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VOLUME 2
EDITION 28

THURSDAY,
JULY 15, 2021

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Five-year-old Abigail cools off in the heat at the Carman splash pad.

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Keeping traditions alive at Carman Country Fair

By Becca Myskiw

The Carman Country Fair may or may not be happening this year, but that isn't stopping fairgoers from reminiscing.

Trish Middleton has been on the Dufferin Agricultural Society board for five years now. She's part of the team that helps put on the fair each year, and though it's busy, she said it's always three days of jam-packed fun.

The fair runs annually Thursday through Saturday on the second weekend in July but was cancelled last year and is still up in the air (for a later date) this year. It's one of the oldest running fairs in the province, starting in 1879.

The Carman Country Fair includes local 4-H clubs' shows, livestock shows, horse events, a midway, baking and sewing displays, motorsports, entertainment, and a parade.

The Saturday morning parade has always been Middleton's favourite.

"We have the world's best parade," she said. "There are over 100 floats, it's second to none."

She said some of the floats are modernized, but many are old fashioned, having been worked on for days by

the businesses or organizations on them.

"There's 3,000 plus people living in Carman and I swear there's 10,000 people lined the streets watching the parade," said Middleton.

Past president of the fair Gary Hooper was a fan of the pig scramble with a bunch of pigs in a pen being released. The first three to catch a pig win the prizes.

He also liked how being president of the fair brought him to different conferences across Canada, giving him an excuse to travel and meet new people. When he was younger, though, Hooper liked participating in the 4-H shows.

"I was top showman for a couple years," he said. "It gives all the young kids a chance to get started if they're going to farm."

Jim Owen remembers the camping most. Setting up a trailer at the Carman campground and staying over the course of the fair with friends was always the best part — but he keeps the stories to himself.

Middleton said it doesn't matter what age you are, the fair is always exciting. It has something for absolutely



STANDARD PHOTO SUBMITTED

The Carman Country Fair started in 1879, leaving over a century's worth of memories.

everyone.

"My whole life growing up I've waited for the fair," she said. "The town's alive, it's bustling. The midway...you

can see it for miles. There are fireworks. The town is really alive and there's something for all age groups."

Celebrating Our **Festival Memories**



The Carman Country Fair has been a Manitoba and community tradition since 1879!

carmanmanitoba.ca

Big Brothers and Big Sisters needed in Carman

By Becca Myskiw

Big Brothers Big Sisters of the Pembina Valley is expanding into Carman.

The non-profit organization provides mentoring to youth in Morden, Winkler, Altona, Plum Coulee, Manitou, and now Carman who are facing adversity.

Executive director Jenelle Neufeld said there's a wide range of reasons someone might need a mentor, some of them being as simple as wanting an impactful relationship. Big Brothers Big Sisters offers two programs — one-on-one mentoring and group mentoring.

Go Girls is a form of their group mentoring and it's already in Carman. It brings five or 10 girls together with a mentor at a time and is centred around healthy bodies, healthy minds, and healthy lifestyles.

Neufeld said bringing the one-on-one option to Carman next just made sense.

"It's always been our goal to expand," she said. "With the transition into servicing the Pembina Valley as a whole, we definitely find value in expanding into Carman."

For the program to be a success, though, they need volunteers. Neufeld said they already know there's a need for mentors in the area, and now they

need people to sign up and be one. There are 15 children on the waitlist in the areas they currently serve because of the lack of volunteers.

Mentors first contact Big Brothers Big Sisters of the Pembina Valley, then complete a criminal record check, a child abuse registry check, fill out a confidentiality waiver, and then the application. Mentors must be over 18 and willing to commit for a minimum of one year.

In their application, mentors will write their interests and they'll be matched with a mentee based on similar ones. Neufeld said that helps them to form a meaningful relationship, spend quality time together, and allows for more fun between the pair.

"The mentee comes to us for a reason," she said. "They need consistency of some kind and matching them based on similar interests allows that to occur more naturally."

The program also gives mentees an opportunity to explore interests other people in their lives might not have, leading to new career options and a more confident youth.

To become a mentor with Big Brothers Big Sisters of the Pembina Valley, contact Neufeld at Jenelle.neufeld@bigbrothersbigsisters.ca.

Ninth time's a charm: Graysville 4-H Beef Club member named grand champion

By Becca Myskiw

The Carman area 4-H beef clubs had their annual show and sale last Friday.

It was held on the Steppler farm a few miles west of Miami. The Steppler's are already set up for sales as they do two each year, so the cattle were all brought into their sale barn to be shown off.

The first 4-H club to go was Elm Creek. In four splits, four or five steers and heifers were brought into the ring, where the judge looked at each of them, seeing how they acted around each other and her and how they looked.

In that group, the grand champion was Shorthorn and Simmental steer Hank, owned by Intermediate member Quinlan Enns. The reserve champion was Simmental steer Henry owned by Cloverbud Nathan Armstrong.

After Elm Creek, Graysville 4-H Beef Club went. Their grand champion was Simmental steer Jimmy owned by Intermediate member Jayci Jo Best. Reserve champion was Simmental steer Ham owned by Intermediate Nathan de Rocquigny.

Miami 4-H Beef Club was the last to go. Their grand champion came from Senior Michael Steppler. He had a Charolais steer named Hugo. Reserve champion was Charolais steer Hephaestus from Intermediate member

April Steppler.

The overall grand champion steer was Jayci Jo Best's. This was the 15-year-old's ninth year showing a steer and her first year taking home the grand champion title.

"I've had a reserve champion steer in the first couple years of showing cattle," she said. "But this year was special. I wasn't quite expecting it and I mean I had no control over which one she was going to pick 'cause we weren't in the ring with them so it was just super nerve wracking."

Best's steer, Jimmy, came off her own family farm. His deep, wide body caught her eye from the moment he was born, and when weening time rolled around, she selected him to raise. He was from one of the 50 cows her family calves out each year, so winning grand champion with a steer from such a small selection is really rewarding, she said.

Twice a day, Jimmy was fed a prepared ration of corn, beet pulp, oats, and other grains, corn silage, and he always had hay and water available. Best said she, her dad, and her brother take care of all their animals like that, so her steer wasn't being given special treatment.

Then, she halter broke little Jimmy and got him calm and used to behaving. The rest is history.



STANDARD PHOTOS BY BECCA MYSKIW
Jayci Jo Best from Graysville 4-H Beef Club raised the overall grand champion.



Miami 4-H Beef Club members sat together helping bring new groups of cattle into the holding pen.

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Manitou newcomer launches rabbit rescue

By Lorne Stelmach

Starting something like the Manitou Rabbit Rescue and Advocacy group seemed inevitable for Lydia Sarra when she moved here from British Columbia three months ago.

Having worked as a foster co-ordinator at a Vancouver-based domestic rabbit rescue, it is very much a labour of love for her, but she didn't necessarily expect something similar to happen so quickly and suddenly while still settling into her new home.

"When I moved over here, I realized very quickly there was not a rescue solely dedicated to rabbits ... and then I came across a local woman who reached out to me asking for help," explained Sarra.

"She said she had kind of an explosion of rabbits," she noted, estimating it led to catching around 300 rabbits over a period of days and then working away at getting them to vets to be able to send them then to multiple other rescues, some all the way to B.C.

"I still have about 60," said Sarra. "So it kind of started accidentally. I didn't plan on starting it this soon, but I just saw there was a huge need."

"A lot of rescues cater to dogs and cats, but not many will cater to smaller animals. It's something I was passionate about and there was nowhere for these things to go."

Manitoba currently has just two rescues that accept rabbits at all and none that solely cater to them.

Sarra's aim is not only to serve as a rescue but also get into an advocacy

role as well as education and awareness—both of which are vital given what she sees as some of the key contributing factors that make this an issue of concern.

"I think one of the biggest problems is specifically around Easter time. People want to get a rabbit for their children," she suggested.

"Everyone thinks they're a starter pet, and it's quite the opposite. A rabbit can be just as much work or more than a dog or a cat," Sarra stressed. "People aren't prepared for their vets not taking them because they need to see exotic vets, and they're not prepared for the diet and the care that they need."

"There's a lot of misconceptions around rabbit care," she continued. "They don't do well in little cages. They don't do well with children most of the time because they hate being lifted up; they're prey animals."

"So people aren't prepared. They're expecting a cute little cuddly rabbit that their kid can carry around, and the reality of it is they're an exotic animal that requires so much care, and they have a life expectancy of eight to 14 years, so it's a big commitment that people are getting into."

Getting this new rescue and advocacy group up and running has likewise been a big commitment for Sarra as she worked at not only relocating 300 rabbits but also getting them all fixed beforehand.

"That's a huge expense in itself," she said. "I drive two hours into Winnipeg



MANITOU RABBIT RESCUE AND ADVOCACY PHOTOS

Lydia Sarra has started up the Manitou Rabbit Rescue and Advocacy group to help find homes for hundreds of rabbits caught in and around the community in recent months.



every time I need to see a vet with my rabbits, so I go at least once a week. It's a busy time for us right now."

She encouraged people to consider getting involved if they are in a position to provide a good home for a rabbit.

"We're really desperate for fosters, and we're really desperate for adopters as well," Sarra said. "The main need is dedicated fosters, and all of the stuff they need will be supplied."

"I just need the rabbits to be in a socialized home, get them used to the

way they are supposed to be living. I provide all the supplies; I pay the vet bills ... I just need people who can provide a clean home and lots of love for these animals."

In the meantime, she will likely continue to have rabbits to take care of, but she doesn't seem to mind.

"I'm lucky it's something I'm passionate about; I like to spend time around my rabbits."

For more information, you can find the Manitou Rabbit Rescue and Advocacy group on Facebook.

RCMP looking for youth advisory council members

Staff

The Royal Canadian Mountain Police are looking for new members for its National Youth Advisory Council (NYAC).

Canadian residents ages 13 to 21 are invited to apply by Sept. 10, though those who get their applications in by July 30 will be a part of the first selection round and have a better chance of being selected. NYAC members interact with participants from all over the country and discuss important issues they

face in their respective communities. They share their thoughts about youth crime and victimization topics and help shape RCMP programs and initiatives.

NYAC members can also receive reference letters and volunteer hours. This commitment requires approximately two to four online hours per month, from October to June. For more information or to request an application package, email RCMP.Youth-Jeunesse. GRC@rcmp-grc.gc.ca.

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

Most now hospitalized with COVID-19 not vaccinated: Roussin

By Ashleigh Viveiros

Manitoba's top doc on Monday announced the lowest one-day jump in new COVID-19 cases in months.

