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Kate VanKoughnet (middle) says there's no end in sight for her time in synchronized skating.

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Pembina Valley RCMP investigate church fire in Carman

By Ty Dilello

Pembina Valley RCMP responded to a fire at the Grace-St. John's Anglican Lutheran Church on 2nd Street SW in Carman at approximately 4:15 a.m. on March 13.

When officers arrived, they found the Carman-Dufferin Fire Department and Emergency Medical Services already at the scene. Unfortunately, firefighters were unable to enter the building as the floor had collapsed into the basement.

Thankfully, no one was inside at the time, and there were no injuries reported.

Upon arrival, heavy flames were pushing out the front entrance, with

approximately 75 percent of the interior engulfed in fire.

"Immediately, a rapid defensive attack was started, and entry was attempted," said Carman-Dufferin Fire Department Deputy Fire Chief Joey McElroy. "The floor inside the main entrance was severely compromised, preventing firefighters from entering. So the entry was made in the side door to the sanctuary and rear door that went down to the basement."

An offensive attack began as fire crews breached an exterior wall to access the rear office area. The response involved 18 fire department members and all five firefighting apparatus.

McElroy noted that neighboring fire



STANDARD PHOTOS BY JOEY MCELROY

The historic Grace-St. John's Anglican Lutheran Church was severely damaged in a tragic early morning fire on March 13. The Pembina Valley RCMP has classified the fire as suspicious and is asking the public to provide any video footage of the church from those early hours.

departments were nearly called for assistance; however, the fire was declared under control within the first couple of hours.

Firefighters spent several hours on the scene, totaling about 10 hours by the end of the day, which included a significant cleanup effort.

"Investigators from the Office of the Fire Commissioner and the Insurance

company are working to determine the cause of the fire," said McElroy. "The investigation could take some time, but fortunately, we were able to keep the structure standing and give investigators a chance."

This is heartbreaking news, as the Grace-St. John's Church had more than 130 years of worship history, beginning when the property was purchased along the Boyne River in 1892. In 1950, Lutheran families began gathering at the Graysville Anglican Church to worship until they purchased land and established the Grace Lutheran Church in 1952. Eventually, the St. John's Church amalgamated with the Grace Church to form the church as it stands today.

As the fire is currently deemed suspicious, the Pembina Valley RCMP is asking anyone with video footage from 3:30 a.m. to 4:30 a.m. in the area of the fire to come forward and contact the local RCMP detachment at 204-745-6760. The RCMP and the Office of the Fire Commissioner continue to investigate the incident.

2025 Gravel Hauling Tender

The R.M. of Dufferin is requesting that anyone interested in hauling gravel for the R.M. of Dufferin in the 2025 construction season contact the office as listed below for a tender package.

The R.M. of Dufferin will have the right to engage the services of any gravel hauler who has submitted a hauling quotation, which is considered in the best interest of the municipality as far as efficiency and economy. All gravel haulers must adhere to the rules established by the Council of the R.M. of Dufferin in the Gravel Policy and submit their sealed tender no later than **April 7th, 2025, at 1:00 pm.**

The Municipality reserves the right to reject any and all tenders at its sole discretion; and that the lowest or any tender may not necessarily be accepted. The R.M. of Dufferin would like to thank you for your cooperation in this matter.

Sharla Murray, CMMA
Box 100, 12 2nd Ave SW
Carman, Manitoba R0G 0J0
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A reel good time at annual ice fishing derby on Stephenfield Lake

By Ty Dilello

The annual Stephenfield Lake Ice Fishing Derby held on March 8, hosted by the Carman and District Game and Fish Association, was a huge success.

The event ran smoothly, thanks in large part to the dedication and commitment of committee members, as noted by the Carman and District Game and Fish Association.

The weather was favourable throughout the day, resulting in a significant increase in participants compared to last year. Out of the 326 registered participants, 50 were children under the age of 16, which was rewarding for the group to see the future of fishing enjoying the day.

"We enjoy seeing the continuous growth of our events/membership base and look forward to seeing what the future holds," said Justin Major president of the Carman and District Game and Fish Association.

In total, 119 Northern Pike and 357 Perch were entered in the derby.

The award winners from the Ice Fishing Derby are listed as follows:

- 1st place Perch - Measuring 11.50" - Dale McGillvary - \$2,445
- 2nd place Perch - Measuring

- 11.25" - Riley Banman - \$1,223
- 1st place Pike - Measuring 41" - Registered first - Hugo Gonzalez - \$2,445.
- 2nd place Pike - Measuring 41" - Registered 2nd - Abe Redekopp - \$1,223
- Smallest Perch - Measuring 4.25" - Jordan Froese - \$100 Co-op Giftcard
- Hidden Mystery Length - 34.75" - Brett Wiebe 33.50" - Guided Fishing Trip with GuaneFishin
- Hidden Mystery Length - 26.25" - Jordan Vandam 26.25" - Guided Fishing Trip with Out Of The Blue Aquatic Adventures.
- Kids Bass Fishing Trip Give-away - George P. Hildebrand
- Carman Game and Fish Membership Draw - George Wolf - One week golf cart rental from Prairie Golf Supplies.
- Derby Participant Draw - Justin Reimer - 10 Hour Ice Castle rental on Pelican Lake with Ice Hole Fishing Adventures
- 10" Ion Electric Ice Auger Raffle - Owen Friesen
- 50/50 total \$2,242 - Winner took home \$1,121



Brett Wiebe, left, had the closest Hidden Mystery Length 34.75" with his fish measuring 33.50" and won a guided fishing trip with Guane Fishin.



Owen Friesen, right, won the 10" Ion electric ice auger a raffle.



STANDARD PHOTOS BY JUSTIN MAJOR

On March 8, 326 registered participants took part in the annual Stephenfield Lake Ice Fishing Derby, hosted by the Carman and District Game and Fish Association.

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Ty Dilello
1-204-250-6322
news@carmanstandard.ca



PUBLISHER
Lana Meier



SALES & MARKETING
Brett Mitchell



SALES & MARKETING
Gwen Keller



REPORTER/PHOTOGRAPHER
Dennis Young



REPORTER/PHOTOGRAPHER
Ty Dilello



REPORTER/PHOTOGRAPHER
Jennifer McFee



GRAPHIC DESIGNER
Nicole Kapusta



GRAPHIC DESIGNER
Tara Gionet



DISTRIBUTION
Christy Brown



CLASSIFIED ADMINISTRATOR
Corrie Sargent



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

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Tariffs and trade – now what?

By Cam Dahl, General Manager, Manitoba Pork Council

“This too shall pass” is a Persian proverb used to encourage hope when times are difficult. Does this saying apply to the current U.S. President’s confrontational approach to allies and friends? Does it apply to the U.S. Administration’s isolationist trade policies and tariffs? It probably does apply in the long-term, but today, hope is in short supply for many Manitoba farmers.

Manitoba exports about \$9.3 billion worth of agriculture and food products every year. This represents 13 percent of the province’s annual gross domestic product. Almost half, 46 percent in 2024, of these exports were shipped into the U.S.

On March 4, President Trump carried through on his threats to put tariffs of 25 percent on almost all Canadian exports (outside of oil and gas). This means that half of our agriculture and food exports became 25 percent more expensive with no return to farmers or processors. The negative impact of this will reverberate throughout every community in Manitoba, large and small.

Tariffs do not come as a surprise. The President talked about tariffs throughout his election campaign. The current U.S. Administration views trade surpluses as a foreign subsidy provided by U.S. taxpayers. The President’s closest economic advisors are advocates for tariffs for both revenue generation as well as a tool to drive

manufacturing to the U.S. Given these views, it is likely that these tariffs will be with us for some time.

Many are predicting that a recession is coming. Looking at the pork sector as an example, it is not hard to see why these predictions are being made. The sector supports 22,000 jobs in Manitoba, in almost every part of the province. The industry contributes \$2.3 billion to the provincial GDP. Our largest export market is now significantly disrupted, putting those jobs and economic contribution at risk. Pork is not alone. A recent survey by the Winnipeg Chamber of Commerce found that over 60 percent of businesses will be negatively impacted, with many seeing impacts already.

Governments need to act decisively and rapidly. We have seen positive action from the Government of Manitoba, with the Premier, together with his provincial counterparts, engaging with decision makers in the U.S. Cabinet ministers, like the Minister of Agriculture, Ron Kostyshyn, have been reaching out to strategic partners in state capitals. The establishment of the Premier’s U.S. Trade Council was a positive step. But more can, and must, be done.

