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Honouring Indigenous history

STANDARD PHOTO SUBMITTED
 Elm Creek School students, left to right, Mason, Nash, Nathan, Jedi, and Jaxon put their orange handprints on the sidewalk to remember the victims of residential schools. See full story inside to read how PRSD schools learned about the first historic National Day for Truth and Reconciliation Day.

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Students across PRSD remember the victims of residential schools

By Becca Myskiw

Students across Prairie Rose School Division (PRSD) and Canada spent last week learning about remembering the victims of the residential school system.

Sept. 30 marked the first National Day for Truth and Reconciliation. The Canadian government announced the new day of remembrance on June 20, saying they're committed to ensuring that residential schools' tragic history and ongoing legacy is never forgotten.

Making Sept. 30 the National Day for Truth and Reconciliation, gives Canadians across the map the chance to "recognize and commemorate the legacy of residential schools." PRSD schools were no exception, closing their doors and ensuring their students understood why.

Carman Collegiate infuses Indigenous education themes in their classrooms year-round, according to vice-principal Mary Reimer. She said they've become "extremely culturally responsive and forthcoming with topics such as white privilege and the devastating effects it has on others."

École Carman Elementary School honoured Sept. 30 on Sept. 29 by wearing orange, doing a school-wide land acknowledgment, participating



Declan put his orange handprints on the sidewalk in memory of the children who died in residential schools.

in a moment of silence, and placing an orange ribbon on the school fence "to show remembrance for the lost children and survivors of residential schools."

School counsellor Jennifer Stewart said they'll continue to build this dialogue with their students throughout the year by bringing in speakers for Indigenous education.



STANDARD PHOTOS SUBMITTED
Elm Creek School put orange hearts on the fence for the National Day for Truth and Reconciliation. The number 6,000 represents the number of children who died in residential schools.

Roland School also honoured the day on Sept. 29 by wearing orange, doing Truth and Reconciliation-themed lessons in the classrooms, and having a moment of silence.

Along with the others, Miami School wore orange shirts on Wednesday, flew their flag at half-mast, acknowl-

edged the National Day for Truth and Reconciliation at morning announcements, had a land acknowledgment and observed a moment of silence.

Principal Brandy Chevalier said classes also had lessons and activities centred around reconciliation, each

Continued on page 3



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Chamber launches business support fund, keeping local alive

By Becca Myskiw

The Carman and Community Chamber of Commerce have set up a fund to help local businesses struggling through COVID.

The chamber has \$10,000 stowed away in a savings account strictly for the Chamber Business Support Fund. Chamber president Marni Harrison said they had a few different people and businesses ask how to support struggling businesses, so they came up with the fund. Anyone could pledge funds to it, and upon getting it to \$10,000, they opened up applications to receive the funds.

Only chamber members are eligible to receive money from the Chamber Business Support Fund. Along with

receiving monetary help, they also can receive advice from experts on specific topics.

"There is a monetary value to it," said Harrison. "But also, other chamber members or retired businesspeople in the area that want to provide non-monetary support will provide expertise and give free advice. We do feel that advice will be better than money."

The type of experts giving advice will depend on what the businesses in need are looking for, said Harrison. For example, some may be having trouble keeping employees and need human resources support. Some may be uncomfortable properly using social media and need help learning how to utilize it. Others may need to

know about their operating limit for cash flow or put together a finance report.

"We value our local businesses in Carman so much," said Harrison. "They make it not just a town on the map between Portage, Winkler, and Winnipeg. We want to support them before it gets far too gone."

When businesses apply to receive a sum of money from this fund, they have to have an action plan. Harrison said they're also going to be expected to follow advice given to them upon receiving money, and if they don't follow it, they can't apply for the funds again for another five years.

That rule will encourage businesses to take more than the money, said

the chamber president. She believes it will act as a catalyst to spark positive change within each company that receives money from the Chamber Business Support Fund.

Though Harrison said the advice and expertise businesses would receive is the main idea, they're giving recipients money as well to take off the financial strain while they figure things out. But, of course, they have no set amount for how much each business can get, either — they're playing it by need.

Applications are on the chamber's website and will be open until they give out all \$10,000.

> TRUTH AND RECONCILIATION, FROM PG. 2

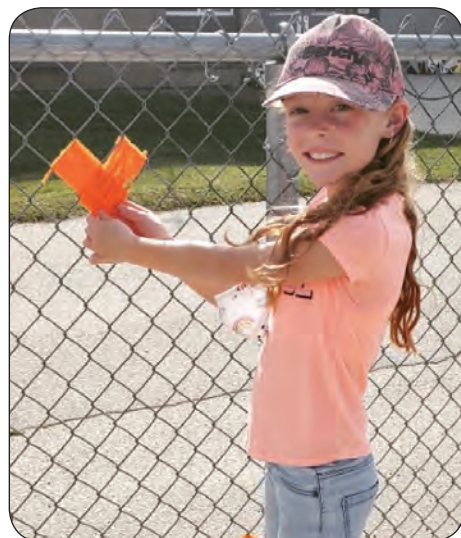
class doing something different based on the age group.

Elm Creek School also had a week full of remembrance. Principal Jesse Thomaschewski said as a staff; they hope the activities done last week, along with their conversations, help students to reflect on Canada's history and their role in truth and reconciliation. He said that closing the division on Sept. 30 allowed everyone within to pause and honor the lost children and survivors of residential schools.

Students wore orange shirts on Sept. 29, put orange wool hearts on the fence outside the school, put orange handprints on the sidewalk, painted rocks, and sat in on Indigenous lessons throughout last week.

"Our school division is fortunate to have an Indigenous Academic Achievement committee to have ongoing conversations on how we can further improve our practice with the inclusion of Indigenous Education," he said.

Some examples include the coordination of guest speakers, treaty land acknowledgment, professional development for staff, and Indigenous artwork displayed within buildings.



Milania puts an orange heart on the fence to remember the victims of the residential school system.

"It is important to have Indigenous education weaved into the core of what we do to keep conversations ongoing and view concepts from an Indigenous lens/perspective," said Thomaschewski. "This allows us to learn about Indigenous history as well as celebrate the diverse culture."

He encourages everyone to lean into the unease of stepping outside the comfort zone and recognize their privileges. Then, everyone can engage in difficult and uncomfortable conversations, which allows for constructive change.



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Carman beats 116-yearlong record with hot temps last week

By Becca Myskiw

Last week, Carman beat two historical weather records with fiery temperatures in September.

According to Environment Canada's preliminary weather summary, 13 towns or cities in the province set records last Wednesday. On Sept. 29, the Town of Carman reached a blistering 31.1 degrees Celsius, beating the previous record of 30.6 degrees Celsius set that day in 1905.

On Sept. 28, the town also made a new record with a temperature of 29.5 degrees Celsius.

Other records made on Sept. 29, according to Environment Canada, were:

Berens River: 27.3 degrees Celsius (previous record of 24.6 in 2012)

Deerwood: 30.4 degrees Celsius (previous record of 29.8 in 2012)

Fisher Branch: 29.3 degrees Celsius (tied record set in 2012)

Gimli: 30.4 degrees Celsius (previous record of 27.4 in 2012)

Gretna: 30.2 degrees Celsius (previous record of 29.3 in 2012)

Morden: 31.2 degrees Celsius (previous record of 30.0 in 1905)

Norway House: 26.6 degrees Celsius (previous record of 23.0 in 2012)

Oak Point: 24.9 degrees Celsius (previous record of 23.7 in 2012)

Pinawa: 30.0 degrees Celsius (previ-

ous record of 27.7 in 2012)

Sprague: 30.6 degrees Celsius (previous record of 28.5 in 2012)

Steinbach: 31.7 degrees Celsius (previous record of 25.5 in 2001)

Winnipeg: 31.5 degrees Celsius (previous record of 30.0 in 1905)

The average high for Carman in September is 20 degrees Celsius, making Wednesday's temperature 11 degrees above normal. However, the average low for this time of year is seven degrees Celsius and Carman's low that day was 14, double what it should be.

According to The Weather Network, this week starts with above-average temperatures, with 26 degrees Celsius on Wednesday and 24 on Thursday. Beginning Friday, Carman will see more normal temperatures with 19 degrees Celsius, 18, and 16.

The average low for this week is four degrees higher than usual, being 11 degrees Celsius.

According to the Old Farmer's Almanac, people should expect a cold fall. The long-range forecast for the prairies includes sun, a bit of snow, and cold temperatures. The Old Farmer's Almanac estimates the average temperature this month to be seven degrees Celsius, which is still one degree above average, but chilly nonetheless.

Tractor Trek successful



STANDARD PHOTO BY LORNE STELMACH

A total of 37 tractors made their way out of Reinland Saturday morning for the annual Visit the Villages tractor trek in support of the Eden Foundation. It was just shy of the goal of 40 tractors, and the group managed to raise over \$49,500, which also was down just a bit. "We are very grateful for every trekker who fundraised, for every donor who supported a trekker, and we are very grateful for volunteers and for corporate donors who have again been so very generous in making it possible," said Earl Reimer, director of development for the Eden Foundation.

MP ready to move on after tough election

By Lorne Stelmach

Candice Bergen welcomes being able to serve for a fifth term now as MP for Portage-Lisgar, but she also recognizes both the challenges and the level of discontent across the country now.

Bergen retained the seat with 23,819 votes or 52.5 per cent of the ballots cast in the riding, but there was also a bit of a shift with People's Party of Canada candidate Solomon Wiebe getting 9,790 or 21.6 per cent of the votes.

NDP candidate Ken Friesen was third at 6,068 or 13.4 per cent followed by Liberal Andrew Carrier at 4,967 or 11 per cent and Christian Heritage Party candidate Jerome Dondo at 712 or 1.6 per cent.

On the national stage, the Liberals and prime minister Justin Trudeau though only managed another minority government with 159 seats while the Conservatives remained the of-

ficial opposition with 119 seats. The Bloc Québécois earned 33 seats and NDP 25, while two seats were secured by the Green Party.

First elected as a Conservative MP in 2008, Bergen had retained her seat through the 2011, 2015 and 2019 elections, and she has served in a myriad of roles in Parliament including most recently as the deputy leader of the official opposition.

"I was very grateful and very thankful for the result that I had in Portage Lisgar. It's always an honour to be

given the confidence of the people of the riding that you want to represent," Bergen said last week.

"THERE WERE A LOT OF PEOPLE UPSET ABOUT PROVINCIAL ISSUES, BUT THEY WERE ANGRY AND TAKING IT OUT FEDERALLY ... THAT WAS PART OF WHAT WAS GOING ON IN PORTAGE-LISGAR."

