

The Carman-Dufferin
STANDARD

VOLUME 2
EDITION 40

THURSDAY,
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Gargantuan gourd

STANDARD PHOTO BY BECCA MYSKIW

Sloane checked out the giant pumpkins at the Roland Pumpkin Fair this past weekend and chose this one as her favourite. It was the 30th annual fair and after being gone for a few years, crowds filled Roland to celebrate. See full story inside.

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BRK announces plans for fully accessible launch in Carman's Ryall Park

By Becca Myskiw

An accessible launch is in the works for Carman's Ryall Park.

The Boyne River Keepers (BRK) announced their plans for a fully accessible launch last weekend at their overly successful World Rivers' Day town-wide event.

"We had installed the other dock by the trestle bridge," said Tracy Enns, BRK member. "And we want people to be able to come kayak or canoe down the river and be able to come to the downtown of Carman."

BRK hopes to bring exposure to Carman's downtown and local businesses through the Boyne River. Dale Reimer, another BRK member, said on World Rivers' Day, he and his family canoed upstream from where they live on the river and when they got to downtown, they had to trudge through bush and mud.

"That's where you want to be," he said. "You want to be downtown."

So, BRK is making it easier for people to get downtown while utilizing Carman's beautiful natural resources and planning to build a fully accessible launch in Ryall Park. It will be usable for all ages and abilities, so everyone and anyone can access the river in summer, spring, winter, or fall.

The launch will essentially be a per-

manent concrete ramp leading to the river in the park. It'll have a railing, a slant safe for wheelchairs, and will stay up throughout the year. In the summer, boats can be launched off it, and in the winter, people can walk down it to get to the path to skate and walk.

"It's great for the most able-bodied people and the least able-bodied people," said Reimer. "It's a win-win."

Because the launch has to withstand extremely varying levels of water, ice dams, heavy flowing water, and all types of weather, it has to be permanent and concrete. Because of that, the project is estimated to cost around \$100,000. "I think in general we haven't looked at the river," said Reimer. "We know it's there, but no one looks at it and it's like low hanging fruit to make it better. It's a shame that [the river is] overlooked so we want to change that."

BRK just kicked off their fundraising efforts for the accessible launch on World Rivers' Day, and the group is planning fundraisers to come for it. Enns said they're hoping to get corporate sponsors and community donations for the launch too. To donate, email boyneriverkeepers@hotmail.com.



STANDARD PHOTOS SUBMITTED

The Boyne River Keepers are fundraising for a fully accessible launch at Ryall Park. It will look something like this.



World Rivers' Day was a major success, bringing residents out to the Boyne River to celebrate the natural resource.

Wishing you and your family a Happy Thanksgiving.

From the Councils and Staff of the Town of Carman & RM of Dufferin



Fire won't wait. Plan your escape.

firepreventionweek.org



carmanmanitoba.ca

COVID golf boom a continuous win for local courses

By Becca Myskiw

Another overly successful year of golf has ended for local courses.

The Miami Golf and Country Club had a very busy season, said general manager Richelle Dagenais.

"It was way better than the last two years," she said. "That's for sure."

The club changed their menu this year, which she thinks attributed to the spike in course visitors. A lot of people who visited the course for the first time this year also kept returning afterwards.

The Miami Golf and Country Club ran several tournaments this summer,

too, including one with the Pembina Valley Humane Society (PVHS), one with a hockey team, a co-operative company, and more.

After a busy summer, though, the club will be renovating the clubhouse, so their last day of 2022 was Friday, Sept. 30.

"We can't wait for the next [season]," said Dagenais. "We're already planning for the next one."

The Carman Golf and Curling Club also saw a successful golf season,

Continued on page 3

CAF mini golf tournament raises \$10,500 for admin fund

By Becca Myskiw

The Carman Area Foundation's (CAF) mini golf tournament brought in over \$10,000.

On Sept. 15, 168 people putted their way through the Syl's Drive Inn mini golf course to raise money for the CAF administration fund. The tournament was a new way to raise money and get new people involved with the organization.

Community Foundation coordinator Caddie Crampton said the past few years; their golf tournament hasn't done as well as it usually does, so to get more people fundraising for CAF, they tried a new type of golf tournament.

"It went really well," she said. "There were a lot of kids, families, and businesses that showed up."

A typical golf tournament takes up a whole afternoon whereas this one took only about 30 minutes, allowing almost anyone to participate. Mini golf also requires little to no skill, making it a game for all to enjoy.

The cost to play was \$25 a person. The tournament lasted from 3 p.m. to 7 p.m., with five-minute intervals between each tee time. Along with the round of golf, participants received a

\$10 meal voucher to use at Syl's Drive Inn after their round.

There were also hole-in-one draws at every hole. If a golfer got a hole in one at a hole, they'd write their name down and put it in the bucket there. Then, at the end of the tournament, one name was drawn from each hole to win \$100. Crampton said 75 per cent of those winners were children.

Seven of the 18 holes were sponsored by local businesses and the others were paid for with the CAF general sponsorship fund. There were 22 event sponsors altogether of each level.

CAF was hoping to get 200 participants in the tournament to make a minimum of \$5,000. However, in spite of not hitting their target for participants, they still raised \$10,500 after donations and entry fee with 168 golfers, which Crampton said the board is extremely happy with.

Next for the Foundation is a free seminar on Oct. 20 at the Legion Auxiliary Hall about fraud prevention. From 10 a.m. to noon, the RCMP and RBC will have people there to teach locals about preventing fraud. To register, email Crampton at ccrampton@endowmb.org.



STANDARD FILE PHOTO BY BECCA MYSKIW

Carman Area Foundation's mini golf tournament brought in \$10,500, which will go into their administration fund.

From Nov. 14 to 20 is the Endow Giving Challenge, an annual weekly event where each donation from that week is stretched 40 per cent by the provincial government. All those donations go into CAFs undesignated

fund, allowing them to support more community projects.

"We've had a great year," said Crampton. "Very busy gearing up again like everyone after COVID and getting things rolling."

> GOLF SEASON, FROM PG. 2

which manager Dean North said had become the norm since the pandemic started.

"Golf took a big boom during COVID so it's much better than where it was pre-COVID," he said. "It's a normal season for post-COVID."

The Carman course hosted numerous summer tournaments, including the Par 3 tournament, the Mike Pritchard Memorial Golf Tournament, the Manitoba PGA tour, and the RBC Scramble.

North got to compete in the Manitoba PGA tournament because he's a part of the association, and he said being able to host it was one of his favou-

rite parts of this season. At the RBC Scramble in Carman, too, the team that qualified in town won the Manitoba division and is now advancing. At the Par 3 tournament, someone got a hole-in-one and received \$10,000 for doing so.

"It's been a fantastic season," said North.

He doesn't yet know when the Carman Golf and Curling Club will end their season, but he expects it will be the last week of October, weather depending. Currently, the course is working towards next year and booking groups and tournaments for 2023.



STANDARD PHOTO SUBMITTED

Another successful golf season is coming to a close.



Barbecued Whole Turkey with Paprika & Parsley Rub

- 1 Manitoba Raised Whole Turkey
- 1/4 cup (65 ml) olive oil
- 2 Tbsp (30 ml) garlic, chopped
- 2 Tbsp (30 ml) smoked paprika
- 1/2 cup (125 ml) Italian parsley, chopped
- 1/2 tsp (2.5 ml) black pepper
- 1/2 tsp (2.5 ml) sea salt

*Do not stuff a barbecued whole turkey.

Preheat BBQ to 350°F (180°C). Remove neck and giblets from turkey. Pat dry with paper towel. Combine all other ingredients and coat turkey. Place turkey in a shallow pan and grill on gas/propane BBQ over indirect heat. Keep BBQ covered while cooking. A meat thermometer should read 170°F (77°C) inside the inner thigh, away from the bone, when fully cooked.

WHOLE TURKEY BBQ TIMES*

Weight	Unstuffed
6-8lbs (3-3.5kgs)	1-1 3/4 hrs
8-10lbs (3.5-4.5kgs)	1 1/2-2 hrs
10-12lbs (4.5-5.5kgs)	1 3/2-2 1/4 hrs
12-16lbs (5.5-7kgs)	2-2 3/4 hrs
16-20lbs (7-9kgs)	2 1/2-3 1/4 hrs



*Cooking times are approximate for a gas or propane barbecue only. Visit turkey.mb.ca for approximate oven roasting times. Always use a thermometer to determine doneness.

*Grill a whole turkey at 350°F (175°C) & cook to an internal temperature of 170°F (77°C).

*Allow the turkey to stand/rest for 20 minutes before carving.

Find more recipes and cooking tips at: turkey.mb.ca

Elm Creek's first bakery officially open to the public

By Becca Myskiw

Tsomie Foods in Elm Creek has officially opened to the public.

The new bakery is owned by Paulyn Appah, who agreed to carry on the Carman Bakery and Pastry Shop's traditions while adding her current goodies to the menu.

When the Riedstras put their bakery up for sale in Carman, they got a buyer for the building but not the equipment. Appah soon came along and bought the equipment and the bakery's secret recipes to make her own.

Appah owned Tsomie Foods when she bought the Carman Bakery and Pastry Shop goods. Tsomie Foods consists of cookies and granola made from natural products, with as many Manitoba-made products as Appah can find.

Now, she's baking the old bakery's goods in a building in Elm Creek. Right at the junction of Highway 2 and Gladys Street is a large building with a bright blue roof. On the front is a sign with green that reads "Tsomie Foods."

Appah's changed the back of the building into a space where she can make, bake, and create. A large oven, tons of racks, and various machines sit there while she moves around non-



Paulyn Appah making the famous sweet cinnamon bread.



STANDARD PHOTOS BY BECCA MYSKIW

Paulyn Appah is the owner of Tsomie Foods.

stop baking wholesale and direct sale items.

Appah's making everything including dinner rolls, crusty buns, sweet cinnamon bread, cinnamon buns, donuts, butter tarts, cookies, white bread, brown bread, rye bread, and more, along with her granola and crumbless cookies.

"We are just starting so we're trying to figure it all out," she said.

Appah had a soft opening earlier in

September. She's had lots of locals coming through the doors to check everything out, taste the sweets, and tell their friends. She's planning her grand opening for October while she's getting used to the industry's demand. She doesn't yet know what people's favourites are for direct sales, and she's still grasping the wholesale part of her business.

"I'm still trying to make sure I get myself organized," she said.

The address of the new bakery is 128 Gladys Street in Elm Creek. To phone Tsomie Foods, call (204) 436-2702.



Tsomie Foods is open at the junction of Highway 2 and Gladys Street in Elm Creek.



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My wife Janine and I moved to Carman-Dufferin in 1996 for business expansion, and raised our family in the R.M. We have been blessed through our children and many grandchildren who live and contribute to the town and R.M.

We have both been engaged in the community and are thankful for the contributions we could make. Carman-Dufferin has been good to us and I feel it is time to give back and help the region continue to grow and prosper.