At least in agriculture, we have common objectives with our neighbours in Saskatchewan and Alberta. The three governments should come together with a strategic outreach plan for Prairie agriculture and food trade stakeholders in the U.S. Through work done by the Keystone Agricultural Producers, agriculture and food value

chains in Manitoba have identified 18 key states with whom we should be engaged. It would be difficult for Manitoba to effectively launch an advocacy campaign in all 18 states, but together with the other Prairie provinces we have the necessary resources.

The province should consider leveraging their ‘Buy Local’ campaign to partner with the other two prairie provinces to further boost consumer demand here at home. Longer term, both the federal and provincial governments should be looking at incentives for investments that would help support export diversification and increase trade between provinces. For example, providing incentives to both farmers and processors who, considering U.S. trade actions, might want to adjust their operations to meet European regulations.

We also need to have a strategic plan going into the renegotiation of the Canada – U.S. – Mexico Agreement. The aggressive shift in U.S. foreign and trade policies over the past two months clearly show us that the renegotiation of our most important trade agreement will be difficult. We must be more prepared than we are today.

Canada has responded to the U.S. tariffs with our own duties. We really had no option. But a protracted trade war with the U.S. will weaken our province and our country for years to come. There is hard work to be done by both exporting industries, like agriculture, and governments to prevent that from happening and to recharge that hope for the future.

This week, the way it was through the years

By Dennis Young

100 years ago, March 20, 1925... DAS asks the Town for funding due to increasing deficit; the School Board asks the Town to extend the Constable’s job to include a truancy officer; E. Watson & Son are local painters; DAS plans a field and track day during the Fair; F C. Harris sells famous England Walking Shoes for \$4.50-\$5.

75 years ago, 1950... Carman Intermediates lose to Morden in hockey finals 6-4. Scoring was Jack Hethering-

ton, Al Patterson, Colin Rothwell and Reg Ullyot; Strachan Seed Co. sells cut flowers for Easter; Collegiate Girls Hockey team hosts a tourney with Pilot Mound, Morden and Somerset; Legion host a Veterans Stag Night; H.D. Churchill sells 20 run seed drills for \$410.

50 years ago, 1975... Vandels ransack Ski Birch & Snow Valley; Chamber wants Town promotion done by Rec Dtr; Councilor Pethybridge says RCMP needs to enforce parking ban

more stringently; The CN station’s future is up in the air but could be bought for \$1; MCC opens on 1st Street; Almer Dunn honoured for leading artificial ice installation.

25 years ago, 2000... Homeowner taxes increased by \$17/year in Carman & Dufferin; Elm Creek’s Julie Wiebe represents Mb at Forum for Young Canadians in Ottawa; Annual Cub/Scout Kub Kar Rally was held in Carman; D & M Fine Foods sells 10kg Robin Hood flour for \$5.99.

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Head Office: 1-204-467-5836

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Beyond borders: grassroots committee strives for harmony

By Lori Penner

In response to growing concerns over recent political tensions and economic uncertainty, a small group of Manitobans has taken a proactive step toward peace and understanding.

A gathering was held March 9 at Bell Aura Bed and Breakfast in Carman to discuss ways in which individuals and small groups could create safe spaces for mental health support, dialogue and community connection.

What began as a casual discussion quickly evolved into forming a committee promoting harmony and unity across borders.

Barbara Alarie, owner of Bell Aura Bed and Breakfast, led the conversation, which resonated deeply with attendees.

"The committee is just basically to offer support to one another in troubled times. It ends up being that we feel helpless. People say, 'Oh my goodness, what's going to happen? What can I do? I can't do anything.' So, this is one thing we can do."

The newly formed committee wast-

ed no time generating ideas for an event to unite people. The discussion focused on hosting a gathering - possibly as soon as May 2025 - at the International Peace Gardens. The event could be a rally, tailgate party, or barbecue, where individuals from Canada and the United States would be invited to celebrate peace, harmony, and community.

The vision includes speakers from diverse cultural backgrounds, providing an opportunity for people to connect, share experiences, and support one another.

The proposed name for the event, People for International Harmony, reflects the committee's overarching goal of bridging divides and fostering meaningful dialogue. The group also expressed a strong desire to involve Indigenous leaders and Elders in shaping the initiative.

The committee is eager to spread its message beyond Manitoba, hoping to inspire similar grassroots movements across the country.

"We're hoping that this will inspire other people," Alarie said. "We are

sending out our message across Canada and hoping that other provinces and other groups will get together and do similar things. It's a way to find common ground. We're neighbours, for heaven's sake."

With many Canadians having connections in the United States, the group is mindful of ensuring that their efforts promote unity rather than division. "A lot of us have family and friends there, and we need to find ways to connect. We don't want to paint everyone with the same brush. It's very easy to generalize because that's human nature. But I think there is a way to find common ground."

The committee's approach is rooted in action rather than rhetoric. Alarie shared her belief that open conversations can alleviate anxiety and break down barriers. "I think we'll all feel better just having attempted, having done something. I think it's when people murmur and whisper amongst themselves and no one's really talking face-to-face, that starts

Continued on page 10

worship with us > FAITH

Our Response to God's Providence

In my last article we considered how God provides for all of creation. He continues to maintain everything. Nothing occurs on earth by chance, luck, or fate. Rather, they come to us by God's fatherly hand. This confession has several implications.

It encourages patience in adversity. We face every suffering, trouble, persecution, sickness, poverty and pain, with patience. We understand that even adversity can be good for us. Even adversity can have beneficial aspects, like how a child's knee injury from falling off a bike leads to further short-term pain while cleaning the wound to prevent infection. This process helps the child become stronger and more cautious. We must understand that being patient doesn't require us to bear suffering impassively, or without emotion. It doesn't mean that we can't cry or even at times complain. Instead, it means that we must bear the cross willingly and for the Lord's sake, for our good.

Recognizing God's providence also fosters gratitude during prosperous times. Prosperity is the opposite of adversity. It involves periods when conditions are favourable, and resources are abundant. During such times we may forget God and start thumping our own chest. Being thankful means recognizing all good comes from God, serving him with them. The Bible defines thanking God as responding to him through obedience. Being thankful means being liberal in sharing our blessings, especially to those in need.

Lastly, knowing God's providence instills confidence about the future. No circumstance or creature can separate us from the love of God in Christ Jesus! We do not fear any future troubles, such as a downturn in the economy or poverty, or terminal illness and death, or war and persecution. Neither do we fear such abundant blessings that we will forget the Lord. We know that nothing happens to us by chance, but only by God's fatherly hand. We know that God will provide us with strength and faith to handle all situations.

By Pastor James Slaa
Carman West Canadian
Reformed Church

letter to the editor

Letters to the Editor:
news@carmanstandard.ca

Has Trump done great things?

So Patricia Barrett doesn't like Trump (March 6th). I'm glad Kamala Harris lost, just like I was elated that Hillary Clinton was defeated in 2016.

Trump has done domestically great things. Pulling out of the Paris Climate Accord, repealing 70 climate laws, ending the DEI and the ESG nonsense. Ending fascist EV mandates and intending to shut down the Department of Education which never existed before 1979. Banning men from woman's sports, bathrooms and showers. Getting tough on the open invasion southern border. Ending USAID. Pulling out of the World Health Organization. The pandemic treaty the WHO tried to pass was absolutely frightening. If the WHO got their way the next pandemic lock downs and restrictions would be far more draconian than COVID19 was back a five years ago. Pulling out of the WHO is a victory for freedom.

Zelensky subject to humiliation? Zelensky made the mistake of negotiating in the Oval office instead of behind closed doors where negotiations belong. The combative meeting when the Chinese sparred with former President Biden on their first

meeting in Alaska, was no different. The Free Trade talks of more than 30 years ago between Canada and the US often got every bit as testy but it was all behind closed doors. Zelensky should have kept his mouth shut and saved it for the behind closed doors meeting.

She mentions Kerr Starmer the PM of the UK in an honourable light. This is a PM who is committed to the literal civilization destroying Net Zero which is responsible for the UK having the highest energy costs on earth. Starmer bragged that he prefers DAVOS (World Economic Forum) governance over Westminster (Parliamentary Democracy). This PM allows enough immigrants in two months then new housing construction starts build in a year. This is a PM with the most draconian censorship laws in the entire Western world. Putin has arrested 400 Russians for social media posts while the UK has arrested 3300 people for social media posts the government doesn't like. So post about migrants or Islam or the grooming scandal the government disagrees with and the police will come knocking, worse if I post something here in Carman and it shows up in the UK and I as a tourist fly to the UK I can be arrested on UK soil for what I posted here in Canada. One UK police commission-

er publicly stated they will even try to extradite citizens the world over who post things the UK government doesn't like.