"This was a tough one. This was a tough election. There were a lot of people upset about provincial issues, but they were angry and taking it out federally ... that was part of what was going on in Portage-Lisgar," she suggested.

Bergen acknowledged that the support for the People's Party of Canada was something that can't be ignored. She noted though that many of its promises were ones that the party could never keep, as they were issues of provincial jurisdiction, but she suggested they

did seize on a level of discontent at the provincial level.

"That's a lot more difficult thing to counter when you're trying to counter misinformation and people's emotions, but it also can't be ignored, and I'm not ignoring it," said Bergen.

Now, she is simply focussing on moving ahead and holding the Liberal government to account, but the Conservative will also look at its campaign, policies and approach, she added.

"The real message that I want people to know is even those who didn't vote for me, my commitment is to them as well. I'm committed to the whole riding," she said, noting that they are "always working to improve, to do a better job of talking about Conservative policy, making sure that we keep our policies fresh and current while at the same time abiding by the tried and true Conservative values."

Carman pathways expanding with new grant money

By Becca Myskiw

The Carman pathways are being extended thanks to a recent grant.

Carman Dufferin Recreation coordinator Renae Wolfe applied for the grant through the Manitoba Recreational Trails Association. She filled out the paperwork on Feb. 15 of this year and they received the money on April 19.

Wolfe said she had to apply with a project in mind and upon being approved, they were granted a third of the money needed to complete the said project. In this case, they received \$22,419.96, making the total project

worth \$67,259.79.

Right now, the Carman pathway is 8.6 km in its entirety. Wolfe applied for the grant with the plan of expanding it by an additional .4 km to make the trail an even nine.

"We could apply for a new pathway system or extend an existing one," she said.

They chose to extend the iconic trail by first connecting the soccer complex to the new ball diamonds. To do that, they've added a culvert in the ditch and extended the pathway. Wolfe said there would be a pathway system within there, but the two areas are

connected for now.

The other part of the project is extending the path behind the new personal care home (PCH). That part of the path has been closed off due to construction, and the plan, said Wolfe, is to extend it from the existing trestle bridge to the pathway system already there. This part of the path will also be paved with asphalt — but this portion of the plan won't be completed until sometime next year.

"It had to be done eventually," said Wolfe. "The grant came out, so I thought I might as well apply because we'll have to be going behind the

PCH anyways."

Wolfe said that paving that area from bridge to bridge makes the pathway more accessible.

"It's improving the quality of the existing trail so residents and trail users have easy access to the new recreation complex and the new senior living facilities," she said.

The project they received money for also must be completed within two years of applying, so Carman Dufferin Recreation and the Carman Pathways Committee have until February 2023 to get everything said and done.

Further restrictions for the unvaccinated in Southern Health

By Lorne Stelmach

The province has taken additional steps to fight the fourth wave of COVID-19 including measures that further target the unvaccinated in Manitoba.

The new health order changes that came into effect Tuesday also moved retail capacity to 50 per cent in the Southern Health-Sante Sud region where both vaccination rates and increasing case counts have become a concern. There was little new offered though in terms of enforcement whether that be increased staffing or resources as health and seniors care minister Audrey Gordon said they are relying on people "to honour and adhere to those restrictions. That's the Manitoba that I'm accustomed to ... a Manitoba that cares about their neighbour, their families and their friends ... my hope is that they will adhere to these restrictions on their own ... we're going to rely on Manitobans to do the right thing.

"We must be proactive in protecting our health care system," continued Gordon. "Rising case counts and COVID-19 transmission in the province means we need to introduce new measures now to reduce the impact of the fourth wave of COVID-19 in Manitoba.

"These new public health orders will allow fully vaccinated Manitobans to continue to enjoy as much freedom and as few restrictions as possible," she stressed. "Unvaccinated individuals will now be more restricted in their activities."

Case numbers and hospitalizations are now increasing, particularly among the nearly 400,000 unvaccinated Manitobans, noted chief provincial public health officer Dr. Brent Roussin. As of last Wednesday, people who are not fully vaccinated accounted for 75 per cent of new COVID-19 cases, 79 per cent of those admitted to hospital

and 100 per cent of intensive care unit (ICU) admissions. Data also shows hospital admissions related to COVID-19 have increased by 26 per cent in the past week with COVID-19 related admissions to ICU increasing by 17 per cent during that same period.

"If you look at the estimated time for the number of cases to double in the Southern Health region, it would take less than three weeks if everything remains the same," said Roussin, adding that means the region could be seeing over 90 cases per day at that point.

He urged people to consider the consequences of holding out on vaccinations and waiting for restrictions to pass.

"This COVID is not going away; it's going to be with us for years, and you're much more likely to get sick from COVID, especially severe illness, if you're not vaccinated."

The health order changes included moving to the restricted (orange) level on the pandemic response system. In addition, it also introduced additional requirements for proof of immunization and reduces gathering sizes when unvaccinated individuals are present.

Roussin noted the move to the restricted (orange) level will not affect schools, which will remain at the caution (yellow) level to ensure youth can remain in school as much as possible.

The new public health orders will allow fully vaccinated Manitobans to continue to enjoy as much freedom and as few restrictions as possible while unvaccinated individuals who are eligible to be vaccinated will now be more restricted in their activities. This includes:

- limiting private indoor gatherings for households to guests from one other household when any unvaccinated person who is eligible to be vaccinated is present on the property, even if the unvaccinated person lives

there.

- limiting private outdoor gatherings for households to 10 guests when any unvaccinated person who is eligible to be vaccinated is present on the property, even if the unvaccinated person lives at that location.

- reducing indoor public gathering group sizes to 25 people or 25 per cent capacity, whichever is lower, for gatherings that include unvaccinated people who are eligible to be vaccinated including weddings and funerals.

- setting indoor group sizes for faith-based gatherings to 25 people or 33 per cent capacity, whichever is greater, for gatherings that include unvaccinated people who are eligible to be vaccinated.

Fully immunized Manitobans and those under 12 who are not eligible for the vaccine may gather without capacity limits in each of these areas. Household gatherings, weddings, funerals and faith-based gatherings can occur for fully vaccinated individuals and those under 12 without any restrictions.

For example, faith-based gatherings may take place with a choice of services at their discretion for fully immunized worshippers (no restrictions) or unvaccinated worshippers (restricted capacity as set out above).

In addition, gated or controlled events and gatherings where proof of vaccination is required will continue to be permitted. The public health orders will also reduce all outdoor public gathering sizes to 50 people.

Roussin again stressed fully vaccinated Manitobans and Manitobans who are not eligible for vaccination will be largely unaffected by these new orders.

"Our data shows that vaccination works, as the vast majority of hospitalizations and ICU admissions are in people who are unvaccinated," said



Chief provincial public health officer Dr. Brent Roussin said it would take less than three weeks for COVID cases to double in the region if nothing changes.

Roussin. "But nearly 400,000 Manitobans are either unable or unwilling to get vaccinated, and our health-care system remains at risk from the delta variant of COVID-19 with case numbers and hospitalizations rising."

Future changes may include requiring all those eligible to be vaccinated to provide proof of vaccination to participate in indoor recreational activities and allowing partially vaccinated youth aged 12 to 17 (with one vaccine dose) to participate. Conversations will continue with sports organizations and other stakeholders to seek feedback.

"More than 80 per cent of eligible Manitobans have gotten vaccinated to protect their own health and those around them, and we thank you for that," said Gordon. "But right now, there are nearly 400,000 people who are not immunized in Manitoba, and they are at a high risk of infection. If you want to keep children in schools and ensure medical procedures people need are not postponed, please get vaccinated now."



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



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Province needs to do more with fourth wave

Voice staff

Critics of the provincial government were quick last week to accuse the Conservatives of not going far enough with further public health order restrictions in the face of a worsening fourth wave of COVID-19.

Manitoba Liberal MLAs suggested with clear signs that Manitoba was into a fourth wave of infections, the government must not only do more but should have considered more targeted restrictions in Southern Health Sante Sud, where cases are growing and vaccination rates remain low.

"At every phase of the pandemic, the PCs have to be dragged kicking and screaming to get ready, and it is happening again in the fourth wave," said Dougald Lamont, MLA for St. Boniface and Manitoba Liberal Leader.

"The third wave of the pandemic

broke our health care system - nurses, doctors, paramedics are all in short supply. The PCs need to do more now to get ready, and they are not."

Lamont said there were a number of troubling warning signs the PCs were not taking the fourth wave seriously - the same warning signs of complacency and lack of preparation that happened before Manitoba's deadly second and third waves of COVID.

Before every wave, the PCs were quick to loosen restrictions and reduce the number of public briefings and slow to bring these measures back.

The PCs have also decided to let unvaccinated MLAs keep working in the Legislature, which Lamont said was a failure of leadership.

"We have a vaccine that is safe, that works, that will keep people out of hospital, yet the PCs are mak-

ing a special exception for their own MLAs," said Lamont. "We can't have one set of rules for PC MLAs and one for everyone else. Either MLAs get vaccinated or they don't come to work in the Legislature."

"Now that we're in the fourth wave, we need to do everything we can to keep our families and neighbours safe, and we need the PC government to lead by example," agreed Uzoma Asagwara, NDP critic for health care.

"The PC caucus must do their part by ensuring all their MLAs are vaccinated and releasing data about transmission so Manitobans can understand the reasons behind these new restrictions.

"We encourage all Manitobans to get the vaccine and follow public health orders. After 18 months, it's time the government invest in fixing the health care staffing crisis."

The fourth wave of COVID has hit Manitoba

By Lorne Stelmach

The fourth wave of COVID-19 continued to escalate this past week across the province but especially here in the Southern Health-Sante Sud health region.

The regular Monday update had 324 new cases of the virus identified since Friday including 121 Saturday, 120 cases Sunday and 83 cases Monday, and the highest number were in Southern Health-Sante Sud with 122 new cases.

The five-day COVID-19 test positivity rate was 3.7 per cent provincially, and the 83 new cases identified Monday included 59 who were not fully vaccinated. This included 29 new cases with 25 not fully vaccinated in Southern Health.

Public health officials reported the deaths of two males in their 70s from Southern Health with both linked to a variant. It brought the number of deaths in people with COVID-19 to 1,213.

Overall, there were 814 active cases

including 25 in Winkler, five in Morden and three in Stanley as well as one each in Lorne-Louise-Pembina and Roland-Thompson with six in Carman.

Overall, there were 98 Manitobans hospitalized with COVID-19 including 64 people with active COVID-19 as well as 34 people who are no longer infectious, and a total of 18 Manitoba patients were receiving intensive care for COVID-19 including 13 people in intensive care units with active COVID-19 as well as five people who are no longer infectious but continue to require critical care.