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GPAC hosting six performance series this winter

By Becca Myskiw

A new concert series is coming to Carman this winter.

Golden Prairie Arts Council (GPAC) is hosting a six-performance series thanks to funding from the federal government and local sponsors, the Carman Vet Clinic, Gallery Dental, Janzen Chevrolet Buick GMC, MMJS Law Offices, Nakonechny & Power Chartered Professional Accountants, and Newman Hand Insurance.

The first performance is on Oct. 14 by Farhad Khosravi and Daniel Stadnicki at 7:30 p.m. at the Carman Active Living Centre. The remainder of the schedule is:

- Nov. 25: The Fretless at the Carman Active Living Centre at 7:30

p.m.

- Dec. 7: The Winnipeg Jazz Orchestra playing The Grinch Who Stole Christmas at the Carman Collegiate Community Theatre at 7:30 p.m.

- Jan. 12 and 23: Gordie Ten-trees at the Carman Active Living Centre at 7:30 p.m.

- Feb. 10 and 23: Jayme Giesbrecht at her jazz band at the Carman Active Living Centre at 7:30 p.m.

- March 12 and 23: Royal MTC performing Assassinating Thomson at the Carman Collegiate Community Theatre at 7:30 p.m.

Tickets are \$150 for all six shows or \$30 for each. To buy tickets, call GPAC at (204) 745-6568 or go online to www.goldenprairieartscouncil.com.



STANDARD PHOTO SUBMITTED

GPAC is hosting a six-event series this winter starting Oct. 14 with Farhad Khosravi and Daniel Stadnicki.

Local grieving mother creates memorial book program

By Lorne Stelmach

The loss of her own infant daughter was the inspiration for a project that Amanda Nickel now hopes will help other families going through similar experiences.

Raelyn Nickel's Memorial Book Program simply aims to provide families with books that can be used to create meaningful conversations around grieving a loved one who has died and to help assure children that all are connected by love.

"I think it's a small project, but I think it has a huge impact on the families," Nickel said after the initiative was highlighted at the recent annual meeting of the Boundary Trails Health Centre Foundation.

The idea had enough merit that

it caught the attention of Sharon Carstairs; her Caring Community Award provided \$1,500 to support the project.

It came to be after Nickel's daughter Raelyn was diagnosed with a terminal genetic condition that awakened her mother's heart to the advocacy of exceptional palliative care and the essential grieving support needed.

"After birth, we found out that something's not quite right," Nickel recalled, noting her daughter then was sent to Winnipeg, where they found out her condition was terminal. "Once we found that out, the process began to start planning the palliative journey, and that's when we transitioned back home ... we were blessed with three months.

"There were some fundraisers held while she was still in care," she continued. "We didn't end up needing the funds because of the terminal illness, so that's when I approached the foundation and I asked if we could do something in [Raelyn's] memory."

The idea for a book program came about, in part, from the memories of sitting at Raelyn's bedside and reading to her daily, Nickel recalled.

As well, during the discharge process into palliative care at home, the Nickel family were gifted several books for the children in their family that explained the life cycle, death, and dying.

In conversations with the nurses on the regional palliative care team, it came to Nickel's attention that a resource like this was not available lo-

Continued on page 9



STANDARD PHOTO BY LORNE STELMACH

Amanda Nickel, left, with Shannon Samatte-Folkett of the BTHC Foundation, which is helping facilitate Raelyn Nickel's Memorial Book Program. The program supplies books on death and dying to local families to help them through the grieving process.



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PUBLISHER
Lana Meier



SALES & MARKETING
Brett Mitchell



SALES & MARKETING
Gwen Keller



REPORTER/PHOTOGRAPHER
Dennis Young



REPORTER/PHOTOGRAPHER
Becca Myskiw



REPORTER/PHOTOGRAPHER
Jennifer McFee



GRAPHIC DESIGNER
Nicole Kapusta



GRAPHIC DESIGNER
Tara Gionet



DISTRIBUTION
Christy Brown



CLASSIFIED ADMINISTRATOR
Corrie Sargent

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

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getheard

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at 204-461-2602
news@carmanstandard.ca



Seventeen more Manitobans die from COVID

By Patricia Barrett

The provincial government's weekly COVID surveillance report for the period Sept. 18-24 (reporting Week 38) shows another surge in deaths from the virus.

Seventeen more Manitobans lost their lives, bringing the province's death toll to 2,160. The previous week's report showed a total of 2,143 deaths.

Despite vaccination and omicron variants that are said to be mild, people continue to die from the virus. A few weeks ago, the surveillance report noted 19 deaths from COVID.

There were 73 new hospital admissions for COVID in Week 38, of which 11 people needed admission to the intensive care unit. The previous week's report showed 87 hospital admissions, including 11 ICU admissions.

The provincial government doesn't report data showing the total number of COVID patients in hospital on any given day or week.

There were also 283 new laboratory-confirmed COVID infections in Week

38, a decrease of 94 cases from the previous week's report of 377. The government's data for new infections are an undercount as access to PCR testing is restricted and rapid antigen test results aren't tracked.

Wastewater surveillance data continue to show an increase in COVID. Data for the city of Winnipeg as of Sept. 15 indicated "ongoing activity" and an "increase in activity level since early September has been observed."

The government used to provide a list of current and historical COVID outbreaks in facilities such as hospitals and personal care homes, but it stopped providing that in Week 37.

Other health news:

-Health Canada issued a warning last month about certain hand sanitizers that could pose health risks.

The health agency is asking consumers to stop using the affected products, consult a health-care professional if they've used any of the products and have health concerns, and report adverse events to Health Canada.

Some sanitizers contain impurities such as benzene or methanol or ac-

etaldehyde at elevated levels, have undeclared ingredients such as benzalkonium chloride, have insufficient quality oversight or lack risk statements.

The latest affected product (Sept. 12) is Zero Tolerance Plus Sanitizer, which contains benzene at elevated levels. The company that makes it, Beauty in Bulk, had its licence suspended by Health Canada, according to the agency's Recalls and Safety Alerts webpage.

Other sanitizers added to the list in July by Health Canada include Davey's Hand Sanitizer, Davey's Sanitizing Hand Wipes and Hand Sanitizing Wipes, all from Up On Me Imports, and Nomad Hand Sanitizer Jasmine, Nomad Hand Sanitizer Lemongrass, Nomad Hand Sanitizer Scent Free, Nomad Hand Sanitizer Summertime and Nomad Hand Sanitizer Winter Cheer, all from Rocky Mountain Soap Company.

For a full list of hand sanitizer recalls and licence suspensions, visit the Recalls and Safety Alerts webpage.

Golf tournament raises \$4,400 'Fore Parkinson's'

By Becca Myskiw

The third annual Fore Parkinson's golf tournament was the most successful to date.

On Sept. 24, 16 teams gathered at the Carman Golf and Curling Club to raise money for Parkinson's disease. Bev Baker started the event three years ago to raise funds for the world's leading neurological disease after her dad was diagnosed with it.

"It feels really good, and I was really pleased with the community support," she said.

According to Parkinson Canada, the disease is a "complex brain disease" that more than 100,000 Canadians live with. Twenty-five Canadians are diagnosed with the incurable disease every day.

The most common symptoms of Parkinson's disease are tremors, slowness

and stiffness, impaired balance, and rigidity of the muscles. People with it can also experience fatigue, soft speech, stooped posture, problems with writing, constipation, and sleep disturbances. Parkinson Canada says as the disease progresses, non-motor symptoms can also appear.

There are drug and medication therapies for the disease, and though it affects the quality of life for most, the prognosis can be a near normal life expectancy.

Jack Harder has had Parkinson's disease for over a decade now and maintains a good attitude about it and life. Baker said the diagnosis was shocking for the family and came with much learning. She said they had to learn what it is, how to manage it, the prognosis, and more, but the answer to each question is different for every-

one.

She started the golf tournament to help fund research and find a cause for this incurable disease. It began with six teams, then 10, and now 16 this year. All money raised at the tournament goes to Parkinson's Canada for research on the disease. This year, the tournament raised \$4,400 for the cause from golf registrations and dinner tickets.

"Lots of people raise money for supporting their programs which is important, but we chose research to get to the cure," said Baker.

She'll be donating the money to Parkinson's Canada as soon as everything with the event is wrapped up. Baker is planning on hosting the event again next year, and she's hoping it will only continue to grow.

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STANDARD PHOTO BY MATTHIEU MEIER

Farmers are out in full force trying to complete their late harvest. According to Agriculture Manitoba harvest progress sits at 47 per cent completed across the province, approximately 3.5 weeks behind the 5-year average of 79 per cent complete by week 39. Help the Standard record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: news@carmanstandard.ca

Efficiency Manitoba launches deep energy retrofit offers for homes and businesses

Submitted by Manitoba government

Efficiency Manitoba is now offering two new programs for Manitobans who carry out extensive renovation projects that significantly reduce their energy use. Through Home Energy Retrofits and the Commercial Deep Energy Retrofit Program, homeowners and businesses can receive rebates when they plan and complete multiple energy-saving upgrades that result in substantial electricity and/or natural gas savings—often called “deep energy retrofits.”

Efficiency Manitoba’s Home Energy Retrofits offers homeowners a rebate of \$75 to \$150 per gigajoule (GJ) saved as a result of the renovation. Businesses who participate in the Commercial Deep Energy Retrofit Program may be eligible for a rebate of up to \$12,000 for energy modelling as well as an incentive of up to \$6 per square foot for achieved energy savings. While there will be significant variation in projects under these programs, a typical Home Energy Retrofit project could see an incentive between approximately \$10,000 and \$15,000, while a typical Commercial Deep Energy Retrofit project could see an incentive of approximately \$240,000 to \$600,000.

“We are pleased to see Efficiency Manitoba continually launch new

programs to support the diverse needs of Manitobans as they relate to energy efficiency,” said Minister of Environment, Climate and Parks and Minister responsible for Efficiency Manitoba Jeff Wharton. “The rebates and assistance provided by their deep energy retrofit programs helps make large renovation projects more affordable and accessible to Manitoba homes and businesses, while also stimulating job growth in the energy efficiency industry to provide support services for these types of projects.”

Deep energy retrofits often involve major upgrades to building envelope components of an existing home or building. These upgrades include adding insulation, undertaking detailed air sealing measures, and installing high-performance windows and doors. Many projects also involve replacing or upgrading heating, ventilation, and air conditioning (HVAC) systems, or adding renewables like solar photovoltaic panels.

Home Energy Retrofits requires participants to have an EnerGuide evaluation performed on their home by a Registered Energy Advisor, who will identify and recommend upgrades to maximize energy savings, home

Continued on page 8

Helping
Families
Make
Ends Meet



Manitoba’s Affordability Package

To help ease the burden of rising costs and high inflation, the Manitoba government is providing much needed support to help Manitobans make ends meet.