Millions of undecided voted for Trump because they looked at the Democrats as being out of touch elitists who cared only about the green and woke agenda and nothing about the southern border invasion, crime, inflation and out of control gas, grocery and housing costs. Trump has to realize tariffs will make all those costs of living much worse and this undecided support will vanish.

As for the 51st state, Trump should realize that the New World Order Globalists under the Club of Rome already back in the 1970s wanted 10 kingdoms or states for the whole planet and one would be the US, Canada and Greenland under one entity. The base who voted him in hates the globalist WHO, UN, and especially loathes Klaus Schwab and his World Economic Forum. These evil WEF globalists are the same Club of Rome supporters.

Trump should listen to his good friend Ben Shapiro who publicly stated that Trump should back off completely on 51st state, governor comments which could result in Mark Carney winning the next election who is much worse than Trudeau.

- Stanley Reitsma, Carman

Carman's Crazy Fancy Coffee Club welcomes seniors

By E Antonio

Calling all seniors! Are you looking for an afternoon of craze, community, and coffee? Look no further than the Crazy Fancy Coffee Afternoons at the Active Living Centre (ALC) on select Tuesdays.

The first Crazy Fancy Coffee Afternoon took place on March 11 and was a tremendous success, attracting over 40 seniors. Attendees enjoyed the opportunity to meet and mingle while snacking on freshly baked cinnamon buns made by Susi Keck, owner of Crazy Lady's Food Delivery.

"I was approached by the ALC asking if I would be able to cater some baking for a senior's afternoon, and I thought it was such a wonderful idea," Keck explained.

For just \$3, seniors are welcome to the ALC for some social time and

french baking. On March 11 everyone enjoyed a warm and gooey cinnamon bun and a cup of coffee or tea.

Ruther Reimer, CEO and spokesperson for Katie Cares, was also in attendance as a guest speaker. She spoke with seniors about Katie Cares, an organization that provides housing and other support for individuals receiving care at Boundary Trails Health Centre, Salem Home, Eden Health Center, Tabor Home, or any other care facility in the Morden and Winkler area.

Crazy Fancy Coffee Afternoon was an instant hit among Carman's seniors.

"The event was so well received and I am looking forward to the next one," said Keck.

Another Crazy Fancy Coffee Afternoon is scheduled for March 25 from

2 to 3:30 p.m. (or until the fun starts to dwindle). This time, Keck will provide cream puffs baked right in the ALC kitchen for seniors to enjoy.

All Crazy Fancy Coffee Afternoons take place in the Friendship Room at the ALC and cost \$3. Everyone is welcome to drop by to chat with others or play a game of cards, crib, or crokinole with old friends. Baked goods and coffee will be available on a first-come, first-served basis, so we encourage you to arrive right at 2 p.m. to ensure you get a tasty treat. The Carman Handi-Van will be available if you need a ride; you can arrange pickup and drop-off by calling (204) 745-2356.

Crazy Fancy Coffee Afternoons are tentatively scheduled until the end of April, and any updates to the programming will be posted to Crazy

Lady's Food Delivery Instagram and Facebook pages.

When you come for the afternoon, wear your fanciest attire.

"It is called a crazy afternoon, so we should all be coming to it in something crazy!"

The name "Crazy Fancy Coffee Afternoon" comes from Keck's customers who often describe her as crazy.

Crazy Lady's Food Delivery also offers catering for baked goods, soup and sandwich platters, field meals, frozen entrees, and more.

"I make everything homemade, fresh from scratch," she added. If you need catering for your next event, you can email cscarman@gmail.com to arrange delicious platters of home-cooked foods.

SCCR fashion show moving to Winkler

Tickets go on sale online April 8

By Lorne Stelmach

South Central Cancer Resource (SCCR) is moving down the road to Winkler this spring for one of its major annual fundraisers.

The gala fashion show will be held May 15 at the Meridian Exhibition Centre rather than in Morden, and the

change is for a very practical reason.

"We sold 320 tickets last year, and those sold out in 14 minutes, and we had a big demand for more tickets ... so in order to do that, we are moving to the Meridian Exhibition Centre," explained lead organizer Dianne Mestdagh.

"We had a lot of disappointed people last year, so hopefully this will work out much better," she said, emphasizing the increased capacity of the Winkler rec. complex. "It gives us the opportunity to sell a little over another 180 tickets."

That in turn will provide a significant boost in terms of how much will be raised by the event, which had a net income of around \$54,000 last year.

"We've also had awesome response from sponsors as well, so it's looking very positive," noted Mestdagh.

SCCR is a community-based charitable organization that provides education and support to individuals and families dealing with cancer.

Unlike many other cancer services in the province, SCCR is not funded by the government; it relies solely on the support of community donors, volunteers, and fundraisers to continue offering its services and programming to an ever-increasing number of people across the south-central region.

Which makes the funds raised at the annual fashion show so vital, Mestdagh stressed.

"It's a major fundraiser for us. It's the only one that the board actually organizes and runs itself. A lot of community groups have fundraisers for us, but this is the one that we organize."

This year's "Stronger Together" fashion show will feature clothing and accessories from Fashions by Co-op, Knockabouts, Copper and Sparrow, Livienne, Saban & Company, and Focal Point. The evening will also have a rainbow auction and desserts.

A highlight of the evening as always will be the personal stories of the models making their way down the catwalk.



STANDARD FILE PHOTO

The SCCR fashion show takes place in Winkler on May 15.

"A number of our models are cancer survivors or family members of people who have gone through cancer, so their stories are heartwarming," Mestdagh said.

Tickets go on sale Tuesday, April 8 at 9 a.m. online at sccr.mb.ca. No in-person tickets sales will take place this year.

"I would say 95 per cent of people were using the online service already," Mestdagh noted.

The website is also the place to go to make a donation to SCCR or learn more about the supports they offer.

PUBLIC NOTICE

Pesticide Control Program

Public Notice is hereby given that the Province of Manitoba intends to conduct the following Pesticide Control Programs during 2025 within the province right of way.

1. To control invasive plants and noxious weeds on Manitoba Provincial right of way.
2. The herbicides include: Dicamba, 2,4-D amine, 2,4-D Choline, 2,4-D Ester, 2,4-D, Mecoprop-p, Dichloroprop-p, Aminopyralid, Metsulfuronmethyl, Diflufenopyr, Fluroxypyr, Imazapyr, Triclopyr, Picloram, Aminocyclopyrachlor, Chlorsulfuron, Saflufenacil, Iron (as FeHEDTA), Glyphosate, Clopyralid, Bromacil, Acetic Acid, LI 700, Non Ionic Surfactant, Flumioxazin, Indaziflam, Florpyrauxifen, mineral oil, Methyl Ester & Ethyl Ester.
3. The proposed dates of application for this program will be from April 15, 2025 to October 31, 2025.

The public may send written submissions or objections within 15 days of the publication of the notice to the department below.

Manitoba Environment and Climate Change
Environmental Approvals Branch
Box 35, 14 Fultz Blvd
Winnipeg MB R3Y 0L6



PVWC is holding annual general meeting on March 21

By Ty Dilello

The Pembina Valley Water Cooperative (PVWC) will hold its annual general meeting from 8:30 to 9:30 a.m. at the Meadows Grill in Plum Coulee on March 21.

In the early 1990s, several municipalities in south-central Manitoba came together to form the Pembina Valley Water Cooperative. The goal was to develop a regional approach to supplying potable water in an area that lacked a wide distribution of good, plentiful water resources, despite exhibiting the highest rate of economic growth of any region in Manitoba.

As of this year, the member municipalities of the cooperative include: the Town of Altona, City of Winkler, R.M. of Dufferin, Town of Carman, R.M. of Grey, Municipality of Emerson-Franklin, R.M. of Montcalm, R.M. of Morris, Town of Morris, Municipality of Rhineland, R.M. of Roland, City of Morden, R.M. of Stanley, and R.M. of Thompson.

The mission of the PVWC is to maintain and enhance the quality of life for its member residents by providing reliable and affordable water that meets or exceeds Canadian drinking water standards. The cooperative is gov-

erned by a board of 14 members, with one representative from each municipal member.

