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LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY





STANDARD PHOTO BY DENNIS YOUNG

McCain Foods hosted its fifth annual Free Fry Day on Oct. 9, handing out frozen French fries and hash browns at drive-thru sites in Carman, Carberry, Brandon, Portage la Prairie and Glenboro to support Ronald McDonald House Charities Manitoba. Dorothy Hiebert and Ed Friesen, both of Carman, picked up their fries during the giveaway.

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"EVEN IF I'M

SICK, I CAN STILL

DO IMPOSSIBLE

THINGS."

### Quebec man treks across Canada to raise epilepsy awareness

**By Lana Meier** 

A Quebec man and his four-legged companion are walking across Canada to change how people see epilepsy one community at a time.

Claude Camirand, a former circus performer from Montreal, began his journey earlier this year with his

service dog, Timber, at his side. The trek, which spans thousands of kilometres, is both a physical challenge and a deeply personal mission to raise awareness about epilepsy — a condition he developed after a lifealtering accident several years ago.

"In 2021, I fell on my head while practising for

circus," Camirand explained. "Since that day, I've become epileptic. They think I already was, and I just didn't know it. They're still doing more research about it."

The fall changed the course of his life. What could have become a story of defeat instead became one of determination.

"A couple months ago, I met a guy named Will Calon — he's also walk-

ing across Canada," Camirand said. "He encouraged me to walk instead of trekking, and I thought, that's a good idea. I tried it for a week or two and decided, yeah, I love it. Now I'm at the point where I just want to keep going.'

Since setting out from Montreal,

Camirand and Timber have covered thousands of kilometres, crossing into Manitoba this fall as part of their westward journey toward the Pacific.

"It's not easy. Every day I have to deal with seizures," he said. "Yesterday I was having micro-seizures all night. Sometimes people don't

get that walking isn't always easy. They see me with my dog and think I'm being hard on him, but my dog is super happy. We walk between 15 and 40 kilometres a day — when it's too hard, we stop."

Despite the challenges, Camirand continues on. "The most challenging part is the epilepsy," he said. "Sometimes I have no energy. Once, I had a seizure on Highway 17 — right in the



STANDARD PHOTO SUBMITTED

Quebec adventurer Claude Camirand and his service dog Timber stopped in Carman last week as part of their cross-Canada journey to raise awareness about epilepsy.

middle of the mountains. But when I I've been through." came out of it, I still had to move to reach a safe spot."

He said there have been moments of deep exhaustion. "There are times I was crying, on my knees, because my knees wanted to give up, my feet wanted to give up. I had no training for this — not emotionally, not physically. So you need to be strong in your mind."

Camirand emphasizes that he isn't walking coast to coast in a straight line — instead, he's crossing through provinces and adapting to conditions as he goes. "When it's too dangerous, like parts of the Trans-Canada with too many trucks, I skip that section. I always ask my followers what they think, and they always tell me: safety first."

Through it all, Timber — his service dog of three years — has been a constant companion. "He's amazing," Camirand said proudly. "He tells me when I'm going to have a seizure he'll bark, or jump and put his paw on my shoulder. He's super tall and super brilliant. He even helps carry my grocery bags. He gives me confidence and keeps me safe."

The duo have already travelled across Quebec and Ontario, and Camirand says Manitoba has been one of the friendliest stops yet. "So far, people here are amazing they're more friendly, more responsive. When I'm walking on the side of the road, people wave, stop to talk, offer food. It's one of the best provinces

Camirand estimates he's travelled about 5,000 kilometres so far, with nearly 9,000 still to go before completing his cross-country route. But for him, the journey is about more than reaching the West Coast.

"People look at me and say, 'You don't look sick. You look fine.' But epilepsy isn't something you can see,' he said. "Sometimes I wake up with no energy. Sometimes I lose my words or forget what I was doing. It's really hard to live with, and I wish more people understood what epilepsy is and what to do in case of a seizure."

His message is one of resilience and hope. "Even if it's hard to find a job with a service dog, even if it's hard to live with epilepsy, you can still do something with your life," Camirand said. "That's what I'm doing right now — proving that even if I'm sick, I can still do impossible things."

Camirand plans to continue west until winter, then find a safe place to rest until spring. After reaching British Columbia, he hopes to return east and complete the rest of his route through Atlantic Canada.

"My goal isn't just to walk," he said. "It's to raise awareness about epilepsy and show that safety always comes first. I want to live my life fully, not let epilepsy define it."

For updates on Camirand's journey or to follow his progress through Manitoba, visit his Facebook page @ ClaudeCamirandWalksForEpilepsy.



#### RURAL MUNICIPALITY OF DUFFERIN **BOARD OF REVISION**

PUBLIC NOTICE is hereby given that the year 2026 Assessment Roll for the Rural Municipality of Dufferin has been delivered to the Municipal Office 12-2nd Ave S.W., Carman, Manitoba and is open for public inspection during regular business hours. That any person, who believes that an assessment ought to be revised, may make application in accordance with Sections 42 and 43 of the Municipal Assessment Act.

#### APPLICATION FOR REVISION

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

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

#### APPLICATION REQUIREMENTS

43(1) An application for revision must

- (a) be made in writing;
- 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 the scheduled sitting date of the board as indicated in the public notice."

The Board of Revision will sit on Tuesday, November 18th, 2025 at 7:00 p.m. in the Council Chambers of the Rural Municipality of Dufferin 12-2<sup>nd</sup> 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 3<sup>rd</sup>, 2025 4:30 p.m. Dated this 23<sup>rd</sup> day of September, 2025.

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

# Entomologist to share insights at Bugs of the Boyne event

The Boyne River Keepers are inviting the community to take a closer look at the world beneath their feet.

The local environmental group will host its annual general meeting on Tuesday, Oct. 14 at 7 p.m. at the Legion Auxiliary Hall in Carman, featuring a presentation titled Bugs of the Boyne by Manitoba Agriculture entomologist John Gavloski.

Gavloski, known for his engaging and accessible presentations, will share his expertise on the many insect species found in and around the Boyne River, exploring how they contribute to a healthy watershed. His talk will introduce attendees to dragonflies, water scorpions, mayflies and other creatures that make their home in local waters and along the shore.

"Insects are an essential part of nature's balance," Gavloski said. "They pollinate, recycle nutrients and serve as food for birds, fish and other wildlife."

He added that understanding the diversity of insects in areas such as the Boyne watershed helps communities appreciate the critical role they play in pollination, decomposition and water quality. Simple changes at home — such as planting flowering species, leaving some bare soil, and limiting insecticide use — can help maintain healthy populations.

The Boyne River Keepers' AGM often pairs business with education, and this year's theme continues the group's mission to promote awareness and stewardship of the local wa-

"We're about continuing exposure and education of the Boyne and the area surrounding it," said Tracy Enns, of the Boyne River Keepers. "That includes all of it — in the water and by the water. Anything we can do to get people thinking about protecting the watershed is a win for us."

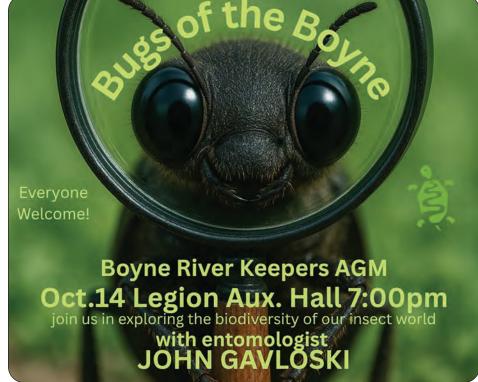
Last year's presentation, Birds of the Boyne, inspired this year's theme. When organizers began planning for 2025, they wanted to focus on another part of the local ecosystem.

"Someone mentioned John's name, and it just seemed like the perfect fit," Enns said. "We're so happy he agreed to attend. It's fantastic to have so many local experts willing to share their knowledge.'

The evening will begin with a short business meeting to review projects and financials, followed immediately by Gavloski's presentation.

"The actual meeting portion will be very short," Enns added with a laugh. "We'll get right into the fun part learning about bugs."

The Boyne River Keepers, a volun-



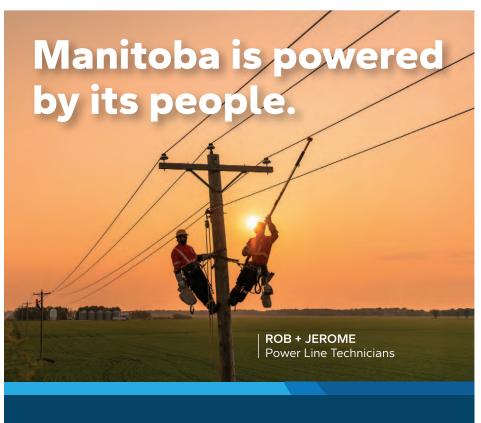
STANDARD PHOTO SUBMITTED

**GIFT CERTIFICATES AVAILABLE** 

Entomologist John Gavloski will be guest speaker at the Boyne River Keepers AGM on Oct. 14, sharing his talk Bugs of the Boyne at Carman Legion Auxiliary Hall.

teer group dedicated to protecting and enhancing the Boyne River and its watershed, encourage residents to attend, learn about local biodiversity and discover how to get involved in upcoming projects.

Everyone is welcome. For more information, contact Val at 204-745-7148 or email boyneriverkeepers@hotmail.



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### Respond with Care: Carman launches mental health response tool

**By Lana Meier** 

Carman Wellness Connections (CWC) is launching a new locally developed resource designed to help individuals and organizations respond with confidence and compassion when someone is in distress.

