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Glitz, grants and giving \$194K



STANDARD PHOTO BY ROBIN BERGSMA

Guests enjoyed live entertainment by the Solutions at the Carman Area Foundation's annual Gala Fundraiser on April 11 at the Carman Community Hall. The sold-out event celebrated local giving as CAF announced it will distribute \$194,405 in grants to 49 community organizations this year.

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VOTE ON MONDAY, APRIL 28TH

**BRANDEN
LESLIE**



AUTHORIZED BY THE OFFICIAL AGENT FOR BRANDEN LESLIE

Local reporter with Carman roots nominated for national journalism award

By Ty Dilello

Carman’s Brady Strachan, a news reporter with CBC Vancouver, has been nominated for Best Local Reporter at the 2025 Canadian Screen Awards, presented by the Academy of Canadian Cinema and Television.

Strachan was born and raised in Carman. His parents, Neil and Dorothy, were both schoolteachers and operated a summer strawberry farm on the edge of town in the 1980s, where they still live. He attended Carman Elementary School and Carman Collegiate, graduating as valedictorian in 1991.

He later studied agriculture at the

University of Manitoba and spent summers working for the provincial Department of Agriculture, including a brief stint as an agronomist after graduation. In 1997, Strachan moved abroad to teach English, first in the Czech Republic and later in Japan.

He returned to Canada in 2002 with his now-wife, Yuki, settling in Vancouver to attend the B.C. Institute of Technology for broadcast journalism. Strachan completed internships with CBC Radio and Television and with Global News in Kelowna. Those placements led to his first job in journalism — a three-month TV reporting contract in Kelowna, followed

by a position in Brandon, where CBC Manitoba reopened its one-person bureau in Westman in 2010.

Since 2011, Strachan has been based in CBC’s Kelowna bureau, where his role has expanded to include web writing, shooting and editing his own stories, and hosting current affairs radio programs. Many of his stories have reached national audiences through CBC’s flagship newscasts.

“It’s an exciting job, and I get to report on everything from wildfires to politics and human-interest stories,” Strachan said. “The Okanagan is a great place to live with lots of exciting news to cover. I also get to cover a lot of agriculture stories — wineries, fruit trees like cherries, apples and peaches, and ranching — so I like to stay connected to my agricultural roots by telling stories about the industry.”

Strachan said the shift from radio to multimedia storytelling has helped him broaden his scope and skill set.

“Although the journalism is similar, producing stories in a video format means choosing the best images and adapting writing and presentation to suit the visuals,” he said. “There’s also the performance aspect of on-camera work, which takes some time to get used to. Online stories let me include more detail than I could in a TV or radio piece. The writing is different too, so I’ve had to adjust to that format.”

Although now based in British Columbia, Strachan returns to Carman at least once a year — often in sum-



STANDARD PHOTO SUBMITTED
CBC Vancouver reporter Brady Strachan, originally from Carman, has been nominated for Best Local Reporter at the 2025 Canadian Screen Awards, presented by the Academy of Canadian Cinema and Television.

mer, sometimes at Christmas. He said he enjoyed attending the Carman Fair last year.

The Best Local Reporter award recognizes excellence in covering local news stories. Strachan is one of four nominees, alongside Alana Cole (CBC Manitoba), Jackie McKay (CBC Indigenous) and Pat Taney (CityNews To-

Continued on page 5



**RURAL MUNICIPALITY OF DUFFERIN
PUBLIC NOTICE
REGARDING THE 2025 FINANCIAL PLAN**

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the Rural Municipality of Dufferin intends to present its financial plan for the fiscal year 2025 at a public hearing in the

**Rural Municipality of Dufferin
Memorial Hall, 12-2nd Ave SW, Carman, MB
Tuesday, May 13th, 2025 7:00 p.m.**

The proposed capital project or purchases that will be undertaken for the fiscal year 2025 as follows;
Road 22W Bridge Replacement at cost of \$2,370,034
with a borrowing of \$1,185,017 for 10 years.

Council will hear any person who wishes to make a presentation, ask questions, or register an objection to the financial plan, as provided.