PVWC acts as a wholesaler of water, distributing it through its pipelines to its municipal customers, who then sell the water to their end users through their own distribution systems. The service area covers 9,000 square kilometers and has a population of approximately 65,000.

The PVWC's water supply comes from three water treatment plants located in Stephenfield, Morris, and Letellier.

- The Stephenfield Regional Water Treatment Plant withdraws water from Stephenfield Lake and has the capacity to produce up to 4.6 million liters per day (MLD) of treated water. This plant supplies water to St. Claude, Haywood, the R.M.s of Dufferin, the Town of Carman, Grey, Thompson, and provides a partial supply to the R.M.s of Roland and Morris. In 2024, the plant received a positive compliance report, highlighting its performance as it experienced growth in its distribution region and reached an all-time high in water production rates.

- The Morris Regional Water Treat-

ment Plant in Morris withdraws water from the Red River and pumps it into a large holding pond with a capacity of 1,000 acre-feet. It can produce up to 7.4 MLD of treated water. The treated water is supplied to the Town of Morris, the R.M.s of Morris, Montcalm, Roland, Thompson, and Dufferin, along with partial supplies to the City of Winkler and the R.M.s of Stanley and Emerson-Franklin.

- The Red River Regional Water Treatment Plant (RRRWTP) in Letellier also draws water from the Red River, pumping it into an oxbow with storage sufficient for approximately two months. It has the capacity to produce up to 7.4 MLD of treated water, supplying the Town of Altona, the Cities of Winkler and Morden, and providing treated water to the Municipalities of Emerson-Franklin, Rhineland, Montcalm, Stanley, as well as the Roseau River Anishinaabe First Nation.

At this week's annual general meeting in Plum Coulee, PVWC members will present last year's financial statements and appoint an auditor for 2025. There will also be a presentation from the Office of Drinking Water during the meeting.



STANDARD PHOTO SUBMITTED

The Stephenfield Regional Water Treatment Plant is one of three plants used by the Pembina Valley Water Cooperative (PVWC) to supply water to local communities in southern Manitoba. The PVWC will hold its annual general meeting from 8:30 to 9:30 a.m. at the Meadows Grill in Plum Coulee on March 21.

The Blood Moon has risen



STANDARD PHOTO BY BEV MCLEAN

Another eclipse was seen across North America skies last week, and this time no special glasses were required to view it. A total lunar eclipse – also known as a “Blood Moon” – was seen late last Thursday and into the early Friday morning hours across Canada, for the first time since 2022.

The phenomenon occurred in Manitoba skies in the early morning hours on Friday, March 15, when the Earth was in between the moon and the sun and the moon passed through the shadow cast by the Earth, according to the Canadian Space Agency (CSA).

The Blood Moon gets its name because of its colours, according to Sara Mazrouei, educational developer and planetary scientist at Humber Polytechnic.

A total lunar eclipse is not nearly as rare as a total solar eclipse and contrary to solar eclipses, it is safe to observe a lunar eclipse with the naked eye. If you miss this year's total lunar eclipse, the next one arrives on March 2, 2026.



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Fifty years have passed since Charlie Red Star phenomenon in 1975

By Ty Dilello

In April of 1975, something extraordinary started happening in Carman, and the whole town couldn't stop talking about it. Charlie Red Star became a household name almost overnight, and 50 years later, the public is still scratching its heads over what Charlie was.

On April 10, 1975, Bob and Elaine Diemert were walking from their farmhouse to their private airfield in Carman and saw a big red light coming at them. It had a dome on top and was pulsing. The unidentified flying object flew towards them from the west, then veered north, travelling just above the treetops at about 50

km/h.

The Diemerts continued to see saucer-shaped objects a few more times. Then, starting May 7, 1975, nightly sightings began for months. Locals gathered at the couple's field for UFO-watching parties and to spot "Charlie Red Star" as it skimmed over trees on the horizon before soaring overhead.

So many people lined the gravel roads near Carman that they caused traffic jams, as ads in the local newspapers urged readers to shop where Charlie Red Star shops.

The experience is why Carman is listed second to Winnipeg in the number of UFO sightings in Manitoba over the last 200 years. There were



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Next month marks the 50th anniversary of the Charlie Red Star phenomenon, which captured the imaginations of all Carman folks at the time. Celebrations will start with a Launch Party on April 10 and continue throughout the year.

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767 in Winnipeg and 53 in Carman, with most of those reports recorded during the height of the Charlie Red Star craze.

For those who want to learn more about Charlie Red Star, several podcasts are available on YouTube and a 2017 book by Grant Cameron, "Charlie Red Star: True Reports of One of North America's Biggest UFO Sight-

Continued on page 9



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> CHARLIE RED STAR , FROM PG. 8

ings.”

Author Grant Cameron was in Carman then, witnessed Charlie Red Star many times, and led tours for others to see for themselves. He also heard rumours of nuclear testing south of the Canada-U.S. border, which might have caused the unexplained phe-

nomena sighted in the upper atmosphere.

Several community groups have recently joined together to form a Charlie Red Star Anniversary Committee and are planning a 50th Anniversary Launch Party this April, sponsored by Trish Middleton-REMAX Val-

leyview Realty. The party will be held on April 10 from 7 to 9 p.m. at Golden Prairie Arts Council (GPAC) in Carman. It is open to everyone and looks to be a ton of fun.

If you can't make it on April 10, the good news is that the Launch Party won't be the only event planned for this Charlie Red Star 50th anniversary.

There will also be a Movie in the Park at Ryall Park in June, a disc golf tournament in August, the printing of T-shirts and sweatshirts, and the development of a documentary. Local schools in Carman are also getting involved, and copies of the book about Charlie Red Star will be available throughout the rest of the year.

GLOBAL RECYCLING DAY IS MARCH 18, 2025

Three tips for recycling organic waste

It's common knowledge that reducing waste is essential to preserving the environment — especially considering that landfills are big producers of greenhouse gas emis-

sions. Do your part! Here are three ways to recycle organic waste.

Speed up your composting efforts by cutting kitchen leftovers into tiny pieces before throwing them in the composter.



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1. COMPOSTING

Did you know that compost reduces waste by approximately 40 per cent? Dead leaves, stale bread, nutshells and rotten produce are all examples of kitchen and yard waste that can be easily composted. If you don't have enough room for a composter, leave it up to the earthworms: try vermicomposting instead! This method requires little space and efficiently produces odourless, nutrient-rich fertilizer.

2. GRASSCYCLING

Grasscycling, also referred to as herbi-cycling, involves leaving grass clippings behind while mowing the lawn. In addition to creating natural

fertilizer and reducing waste, this method helps the soil retain moisture and improves its resistance to disease. If you don't like the look of grass clippings scattered across your lawn, invest in a mulching lawnmower: not only will the clippings be much less apparent, but they'll also break down faster into the soil.

3. LEAF-CYCLING

Leaf-cycling involves mowing dead leaves instead of raking them to provide the soil with beneficial nutrients that will help it better survive the winter. It's a great (and natural!) way to obtain an overall greener lawn come spring.

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> **POLITICAL TENSIONS, FROM PG. 5**

the rumour mill and that gets people afraid.”

In addition to the planned spring event, the committee is also looking ahead to Canada Day, proposing a symbolic act of unity. “For Canada Day, we’ve got a plan that we’d like to implement. We would like to see a human chain all along the

border of Canada - just hooking arm in arm and standing together as good neighbours. It could be a love fest!”

The group is actively spreading the word through social media and personal networks to ensure their vision reaches as many people as possible. “Our committee is sending out

emails to all of our friends and contacts, giving them the same information, and sending them the minutes of our meeting. We hope to go beyond this.”

The committee has also invited Manitoba Premier Wab Kinew to be part of the initiative.

While the movement is still in its early stages, the enthu-

Continued on page 13

March is

PHARMACY Appreciation Month



Do pharmacists give advice about over-the-counter medicines?

Not only do we see it as our role to counsel patients about all the medicines on sale in our pharmacies, pharmacists actually want to field your questions about over-the-counter medications. Why? Because all the medicines you take — prescription and non-prescription — can interact and affect your health. On the harmless but inconvenient side, an ill-

advised combination can cause sleep or digestion problems. On the dangerous side, combining medications and OTC products can cause damage to your liver, heart or other organs.

It may surprise you to learn that part of a pharmacist’s education and training includes OTC drugs. There are over 300,000 of them on the market, so that’s a

good thing. If you want to know which product is the most appropriate for a cold, flu, skin rash or for family planning, ask your pharmacist. If you want to know how a natural supplement might interact with your prescription medication, ask. If you’d like to know if an OTC drug might interact with certain foods or cause drowsiness, ask.