The Respond with Care tool will be introduced during public sessions on Wednesday, Oct. 29, bringing together local partners including 211 Manitoba, the RCMP, and a range of community agencies. If registration warrants, CWC will run two sessions—one at noon and another at 6:30 p.m.—to reach as many people as possible.

"There's been incredible collaboration across the community to make this happen," said Lisa Lehmann, coordinator of CWC. "Respond with Care is about empowering people to feel confident and equipped when someone they know is struggling."

Lehmann said the inspiration came from real situations where community members encountered someone in vis-





ible distress but didn't know how to help.

"The Carman Ministerial had been discussing the same issues and invited CWC into the conversation," she said. "We built on a resource originally focused on responding to homelessness and expanded it to include mental health, substance use, disorientation and injury."

Through collaboration with service providers, law enforcement, faith leaders, and people with lived experience, the team created a traumainformed, practical tool shaped by Carman's own realities.

The resource offers a decision tree, sample phrases, safety considerations, and clear guidance on when to contact 211, crisis lines or emergency services. It also lists local and provincial resources—from shelters to harm-reduction programs—so people know where to turn.

"It's not just about responding to a crisis," Lehmann said. "It's about reducing harm, preserving dignity, and creating a more caring and connected community."

During the Oct. 29 sessions, participants will:

Be introduced to the Respond with Care tool and how to use it in real-life situations

- Hear a live demonstration from 211 Manitoba on navigating community supports
- Gain clarity from RCMP representatives on when to involve police or emergency response
- Explore related local initiatives, including hygiene kit donations and the Roots of Hope resource survey
- Ask questions and connect with others committed to improving community care

"The sessions are designed to be practical, informative and welcoming to everyone—from service providers to business owners to concerned neighbours," Lehmann said.

Lehmann noted that



working with partners like 211 Manitoba and the RCMP has been crucial.

"211 Manitoba is an incredible, 24/7 resource that many still aren't aware of," she said. "Their involvement raises awareness and helps people get the right help at the right time.

"We also greatly value the RCMP's support and input. Their endorsement reinforces that community safety and care go hand in hand."

Lehmann said the sessions are open to everyone, but she especially encourages participation from:

- Front-line staff in health, education and non-profits
- Local business owners and employees
- Faith leaders and volunteers
- Elected officials and municipal staff
- Community members interested in learning how to help

"This is a tool for everyone," she emphasized. "You don't need a professional background to show care."

Following the debut, CWC will partner with the Crisis & Trauma Resource Institute (CTRI) to host a series of free, one-hour webinars on topics such as Addictions and Mental Health, De-escalating Potentially Violent Situations, and Trauma-Informed Care. Dates and times will be announced at the launch.

Copies of the Respond with Care tool and related materials will be available through CWC for ongoing community use, with plans to post them on local websites and at community hubs.

Lehmann hopes the initiative will strengthen Carman's overall approach to mental health awareness and response.

"We want to foster a culture of care—one where people feel confident to respond and those in distress feel seen and supported," she said. "If even one person feels better understood—or one situation is de-escalated with kindness—we'll consider that a success."

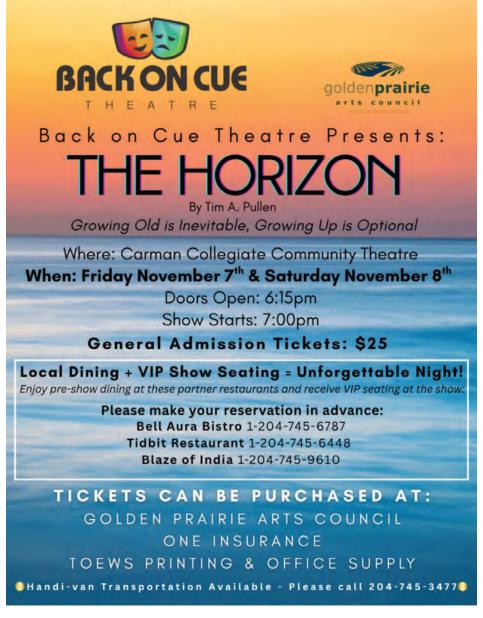
She added that Respond with Care fits squarely within CWC's broader mission to create a community where everyone has the opportunity and supports to flourish.

"At its heart, this is about inclusion, compassion and resilience—values that are central to everything we do."

For details or to register, contact Lisa Lehm-

ann at 204-750-8214 or lisa@carmanwellnessconnections.ca.

CWC's office is open Tuesdays and Thursdays through September and October.





# Register now for Carman Curl for Cancer on Nov. 8

Dust off your brooms and slider shoes and help celebrate Carman's 32nd annual Curl for Cancer funspiel and banquet on Nov. 8.

Taking place at the Carman Golf and Curling Club, Curl for Cancer has raised more than \$1 million over the past three decades for CancerCare Manitoba, South Central Cancer Resource and Carman Palliative Care. This year, organizers hope to add another \$60,000 to that total.

"Everyone has been touched by cancer in some way, whether it's personally or through a family member or friend — no one is immune to its impacts," said chair Brady McGillivary. "Curl for Cancer has been a staple community event for a very long time, and we are proud to be able to continue to offer it."

The Carman Curl for Cancer event was started by a local family who wanted to raise funds for their daughter's cancer treatment. Since then, it has made a lasting impression on the lives of many.

Registration is now open for the curling funspiel. Up to 20 teams of four are invited to take part in the family-friendly, all-skill-level event. Each team will play three games throughout the day for a registration fee of \$200 per team.

Throughout the day, curlers can enjoy trivia in the clubhouse, browse the rainbow auction, and start their bidding online for one of the many exciting items up for grabs.

As in previous years, the auction will be hosted in two parts: most

items will be available online, while a select few will be exclusive to the banquet. McGillivary said auction items will be posted by the end of October, with plenty to look forward to. Past events have featured high-value prizes such as a private in-home catered dinner, excavation services and free propane. Updates will be shared on Curl for Cancer's Facebook and Instagram pages once available.

Games will begin between 8 and 9 a.m. and wrap up by 3 p.m., ahead of the evening banquet.

"The more, the merrier," McGillivary said. "This is an event that brings the community together, and the more people we can squeeze in, the more money we can raise."

Doors open at 5 p.m. for the banquet, giving guests time to mingle,

enjoy cocktail hour and take part in the rainbow auction. Dinner will be served around 6 p.m., followed by speeches from an honorary guest, live music and a live auction.

Banquet tickets cost \$100 per person for those not curling. Teams registered for the funspiel can attend the banquet for \$25 less, or \$500 total for a day of curling and four banquet tick-

Team spots and banquet tickets are going fast, and McGillivary encourages everyone to contact carmancurlforcancer@gmail.com or 204-745-0252 to secure their place at this year's Curl for Cancer celebration.

"It's a great way to spend time with friends and raise money for a good cause," he added.

# **Boyne Regional Library marks Canadian Library Month**

The Boyne Regional Library is celebrating Canadian Library Month this October with a full calendar of programs, fundraisers, and community events designed to showcase the library's role as more than just a place for books.

"Canadian Library Month is a time to celebrate the vital role that we play in our community," said Lynsey Hannah, from the Boyne Regional Library. "We are a welcoming hub for connection, creativity, and lifelong learning."

Throughout the month, the library will host a range of activities for all ages, including the launch of its new Silent Book Club chapter on Oct. 15, a return of drop-in storytime and craft programs, and several fundraising events that support programs and collections.

Hannah said the library takes pride in being "the heart of the community," serving as a gathering space, learning hub, and even a quiet refuge. "We see firsthand how the library brings people together—whether it's a caregiver and child enjoying storytime, a senior discovering a new hobby, or a teen connecting with peers in after-school programs," she said.

In recent years, the role of the library has evolved far beyond borrowing books. "Libraries have become vibrant community places," Hannah explained. "We've seen increasing demand for access to technology, inclusive programming, and creative spaces. We've shifted from being a place to borrow, to being a place to belong."

Among the month's highlights is the

Youth Maker's Market, returning for its fourth year on Nov. 15. The event gives young entrepreneurs, artists, and crafters under 18 a chance to showcase their creativity in a supportive environment. "It's a great opportunity for young people to gain real-world experience, build confidence, and feel a sense of pride in sharing their work," Hannah said. Shoppers will also have the chance to win one of four \$50 Carman Chamber Cash Bucks, sponsored by Community Futures Heartland.

The library's Wine Survivor fundraiser is also back, with proceeds going toward programs for children, adults, teens, and seniors. Another popular initiative this month is the Handprint Wall Fundraiser, where families can leave a lasting mark on the Children's Library by purchasing a personalized handprint tile.

Hannah encouraged residents to stop by and rediscover what the library offers. "Many people still associate libraries mainly with borrowing books, but there's so much more happening behind our doors," she said. "We love seeing that moment when someone walks in and says, 'I didn't know the library did this!""

Community members can also support the library by visiting, attending a program, or bringing along a friend. Donations are accepted through the library's website at boyneregionallibrary.com.

This month, the library is also collaborating with the Carman-Dufferin Fire Department and Safe Communities Carman-Dufferin. Children visiting the library can pick up a free Fire

Prevention Week package, complete with a colouring page and entry into a draw for a grand prize.

Looking ahead, Hannah said the library's goal is to continue listening to the community and offering relevant, accessible, and enriching services. "As the world around us changes, libraries have the unique ability to grow alongside their communities," she said. "We're excited to keep doing just that."