At a briefing in Winnipeg that day, Dr. Brent Roussin announced 31 new cases of the virus, alongside 150 cases that were identified on Saturday (87 cases) and Sunday (63).

Two new deaths were also reported alongside one from Sunday, bringing the number of deaths due to COVID-19 to 1,162.

As of Monday morning there were 1,025 active cases of the virus in Manitoba and 54,733 recoveries.

The current five-day COVID-19 test positivity rate was five per cent pro-

vincially and 4.1 per cent in Winnipeg. A total of 138 Manitobans are currently hospitalized with COVID-19, including 30 in intensive care here and three at hospitals in Ontario.

Officials note that 74 per cent of the 412 COVID-19 hospital admissions between June 1-30 had no vaccine doses and 22 per cent had one dose but two weeks had not yet passed since that dose—the time needed for the vaccine to take full effect.

Furthermore, of the 90 patients admitted to ICU in June, 77 per cent had not yet received a dose of the vaccine and three per cent had just one dose.

"We don't bring this up to blame or to shame anyone ... for the reason of

their illness," Roussin stressed. "We're here showing the power of vaccine. We see very few people being admitted to hospital, really, after a single dose but especially after two doses.

"As we see less and less Manitobans that are unvaccinated, we're going to expect to see that translate into less and less need for hospitalizations and ICU admission," he said, noting they will be reporting this data regularly moving forward. "You can see the incontrovertible evidence of the value of vaccines right here in Manitoba.

"We know some Manitobans are hesitant to get vaccinated," Roussin continued. "If you have questions, please contact your health care pro-

vider. You trust them with a lot of discussion and information—trust them with this."

Breaking the numbers down further for Monday, Southern Health-Santé Sud reported two new cases of the virus for a total active caseload of 154. There were 29 people in hospital in the region with the virus, including two in ICU. The death count for Southern Health was at 189.

In the Pembina Valley, Red River South has 47 active cases, Lorne/Louise/Pembina 20, Winkler 11, Morden seven, Stanley four, the Altona area three, Morris two, and Carman and Grey one each.

PVWD putting \$800K grant toward wetland preservation, shelterbelt creation

By Becca Myskiw

The Pembina Valley Watershed District (PVWD) has received an \$800,000 grant for their shelterbelt and wetland programs.

The money comes from the government's Conservation Grow and Wetland trust fund. Cliff Greenfield, manager at PVWD, said this is the second year with the trust and establishing it was a "genius move."

Essentially, environmental groups in the province can apply for interest and about \$10 million a year gets granted out, he said. There are three parts of the trust fund — the grow trust for growing results and watersheds, the wetland trust for preserving wetlands, and the conservation trust for environmental objectives.

This year, PVWD received money for the grow trust and the wetland trust.

They're using the \$800,000 to partner with producers in the area for the benefit of the environment.

"We want to partner with wetland owners to benefit their farm and the environment," said Greenfield. "It's one thing to have money to do things but you got to find partners, you got to find producers."

What they're doing for wetlands is convincing producers with temporary wetlands on their crops to keep them there rather than draining them. In Manitoba, it's illegal to drain a permanent wetland, but they can drain a temporary one. The temporary ones, however, are important for waterfowl to rest, drink, and eat on. They also reduce flooding and improve water quality in the area.

So far, PVWD has partnered with 20 producers for that program. Those

producers get money from the watershed district to compensate for annual opportunity loss.

PVWD is also working on creating more shelterbelts in the area. Essentially, they're going to go out to a landowner's space, survey it, design a practice that will eliminate erosion and preserve water, and compensate the landowner for implementing that practice.

"Producers do some of the work," said Greenfield. "PVWD pays for the trees, we help with planting, we give them an annual payment to offset maintenance costs and keep trees there. We want a 10-year deal with these producers, so the trees grow big and strong."

Creating more shelterbelts puts carbon in the trees instead of the air, stops wind and water erosion on the

field, purifies the air, provides habitat, and creates biodiversity. Greenfield said though the producers they partner with for this will lose a bit of crop, the crop they do have still is more protected.

So far, they've partnered with one producer for the shelterbelt program — Kroeker Farms.

"[The funding has] been a real game changer," said Greenfield. "This way, this funding is dedicated to the environment, we can count on it, we can deliver with this funding. Now we really have a chance to make a difference in the environment."

Pfizer-BioNTech says third dose of COVID vaccine may be beneficial

By Patricia Barrett

Pfizer-BioNTech say a third shot of their COVID-19 vaccine might be beneficial to maintain strong immunity against the virus and its more robust variants after real-world data from Israel show protection waning.

The two companies said they've seen "encouraging data" from an ongoing study looking at immunity levels offered by a third dose of their vaccine against the original virus strain (also called the wild type) and more highly transmissible variants such as beta (B1351).

"Initial data from the study demonstrate that a booster dose given 6 months after the second dose has a consistent tolerability profile while eliciting high neutralization titers against the wild type and the Beta variant, which are 5 to 10 times higher

than after two primary doses," said the companies in a joint statement issued July 8.

Discussion about whether a third dose of Pfizer-BioNTech might be needed comes after Israel's Ministry of Health released real-world data showing the vaccine's efficacy declining six months after vaccination and failing to prevent both infections and symptomatic disease. However, the vaccine's efficacy in preventing serious illnesses "remains high."

The delta variant is becoming the dominant strain in Israel as well as in other countries, the statement reads. To that end, the companies are tweaking the vaccine to make it stronger against delta.

"While Pfizer and BioNTech believe a third dose of BNT162b2 [the vaccine] has the potential to preserve the

highest levels of protective efficacy against all currently known variants including Delta, the companies are remaining vigilant and are developing an updated version of the Pfizer-BioNTech COVID-19 vaccine that targets the full spike protein of the Delta variant," says the release.

More definitive data from the study is expected in the coming weeks and the companies will be submitting that information to the U.S. Food and Drug Administration, the European Medicines Agency and other regulatory authorities, states the release.

Canadian health authorities have yet to advise on whether a third dose – or even a yearly schedule of COVID vaccinations – will be required to keep the virus and its variants at manageable levels.

Correction

Staff

In the July 1st edition of the *Carman-Dufferin Standard*, we published the article, "Miami community working together to pay for train park".

In the article, we reported the total cost of the park was \$20,000, however it should have said there was \$20,000 remaining on the total cost due for spring. It was not the entire cost of the train park.

The *Standard* apologizes for the mistake.

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Manitoba ahead of schedule with vaccination milestones

By Ashleigh Viveiros

Manitoba as a whole is blowing past its vaccination milestones weeks ahead of schedule.

Premier Brian Pallister announced last Wednesday that we've already hit our Aug. 2 goal of seeing at least 75 per cent of eligible Manitobans with one dose of the COVID-19 vaccine and 50 per cent with two. As of Monday, the rate was 76.3 per cent for the first shot and 57.2 per cent for the second.

"Manitobans are making the right choices to roll up their sleeves," Pallister said. "Not once but twice many Manitobans have already taken that step, but we need more. We need more to participate. Together, that's how we beat COVID."

New public health orders relaxing restrictions in recognition of the increased number of protected Manitobans were expected sometime this week.

Pallister noted reopening will continue to be slow and steady and made on the advice of medical professionals.

"I think everyone wants their lives back, but we all don't want a yo-yo ef-

fect," he stressed, pointing out we've seen that happen before in earlier waves of the pandemic. "We're going to take, no pun intended, conservative steps here to get our lives back.

"We're going to do it with caution in mind and the learnings that have come about as a consequence of the way we've dealt with this unprecedented situation over the last year and a half."

In a bid to encourage people to get their vaccinations, this week Wednesday, July 14, all vaccination super sites are hosting only walk-ins—no appointments necessary.

More than 20,000 vaccines will be available that day, including approximately 8,000 Pfizer vaccines earmarked for young people aged 12 to 17.

Our nearest super site is at the Access Event Centre in Morden, which has been accepting walk-ins regularly alongside booked appointments for weeks now.

Manitoba's next milestone, set for the September long weekend, is to have 80 per cent of eligible Manitobans with their first dose and 75 per

cent with their second.

To reach that, the province needs to see approximately 33,000 more first doses and 100,000 second doses.

"We can do this," Pallister said.

At a briefing held later that same day, vaccination task force co-lead Johanu Botha noted that demand for first doses has begun to decline even as the number of available vaccines is on the rise.

"I think it's fair to say that for the first time, we're likely going to see that our vaccine supply is going to consistently be more than the daily demand," he said, noting the province is expected to receive hundreds of thousands of doses from the federal government over the next few weeks. "We have our vaccine distributors systems in place and ready to administer these ... but we can only get vaccines in arms when there are arms at these sites.

"The reality is that if you want a dose and don't have an appointment yet, we have one for you and we have one for you now."

Appointments can be made online at protectmb.ca or by calling (toll-free) 1-844-626-8222.

Pembina Valley RCMP respond to aggravated assault

Staff

Pembina Valley RCMP responded to a report of a stabbing at Patterson Pits in the area of Municipal Road 19 North and Municipal Road 22 West in the RM of Roland on July 11, at approximately 12:30 a.m.

When officers arrived on scene, they encountered a large gathering of people and located an injured 23-year-old male from the RM of Stanley. When EMS arrived on scene, the male was transported to Winnipeg hospital with serious injuries.

Investigation has determined that two males, the victim and an 18-year-old from Winkler, got into a physical altercation. When the fight broke up, the victim had suffered wounds from

what appears to be an edged weapon. No weapon has been recovered.

Chris Goossen has been arrested and charged with Aggravated Assault. He is remanded in custody to appear in court July 12, 2021, in Winnipeg.

The investigation continues.

PEMBINA VALLEY RCMP RESPOND TO FATAL ATV ROLLOVER

On July 10, at approximately 7:10 p.m., Pembina Valley RCMP received a report of an all-terrain vehicle rollover on Municipal Road 22 West near Winkler in the RM of Stanley. When

officers arrived on scene, medical personnel were providing care to the injured 34-year-old male driver. He was transported to Winnipeg hospital, where he was pronounced deceased. He was from the area.

Initial investigation has shown that two ATVs were being ridden on Road 22W when the driver of one ATV lost control on the gravel road and the vehicle rolled. He was not wearing a helmet.

A RCMP Forensic Collision Reconstructionist and the RCMP Criminal Collision Investigative Team are assisting with the ongoing investigation.

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Dr. Reimer addresses concerns about COVID-19 vaccine development

By Ashleigh Viveiros

Manitoba's task force co-lead Dr. Joss Reimer took some time last week to address those Manitobans who have not yet chosen to get vaccinated against COVID-19.