This new Affordability package will help families with children, seniors living on a fixed income and vulnerable Manitobans.

The Manitoba government is standing up for families that need it most.

For more information, visit manitoba.ca/familyaffordability

Miami high school rodeo a huge success

By Becca Myskiw

Over 80 students from across Manitoba were in Miami last weekend competing in the Manitoba High School Rodeo.

On Sept. 24 and 25, it was non-stop rodeo events at the Miami Agricultural Society grounds from morning to evening. Children in Grades 5 to 12 came out with their horse trailers, friends, and families from Friday night to Sunday afternoon.

The events over the weekend included bareback riding, barrel racing, breakaway roping, bull riding, goat tying, pole bending, saddle bronc riding, steer wrestling, team roping, tie-down roping, chute dogging, ribbon roping, and saddle steer riding.

"There was a good crowd in our big grandstands with community members coming out to watch and cheer on all the kids and support Morgan Turner and Alana McCarthy," said Heather Turner, Miami Agricultural Society board member.

Morgan and Alana are the two junior directors on the Miami Agricultural Society board, so along with competing at the event, they helped put it on. Jill Goff from Carman was another familiar face and regular competitor at the rodeo.

"Morgan and Alana had a good weekend competing in barrel racing, pole bending, goat tying, and breakaway roping in front of a hometown crowd," said Heather Turner. "Miami Ag Society is happy to promote kids and rodeo in Miami. These kids are there to compete, but they also help

and encourage each other to do their best and have great runs in whatever event they are in."

The three local girls got the following results over the weekend:

- Morgan Turner: 10th in barrel racing, 16th in goat tying, 23rd in pole bending

- Alana McCarthy: 11th in barrel racing, 15th in breakaway roping, 21st in goat tying, 29th in pole bending

- Jill Goff: 20th in barrel racing, 19th in breakaway roping, 26th in goat tying, 7th in pole bending

Heather Turner said the crowds seemed to enjoy each event, cheering for everyone all the time. After Saturday's events, the ag society hosted a frozen t-shirt contest for the children and adults, a dance, and a bonfire.

After Sunday's events, the following awards were presented:

- Huntley Knox Sportsmanship Award (junior winner): Jessica Wright
- Huntley Knox Sportsmanship Award (senior winner): Lane Nykoliation

- High Point Award (junior female): Kelsey McGee

- High Point Award (junior male): Chase Spencer

- High Point Award (senior female): Sadie Hollingshead

- High Point Award (senior male): Dawson Brown

Heather Turner said the Miami Agricultural Society was happy to work with the Manitoba High School Rodeo Association and they're hoping to continue to do so in years to come.



STANDARD PHOTOS BY RICK HIEBERT

Morgan Turner, above and Alana McCarthy, below, competed in the high school rodeo in Miami late September.



**CARMAN
DUFFERIN
COMMUNITIES
IN BLOOM**

Invites you to attend our

**ANNUAL
MEETING**

7:30 pm Tuesday October 18, 2022

**CARMAN LEGION
AUXILIARY HALL**

**GUEST SPEAKER:
ROB BRYSON**

**"THE LINK BETWEEN FLOWERS
AND A THRIVING COMMUNITY"**

Following the short business portion of our meeting we welcome you to join us for entertainment, refreshments, and appetizers

**Everyone is invited to attend,
only CIB members may vote.**

> EFFICIENCY, FROM PG. 7

comfort, indoor air quality, and resilience. Completing the recommended upgrades can result in energy use reductions between 50 to 100%. Efficiency Manitoba's rebates can also be stacked with the Canada Greener Homes Grant, Canada Mortgage and Housing Corporation's Eco Plus program, and other sources of funding and financing to lower the upfront cost of the retrofit project.

With the support of a design professional of their choosing, businesses going through Efficiency Manitoba's Commercial Deep Energy Retrofit Program will have their entire building's energy use analyzed with energy modelling software. Energy efficiency enhancements would then be designed specifically for that building to reduce its overall annual energy use by a minimum of 20% upon completing the whole-building renovation.

tion.

"Offering programs and rebates for deep energy retrofits is a great way to encourage Manitobans to take a holistic approach and major steps forward on energy efficiency," said Colleen Kuruluk, Chief Executive Officer of Efficiency Manitoba. "It's estimated that approximately 70% of existing buildings will still be in active use by 2050, so it's vital that we take significant action on existing building stock to contribute to energy use reductions in Manitoba.

"If a homeowner or business owner is looking to significantly reduce their

energy use, the technical support and financial incentives we provide ensure they're able to do so at a reduced cost in a single project. We're committed to making energy efficiency upgrades easier and more affordable for all Manitobans, and these two new programs will contribute to this commitment."

To learn more about Home Energy Retrofits and the Commercial Deep Energy Retrofit Program, visit efficiencyMB.ca/retrofits and efficiencyMB.ca/business/deep-energy-retrofit.

Elm Creek Stay and Play Centre Inc. preparing for spring construction

By Becca Myskiw

The dream for a new childcare space in Elm Creek has almost come to fruition.

Elm Creek Stay and Play Centre Inc. has fundraised \$440,000 for their new build project, leaving them with around \$160,000 to raise.

Board member Karla Last said the project is an estimated \$1 million, but they expect that number to climb a bit as the estimate is from a few years ago. They're applying for the Early Learning and Child Care (ELCC) Building Fund, a capital grant from the Province of Manitoba "to support capital projects that support the development of community-based child care spaces in new non-profit child care centre or existing non-profit child care centre that will renovate/ expand their existing centre for the purpose of adding child care spaces."

That grant, Last said, would pay for 40 per cent of Elm Creek Stay and Play Centre Inc.'s project, leaving the board with just \$600,000 to pay instead of \$1 million.

To pay that \$600,000, though, the board has been fundraising for about three years. They've hosted galas, socials, golf tournaments, and other events here and there, but a lot of their funds have come from community sponsors.

Two recent major sponsors are the rural municipality RM of Grey, who gave \$64,000, and Cargill gave \$25,000 to the project.

"It's a huge relief and weight lifted off our shoulders," said Last. "Just to know there are people in and around



the community who are recognizing what we're doing will impact everyone. Daycare is the first thing people ask for when moving here. You need childcare to be able to live here, so if you're on a waitlist, that's not a very welcoming decision to move here. So just to have that peace of mind that childcare will be available to you is amazing."

The current nursery and daycare centre is licensed for 16 spots and employs eight people. Last said, the new centre will have 40 spots, and she expects staffing numbers to double at minimum.

The board has also been approved to build the new centre on the east side of Elm Creek School. Their existing space is a classroom within the school, and it will be used as a classroom again once the nursery and daycare students are in their own space.

Last said, the board hopes to start construction on the building in the spring of 2023. They're just waiting on getting the final approval from the province, making a lease agreement, and creating a detailed floorplan for the electricians, plumbers, and more.



STANDARD PHOTOS SUBMITTED

Cargill - Elm Creek donated \$25,000 to the Elm Creek Stay and Play Centre. Pictured left to right, Karla Last (Build chair), Janelle Lepp (Board chair and Cargill Rep), Jenna Major (Director) and Derek McIntyre (Cargill Rep).



The RM of Grey donated \$64,000. Pictured Karla Last (Build chair), left, and Rod Savage (Interim Reeve).

Then, this fall, they're hoping to send the project out for tender.

Elm Creek Stay and Play Centre will continue to fundraise for the project so they don't have to worry about a mortgage for years to come. Last said they're planning a Halloween movie

night and maybe a New Year's Eve social, though both events haven't been set in stone. The board is hoping once people see the new building start to go up, more sponsors will come due to seeing the dream come to life.

> MEMORIAL BOOK, FROM PG. 5

cally.

"I realized those books didn't come from here and that there was a need here in our area for grieving support," she said. "Even some of the nurses had said that they used these books as tools to talk about what's going to happen."

Nickel found a strong connection with foundation executive director Shannon Samatte-Folkett, and the board agreed to hold funds to allow them to create this project.

"We bonded over a shared experience of losing a child ... and have since developed a partnership as well as a friendship," Samatte-Folkett said by email.

"She thoughtfully researched books that she felt would be great tools for families, especially young children experience loss and grief."

Nickel explained the book program is facilitated through the foundation, which purchases the books. Her time is willingly given then to package

each bundle of books together, coordinate, and deliver them to the appropriate social workers. The social workers and nurses then deliver the books anonymously.

In 2021, 20 book packages were delivered to grieving families. So far this year, 14 have been delivered.

Thanks to the grant, they anticipate being able to fund 38 packages for 2023.

"The intent is to provide families with books to talk about death, dieing and particularly their loved ones; just open up the conversation, allow them to revisit these books and talk more openly about it and walk through it together as a family," said Nickel.

Nickel said the hope is to grow this program to not just include small children ages 2-8 but also to reach older age groups experiencing loss.

"The goal is to add more options for different age groups. And with winning this [Caring Community] award, it will help," agreed Samatte-Folkett.

Sex-ed. books to remain on SCRL shelves

By Lorne Stelmach

Three books that led to a delegation aiming to have them removed from local libraries will remain on the shelves, although one will be reclassified.

A week after the presentation was made to the South Central Regional Library (SCRL) board of directors, a review of the books in question has resulted in a decision to keep them in place.

"The books were reviewed according to the criteria in SCRL's collection development policy by selected teams of qualified librarians as well as some outside resources. The books were evaluated based on the robust col-

lection development policy already in place," the library said in a statement Monday. "The board position is to support the recommendations of the review committee for each title reviewed."

It means all three books will remain on the shelves, although one (*It's Perfectly Normal: Changing Bodies, Growing Up, Sex, Gender and Sexual Health* by Robie Harris) has been moved from the juvenile section to the young adult section.

Sex is a Funny Word: A Book About Bodies, Feelings and You as well as *What Makes A Baby*, which are both by Cory

Continued on page 10

Singin' in the Grain returns with two live concerts

By Lorne Stelmach

A major fundraiser in support of the Canadian Foodgrains Bank returns this year with the benefit of being free of pandemic restrictions.

It means that Singin' in the Grain is planning for two in-person concerts Saturday, Oct. 29, at 7 p.m. at the Douglas Mennonite Church in Winnipeg and Sunday, Oct. 30 at 3 p.m. at the Emmanuel Mennonite Church in Winkler. Admission is by donation.

The organizers welcome a return to normal after having gone virtual for the past couple of years.

"We went the route of being virtual because we know food scarcity is always there ... now to be able to do it in person again, we're really, really looking forward to it," said Pearl Braun Dyck, chairperson of the organizing committee.

Since the concerts started in 2011 they have raised over \$205,000, with the federal government then also matching that amount up to four to one.

"It has been a great fundraiser; they have done really, really well ... it's a substantial amount of money that these musicians have helped us bring in," said Braun-Dyck.

"Everybody needs to be involved in eradicating hunger in this world ... the need for food is just so great again

... that need for food has just exploded again, and we hear people to say that we want to help, we have a lot and we can share," she said.