# A gourd day's work



STANDARD PHOTO BY DENNIS YOUNG

Thirteen-year-old Tanner Veenendaal (left) and Jordan Kooiker spent a sunny afternoon selling pumpkins along Highway 13 north of Carman. The young entrepreneurs set up a roadside stand offering a colourful selection of locally grown pumpkins to passing motorists and community members preparing for fall decorating and Halloween.

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# Southern Health annual meeting highlights

By Lorne Stelmach

Southern Health–Santé Sud leaders struck an optimistic tone during their online annual meeting last Wednesday, highlighting progress in care delivery, Indigenous partnerships and recruitment while continuing to navigate the challenges facing Manitoba's health-care system.

Interim CEO Dana Human said this year's theme — the power of listening — reflects how the regional health authority works with communities to improve care despite global uncertainty and rising costs.

"It really sums up how we work closely together with our communities and teams to make things better for everyone," she said. "Even with challenges happening around the world, the conflicts and rising costs, we stay focused on what matters most ... helping people get the care they need."

Human said listening remains central to the organization's approach. A recent community survey reinforced the importance of two-way communication with patients and partners.

"One person said, 'Being listened to makes us feel important,'" she shared. "Another said, 'Communication should go both ways. There are things my provider understands better, but also things I understand better. A good partnership considers both."

Those responses, Human added, reaffirmed the authority's focus on people-centred care and meaningful engagement, particularly with Indigenous communities.

"We spent a lot of time listening to our Indigenous communities in relation to several projects," she said. "One highlight was the new Indigenous cultural space in Portage. Elders helped design it, and it will be filled with meaningful artwork and signs. It's a space that truly respects and honours culture."

Board chair Adam Monteith said that commitment continues to guide the organization's priorities.

"Something new this year is the Indigenous education council, formed

through collaboration between Southern Health–Santé Sud, First Nations communities and Dakota Ojibway Health Services," he said. "The group promotes culturally safer care, cultural humility and two-eyed seeing, developing education and on-the-ground resources in the best ways possible."

Human said monthly sessions on topics such as traditional medicines have helped staff "learn and grow together," reminding them that reconciliation can advance at every level.

She also pointed to the updated strategic plan as an essential guide.

"This is not a document that's finalized and put aside," she said. "It's a living document that guides our decision-making on a daily basis."

Among other highlights, Southern Health partnered with the Manitoba Adolescent Treatment Centre to hire two child psychiatrists — an important step in expanding access to youth mental-health supports.

"This means more kids and teens can get the help they need," said Human.

Meeting the needs of a growing pop-

Meeting the needs of a growing population remains a major challenge.

"We have to be flexible in where and how we provide services," Human said. "We've seen a 50-per-cent increase in our age-65-plus population in the last decade, and that number continues to grow."

Monteith said the board closely monitors key health indicators and celebrated progress on surgical volumes.

"We're excited to share that we beat our targets for hip, knee and cataract surgeries this past year, helping Manitobans get back to healthier lives sooner," he said.

Staffing also remains a key concern.

"Recruitment and retention are critical to the success of our organization," Human said. "This past year we hosted 30 health-care students on a bus tour to show them how great it is to work in our region. It was a fun and inspiring day."

She noted that Manitoba also welcomed 150 health-care workers from

the Philippines, with 21 joining the Southern Health–Santé Sud team.

Human said major capital projects are advancing in Portage, Steinbach and at Boundary Trails Health Centre.

During a short question-and-answer session, officials addressed the province's recent measles outbreak, saying the region continues to promote vaccination and emphasize the importance of immunization.

The financial report showed revenue increasing from \$479 million to \$521 million, while expenses rose from \$491 million to \$517 million. The result was a surplus of about \$3.4 million, bringing the authority's accumulated surplus to just over \$51 million.

Acute care services accounted for the largest share of expenses at almost \$171 million, followed by long-term care at nearly \$85 million. Provincial support made up most of the funding at almost \$456 million.

The meeting concluded with recognition for staff and teams across the region.

Recipients of the annual quality service awards included:

- Teresa Mulligan, health-care aide at Lorne Memorial Hospital;
- Brigitte Remillard, manager of health services for palliative care;
- Paula Enns, regional co-ordinator for infection prevention and control;
- Jayde Jonasson, activity and recreation manager at Foyer Notre Dame;
- Tamara Burnham, collaborative practice lead for acute care.

A team excellence award went to the public health nursing team, and the CEO achievement award was presented to Donna Unrau, a home-care nurse in Portage la Prairie.

"Even with the many challenges happening around us, the dedication of our teams and our communities keeps us moving forward," said Human. "We're proud of the progress we've made — and of the people who make it possible every day."

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### Scouts, Beavers and Cubs explore local history



STANDARD PHOTO BY DENNIS YOUNG

Scouts, Beavers and Cubs from Carman, Morden, Portage and Starbuck enjoyed an evening of discovery at the Carman Dufferin Museum on Wednesday night. The group of 20 youth and 14 adults took part in a scavenger hunt that led them through all three museum buildings — the Main Building, Log Cabin and Boyne School. The museum welcomes tour bookings for organizations, businesses and families by contacting any Board member.

# The way it was this week Oct. 15:

By Dennis Young

100 Years ago, 1925.... Dufferin Leader issues 2,000 papers re Booster Night; Maytag Gyra Foam Washer with cast aluminum tub demonstrated at Levy Eby's Shop; everyone is selling radios; ladies of Albert United Church hold fowl dinner in Memorial Hall; H.L. Richardson is principal at Carman Bible and Business Training School; McClure & McCullough give cash discount bonds for cash pur-

75 Years ago, 1950.... Skelton Hardware sells 9.2 cu. ft. freezer for \$379; 55 students were invited and attended dance in Pilot Mound; Grace Church Pomeroy celebrates 75 years with an evening featuring Gilbert Garham and Doreen Van Wyck both singing solos; Women's Aid delivered over 1,135 cans of fruit, veggies and pickles to Carman Hospital by October; Carman Frosted Foods sells front quarters at .39/lb; pilfering on an uprise in local stores; Homewood farmers report wheat at 20 bu./acre and oats at 35; Boy Scout Apple Day is Oct. 21.

50 Years ago, 1975.... Miami Community Centre is nearing completion; Don Jefkins and Judy Park head up United Way canvassing to reach \$17,000; Carman Co-op sells 14 oz. beans with pork 2 for .85; Carman

Minor Hockey Association enters its second year; Carman Skating Club breaks from Rec Commission to run its own programs; Dufferin Leader subscriptions \$7/year; Cooper Ultra Action hockey stick \$4.25; Carman Radio & TV sells Zenith 19" TV for \$719.

25 Years ago, 2000... New Boyne Valley Hostel Corp (1998) directors are Jean Kitching, Bob Storey, Bob Harrison, Lee Coates and Kim Janzen; Brad Johnston is named new SEMHL Commissioner; first year of Men's 4 x 4 golf league wraps up; an online magazine, The Cougar Den, is launched at Carman Collegiate; excavation underway for FAS GAS at 3rd and 13th corner; Carman Co-op holds grand opening for its new Food Store; Five Roses flour at D & M is \$4.99 per 10 kg; largest pumpkin at Roland Fair weighed 779.5 lbs.



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# Worship with us > FAITH

### **Aging: Not for** the Faint of Heart

When we are young, we strive hard for the next stage in our lives. As we get older, we start to realize that hurrying time is not in our best interest. Once we reach a middle age, the end starts looking a bit scary. For Christians death is no longer our enemy and thus we should not fear it, yet we fear how it will happen and how prepared we will be.

**Blessing of Aging** Psalm 90:10 reminds us that our lives are brief and life beyond seventy-five is a great blessing. Proverbs 16:31 describes old age as a crown of glory reflecting the ability to pass on a lifetime of wisdom. So many reasons to be thankful for the life you have, yet sickness and disease often start to overwhelm at this point, distracting from the blessings. Therefore, let me encourage you, especially if you are going through some tough times. The Bible is full of examples, showing older people serving faithfully despite many physical limitations.

**Examples of Aging Well** Moses took 40 years of Egypt's formal training and another 40 years of God's training school in the wilderness before he was ready to lead the nation of Israel into becoming a nation of their own. Before him was Abraham who was called out of paganism in Mesopotamia to follow God into the land of Canaan at the ripe age of 75, even being promised a child to inherit the blessings God was providing. Simeon and Anna were ministers in the Temple at the time of Jesus' birth, living well past the expected life span as they waited patiently for the coming Messiah.

Wisdom of Aging Job 12:12 says, "Wisdom is found with the elderly, and understanding comes with long life." This is a blessing that you can pass on to others who are willing to receive it. If you share your needs with God and your Christian family (your church), then you can focus on passing on your wisdom to others, encouraging them in the learning process of life.

Blessings Pastor Richard Heppner www.friendscommunitychurch.ca

# Southman Gleaners breaks ground on major expansion

By Ashleigh Viveiros

A little over a year after cutting the ribbon on their facility in Reinfeld, Southman Gleaners is already expanding.

The non-profit, which makes dehydrated soup mix out of unmarketable but perfectly edible vegetables to send to people in need the world over, broke ground last week on construction that will more than double its available space, creating room for some much-needed coolers and a lunch room for its volunteers.

"We need more room, so it's an exciting time for us," said board president Abe Janzen, sharing with those in attendance at the short ceremony Oct. 9 that work was set to begin immediately. "As soon as you all leave, we're ready to go."

George Wieler, board secretary-treasurer and one of the founding members of the organization, reflected on the many people they owe thanks to for supporting this mission in its work.