The increasing numbers came on a week when new public health orders took effect Tuesday to address the fourth wave. The province moved to the restricted (orange) level on the Pandemic Response System, which included introducing additional public health orders that expand requirements for proof of immunization and reduce gathering sizes when unvaccinated individuals are present. The

new orders are expected to expire Oct. 26.

"These orders are not going to have much of an effect unless there is adherence to them, and part of adherence may have to be enforcement," acknowledged Dr. Brent Roussin, chief provincial public health officer, in addressing the challenge of getting enough buy-in now from those who have resisted vaccination.

"We are in a trajectory right now that could take us to a place where we'll see quite a significant amount of strain on our health care system unless we change it.

"We know it's very difficult to have these type of restrictions ... these are mostly related to unvaccinated; we do have some geographic requirements," said Roussin, who noted however it would be difficult to enforce greater localized restrictions in regions such as Southern Health.

"Targeted restrictions, especially

Continued on page 7

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Notre Dame family raising, rehoming, breeding all types of pets



STANDARD PHOTO SUBMITTED
Claudia Pabalan has all kinds of pets and has bred, raised, and saved many.

By Becca Myskiw

A Notre-Dame-de-Lourdes family has turned their love for animals into a hobby and a business.

Claudia Pabalan and her family moved to Canada 10 years ago from the Philippines. She said she grew up loving animals and having many, so she brought the love with her to Notre Dame, where they settled down and started growing their family, paw by paw and beak by beak.

Pabalan has a three-year-old Shih Tzu named Peppa and a four-month-old English Bulldog named Patchy. They also have rabbits, fish, a snake, and birds.

"I have cockatiels and conures too," she said. "They're so sweet birds, very good companions."

Pabalan and her husband breed birds, rabbits, and dogs. They bred their Shih Tzu twice in three years and recently bred their cockatiels, conures, and parakeets.

"It's a lot of working breeding birds," she said. "We have to hand feed them when the parent doesn't want to feed them. It's satisfying when we saw them grow and sad feeling when they didn't make it."

She said most of the stuff she knows about taking care of animals comes from watching YouTube videos and reading. She said having pets is a lot like having kids and now that her two boys are in university, it makes their empty nest less empty.

Pabalan's dogs get Purina puppy dog chow and run around in their fenced-in yard. She bathes them twice a week, takes them to the vet regularly, and gives them lots of love. Her birds get a birdseed mix and pellets along with chopped veggies, fruits, and vitamins in their water every other day. She also lets them out of their cages for a while to hang out with her.

"I love animals," she said. "They're my companion and stress reliever."

On her days off, Pabalan takes care of the animal duties. When she's working, her husband does it — and they both love it.

The Pabalan's are also registered membered of the Avicultural Advancement Council of Canada (AACC). So with that, they rehome birds and deliver some to pet shops in Brandon and Winnipeg. Pabalan's favourite part about that, she said, is when the buyers send her videos of the pets she's rehomed loving their new life.

> FOURTH WAVE, FROM PG. 6

geographically, are difficult because of mobility ... very, very tight geographical targeted restrictions will just make mobility that much easier ... if you can just go right next door to something that is not as restricted.

"Right now, we're tracking on the severe scenario ... certainly some regions are contributing more to that than others."

Also on Monday, the province announced that it is allowing the COVID-19 vaccine to be given at the same time as other vaccines.

Previously, individuals had to wait 14 or 28 days in between doses of different vaccines, depending on which was received first.

Third-dose eligibility continues to include all residents and staff of First

Nation personal care homes, all residents of personal care homes in Manitoba, people who are immunocompromised, people who require a third dose to meet travel requirements at their destination or individuals who previously received doses of vaccines that are not approved by Health Canada.

Eligibility for first and second doses of the COVID-19 vaccine continues to include anyone born on or before Dec. 31, 2009, and Manitoba super sites are offering walk-in and appointment-based vaccinations. Eligible individuals can book their appointments at these sites online or by calling (toll-free) 1-844-626-8222 (1-844-MAN-VACC).

Tag - you're out



STANDARD PHOTO BY DENNIS YOUNG
Kolton Grabowsky (10) gets tagged out stealing 2nd base by Braydon Miller (11) while twin brother Ashton looks on!

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To guide the work and priorities of this new department, we want to hear your ideas to develop an action plan that will improve Manitoba's mental health, wellness and recovery system.

Visit engagemb.ca/mental-health to share your thoughts today.

Manitoba 

Cruikshank looking to run in Boston Marathon

By Becca Myskiw

A local runner is looking ahead to (hopefully) the Boston marathon.

Arli Cruikshank recently completed the Manitoba Marathon with a time of 3:28:46, which qualifies her to run in the Boston Marathon. The excitement comes after barely a year of hardcore training.

Cruikshank started running in 2014 when she was dating her now-husband, who's a long-time runner. She first started working her way towards running a 5K and after a couple of years of those, she became tempted for longer distances. So, she started running 10K races, and after finishing the WFPS run in 2017, Cruikshank was ready to try a half marathon.

"Every distance at the time seemed like, why would anyone want to run further?" she said. "But after you do it for a few times, you get addicted and want to see if you can push yourself further."

Her husband ran his first full marathon in 2018 when Cruikshank was going through surrogacy. She was still running during the nine months, but she wasn't pushing as hard as she was used to.

In 2019, her husband ran his second full marathon and after she delivered the baby in 2019, it was her turn to train.

"I was chomping at the bit to dive into training and see what I could do," she said. "My love for running took off at that point."

She was first supposed to do the Manitoba Marathon last year, but it was cancelled. So, she decided to run her own marathon and did loops of Miami in just over four hours. Then, the marathon happened virtually in October 2020, so she ran that too in 3:43.

Come time for this year's marathon, she scooped her brother-in-law's training plan for herself and did an 18-week program starting in May. Cruikshank did an "every week gain" for three weeks and then cut back on the fourth, making her way up to 100km weeks. The Manitoba Marathon was on Sept. 5, so leading up to that, she started to reduce her training and not overexert herself.

Cruikshank did her running at 5 a.m. with their dog and then either at her lunch breaks or right after work before heading home. She also got massages every three weeks to avoid any injuries.

"With running him in morning he became accustomed," she said. "And that drove my success as well because I had to get up. There was no question because the dog was going to be a huge nuisance if not."

Come marathon day, Cruikshank finished seventh of all females with her time of 3:28:46. To qualify for the Boston Marathon in her age group, she had to run under a 3:35.

She said during her training and even during her run, she didn't think about the big marathon much.

"It wasn't about going to Boston," she said. "But, after the race, suddenly that's changed. There was sort of this moment where I was like holy cow, I can consider this, it's something I can actually do."

After chatting with another runner who also qualified for the Boston Marathon, that woman booked her hotel room in Boston. So, Cruikshank did the same thing — just in case. Registration for the Boston Marathon is in November. So, she's going to put her name and time in and see what happens.



PHOTO SUBMITTED

Arli Cruikshank recently completed the Manitoba Marathon with a time of 3:28:46, a time that qualifies her for the Boston Marathon.

Morden toy show in limbo

Organizer looking for someone else to take on the event after a decade of doing it

By Lorne Stelmach

The lead organizer behind an annual spring event in Morden is hoping to find someone else to take it on now.

Donald Holenski has taken the lead in running the Morden Toy and Collectors Show for the past decade since it was taken over by the Morden Lions Club.

That service organization ceased operating in 2020, but Holenski had been considering continuing on with the show on his own.

"We were set and ready to do the show in March of 2020, but we shut it down before Manitoba more or less shut down all public shows," said Ho-

lenski.

"The club is done, so they're not part of it now. I would like to run it ... but with everything that is still going on ... I don't know what March might bring as far as restrictions," he continued.

Planning needs to start happening soon, so he had to be in a position where he needed to commit or step away.

"I was going to keep the toy show going, but with my work schedule and COVID still around I have decided not to do it," said Holenski.

"I have booked the Morden hall for March 18 to 20. So if someone is interested in running the Morden toy show, contact me," said Holenski, who can be reached by email to dlh-1953@hotmail.com. "I will keep the hall booked until November 1 and help out in some way if wanted.

"I'm hoping someone might step in ... there is some profit and benefit from it. I'm willing to help anybody who might want to take it on," said Holenski.



STANDARD FILE PHOTO

The Morden Toy and Collectors Show has become a spring tradition in Morden, but its future has been uncertain with the local Lions Club folding last year.

Prairie Bites picking up after COVID hiatus

By Becca Myskiw

A French-Canadian catering business is finally starting to see the light after a long 18 months.

Prairie Bites Catering, a Notre-Dame-de-Lourdes business, was launched in 2019 by Roxanne Chanel and her mom, Vivian Jamault. They were asked to make food for a community event and after making such an impression, they started the business. But, unfortunately, not even two years into operation, their business all but stopped due to COVID-19.

Chanel's mom is a self-taught cook and baker. Chanel learned from her mom. Everything they serve at a Prairie Bites catered event is homemade.

"It's much more interesting to the palette to try something that you haven't tried before," said Chanel. "Flavour is hard to come by when everything is made in bulk, so you're finding the same flavours in every store. If you make it at home, though, you're going to be surprised every time."

When preparing to do an event, the two women try first to get to know the customer. Next, they give them menu

examples based on the event size and then a quote and contract.

The last significant event Prairie Bites catering did was an outdoor wedding with about 200 people. They served chicken breast with a creamy peppercorn sauce, beef with mushrooms and onions, roasted cauliflower with parmesan, a roasted carrot, and green bean medley with a balsamic drizzle, garlic mashed potatoes, a quinoa salad, and a Caesar salad — with homemade dressings and croutons.

"Everything that you can possibly make, we make," she said. "Everything is homemade."

The power duo even make their own desserts based on the season. Right now, they're doing all their pumpkin slices and apple crisps along with their regular assortment of cake, mousse, and cheesecake.

Because of the pandemic, Chanel said wedding season this year will go longer into the fall than usual. But, even though their break before Christmas will be shorter, she's grateful to be back in business. Prairie Bites Catering is a side hustle for her and her mom, but it's one they do out of



STANDARD PHOTO SUBMITTED

Rozanne Chanel, left, and Vivian Jamault are the owners of Prairie Bites Catering from Notre Dame.

love, so having it on the backburner wasn't easy for them, she said.

"When people tell us afterward how much they enjoyed [the meal], that it's some of the best food they've had in a long time...especially through CO-

VID, that's really nice to hear," said Chanel.

Prairie Bites Catering hopes to get business booming and get cooking — because that's what they love.

\$14 million announced to support COVID-19 vaccine confidence and uptake

Submitted by Manitoba government

The Manitoba government is investing nearly \$14 million to support community-focused and one-on-one outreach to improve access to COVID-19 immunization and boost the number of first and second doses, Premier Kelvin Goertzen and Health and Seniors Care Minister Audrey Gordon announced Tuesday.