"Today I want to talk to some of the people who still have questions, who may not be sure, and may not be confident in the decision to get the vaccine," the Winkler native began at a press conference in Winnipeg July 7.

"There are two top reasons that we hear most often, and they're somewhat interconnected: concerns about how quickly the vaccine was developed and concerns about how quickly it was approved for use."

Some people worry the speed at which this happened means corners were cut, making for potentially unsafe, untested vaccines.

Reimer stressed that is simply not the case.

She acknowledged that vaccines are often years in the making, but the COVID-19 vaccines are unique in that work was already underway on developing vaccinations against other coronaviruses long before the pandemic broke out.

"Fortunately, scientists and other experts around the world were not starting from scratch. While this coronavirus is new, it is not the only coronavirus we have dealt with," Reimer said, explaining that it took scientists a matter of weeks to map the COVID-19 genome after it was first discovered. "That told us what kind of vaccine we would need in order to stop the virus.

"The scale of international partnership and collaboration that was needed to develop a vaccine was unprecedented," she continued, noting multiple vaccines were created in countries all over the world by companies taking different approaches (the normally substantial financial risk to do so offset by government support). "That in and of itself is unique and gives the world a much larger pool of vaccine candidates. A larger pool

means the odds were better that some of them would prove to be effective."

The groundwork for all these vaccines had already been laid by previous research, Reimer said, noting viral vector vaccines (AstraZeneca) have been used for decades while mRNA vaccines (Pfizer and Moderna) are using a relatively newer technology but one that had been well tested long before COVID-19 showed up.

"In fact, human trials of cancer vaccines using the same mRNA technology have been taking place since 2011. And work is underway on a new rabies vaccine using this technology," she pointed out, adding Moderna had even developed an annual influenza mRNA vaccine a few years ago. "So we were able to take something that was already in development and adapt it to the COVID pandemic."

When it came to testing these vaccines, once again the unprecedented nature of this pandemic worked in our favour.

"The steps that are truly important, and the ones we care the most about, are the underlying science, the medical evaluation, the clinic trials where the vaccines were tested on animals and on people who agreed to participate," Reimer said. "Those all happened as they needed to, as they would for any vaccine. What changed was the pace."

It can normally take years to deal with all the red tape that comes with getting medical trials approved, securing funding, and finding test subjects.

But with the entire world motivated to find a solution to the pandemic, that timeline was able to be condensed significantly.

"For example, it was very easy for the studies to recruit participants," Reimer said. "Volunteers were very eager to take part all around the world.

"It was also much easier to study how well the vaccine protected against the virus because there was so much virus present around the world," she

continued. "Normally, you have to wait quite awhile before a large number of your participants are exposed to a virus that you're studying ... this time, the exposures were happening to participants regularly, and so it did not take very long to get that information [about effectiveness]."

The vaccines that proved effective in trials then moved on to be approved for use by Health Canada.

"Again, for COVID-19, the same processes were followed as for any other vaccine," Reimer said, explaining all new medications and vaccines must complete three trial phases before approval. These phases include a variety of different sizes of test subject pools and test appropriate doses, potential side effects, and efficacy.

"The science didn't change," Reimer stressed, "but, again, the timeline for all of the administrative processes that support the science were condensed."

Health Canada normally asks companies to submit their data for phases one, two, and three at the same time for evaluation. Given the ongoing health crisis, the agency in this case expedited the process by evaluating each phase as it was completed.

"So while the same review occurred, it meant that less time was required at the end of the phase three trial in order to get approval, because phase one and two had already been reviewed," Reimer said, explaining Health Canada was able to do this by prioritizing the COVID-19 vaccines over everything else in the approval queue.

Even once approved for use, the vaccines continued to undergo evaluation in the same way all new vaccines do.

"Canada has one of the best vaccine monitoring systems in the world," Reimer said. "And we use the information that we gather and the information from countries from all over the world to guide our decisions."

That process is what led to the discovery of rare side effects like blood clotting with the AstraZeneca vaccine, for example, which impacted public



SCREENSHOT

Dr. Joss Reimer, co-lead of the province's vaccination task force, took time last week to address a few concerns people hesitant to get the COVID-19 vaccines often ask about their development.

health officials' recommendations on who should or should not receive that vaccine.

"I know it can be a challenge to wade through all of the information out there about vaccines, especially when you have questions, but I do want to correct the information and make sure people know that these vaccines were tested, they were approved, and they were shown to be safe and effective in the same way as other vaccines," Reimer said. "The science behind these vaccines is solid. It's built on technology that we know and that we understand."

The speed of their creation will perhaps be food for thought once the pandemic is behind us.

"Now that we've seen how the world can come together to solve a health crisis, the real question may be why other vaccines and other medical interventions take so long," Reimer observed.

If you've got questions about the COVID-19 vaccine, talk to your family doctor or head to protectmb.ca.

Folklorama back with online festivities Aug. 6-8

By Voice staff

Folklorama will be bringing the world to Manitoba in a modified format this year.

Organizers announced last week that the festival, thanks to sponsorship Manitoba Liquor Marts, will be offering three themed nights of entertainment streamed free online.

"We are thrilled to be able to deliver a unique Folklorama experience to festival goers both local and international," says executive director Teresa

Cotroneo.

Folklorama Fusion will include performances from some of Manitoba's favourite ethno-cultural performers Aug. 6-8.

Friday, Aug. 6 will feature Asia and Africa, Saturday, Aug. 7 will display The Americas, and Sunday, Aug. 8 will showcase Europe.

During each show, viewers will get to learn about each performance and the importance of keeping culture alive.

A full performer lineup is available at folklorama.ca/festival/schedule-free-access.

"Today definitely marks a moment in Folklorama's history that we will never forget," says Stan Hall, Folklorama board president.

"The idea of the Folklorama Fusion event began in the fall of 2020, when we met virtually with our pavilions," he explains. "With the reality that a festival as we have known would still not be possible in 2021, the

one message that resonated was the importance of keeping the spirit of Folklorama alive and finding a way to come together safely.

"I would like to take this moment to thank all of our communities—our Folklorama family—for coming together for the better."

The festival is also launching a new virtual marketplace on its website offering treats from the various cultural pavilions. Learn more online at folklorama.ca.

Some groups left out of vaccination card program

By Ashleigh Viveiros

It's been over a month since the provincial government launched its COVID-19 immunization card, making it possible for Manitobans to carry proof of vaccination both digitally and in their wallets.

But Callum Morrison is still waiting to find out when and if he'll be able to get one.

The wait isn't because he's not vaccinated—it's been well past two weeks since his second shot—but because Morrison is an international student.

As such, he doesn't have the Manitoba health card required to apply for the COVID-19 immunization card.

He's in the same boat as soldiers and temporary foreign workers serving and working in Manitoba, both of whom are eligible to get vaccinated free of charge but are either not issued provincial health cards or must wait months to get one.

It's a piece of bureaucracy that leaves the Altona area resident scratching his head.

"There's actually a large number of people who are perfectly legally entitled to be in Manitoba, who live here, who don't actually qualify for Manitoba health cards," Morrison said. "So now we have this system where even people who are vaccinated can't access these [COVID] cards. It seems madness to me, really.

"The only things on these cards is supposed to be your name and a QR code that says you've been vaccinated. So I really don't understand why a health card is needed at all."

Morrison moved to Canada from Scotland in 2017. After a stint working for a seed company in Morden, he went back to school to pursue a PhD in agriculture. His studies into cover crop usage have made him a familiar face across the Pembina Valley.

But that familiarity won't allow him to eat at a restaurant with someone from outside his household, even if they're both vaccinated, nor get him into a hospital or care home should he need to visit an ailing loved one. For that, he'll need to show proof of vaccination.

The government has said that those not eligible for the immunization card can get their vaccination record from a public health office.

But with the vast majority of Manitobans about to be carrying around these new cards, Morrison is concerned trying to prove the same with an unfamiliar paper vaccination record is going to cause more hassles than anything.

"First of all, I've yet to actually be able to get that vaccine record anyway," he pointed out. "But when I'm speaking to local businesses they're telling me, 'Well, I've never heard of this vaccine record.'"

"It's on me every single time to try and explain what it is and that it's valid. And I guarantee you that this will eventually cause problems."

He doesn't blame people simply trying to follow the rules for looking askew at someone without a vaccination card, but he does feel the government needs to do more to address this issue.

"The government has put in basically a two-tier



STANDARD PHOTO SUBMITTED

Callum Morrison is an international graduate student in Manitoba, which means he is not eligible to get a COVID-19 immunization card—something he expects is going to cause headaches when he tries to prove his vaccination status.

Continued on page 13



The Carman Area Foundation are happy to announce their new Community Foundations Coordinator, Caddie Crampton. Caddie and Jennifer Ching-Faux will be working together this summer before Jennifer starts her maternity leave in the fall.

Caddie has always prided herself in building professional relationships with people throughout her entire career. Born and raised in Southern Manitoba, Caddie understands the needs of rural communities and diversity within them. After graduating from Red River College, Caddie and her family lived in multiple provinces and abroad. Upon returning and moving to Carman Manitoba, Caddie opened her own business and volunteered on multiple boards. She joins the Endow Manitoba team as a Community Foundations Coordinator supporting Carman, Morden, Miami, Manitou-Pembina Foundations.



GPAC holding membership drive

By Becca Myskiw

The Golden Prairie Arts Council (GPAC) is selling memberships with an incentive.

Desiree Penner, executive assistant and curator at the organization, said they're trying to bring more awareness to GPAC while trying to attract more memberships. Memberships were down slightly last year and they're one of the only ways to keep the council running financially.

"Memberships are really important to non-profits like GPAC," she said. "A lot of our government funding and support asks to see what our membership count is in order to see that the community is supportive of GPAC."

So, to encourage more people to join the club, GPAC will be hosting two draws for prizes that each include four tickets for free mini golf at Syl's. Anyone who buys a membership between now and Aug. 12 will be entered in the draws to win.

A membership with GPAC is \$25 per person for one year or \$75 for a family of three. Becoming a member, Penner said, helps to keep GPAC's doors

open, furthers their community programming, and comes with benefits. Members get the following:

- Discounts on all GPAC workshops
- Twenty per cent off fine art supplies in the GPAC gift store
- Voting privileges at GPAC's annual general meeting

"I think that GPAC serves the community in a big way by providing a safe place for people to come see and create art," said Penner.

The organization offers drop-in programs, regular daycare programs, exhibitions with artists from across Manitoba and sometimes the country, assists in putting on community events, and more.