"I don't know where to start. It seems like a thank you isn't even enough for the support we get, be it the volunteers, be it the produce, financially, it's just been overwhelming," he said. "You look at a project like this and you wonder how's that ever going to

come to completion? But we've come this far and we'll make this happen too."

About half a million dollars is needed to pay for the expansion, but they have faith they'll raise it.

"It's a team effort," stressed Wieler. "It's community, locally and around southern Manitoba. I have to give the people credit—it's because of them that they get led to help us get to this point."

Janzen shared that they have anywhere from 10 to 30 people coming out every day to help them process the vegetables they get donated from producers large and small all across southern Manitoba.

On any given day they handle about 3,000 pounds of food, generating 25,000 servings of soup. They estimate they can make between four to five million servings a year. The easy-to-ship packages have been sent worldwide.

"So far it's been going to Mexico, Ukraine, Africa, Guatemala, some to Cuba, and also some local Winnipeg food cupboards," Wieler said.

Wherever there's hungry people, they hope to be able to feed them.

"We see the need," Wieler said. "A lot of the stuff that is being processed would either be going to the feedlots



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Southman Gleaners board members look on as volunteers George Wall and Abe Wiebe cut the squash instead of a ribbon to officially kick off work on the non-profit;s expansion project last week. The new space will give them room for a much-needed cooler and break room.

or in the landfill.

"So we're salvaging—that's a big part is to be able to salvage something, that drives me to some degree," added Janzen. "There's nothing wrong with feeding cattle, but feeding people is even more important."

For the many volunteers and donors who work tirelessly to keep the lights on and the machines operating, faith is at the core of this work.

"[It's] to help those who can't help

themselves," Janzen said. "When you see hunger and you're able to do something about it, that's what drives us."

"We don't do it for ourselves," agreed Wieler. "We do it to glorify God and to feed His people."

If you'd like to donate to or get involved with Southman Gleaners, you can connect with them online at southmangleaners.ca.

# Lowe Farm harvest benefits Children's Camps International

By Lorne Stelmach

The community of Lowe Farm came together Oct. 3 in fellowship to put faith into action for the Lowe Farm harvest in support of Children's Camps International and its Harvest for Kids initiative.

For the third straight year, local farmers, surrounded by friends and family, joined in a day filled with gratitude, purpose, and generosity.

Children's Camps International currently has seven harvest projects across the Prairies, with Lowe Farm standing as the lone one in Manitoba, so it is a significant part of the initiative, shared the non-profit's CEO Dave Thiessen.

"I think any one of them is important in many ways. It helps raise funds to send kids to camp, which is the number one goal," he said. "But also for us, which is key and just as important, is the aspect of community that it creates."

Thanks to a bountiful yield of 53.6 bushels per acre, this year's Lowe Farm harvest will help send nearly 18,000 children in developing countries to Bible camps.

Last year's efforts opened the doors for 10,000 children to experience the



SUPPLIED PHOTO

A harvest near Lowe Farm earlier this month will help Children's Camps International send nearly 18,000 children in developing countries to Bible camp.

same opportunity.

Through the unwavering support of the community and the faith-filled hearts behind this initiative, thousands of young lives continue to be transformed, strengthening families, improving academic outcomes and building stronger communities rooted in hope, Thiessen said.

"We're seeing farmers coming out together, a big meal in the field together. It's almost like a celebration of community," he said. "It's the generosity of the community that creates it and makes it possible and gives us the ability to do it." He noted everyone involved donates their equipment and time, and everything else —such as the seed and other inputs and the use of the land—is all volunteered for the project.

"You have all these aspects come into play, and that's why are able to do what we do," said Thiessen. "It's just so much because everybody is out there having fun together. They set aside all the world worries just to be able to get together for a great cause."

Thousands of children annually attend CCI Bible camp programs tailored to their age, where they hear the Christian Gospel through songs,

games, worship, and teaching.

After camp, each child is connected to a one-year follow-up program to support them in growing their faith.

Harvest for Kids is a way for producers to have a hand in this mission, and Thiessen said they would love to see more involvement, especially in Manitoba.

"We would love to add some more. We're truly focused on bringing the Gospel to the kids and teaching the kids morals and feeding them and taking care of their needs."

For more information, visit children-scampsintl.com/harvestforkids.

### Miami Library celebrates Library Month with crafts, clubs and creativity

By Annaliese Meier

The Miami Library is embracing the spirit of fall with a full slate of creative programs, cozy gatherings, and prize-filled celebrations throughout Oc-

As part of Library Month, the branch is offering workshops, social clubs, and special incentives for patrons, all designed to bring the community together through shared creativity and a love of read-

"September is our quiet month after the busyness of summer and our Bookland Explorers program," said Raina Teigrob, branch administrator. "Lining up a few workshops and events is a great way to keep people coming in the doors."

Among the highlights is a Book Bedazzling workshop on Tuesday, Oct. 21 at 7 p.m., where participants can decorate their favourite book with colourful beads. The \$10 registration fee includes all supplies and snacks, and the event is open to those aged 16 and older.

The library is also teaming up with the Miami Arts Association to host a Lino Print Workshop on Wednesday, Oct. 29. The beginner-friendly session invites participants to follow a guided carving tutorial and create their own artwork. The fee is \$25 per person, with registration required.

"Offering programs like these, especially in small towns, is a great way to promote what libraries have to offer," Teigrob said. "We're so much more than books — we're a hub for the community. We want people to think of us when they're looking for something to pass the time, whether that's a book, board game, movie, event, club, or simply a place to study and connect."

Teigrob said the response to creative workshops has been encouraging.

"Sometimes events can be a hit or miss. You have to take a chance on something new once in a while, but you really learn what the community is looking for and what kinds of holes you can fill by offering different events," she explained. "We've found that creative events along these lines seem to do better than more passive programs."

Returning after a summer break, Cookbook Club continues to be a hit with local food enthusiasts. The group gathers monthly to share dishes inspired by a chosen theme — past topics have included appetizers, cultural dishes, and dips and sauces. September's meeting focused on canning and preserves, while the upcoming Nov. 4 meeting will explore cakes.

"We borrowed this idea from our sister branch in Winkler," Teigrob said. "It seemed to be a huge hit there, so we altered the program to fit a smaller branch, and things have been going great. Patrons especially enjoy the opportunity to try new recipes

and engage with the group about them."

For anyone hesitant to join in, Teigrob encourages residents to take the leap.

"Get out there! It can be scary to go to events alone but grab a friend and come on out,"



STANDARD PHOTO SUBMITTED

Miami Library patrons can enter a monthly prize draw each time they check out items during October's Library Month celebration, with extra entries available through weekly "Book of the Week" reading challenges.

she said. "Most events are more relaxed than you'd think. It's also such a great way for your library to continue offering services like these — it's how we know there's a need for them."

Another welcoming space for creativity is Crafters + Co., which meets Thursday, Oct. 16 at 7 p.m. No registration is required; participants simply bring their own craft project and enjoy an evening of conversation and community.

The library's Book Club remains one of its most popular ongoing programs. This month's pick is The Briar Club by Kate Quinn, available for borrowing through the branch.

Throughout October, visitors can also earn prize draw entries each time they check out items. Extra entries are available through weekly "Book of the Week" challenges, including reading a non-fiction title (Oct. 14-18), a classic (Oct. 21-25), and a Halloween-themed book (Oct. 28-Nov. 1).

Teigrob said Library Month is the perfect opportunity to highlight how libraries connect people and ideas.

"October is Library Month, and it's the perfect opportunity for us to showcase all the unique

aspects of what a library can offer," she said. "Programs like these bring in a new crowd — maybe someone who's never had a library card, a nonreader, or someone new to the community."

Meanwhile, the Ford Bronco raffle remains a major fundraiser for the South Central Regional Library system, marking its 60th anniversary. The draw's proceeds will benefit branches across the region.

"Each branch has a unique project that funds will be allocated to," Teigrob said. "In Miami, we plan to put the funds toward a long-awaited reading garden connecting the library with our Railway Museum next door. It would be a public space for all and a great place to host programs."

Tickets for the raffle are \$100 (cash only) and available at all SCRL branches in Altona, Manitou, Miami, Morden, and Winkler, as well as Rhineland Car in Altona. The draw takes place Dec. 15 at 1

As for what Teigrob enjoys most about this time

"What's not to love about fall at the library?" she said with a laugh. "Programming for adults and teens starts back up — like Astro Club and Cookbook Club — new spooky books start arriving, and it's the best time for seasonal displays and décor!"

The branch will be open 12–4 p.m. on Halloween, and children are encouraged to stop by in costume

To register for a program or learn more, contact the Miami Library at miamistaff435@gmail.com or call 204-435-2032, and visit the South Central Regional Library website or social media for updates.







### Interior design: 7 trends to watch in 2026

The end of 2025 is fast approaching! Are you thinking about refreshing your home decor? Are you curious about what styles and trends to expect in 2026? Watch for these seven inspiring design trends.

- 1. Must-have colours. Trending colours for 2026 offer an intriguing palette. Look for shades like teal green, purple, yellow-green, reddish brown, mustard yellow, fuchsia and mint green in wall paint, furniture, textiles and decorative items like rugs and cushions.
- **2. Discreet technology.** Smart devices and home automation are now in virtually every room in the home. For 2026, designers are focusing on integrating these technologies seamlessly into home decor, creating a calm and harmonious environment.
- **3. Sustainable and eco-friendly materials.** Consumers are increasingly prioritizing and proudly choosing products with a low environmental impact. As a result, you can expect to see a surge in the use of recycled materials and locally sourced furniture in 2026
- **4. Parisian bourgeois style.** Inspired by the in-vogue "Jolie Madame" clothing style, this trend is an elegant alternative to minimalism. It combines contrasts and luxurious materials, creating chic and feminine interiors.
- **5. Oversized furniture.** Comfort is key in 2026! Big, cozy armchairs and plump, rounded sofas will be all the rage. Curved, padded headboards will also be in style.
- **6. Designer faucets.** Faucets are becoming focal points in interior design. In 2026, you can expect stylish

matte black finishes, metallic designs and smart systems that encourage responsible water consumption.