"As we move forward, our immunization strategy is shifting toward work at the community level to increase vaccination rates in the province to help protect our schools, our places of worship, our businesses and our health-care system," said Goertzen. "This financial support will help health-care workers across Manitoba engage in more targeted local outreach with the confidence and tools they need to make a difference in our immunization rates, one person and one community at a time."

"For the thousands of people who are still not immunized, and unprotected against the risks of COVID-19, we recognize the importance of hearing about the benefits of the vaccine from their trusted doctor or pharmacist close to home," said Gordon. "It's also critical that we provide tools to the regional health authorities and health-care providers who are having ongoing conversations with people

about the vaccine. This will support our ongoing efforts to improve vaccine access and uptake in communities and neighbourhoods across the province."

The initiative will allow physician offices in Manitoba to develop a roster of their patients who are not fully immunized and support outreach to have those patients come in and have a conversation about their questions and concerns, with the goal of supporting fully informed decisions about immunization. Each office will be able to develop its own strategies to connect with patients, building on what would be most effective based on its knowledge of these individuals. Funding will be used to cover administrative costs and physician fees connected to the outreach, co-ordination and visits.

"Family physicians have strong relationships with their patients because they focus on comprehensive, continuous, team-based care and work closely with community and social services," said Lisa Goss, executive director, Manitoba College of Family Physicians. "The college is pleased to participate along with other professionals and to lead initiatives that help Manitobans get vaccinated."

The province is also supporting the development of a training and sup-

port program for physicians and pharmacists focused on best practices to reach out to individuals who have not yet been immunized. This training is being developed by Doctors Manitoba, the Manitoba College of Family Physicians and the University of Manitoba, and will help to support health-care providers in communities where additional support is needed to improve immunization rates. This approach has been piloted in British Columbia and is supported by the Public Health Agency of Canada.

"Doctors are here to listen to concerns about the COVID-19 vaccine and share up-to-date information so that every individual can make a fully informed decision about vaccination," said Dr. Kristjan Thompson, president, Doctors Manitoba. "Talk to your doctor or visit our website to find a physician near you to answer your questions and, if you are ready, give you the vaccine too."

"Throughout the pandemic, patients have continued to foster trusted and lasting relationships with their pharmacists," said Ashley Hart, president, Pharmacists Manitoba. "Pharmacists are an integral part of a community-based collaborative health strategy and we look forward to being involved in efforts to reduce barriers and save lives through this grassroots initiative

to increase vaccination uptake."

These investments will support physicians and pharmacists to offer additional immunization clinics in communities with lower vaccine uptake rates, based on epidemiological evidence and other local priorities. The goal is to reach as many eligible Manitobans as possible, the minister noted, adding that up to 100 smaller clinics a week operated by health authorities will also be held across the province in the weeks ahead to help meet this goal.

The province will also make available new training opportunities for health-care professionals and paraprofessionals in regional health authorities, built around motivational interviewing techniques. This approach helps these health-care providers better understand, address and respond to questions or concerns from individuals who remain unvaccinated with the goal of changing their attitudes and decisions about immunization.

For more information about the COVID-19 vaccine campaign in Manitoba, visit www.protectmb.ca.

Doctors Manitoba is inviting individuals to visit www.ManitobaVaccine.ca to find a physician offering vaccine information, as well as answers from doctors to common vaccine questions.

Terwin wins Roland pumpkin weigh-off

By Becca Myskiw

A Carman local got his first win at the annual Roland pumpkin weigh-off.

Jason Terwin was one of 12 entrants in this year's event, with his pumpkin weighing in at 1377.5 pounds. He started growing the fruit in 2013 after a long-time family friend got him into it. Since then, he's entered the weigh-off each year, but has only placed as high as third — until now.

Terwin started the winning pumpkin seed indoors in the middle of April and then moved the plant into the garden by the end of the month. He spent the summer weeding it, tending to it, fertilizing it, and watering it.

"It's just a hobby," he said. "I'm glad it's over. It's a long process. You just want to get to the scale and have your pumpkin do the best."

Weigh-off chair Derek Baschuk said the weather on Saturday, Oct. 2 was perfect and made for a successful event. They gave each entrant a staggered time to come in and weigh off their pumpkin. To do that, they showed up with it on a pallet, the local fire department uses heavy machinery to put it in a sling and lift off, placing it on the scale. Then, the number starts rolling in. Baschuk said the extremely hot and dry weather this season made it difficult for all growers.

"I think everyone across Manitoba knows that we did not have the best growing conditions this summer," he said. "People needed to find extra water sources to make their pumpkins grow."

Due to the drought, Baschuk said entries were down this year. They also lacked in numbers because the usual American entrants couldn't come up for the weigh-off either.

The Roland pumpkin weigh-off is the only one in central Canada. The next closest to the west is in B.C and Thunder Bay to the east.

The complete list of the 2021 Roland pumpkin weigh-off standings is:

Jason Terwin, 1377.5 pounds (Carman); Marlene Terwin, 1088.5 pounds (Carman); Zac Anseeuw, 762 pounds (Oak Bluff); Henry Banman, 736 pounds (Schanzenfeld); William Hildebrand, 709 pounds (Altona); Arthur Cameron, 699 pounds (Roland); Danny Anseeuw, 648.5 pounds (Oak Bluff); Laverne Wojciechowski, 558 pounds (Lac du Bonnet); Elizabeth Karpinchick, 537.5 pounds (St. Pierre-Jolys); Richard Adrian, 456.5 pounds (Lorette); Derek Penner, 381 pounds (Winkler); Doug Whitehead, 267.5 pounds (Roland).

The squash winner this year was Cornie Banman from Winkler with a 648.5 pounder. The watermelon winner was Hank Unrau from Carman with his melon weighing 111.5 pounds.



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Jason Terwin won the 2021 Roland pumpkin weigh-off with his pumpkin weighing 1377.5 pounds.

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COMMUNITY NEWS



Black bear attacks more common this year

By Jennifer McFee

A local family that lost their dog to a bear attack last week is sharing some advice so other pet owners can avoid the same fate.

Last Tuesday evening around 8:45 p.m., Doug Stamler heard his two dogs barking outside. He assumed that some deer had wandered onto his property, located about four miles west of Balmoral.

When he flicked on the outside light, he was met with instant silence from the two 10-year-old dogs — an Aus-

tralian shepherd named Matty and a lab-cross named Jessie. He figured that the deer had left the yard, so he sat back down to read his book for a while longer.

At 10:30 p.m., he called the dogs to come to the garage, where they usually sleep for the night.

"The Matty came in and she kind of whimpered and whined. Then Jessie came and her back leg wasn't moving a whole heck of a lot," Stamler said.

"She went directly into the dog house, so I didn't even really get a

good look at it. I could see that it was not good, so I spent the next hour trying to get a hold of a vet."

He finally found a vet who was able to see the injured animal at that late hour and had to make the difficult decision to put her down.

"The vet said we could take the chance of her going through a bunch of pain or deal with it currently by putting her out of her misery," he said.

"We dealt with things as needed. I'm sorry that it happened but it's done. You don't get no redos."

About six weeks prior, he had seen a bear with two cubs on the edge of their property between the field and the yard. At that time, the other dog, Matty, was a target.

"She got some marks on her but it wasn't bad," Stamler said. "There were some scratches involved, but nothing that couldn't be repaired or healed."

He's concerned that hungry bears could also wander into other people's yards looking for food.

"Now as the crops are coming off, especially the oats, the combining is pretty well all done. They're probably getting more hungry and less afraid to go into yards looking for things," he said.

"The only thing in the area that's left for them to eat is corn, and that's probably going to be gone in the next couple weeks also."

In an effort to keep safe, he urges other community members to be mindful of bear attractants on their property.

"Keep your property clean of smells as best they can so there's no reason for the bear to come to their property. Bears can smell for a long, long way. They can smell anything like dog food or a container that isn't really closed up," he said.

"Now they're going to start coming for birdseed, crab apples, apple trees, anything like that. That's what they're going to be looking for from now until hibernation. They're an omnivore, so they eat basically anything they can find — including easy prey."

Janine Wilmot, human-wildlife biologist, offers some more bear-safety advice for pet owners.

"For helping to reduce the risks for people's pets, one tip would be to make sure that they're feeding their



STANDARD PHOTO SUBMITTED

Doug Stamler's dogs were recently attacked by a black bear west of Balmoral. One's wound was stitched six weeks earlier, however, the other had to be put down due to the severity of the attack last week.

pets indoors," she said. "The smell in the food dish lingers after the food has been removed, which can attract bears and other wildlife."

When folks are venturing into bear country, she suggests leaving pets at home.

"If you're planning to bring your dog, then make sure that it's kept on a short leash. The reason is that off-leash dogs have been known to go exploring and they could encounter a bear," she said.

"What frequently occurs is the dog will bark at the bear and get it really agitated and defensive — and then the bear will respond to that agitation. If the dog gets scared by the bear's response, it generally goes running back to its owner. The bear follows and has been known to transfer that aggression from the dog to the owner. So to increase safety for people and their pets, we really encourage people to keep their dogs on-leash."



Picture: Barn expansion Roblin, MB

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SPONSORED CONTENT

Continued on page 19

Where are they now? Catching up with Bobby Walker

By Dennis Young

This feature will attempt to renew some acquaintances with those who called Carman and area home at one time or another. I have randomly selected people to answer questions of their past and present so the readers can be brought up to speed on their lives.

Q. Firstly let's get familiar with you again. When did you live in Carman? From 1966 - 1988

Q. Did you attend school here?

Yep, both primary school and high school

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

Mainly worked on the farm for my Dad Don and Mom Barb..

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

Hockey in the winter, baseball in the summer and of course a bit of weekend shenanigans with fellas checking crops (if you know what I mean)

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

Yep sure did, farmers

Q. Do you have family living here?

Yep, Buck and Sherry are still in the area plus extended family

Q. What got you to leave Carman and where?

I joined the Canadian Navy

Q. What was your chosen career after school?

I joined the Canadian Navy in 1988 and served until 1997 when I accepted an appointment in the Royal Australian Navy and moved from Victoria, BC to Sydney, Australia.

Q. Did you move around lots in career or life?

I have moved around a bit. When I joined the Navy I spent some time in Quebec and Nova Scotia but most of my time was in Victoria, BC. In 1997 I moved to Australia initially settling in Sydney. In 1999 I moved from Sydney to Perth, Western Australia living there until 2002. Mid 2002 I left the Australian Navy and relocated to Ho-

bart, Tasmania where I started working as a Marine Pilot for the Port of Hobart. We lived in Hobart until late 2004 when we relocated back to Western Australia having accepted a job in Dampier which is in the northwest of WA, again as a Marine Pilot.