To purchase a GPAC membership, go online to www.goldenprairieartscouncil.com and click the "membership" button. People can also e transfer \$25 to gaccarman@gmail.com with their name and contact information in the notes or go to GPAC in person to buy one.

The draw will be held soon after Aug. 12 so people can use their mini golf passes before summer ends.

Carman barn quilt trail expanding with exhibition

By Becca Myskiw

Last week, 10 barn quilts were on display at the Dufferin Agricultural Society's (DAS) Exhibit Hall.

On Thursday, Friday, and Saturday, the quilts were set outside the hall and displayed for the community. A Manitoba Agricultural Society representative judged each entry with a first, second, and third place chosen.

"If you stand back," said Marcy Vandenberg. From DAS. "It's which ones kind of pop out at you."

The exhibition expanded Carman's barn quilt trail and gave the best quilts a chance to be judged.

Of the ten who entered, Vandenberg said they could choose to either donate their quilt to the DAS or keep it and add it to the Carman area's barn quilt trail. Three were donated. The 4-H quilt, made by Vandenberg, will be hung on the 4-H barn at the fairgrounds, the new beginnings will hopefully go on the end of the grandstand, and the purple-coloured quilt Vandenberg is hoping can be painted on the back and hung under the DAS

sign off of the roadway.

The three quilts will be added to the two giant ones already on the exhibit hall. Those are painted in specific colours, each with its own meaning:

- Barn red: the first settlers
- Dark brown: the Boyne marsh
- Orange: post Second World War immigration
- Poppy red: Lest we Forget
- White: Manitoba winters and mink ranches
- Sky blue: the vast prairie sky
- Sunny yellow: the Town of Carman
- Dark green: the RM of Dufferin
- Pale yellow: cash crop farming
- Green: 4-H
- Light brown: livestock and ranching
- Dark blue: dairy farming

More history and information on the barn quilts can be found at www.carmancountryfair.ca. Vandenberg hopes the barn quilt exhibition will continue for years to come and more people will enter and donate their quilts or add them to the trail.

"I think it's important to bring people to our town," she said. "I think it's



STANDARD PHOTO BY BECCA MYSKIW

Marcy Vandenberg made the 4-H barn quilt that will go on the 4-H barn on the fairgrounds.

a tourist attraction, and it really showcases some beautiful work."

The DAS is also holding a competition to name the two large barn quilts on the exhibit hall. Vandenberg said

names should follow their story and winning ones will be chosen come Aug. 1. Name suggestions can be sent to carmanbarnquilts@gmail.com.

Free provincial parks entry continues until Sunday

Staff

There's still a few days left to enjoy this month's free provincial park entry.

The Manitoba government last week extended free entry to provincial parks beyond the traditional Canada Park's Day to a full week July 12-18.

"We have been listening to how much Manitobans love their provincial parks and when the idea was raised by members of the public to expand the free access, we enthusiastically embraced it," said Conservation and Climate Minister Sara Guillemard. "All Manitobans should have the opportunity to enjoy the great outdoors and we are pleased to offer free park entry for a full week this summer."

Sunday is the last day vehicle permits will not be required to enter any provincial park, though overnight camping fees are still in effect if you're planning on camping out (head to www.manitobaparks.com or call 1-888-482-2267 to find open sites).

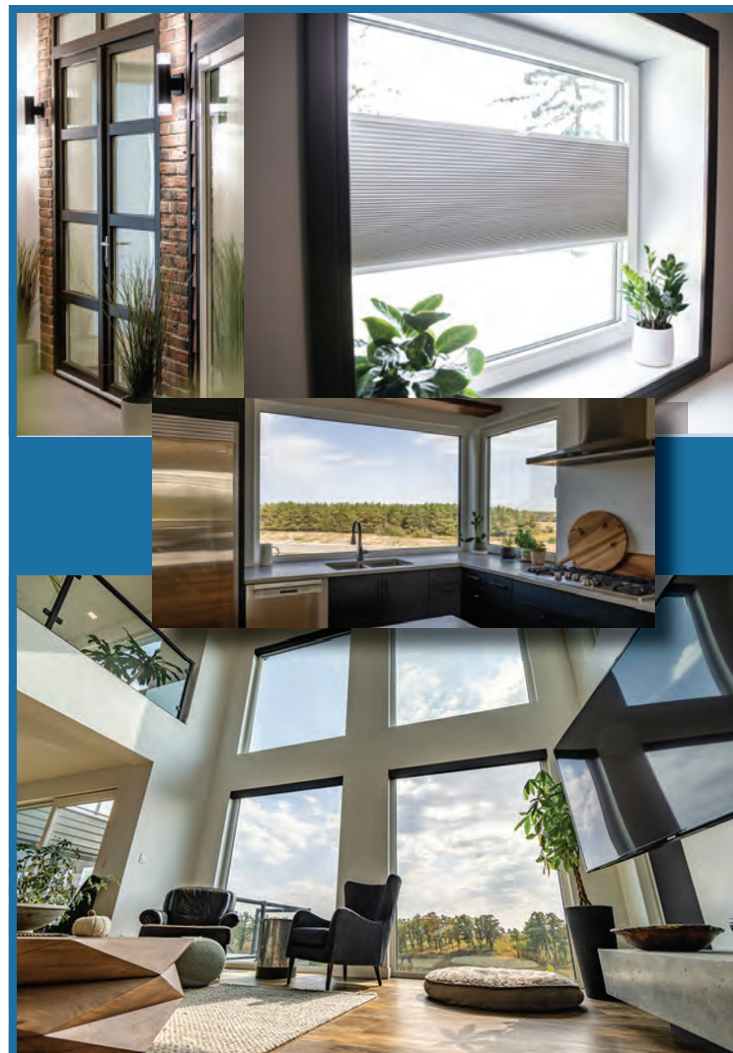
Government officials remind Manitobans that COVID-19 public health orders must be followed in the parks. This includes gathering limits.

Park visitor centres and museums are currently closed under public health orders, though interpreters offer a range of guided experiences at several parks. Trail hikes, historic site tours, and guided paddles are avail-

able throughout the week. Information on park events can be found at

www.manitobaparks.com and under the events tab on the Manitoba Parks

Facebook page at www.facebook.com/MBGovParks.



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Your FARM



Grasshoppers and heat disastrous combination; Interlake farmers, towns threatened

By Patricia Barrett

Grass is running low, crops are being destroyed and cattle are heading to auction in the Interlake as a lethal combination of persistently high temperatures and drought-loving grasshoppers moves in.

The repercussions on farmers and farm families are serious enough, but the unfolding disaster could also have devastating spinoff effects on local economies.

Leroy Loewen is part of a family-run farm in the community of Silver, just south of Arborg in the southern part of the Municipality of Bifrost-River-ton. He said pastures in the area have been decimated.

"With the heat and the grasshoppers combined, the pasture behind our place is brown. It looks as if we've sprayed weed killer on it," said Loewen by phone last week.

Grasshoppers hatch well during a

dry year and the situation looks dire for all farmers, he said. He feels particularly bad for beef producers as they're very vulnerable right now; there should be "no question of running out of grass," but they are.

"At this time of year, we should have tall green grass and it should last for the cattle for a number of months yet. But we're getting to the point where producers are going to have to supplement hay when pastures should be supporting animals 100 per cent," said Loewen. "There's probably going to be a need for hay here to supplement pasture feeding. This is dire for beef producers."

Along stretches of Highway 7, where it passes through Silver, Loewen said the pavement is discoloured from hordes of grasshoppers squished on the road.

"You can see that the highway is a different colour from the grasshoppers

that have been driven over," said Loewen. "There are other places like this, but in Silver it's really noticeable."

In the northern part of Bifrost-River-ton, Ledwyn-area grain farmer Gordon Klym said the grasshoppers are mowing fields clean.

"They've devastated the pastures and they're moving into grain. Farmers are spraying, but a couple of days later they've got to spray again," said Klym by phone. "The grasshoppers were bad last year, and I think they'll be worse this year."

As far as his own land is concerned, he said he's not sure how things are going to play out in terms of a harvestable crop.

"At this point in time it's hard to differentiate between how much damage the drought is causing and how much the grasshoppers are causing," he said. "We see the grasshoppers

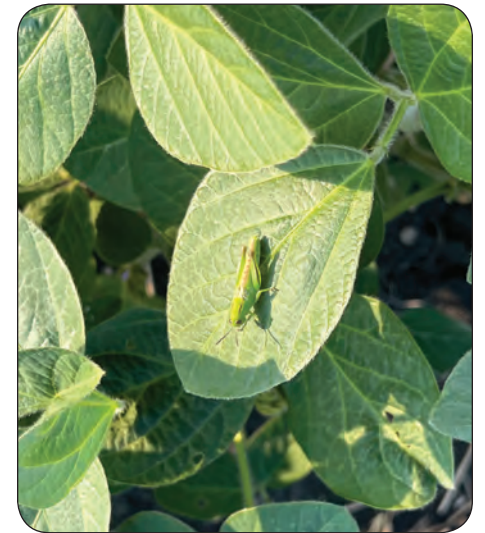


PHOTO BY LANA MEIER
Grasshopper having lunch.

and we go out and spray. We see flea beetles and we spray. But at the end of the day, if you've got no crop growing

Continued on page 12



July Consignment Sale - July 15th - 22nd ONLINE ONLY!!!!

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Your FARM

A short history of the potato

By Marlin Rempel

It's one of the most common staples that we find on our tables in baked, boiled, mashed, and french-fried forms.

Here in southern Manitoba, we are not only consumers of potatoes but producers, with family farms and large companies dedicated to their cultivation through investments in irrigation and drainage, in addition to specialized equipment and processes.

On the scale of global production, the potato occupies a proud position behind only wheat, rice, and corn.

Despite their importance, the origins of potatoes may not often be considered, or even known.

Upon investigation we find that they have travelled the globe for hundreds of years to arrive at our plates today. And that's only considering its movement in the hands of Europeans and their North American descendants.

Spanish conquistadores were the first Europeans to come across the tubers in Peru in 1532 and were quick to note its importance to the Incan empire, consisting of 12 million inhabitants from over 100 ethnic groups at its peak.

The Incans had already developed techniques of freeze-drying potatoes into the chuño form which allowed for storage of up to 10 years, a strategy that would protect them against crop failure and lead them through thin times.

It is estimated that the potato was

first domesticated in the Andes of southern Peru some 9,500 years prior to that Spanish encounter, also feeding the Huari and Tiwanaku civilizations who rose to a height of half a million people around 500 AD.