7. Open kitchens. These designs maximize space and encourage socializing. Open kitchens often feature multifunctional islands, built-in appliances and low-maintenance materials like porcelain and quartz.

Want to refresh your decor in celebration of the new year? Your local retailers have everything you need, from high-quality materials to a wide range of accessories and sustainable furniture. Plus, buying local helps support the economy and keeps jobs in your community.







# Dream HOME



### What are the advantages of a high-arc kitchen faucet?



When it comes to choosing a kitchen tap, you have plenty of options. However, certain styles are gaining popularity for their practicality and esthetic appeal. High-arc faucets, also known as swan-neck faucets, are a perfect example. Here's why.

#### Easy to clean

The long, arched spout frees up more space in the sink, making it easy to clean larger items like pots, pans and cutting boards. Most models swivel, allowing you to direct the water flow exactly where you need it.

#### Stylish

Swan neck taps have a distinctive and eye-catching shape that adds a touch of elegance to any kitchen. They come in a

wide variety of materials and finishes, so vou can maintain a consistent esthetic throughout your entire space. Choose a light shade for a subtle look or a dark shade to create a striking contrast.

#### Various options

Depending on your budget, you can purchase a model with additional features. For example, a pull-out spray hose is a popular option, as it makes cleaning vegetables and rinsing the sink much easier. Some taps also include flow regulators to help reduce water consumption.

Are you looking for a high-arc kitchen faucet that suits your needs? Visit a local hardware store or plumbing supply shop.



### Are you replacing your kitchen cabinets? Watch out for formaldehyde!

Planning on replacing your kitchen cabinets? You'll need to take certain precautions, as you may be exposed to hidden health risks. One of these risks comes from formaldehyde, a gas that can be released from certain cabinet materials. Here's what you need to know.

#### What is it?

Formaldehyde is a volatile organic compound (VOC) found in the glues and varnishes used to produce the panels and plywood in kitchen cabinets. It's typically associated with that "new" product smell and can off-gas for several months after installation.

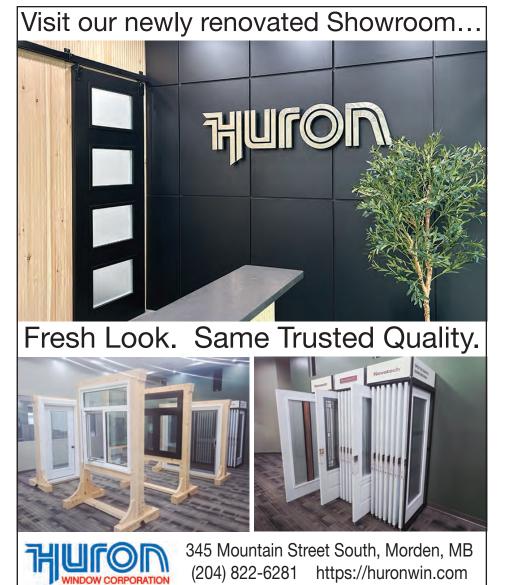
Overexposure to formaldehyde can lead to throat and eye irritation. It can also aggravate any existing respiratory issues you may have. Be aware that homes have become increasingly airtight due to

improved construction techniques and better insulation. These structural improvements may result in higher gas concentrations in your living space.

#### How to protect yourself

Before changing out your cabinets, ensure your air exchangers, range hood and extractor fans are working properly to maintain optimal ventilation in your home. When shopping for your new cabinetry, prioritize materials that are certified formaldehyde-free or low-VOC. They may be slightly more expensive, but your good health will make the investment worthwhile.

Do you need advice on kitchen renovations or safe building materials? Consult a specialist retailer in your area.















### Manitoba Beef Producers continues to advocate for new trade relationships, producer needs

#### By Patricia Barrett

Although the beef sector in Manitoba is currently enjoying high prices for cattle and calves, producers are still experiencing challenges after drought conditions this season that affected, in particular, the Interlake, a continuing decline in herd numbers across Canada and the overall uncertainty of future trading relationships with the United States.

Manitoba Beef Producers (MBP) general manager Carson Callum said Canadian beef is covered under the Canada-US-Mexico trade agreement (CUSMA), but the sector took a "multi-million-dollar hit" in April when confusion over US president Donald Trump's "tariffs on everything" resulted in a day and a half or so of tariffs on Canadian beef.

"Our Canadian beef industry is extremely integrated with the US. There is a lot of live cattle and products that go back and forth across the border. So any sort of trade barriers that are put on – whether that's tariffs or non-tariff trade barriers – will be detrimental to our sector," said Callum. "We export about 50 per cent of what we produce in the cattle industry, and about 79 per cent of that goes to the US. That's huge and it's really important for both sides of the border. The US also relies on Canadian cattle. It's really important that we maintain an open and free trade market with the US."

Callum said MBP's message to parliamentarians and others involved in trade negotiations with the US administration is to preserve that open market system between the two countries.

And with regard to trade negotiations with the United Kingdom and Europe, Callum said Canadian beef producers have seen some non-tariff trade barriers that have "made it more difficult for us to access that market."

MBP is encouraging the federal government and its European trade negotiators "to see if they can

make [European] markets more accessible to Canadian beef," said Callum. "We're not quite there yet. It's more the non-tariff trade barriers that are a challenge."

Non-trade barriers as far as Europe is concerned can include quotas, licensing requirements and technical standards, according to Export Development Canada, a federal Crown corporation that helps Canadian companies do business. The European Union is Canada's second-largest trading partner. Europe has about 511 million people and is a stable trading partner for Canada. Canada has four free trade agreements with Europe: one with the European Union (CETA), the United Kingdom (TCA), the European Free Trade Association (CEFTA), and with Ukraine (CUFTA). There are opportunities in Europe for sectors such as agriculture, energy, finance and technology.

On the Manitoba drought front, Callum said MBP appreciates the provincial government having frozen the rent on Crown land leases as that will help many producers who've experienced shortages of feed as the drought continued over much of this season.

"This is the third or fourth consecutive year that the province has [frozen rent]. As to the drought, we've seen conditions improve a bit as we got through August and September. But leading up to that, the conditions were quite dire, in particular in the Interlake and sporadically throughout the province. We were happy to see the rain come," said Callum. "That being said, guys are still short of feed and are looking for alternatives. They're also looking at water resource development. The province announced a few weeks ago that it will offer a cost-share program for new wells or dugouts. That's a positive step. The province also encouraged grain farmers to convert written-off crops [due to drought] into feed for live-

stock."

Although the drought has stressed many producers, Callum said the cattle industry is buoyed by the high prices for their cattle.

"Prices are quite phenomenal. And that's been a long time coming because we've seen years and years of producers really struggling to be profitable. It's great to see," he said. "That being said, the other side of the coin is that when you have favourable prices, producers who are close to retirement see it as a good time to sell high and get out of the industry. Unfortunately, we are seeing that in the industry."

On the other hand, Callum said high prices lead to optimism in the industry, especially among younger farmers looking to buy and grow their herds. That is good overall for the industry as both Canada and the US's cattle herds have been declining for a number of years while demand for beef by North American consumers remains strong.

Part of the MBP's mandate is education. To that end it undertook a pilot project (2020-2023) to look at ways producers can prevent or mitigate predator attacks on cattle. Those measures included having donkeys (female donkeys preferably as they don't tend to fight bulls) or guardian dogs integrated within a herd or hiring a trapper to catch predators.

"There's no real silver bullet, for lack of a better word, when you're dealing with predators. There is non-lethal mitigation that does work well. But sometimes when you've got a wolf pack that's moved into an area, it can be a challenge. What we learned from the pilot project is that producers can and should be using mitigation measures for these losses. When you get a problem predator, the main answer is lethal removal," said Callum. "We're happy to see that the agriculture department has put more focus on funding for trapping and is working with the Manitoba

Trappers Association to provide that expertise and support when needed."

MBP held a meeting for District 10 producers in Arborg on Oct. 14, enabling producers to get an update on what's going on in the industry, discuss topics of relevance to their operations, what MBP is working on in terms of advocacy and to mix and mingle with their peers. The event included guest speaker Cindy Jack, livestock and forage extension specialist from the Manitoba agriculture department and a free meal of beef on a bun.

MBP will be holding upcoming district meetings (even-numbered districts) in Grunthal, Crystal City, Neepawa, Swan River and other locations. And in November MBP is inviting producers across all districts to attend a virtual meeting on Nov. 4 starting at 7 p.m. For more information, call the MBP office at 1-800-772-0458.



October ONSITE Week 1 Consignment Sale Viewing: September 29th – October 3rd from 9am to 5pm Bidding starts Oct 2, 2025 at 10:00AM Lots start closing on Oct 9, 2025 at 10:00AM Pick up day: Friday October 10th from 9am to 5pm. October OFFSITE Consignment Sale Viewing: October 13th to October 16th from 9am to 5pm Bidding starts: October 16th at 9am Lots start closing on Oct 22, 2025 at 10:00AM Pick up days Friday October 24th & 25th from 9am to 5pm









at (204) 434-6519.