Q. Did you meet your spouse here or where?

I met my wife Karen in Fremantle, WA in 2000 and we married in 2002

Q. Did you raise any children here or where? Names, where now and doing what?

We have four children, Danica (31), Kennedy (26), Alec (19) and Ethan (17). We also have three grand kids, Layla (9), Hendrix (5) and Marley (1). All of our children live near us in the Perth area. Danica is a nurse specialising in the Mental Health area, Kennedy works for Rio Tinto in Perth, Alec is having a gap year saving money to hopefully get to Canada when travel opens again to work a season in the mountains, then he is planning on studying engineering at university. Ethan is finishing high school this year and plans on becoming a heavy diesel mechanic.

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

I was a naval officer for 15 years (Canada 10 years, Australia five years). Since leaving the Navy I have worked in the shipping industry as a Marine Pilot for the last 19 years. I started my own Pilot Company in 2011 and have been running it since.

Q. What do you do now? Retired?

I am still working but will be stepping down at the end of this year (2021).

Q. What passes your leisure time? Hobbies? Sports?

I am a golf tragic!!

Q. Have you travelled for leisure and where?

Yes, we have been to Europe a couple times (UK, Ireland, Spain, Italy, France, Dubai, New Zealand, Hawaii, Indonesia (Bali), Singapore, Malaysia, Thailand, Fiji, Samoa, Cook Islands,

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

Retire, to work on my golf game and do some travelling around Australia and New Zealand and spend some quality time with my wife and family. Hopefully international travel will open up and we will be able to get back to Canada to see family and friends. Also spend about six - eight weeks each year (July - September) in the Okanagan.

Q. Do you ever return to Carman?

Yep, have been back several times in the past 20 years but unfortunately COVID has stopped that for the time



Bobby and Karen Walker

being

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

The freedom as a kid to ride motor bikes and snow mobiles around the country. Playing hockey and having my face re-arranged by Angus Moore from Portage when I was playing for the Beavers. The Carman Fair!

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


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CONCRETE LIFTING

Pregnancy Care Centre moves in Winkler

Staff

The Pembina Valley Pregnancy Care Centre is on the move in Winkler.

The organization has relocated for the short term to a temporary space across the road on Main Street while it continues to consider its longer term options.

"As a board, we are exploring our options, and we have some plans in development," chairperson Davis Wieler said last week as the centre moved out of Main Plaza to temporarily locate at 500 Main Street. "We are looking for the right permanent space that will provide long term stability so the centre can continue to focus on supporting clients with excellence while allowing for future growth as well."

"This is a temporary space for us.

We are considering our options and making plans for a longer term space, we have not finalized any decisions at this point," noted executive director Linda Marek. "We are grateful for a temporary space so that we can take the time we need to get details sorted out."

Over the years, the centre has had to relocate a few times, in part even just due to growth and increasing need and demand for its services.

This time, Marek explained, they are moving because Central Station is developing Main Plaza into a space that better suits their programming, and she noted they are excited about what that means for Central Station and the supports they offer in Winkler.

"We are grateful to have this tem-

porary space in the same neighbourhood; that makes it easier for clients to continue accessing supports," said Wieler.

"All our supports and services remain the same ... client needs remain the priority and nothing changes in terms of client care with this temporary venue," Marek emphasized.

"Realizing that everyone has been impacted in some way, the challenges of the pandemic have made pregnancy and parenting decisions even more complicated and stressful," she noted. "So amidst all that's happening in our community and around the world unexpected pregnancies are occurring, women are grieving their miscarriage, diapers and formula are needed to make the ends meet and so on."

Given a relocation was not in the plans for the centre, there have now been some additional and unexpected costs, Marek noted, so people are encouraged to make a special donation either online at www.pvpcc.com or by mail to Box 2504, Winkler, MB R6W 4C2.

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The centre has temporarily moved across the road from Main Plaza to space at 500 Main Street.



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arts & culture

Local author shares family stories

By Lorne Stelmach

Esther Penner is now a published author but not out of a desire to be a writer, simply to ensure that the family history and stories of her husband were not lost.

Her book called *Laughter Growing: a Mennonite-Mexican boyhood*, documents the stories of Isaac Penner, an inquisitive and spirited young Mennonite boy who grew up in a village in the Manitoba Colony in Northern Mexico during the years from 1941-1952.

It is based on stories of his early years living in Mexico and leading up to their move to Canada. The memoir is based entirely on reminiscences recounted often to his family by Isaac Penner Jr. and also by his parents and siblings.

"They were an ordinary family ... my husband was an ordinary man who lived an ordinary life, but I think, and to us, his family, he was a remarkable

man. He was resourceful and resilient and strong, and he had a wonderful sense of humour. He was an optimist, while I was a pessimist," Penner said with a chuckle during a recent interview in her Winkler home.

"He could always see the humour in things, and he loved to laugh, so that's where the title of the book came from ... because his name also means laughter," she added.

Living in the Winkler area most of her life, Penner will be known to many in the community from having worked in the Winkler library for nearly 30 years.

She didn't really do much writing or journaling as a child, other than a few poems, but along the way in life she had the foresight to make notes about the many family stories shared by her husband and his family.

"They were wonderful storytellers, and I wanted my children to remember them and to remember their Dad

in that way," she said. "I don't really consider myself an author. I just wanted to write this story for my children."

She had thought about recording them somehow at one point but had not gotten around to it, but she had started on a portion of what eventually became *Laughter Growing* in the 1990s, and they made a small homemade book for their kids at Christmas.

Later on, it actually was all lost when her computer crashed, but a family niece came to the rescue in 2012 and re-typed up the stories, leaving Penner to joke that she had no excuse anymore for not writing the book.

"I very sporadically started to write, to flesh out the different stories," she said. "It was hard to put them together into a cohesive whole, so that took me a lot of years to figure out."

Penner credited a friend and fellow library worker, Judy Hargraves, for

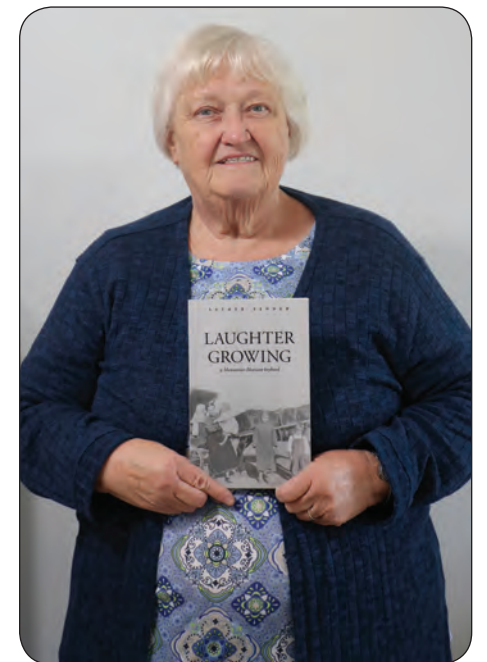


PHOTO BY LORNE STELMACH
Esther Penner wrote her book out of a desire to ensure the family history was not lost.

continuing to encourage her and getting her to work at it more intently a few years ago.

The stories cover a variety of escapades ranging from the heights of a windmill to the darkness in a deep

Continued on page 18

Calling all Bakers and Cooks!

Do you have a family favorite Christmas recipe?

Would you like to be featured in our 2021 Holiday Favorites Recipe Collection?

Our readership base has a wealth of knowledge and experience that we would love share.

Your family recipe could be a part of our special edition recipe feature!

Please submit a recipe in one of the following categories:

- Appetizers
- Beverages
- Soups & Salads
- Main Dishes
- Baking & Dessert
- Ethnic Favorites

Send your recipe to ads@selkirkrecord.ca or call 204-485-1419 for more information.



Oven Roasted Whole Turkey Rub

1 whole	Manitoba Raised Turkey	Remove neck and giblets from turkey. Pat dry with paper towel. Combine all other ingredients to make a paste. Coat turkey.
1 1/2 tbsp (20 ml)	garlic, finely chopped	Place turkey, breast up, on a wire rack in a roasting pan. Cover loosely with foil. Place in 350°F (175°C) oven, removing foil after 1.5 hours. A meat thermometer should read 170°F (77°C) inside the inner thigh, away from the bone, when fully cooked.
1 tsp (5 ml)	sea salt	
1/2 tsp (2.5 ml)	dried chili flakes, optional	
1 tsp 5 ml	dried oregano	
1/4 tsp (1.25 ml)	dried mustard	
1/4 tsp (1.25 ml)	ground pepper	
2 tbsp (30 ml)	butter, melted	
1 tbsp (15 ml)	olive oil	

ROASTING TIMES FOR WHOLE TURKEYS

Weight	Stuffed	Unstuffed
6-8lbs (3-3.5kgs)	3-3 1/4 hrs	2 1/2-2 3/4 hrs
8-10lbs (3.5-4.5kgs)	3 1/4-3 1/2 hrs	2 3/4-3 hrs
10-12lbs (4.5-5.5kgs)	3 1/2-3 3/4 hrs	3-3 1/4 hrs
12-16lbs (5.5-7kgs)	3 3/4-4 hrs	3 1/4-3 1/2 hrs
16-20lbs (7-9kgs)	4 1/4-4 3/4 hrs	3 3/4-4 1/2 hrs
20-24lbs (9-11kgs)	4 3/4-5 1/2 hrs	4-5 hrs



- *Cooking times are approximate. Always use a thermometer to determine doneness.
- *Roast a whole turkey at 350°F (175°C) & cook to an internal temperature of 170°F (77°C).
- *Stuffing inside the cavity should reach 165°F (74°C).
- *Allow the turkey to stand for 20 minutes before carving.

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

Discovery Nature Sanctuary additions celebrated

Viewing platform and outdoor classroom officially opened at DNS

By Lorne Stelmach

Key directors and supporters gathered last Tuesday to welcome the grand opening of a viewing platform and outdoor classroom at the Discovery Nature Sanctuary (DNS) in Winkler.

Both additions were celebrated for really further enhancing a site that has already become a source of respite for so many people in the area.

"It is really a sanctuary," said Wayne Rempel, CEO of Kroeker Farms, which made the key contribution to make the viewing platform possible along with support from the City of Winkler as well.

The property was long owned by the company before being taken over by the city, but it has remained very much connected to the land with offices located right near-by the sanctuary, Rempel noted.

"We never thought much of this land, but now with the vision of DNS, they really brought this to life ... so we are really pleased to be a part of it," said Rempel.