In 1570 the tubers were brought back to Spain where they were cultivated mainly as food for livestock. As the potato spread throughout Europe it was generally regarded as unfit for human consumption and it was only in France in the late 1700s where it gained widespread acceptance, starting with the upper classes.

A similar situation can be observed in North America where the potato was introduced as a gift to the governor of Virginia in the 1620s but did not gain acceptance until Thomas Jefferson gave his presidential seal of approval at the beginning of the 1800s.

Its reputation was augmented by the inflow of Irish immigrants, who also popularized potato cultivation in the Maritime provinces of Canada during that same period.

While the now prevalent potato allowed Europe to overcome its frequent famines and led to population expansion, the incursion of the potato blight in the 1840s severely affected that stability in northern Europe, particularly in Scotland and Ireland.

It was at this time that strains from the Chilean potato hearth began to replace those of Peruvian origin, and as the 19th century ended, they began to dominate European foodstuffs. It



PHOTO BY MARLIN REMPEL

Mounding potato plants in the Rivers Region of southern Chile.

is estimated that over 99 per cent of all potatoes produced today contain genetic markers that directly tie it to those Chilean strains.

One of the characteristics of the Chilean varieties, which come from the lowlands of south-central part of the country, was that their tuberization response is a factor of daylength, not altitude as is the case for the Peruvian varieties. As a result, the Chilean types tends to tuberize better in the latitudes of Europe and North America.

Current genetic research has shown that all potatoes originate from the Peruvian complex, meaning that the Chilean varieties were posteriorly hybridized from this source. That said,

it is interesting to note that the oldest specimen of wild potato (*Solanum maglia*, dated to 13,000 years before present) was found at the first human settlement of the Americas known as Monte Verde. This famous archaeological site is located near the southern port of Puerto Montt at the gateway to the Chilean Patagonia and the archipelago of Chiloe.

The region of southern Chile has developed modern agriculture in the areas of dairy, grains, and oilseed production that we would recognize in Canada today, but small-scale production of the potato is still held in great esteem, in part because of its importance to local diet.

Continued on page 12

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Your FARM



> GRASSHOPPERS, FROM PG. 10 because it's too darn dry, are you really doing any good?"

Bifrost-Riverton farmers are doing what they can to get a crop, he said, but it seems as though they're "fighting a losing battle."

For a second year running, Interlake municipalities are declaring a State of Agricultural Disaster, which triggers requests to both the federal and provincial governments for immediate assistance for things such as paying freight costs to bring in feed, compensation to drill new wells and tax deferrals. The municipalities of St. Laurent and Coldwell have already declared disasters, and last week Bifrost-Riverton issued its own declaration.

In addition to "severe drought" and a "critical grazing situation," the recent manifestation of grasshoppers has resulted in "severe crop and vegetation damage," states the resolution. Producers are now having to sell off their livestock because feed and the cost of freight is prohibitive.

Keystone Agricultural Producers' District 10 (Interlake, north of Selkirk) representative Paul Gregory said the region is in its third year of drought. The Interlake is no stranger to dry conditions but "not this early in the year and not with this ambient heat." Apart from the October 2019 snowstorm, the Interlake has had little moisture.

And grasshoppers are the product of dry cycles, he said. A warm, dry spring this year came on the heels of a

mild winter and has allowed the eggs and the insects to flourish.

"Grasshoppers eat grass, but when they get hungry, guess what? Anything will do, including canola, trefoil crops and even alfalfa," said Gregory, who is also president of Interlake Forage Seeds in Fisher Branch. "This is anecdotal, but my brother-in-law told me he found dead grasshoppers before he sprayed; there are so many grasshoppers competing for food that some are starving."

It's not only the grasshoppers going hungry, but so too are cattle. As Interlake pastures wither from the heat and the voracious insects, one thing people can count on is "more cows for sale," said Gregory. It makes "no economic sense" for producers to shell out for expensive hay and feed.

"There's nothing for the cows to eat. There might be some pastures that are in OK shape right now, but very quickly with this coming weekend's heat [July 10-11] it will be 32, 34 Celsius and they'll be done. There won't be any pastures in good shape after this. For anyone north of the Trans-Canada Highway, it's looking tough."

The disaster will naturally have a domino effect on rural communities, he said. Big farm producers will get through, but 10-15 small farm families could go bankrupt if they can't make ends meet. That means there will be fewer people to help support local businesses and keep towns ticking along.

Retail sales for his company, which

exports seed to China, the U.S. and Europe, are important, but what's more important is the "future of our towns," he said. Fisher Branch, for instance, used to have multiple farm dealerships, lots of stores and a couple of banks. But "that's all done now" because of an exodus of people from agriculture.

"We saw the negative effect on towns when BSE [bovine spongiform encephalopathy] hit. It changed towns like Fisher Branch, Ashern, Eriksdale and other towns along Highway 6. They would be different today if they had more cattle producers," said Gregory. "A number of my friends who had cattle told their kids to go to Alberta and don't come back to Manitoba because it's too risky and there's no money in farming. If we had a safety net back then or something that would have helped farmers out, there would be way more people in our towns."

The current "safety net" for disasters such as this is a federal-provincial support program called AgriStability. The federal government pays 60 per cent and provinces pay 40 per cent of "eligible" agriculture losses.

The only problem is the program got "watered down" over the years to the point where coverage is "fairly marginal," said Gregory.

The federal Liberal government under Justin Trudeau reached out to Manitoba and other western provinces in 2020, wanting to "tweak the program a little more in our favour"

and "bring coverage back to where it could help producers." After about six months of negotiations, Manitoba rejected it.

In a January news release, KAP said it was hoping the province would support enhancements to AgriStability's reference margin limits and increase the compensation rate from 70 to 80 percent. President Bill Campbell wrote that the program can, with some adjustment, provide "effective support" for producers, and if the province failed to support the enhancements, it would "represent a failure to protect producers and jeopardize the agriculture industry into the future."

Gregory said farmers are in "desperate straights" right now.

"We need long-term safety nets," he said. "We're competing on a world stage. European and American farmers have security. When there's a climate disaster in those regions, farmers are supported. And that means farm families will be there further down the road to pay taxes."

To the best of his knowledge, Gregory said he's not aware of any provincial ad-hoc support for Interlake producers at this time.

"I think the province is well aware of the seriousness of what's going on in this area," said Gregory, "but as far as any hard cash or ad-hoc assistance, I know of nothing yet."

The province's agriculture department acknowledged the Express' request for comment on relief, but did not provide answers.

> POTATO, FROM PG. 11

Modern hybrids such as Puyehue potatoes are planted on hillside fields tilled by oxen, while more exotic and colorful varieties are grown in gardens and sold at markets such as those in the city of Castro on Chiloe Island.

So important are the potatoes to the culture that they have made their way into local lore, along with cattle which are equally essential to the regional economies.

The potato is also very relevant to our regional culture and economy—potato production in Manitoba was second only to P.E.I. on a national scale in 2018.

Its importance is only increased when we consider the historical contexts and routes that have brought it to our plates today.

By planting these tubers in our gardens and fields we not only feed ourselves and the world but also propagate its story into the future.

Marlin Rempel spent over a decade working in hydrogeology (groundwater) in Chile, during which time his interest in the history of the potato was sparked. He now lives in Morden, MB.

34TH ANNUAL CONSIGNMENT AUCTION Timed Online Bidding will be Saturday, July 31, 12 noon



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Metis woman raising awareness for Indigenous resiliency

By Becca Myskiw

Twenty-eight years after Fallon Farinacci's parents were murdered and she lost her Métis culture, she's changing the narrative and raising awareness for Indigenous resiliency.

It was Jan. 27, 1993, when Farinacci's parents were murdered in her childhood home — just rooms away from her and her brothers.

Her mother, Sherry Paul, had a stalker, Andre Ducharme, who became furious at her lack of attention to him. After threatening to kill her, Paul had a restraining order put against Ducharme — but unfortunately it was never enforced.

On mediation day Farinacci's parents decided not to go to court after they lost faith in the judicial system. Ducharme was so enraged that Paul chose not to show up, he decided that day to make true to his word. Just after midnight on Jan. 27, Ducharme killed Maurice Paul, Farinacci's father, after tying up her older brother in the basement. The house next door to the Paul's was the Beaudin's, and in that family was Sheena (now Nakonechny and living in Carman), who Farinacci still refers to as her "sister." The pair have been best friends since birth. Farinacci's older brother was able to untie himself and ran to the Beaudins to call the police at 2:30 a.m. However, they wouldn't show up for hours.

After holding Farinacci, her younger brother, and her mother hostage for hours, Ducharme killed Sherry Paul at 6:30 a.m. He then turned the gun and killed himself.

It was at 7 a.m. that morning when the SWAT team arrived at the Paul house in St. Eustache.

"We waited and only at 8:30 do they come in. Six hours after the first phone call," said Farinacci. "They came in and yelled, 'Police, police.' The next thing I remember is getting a blanket thrown over my head and being carried out by paramedics — my childhood friends' father to be clear — and just as the blankets were thrown over our heads, I could hear the RCMP peg each one off and say, 'This one's gone, this one's gone, this one's gone.'"

Before Sherry Paul was killed, she was allowed to write a note. In it, she said she wanted her children to live with their aunt in St. Catharines, Ont. They reluctantly moved there a little while after the murders and lost almost all their Métis identity.

Because the three siblings never received proper care after that day, they had to keep everything in-



STANDARD PHOTO SUBMITTED

Twenty-eight years after her parents were murdered, Fallon Farinacci is raising awareness for Indigenous resilience.

side. Her older brother committed suicide when he was 29.

This December, Farinacci will turn 38. She'll be the first member of her family to do so. Until now, she's been dreading the milestone.

"I knew that it would be a day to process," she said. "Survivor's guilt, why me, why am I here still? There are lots of emotions around that day and leading up to it. I wanted to shift the narrative."

So, that's what she's doing. Farinacci started a GoFundMe campaign, titled "Celebrate Indigenous Resilience — Thirty Eight" where she's raising money for Abbey House Transitional Home for Indigenous women and Manitoba Métis Federation, St. Eustache Local to support Indigenous Youth.

In 2017, she received word that her parents' names were in a professor's thesis for Missing and Murdered Indigenous Women and Girls (MMIWG). She contacted the national inquiry, testified in October of that year, and joined the National Family Circle and other advisory committees for the cause in 2019.

"It was then...it was at the closing ceremonies that I realized I was the girl," said Farinacci. "I was the one affected by the many systems that had failed my family. That's how my journey began with want-

ing to create change in whatever way I can."

Farinacci's using her story instead of letting it use her. Through her work and the GoFundMe, she is raising awareness to the lack of justice and systemic racism Indigenous Peoples face every day.