Your pharmacist can also advise you on whether a generic OTC product is available as an alternative to a pricier brand name, or if a liquid, gel capsule or tablet is bound to be more effective in your circumstances.

What is the role of a pharmacist?

You may have noticed that things have changed in terms of what your pharmacist can do for you. To sum it up best those changes, we now no longer focus on dispensing products but rather on dispensing “pharmaceutical care” to our patients and in our communities.

Pharmacists always work in concert with primary-care doctors. In fact, we are considered to be the most accessible members of your healthcare team, especially those of us who work in retail-chain and independent pharmacies. When your doctor prescribes you a medication, we all work together to monitor any specific risks, including interactions with pre-existing medical conditions and adverse reactions. We also advise patients about the more than 300,000 over-the-counter drugs that are on the market. In some cases, we can also give advice about natural supplements and how they may interact with your other medications.


In our expanded role, we can now work with doctors in monitoring chronic conditions such as hypertension and diabetes, administering vaccinations, adjusting medication dosages and doing patient assessments. And in several provinces, we are now authorized to provide emergency prescription refills, initiate or change drug dosages and formulations, prescribe for minor ailments, renew and extend prescriptions and more.



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Your FARM



El Niño, La Niña, and the 2025 forecast: what farmers can expect this season

By Lori Penner

Every farmer wishes they had a crystal ball to predict what Manitoba's growing season will bring. Will it be another dry year, or will mud-slicked fields make seeding a challenge? While no one can see the future, there is one global weather phenomenon that offers valuable clues for long-range forecasting—and it's shaping predictions for the 2025 crop season

Scott Kehler, meteorologist and president and chief scientist of Weatherlogics, has spent years analyzing weather patterns and developing forecasting tools to help farmers and industry professionals prepare for whatever Mother Nature has in store.

With a bachelor's and master's degree in meteorology from the University of Manitoba, Kehler specializes in weather research, improving prediction methods, and analyzing past climate events. Despite his focus on research, he remains passionate about day-to-day forecasting, particularly for high-impact weather events.

During his presentation at St. Jean Farm Days earlier this year, Kehler shed light on two significant climate patterns—El Niño and La Niña—and how they consistently shape winter weather trends across North America.

"These events are driven by shifts in sea surface temperatures in the central and eastern Pacific Ocean along the equator," Kehler explained. "El Niño is associated with above-average ocean temperatures, while La Niña brings cooler-than-normal waters. These changes influence global weather patterns, includ-

ing the likelihood of extreme weather events."

Since 1900, there have been about 30 El Niño events, with the most recent in 2023-24 and the strongest recorded in 2015-16. Likewise, there have been about 30 La Niña events since 1900, with the most recent occurring from 2020-23 and the strongest on record in 1973-74.

Why do we care about Pacific Ocean temperatures?

"The Pacific Ocean makes up such a massive part of the Earth's surface—about five times the area of Canada," Kehler explained. "These temperatures affect global weather patterns. They influence the jet stream due to the difference in temperature between areas to our south and areas to our north."

The jet stream is a key driver of North American weather. During El Niño, temperature differences tend to be less pronounced, weakening the jet stream and making it more difficult for cold air masses to move south. Conversely, La Niña strengthens the jet stream, increasing temperature differences and allowing Arctic air to push further south, often resulting in colder and snowier conditions.

"Although these patterns don't guarantee extreme weather, they increase the probability of certain conditions developing," Kehler said. "If you look at the past decade, the warmest and coolest years have almost always coincided with an El Niño or La Niña event."

What's in store for 2025?

As of December 2024, the Pacific Ocean remained in

neutral conditions, meaning neither El Niño nor La Niña was in effect.

"This means the forecast is far more uncertain than usual," Kehler admitted. "When we don't have a strong El Niño or La Niña, that takes away one of the factors we can point to when making our long-range forecast."

However, by May 2025, El Niño is expected to return and strengthen through the fall.

Here's what Manitoba farmers can expect in 2025:

- Overall, cooler-than-normal summer condi-

tions, particularly in the spring.

"It looks like this winter might be a little slow to leave, and with La Niña in place, there's a chance we'll see more snow," Kehler said. "The snowpack could keep things a little cooler into spring." Summer temperatures will be normal to slightly below normal.

- Wetter-than-normal conditions are expected, with a cooler start to spring followed by normal levels of rain and snow. As summer progresses, precipitation is projected to be above normal.

- In 2024,

Continued on page 12



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Your FARM



Carman's Louise Sanders considers herself a stress expert

By Ty Dilello

Few people understand the profound impact of stress on our bodies, minds, and spirits better than Louise Sanders, the founder of The Stress Experts. Based in Carman, Louise offers both virtual and in-person stress management services to organizations and private clients. She conducts live workshops in workplaces and sees clients in person at her home office.

Sanders grew up on a farm near Alton and attended school in nearby Miami. In 2015, she moved to an acreage near Graysville with her younger sister before moving to Carman in 2020.

After becoming a licensed Physical Therapist in 2009, Sanders worked at Pembina Valley Physiotherapy until 2013, when she started her practice, Step Ahead Physical Therapy, in Win-



STANDARD PHOTO SUBMITTED

Carman's Louise Sanders is the owner of The Stress Experts, which is a local business that offers in-person and virtual stress management services.

kler. However, she quickly became dissatisfied with what she perceived as a "band-aid" approach to her clients' issues

"I knew there was something more going on underneath the pains and complaints, a reason, a root that I was not addressing with physical modalities," said Sanders.

Determined to find more effective

solutions, she pursued additional courses and certifications, including Acupuncture for Physical Therapists, Low-Intensity Laser Therapy, Bowen Therapy, Neurolinguistic Programming (NLP), and BodyTalk. These studies took her across the Western provinces and into the United States.

As Sanders began to incorporate

Continued on page 14

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> WEATHER, FROM PG. 12

Manitoba saw an active thunderstorm season with few severe events. "2025

will likely be similar," Kehler predicted.

Long-range forecasting remains a challenge, but trends in ocean temperatures, atmospheric oscillations, and solar cycles offer valuable insights.

"Many farmers receive day-to-day forecasts, but long-range forecasts use entirely different methods," Kehler emphasized. "Water temperatures change very slowly. It takes a lot of energy to alter ocean temperatures, so we rely on these indicators for longer-term predictions."

While the 2025 growing season remains uncertain, the expected transition from neutral conditions to El Niño suggests a wetter-than-normal summer with cooler-than-normal temperatures. For farmers, this means careful planning and flexibility will be key.

"As always, weather remains one of the most unpredictable factors in agriculture, but by understanding patterns like El Niño and La Niña, farmers can better prepare for what lies ahead."



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Your FARM



St. Claude farmer recognized with watershed award

Submitted by Angie Smith

The Redboine Watershed District (RBWD) is pleased to present Nicolas Jobin with the 2025 RBWD Watershed Award. This award recognizes his outstanding contributions and the significant impact he continues to have on our landscape.

Nicolas was born and raised on his family's farm near Saint Claude. His father initially operated the farm as a dairy but transitioned it to a mixed farm, producing beef, pork, and grains in 1996. After graduating from high school in 2003, Nicolas worked seasonally on the farm while also completing his welding certification and gaining experience in the trade.

At the age of 22, Nicolas returned full-time to the farm to work alongside his father. In 2008, he initiated the process for Organic Certification of the farm. By 2014, Nicolas was farming organic beef and grains and was also direct marketing beef and pork with his wife, Leanna. His goal was always to expand his cattle operation and transition to full-time ranching. While he enjoyed all aspects of farming, his true passion lay in working with cattle

and improving his pastures and land for future generations of farmers.

In 2016, with guidance from various ranch mentors, Nicolas focused his farm operations exclusively on cattle ranching, emphasizing rotational grazing and effective pasture management.

Currently, Nicolas and Leanna, along with their four young children, operate a large-scale ranch with cow/calf and backgrounding operations. They focus on regenerative pasture and land practices, which aim to enhance soil health and land productivity for the next stewards of this land.