"One of our values is environment and enhancing and protecting the environment, so this fits perfectly," he added. "It's easily accessible ... a gorgeous view from up there, so it's fantastic."

Most of the funding for the Co-op Outdoor Education Centre meanwhile came through a Co-op Community Spaces grant to the Pembina Valley Watershed District with additional funds from the Winkler Community Foundation, Steckley Consulting Engineers and private donations.

A Winkler Morden Co-op representative said the 1,200 sq. ft outdoor classroom very much fit in with their values and mission in the greater community.

"It has to do with community ... community is the reason that we exist ... any way that we can help out in the community, anything that we can do

in the community to help the community to be better, we want to part of that," said Cam Buhler.

Paul Goossen, chair of the DNS committee, said he sees great educational value especially in this centre for students.

"The Co-op Community Education Centre is set up essentially to be a gathering place," said Goosen.

"It has a multi-purpose function, and we're hoping that people will enjoy it and respect it and make use of it ... it is a place to sort of get away from the busyness, let's say, of city life."

As for the viewing platform, Goosen said there had been some thought given to a structure of some sort, but it all came together then when they

were approached by Kroeker Farms

"I think the viewing platform offers the visitor an opportunity to see a little more of the sanctuary than just walking the trails," he said.

"I think this view from the viewing platform is one of the most scenic views in Winkler," he continued. "You've got a creek running through it with beautiful trees and shrubs ... Canada Geese in the water, maybe water fowl ... it's really a peaceful scene, and

it's not one that you would expect to see normally within an urban environment.

"It just opens up a new vista for the sanctuary," said Goosen. "The viewing platform, I think, will be enjoyed by many people."

"Both facilities have turned out really well, and we're grateful for the donations," said Goosen, who added the ultimate reward is knowing how much people are enjoying the site.

"It's so satisfying to see that there are people using this, actually using this site, wandering the trails with their kids ... there's even an elderly couple apparently that is very frequently walking these trails ... it's so gratifying to know that people are enjoying this," he concluded.

"The very fact that there's so many people using it shows that there's something about this place that has magic ... a place of peace and sanctuary."

"I THINK THIS VIEW FROM THE VIEWING PLATFORM IS ONE OF THE MOST SCENIC VIEWS IN WINKLER."



STANDARD PHOTOS BY LORNE STELMACH

Dignitaries gathered last week to officially open the viewing platform and outdoor classroom at the Discovery Nature Sanctuary. The platform especially was noted for offering a lovely view of the site.



The Ryall Hotel...Carman's early hotels the namesake's years (Part 2)

By Dennis Young

Ed Ryall was a veteran of the First World War and an avid town promoter when he purchased the Victoria Hotel and renamed it The Ryall Hotel in 1919. During Ryall's reign over the hotel he brought many changes and improvements to his property and to Carman in general.

A beauty parlour was added promoting permanent waves using scientific methods and high speed dryers performed by Miss Ellison or Miss Alberta Miller.

He transformed the stable out back into an oriental dance garden that offered weekend entertainment and leasing opportunities for organizations to hold functions. He moved his massive safe from The Starkey House to the new operation which was visible in the lobby to all guests for years.

A miniature golf course was also laid out on that property giving the recreation loving locals a chance to enjoy this new fledgling sport. With lighting for night playing and the attractive setting along the Boyne, it was a distinct improvement to downtown Carman. The restaurant portion of the Ryall too was kept busy and offered homemade meals and soft ice cream by C.W.Lee then Frank Cummer.

Fred Colvin offered me this memory of his Mom Vera's conversations. "Mom also worked in the Ryall dining room before she was married, when Ed Ryall owned it. It was a fancy place and she said Mr. Ryall had really high standards for his staff. It was a neat facility with all the old red oak woodwork and huge mirrors."

Ed did have his problems of course. Like the 1923 flood and prohibition from 1916

to 1927. Here are the regulations that were laid down in 1928:

A. Beer parlours can now be licensed to sell beer by the glass. However, all rules are strictly prescribed in an attempt to establish a moral and respectable public space for drinking.

B. There can be no food, standing, singing, dancing, musical instruments, gambling or games of any kind. Business must be conducted on a cash-only basis – no credit or cheques.

C. Women can hold liquor permits and enter beer parlours, but can't occupy the same space as men. If a hotel wants to serve both men and women, it must have a separate beer parlour for each sex, with separate entrances for each and no communication between the two spaces. Women are also forbidden from selling or handling beer in a beer parlour. Aborigines and people under 21 are not allowed on the premises.

WOW! Can't imagine how that went over but it was what it was until 1964!

After a town hall meeting decided not to take a local vote option, Ed did considerable renovations to make provisions for the expected parlor on the lower floor. He installed a second refrigerating plant to serve said parlor and kept current one solely for his ice cream parlor. The pool



Ed Ryall



The Ryall Hotel in 1919

room was moved to the west and downsized and he installed public lavatories upstairs.

The alterations set him back \$3,000 (\$45,000 today) but it now was seen as one of the most complete up-to-date hotels in Western Manitoba. On Thursday February 16, 1928 Ed rec'd his license and was open for business the next morning. A few years later he hires a young Jimmy McFarlane.

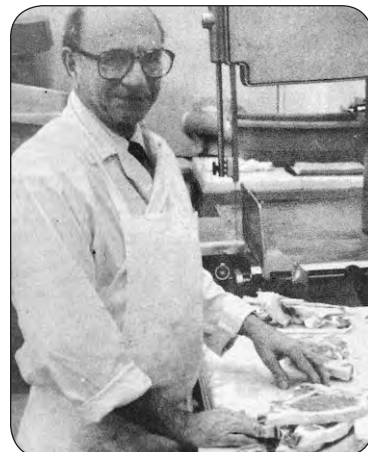
James Ryall, Ed's nephew, told The Valley Leader "It wasn't the only hotel my uncle owned. He owned 7 hotels in the northwestern part of the province including Swan Lake and Somerset. My Father and 2 of my brothers worked for Uncle Ed at one time or another but maybe not all in Carman. My earliest memory was in 1949 when I travelled through from Alberta. It was fairly modern for the time and being

from the farm it was quite an experience for me to see something of that nature."

On September 9, 1943 Ed Ryall, the hotel name sake, passed away. He had spent 38 of his 73 years in Carman being a prominent businessman. He was past President of the Manitoba Hotel Keepers, a member of the Carman Masonic Lodge and avid sportsman. He enjoyed curling, golf and largely through his strong efforts Carman sported a track and hosted annual harness racing.

Archie Hardy and MLA Earl Collins of Miami were honorary pallbearers at the service before Ed's remains were taken to Leamington, Ontario. Charles William Ryall from Alberta was named executor and he had decisions to make about the future of the Ryall Hotel. Watch for Part 3.

Flashback.....Canada Safeway at 26-1st Street SW



STANDARD PHOTOS SUBMITTED

Canada Safeway built and opened its Carman Store on Jan. 17, 1930 after its purchase of the Mutual Chain Stores in Manitoba. Carman's was located in the Leader Block (now PKF Law) so all stock was moved to the new building. Freeman Lucking, Laddie Fedrick, Harvey Gluck, Jim Baccari and Ralph Clearwater were early managers. In those days orders were filled by clerks then eventually cashiers had to memorize entire product prices until computerized registers and PLU codes were invented. Safeway remodelled and expanded the store to 5,500 sq. ft in 1960. Ron Stanger moved to town a year later and managed for 29 years. Another familiar face was Meat Manager Bill Peasgood who started here in 1941 and retired in 1989 after 55 years with Safeway. The oldest and smallest Safeway in its chain closed on Dec. 2, 1989 due mostly to technology. It soon reopened as D&M Fine Foods independently owned by Don and Monica Halbesma. They ran their popular grocery until 2013 when they sold to Manjinder Singh. It lasted one more year before foreclosure. The building is now owned by Mike and Misty Friesen of Carman Chicken Chef with hopes of renovations still forthcoming. Photos, left to right: Safeway Manager Ron Stanger in his perch; Meat Manager Bill Peasgood; Carman Safeway closes down in 1989.

Foundation finds new ways to support hospital

By Lorne Stelmach

The Boundary Trails Health Centre Foundation carried on with its vital work to support the regional hospital in the past year despite the challenges posed by the pandemic.

Finding other means to fundraise and get its message out was key with the foundation not being able to hold its two major events - the golf tournament and annual gala - in the past year.

"We don't want to go into other funds that have been dedicated for certain items, so we said we have to go out there and raise a couple hundred thousand dollars," board chairperson Ben Friesen noted following the foundation's annual general meeting Sept. 27.

"That's where we came up with the Donation Conversation," said Friesen of their campaign that utilized social media to educate their communities on the difference that it makes in supporting the hospital.

The result exceeded their expectations, he said, noting that it helped them not only maintain but expand their two key programs - palliative care

and spiritual care, and it's success also contributed to the foundation overall showing a surplus of over \$200,000 as of its March 31, 2021 year end.

"The community is just great. We started it up, and the board sat around the table, and we were quite apprehensive ... how are we going to do this," said Friesen. "It was a little slow at the start ... things started happen-

ing.

"We've now added one position. We now fully fund two nurses that work totally palliative care," said Friesen. "There would be some palliative care without our program here, but it wouldn't be the same."

The Donation Conversation campaign brought in over \$174,000, so it really helped meet the budget needs particularly of palliative and spiritual care, which significant parts of their budget at around \$200,000.

"WE REALLY DO THINK WE HAVE ONE OF THE BEST HEALTH CARE FACILITIES IN MANITOBA, AND BY DOING THE EXTRA WORK THAT THE FOUNDATION DOES, WE'RE JUST ADDING THE LITTLE EXTRA TO IT."

Meanwhile, new spiritual care co-ordinator Larry Reimer became especially vital in the midst of the pandemic, added Friesen.

"There's many hospitals that wouldn't have a chapel ... we totally pay for the chapel."

And, of course, the foundation also fills a void in supporting the hospital with additional vital equipment, and that effort totalled over \$163,000 in the past year including such items as an ER Med Station, dialysis bed, bladder scanner, wall mount

vital signs monitors and other items such as iPad for patients.

There's always some additional equipment needs that will enhance care, explained Friesen, and it's often "something that they just can't in the middle of the year go back to the RHA and request another \$15,000 or \$20,000 for this piece of equipment.

"It's all stuff that, if it wasn't there,



STANDARD PHOTO BY LORNE STELMACH

Boundary Trails Health Centre Foundation board chair Ben Friesen and executive director Shannon Samatte-Folkett.

the hospital would run, but it just really improves patient care and also on how the staff can give patient care."

Also supporting their work in the past year was another new initiative in the Winning Wednesdays 50/50 draw for all staff across the entire Southern Health-Sante Sud health region.