"I'm doing it by sharing my story with others," she said. "And because I was displaced from my community, the fact that I've had to journey through reclaiming my identity, reclaiming my Indigenous... my Métis culture. I have identity issues that I'm still working through as a Métis woman that's not within my Métis community."

Her original goal with the fundraiser was to raise \$3,800, but she hit that goal in less than 24 hours. Then the goal was \$10,000, then \$38,000, but the money just kept coming, so the new goal is to raise \$76,000, so each of the two organizations she chose can receive \$38,000. She's hoping to reach that goal by Sept. 16, the day she becomes one day older than her father, Maurice Paul.

As of July 9, the GoFundMe had raised \$67,029. To donate, go to https://www.gofundme.com/f/Celebrate-Indigenous-Resilience?utm_medium=email&utm_source=product&utm_campaign=p_email%2B4803-donation-alert-v5.

> VACCINATION CARD, FROM PG. 8

vaccination system where almost every single person in the province gets a vaccination card and then a very small percentage gets this record," Morrison said. "To me, it seems like it should be one of the easier fixes ... why not just issue everyone the card?"

"If the government wants to actually incentivize vaccines, it's a funny way to do it where certain groups of people are [excluded like this]," he continued, voicing his worry some won't bother to get the shots at all as a result.

"I would have gotten vaccinated either way, but I have spoken to some international students who said they

didn't even know they could get the vaccine," Morrison said, pointing out that one of the first things asked for when booking an appointment online is one's health card. He was able to book his vaccine shots over the phone—a much more timely process, he found—and then spent even more time at the vaccination site as staff tried to figure out what to do when he wasn't able to show a health card upon arrival. "The poor people whose job was to do it hadn't been given any training [on this matter]."

Morrison has reached out to every serving Manitoba MLA about this is-

sue and has thus far only heard back from a few NDP members, including leader Wab Kinew.

"The Conservatives, sadly, haven't gotten back to me," he said.

"At the beginning, I thought these things would change very quickly because I had faith it was just teething problems," he said. "I do feel like after a month of these cards they could have at the very least said, 'We admit that there are these problems, we're going to look into them, we're sorry' ... that would have put a lot of people at ease."

Dr. Brent Roussin, Manitoba's chief

public health officer, was asked at a media briefing last week whether any headway has been made to address the fact international students and others without Manitoba health cards can't get the immunization card.

"There is work being undertaken right now," he replied. "I don't have any specifics to share or an exact date on when we can announce anything, but there will be something upcoming."

As of press time, no new details on the matter had been released.

Handy Helpers getting odd jobs done for the community

By Becca Myskiw

A group of local retirees are using their skills to help the community.

The Handy Helpers is a group of eight men who assist local businesses or organizations with physical work. They do it all for free, come to the job with their own tools, and get it done on their own time.

In the group is Bill Learmond, Larry Rispler, Martin DeWit, Joe Vassart, Phil Unruh, Wayne Johnston, Kelly Swark, and Bob Abrams. Learmond said it was his wife's (Paula Learmond) idea to start the group.

"There's a lot of retired guys with skills but we can't make it a full-time job," he said. "We like doing stuff to give back to the community."

So far, the Handy Helpers have put fences up at the new ball diamonds, including putting in 70 or so posts, replaced door handles in sheds around town, and made 10 benches for Communities in Bloom (CIB).

For the benches, Rob McClement donated the steel, a company in Win-

kler powder coated it, and the Handy Helpers bought the wood. They put together 10 benches in total and so far, nine have sold for \$500 each as a fundraiser for CIB. After the price of wood was taken out, the organization profited around \$350 on each bench.

The benches can be found in different places around town, placed by whichever organization or business bought them.

The group also made three or four big planters for the Carman Grade 6 class to plant vegetables in in their outdoor classroom.

"I just think it's incumbent on all of us to give back to the community," said Learmond. "And this is what makes communities have some pride. That's just the bottom line. I think there's a lot of...areas that people need a helping hand."

The Handy Helpers have no jobs coming up, but they're always willing to help and ask that any organization needing a gentle job done reach out to them. The men don't want any task to



STANDARD PHOTO BY BECCA MYSKIW

Four members of the Handy Helpers, left to right, Bill Learmond, Larry Rispler, Martin DeWit and Joe Vassart.

be full time as they're enjoying the retirement life and they'll do each task on their time. To get in contact with

the Handy Helpers, call Learmond at (204) 745-3722.

Carman community band stepping back in time...Part 2

By Dennis Young

Sharing some alumni memories:

Jane Cochran Peckover: "My first recollections of playing in the band would be attending practice in the waiting room of the rink on Main Street. Fair time was always busy with two parades for 4-H Thursday and the stock parade on Saturday. Plus two or three days of playing for the harness races too!"

Neil Allison: "My Dad Les was upset at me one year when I decided to ride my pony in the 4-H parade rather than play in the band. Other than that it was really a good way for families to connect and stay together."

Blair Lawson: "Played the trombone and the only time I enjoyed my outing was when a stray dog bit Earl or Harold Garnett in the butt when we were marching. He dropped his trombone and ran after the dog. I thought I would die laughing."

Jan Whiteside Stow: "There was some excellent musical talent in the band with the Cochran family, the Allison's and the Garnett's. I always enjoyed hearing Les Allison on his trumpet playing the "Call to the Post" to start the harness races at the Carman Fair. It was like being at the Kentucky Derby."

Murray Billing: "I was always impressed with talented drummer Oliver Stonehouse. Didn't say much but when he did, it was worth listening. Stan Cochran was a passionate lead-



PHOTO SUBMITTED

Locals share memories of their days playing in the Carman band.

er/conductor who encouraged everyone. I remember being in awe of the Garnett family member's sheer musical talent within 1 family."

Shawn McCutcheon: "'I started playing at nine years of age which was quite intimidating but I have vivid memories of the Cochran and Allison families helping newcomers. One of the classics was how Kline Cochran was spotted with his music sheets upside down, he was so naturally gifted that he didn't need written music."

Fran Phillips: "Brian Boggs had us outside teaching us how to march and do patterns. Lift your knees and stay in step! He would say. Of course we would get mixed up a few times and he would jokingly comment a kindergarten class would catch on faster."

Doug Whiteside: "Chic McIvor beat the big bass during the Fair with the

drum mallet in one hand and a lit cigarette down to the stub pressed against the drum skin in the other. Oliver Stonehouse had his own military style drum and played with military precision. It was a relief to the rest of the drummers when he showed up."

Let's look back at just some of the leaders of those long standing group of entertainers:

The Cochrans: Stan led the Band for 54 years until 1969. He saw nearly 300 members come and go and lead the Carman Band in 48 out of 50 Fairs. Five Cochran family members played in the band at one time. The band honoured his retirement by marching to his house, gathering him up and then playing all the way up to the arena where a special evening was held.

Chic McIvor: Not only played bass drum but Chic never failed to set the

stage for practice or performance. He was Stan's right hand man and most sought after band member by fans.

The Garnetts: Starting with Fred in 1907, this Band consistently had Garnett family as band mates. At one time there were two sons and three grandchildren.

The Allison's: First Milt Allison then son Les and more would follow. Les started the school program foreseeing the need for future members, but with no actual degree, he was replaced after a year. The program continues today.

Ed Manteufel: Ed was the first musical director of the Community Band and under his direction the Band took part in music camps in Manitoba and the United States including the Peace Gardens and Shell Lake, Wisconsin.

Brian Boggs: In 1980 Brian directed the Community Band to an International Festival Competition in Winnipeg competing against 26 bands from across Canada and U.S. They rec'd AAA marks in the Senior B class and they were the only rural band to reach the top 3.

The Dufferin Historical Museum celebrates the band's legacy by dedicating a portion of the museum to the Carman Band. As an honour to the community's 110 year musical history, people are encouraged to explore the museum's display.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Winkler Royals win first match, have high hopes for season

By Ashleigh Viveiros

The Winkler Royals got a big win in their first cricket game of the season earlier this month.

The team, who play in the Manitoba Cricket Association's outdoor league in Winnipeg, got a victory of 272-179 in their first outing of the season, which is getting started a fair bit later than usual thanks to COVID restrictions

"We had a good start," said team captain and Winkler Cricket Club president Deepak Saini, who notes they'll be playing nine more matches through the rest of the summer and into fall.

With last year's season affected by the pandemic, all teams this summer remained in the same divisions as the year before. That means Winkler is still in Division 1, though Saini is hopeful they can work their way up to Premier for next season.

"It all depends on the facilities that we have and whether we're able to

source more players locally," he observed, noting they currently have several Morden-Winkler area players and a handful of Winnipeg ones to help round out the team.

"We are looking for more people," Saini stressed, encouraging local cricket players to contact him at 431-451-9528 or through the Winkler Cricket Club Facebook page for detail on suiting up for the team.

The Royals are sporting brand new uniforms this summer thanks to support from Meridian Industries, who have also expressed interest alongside other local supporters in sponsoring the creation of Winkler's first cricket field.

That will be a game-changer for the team and the club.

"We need the grounds so we can invite people to watch, so we can play here," Saini said. "That's the only thing that is stopping us, is stopping the community from really getting involved in cricket."



SUBMITTED PHOTO

The Winkler Royals are sporting new jerseys this year thanks to sponsorship from Meridian Industries.

With any luck, the new field will be up and running before summer's end. It's set to be located beside Northlands Parkway Collegiate.

Once it's in place, the community could see a few exhibition games this year already and a more regular schedule of games and tournaments next summer as well as workshops to introduce people of all ages to the sport.

Considering how popular baseball is in our area, Saini feels like cricket—also a bat and ball game—could do very well here.

"I've talked with a few guys who play baseball and they definitely want to try it out," he said. "Once we have grounds here they can come in and see and feel what the game's like."

Portage endorsed for 2023 Centennial Cup

From the MJHL website

Prior to the pandemic, Portage la Prairie was scheduled to host the 2020 Centennial Cup.

With the cancellation of the 2020 event due to the pandemic, Portage requested through Hockey Canada and the CJHL the ability to have an opportunity to host a future Centennial Cup.

At this point, the MJHL supports the Portage Terriers and the City of Portage la Prairie in their request to host the 2023 Centennial Cup. Portage has also received full support of the CJHL and Hockey Manitoba on this proposal.

Over the coming months, the MJHL, CJHL and Hockey Canada will work together on finalizing a hosting plan for Portage la Prairie that, once complete, would require final endorsement of the Hockey Canada Board to be fully ratified.

