care at the Lodge and for this his family is so grateful and would like to extend a huge thank you to all of the staff at Boyne Lodge. Ron loved to have company and we are so appreciative of all the people who stopped by to have a visit with him. You truly made his day!

The family would like to thank Doyle's Funeral Home for their kind and compassionate help planning his service.

We welcome friends and family to join us as we celebrate the life of Ron Stanger at the Carman United Church on Thursday, September 25 at 2:00. A time for food and visiting will be held after the service in the adjoining United Place Hall.

In lieu of flowers, a donation may be made to Boyne Lodge Campus Charity Inc., Box 1644, Carman, MB R0G 0J0.

'What you leave behind is not what is engraved in stone monuments but what is woven into the lives of others'.

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4 facts about the residential school system

Orange Shirt Day, which is held on September 30, presents an annual opportunity to learn about the history of residential schools in Canada and to commemorate the experiences of the Indigenous children who were sent to them. To mark the occasion, here are four facts about the residential school system every Canadian should know.

IT OPERATED FOR MORE THAN A CENTURY

Starting in the 1860s, Indigenous children were forcibly removed from their homes and sent to church-run schools funded by the federal government. A total of 130 residential schools operated across the country, and the last one closed in 1996.

IT AFFECTED HUNDREDS OF THOUSANDS

Approximately 150,000 First Nations, Inuit and Métis children were sent to these schools between the 1860s and 1990s. Many experienced physical, sexual, emotional and psychological abuse at the hands of residential school staff.

IT UNDERMINED INDIGENOUS CULTURES

The purpose of the residential school system was to separate Indigenous children from their families and assimilate them into Christian Canadian society. Cut off from their culture and traditions, many were even forbidden from speaking their own language.

IT CAUSED INTERGENERATIONAL TRAUMA

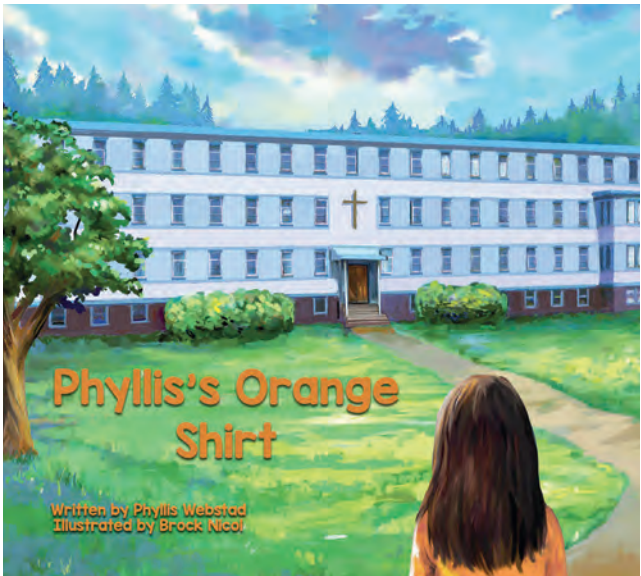
Students who attended residential schools largely grew up in an environment that relied on coercion, control and punishment. Having been deprived of a nurturing family and community, many survivors grappled with unresolved trauma as they raised their own children.

To get involved in Orange Shirt Day, wear an orange shirt on September 30 and find out what activities are being organized in your community.



THE STORY BEHIND THE ORANGE SHIRT

If you want to teach your kids more about residential schools, consider reading Phyllis's Orange Shirt as a family. Written by Phyllis Webstad, this illustrated children's book tells the true story of her experience at a residential school in the 1970s.



TRUTH & RECONCILIATION DAY
September 25, 2025

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