The musicians performing this year include the CMU Singers and the Faith and Life Women's Choir under the direction of Janet Brenneman and Matt Pauls.

Brenneman is associate professor of music at Canadian Mennonite University, where she teaches music education and conducts the CMU Singers, the CMU Women's Chorus, and the CMU Festival Chorus.

Pauls enjoys teaching in the areas of voice performance, choral performance, and music theory. He has performed as a featured soloist with ensembles such as the Winnipeg Symphony Orchestra, Orquesta Sinfónica Nacional del Paraguay, Saskatoon Symphony Orchestra, Windsor Symphony, Canadian Chamber Choir, Pro Coro Canada, Winnipeg Singers, Guelph Chamber Choir, Windsor Classic Chorale, and the Windsor Symphony Chorus.

The CMU Singers is an auditioned choral ensemble at Canadian Mennonite University. The diverse repertoire is highly acclaimed and includes sacred and secular music from all eras and musical cultures.



SUPPLIED PHOTOS

The CMU Singers (above) and the Faith and Life Women's Choir (below) perform at this year's Singin' in the Grain concert in support of the Canadian Foodgrains Bank. Shows take place in Winnipeg Oct. 29 and in Winkler Oct. 30.



The Faith and Life Choir's mission is to participate in the mission of the wider church and specifically that of Mennonite Church Manitoba by leading others into worship through music.

They accomplish their mission through concerts, church and personal care home visits, CD sales and re-

recording music for the radio broadcast ministry. They feature female singers from across southern Manitoba.

All funds raised at the concerts will go towards CFGB projects addressing food insecurity around the world. Online donations are accepted at foodgrainsbank.ca.

SCCR smiling with donation



STANDARD PHOTO BY DENNIS YOUNG

Tim Horton's Smile Cookie campaign raises \$4,728 for South Central Cancer Resource. and recently presented it to the SCCR Carman representative Jack Pethybridge, left, accepts the donation from Tim Horton's Carman manager Katherine Doerksen and owners Linda and Jeff Doerksen.

> SEX-ED BOOKS TO REMAIN, FROM PG. 9

Silverberg, will remain in the juvenile non-fiction section.

A delegation appeared before the SCRL board Sept. 22 with a formal complaint about these books, which they asserted included graphic and pornographic material not suitable for children.

Concerns have swirled particularly around *It's Perfectly Normal* in many other jurisdictions; it has frequently earned a place on lists of most challenged books.

The book has received many accolades, though some controversy revolves around its depiction of such things as nudity, non-heterosexual sex, and inclusivity of gender as well as frankness about AIDS/HIV, consent, abortion, and other like topics.

Various experts have cited that evidence suggests access to such com-

prehensive, scientifically accurate sex-ed material helps reduce the risk of a child being sexually abused.

An earlier statement from the library board had stressed that it "supports the principles laid down by the Canadian Library Association's statement on intellectual freedom, which states in part that 'it is the responsibility of libraries to guarantee and facilitate access to all expressions of knowledge ... including those which some elements of society may consider to be unconventional, unpopular or unacceptable.'

"SCRL has a comprehensive collections development policy which has been reviewed by Public Library Services Branch—the rural library governing body. They have found the policy is well above the standard policy criteria."



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Big Willy's promotes suicide prevention during Burger Week

By Becca Myskiw

A local restaurant owner used his platform to spread awareness about Suicide Prevention Awareness Month during this year's Burger Week.

Chad Lubkiwski, the owner of Big Willy's and one-time Burger Week winner, kept his burger ingredients a secret last week and promoted a topic many don't discuss.

"It's something that I feel very strong towards," he said. "I feel it's not publicized as much as say Bell Let's Talk. There's just so many other holidays popping up around this time, I feel like it's pushed under the table and not as many people know or are aware of what the month is."

September is Suicide Prevention Awareness Month, a time to "raise awareness of this stigmatized, and often taboo topic", according to the national Alliance on Mental Illness (NAMI). The organization says the month is to shift public perception, spread hope, and share vital information to those affected by suicide. The ultimate goal is to ensure people have access to the resources they need to seek help for suicide prevention.

According to the Government of Canada, more than 10 Canadians die by suicide each day. And for every person lost to suicide, there are many more experience thoughts of it and attempting it.

In Canada, men and boys, people serving federal sentences, survivors of suicide loss and suicide attempts,

Indigenous community members, and people in Inuit regions have higher suicide rates.

For every suicide loss, an average of seven to 10 people are significantly affected. Unfortunately, Lubkiwski has been one of those people twice in his life.

When he was 19, Lubkiwski lost two people he was really close to to suicide.

"It's affected me for sure," he said. "But everyone goes through it, and I guess for me it wasn't as publicized or known to people where to get the help. For me for sure it was a super hard time when I was growing up 'cause you don't have the support you need necessarily. I find more people are willing to talk about it now than they were back in the 2000s."

So, Lubkiwski spent last week spreading awareness on the month, suicide, and where people can get help. He created a pizza burger for Burger Week, but instead of promoting that, he just let people know he was participating and promoted Suicide Prevention Awareness Month instead.

The warning signs of suicide include: talking about it, having a plan for it, withdrawal from loved ones and loved activities, increasing substance abuse, feeling like you don't have a purpose in life or a reason for living, feeling hopeless about the future, talking about being a burden,



STANDARD PHOTO SUBMITTED

Big Willy's Carman Burger Week burger promoted Suicide Prevention Awareness Month.

significant mood changes, and more.

For those experiencing thoughts of suicide, there are the following resources (and more):

- Talk Suicide Canada: call 1-833-456-4566 or text 45645
- Kids Help Phone: call 1-800-668-6868 or text CONNECT to 686868
- Hope for Wellness Help Line:

call 1-855-242-3310

To help someone in crisis, listen and show concern, talk with them and reassure them they aren't alone, let them know you care, and connect them with an above resource, a counsellor, or another trusted person.

BTHC Foundation is looking to the future

By Lorne Stelmach

The Boundary Trails Health Centre Foundation continued to make an impact in the past year even while still emerging from the fallout of pandemic restrictions.

The foundation now especially needs to keep moving forward as the region works towards the estimated \$64-million expansion of the regional hospital, chairperson Ben Friesen suggested following the organization's annual meeting last week.

"There's so many services coming to this facility. It's not only an expansion of the hospital as we see it ... Manitoba Health has assured us they want this to be the number three hub in Manitoba," he said.

"They want to expand this to be

a facility that obviously will save tonnes of trips out for people going into Winnipeg ... there's many, many significant things that will make this particular hospital the envy of a lot of communities ... and we do serve a large community."

Foundation representatives noted 2021 posed significant challenges due to the pandemic, including again not being able to hold major fundraisers such as its annual gala.

"2021 was a fairly huge challenge. We had to change directions on our whole fundraising," Friesen said, noting the the gala and the annual golf tournament have long formed the cornerstones of their fundraising ef-

Continued on page 20

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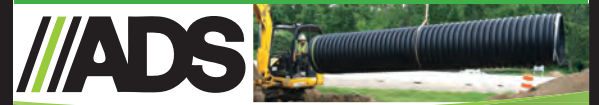
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Fire won't wait—plan your escape

By Ashleigh Viveiros

This year's Fire Prevention Week theme is a simple but powerful piece of advice that could save you and your family's lives one day.

Fire departments across Canada are marking Fire Prevention Week Oct. 9-15 by reminding people about the importance of not only having but also practising a household escape plan.

"Fire won't wait—plan your escape," sums up Winkler Fire Chief Richard Paetzold, explaining that today's homes burn faster than ever before, making pre-planning even more important.

"You need to make an escape plan for your home, having two ways out of your house," he explains. "And practising it is a key thing."

The last thing you want when a fire breaks out is to panic, Paetzold stresses. Running through your plan helps ensure everyone knows what to do and where to go—which windows or doors are the easiest to get out by? Are there children or people with disabilities who will need someone to help them? Where should everyone gather once they get outside?

Another important factor to consider: make sure you have working smoke alarms.

"You want to test them regularly to make sure that they will do their job when required," Paetzold says, noting you should have smoke alarms in every bedroom, outside of the sleeping areas (like a hallway), and on each level, including the basement.

And keep in mind that they don't last forever—you need to replacement smoke alarms every 10 years.

Those extra minutes an alarm might buy you can be the difference between making it out alive or not.

"Lots of people are under the impression it's fire that kills, but it's actually the smoke that kills," Paetzold says. "In the smoke there's carbon monoxide ... it puts you to sleep. So you might already be asleep and if you don't have a smoke detector to wake you up the carbon monoxide can put you into a deeper sleep. If you get too much

for too long, it doesn't bode well. You need something to wake you up."

The chief also shared some day-to-day fire safety tips.

"The number one cause of home fires is unattended cooking. It's very important that when you're cooking you're attentive and looking after things.

"It's not that people intentionally become inattentive with their cooking," he adds, noting a parent might find themselves called away to deal with a crying child or perhaps the doorbell rings and you run to answer it, thinking you'll only be gone a second. "If you do have to go away to do something, then turn the heat off on your stove."

If a stovetop fire does start, the key, again, is not to panic.

"Never throw water on it," Paetzold advises. "That will make it 10 times worse."

Instead, a small pan fire can often be nipped in the bud by simply turning off the heat and covering the pot with a lid to smother the flames.

"You don't even have to remove the pot," Paetzold says. "Or if you do, just move it to a different element. Don't try to carry it away. People do that and then they might spill it and get oil [and fire] on themselves or somebody else."

A kitchen fire extinguisher is also a vital piece of equipment to have just in case a fire threatens to get out of control—you might be able to limit the damage to the kitchen before it spreads any further.

For more fire safety tips, head to www.nfpa.org.



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Roland Pumpkin Fair a smashing success

By Becca Myskiw

The 30th annual Roland Pumpkin Fair brought crowds to the little town once again.

After a few years with no fair, the 30th annual was on Oct. 1. Throughout the town of Roland were pumpkins of every shape, size, and colour for eating, painting, weighing, and celebrating.

"It's been really good," said an organizer, Lisa Pinkerton. "We've got the crowds back, so we've been really happy with that."

The fair had a pancake breakfast, craft sale, agricultural and educational displays, lunch, pie, food vendors, tearoom, children's activities, bouncy houses, a choo choo train, entertainment, beer gardens, dinner, the pumpkin weigh-off, and a giant pumpkin drop for the first time ever.