"It was disappointing when the event was cancelled in the spring of 2020 due to the pandemic," said Kevin

Saurette, MJHL Commissioner. "The MJHL and CJHL are fully supportive of the request made to Hockey Canada to allow Portage the opportunity to host the event in 2023.

"The Province of Manitoba and the City of Portage la Prairie have proven to be an excellent host for Canada's National Junior "A" Championship, and the Portage Terriers are proven competitors and champions in previous events."

Portage is excited to host this great event.

"We are thankful for the support from the MJHL, CJHL and Hockey Manitoba and are eager to work with Hockey Canada for final approval to host this prestigious national event in the Spring of 2023," said Dale Deschouwer, Co-Chair Centennial Cup Host Committee.

"We have everything in place from our 2020 Centennial Cup preparations to move forward seamlessly with planning and execution of the 2023 Centennial Cup."

Baseball boys back in '59



CARMAN DUFFERIN LEADER SUBMITTED

1959-60 Minor Ball team: front row, Wayne Forster, Bill North Bob Johnston; middle row, Bob Billing, Barry McKay, Brian Garnett, Doug Stewart, Allen Stout, Jack McKay, Glen Morison; back row, Jim Stewart, Harold Garnett and Reg Main.

Peake, Kuntz win junior golf championships

Staff

Clara Peake fired a career-best 75 during the final round of the three-day Manitoba Women's Junior Golf Championship to win by 11 strokes over Crystal Zamzow at the Shilo Country Club.

Peake earlier carded identical rounds of 82 to finish at 239.

Rounding out the top five in the 11-player field were Addison Kartusch (87-83-81-252), Cala Korman (90-85-83-258) and Jeri Lafleche (90-84-84-258).

On the men's side, Breezy Bend's

Braxton Kuntz carded a final round 73 to win the 99th Manitoba Men's Junior Championship in Shilo.

He earlier posted rounds of 72 and 74 to finish with a 219 total.

That was three strokes better than Elmhurst's Adam Ingram, who lives in West St. Paul and plays for the Selkirk Steelers.

Ingram carded rounds of 77, 75, and 70 to finish at 222. His 70 was the low round of the tournament.

Pine Ridge's Noah Fiks (76-77-73) and Pinawa's Ryan Blair (78-71-77) tied for third at 226.

One stroke back of the pair were Jose Mekish-Lacquette (74-80-73) and Jordan McDonald (79-73-75).

Meanwhile, McDonald and Kuntz combined to win the two-day Junior Interclub Championship at eight-under par 136.

Rossmere Country Club's Carter Johnson and Trey Ross finished four strokes back.

The teams of Ingram and Jacob Taweel of the Elmhurst Country Club and Carman Golf Club's Ryan Orchard and Samuel Sullivan tied for third place at 142.

Border Baseball League begins this week

By Jack Pethybridge

The Border Baseball League has begun a condensed league schedule which began this week with all nine teams returning to play.

Each team will play 10 regular-season games - five home and five away. Eight of the games will be within the East Division with a home and away with the West Division. Playoffs will commence following the regular season in a format yet to be determined.

However, all games will be played under very tight restrictions determined by Baseball Manitoba following current provincial health orders. The restrictions are much tighter than last year. Teams will be restricted to 25 players per game - 13 home, 12 visiting players.

As well, attendance will be limited to a maximum of 25 local fans only, all socially distanced. Fans are only allowed to attend home games and currently are not allowed to attend away games.

If more than 25 fans show up at a game they must either leave, watch from the grandstand, or from a vehicle. They must not interact with attending fans. This is unfortunate for us but we have been advised we must strictly adhere to the current health orders. We are hopeful this will change very soon.

Although not ideal, at least we are able to play baseball. Nearly all Carman Cardinal players are returning and we have added some additional players as we look forward to a successful season.

We are hopeful that these restrictions will be loosened sooner than later. We have a large fan base and would like to be able to once again have everyone in attendance. The league schedule can be found on the Border Baseball League website.

We hope to see everyone at the ballpark in the near future.

Orioles drop Bisons, crushed by Giants

By Lorne Stelmach

The pandemic-delayed Manitoba Junior Baseball League season finally kicked off this past week with mixed results for the Pembina Valley Orioles.

It was a promising start with a 9-6 win over the Altona Bisons in Morden last Wednesday, but the Orioles then dropped both games of their Sunday doubleheader in Elmwood to the Giants 8-1 and 7-0.

Pembina Valley had a tough time against defending champion Elmwood, which is now 4-0, but general manager Jim Odlum was encouraged by what he saw in the opener with the Bisons.

"The boys were excited to be out there and finally get things going," he said. "We came out happy to be there and had a good game. I was pretty happy. The boys haven't had much opportunity to practice, not throwing the ball a lot."

Odlum sees a lot of potential in a roster that offers a good mix of veteran and younger talent this year, and he liked what he saw on the mound against the Bisons with Kyle Dyck starting followed by Austin Clyne before Thomas Titchkosky closed out the game.

"I was pretty pleased with the pitching ... and as far as the hitting, we started off pretty quick. We put up five or six runs right off the bat," he noted.

"We also had a couple young guys who had great games for us," Odlum added. "And TJ Matuszewski, at the end of the game, made a great catch. Things could have changed if he didn't make that catch, but he came through for us."

The team hopes to build on what had been a promising season last year before it came to an end in the first round of playoffs.

Pembina Valley ended the summer

in third place with a 14-7 record behind Altona in second and Elmwood in first. The pandemic-shortened season then came to a premature end for the Orioles when they bowed out in three games in their quarterfinal against Interlake.

Looking forward, Odlum noted one key thing that he saw his team as needing to work on at the moment:

"We've got to cut down the little errors. We had a few errors there that were uncharacteristic. We've got to cut those down, that's the big thing," he said. "We clean up on those, we'll be okay. We've got a lot of talent, some good bats, and I think we've got good pitching."

This week, the Orioles are scheduled to host St. James Wednesday, visit Winnipeg South Friday, and then welcome Interlake for a Sunday afternoon doubleheader.

Uhl, Fanning win 2021 golf championships

From Golf Manitoba's website

Bobbi Uhl of the Shilo Country Club is the Diamond Athletic Women's Amateur Champion after outlasting Southwood Golf and Country Club's Rhonda Orr in a three-hole playoff Sunday afternoon at Niakwa Country Club.

Uhl shot an 82 in her final round, one stroke better than Orr to end three days of play at 237.

Hannah Diamond of the St. Charles Country Club had the low round Sunday shooting a six-over par 78, missing the playoff by a single stroke.

Breezy Bend Country Club's Char-

mainie Mackid, who finished fourth, four strokes back of Uhl and Orr, had the shot of the day acing the 14th hole. It was her second career hole-in-one.

Orr won the Mid-Amateur Division championship by one stroke over Diamond.

Meanwhile, it was a first in the storied golf career of Niakwa's Todd Fanning in winning the Diamond Athletic Men's Mid-Amateur Championship on his home course.

Fanning chipped in on the 17th hole for birdie and holed a shot from the sand for another birdie on the 18th hole to fire a one-under par 70 and

finish atop of the leaderboard.

Fanning was four strokes better than Jordy Lutz of the Elmhurst Golf and Country Club.

Lutz and Ryan Sholdice of Breezy Bend Country Club each shot 76 to place second and third overall.

The low round of the day belonged to Ryan Terdik of the Pine Ridge Golf Club, he carded a two-under par 69 to finish fourth.

Fanning also won the Mid-Masters Division championship by 10 strokes over fellow Niakwa member Jay Doyle.

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Please submit resumes to:

Brian Maxwell at legion18@mymts.net or call 204-745-8296 for more information

Deadline for Applications is July 21, 2021.




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Tuesday and Thursday CLOSED

Saturday 11:00 a.m. to 4:00 p.m.



PUBLIC NOTICE REGARDING THE AUDITOR'S REPORT

Pursuant to Section 194 of The Municipal Act, notice is given that the financial statements and auditor's report for the Rural Municipality of Dufferin for the fiscal year 2020 are available for inspection by any person during the regular office hours of the Rural Municipality of Dufferin office at 12-2nd Ave SW, or on our website at www.carmanmanitoba.ca. Dated at the Rural Municipality of Dufferin this 24th day of June, A.D. 2021.

Sharla Murray, CMMA
Chief Administrative Officer
Rural Municipality of Dufferin

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We thank all applicants for their interest, but only those considered for an interview will be contacted.

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In loving memory of
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"I cried endlessly when you died,
but I promise I won't let the tears
mar the smiles that you gave me
when you were alive."

-Will always be lovingly remembered by
her husband, her children,
her family and friends!
Soar with the eagles and swim with the loons,
Doreen.

OBITUARY

Dale Wayne Stewart
February 5, 1939 - July 5, 2021



It's with great sadness that we share the peaceful passing of our
Dad, Grandpa, and Great Grandpa "Pop".

He leaves to mourn sons, Richard and Josie Stewart of Morden
(Sheralee and Darrell Forsyth and their children, Jayden, Ty)
and Colton Stewart and Lisa Deng; daughters, Cathy and Mark
Sandercock of Morden (Dylan Croll, Meghan) and Colleen and
Ken Stelmach of Airdrie, AB (Cole). He will also be missed by his
siblings, brother Duncan (Colin) and Joyce, sister, Glenda Bayliss,
and brothers, Doug (Nola) and Graham (Marg), sister-in-law, Gloria
and Dale's dear friend, Catherine Buyarski of Morden. Dale was
predeceased by his parents, John and Joyce Stewart, loving
wife, Marilyn Stewart, brothers, Brian (Kenneth) and Donald (Joe),
brother-in-law, James (Jim), nephew, Kenny and in-laws, John and

Verna Hodgson.

We will fondly remember him for his amazing sense of humor, his willingness to listen when you
just needed an ear and his surefire way of always telling you what you needed to hear, whether
you knew it or not. He always had a story to share, which you may have heard before, but yet he
seemed to make more entertaining the second time. Anyone who knew him knew of his passion
for farming, his quest for a perfectly cooked roast beef, his delight in finding an overly aged
cheese, his respect for the military and his soft heart that would always help a friend in need. Dad
always loved to learn something new and had a child-like wonder while visiting any museum,
of any kind, anywhere. It brings us great comfort in knowing he enjoyed his last day out "crop
inspecting" around the community he loved and grew up in.

In Dad's memory we would love for you to do a simple, random act of kindness for a senior
citizen in your community or the next time you're in line at Tim's, buy a coffee for the person
behind you. Dad always loved that.

A private graveside service for immediate family was held at Dunston Cemetery on Saturday,
July 10, 2021 officiated by Rev. Brian Minaker.