Through the RBWD GROW program, Jobin has created a series of swales that go across the high points of the ranch. He installed a series of dams and culverts that will hold back and divert water slowly over his property through the swales. Once the retention ponds have reached their maximum capacity the design of the swales will allow the overflow to travel across the sandy landscape as slowly as possible along the farthest distance. The slow-moving water will help fill as many potholes



STANDARD PHOTO SUBMITTED

The Redboine Watershed District would like to congratulate Nicolas and Leanna Jobin and family on their commitment to the Redboine Watershed. He will be recognized in December at the Manitoba Association of Watersheds Annual Conference in Brandon.

as possible along the way to maximize the amount of water that can be infiltrated into the soil and reduce water erosion. By holding water back in the sandy soil, it will increase

the recharge of groundwater which will also provide a larger capacity of accessible water for the cattle. This project will help reduce the total volume and speed at which water will

flow downstream in the watershed. The increased storage on the wetlands will provide increased wildlife habitat, water storage and decrease the nutrient load.

> POLITICAL TENSIONS, FROM PG. 10

enthusiasm and dedication of its members suggest that this is only the beginning of something significant. "I'm seeing this as people taking action - not just giving it lip service, but actually saying, 'Okay, let's talk,'" Alarie said.

A follow-up meeting is scheduled for Monday, March 24, at 2 p.m. at Bell Aura Bed and Breakfast at 77 2nd Avenue SW, Car-

man. Individuals and organizations interested in participating are encouraged to attend.

To RSVP, please get in touch with Barbara Alarie at 204-745-6787. The committee looks forward to welcoming more voices to the conversation and working together to create a future built on peace, understanding, and unity.

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Elm Creek 4-H curlers and families rocked the ice



STANDARD PHOTOS BY KARI-ANN FRIESEN

Last week, the Elm Creek 4-H Activity Club members concluded their winter curling sessions at the Elm Creek Curling Club. A big thank you goes out to the Curling Club for allowing the 4-H members to use the rink to learn curling over the past few months. The final night, held on March 12, featured a family game where parents and siblings who are not in 4-H joined in on the fun, utilizing all three sheets of ice.

> STRESS, FROM PG. 12

these new methods, she realized she could no longer adhere strictly to the principles of Physical Therapy, which focus solely on the physical body. This led her to relinquish her license and rebrand her practice as Step Ahead Wellness.

Despite this change, Louise still felt incomplete.

"Through these courses, I had learned that stress is a major contributing factor to any illness, disease, condition, or imbalance," said Sanders. "I realized that if I wanted to help my clients with the root of their problem, I had to help them address stress. But what the heck is stress, really? So, off I went to learn more about stress."

She became a Certified HeartMath Trainer at the HeartMath Institute in California, which has over 34 years of research focused on stress, resilience, emotions, and optimal performance. This institute teaches military personnel, police officers, and frontline healthcare workers techniques to re-

duce stress and increase resilience.

"I thought, 'Wouldn't the world be a better place if everyone knew these tools and became their own stress expert?'"

To embody this vision, Louise rebranded her business again, naming it The Stress Experts. Her mission is to empower individuals with the skills and tools to manage stress, so they can become their own experts in stress management.

Driven by her curiosity, Louise pursued certifications as both an Enneagram Coach and a Clinical EFT (Emotional Freedom Techniques)/Tapping Practitioner. She helps clients release emotional baggage and limiting beliefs that contribute to their stress.

One of Sander's greatest joys is when workshop participants and clients express surprise at how easy it is to feel better.

"I also enjoy learning more about myself, about EFT, trauma, and neuroscience. I enjoy setting my own schedule. I enjoy working outside the system. I enjoy offering some-

thing unique (and sometimes a little strange) that really works. And you don't even have to believe in it for it to work. But honestly, I think the thing I most enjoy is seeing the transformations in my clients, like when they have a phobia disappear, or the resolution of PTSD, or newfound confidence in themselves that they feel on a deep level, or a longstanding physical pain dissolve, or an old engrained limiting belief evaporate. The power of the human potential fascinates me."

Sanders acknowledges that a typical session may look "weird" to an outsider, but the results are undeniably beneficial.

"I admit that it looks kind of weird to tap on your face and body. But we both do the tapping, and we look weird together; it's not just you. For a one-on-one client, after some verbal exploration, a typical session involves tuning into how you are really feeling, not how you should be feeling or want to feel, but how you are feeling right now. Then we tap on specific acupres-

sure points on the hands, face, and torso to calm the nervous system and settle the stress centers of the brain as you repeat after me some statements that help you stay tuned in to the feeling. And we breathe. Basically, that's it. Your body and mind do the rest. It knows how to heal and release what no longer serves you. You just have to set up the conditions for it to do so - a calm, physiologically coherent and harmonious mind-body-energy system, and that's what you get with these techniques."

Most of Sander's one-on-one clients are local or within a 1.5-hour drive. Those who live farther away usually prefer virtual sessions, though some still choose to meet in person.

If interested in learning more about reducing stress, check out Sanders website: www.thestressexperts.com.

If you would like to sign up for a session, send Sanders a message on the website's contact form, email her at louise@thestressexperts.com, or call/text 204-825-4328.

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INSIDE > OUTSIDE > UPSIDE DOWN

Elm Creek varsity basketball team off to MHSAA provincials

By Ty Dilello

The Elm Creek Cobras varsity girls basketball team is headed to the Manitoba High School Athletic Association provincial championships after winning their qualifying round on March 8.

During the 'A' Provincial Qualifier Round held in Hamiota, the Elm Creek squad went undefeated, securing their spot at the provincials with a decisive 89-10 victory over the Strathclair Skyhawks and a 69-27 win against the Fisher Branch Cougars.

"The girls couldn't be more deserving as they have been hard working and resilient right from the get-go," said Elm Creek Cobras assistant coach Maddi Fraser.

The Cobras are set to compete at the Manitoba High School Provincial 'A' Basketball Championships in Rivers from March 20 to 22. The single-elimination bracket, which includes a consolation round, will kick off on March 20 at 6 p.m. when Elm Creek faces the Ross L Gray Raiders.

"Although we have struggled with numbers and some injuries, the girls are ready to give it their all next weekend and stir some things up," said Fraser. "It's been a great season so far and I personally have loved seeing each of them grow on and off the court. They're really a great group."



STANDARD PHOTO SUBMITTED

The Elm Creek Cobras varsity girls basketball team will compete at this weekend's MHSAA provincial championships in Rivers from March 20 to 22. Pictured left to right, back row: Rick Scott (coach), Kelli Wiebe (assistant coach), Zoie Schmidt, Kamryn Lepp, Bryn Reimer, Lexi Jones, Addison Schmidt, Maddi Fraser (assistant coach); front row: Marley Billings, Laila Miller and Charolette Billings.

Local players win Hockey Manitoba Female U-11 banner



STANDARD PHOTO BY STACY O'CONNOR

A number of local girls from Carman, left photo, Charlotte McCutcheon, Esmé O'Connor and Danielle Wiebe along with players from Winkler and Altona won their division this past weekend in Minnedosa to become the Hockey Manitoba Female U11 Provincial Hockey champs. The girls were undefeated, winning all four games. The double roster girls team was based out of Altona.

Carman Skating Club wraps up the year with showcases

By Becca Myskiw

The Carman Skating Club wrapped up an eventful year last week.

Last Tuesday marked the end of the club's second Adult Skate season. The figure skating program for adults is a lax way for local parents and adults to have fun and stay active during the winter. Working on essential skating skills for 45 minutes each week, the group keeps their heart rates up while learning to do what their children do.

Last year, the group ended their season with a performance during the skating club's carnival, but this year, they opted for a finale during their last meet on March 11. Throughout the season, adult skaters completed various activities and challenges, accumulating points based on their performance. Some events included who could do the most rotations in a spin, who could achieve the highest spiral, who could wear the most Christmas-themed clothing simultaneously, and who could perform the longest jump. The points earned during the season, combined with performances on March 11, determined the Adult Skate winners for 2025.

Kirsten Nicolajsen, president of the Carman Skating Club's board of directors, helped organize the group, which had 16 adults registered this year.

"I just wanted to make it fun and foster people's competitive spirits," she said.

On their final Tuesday together this year, each adult skater had the opportunity to perform a routine they choreographed individually. Prizes were awarded for best costume, most improved skater, best attendance, as well as first, second, and third place winners. Taking home top prize, represented by a massive trophy that reached hip height was Tracey Wiebe, while Robin Bergsma received silver, and the bronze prize was awarded to Chelsea Kozak.

"Everybody loves adult skate," said Nicolajsen. "Tuesday is the best night of the week for me."

She said one of the best parts of the wind-up was seeing everyone cheer their teammates on during their performances. Nicolajsen said the group had a lot of laughs together this year, and everyone liked spending time together.