**October ONSITE** 

Week 2 Consignment Sale









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# Burr Forest Group earns national ag communication awards



SUPPLIED PHOTO BY ED WHITE

The Extensionsists co-hosts Jay Whetter (left) and Toban Dyck (right) receiving the Canadian Farm Writers Federation award from its executive director, Annemarie Pedersen.

A local company that plays an important role in supporting and communicating for the agricultural sector has received national recognition for its work.

The Burr Forest Group earned three awards at the Canadian Farm Writers' Federation annual banquet in Winnipeg last month.

Its podcast The Extensionists earned bronze in the electronic media – audio category, while its June 2024 KTT (knowledge translation and transfer) cluster report won bronze in the communication – long category. A photograph by principal

leader Toban Dyck during a June 2024 storm received gold in the landscape photography category.

Burr Forest Group has built a strong network of leading agricultural professionals and aims to facilitate clear, intelligent approaches to policy, research extension, communications, and marketing for farms, organizations, and companies of all sizes.

"I saw a need in the ag industry to bridge the gap between complex things the industry does and the farmers these organizations serve," said Dyck. "It was a dream of mine to start a company that services that gap and communicates better to farmers."

The Extensionists, a biweekly podcast hosted by Dyck and Jay Whetter, features indepth, accessible conversations with industry experts, researchers, and farmers that bridge the gap between research and farming across Canada.

"What we want to do is have, like our tagline says, conversations with great thinkers in agriculture. We want to get researchers and innovators talking about what they do," Dyck said.

"There are so many researchers in Canada who do really important work that very little of it sees the light of day, and if we can even play a minute role in bringing that to the surface, that's a win."

Dyck also feels proud of their focus on agricultural extensionists.

"Manitoba Agriculture used to have exten-

sion offices all over, helping farmers get information and farm better, and those are gone," he said. "Organizations are reeling from the loss of them and trying to fill that gap."

Burr Forest Group started an extension training workshop that has been well received across the Prairies.

"It's becoming a big thing. We'll be training Manitoba Agriculture extension staff on how to extend information to farmers," Dyck noted. "There's a real appetite for it, and very few bridges between where the information is and the farmers who need it."

The annual Canadian Farm Writers' Federation awards recognize excellence across 14 categories, judged by 17 experts from across North America.

The organization serves agricultural journalists as well as those in business and government whose primary responsibility is agricultural communications. Dyck said the recognition feels meaningful.

"We're proud to be recognized alongside so many peers doing important work in Canadian agriculture," he said. "It's exciting and affirming to be at this place as a company, starting to get recognition and see improvement, even incrementally.

"These awards reinforce our role as extension and communications leaders-translating research into plain language, telling stories that resonate at the farm gate, and helping organizations show real value to their members.



The award-winning storm photo taken by Toban Dyck.



## Carman MCC celebrates 50 years of community service

By Lana Meier with files from Lee Collingridge

The Carman Mennonite Central Committee (MCC) Thrift Shop marked 50 years of service to the community on Wednesday, Oct. 8, celebrating a legacy rooted in faith, volunteerism, and compassion.

The Carman store first opened its doors on Jan. 14, 1975, following the example of a similar MCC Self-Help store in Altona. Since then, the MCC Thrift network has grown to include 16 locations across Manitoba. The Carman shop has moved several times over the decades before settling in its current location in 2004.

MCC's mission is to generate resources for both the organization and the local community, bring awareness to MCC programs, provide service opportunities in the name of Christ, offer a place to donate items for reuse, and make affordable goods available to those in need.

Beyond its formal mission, the Carman MCC fosters an atmosphere of trust, respect, and friendship among its volunteers and staff. Board treasurer Linda Drewlo said the store's first priority is to support local initiatives such as the Boyne Campus Charity and Carman Wellness Connections.

"Secondary beneficiaries are other Manitoba MCC stores, and thirdly, international partners such as families in Gaza, refugees in Cairo, and students in Bangladesh," Drewlo said. "MCC also responds to disasters—whether hurricanes, earthquakes or other crises—wherever help is needed."

MCC stores also work with Indigenous communities to promote reconciliation and mutual understanding, and they partner with Hutterite colonies across the province to extend aid where it is most needed.

One of the shop's longest-serving volunteers, Stella Wiebe, began working with MCC at its inception in 1975. Then 34 years old, Wiebe has been





Carman Mennonite Central Committee (MCC) Thrift Shop celebrated its 50th anniversary on Oct. 8, marking five decades of faith-based service, volunteerism, and community giving.

part of every move and milestone since. She calls her decades of service a privilege, speaking fondly of the friendships and sense of purpose she has found through volunteering.

"I've received so much more than I've given," she said, her smile reflecting five decades of dedication.

Hundreds of volunteers have contributed to the Carman MCC over the years, each helping to shape its role as a cornerstone of community life. At the anniversary celebration, several shared reflections on their experiences.

Colin Wiebe, who greets donors at the back door, said he values "the op-



Customers and volunteers gathered at the Carman MCC Thrift Shop.



STANDARD PHOTO BY LEE COLLINGRIDGE

Carman MCC Thrift Shop volunteers Gail Aubin and Elizabeth Lemky assist a customer during the store's 50th anniversary celebration.



Stella Wiebe, a dedicated Carman MCC Thrift Shop volunteer for 50 years, has been part of the store since it first opened in 1975.

portunity to completely stock a home on a very low budget, to keep items out of the landfill, to meet interesting people and to see a different perspective every morning."

Head clerk Elizabeth Lemky highlighted the camaraderie among staff and volunteers and the satisfaction of helping those in need. "It's about friendship and knowing the money goes right back into our community," she said.

Volunteers such as Ann Krahn, Eldon Dueck, Cliff McKercher, and Hilda Harness all emphasized the positive impact the store has on customers and volunteers alike.

Customers Valerie Nordquist and Linda Pritchard said they enjoy shopping at the store and adding their own handmade items for resale — what they call "the circle of helping."

"This isn't just a store," added customer Daniel Heather. "It's a community coming together."



Carman MCC Thrift Shop treasurer Linda Drewlo proudly shares photos from the store's early years.

President Joanne Termeer, who has volunteered with the Carman MCC Thrift Shop for eight years and served as president for the past two, described it as "a happy place of Christian interaction." "The social and economic boost to Carman can't be measured," she said. "It's not just the things people buy — it's the smiles they leave behind and bring back when they return."

Termeer encouraged younger residents to get involved and highlighted the shop's ongoing community partnerships, such as the spring plant sale with the Garden Club and the monthly donation jar that supports local organizations.

As the store looks to the future, its staff and volunteers expressed deep gratitude to the community.

"It takes a village," Termeer said.
"Fifty years of charity, friendship, and faith — and we're just getting started."

# SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

# **Perfect run for Hayward**



STANDARD PHOTO SUBMITTED

Carman's Team Hayward delivered a dominant performance at the Larry Jones Classic, going undefeated through round-robin and playoff play to claim top spot at the Manitoba Junior Curling Tour event held Oct. 3–5. The team will look to keep riding on that momentum, as they travel west for their next challenge, the inaugural U25 Junior GSOC Tour Challenge in Beaumont, Alberta, set for Oct. 15-19. Team Hayward is skipped by Shaela Hayward, third Keira Krahn, second India Young, and lead Dayna Wahl.

### **Beavers, Hawks ready for SEMHL puck drop**

By Haley Cvar

Two local clubs — the Carman Beavers and Notre Dame Hawks — are preparing to launch another exciting South Eastern Manitoba Hockey League season when play begins Oct.

Carman will open its home schedule Saturday, Oct. 25, hosting the Red River Wild at 7:30 p.m. at the Carman Arena. At the same time, Notre Dame will face off against the Portage Terriers at home, setting up an early-season test between two long-standing

The following week, the Hawks will

host the Warren Mercs on Wednesday, Oct. 29, while the Beavers travel to Morden later in the schedule in one of several rivalry-based additions made to this year's expanded 18-game season.

League officials confirmed that all nine teams will advance to the postseason, with the bottom two competing in a "Survivor Series" to earn a spot in the opening playoff round. The playoffs will feature best-of-five series in the early rounds, leading to a best-of-seven final expected to stretch into March.

# Elm Creek girls claim **Treherne tournament title**

The Elm Creek varsity girls' volleyball team turned in a dominant performance at the Treherne tournament on Sept. 27, winning every match — including the championship final.

Coach Kaitlyn Wiebe said it was an exciting weekend for the team, capped by a hard-fought victory

over Carman Collegiate in the final, where Elm Creek prevailed 25-23 and 26-24.

Since their Treherne triumph, the Cobras have continued to sharpen their skills in tournaments across the province. Their next challenge will be hosting their own home tournament on Oct. 18.



STANDARD PHOTO SUBMITTED

The Elm Creek Cobras varsity girls' volleyball team captured the championship title at the Treherne tournament on Sept. 27, winning every match en route to the final against Carman Collegiate. Pictured, left to right, back row: Coach Kaitlyn Wiebe, Tatum Veldman, Kamryn Lepp, Zoie Schmidt, Bryn Reimer, Piper Janzen, Coach Cara Veldman; Front row, Sam Neufeld, Laila Miller, Ryenne Enns, Emma Hudson and Lexi Jones.

S.E.M.H.L. SCHEDULE • S.E.M.H.L. SCHEDULE • S.E.M.H.L. SCHEDULE • S.E.M.H.L. SCHEDULE •



**SATURDAY, OCTOBER 18** AT 8:00 P.M. AT NOTRE DAME



Check semhl.net for the full schedule!