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NOTICE OF ANNUAL MEETING**

WEDNESDAY, July 28, 2021, 7:30 p.m.

VIRTUAL MEETING

AGENDA ITEMS

- DIRECTORS' REPORT
- GENERAL MANAGER'S REPORT
- AUDIT & FINANCIAL REPORT
- ELECTION OF DIRECTORS
- APPOINTMENT OF AUDITORS

All AGM attendees **must register in advance**
of the Annual General Meeting to participate
as a voting member.

Registration will close Friday, July 23, 2021
at 4:00 p.m. Please call 204-744-4087 or email:
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OBITUARY



Garth Campbell

It is with very broken hearts that we have to announce the passing of Garth Campbell on July 2nd, 2021 at Notre Dame Hospital. He touched the lives of everyone that got the chance to know him.

He was predeceased by his parents Charlie and Dorothy Campbell; sister Yvonne Smith; sister-in-law Doris Campbell; Shannon's parents Bill and Florence Krohn and step-mother Janet Krohn; brothers-in-law Don Krohn, Alfred Dueck, and Ralph Krohn; and sister-in-law Kathy Miles.

He is survived by the love of his life Shannon; his precious children Meaghan and Ian; his Kiwi-daughter Jasmine and husband Lucas Thiessen; Brayden Leblanc, who was always like another son; his sister Velma (Bert) Cummer, brother Ivan, and brother-in-law Nelson Smith; Shannon's family: Cheryl (Dave) Thiessen, Heather (Del) Fraser, Sherri (Wes) Nickel, Brenda (Wes) Klassen,

April Krohn, Ted (Matilda) Krohn, Mark (Wanda) Krohn, Bob (Betty) Krohn, Joe (Carol) Krohn, Len (Dorothy) Krohn, and Adam (Susan) Krohn.

Garth was born in Winnipeg, Manitoba on March 17th, 1960. He started this journey called life fighting and ended his journey fighting. He was born premature and had to spend three weeks in the hospital. His mother discharged herself from the hospital so she could go home and run the store, leaving Velma, who lived in Winnipeg, in-charge of going to see him every day until he was able to come home.

From a young-age, Coke was always his beverage of choice. Velma recalls when he was three-years-old he would reach into the cooler and pick one out without being able to see inside, but he always pulled-out a Coke. Since then his love for Coke was known throughout the town and many people would bring back rare Coke cans and items from their travels for his collection.

Everyone knew Garth. He was a pillar of the community and ran Campbell's General Store for over 30 years. Customers and community members were soon considered friends. He'd do his best to get you what you needed and if he didn't have it he'd be sure to offer another solution. Many people have fond memories of coming to Roseisle and visiting Garth at the old store. Whether it be getting ice cream treats with grandparents, spinning around on the old red bar stools at the counter, enjoying a 10 cent cup of coffee, having a friendly chat, stopping by in the evening to watch some TV or asking for some advice, Garth seemed to leave a lasting impression on everyone who came in.

In 2005 Garth closed the door of his family's store and walked across the street to open the doors of the Roseisle Community Grocery Co-op. He spent seven years running the Co-op and even got to be his daughter's boss for a year. He grew tired of being a manager and decided to move on to work for Rona's lumber department. After working at Rona for a few years, his health troubles really began.

What started out as a simple wrist injury soon led to many health issues, most of which pertained to his struggle with diabetes. Garth always said "I should have never had my wrist fixed, then the rest of this wouldn't have happened". Shannon would reply with "your warranty has expired and you've worked too long and too hard that your body decided it had enough". He was in and out of hospitals for many other issues that kept arising but he was a very stubborn man who kept on fighting until the very end.

Doyle's Funeral Home
in care of arrangements
www.doylesfuneralhome.com



Gordon Edward "Brownie" Brown

It is with great sadness that the family announces the passing of Brownie on Saturday, July 10, 2021, at the Carman Memorial Hospital.

He was predeceased by his parents, brothers Thomas and William.

Brownie is survived by his wife of 61 years, Frances; daughter Joni (Tom) Bruce, grandchildren Katie and Dylan, Cayley, AB; son Kenny, granddaughters Sha-ri Brown, Seminole, TX and Bobby May Brooke Brown, Carman, MB; daughter Kim (Gary) Woods, grandsons Gordie and Jamie, Elm Creek, MB; sister in-law Pat Brown and family, Sault Ste. Marie, sister in-law Jean (Jack) Howard, Flin Flon, MB as well as many nieces, nephews, and friends.

A private family graveside service will be held at the Greenwood Cemetery, Carman.

Memorial donations may be made to CancerCare Manitoba or the Royal Canadian Legion, Branch #18, Carman.

Doyle's Funeral Home
in care of arrangements
www.doylesfuneralhome.ca

OBITUARY



Margaret Elizabeth Johnston (Moody)

May 9, 1939 - July 9, 2021

Margaret Elizabeth Johnston (Moody) was born May 9, 1939 in Virden, MB to Fred and Charlotte Moody. She passed away July 9, 2021 after a difficult journey with Alzheimers.

She is survived by her husband, Wayne Johnston. They were married July 14, 1962. She is survived by their children, Scott, Craig (Coreen), Maureen, Lynne (Sean), grandchildren Kiera, Jaron, Lauren, Gena, Charlotte and Marly.

Margaret graduated in 1962 from Brandon College with a Bachelor of Arts and a Bachelor of Education. She taught high school English in both Brandon and Russell. Margaret also obtained certification as an Associate of the Royal Conservatory of Music (ARCT) in 1994.

Margaret had a creative and artistic spirit. She painted hundreds of easter eggs (pysanka), sewed, did macrame, quilted, and gardened. She also loved music and taught piano for years with often as many as 28 students a year.

Margaret loved her family and spent many years teaching, guiding, and loving each of her family members. She was a woman who lived her life with intelligence and consideration for others in all she did. She will always be remembered, loved, and missed by her family and friends.

A private family service will be held at the Carman Pentecostal Church. Interment will take place in Johnston Cemetery, Oak Lake, MB.

Memorial donations may be made to Brandon University Foundation, 270-18th St., Brandon, MB, R7A 6A9.

Doyle's Funeral Home
in care of arrangements
www.doylesfuneralhome.ca

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> MEAL IDEAS



Croissant Chicken Salad Sandwich with Sprouts

1/2 teaspoon pepper
1/2 cup cherry tomatoes, quartered
sprouts
In skillet, arrange bacon and cook until slightly crispy. Drain bacon over paper towel; allow to dry. Crush into pieces.
In large bowl, stir chicken, mayonnaise, green onions and pepper until combined. Add bacon and tomatoes; stir until combined.
Cut croissants in half. Spoon generous portion of chicken salad over bottom croissant. Top with sprouts. Replace top croissant.

Servings: 6
6 strips bacon
1 rotisserie chicken, shredded
1/2 cup mayonnaise
1/4 cup green onions, chopped



Peanut Butter Chocolate Chickpea Cookie Dip

1 package (4 ounces) Crunchmaster Protein Brownie Thins Homestyle Milk Chocolate
In food processor or blender, puree chickpeas, peanut butter, brown sugar, maple syrup, olive oil, vanilla and salt until smooth.
Stir in chocolate chips. Spoon into serving dish. Serve dip with brownie thins.
Substitution: Nut butter or nut-free butter can be used in place of peanut butter.

1 can (19 ounces) chickpeas, drained and rinsed
1/2 cup peanut butter
1/4 cup packed brown sugar
2 tablespoons maple syrup
2 tablespoons olive oil
2 teaspoons vanilla extract
1/4 teaspoon salt
1/2 cup chocolate chips



Fruity Sprinkles Smoothie

Servings: 4
1 cup frozen blueberries
2 cups frozen strawberries
1 cup frozen mango
1 1/2 cups milk
1 carton (6 ounces) vanilla yogurt
whipped cream
sprinkles
In blender, blend blueberries, strawberries, mango, milk and yogurt until combined.
Pour smoothie into four glasses. Garnish with whipped cream and sprinkles.



Healthy (and yummy!) outdoor snacks

Submitted by Julie Germaine

What is a day at the beach without tasty snacks? And parents know it's not a campfire until you're roasting savoury treats! Last month, I shared with you ways to exercise while enjoying the lovely Manitoba summer weather, and this week I am providing great, low calorie, healthy foods to keep you hydrated and full of energy!

If you're like me, packing up for a hike, picnic, or beach day seems to take forever! Planning ahead and doing your food prep the night before will help you 'grab & go' nutritious meals instead of opting for convenient, and often fattening, snacks. For example, slice up your veggies and pre-wash fresh fruits, then toss them into a Tupperware or Ziplock, and even portion out almonds or dried mango in the same way. Having protein bars that are reasonably low in sugar and fat is also a great way to infuse the right macronutrients into your day without stopping for a sit down meal. Rather than as a dip, I spread hummus onto a whole wheat pita wrap before leaving the house, and am able to hand the whole thing to my mini so she can enjoy it without the mess – and while on the move!

Whether you're tanning beside the pool or basking in the glow of a brilliant fire, almost everyone loves a snack with crunch. Check out your local health food or supplement store and ask about 'protein chips'. These days, you can also get green beans and chick peas that are dried and flavoured like your favourite potato chips! Email me if you need helping finding them.

Have you made a campfire banana boat? Here's how: rip off a 1ft x 1ft section of aluminum foil, and then



Health and Wellness Fitness expert
Julie Germaine

layer a matching parchment paper on top. Take a whole unpeeled banana, and, without cutting through the bottom side, slice lengthwise. Stuff banana down the middle with toppings like dark chocolate chips, strawberries, pecans, Nutella, natural peanut butter, or even caramel and mini marshmallows if you're going wild. Place banana in the centre of the foil and wrap fully. Use tongs to place onto the campfire grill and toast just a few minutes. This crunchy, melty, sweet treat can be made many ways and is always a hit!

I am passionate about helping men and women achieve their fitness goals! Please visit my website for information on my virtual personal training and nutrition programs, including my 30 Day VIP Fat Loss Challenge and one-on-one coaching! www.juliegermaine.com

Coach Julie Germaine is a fit mom, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fat Loss Guru. She has helped thousands of men and women improve their health since 2005.



Tart Lime Smoothie

Yield: 1 1/2 cups

2 kiwis, peeled and halved
2 ripe bananas
3 tablespoons fresh mint, chopped
2 limes, juice only
1 cup orange juice
2 cups ice, crushed

In blender, blend kiwis, bananas, mint, lime juice, orange juice and ice until smooth.

Pour into glasses to serve.