Copies of the financial plan are available for review and may be examined by any person on our website
<https://www.carmanmanitoba.ca/duf-finance/> or during the regular office hours of the Rural Municipality of Dufferin office at 12-2nd Avenue S.W., Carman, please call ahead for pickup at (204)745-2301. Dated at the Rural Municipality of Dufferin the 20th day of March, A.D. 2025.

**Sharla Murray, CMMA
Chief Administrative Officer
Rural Municipality of Dufferin**



carmanmanitoba.ca

HAPPY RETIREMENT
Tom Mooney!
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It is with mixed emotions we announce that after 48 years of practicing law, Tom Mooney will be retiring effective March 31, 2025.

Tom has been an integral part of our team, joining Bob McCulloch back in 2004. Tom’s contributions to MMJS are significant, and he has made a lasting impact on our communities, clients and employees. Tom is a valued member of our team, we will miss his knowledge, expertise and wonderful sense of humor. He plans to travel and spend some quality time with his wife Susan, family and friends. Please join us in congratulating Tom on his retirement and thanking him for his many years of dedicated service. Tom, we will miss you, and we wish you all the happiness and joy that retirement has to offer.

Carman Area Foundation announces \$194K in grants at annual gala

By Ty Dilello

On April 11, the Carman Area Foundation (CAF) held its annual Gala Fundraiser at the Carman Community Hall, celebrating local philanthropy and community support. The event drew a full house of 385 attendees who gathered to recognize another successful year for the organization.

At the Gala, the Foundation announced it will distribute \$194,405 in grants this year to 49 groups and charities throughout Carman and surrounding communities, using funds from its Endowment.

Colleen Hodgson, who represents the RM of Roland on the CAF board, served as this year's Gala chairperson.

"This is a wonderful group to work with," Hodgson said. "I enjoy being involved with the Carman Area Foundation because it is such a worthwhile group that benefits so many organizations in our shared geographical area. The funds donated at its inception are still growing and supporting today's needs. Today's donations will add to the assets and support future generations."

CAF offers an annual grant application period, where local organizations submit project proposals for review. Each application is evaluated by the granting committee, which then makes funding recommendations to the full board.

"The Foundation has a number of established funds, some of which have specific restrictions on how the proceeds can be used," said Hodgson. "This year, with those fund proceeds and a Thomas Sill Manitoba Foundation grant, we were able to grant

over \$194,000 to deserving recipients across the region."

Janine Lodder, long-time Chair of the Carman Area Foundation, marked her final Gala in the role, having stepped down from her post.

"As Board Chair, I have been able to serve this great organization and will miss working with a hard-working board and the generous people of our communities who've helped us grow," said Lodder. "We were proud to share at the Gala that we've now reached \$4 million in assets, and over \$1.47 million in grants have been distributed over 26 years. A big thank you goes out to our communities."

CAF's next annual general meeting will be held in June, when a new Chair will be selected.

The full list of 2025 grant recipients includes:


- Boyne Lodge - \$12,900
- Boyne Regional Library - \$7,000
- Boyne River Keepers - \$5,000
- Carman and Community Active Living Centre - \$4,100
- Carman and Area Ball Diamond Building Project - \$5,000
- Carman and Community Chamber of Commerce - \$2,800
- Carman Collegiate Parent Advisory Council - \$2,500
- Carman Community Garden - \$1,650
- Carman Community Pathway - \$2,323
- Carman Community Christmas Day Dinner Committee - \$870
- Carman Dufferin Communities in Bloom - \$5,500
- Carman Dufferin Fire Department - \$4,000
- Carman Elementary School - \$2,500
- Carman Family Resource Centre - \$5,050
- Carman Handi-Van - \$1,125
- Carman Golf and Curling Club - \$5,000
- Carman Memorial Hospital - \$17,071
- Carman Minor Ball - \$2,000
- Carman Palliative Care - \$4,900
- Carman Seniors Resource - \$2,482
- Carman Wellness Connections - \$3,775



STANDARD PHOTO BY ROBIN BERGSMAN

On April 11, the Carman Area Foundation held its annual Gala Fundraiser at the Carman Community Hall, where the organization announced over \$194,000 in grants to 49 local groups and charities.