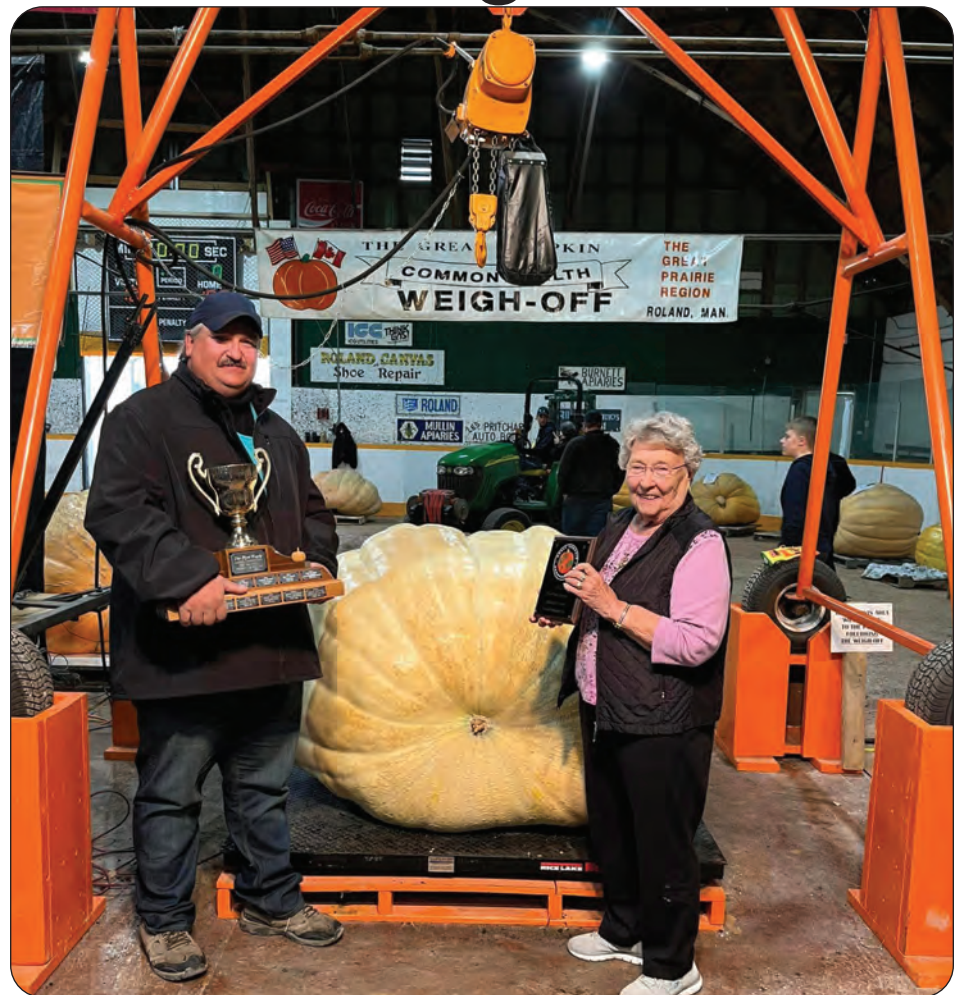
The pumpkin drop brought a massive crowd to the town's tennis courts. A crane lifted a 1,311 lb. pumpkin

hundreds of feet into the air, then let it go over the cement where it crashed down. After the explosion, children ran to pick up their own pieces of the smashed pumpkin to take home as a memento.

The pumpkin weigh-off proved to be successful with giant pumpkins all around. Carman's Jason Terwin brought home the title for the largest, with his pumpkin weighing 1,360.5 lbs. Terwin also recently won the same title with a different pumpkin at the Teulon Pumpkinfest with a weight of 1,017 lbs. Terwin also won Roland's weigh-off last year with a pumpkin weighing 1,377.5 lbs.

He said this growing season wasn't an ideal one with the cold, wet spring and cool July nights. He believes it stunted the growth of his pumpkins, making for less exciting weigh-offs.

Winning, however, still feels good for Terwin. He said it's a nice payoff and recognition for all his hard work.



STANDARD PHOTOS BY BECCA MYSKIW

Jason Terwin won the weigh-off with his pumpkin weighing 1,360.5 lbs.



The Darby Kids' Pumpkin Patch was at the fair selling their homegrown pumpkins.



The choo choo train went all afternoon and never had an empty seat.



For the first time, the fair hosted a giant pumpkin drop, where a crane dropped a giant 1,311 lb. pumpkin onto the tennis courts.



The Bertrands made sure to grab their piece of smashed pumpkin before heading home.



Three-year-old Liam was more than excited for the first-ever giant pumpkin drop at the Roland Pumpkin Fair.

get inspired

> MEAL IDEAS



Blended Crunchy Mushroom Wraps

heat olive oil. Cook onions 1-2 minutes until translucent. Add mushrooms and ground beef. Cook about 5 minutes, or until beef is no longer pink. Stir in taco seasoning. Cook 2-3 minutes. Set aside.

Lay one large flour tortilla on flat surface. Spread 2 tablespoons mushroom-meat mixture on center of tortilla.

Drizzle dollop of nacho cheese over mushroom-meat mixture. Top meat with one tostada shell then spread thin layer of sour cream over tostada shell.

Top with shredded lettuce, diced tomatoes and shredded Mexican cheese then one small tortilla. Make sure not to overstuff so wrap doesn't break apart while cooking.

Fold edges of large tortilla toward center until completely covered.

In hot skillet, generously spray with nonstick cooking spray. Carefully place wrap seam side down on skillet. Cook 2-3 minutes until golden brown.

Flip and cook other side until golden brown. Repeat with remaining mushroom-meat mixture, tortillas and toppings.

Cut wraps half and serve.

Recipe courtesy of the Mushroom Council

- Prep time: 15 minutes
- Cook time: 20 minutes
- Servings: 6
- 2 tablespoons olive oil
- 1/2 cup finely chopped yellow onion
- 8 ounces mushrooms, such as white button, crimini or portabella, finely chopped
- 1/2 pound lean ground beef
- 1 tablespoon taco seasoning
- 6 burrito-size flour tortillas (about 10 inches each)
- 1/3 cup nacho cheese sauce
- 6 tostada shells
- sour cream
- 6 mini soft taco-size flour tortillas (about 4 1/2 inches each)
- shredded lettuce
- diced tomatoes
- shredded Mexican cheese blend
- nonstick cooking spray
- In large skillet over medium-high heat,



Plant-Based Meatloaf Sandwiches

mixing. Shape mixture into loaf on baking sheet. Spread barbecue sauce over meatloaf.

Bake 1 hour, or until internal temperature reaches 160 F.

Slice meatloaf into six pieces and place each piece on bread. Top each meatloaf slice with vegan cheddar cheese and sauteed onions then close sandwiches with top bread slices. Using panini press, griddle or frying pan, cook sandwiches until golden brown and cheese is melted.

Tip: Pairs well with potato salad.

- Recipe courtesy of Aramark
- Servings: 6
- Nonstick cooking spray
- 1 1/2 pounds plant-based ground burger, thawed
- 1 1/2 cups cooked wild rice, chilled
- 1 cup diced onion
- 1 cup diced red bell pepper
- 2 teaspoons paprika
- 1 teaspoon granulated garlic
- 1 teaspoon rubbed sage
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground white pepper
- 2/3 cup barbecue sauce
- bread
- vegan cheddar cheese
- sauteed onions
- Heat oven to 375 F. Spray rimmed baking sheet with nonstick cooking spray.
- In bowl, thoroughly mix ground burger, cooked rice, onion, bell pepper, paprika, garlic, sage, thyme, salt and white pepper until well blended without over-

Chicken Souse



The mother-in-law question

Submitted

Mothers in law are often maligned. Most of these women are genuinely concerned about their children and are really well-meaning. When children marry, it can be an awkward time for parents as they try to re-define their role in their children's lives. They often get mixed messages: children may, on the one hand project that they want help (e.g., financial, or with babysitting or fixing things), but other times be offended by help freely given (i.e., advice). Parents may often feel like they are walking on eggshells, wanting to be seen as neither as intrusive, nor neglectful.

No matter how you look at it though, a mother who as spent 18+ years raising a child, wants to be important in his/her life. But the child has his/her own home now and doesn't need parents in the same way. The young couple want to create their own lives, to make their own decisions, and may have two mothers and two fathers (or more if parents have remarried) coaching from the sidelines, all with different advice.

If parents are critical of a child's spouse, the spouse will pick up on that energy, and it may trigger memories of battles with parents during the teenage years. This in turn may bring out the rebellious side of the young person, setting the stage for more disharmony.

The key to healthy relationships with in-laws is to understand that once children are married, they don't need mothering. A mother

can be a friend, a coach, a bringer of support, but adult children do not want to be treated like children.

Recognize, in most cases, the good intent of the mother-in-law. You can let her advice float by if you don't need it. If she continues to push it, or to criticize, tell her gently that you want her friendship, but these behaviors may spoil that.

If you are the mother-in-law, ask the children to tell you honestly what kind of role they would like you to play in their adult lives. Do not expect to be treated in any certain way, for that would be getting into co-dependency and using guilt on them. If you expect that they will be with you every Christmas, or always take you to dinner on Mother's Day, and act hurt if they don't, you make them feel like it's a duty. This serves only to take the fun out of celebrations. Prepare to be flexible and not compete with your child's in-laws.

Count your blessings (they've left home!), let them know they have your love and support, be pleasant to be around, and don't take things too seriously or personally. If you are the child, try to see your in-laws through compassionate eyes, and treat them the way you will surely, one day, want to be treated. What goes around does, persistently, come around.

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

Recipe courtesy of Aramark
Servings: 6

- 8 ounces boneless, skinless chicken thighs, cut into 1-inch pieces
- 1/8 teaspoon ground black pepper, plus additional, to taste, divided
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1 tablespoon vegetable oil
- 1/4 cup diced onion
- 1/4 cup diced celery
- 2 teaspoons minced garlic
- 2 cups chicken broth
- 1 cup peeled potatoes, cut into 1/2-inch pieces
- 2/3 cup canned diced tomatoes, undrained
- 1/4 cup tomato paste
- 3 tablespoons cider vinegar
- 2 tablespoons minced, seeded jalapeno pepper
- 1 1/2 tablespoons lemon juice
- 1 1/2 teaspoons minced, peeled ginger root
- 1 teaspoon kosher salt, plus additional, to taste, divided
- 2 pinches dried thyme leaves

- 1 small bay leaf
- 1 1/2 cups thawed mixed vegetables, drained

Season chicken with 1/8 teaspoon black pepper, garlic powder and onion powder. Cover and chill 2 hours, or overnight.

In saucepan over medium-high heat, heat oil. Add onion and celery; saute 2 minutes, or until tender-crisp. Add garlic and saute 30 seconds.

Add chicken and saute until browned. Stir in broth, potatoes, tomatoes, tomato paste, vinegar, jalapeno pepper, lemon juice, ginger, 1 teaspoon salt, thyme and bay leaf; heat to boil. Reduce heat. Cover and simmer 1 hour, or until potatoes are tender.

Stir in mixed vegetables and simmer 10 minutes. Remove and discard bay leaf. Season with additional salt and pepper, to taste.

Tips: Serve souse with griddled corn cakes and saltine crackers. Make vegetarian by replacing chicken with canned drained and rinsed black-eyed peas or red or white beans.