On Friday, March 14, the Carman Skating Club held a Festival on Ice to wrap up the youth's skating season. Instead of their traditional winter carnival, the group changed gears this year to focus

on the children and give them all a chance to show what they can do.

"It's a tradition that's been in the community for years," said Nicolajsen. "We normally do a much larger ice show but we just wanted to try something different this year."

The Festival on Ice featured young skaters participating in a fun series of activities and stations on the ice, led by program assistants and fun characters. After completing the activities, the little skaters enjoyed popcorn while watching the "Shooting Star" skaters and the "Star" skaters perform in a showcase.

The Shooting Star program bridges the gap between CanSkate and Star Skate, helping skaters advance their figure skating skills. This year, there were 20 Shooting Star skaters, half of whom practiced on Tuesdays and the other half on Fridays. The Shooting Star skaters performed group routines before the Star skaters took the ice individually.

Star skaters are more competitive figure skaters, and this year, Carman had five. Each Star skater performed a routine individually, showcasing their skills for the audience and giving a preview of what they might display at competitions throughout the year.



Adult winners, left to right, second place Robin Bergsma, first place Tracey Wiebe, and third place Chelsea Kozak.



STANDARD PHOTOS SUBMITTED

The Carman adult skate group performed their own routines last Tuesday to end the season.



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Carman's VanKoughnet shines bright with Starlites

By Jeremiah Knight

Katie VanKoughnet likened it to an offence in football executing a play to perfection.

Numerous moving parts work in unison to pull off a designed plan.

Except it's on ice in VanKoughnet's world; there are no helmets or shoulder pads, and no angry 300-pound lineman is trying to tackle her.

The Carman product was referring to the Starlites' recent gold medal performance in synchronized skating at the 2025 Skate Canada Cup Championship in Waterloo, Ont.

VanKoughnet and the Starlites, based out of the Mount Pearl Paradise Skating Club in St. John's, N.L., triumphed in the open category to claim the program's first national title since 2022.

"The patterns are so precise. To have everything line up exactly the way you want it to, you practise things for so many hours, and you have one shot to pull it off," VanKoughnet said.

The 16-person team, all women and ranging from teenagers to adults, executed their four-minute, ten-second program almost flawlessly, earning 200.82 points and comfortably clearing the closest team by 13 marks.

There are many moving parts in synchronized skating—each skater performs different jumps, twists, turns, and lifts at a designated time—and one mishap can set the entire plan ablaze.

"It's so validating and satisfying. And the fact that we do it so collectively with each other and that we're all so involved in the process, it's another level of being proud of what we're able to accomplish in it," said VanKoughnet.

VanKoughnet joined the Starlites in 2016, shortly after moving to St. John's to complete her master's in applied psychological sciences at Memorial University. The Manitoban competed in synchronized skating in Morden as a kid from 2008 through her teenage years and with the University of Manitoba's Ice Intrepid.

"I had been doing synchro as a sport already for 10 years by the time I moved here and wanted to find a team where I could continue to skate, make friends, be involved in the sport, and I joined the Starlites and I have continued to be with them since," she said.

The Starlites are more competitive than the average recreational sports team. For two decades, the club has dominated the open division—the highest domestic category before international competition—in Atlantic Canada and is a perennial contender at nationals.

This season, the Starlites are undefeated through four competitions and, being the only squad in their division for the last event of the season, are guaranteed to go five-for-five.

"The work has been, in many ways, years in the making. We've had pretty low turnover on our team, which is, I think, a good contributor to our success," VanKoughnet said.

"The things we've been talking about for several years, we all know and get to keep and keep building on."

A gold medal at nationals often brings another level of satisfaction to this group. Like other clubs on the East Coast, the Starlites don't have the same resources as teams in other provinces.

The team doesn't have a designated coach and is run by its athletes.

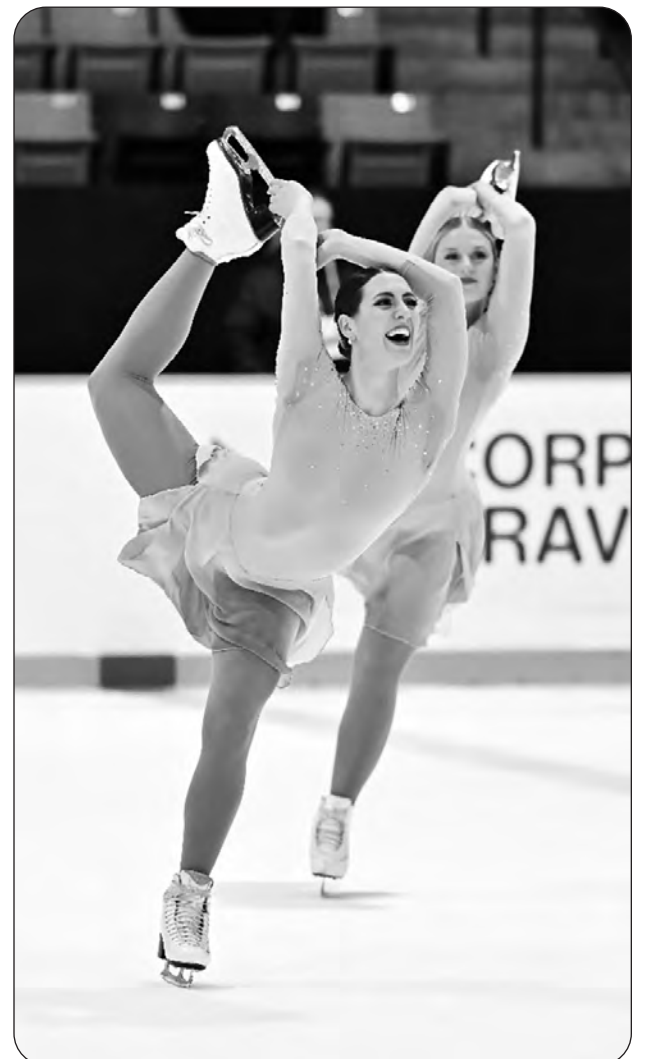
The club pays for a professional choreographer to fly out each summer and spend 20 hours installing the routine for the upcoming season. From there, it's up to the skaters to refine it.

"We do that collectively as a group. It's a democracy to make those decisions because we don't have one head coach who would be the person who makes that call," VanKoughnet said.

The Starlites spend four hours per week on the ice, working on the same routine.

It's common for the group to fly to Ontario to

"I JUST REALLY LOVE SYNCHRO, AND I WANT FOR MORE PEOPLE TO KNOW ABOUT IT AND TO BE INVOLVED IN IT."



Katie VanKoughnet has competed in synchronized skating since 2008.

test their work against elite competition. They're judged on technical elements, like the degree of difficulty in their stunts and their skating precision during twists and turns.

The hope is that they can execute that program seamlessly by the end of the season.

"In September, we're already thinking about, 'How are we going to want to achieve this at nationals?'" said VanKoughnet.

"All throughout the year, making our polishes and our changes, that's the kind of goal post that we're always setting as we're working our way to be as perfect as we can for this moment. So to finally get to that point, to have all of the background work we have done, and then have it pay off in the way that we had been hoping that it would, it's a fantastic feeling."

Unlike football, VanKoughnet can play this game for as long as she wants. The 31-year-old completed her master's degree in 2019 but has continued to live in St. John's.

There doesn't appear to be an end in sight for her stay with the Starlites.

"Getting to continue to be involved in it has been really fun," she said.

"I just really love synchro, and I want for more people to know about it and to be involved in it... because I think it really has a lot to offer anyone who skates or wants to skate and gives the chance to be active for life in a way that individual figure skating often doesn't allow for."



STANDARD PHOTOS BY DANIELLE EARL

Carman's Katie VanKoughnet (back, fourth from left) has skated with the Starlites since moving to St. John's N.L. in 2016.

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Volunteer Awareness Events



Wednesday, March 26th

South Central Regional Library - Morden Branch
514 Stephen St, Morden. 1:00 p.m. to 3:00 p.m.

Thursday, March 27th, 2025

South Central Regional Library - Winkler Branch
160 Main St, Winkler. 3:00 p.m. to 5:00 p.m.

Please contact **Ben Neufeld at 204-509-9658**
or ben.neufeld@cnib.ca.

For more information on programs go to CNIB.ca to get connected.



RURAL MUNICIPALITY OF ROLAND UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any persons who wish to make them in respect to the following matter:

R.M. OF ROLAND BY-LAW 2025-02 BEING AN AMENDMENT TO THE R.M. OF ROLAND ZONING BY-LAW 6-2001, AS AMENDED.