"This has been fantastic. It's created some excitement with the staff," said Friesen. "It started off with \$1,400, \$1,500 winnings the first time around, but every two weeks now, it has increased some, and this last week was in the neighbourhood of just over \$4,000 for the winner.

"It's been moving around really nicely. There's been some people in Portage winning, some in Steinbach,

and we've had some of the small towns like Carman ... Notre Dame, St. Claude."

Now, as the foundation moves ahead, he noted they will continue their ongoing efforts while also perhaps most importantly keeping the proposed expansion of the hospital front and centre especially with the province.

"They continuously assure us that this is not going away; it's on their agenda ... we continue to get assurance it's in the making," said Friesen.

"We really do think we have one of the best health care facilities in Manitoba, and by doing the extra work that the foundation does, we're just adding the little extra to it."

> NEW BOOK, FROM PG. 15

well, and it also gives an honest account of what was not an easy life for the family.

"They had a very poor life," said Penner, noting how her husband's family moved around depending on where his father could find work.

She also writes about the diphtheria epidemic and recalls in 1944 when Isaac was three, and a doctor told the family both he and the oldest daughter would not survive it. She did pass away, but he came through it with Penner recalling that someone told

them to put drops of kerosene down their throats so that it would force them to cough.

"They obviously only did it as a last resort," she suggested.

For Penner, she finds satisfaction now in having completed and published the book primarily for her family's sake but also perhaps to inspire others to do the same for their family.

"I just didn't want the stories lost ... it's for the family that I wrote it ... and I wanted it to be a real book," said Penner. "I hope people see the remark-

able family that lived it. I hope they see the triumph.

"I would just want them to know that every family is remarkable in their own way," added Penner, who cited an African proverb that says when an old man dies, a library burns to the ground. "So people should tell their own stories and not let history die away ... if I can do it, they can do it. I want to encourage people to tell their own stories."

The book is available on Amazon, but you can also find Laughter Growing on Facebook or email laughtergrowing@gmail.com.

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

> BEAR ATTACK, FROM PG. 12

The bears are currently in a state of hyperphagia, which is a period of increased eating and drinking prior to hibernation.

"Their daily calorie requirement goes from about 5,000 calories up to about 20,000 or more calories. They're really focused on getting all that food into their system so they can bulk up and to survive through the winter when they're denning," Wilmot said.

"They're very focused on food and this time of year you'll find them quite often in oak trees after the acorns.

They also really like grasshoppers, and it seems to be a good year for them. So if people see bears in the oak trees or going after those grasshoppers or whatever other food sources they can find, it's really good to give them their space. They should also let others in the area know that bears are there so they can hopefully avoid them and give them that opportunity to meet their food requirements."

For anyone in the unfortunate situation of dealing with a pet injured by a bear, Wilmot says they should report

the incident to local conservation officers.

"We try to document all those reports and monitor what's happening on the landscape so we can then provide the public with the best possible advice for how they can reduce their risk," she said.

"It's really important that they get those reports for any type of situation where someone's pet or person is at increased risk. It's something we would want to hear about."

As for Stamler, he has noticed that Matty is moping and missing her lifelong companion.

"She's very quiet and doesn't really

go out of the yard very much. Other than a few months, they were together for their whole lives," he said.

"We've been in contact with some humane societies looking for a pup to keep her company. Hopefully we'll find one."

To report aggressive encounters with wildlife — or to report wildlife that appears sick, injured or orphaned — call Manitoba Sustainable Development's tip line at 1-800-782-0076.

For more information on reducing the risk of conflicts with black bears and other wildlife, visit www.manitoba.ca/human-wildlife.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Provincial curling round-up for this week

By Ty Di Lello

At the Atkins Curling Supplies Classic in Winnipeg, Team Beth Peterson, with Morden's Katherine Doerksen at second, reached the semifinals before losing to Kristy Watling 7-6. To get to the semifinals, Peterson finished the round-robin with an impressive 4-0 record.

Team Kaitlyn Jones, featuring Marquette's Sara Oliver at lead, also com-

peted at the event and reached the semifinals by going 3-1 in the round-robin. Team Jones fell in the semifinals to the eventual champs Jamie Sinclair of the USA.

In Banff, Alberta, at the Qualico Mixed Doubles Classic, the Winnipeg Beach pairing of Kadriana Sahaidak and Colton Lott were in action. They went 3-2 in the round-robin before falling in the first round of the play-

offs to Ryan Deis and Sherry Just of Saskatchewan.

Altona's Mackenzie Zacharias had a tough weekend by their standards after going 2-2 in the round-robin and failing to reach the semifinals at the Atkins Curling Supplies Classic in Winnipeg. Team Zacharias will be back on the ice this coming weekend in Oakville, Ontario, as they compete at the Stu Sells Toronto Tankard.

On the junior side, Dayna Wahl's rink from Morris had a wonderful weekend in Winnipeg as they curled in the Don Baldwin Memorial MJCT at the Elmwood Curling Club. Wahl survived a couple of extra end thrillers, going undefeated in the round-robin with three wins and zero losses. Unfortunately, their run ended in the semifinals with an 8-2 loss to Emma Jensen.

Pembina Valley Twisters suffer first defeat of the season

By Lorne Stelmach

The Pembina Valley Twisters took their first loss of the MMJHL season this past weekend.

Pembina Valley had rattled off three wins in a row including a 4-1 defeat of the Raiders Friday before falling 3-1 to Transcona Sunday.

The Twisters spotted the Raiders a goal just one minute in before shutting them down the rest of the way in Morris.

Nico Vigier kicked things off with a first period shorthanded marker then the rest of the goals came from Merek Degraeve, Travis Penner and Caelen

Russell while Logan Enns made 25 saves with the shots 47-26 in favour of Pembina Valley.

Things turned against the Twisters Sunday early in the second as the Railer Express connected for two powerplay goals as part of three unanswered goals before Ben Hillhorst

got Pembina Valley on the board with a third period powerplay goal.

Shots were 36-34 in favour of Pembina Valley with Martin Gagnon making 31 saves.

Pembina Valley has just one game this week as they host the Stonewall Jets Saturday.

Hockey Manitoba statement on Hockey Canada fall event cancellations

By Hockey Manitoba

Due to the ongoing COVID-19 pandemic, the decision has been made by Hockey Canada to cancel the 2021 National Women's Under-18 Championship in Dawson Creek, B.C. from Oct. 31 to Nov. 6, the 2021 Canadian Tire Para Hockey Cup, and the 2021 World Junior A Challenge.

Despite the precautionary measures that had been implemented by Hockey Canada and the host committee in Dawson Creek, there was still significant concern surrounding the pandemic and its implications for

the 2021 National Women's Under-18 Championship.

Ultimately, Hockey Canada did not feel that they would be able to ensure the proper safety measures that would be necessary to move forward with an event.

Hockey Manitoba realizes that this is disappointing news for our athletes that were selected for the 2021 Female U18 Program of Excellence. We share this disappointment as the Female U18 program has been one of the pillars of our development programming for over a decade. The Female U18

program and corresponding National Championship provide an excellent opportunity for development at the highest level which has benefited numerous athletes in our province as they have moved on to play USports, NCAA and at the international level.

The cancellation of a second consecutive National Women's Under-18 Championship creates a significant gap in the development opportunities available to our U18 female athletes.

Hockey Manitoba, along with the other three western branches (Hockey Saskatchewan, Hockey Alberta,

and BC Hockey), are in the process of exploring all potential options to operate an event that can fill the gap left by the cancellation of the National Women's Under-18 Championship.

While this situation is ongoing, we will continue to update our membership on any developments pertaining to a replacement event for the National Women's Under-18 Championship.

Any inquiries pertaining to this announcement can be directed to Bernie Reichardt, Director of Development (breichardt@hockeymanitoba.ca).

Pair of wins for female Hawks

By Lorne Stelmach

It was a promising start to the new female U18 hockey season for the Pembina Valley Hawks this past weekend.

The Hawks followed up a 3-1 win over the Interlake Lightning Saturday in Stonewall with a 4-3 shootout victory against the Central Plains Capitals Sunday afternoon in Morden.

Pembina Valley spotted Interlake a first period goal before taking control with a pair of second period markers.

Anika Braun had a goal and an assist with the other goals from Jessica Anderson and Quinn McLaren, and the shots were 42-17 in the Hawks' favour with Tria Enns getting the win with 16 saves.

On Saturday, the Hawks came out strong with a 3-1 first period lead before the Capitals fought back to force the game to extra time.

Cambree Martens led the way with a pair for the Hawks, who also got goals from Jessica Anderson and Caitlin Anderson. The shots on goal were 33-23 for the Hawks, who got 20 saves from Kaylee Franz.

The Hawks joined the Yellowhead Chiefs and Westman Wildcats in opening the season with a pair of victories.

This weekend, the Hawks host Westman in Morden Saturday evening then are in Winnipeg Sunday to take on the Ice.



STANDARD PHOTO BY LORNE STELMACH
Central Plains opened scoring on this first period play, but it was the Hawks who emerged victorious Sunday in a shootout victory.

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- 1. Leg shank
- 5. A way to recognize
- 11. "VeggieTales" character
- 12. Getting out of by cunning
- 16. Mythological mountain
- 17. Atomic #18
- 18. Viscous liquid
- 19. 2010 Denzel film
- 24. 12th star in a constellation
- 25. Made better
- 26. Pouches
- 27. Nervous twitch
- 28. This (Spanish)
- 29. Tennis legend Bjorn
- 30. Hand (Spanish)
- 31. Afrikaans
- 33. Int'l interpreters organization (abbr.)
- 34. Treated with kid gloves
- 38. Leaseholder
- 39. Frogs, toads, tree toads
- 40. Popular dance
- 43. Sailing maneuver: tack & _
- 44. Indicates speed of rotation (abbr.)