Weekly sledge hockey program starts Oct. 15

By Ashleigh Viveiros

A local group will be making the most of the Meridian Exhibition Centre's accessible ice surface this fall and winter.

Sledge hockey is back for a second season in Winkler, kicking things off on Oct. 15 and running weekly on Saturdays from 10:15-11:30 a.m.

Sledge hockey, also called para ice hockey, allows players with physical disabilities to play Canada's favourite sport. It utilizes sleds instead of skates and also features special hockey sticks that help players navigate the ice and pass the puck.

"When I was younger, I felt isolated when I couldn't join in with a lot of the stuff that a lot of my friends could do," said organizer Nic Klassen, who played sledge hockey himself as a youth and now acts as a coach for this program alongside fellow organizer Silas Penner.

"When you can join something—such as a sport—no matter what it brings a sense of community," Klassen said. "And when you're around people who have some of the same life experiences you have, it's a much different feeling than when you're around people who don't have those experiences."

Penner, who also played sledge hockey as a teen, said last season was a blast for all the families involved.

"It's a great sense of community," he said, echoing Klassen. "And it's a lot of fun."



STANDARD PHOTOS SUBMITTED

Winkler's sledge hockey league starts up its weekly Saturday morning sessions Oct. 15 at the Meridian Exhibition Centre.



"We ended up having four kids on the ice from three families," Klassen noted. "We filled out some of the rest of the sleds with family members so we could have some good games."

Players get the chance to run drills and play scrimmages. It's meant to be just a fun hour of recreational sledge hockey, though perhaps one day this area could form its own team, if there was enough interest.

"That would be the dream," Penner said.

The program got a big thumbs-up from the participating families, many of whom Klassen expects will return this season.

"As a parent of a child with disabilities, I'm so thankful for the opportunity for Austin to be able to participate in sledge hockey," shared Yvette Mitchell. "Watching his excitement

week after week when he gets on the ice, and the self confidence Austin has attained is amazing. His first question when we leave the arena is when are we going back?"

Fellow sledge hockey mom Connie Hesom said the program helped her son Evan make new friends and build confidence both on the ice and off.

"Sledge hockey has been a great way for kids, youth, and adults to be able to be a part of a team," she said. "We really appreciate sledge hockey venturing out to rural communities. More sports/activities for folks with various disabilities is greatly needed in our communities."

Most of the kids from last season were in high school, though Klassen noted they're open to having younger kids involved as well.

"We're not really singling any age

out and saying you can't come," he said.

Elementary and middle school-age kids are most welcome, as are adults, stressed Penner, noting it's a non-contact league.

"If you want to come check it out, come give it a try."

Lack of experience in sledge hockey is not a barrier either. They have sleds and sticks for people to use every week and also some gloves and helmets for those who want to try it out before buying their own.

"I would say it's an easy sport to pick up," Penner said. "We're there to teach you and help you and there's lots of people on the ice willing to help out."

To register, email Jaylene Irwin at jirwin@manitobapossible.ca or call 204-918-0145.

> BTH FOUNDATION, FROM PG. 12

forts each year.

The pandemic certainly also left a mark on local health care staff, Friesen reflected.

"We had a lot of hesitancy in different areas, and of course health care in general; although we appreciated the health care very, very much and the workers very much, they didn't all get the best response from some of the other areas in the community," he noted. "But I think the community has really come together now and things are really, really going very well at this time with the hospital and of course with the foundation."

"I think it was a pretty successful year, even though we did have to change directions with a few things, but it made us create new initiatives and reach out and connect with new people," agreed executive director Shannon Samatte-Folkett.

"The staff has been a lot more involved with the foundation, a lot

more supportive of the foundation," she further noted, citing the example of the What Matters to You social media promotion where health care staff nominated each other to receive gift cards.

"We want the community to also celebrate these people, and I've seen a boost of that morale ... that morale and the support back to the foundation."

She also heralded the success of the Donation Conversation campaign as it "really helped spread who we are in the community and amp up our presence."

"I think we have a lot more people involved who have never been involved with the foundation before, in donating or just in talking about it," agreed Friesen.

The Donation Conversation initiative brought in \$199,000 for the foun



STANDARD PHOTO BY LORNE STELMACH

The BTHC Foundation's Shannon Samatte-Folkett and Ben Friesen reported on the challenges and successes of the past fiscal year at the board's AGM last week.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN



Starting the season with a bang



STANDARD PHOTOS BY RICK HIEBERT

Above: Interlake's Kylee Emms-Finnsson and Pembina Valley's Marissa Fehr race for puck possession in the Hawks' home opener Saturday in Morden. Left: Zenith Vanstone celebrates her shootout goal with her teammates. It gave the home team the win 1-0.

By Lorne Stelmach

The female U18 Pembina Valley Hawks were on both ends of shutouts on their opening weekend of regular season action.

They won their opener Saturday with a 1-0 shootout win over the Interlake Lightning but then dropped a 3-0 decision to the Central Plains Capitals Saturday.

Miami's Zenith Vanstone scored the shootout winner Friday in Morden as the Hawks and Lightning went scoreless through three periods and overtime. Kaylee Franz earned the shut-out victory with 25 saves.

It was a different story Saturday

where the Hawks were blanked despite outshooting Central Plains, which took a 2-0 lead in the second period and then added an insurance marker in the final frame. Pembina Valley goaltender Kasia Rakowski made 14 saves.

The Hawks are now scheduled to have a busy weekend starting with a road trip Friday to take on the Avros in Winnipeg. They then return home to Morden to welcome the Winnipeg Ice Saturday and the Westman Wildcats Sunday afternoon.

Winkler Flyers drop two to Wolverines, one to Terriers

By Ashleigh Viveiros

The Waywayseecappo Wolverines proved to be too tough a nut for the Winkler Flyers to crack last week in MJHL action.

Playing up north Friday night, Winkler's Brody Beauchemin and Trent Penner opened and closed scoring, Beauchemin getting the first period's lone goal at 18:54 and Penner scoring the final goal of the game 12:26 into the third.

In between, the Wolverines scored

twice in the second and once in the third to take the game 3-2.

Waywayseecappo has a slight edge in shots—28-27. Malachi Klassen got the loss in net, making 25 saves.

The rematch two nights later in Winkler was another close affair but also ultimately went the Wolverines' way 2-1.

The visitors were up 2-0 by the end of the second when Jayce Legaarden got the Flyers on the board with a goal with just 30 seconds left on the

clock. Neither team managed to find the back of the net in the third.

Aidan Comeau was between the posts for the Flyers this time around, making 29 saves as Winkler outshot their opponents 35-31.

The losses to the Wolverines came on the heels of a 2-1 defeat to the Portage Terriers Sept. 28.

That one went all the way to a shootout for a decision, Zach Nicholas having gotten the tying goal midway through the third period. The Terriers

scored their goal in the final seconds of the first and then got the winning shootout point for a 2-1 victory.

Klassen was in net and made 26 saves as Winkler outshot Portage 36-27.

This week the team has a home-and-away against the Steelers, hosting them on Wednesday and then playing in Selkirk Saturday night.

Jets, Canucks best Pembina Valley Twisters

By Lorne Stelmach

The Pembina Valley Twisters dropped a pair of games this past weekend as they kicked off their MMJHL season.

The Twisters lost 5-3 to the Jets in Stonewall Friday then fell 7-4 to the St. James Canucks in their home opener in Morris Sunday.

Stonewall turned things around against the Twisters after Pembina Valley had beaten the Jets three times in exhibition games.

Jacob Carels, Caelen Russell and Derek Wiebe scored for Pembina Valley, which held a 40-31 edge in shots on goal. Logan Enns took the loss in net with 26 saves.

The Twisters jumped out to a 4-2 first period lead Sunday against the defending champion Canucks, but they were blanked the rest of the way and gave up four goals in the third period and four power play goals overall.

Zander Carels led the way for the Twisters with a pair of goals, while singles came from Joel Vigier and

Derek Wiebe. Enns made 32 saves with St. James holding a 39-32 edge in shots on goal.

Pembina Valley is looking to get in the win column this week in Winnipeg against the St. Vital Victorias Thursday in their only game of the week.

Morden to host 2024 Scotties Championship

By Lorne Stelmach

Morden will be hosting the best women in curling from across the province early in 2024.

Curl Manitoba has announced that the 2024 Manitoba Scotties Championship will take to the ice in late January 2024 at the Access Event Centre in Morden.

The bonspiel will determine who earns that season's invitation to the national Scotties, and it is pretty much a guarantee it will be a very strong

field of competitors.

"I think we probably have the strongest field of any provincial championships, mens or womens, so we're going to have very competitive curling," said Morden Curling Club president Scott Bissett.

"I think we will have the strongest provincial field of anyone ... the womens is probably even more competitive than the mens; there's probably at least three or four teams that could be considered favorites."

Morden last hosted the top women's curling teams in 2003. Prior to that, the first major championship hosted by the community was the 1988 Labatt Tankard followed by the Safeway Select in 1997.

"We haven't hosted one now for 20 years ... so we are really looking forward to doing it," said Bissett, who noted they expect to announce the event's chairperson shortly.

"We're super excited to be hosting it again ... and if Morden does it's best,

it will do a spectacular job," he said. "I think we are going to have a spectacular event.

"There will be a lot of work to do ... but Morden has always been very good about supporting the curling club whenever we've taken on a project like this, and I don't see anything being different with the next one."

Meanwhile, the 2024 Viterra Championship, the mens event, will take place in Stonewall in February 2024.

What's *Your* story?

We want to hear from you.

The **Carman-Dufferin Standard** connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service?

A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

A young entrepreneur starting out?

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

The Carman-Dufferin
STANDARD

Hawks fall to Wild in season opener

By Lorne Stelmach

They gave one of the always tough Winnipeg teams a good battle, but the male U18 Pembina Valley Hawks dropped a 4-3 overtime decision to the Wild in their season opener Friday.

Aaron Krestanowich scored his second of the game just 26 seconds into extra time to get Winnipeg the victory on their home ice.

The Hawks had held period leads of 2-1 and 3-2 before giving up the equalizer in the third period to take the game to overtime.

Sebastian Hicks, Ryder Wolfe, and Marek Miller scored for Pembina Valley while Raiden LeGall made 33 saves for the Hawks, who were outshot 37-24. Pembina Valley went one for five on the powerplay while keeping

Winnipeg off the board on eight man advantages.

The Hawks will now look to get in the win column this weekend as they go into a home-and-home double-header against the Interlake Lightning Friday and Saturday. They will then welcome the Winnipeg Bruins to Morden next Wednesday.

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HEALTH

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



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Prairie Rose School Division RECRUITMENT FOR WARD 2 AND WARD 8 TRUSTEES

Prairie Rose School Division (PRSD) invites interested community members to submit their name for consideration by the newly elected Board of Trustees to fill the vacant Ward 2 and Ward 8 trustee positions. Ward 2 encompasses the Roland/Homewood/Sperling area and Ward 8 encompasses the St. Laurent/St. Ambrose area.