DATE & TIME: Tuesday, April 8th, 2025 at 9:00 am
LOCATION: Council Chambers at Municipal Office, Roland Memorial Hall, 45 3rd Street, Roland, Manitoba.

GENERAL INTENT OF BY-LAW 2025-02 To amend Table 4-4 and 4-5 to allow for inclusion of 'Planned Use Development' as a conditional use in the "RG" and "M/C" zones.

FOR INFORMATION CONTACT: Taya O'Brien, Chief Administrative Officer
45 3rd St, Roland, MB
P.O. Box 119
Ph: (204) 343-2061
Email: caormofroland@gmail.com

A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

March 10, 2025

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Budget 2025-2026 Presentation

Each year, Prairie Rose School Division's (PRSD) Board of Trustees presents the annual operational budget for the following school year. This year, PRSD is hosting the Budget 25-26 Public Presentation at **Roland School on Monday, March 24, 2025, at 7:00 p.m.** Stakeholders have the option to attend in-person or virtually via Google Meet. The Google Meet link will be sent via e-mail to those who pre-register. To register use the link or QR code below:

<https://tinyurl.com/4pch92s8>

Following the meeting, we will post the recorded presentation and the budget presentation feedback form. The feedback form will accept responses until Thursday, April 3, 2025, at 3:30 p.m.

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IN MEMORIAM



Mary Pople
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March 26, 1920 – March 12, 2002

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But loving thoughts and memories,
Will live with us forever.
-Forever loved and always remembered
by your family

OBITUARY



Bernhard "Ben" Friesen
March 19, 1942 – March 10, 2025

It is with great sorrow that we share the peaceful passing of Ben. Left to mourn is Gloria, his devoted wife of 53 years; four daughters – Joyce Budnyk (Darren), Colleen Lunney (Chris), Karen Dyck (MJ), and Debbie Bunka (TJ); along with his eight grandchildren - Jaxon, Kaia, Sam, Reese, Casey, Simon, Ellis and Zoe, all adored Grandpa. Ben is survived by his youngest brother Bill (Lynne), and numerous extended family members and friends.

The family wishes to thank Dr. Brady Anderson and Tanya, care providers at HSC, Boundary Trails, and Carman Memorial hospitals, and our home care team. You made this difficult journey less burdensome.

A funeral service was held on Monday, March 17th, at 2 p.m. at Doyle's Funeral Home. Ben's final resting place is Graysville

Riverside Cemetery.

Memorial donations may be made to Carman Palliative Care.

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

OBITUARY



Ronald Allen Stege

It is with heavy hearts that we announce the passing of our husband, father, and brother(in-law) Ronald Allen Stege. Ron passed away peacefully in his sleep on March 14, 2025 after a brief battle with cancer.

He will be greatly missed by his wife of 50 years, Ruth, as well as his children Rachel and Robert. His absence will also be felt by his siblings and their loved ones – Dale Stege (wife Karen), Arleen Stege (daughter Ashley), and Terry Stege (wife Jo-Ann Kerda) – as well as many nieces, nephews, cousins, and dear friends. He goes up to meet those who passed on before him, including his parents William and Emily Stege, Ruth's parents Frank and Mary Bergen, and brother-in-law Don Bergen, and nephew Chad Falk.

Ron was hardworking and had a number of careers that connected him to the community in Carman over the years: CIBC accountant, auditor and manager; the Carman Co-op as an accountant, manager of the machinery department, and the Co-op Gas Bar. He worked with Ruth's brother Don Bergen at Elite Cellular and went on to purchase his own business, Carman Dry Cleaners. Always loving the farm life, we bought a homestead just northwest of Carman and Ron tried farming along with his regular work. Ron volunteered with the Dufferin Historical Museum for a number of years.

When Ron had more mobility, he loved camping and fishing but the best occupation was helping Ruth's brother John and the guys on the farm, even after he'd retired. Once his health began to deteriorate, he found joy in bird-watching at the cabin, cooking all sorts of recipes, road trips out to Atikokan, and TV. Lots of TV. Lots of really loud TV (he wasn't a fan of wearing his hearing aids). And a few times a year, especially at Christmas, Ron would pull out Ruth's trusty old address book and start calling up friends and family for a good catch-up. Ron's version of an address book would have been quite interesting, seeing as he didn't actually call anyone by their actual names. He had a sharp sense of humour and was always ready with a joke. We already miss you, Ron.

Funeral service was held on Wednesday, March 19, 2025 at the Carman Mennonite Church. Interment took place in Greenwood Cemetery, Carman.

Memorial donations may be made to the Carman Area Foundation.

Doyle's Funeral Home
in care of arrangements

OBITUARY



Dr. William John Hewett

Dr. William John Hewett, aged 86 years old, of Carman, Manitoba, Canada, passed away on Wednesday, March 5, 2025 in Ottawa, Ontario. He was with his son, Matt, and his family when he passed.

Born on August 24, 1938 in Winnipeg, Manitoba, William John Hewett was a beloved partner, brother, father, uncle, and grandfather. He is survived by his sister, Diana Purdy (Ryan and Rena) of Winnipeg, his former sister's children David and Donna of New Brunswick, his children, John Joseph

Hewett (Brianna) of California, Matthew William Leith Hewett (Damaris, Santiago, Juan-Pablo, and Catalina) of Ontario, and Amy Marie Hewett-Olatunde (Jadesola and Kolawole) of Minnesota, and his partner of 20 years, Sandy Spencer Sutton of Lockport, Mb. He is preceded in death by his father, William Henry Hewett (emigrated from the Isle of Man), mother, Teresa Maude Hewett, his wife, Mary Louise Hewett, and sister, Doreen Barnett.

Throughout his life, Dr. Hewett was known for his quirky sense of humour, his dispenser of random (yet somehow valuable) facts, his intellect, his healthy lifestyle, his healing abilities, and his dedication to his family and his patients.

He earned his B.A., B.Sc., M.Sc., and his D.C. (doctorate of chiropractic). Along with his wife, who was also a teacher, they moved to the Twin Cities in Minnesota where he taught (and coincidentally taught at the same school his daughter teaches now) middle school and high school science and math. He then transitioned to studying at Northwestern Chiropractic School. Upon graduation, they moved to Moorhead, Minnesota, had their three children, and then moved back up to Canada to settle into his career. After a short stint in Winnipeg, they moved to Carman, where he spent the remainder of his days.

Arriving in Carman with his family in 1976, he settled into his chiropractic practice until his official retirement in February of 2025. He served thousands of patients in his 49 years of medical service to the community and surrounding areas. In 1984, he opened another practice in Portage la Prairie and served that community for 20 years. His love of chiropractic and holistic healing spread to select family and friends, who then became chiropractors themselves. He was a gentle and hardworking man. His legacy will live on in the hearts of those who loved him.

A funeral service will be held on Saturday, March 29th at the United Church at 1:00 p.m., followed by a reception at 2:00 p.m. at the United Church. Burial takes place on Sunday, March 30th at 11:00 a.m. in Northwood, North Dakota, next to his late wife, Mary Louise (Halvorson) Hewett and her parents, Joseph "Bapoo" Halvorson and Mercedes "Dece" Halvorson.

He will be deeply missed by all who knew him, and his memory will be cherished forever. We love you dad. We hope your next journey is filled with peace, lots of bad jokes, and fields of yellow daffodils.

To see pictures and RSVP, go to the following link: wjhewettmemorial.ca

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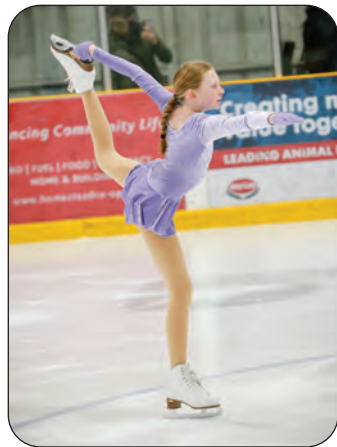
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PRESTIGE ROOFING

Carman's skating show, 'Where Magic Meets the Ice'



STANDARD PHOTOS TRACY-WIEBE PHOTOGRAPHY
On Friday, March 14, the Carman Skating Club held a year end event "Where Magic Meets the Ice," to wrap up the youth's skating season. Coach Debra McKinnon, dressed as Mary Poppins, dedicates her time to teaching nearly 100 skaters in the four programs the club offers.