- 45. Mark
- 49. Health insurance
- 50. Custom clothing brand
- 51. One who makes suits
- 53. Execute or perform
- 54. Degree of pleasantness when tasting
- 56. Equal to roughly 5.6 bushels
- 58. Blood group
- 59. Imaginary line
- 60. Hopeless
- 63. Darken
- 64. Spoke
- 65. Work units

CLUES DOWN

- 1. A way to fit out
- 2. Football carries
- 3. Force out
- 4. Maintaining equilibrium
- 5. Sealed with a kiss

1	2	3	4		5	6	7	8	9	10				
11					12						13	14	15	
16					17			18						
19				20	21			22	23				24	
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- 6. Type of container
- 7. Hollywood
- 8. We
- 9. Small freshwater ducks
- 10. Norse personification of old age
- 13. Says who you are
- 14. Candidate
- 15. Sugar found in honey and sweet fruits
- 20. Defunct language (abbr.)
- 21. Take too much
- 22. Iranian province
- 23. Records electric currents
- 27. _ and feathers
- 29. Beloved Mr. T character
- 30. More (Spanish)
- 31. Beverage
- 32. Promotional material
- 33. Green vegetable
- 34. National capital

- 35. To any further extent
- 36. Swollen, inflamed lymph node
- 37. Anger
- 38. Pound
- 40. Popular Yugo
- 41. Salt of acetic acid
- 42. Millihenry
- 44. Israeli city __ Aviv
- 45. Make wider
- 46. Drink containing medicine
- 47. Acknowledging
- 48. Private, romantic rendezvous
- 50. Calvary sword
- 51. Disease of the lungs
- 52. 2001 Spielberg film
- 54. Fleshy, watery fruit
- 55. In one's chambers
- 57. Set of information (abbr.)
- 61. Dorm employee
- 62. Indicates position

get inspired

> MEAL IDEAS



Walnut-Stuffed Korean Street Tacos

Crema:
 1 cup Greek yogurt
 1 tablespoon hot chili sauce
 1/4 teaspoon sea salt
 8 whole-wheat tortillas
 1 bunch cilantro
 2 fresh limes, cut into wedges
 1/2 cup California walnuts
To make walnut "meat": In food processor, pulse walnuts to coarsely chop. In skillet over medium heat, add gochujang sauce, sesame oil, soy sauce, garlic and ginger. Add walnuts and stir. Turn to low heat, cover and keep warm.
To make vegetables: Cut whites off green onions and discard. Slice greens into thin strips and place in bowl of ice water. In bowl, stir vinegar and honey. Add cucumber; radish; carrots; peppers, if desired; and sesame seeds. Stir to combine.
To make crema: Mix yogurt with chili sauce and salt.
Warm tortillas. Scoop 1/8 walnut meat into each tortilla. Spoon cream on top of walnut meat. Add marinated vegetables and green onions.
Top tacos with cilantro, squeeze of lime juice and walnuts.

Total time: 30 minutes
 Servings: 8
Walnut "Meat":
 2 cups California walnuts
 2 tablespoons gochujang (red chili paste) sauce
 2 tablespoons sesame oil
 2 tablespoons soy sauce
 2 cloves garlic, minced
 1/2 teaspoon ground ginger
Marinated Vegetables:
 4 green onions
 ice water
 2 tablespoons seasoned rice vinegar
 1 tablespoon honey
 1/4 English cucumber, sliced thin
 1 watermelon radish, sliced thin
 1 cup carrots, cut into matchsticks
 fresh cayenne peppers, sliced thin (optional)
 1 1/2 teaspoons black sesame seeds



Walnut "Chorizo" Tacos

1 teaspoon ground coriander
Tacos:
 16 whole wheat tortillas
 olive oil
 thinly sliced romaine lettuce
 fresh cilantro leaves
 lime wedges
To make pickled vegetables: In small bowl, stir lime juice, sugar and sea salt. Stir in radishes, jalapenos and garlic slices; let stand 30 minutes to pickle.
To make walnut "chorizo" crumble: In food processor, pulse beans and walnuts until coarsely chopped. Add 2 tablespoons oil, white vinegar, paprika, chili powder, oregano, salt, chipotle, cumin and coriander; pulse until mixture is finely chopped and resembles ground meat, stirring several times and moving mixture from bottom of food processor bowl to top to evenly mix.
In large nonstick skillet over medium heat, heat remaining oil. Add "chorizo" mixture and cook 10 minutes, or until mixture is browned and resembles ground meat, stirring frequently.
To prepare tacos: Brush each tortilla lightly with oil. On skillet over medium-high heat, cook briefly to brown on both sides, keeping warm in foil until all tortillas are cooked.
Remove pickled vegetables from liquid and discard garlic slices. Fill each tortilla with equal amounts "chorizo" and pickled vegetables. Garnish with lettuce and cilantro; serve with lime wedges.

Total time: 40 minutes
 Servings: 2
Pickled Vegetables:
 1/2 cup fresh lime juice
 1 1/2 teaspoons sugar
 3/4 teaspoon sea salt
 8 radishes, thinly sliced
 2 medium jalapeno peppers, thinly sliced
 1 large clove garlic, thinly sliced
Walnut Chorizo Crumble:
 1 1/2 cups black beans, rinsed and drained
 2 cups California walnuts
 3 tablespoons olive oil, divided
 1 tablespoon white vinegar
 1 tablespoon smoked paprika
 1 tablespoon ancho chili powder
 1 teaspoon dried oregano
 1 teaspoon kosher or sea salt
 1 teaspoon ground chipotle
 1 teaspoon ground cumin

Expert Patient Here to Help!

By Susie Schwartz

I just almost faceplanted onto my laptop keyboard. Why? Because we've been back in Canada (from the UK where we now live) for over two months, and after a long two years of a pandemic, I wanted to make the most of being there. That meant a ton of people time, late nights and early mornings, work deadlines and dealing with some difficult family circumstances. Now, as I sit in Pearson airport, I am So. Done. What could I have done better? (You should know me enough by now to guess, yes??)



Susie Schwartz

Paced myself.
 But have you heard of FOMO?? It's the fear of missing out. And I have that condition bad. One condition leads to another – in this case, a fibro flare and M.E. mini-crash.

Not only did I end up missing fun events because I overbooked fun events, I lived on toast and takeaway and I didn't take care in managing my blood sugars. My guts revolted, my stomach stopped doing its job and headaches increased with time. It was a minor health disaster. (I think I need to reread the book, *When the Body Says No*, by Gabor Mate)

Maybe you're a cancer patient and know that you should get your groceries by click and collect but figure, 'I'll just pop in after work and get a few things.' Or maybe you have low iron, can barely keep your eyes open, but decide to drive to your grandchildren's house for a quick visit after gardening all day and end up napping at their house just so you can drive home again, hardly seeing them anyway. Maybe you have M.E./CFS and even though your legs are

barely working, you take your dog for a long walk so your partner doesn't have to after a long day at work. All of these activities are wholesome and tempting. But are they smart in the moment? Will you lose hours or days or weeks if you 'push through'?

Pacing is a strange phenomenon. When we say no to events or tasks that we know are too much for us, we can say yes to quality time with our friends, kids, jobs, creativity and puppies.

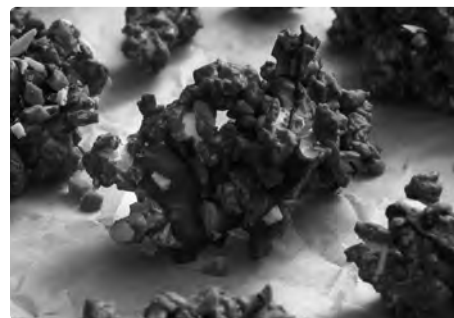
If you want my advice, get your groceries online; phone your grandkids on those bad days, also not risking a car accident; take your partner's help.

Don't let FOMO rob you of your energy and time well spent.

Now go! Pace yourself. :)

Less health stress, yes?

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



Toffee Almond Chocolate Popcorn

Total time: 15 minutes, plus 30 minutes chilling time

Servings: 4
 4 cups popped popcorn
 3/4 cup chopped toasted almonds, divided
 6 tablespoons toffee bits, divided
 6 ounces milk chocolate, melted
 1 ounce dark chocolate, melted
In large bowl, toss popcorn, 1/2 cup almonds and 4 tablespoons toffee bits. Drizzle with melted milk chocolate; toss until well coated.

Transfer to parchment paper-lined bak-

ing sheet. Drizzle with dark chocolate; sprinkle with remaining almonds and toffee bits. Refrigerate about 30 minutes, or until set; break into clusters.

Substitution: Use dark chocolate for milk chocolate, if preferred.

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RURAL MUNICIPALITY OF DUFFERIN BOARD OF REVISION

PUBLIC NOTICE is hereby given that the year 2022 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 office 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:

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

APPLICATION REQUIREMENTS

43(1) An application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- state the grounds on which the application is based; and
- be filed by
 - delivering it or causing it to be delivered at the office indicated in the public notice given under Subsection 41(2), or
 - serving it upon the secretary, at least 15 days before (November 2nd) the scheduled sitting date of the board.

The Board of Revision will sit on Tuesday, November 16th, 2021 at 7:00 p.m. in the R.M. of Dufferin office at 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, November 1st, 2021 4:30 p.m.** Dated this 1st day of October, 2021.

Sharla Murray, Secretary
Board of Revision
RM of Dufferin



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Email:

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Grade 12 student willing to do odd jobs. Mowing, raking, yard cleanup, trimming trees, shoveling driveways in winter etc. Please contact me at 204-750-3442 for inquiries. References available upon request.

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NOTICES

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

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The Carman-Dufferin
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CARD OF THANKS

Sincere thanks to the staff of the Carman Ambulance, Boundary Trails Hospital, and Carman Hospital Palliative Care Unit, for the excellent care and compassion given to Andrew Watson. Thank you also to Dr. Atchison for his years of care for Andy. Thanks to family and friends for the many cards, messages, meals, flowers and prayers over the last several weeks. Thank you to Adams Funeral Home for facilitating the funeral arrangements. The kindness of all during this time has been so appreciated.

-Sincerely,
Pearl Watson and family

CARD OF THANKS

Garry's family would like to thank Dr. Kruk and staff at Carman Medical Group, Carman Memorial Hospital nurses and ambulance drivers, Palliative Care, Cancer Navigation, and Doyle's Funeral Home, for their kind and compassionate care, and our wonderful family and friends for the gifts of visits, food, flowers, phone calls, cards, and messages. It would have been much more difficult without all of you.

-Isabelle and Wayne Waddell



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Bidding starts on Monday, October 11, 2021 at 9:00 a.m. Ending Saturday, October 23, 2021 at 10:00 a.m.

To register/view go to: apro.bid
Partial listing at: globalauctionguide.com
Or Visit our facebook page: Bergner Auction Service
Viewing October 21 & 22nd.

Please call ahead to John at (204) 841-4136
Pick-up Thursday, October 28 – Saturday, October 30 (all purchases must be paid for prior to pickup)

Some items include: J.D. "AR"; Ferguson 4 spd; Case on steel wheels; J.D. "D" w/elec start; J.D. 720 Diesel w/Allied FEL; 1947 Mercury 2 ton truck; J.D. F935 w/front mount mower/48" blower; J.D. Deep tiller; Assort of CNR/CP Lanterns, Oil Bottles

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| Gaultier Painting and Taping | Royal Lepage- Kelly Dyck | P Wiersema Construction |
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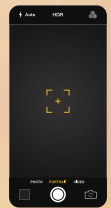
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