# SDATES UPSIDE DOWN

### Twisters drop two; special teams, shot clock tell the story

The Pembina Valley Twisters fell in both Manitoba Major Junior Hockey League games on the weekend, losing 10–1 to the Transcona Railer Express on Friday at the Morris MultiPlex and 6-2 to the St. Boniface Riels on Sunday at Southdale Arena.

On Friday, Transcona scored three in each of the first two periods and added four more in the third. Dominic 18:16 of the first from Ashton Campbell and Ryan Thiessen. The Railer Express went 2-for-3 on the power play; the Twisters were 0-for-3. Transcona outshot Pembina Valley 43–19. Goaltenders Darion Penner and Rowan Cherkas combined for 33 saves.

Sunday, the Twisters struck first when Owen Vanrobaeys finished at 5:32 from Darby Olson and Ethan

Rooney had the lone Twisters goal at Wilde, but St. Boniface answered with two in the opening frame and pulled away with three more in the second. Rylan Keck brought Pembina Valley within two late in the middle period from Ketema Wall before the Riels restored their three-goal lead on a power play in the final minute of the second. St. Boniface finished 2-for-4 with the man advantage; Pembina Valley went 0-for-3. The Riels held a 54-25

edge in shots. Cherkas made 48 saves in the loss; Alex Domenico stopped 23 for St. Boniface.

Pembina Valley sits 0-4-0 (L4).

**Next up:** the Twisters host the Stonewall Jets on Oct. 17 at 7:30 p.m. at the Morris Multiplex and then visit the St. James Jr. Canucks on Oct. 19 at the St. James Civic Centre. Puck drop is 2:45

### Flashback: Carman hosts 1970 national junior ball championships

By Dennis Young

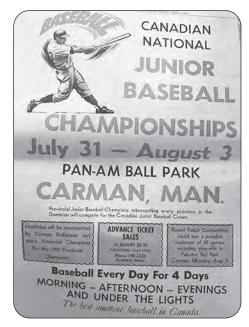
Following the Carman Goldeyes' silver-medal finish in Sarnia in 1969, chairman Ken Draper and his committee began preparing for the 1970 event that would put Carman on every ball fan's map. Nine teams from across Canada and two Manitoba teams — including the host Goldeyes — competed in a round robin format over four days in August.

Each team was met in Winnipeg by town representatives and driven to their billets in the community. The first arrivals were welcomed with a banquet attended by Manitoba Baseball Association representatives. For entertainment, players were treated to a free 18-hole round of golf, time at the Kinsmen Pool, and a public dance at the arena.

With a 25-game schedule, some contests were played in Portage la Prairie, but Carman still hosted between 15 and 18 games, including several under the lights. Advance tickets were sold for \$5 for 10 games. Organizers estimated that the town of 2,000 would welcome more than 500 fans.

The ceremonial first pitch was thrown by Frank Humphries, a former player and longtime supporter who had recently closed his drug store. Carman's coaching staff added nine players — mostly pitchers from other league teams, but kept the local lineup largely intact: Brian Coates at first base, Bob Billing at second, Barry McKay at shortstop, Bill North at third, and outfielders Garth Jackman and Mike Mutcheson.

After their five games, the Goldeyes finished with a 2-3 record for four points, eliminating them from further play. A huge win over Quebec, the



Dufferin Leader advertisement promoting the Canadian Junior Ball Championships in Carman in 1970.

team's only loss of the tournament, drew more than 400 vocal fans, highlighted by North's three-hit performance. Against Newfoundland, Carman stormed back from an 8-3 deficit to win 9-6 — the Easterners' only victory of the event. Coates hit a two-run homer in the comeback.

Quebec won its division with a 4-1 record, while Ontario advanced with a 4-0 mark. The two faced off on Monday, Aug. 3, before 1,500 fans. Montreal claimed the Shaughnessy Cup with an 8-2 win, presented by the Canadian Federation president. Carm-Duff Centennial chair Margaret Burnett handed out the championship medals, Mayor Sven Jensen presented the silver medals, and Reeve Lloyd Roth and recreation commission chair John Maddison congratulated the third-



STANDARD PHOTOS SUBMITTED

Frank Humphries throws the ceremonial first pitch to open the Canadian Junior Ball Championships in Carman in 1970.

and fourth-place finishers.

To wrap up the tournament, a banquet was held the following Thursday at the arena for 250 volunteers and guests. Players and officials praised the organization, noting flawless transportation and meals prepared by local churches.

Organizers estimated 10,000 people attended games over the four days, with 500 volunteers overseeing operations. More than 200 billets opened their homes to players, with some offering car keys, tickets to Blue Bomber and Winnipeg Whips games, backyard barbecues, and even moving out entirely so players could have the run of the house.

Wild pitches: Montreal requested

their players be introduced in French - the first time that had happened in Western Canada. CFAM, along with Ken Loewen and Marsh Kennedy, called games over the PA system, though records do not indicate who else may have assisted.

"Results were a bit disappointing compared to the year before. I played and also drove the teams back and forth on the school bus when we weren't playing. It was great to play these games at home," recalled Bob

"The most expensive part of the event was the balls and the umpires. Otherwise, transportation, meals and advertising added up as well," Draper was quoted as saying at the time.

# get inspired > MEAL IDEAS



Servings: 4 1 pound Shrimp 2 cups arborio rice 1 teaspoon paprika pepper 8 cups broth 2 tablespoons butter 1 white onion 3 cloves garlic 1/2 cup dry white wine 1 cup grated Parmesan Italian parsley, for garnish Peel and devein shrimp, leaving tails on. Rinse, pat dry and set aside. Heat oven to 375 F.

### **Shrimp Risotto**

to combine. Lay shrimp in single layer on baking sheet and refrigerate.

Heat medium saucepan over medium-low heat and add broth.

In separate deep, heavy-bottom pot, melt butter. Chop onion and garlic then add to pot and cook until soft and browning. Add arborio rice and stir to incorporate. Cook until fragrant, 1-2

Add wine and cook, stirring, until alcohol smell evaporates. Add warm broth one ladle at a time, stirring consistently. Do not add another ladle until liquid from previous ladle is mostly soaked up by rice.

Risotto has finished cooking when rice is chewy with consistency of thick oatmeal.

Roast shrimp until cooked through.

Remove risotto from heat and stir in grated Parmesan and chopped parsley. Scoop into bowls and lay roasted shrimp on top.

Season with salt and pepper. Garnish with chopped parsley and serve.



Season shrimp with paprika, salt and

pepper. Drizzle with olive oil then toss

Servings: 4 Wontons:

1/2 pound ground pork

1/2 pound Shrimp, peeled, deveined, finely chopped

- 4 scallions, thinly sliced
- 2-3 garlic cloves, minced
- 1 teaspoon ginger, minced
- 1 teaspoon sesame oil
- 1 tablespoon soy sauce
- 1 teaspoon cornstarch

pepper

- 1 package square wonton wrappers Soup:
- 48 ounces chicken broth
- 1 piece ginger (2 inches), grated
- 2 tablespoons soy sauce
- 1 tablespoon dry white wine
- 1 tablespoon sesame oil
- 1-2 baby bok choy
- 1/2 pound Shrimp, peeled and deveined
- 3 scallions, sliced

### **Shrimp Wonton Soup**

To make wontons: In large bowl, mix ground pork, shrimp, scallions, garlic, ginger, sesame oil, soy sauce, cornstarch, salt and pepper.

One wonton wrapper at a time, brush edges of two sides of wrapper with water. Add 1-2 teaspoons filling to center. Fold wrapper corner to corner so two wet edges meet two dry edges, creating triangle shape.

Press sides together to seal. Take two corners of triangle and join with water to create purse-like shape. Press to seal. Repeat with remaining wrappers and filling.

To make soup: In saucepan over high heat, stir broth, ginger, soy sauce, wine and sesame oil. Bring mixture to sim-

Cover pot and turn down heat, simmering 10-12 minutes.

Add bok choy leaves, shrimp and scallions. Cook until shrimp are pink and heated through.

In separate saucepan, heat water to

Drop in wontons in small batches and cook until floating, 5-7 minutes.

Transfer cooked wontons to bowls along with shrimp and bok choy from soup pot. Ladle broth, as desired, into bowls.

## **Expert patient here to help!**



Okay, so you might be tempted to ignore this tip at your next appointment — but hear me out. Following it could be extremely important!

When your doctor asks questions about your mental health, substance use, or medication adherence, be honest. I know it can be tempting to leave out those supplements you buy online, or to say you only drink two alcoholic drinks a week instead of the eight you actually consume. Do you remember to take your eye drops every night as prescribed? No? Tell the truth. They aren't asking to cast judgment — they're asking so they can reach a more accurate diagnosis or prescribe the right dose of medication.

Imagine you're on blood pressure medication but, because of laziness, busyness, or brain fog, you don't always take it. Now imagine your doctor believes you do take it consistently. They see your blood pressure is still high and increase your dose. Then, when you do take

it, your blood pressure plummets. Yikes! If they had known the truth, they could have helped you set up reminders and emphasized the importance of taking your medication without the risk of overdose.

We often feel like we're about to be judged or reprimanded for being truthful, but more likely your doctor will appreciate your honesty and build a safer care plan around it. Again, no shame! (And if they do make a derogatory comment, try responding with: "Doctor, I don't appreciate that. I assumed you asked because it was important, so please respect my honesty." That should do the trick.)