In order to qualify as a candidate for the school board, a person must be:

- A Canadian citizen,
- At least 18 years of age,
- A resident of the Division for at least 6 months,
- Not subject to disqualification under The Public Schools Act (Sec. 22(1) PSA)

Trustee candidates must be a resident of the Prairie Rose School Division but not necessarily of Ward 2 or Ward 8.

Recommended qualifications for a school trustee includes:

- Experience as a school trustee, community board member, PAC member,
- Participation as a volunteer in the school or community,
- Experience in the areas such as governance, finance, and strategic planning

Trustees attend scheduled Monday meetings twice a month from 5 PM to 8:30 PM at the PRSD Administration Office. Trustees are also expected to attend additional meetings or events such as budget meetings, ad-hoc committee meetings, and upon invitation, PAC meetings, graduation ceremonies, and special school and/or divisional events.

Visit the PRSD website, www.prsdmb.ca, for more information including:

- Ward Map
- Board Meeting Schedule
- Decision Making Matrix
- Policy #3 - Role of the School Board
- Policy #8 - Board and Superintendent/CEO Relationship

Please submit your name, contact information, and a letter identifying your reason for applying to the following by 12:00 p.m., Friday, October 28, 2022 to:

Prairie Rose School Division
Terry M.J. Osiowy, Superintendent/CEO
Box 1510, 45 Main Street South, Carman, MB R0G 0J0
Fax: 204-745-3699, email: prsd@prsdmb.ca



Prairie Rose School Division Substitutes and Spares Wanted

PRSD is recruiting for substitute teachers, substitute educational assistants, and spare bus drivers in all regions of the division.

SUBSTITUTE TEACHERS

PRSD accepts applications from those with or without a Manitoba Teaching Certificate. If you have a university degree but do not have your Manitoba Teaching Certificate you can still apply to be a substitute teacher and can teach for up to 20 days (non-consecutive).

SUBSTITUTE EAS

Substitute EAs support classroom teachers to assist in the development of our students. Interested applicants must have a high school diploma and possess the ability to work well with students and staff.

SPARE BUS DRIVERS

Do you hold a valid Class 2 License or are willing to be trained to apply for employment with PRSD? Training will be provided to assist in your certification as a School Bus Driver. Holders of valid Class 1 License will only require 3 days of training provided by PRSD.

Training will be taught by a PRSD school bus trainer and includes the use of a PRSD school bus.

For complete postings, please visit www.prsdmb.ca. Accessibility resources will be provided upon request.

FARM LAND FOR SALE BY TENDER

Sealed tenders in writing for the purchase of the property described below will be received by:

McCulloch Mooney Johnston Selby Law Office
14 Main St. S., Carman MB R0G 0J0

PROPERTY FOR SALE

Parcel I: S ½ of NW ¼ 31-8-4 WPM (approximately 77.88 acres)
Parcel II: SW ¼ 31-8-4 WPM (approximately 155.86 acres)
(Approximately 1 mile North of Elm Creek, Manitoba)

CONDITIONS OF TENDER:

1. Interested parties must rely on their own inspection and knowledge of the property.
2. Tenders must be delivered to **McCulloch Mooney Johnston Selby (Carman Office), 14 Main Street S., Box 1670, Carman, Manitoba by 2:30 p.m., October 20, 2022.**

Please mark on front of envelope "Tender 31-8-4 WPM".

3. Tenders must be accompanied by a **\$20,000.00** deposit cheque payable to McCulloch Mooney Johnston Selby LLP. Deposit cheques accompanying unacceptable bids will be returned.
4. The highest or any tender will not necessarily be accepted.
5. Tenders may be for either or both parcels.
6. Any questions pertaining to the property should be directed to Tom Mooney at (204) 745-2546 or email at tom@mmjlaw.com

TERMS AND CONDITIONS OF SALE:

1. The bidder whose tender is accepted will be required to complete an Agreement covering the terms and conditions of the sale.
2. Possession and closing date will be December 15, 2022.
3. The successful bidder will be responsible for all realty taxes following January 1, 2023 (the adjustment date).
4. In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the purchase price is not paid by the possession date or under such acceptable conditions, the deposit paid shall be forfeited as liquidated damages and not as a penalty.
5. The Purchaser shall be responsible for payment of GST or shall self-assess for GST.

For further information contact Tom Mooney at:
McCulloch Mooney Johnston Selby LLP
Box 1670, 14 Main Street S.
Carman, Manitoba R0G 0J0

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NOTICE:
Annual General Meeting
Of the
Boyne Valley Hostel
Corporation
Tuesday, October 18, 2022
2:00pm
Boyne Towers Lounge
Carman, Manitoba



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NOTICE IN RESPECT OF AN AMALGAMATION TO MEMBERS OF ACCESS CREDIT UNION LIMITED (the "Credit Union")

TO: ALL MEMBERS OF THE CREDIT UNION

TAKE NOTICE THAT the Board of Directors of the Credit Union have, in accordance with the Act, resolved at its September 28, 2022 meeting to approve the Amalgamation Agreement and unchanged Articles and Bylaws for a proposed amalgamation of the Credit Union with Amaranth Credit Union Limited ("**Amaranth**"). Amaranth's members will have the opportunity to vote on this proposed amalgamation at a Special Meeting called by its Board of Directors. Access' members will not have the opportunity to vote on this proposed amalgamation because the assets of Access, as valued at the end of its most recent fiscal year, represent 90% or more of the total assets of the proposed amalgamated credit union.

Questions from members regarding the amalgamation resolution can be submitted to Myrna Wiebe, Corporate Secretary at myrna.wiebe@accesscu.ca.

BOARD-APPROVED SPECIAL RESOLUTION

The following Special Resolution was approved by the Board of Directors of Access on September 28, 2022:

*"WHEREAS the Board of Directors of the Credit Union has recommended that the Credit Union amalgamate with Amaranth Credit Union Limited ("**Amaranth**") in accordance with the provisions of the Amalgamation Agreement made between the Credit Union and Amaranth, dated September 28, 2022 (the "**Amalgamation Agreement**");*

AND WHEREAS it is in the Credit Union's best interests to enter into the Amalgamation Agreement and to amalgamate with Amaranth on the terms and conditions set out therein;

NOW THEREFORE BE IT RESOLVED AS A SPECIAL RESOLUTION OF THE CREDIT UNION THAT:

- 1. The execution of the Amalgamation Agreement by the Credit Union be and it is hereby ratified and confirmed;*
- 2. The amalgamation of the Credit Union with Amaranth on the terms and conditions set out in the Amalgamation Agreement be and it is hereby approved."*

SUMMARY OF THE AMALGAMATION AGREEMENT

An Amalgamation Agreement, dated September 28, 2022, has been approved by the Boards of Directors of the Credit Union and Amaranth. The agreement provides for the amalgamation of the Credit Union and Amaranth into one credit union, to be effective on January 1, 2023. The credit union resulting from the amalgamation will be called Access Credit Union Limited and will have its registered office in the Rural Municipality of Stanley, Manitoba.

Following amalgamation, all members of the Credit Union and Amaranth will be members of the amalgamated credit union and all deposits and shares of or loans owing to either of the predecessor credit unions will be deposits or shares of or loans owing to the amalgamated credit union. The common shares and surplus shares of each of the Credit Union and Amaranth will become the common shares and surplus shares of the amalgamated credit union on a one for one basis.

RIGHT OF DISSENT

TAKE FURTHER NOTICE THAT, under the provisions of Section 127 of *The Credit Unions and Caisses Populaires Act*, members have the right to dissent to the proposed amalgamation. To dissent, a written objection to the amalgamation must be submitted to the Registrar (Financial Institutions Regulation Branch) within 15 days following this notice.

DATED this 6th day of October, 2022
ACCESS CREDIT UNION LIMITED
By Order of the Board of Directors

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NOTICE OF ELECTION RURAL MUNICIPALITY OF DUFFERIN

Notice is hereby given that a vote of the Rural Municipality of Dufferin will be taken to elect Councillors (4) from the following duly nominated candidates:

For the offices of Councillor:

Reeve (Head of Council)
Cor Lodder
George Gray (incumbent)

Ward 3 (1 Councillor)
Tyler Russell
Murray Dunn

Ward 4 (1 Councillor)
Ron Hildebrand
Sheldon Harder (incumbent)

Ward 5 (1 Councillor)
Barrie Fraser (incumbent)
Pat Smith

ACCLAMATION

The following nominated candidates are hereby elected by acclamation:

Councillors:

John Peckover - Ward 1
Clayton Morgan - Ward 2
Fred Dunn - Ward 6

VOTING PLACES

Voting places will be open for voting for Reeve for Wards 1, 2, 3 and 5, and for Councillors for Ward 3 and for Ward 5 on Wednesday the 26th day of October 2022 between 8:00 a.m. and 8:00 p.m. at Carman Community Hall, 60 1st Ave NW, Carman, Manitoba.

Voting places will be open for voting for Reeve for Wards 4 and 6, and for Councillor for Ward 4 on Wednesday the 26th day of October 2022 between 8:00 a.m. and 8:00 p.m. at Roseisle EM Church, 97 Main Ave, Roseisle, Manitoba.

IDENTIFICATION MAY BE REQUIRED BEFORE BEING ALLOWED TO VOTE. A person may be required to produce one piece of government issued photo identification (for example - driver's license or passport) or at least two other documents that provide proof of identity.

ADVANCE VOTING

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend their proper voting place on election day, an advance voting opportunity will be located at the Rural Municipality of Dufferin office, 12-2nd Avenue SW, Carman and will be open during each of the following days **Thursday, October 6th, 2022 between 8:30 a.m. and 4:30 p.m., Tuesday, October 11th, 2022 between 8:30 a.m. and 4:30 p.m. and Tuesday, October 18th, 2022, between 8:00 a.m. and 8:00 p.m.**

APPLICATION TO VOTE BY SEALED ENVELOPE

A voter, who is unable to go in person to the voting place or vote in advance, may apply in person, in writing, or by fax to the senior election official at 12-2nd Avenue SW, Box 100, Carman MB or fax 745-6348. If applying in person*, a voter may apply by October 21st, 2022.

* A voter applying in person may pick up a sealed envelope ballot package at the time of application.