One more thing: be open about how your physical symptoms affect your mental health. If you're feeling anxious, overwhelmed, depressed, or your mood is affected, your doctor may create a care plan more urgently and offer additional support such as counselling.

Times are changing. In both Canada and the UK, initiatives are underway to reduce the power imbalance between doctors and patients and give patients more say in their own care. I've also noticed a shift from "old-school" thinking to a new, more patient-focused approach. I believe this shift has softened judgment from doctors.

So yeah... be honest. It should serve you well.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @authorsusieschwartz, and at www.lesshealthstress.com . (Email: info@lesshealthstress.com) The 2nd edition of her book, 'Help the Doctor Help You!' is available now on Amazon.



Recipe courtesy of "Cookin' Savvy" Servings: 8-12

- 1 can pumpkin
- 1 can evaporated milk
- 1 cup brown sugar
- 2 eggs
- 1 tablespoon pumpkin spice
- 1 teaspoon cinnamon
- 1 box cake mix (yellow, white or spice)
- 3/4 cup chopped pecans
- 3/4 cup chopped white chocolate

### **Pumpkin Crumble**

11/2 cups melted butter Whipped Cream:

1 cup heavy whipping cream

2 tablespoons sugar Heat oven to 350 F.

In bowl, mix pumpkin, evaporated milk, brown sugar, eggs, pumpkin spice and cinnamon. Pour into greased 9-by-11-inch baking dish.

In separate bowl, mix cake mix, pecans and white chocolate chips. Sprinkle over pumpkin mixture. Pour butter evenly over top. Do not mix or stir. Bake 1 hour.

To make whipped cream: Using hand mixer, whip heavy whipping cream and sugar until thick.

Serve crumble with whipped cream.



#### Annual General Meeting

**Boyne Lodge Campus Charity** (formerly Boyne Valley Hostel Corporation)

#### Tuesday, October 21, 2025 at 2:00 pm

at Boyne Towers Common Room Áll are welcome to attend

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#### NOTICES

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### **Tender Snow Removal and Ice Melt Services** LUD of Elm Creek, RM of Grey

The LUD of Elm Creek invites written tenders on snow removal and ice melt services in the village of Elm Creek in the RM of Grev.

Contract will be a three (3) year period during the winter seasons commencing approximately October 1, 2025 and ending approximately April 30, 2028. Bidders are requested to submit:

- a list of equipment to be used under the contract,
- a list of trained personnel operating the equipment under the contract.
- hourly rates for each year,
- ther applicable incidentals.

The successful bidder will be required to carry a minimum of \$2,000,000 liability insurance coverage and provide proof of coverage in the sealed bid.

Tender specifications outlining duties and responsibilities for this service can be obtained by contacting the municipal office (204) 436-2014 or online at www.rmofgrey.ca under Local No-

SEALED TENDERS marked "Elm Creek Snow Removal and Ice Melt Service Tender" shall be received by the undersigned until 4:30 pm on October 22, 2025.

Lowest or any tender shall not necessarily be accepted.

Allie Henderson Chief Administrative Officer RM of Grev Box 99 / 27 Church Avenue East Elm Creek, MB R0G 0N0 204-436-2014 info@rmofgrey.ca





#### RURAL MUNICIPALITY OF ROLAND **PUBLIC NOTICE BOARD OF REVISION** FOR 2026 ASSESSMENT ROLL

Public notice is hereby given that the 2026 assessment roll for the Rural Municipality of Roland has been delivered to the Municipal Office at 45 3rd Street, Roland, Manitoba and is open for public inspection during regular business hours. Any person who believes that an assessment ought to be revised, may make application in accordance with section 42 and 43 of the Municipal Assessment Act. APPLICATION FOR REVISION

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

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

#### APPLICATION REQUIREMENTS

"43(1) An application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- set out which of the matters referred to in subsection 42(1) c) are at issue and the grounds for each of those matters; and
- d)
- delivering it or causing it to be delivered to the office indicated in the public notice given under subsection
- serving it upon the secretary,

at least 15 days before the scheduled sitting date of the board as indicated in the public notice."

The Board of Revision for the RM of Roland will sit on Monday, November 10th, 2025 at 10:00 am in the Council Chambers of the Rural Municipality of Roland to hear applications.

The final date on which the Secretary of the Board may receive applications is October 26th, 2025.

Dated this 8th day of October, 2025.

Taya O'Brien, Secretary **Board of Revision Rural Municipality of Roland** 45 3rd St., Box 119, Roland, MB R0G 1T0



### Sat., Oct. 18, 2025 • 10am-4pm Don't miss this unique opportunity to shop a vast selection of skirts in all

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**Rosebrook Community Hall** at Rosebrook Place



#### **CARMAN DUFFERIN COMMUNITIES** IN BLOOM

Invites you to attend our

### **ANNUAL MEETING** 7:00 pm

Wednesday, October 22, 2025 **Carman Legion Auxiliary Hall** 

#### Guest speaker, Cathie McFarlane

**Manitoba Communities in Bloom Board Member** Following the short business portion of our meeting we welcome you to join us for Dessert and coffee/tea

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

### **News Tips? Story Ideas?**

Call the Tribune 204-467-5836

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For info: 204-255-3463 or 431-374-6925

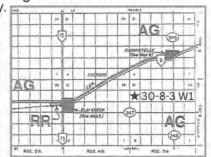
Burns Maendel Consulting Engineers Ltd. invites you to an Open House to discuss a development being considered for the land located at 30-8-3 W1 in the RM of Grey.

We are reaching out to advise you of the project before we submit a Conditional Use Application to the Dufferin Grey Planning Carman District.

We are seeking neighbouring property owners' input on the development, so that your ideas are heard during the preliminary planning stages. Therefore, we would like to invite you to an informal Open House:

Wednesday, October 22, 2025 10:00 am - 12:00 pm

**Elm Creek Community Centre** 70 Arena Rd - Elm Creek, MB



RSVP to k.dietrich@bmce.ca 204.728.7364 to help us ensure we have adequate refreshments.



# **OPEN HOUSE**

#### **Carman Dufferin Grey Planning District Development Plan & Zoning By-law Review**

The Carman Dufferin Grey Planning District oversees planning and development within the Town of Carman and the RM's of Dufferin and Grey. Landmark Planning & Design Inc. has been retained to assist the Planning District review and update the District Development Plan and Zoning By-law.

The Planning District Board recognizes it is very important to continue an open dialogue with local residents, landowners, and businesses as part of the Development Plan and Zoning Bylaw Review process. As such, a second round of Open Houses will be held at different locations within the Planning District as follows:

Monday, October 20th, 2025 6:00 PM to 8:00 PM Elm Creek Community Hall 70 Arena Rd, Elm Creek, MB

Wednesday, October 22nd, 2025 6:00 PM to 8:00 PM **Carman Community Hall** 60 1st Ave NW, Carman, MB

Thursday, October 3rd, 2025 6:00 PM to 8:00 PM St. Claude Community Centre 58 Prov. Rd 240 S, St. Claude, MB

The Open Houses will be drop-in format with no formal presentation. Representatives from Landmark Planning & Design and the Planning District will be available to answer your questions or respond to any concerns.

If you are unable to attend either event or would like to discuss the project in an alternate format, please contact us at RSVP@landmarkplanning.ca or at 204-453-8008.

Thank you for your interest in this project!





#### NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES **RURAL MUNICIPALITY OF DUFFERIN**

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 5th day of November, 2025, at the hour of 10:30 AM, at Rural Municipality of Dufferin, 12 2nd Avenue SW, Carman Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
122550	LOT 1 PLAN 2017 MLTO EXC AN UNDIVIDED ONE-HALF INTEREST IN MINES AND MINERALS AS SET FORTH IN TRANSFER 38931 MLTO (C DIV) IN NE 1/4 24-6-7 WPM - 33136 ROAD 36W, R M OF DUFFERIN	L -\$35,200 B -\$79,800	\$6,351.35
123530	LOT 5 PLAN 37460 MLTO EXC ALL MINES AND MINERALS AS SET FORTH IN TRANSFERS 29060 MLTO (C DIV) AND 26737 MLTO (C DIV) IN NW 1/4 26-6-7 WPM - 34162 ROAD 38W, R M OF DUFFERIN	L -\$48,900 B -\$318,000	\$11,029.43

#### The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the Rural Municipality of Dufferin as follows:
- i) The full purchase price if it is \$10,000 or less; OR
- ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
- A fee in the amount \$500.85 (\$477 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 1st day of October, 2025.

Managed by:





Sharla Murray Chief Administrative Officer Rural Municipality of Dufferin Phone: (204) 745-2301 Fax: (204) 745-6348



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# **United for a Cure**

### How to track breast changes over time

Cancer Awareness Month, which takes place every October in Canada, is a timely reminder of the importance of early detection. One proactive step women can take is learning to track changes in their breasts. Here's an overview.



Choose a consistent time each month to do a self-exam. Many health experts recommend about a week after your period ends. If you no longer menstruate, pick a regular date each month.

#### WHAT TO LOOK FOR

When looking in the mirror, check for changes in size, shape or skin texture. Watch for dimpling, puckering, redness or visible lumps. Raise your arms to check for asymmetry or movement changes. Then,

use your fingertips in a circular motion to feel the entire breast, including underarms and near the collarbone, for lumps or thickened areas.

#### **RECORD IT**

Record your findings in a journal or app every month. This helps identify changes over time. If anything seems unusual, contact your healthcare provider. Most breast changes aren't cancer, but you can never be too sure.

Regular tracking empowers women to stay informed and proactive about their breast ĥealth.













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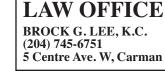
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