Sharla Murray, CMMA Senior Election Official
Rural Municipality of Dufferin (204)745-2301

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NOTICE OF ELECTION RURAL MUNICIPALITY OF GREY

Notice is hereby given that a vote of the Rural Municipality of Grey will be taken to elect Reeve, Councillors and L.U.D. Committee Members from the following duly nominated candidates:

OFFICE:	SEATS AVAILABLE:	NOMINATED CANDIDATES:
REEVE	ONE (1)	JOHNSON, GAIL GROSEMANS, JEAN PIERRE SISSON, BILL
COUNCILLOR WARD 2	ONE (1)	WOODS, IAN DEWITT, HARLEY J. BUTLER, KEVIN
COUNCILLOR WARD 3	ONE (1)	PENNER, RICHARD MIDDLETON, DOUGLAS R.
COUNCILLOR WARD 4	ONE (1)	REY, NATHAN GAULTIER, PAUL
L.U.D. OF HAYWOOD	THREE (3)	POIRIER, ROLAND D'HEILLY RAYMOND SOUQUE, JEAN (JOHN) UNRUH, JOHN

VOTING PLACES

Voting places will be open for voting on **Wednesday the 26th day of October, 2022 between 8:00 a.m. and 8:00 p.m.** at:

Reeve (Ward 1 electors) -	Fannystelle Community Hall, 17 Main Avenue West, Fannystelle, MB
Reeve and Ward Two (2) -	Elm Creek Community Hall, 70 Arena Road, Elm Creek, MB
Reeve, Ward Three (3) and - LUD of Haywood	Haywood Seniors Club (Accueil d'Age d'Or), 44 Marquette Avenue, Haywood, MB
Reeve and Ward Four (4) -	St. Claude Community Centre, 58 PR 240, St. Claude, MB
Reeve (Ward Five (5) and LUD of St. Claude electors) -	St. Claude Community Centre, 58 PR 240 S, St. Claude, MB

IDENTIFICATION WILL BE REQUIRED BEFORE BEING ALLOWED TO VOTE. A person will be required to produce one piece of government issued photo identification (for example - driver's license) or at least two other documents that provide proof of identity.

VOTERS LIST

An eligible voter whose name is not on the voters list is entitled to have their name added to the voters list by: a) attending a voting place where they are qualified to vote; b) taking an oath that they are an eligible voter; c) establishing their identity by providing valid government photo identification or at least two other documents that provide proof of their identity.

ADVANCE VOTING

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend their proper voting place on Election Day, an advance voting opportunity will be located at:

R.M. Of Grey Municipal Office - 27 Church Avenue East Elm Creek and will be open on **October 18th, 2022 between 8:00 a.m. and 8:00 p.m.**

APPLICATION TO VOTE BY SEALED ENVELOPE

A voter who is unable to go in person to the voting place or vote in advance, may apply in person or in writing to the Senior Election Official at R.M. of Grey, Box 99, 27 Church Avenue East, Elm Creek, MB R0G 0N0. Photo identification will need to be presented in order to receive a sealed ballot package.

If applying in person, a voter may apply between September 28th, 2022 and October 23rd, 2022. A voter applying in person may pick up a sealed envelope ballot package at the time of application.

If applying by mail or email, a voter may apply between September 28th, 2022 and October 23rd, 2022. A voter applying by mail or email will receive a sealed envelope ballot package by regular post, or by making alternative arrangements with the Senior Election Official.

Kim Arnal, Senior Election Official
Rural Municipality of Grey
204-436-2014 (phone)
kim@rmofgrey.ca (email)



NOTICE OF ELECTION TOWN OF CARMAN

Notice is hereby given that a vote of the Town of Carman will be taken to elect Six Councillors from the following duly nominated candidates:

For the Office of Mayor - OWEN, Brent- acclaimed

For the offices of Councillor:

- | | |
|----------------------|------------------------|
| 1. TOWNSEND, Bernie | 6. JOHNSTON, Brad |
| 2. GRAY, Matt | 7. REIMER, Dale |
| 3. BRYSON, Robert | 8. DYCK, Richard |
| 4. BOKLASCHUK, Carly | 9. BOEVE, Lindsay |
| 5. BERGSMA, Phil | 10. LEMKY (DUNN), Erin |

VOTING PLACES

Voting places will be open for voting on Wednesday the 26th day of October 2022 between 8:00 a.m. and 8:00 p.m. at Carman Community Hall, 60-1st Avenue NW, Carman MB.

IDENTIFICATION MAY BE REQUIRED BEFORE BEING ALLOWED TO VOTE. A person may be required to produce one piece of government issued photo identification (for example - driver's license or passport) or at least two other documents that provide proof of identity.

ADVANCE VOTING

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend their proper voting place on election day, an advance voting opportunity will be located at Town of Carman office, 12-2nd Avenue SW, Carman and will be open during each of the following days Wednesday, October 5, 2022 between 8:00 a.m. and 8:00 p.m., Thursday, October 13, 2022 and Tuesday, October 18, 2022 during regular office hours between 8:30 a.m. and 4:30 p.m.

MOBILE VOTING

For the purpose of accommodating persons who are qualified to vote, but reside at a health care facility, a mobile voting station will be set up for scheduled hours at the following health care facilities on election day (October 26): Carman Memorial Hospital and Boyne Personal Care Home.

APPLICATION TO VOTE BY SEALED ENVELOPE

A voter who is unable to go in person to the voting place or vote in advance, may apply in person, in writing, or by email to the senior election official at 12-2nd Avenue SW, Carman or emailing cheryl@townofcarman.com. If applying in person*, a voter may apply between September 28, 2022 and October 23, 2022.

*A voter applying in person may pick up a sealed envelope ballot package at the time of application.

If applying by mail or email**, a voter may apply between September 28, 2022 and October 23, 2022.

** A voter applying by mail or email will receive a sealed envelope ballot package by regular post, or by making alternative arrangements with the senior election official.

Cheryl Young SEO, Town of Carman
204-745-2443 cheryl@townofcarman.com

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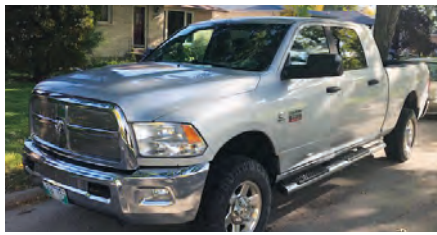
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Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier
Email: news@stonewallteulontribune.ca
Deadline to apply is Friday, October 14, 2022.

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RURAL MUNICIPALITY OF DUFFERIN BOARD OF REVISION

PUBLIC NOTICE is hereby given that the year 2023 Assessment Roll for the Rural Municipality of Dufferin has been delivered to the Municipal Office 12-2nd Ave S.W., 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 Sections 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, or the assessor of may make application for the revision of an assessment roll with respect to:

- (a) the liability to assessment
- (b) the amount of an assessed value;
- (c) classification of a property
- (d) a refusal by an assessor to amend the assessment roll under Section 13(2)

APPLICATION REQUIREMENTS

- 43(1) An application for revision must
 - (a) be made in writing;
 - (b) set out the roll number and legal description of the assessable property for which a revision is sought;
 - (c) state the grounds on which the application is based; and
 - (d) be filed by
 - i) delivering it or causing it to be delivered at the office indicated in the public notice given under Subsection 41(2), or
 - ii) serving 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 Tuesday, November 15th, 2022 at 7:00 p.m. in the Council Chambers of the Rural Municipality of Dufferin 12-2nd Ave SW, Carman, Manitoba to hear applications. Applications must be addressed to: THE BOARD OF REVISION, R.M. of Dufferin
Box 100, Carman, Manitoba R0G 0J0 and received by the Secretary of the Board on or before Monday, October 31st, 2022 4:30 p.m. Dated this 1st day of October, 2022.

Sharla Murray, Secretary
Board of Revision
Rural Municipality of Dufferin
Box 100
Carman, MB R0G 0J0



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ANNIVERSARY



Happy 50th Anniversary (October 10th)
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Sudoku Answer

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

Crossword Answer

I	S	V	L	E	N	E	R	H	A	V	A	H
B	V	L	B	E	V	T	S	C	O	R	S	C
A	V	B	O	R	S	A	V	H	S	A	V	A
R	B	E	R	S	L	E	T	E	D	E	A	E
D	O	T	M	E	T	E	R	T	E	M	E	E
S	S	L	G	V	C	O	E	E	B	V	O	W
D	E	D	E	U	S	C	V	A	S	V	O	N
G	N	I	M	I	M	R	V	A	N	H	R	V
C	R	O	S	S	A	V	A	L	A	B	H	P
L	I	V	N	P	O	T	M	A	V	E	T	E
D	A	V	A	N	O	O	E	T	W	E	E	E
E	D	C	H	E	D	A	V	A	N	C	O	V

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SUDOKU

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

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- CLUES ACROSS**
1. Bay Area humorist
 5. Hurt
 10. Icelandic poems
 14. A taro corm
 15. Metaphorical use of a word
 16. It fears the hammer
 17. Excessively quaint (British)
 18. Laid-back California county
 19. Cook in a microwave oven
 20. Not late
 22. Go from one place to another
 23. Peoples living in the Congo
 24. Popular pasta
 27. Available engine power (abbr.)
 30. Popular musician Charles
 31. Angry
 32. Spelling is one type
 35. One who makes a living
 37. Indicates location
 38. Imperial Chinese dynasty
 39. Small water buffaloes
 40. Hungarian city
 41. Fabric
 42. Ancient kingdom near Dead Sea
 43. Precursor to the EU
 44. Philly footballers
 45. Female sibling
 46. "When Harry Met Sally" actress
 47. Magnetic tape of high quality
 48. Insecticide
 49. Apparatus to record and transmit
 52. Some is considered "dog"
 55. Israeli city ___ Aviv
 56. Fencing sword
 60. Ottoman military title
 61. Wise people
 63. Cold wind
 64. Popular type of shoe
 65. Administrative district

X CROSSWORD

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21		22				23				
			24		25				26					
27	28	29		30			31				32	33	34	
35			36			37				38				
39					40				41					
42				43				44						
45			46			47					48			
			49			50				51				
52	53	54				55				56		57	58	59
60					61				62		63			
64					65						66			
67					68						69			

66. A way to reveal
 67. Cooked meat cut into small pieces
 68. Actress Zellweger
 69. Romanian city
 70. Vietnamese capital
 71. Sailboats
 72. Shelter
 73. Terminated
 74. Discharge
 75. Snag
 76. Partner to cheese
 77. A container for coffee
 78. Spend time dully
 79. Satisfies
 80. Snakelike fish
 81. Consume
 82. Type of student
 83. Erase
 84. Instruct
 85. Girl's given name
 86. Jewish spiritual leader
 87. "To ___ his own"
 88. North-central Indian city
 89. Greek alphabet characters
 90. Weapon
 91. Amounts of time
 92. American Nobel physicist vital to MRIs
 93. Soviet Socialist Republic
 94. Witness
- CLUES DOWN**
1. Small town in Portugal
 2. Site of famed Ethiopian battle
 3. German river
 4. Christmas carols
 5. Cash machine
 6. Rough and uneven
 7. Rumanian round dance
 8. Widespread occurrence of disease
 9. A place to relax
 10. Feeling of listlessness
 11. Coat or smear a substance
 12. Wild mango
 13. Brews
 21. Belgian city
 23. Confined condition (abbr.)
 25. Swiss river
 26. Small amount
 27. Part of buildings

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