Continued on page 7



Good Grief

You are invited to an informal gathering to talk and support one another in your journey of grief


Place: Boyne River Bistro Family Room

Time: 10:00am - 11:00am

Dates: Thursday, March 13, 2025
Thursday, March 27, 2025
Thursday, April 10, 2025
Thursday, April 24, 2025
Thursday, May 8, 2025
Thursday, May 22, 2025

For more information contact Sandy Cameron
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The Carman-Dufferin Standard is published Thursdays and distributed as a free publication through Canada Post to 3,457 homes by BigandColourful Printing and Publishing.

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

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getheard

EDITORIAL > VIEWPOINTS > LETTERS

Ty Dilello
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Manitoba Hydro talks rates, safety, climate concerns

By E Antonio

Electric vehicles, energy rates and sustainable resources were among Manitobans' top concerns addressed at the Manitoba Hydro annual public meeting on March 4.

Manitobans can hold steady with their current hydro rates in 2025 but may be out of luck the following year. Manitoba Hydro meets with the public each year to discuss its upcoming strategic plan and holds a question period at the end of each meeting. Scott Powell, director of corporate communications and marketing at Manitoba Hydro, and Allan Danroth, president and CEO, hosted the hour-long session over Zoom, covering key topics for the provincial organization.

"It has been my firm and unwavering commitment to the employees and customers of Manitoba Hydro that safety will be at the forefront of our mindset now and forever," said Danroth, who opened the meeting by addressing the August 2024 incident where a Manitoba Hydro employee died while repairing a downed powerline.

The incident sparked a review of safety procedures. No changes have yet been put forward, but the goal of reducing workplace accidents remains a high priority.

During the fiscal year from April 1, 2023, to March 31, 2024, Manitoba

Hydro reported a net loss of \$157 million. This marks the second loss in a three-year period due to droughts, and 97 per cent of the province's electricity is reliant on hydroelectric sources.

"To put it simply, when it rains, we make money, and when it doesn't, we do not," added Danroth. He is also predicting another net loss for the next fiscal year.

These losses will result in Manitoba Hydro filing a rate increase for 2026, with all decisions made by the Public Utilities Board.

In addition to rate increases, Manitoba Hydro has completed a three-year strategic plan as part of its integrated resource plan (IRP), addressing the reliability and growing demand for electricity. The utility has invested \$664 million in the plan, which includes new energy sources, new efficiency programs and upgrades to aging infrastructure.

Danroth said he wants changes to be cost-effective, reliable and safe in order to best serve customers.

During the question period, members of the public raised a variety of concerns. Danroth answered questions on camera or referred participants to Manitoba Hydro's upcoming IRP or its website for more information.

- Concerns regarding energy

sourcing will be addressed in the IRP.

- Manitoba is one of the last jurisdictions in North America to migrate to an advanced metering infrastructure (AMI), a system that uses smart meters to read and troubleshoot power problems.

- The current high voltage direct current (HVDC) system is 20 years beyond its recommended lifespan. Plans to update the infrastructure will be outlined in the IRP.

- Manitoba set two new energy peaks on Dec. 12 and Jan. 20, breaking the previous record which stood for five years.

- Questions about tariffs were deferred due to changing conditions.

- Manitoba Hydro spent \$2 million managing and treating zebra mussels.

- Manitoba Hydro will continue to work with Efficiency Manitoba to manage energy use.

- There are no plans to re-commission the Selkirk hydro generating system.

- The IRP will explore multiple forms of generation, including nuclear energy.

Full coverage of Manitoba Hydro's annual public meeting is available online at www.hydro.mb.ca/public-meeting, with French and ASL translation provided.

This week, the way it was through the years

By Dennis Young

100 years ago — April 17, 1925... Egg Pool Station opens, offering eggs at 20 cents a dozen. The Dominion Dufferin Agricultural Society moves livestock day to Thursdays; Residents walking on the Memorial Hall lawn will be prosecuted; Sanders sells four shutter-speed Kodaks for \$26.90; OXO cubes go for four for 15 cents or 10 for 30 cents; Ladies' corsets clear at \$1.70 to \$3 at McGowen Co.; A car top is for sale at Stuart McKay Harness Shop.

75 years ago — 1950... Discussions begin on a new road north to link Highway 3 with Highway 13; Kline Cochran takes the helm of the Curling Club; The Kinsmen offer to sponsor the grounds and pool for the Swim Club; MTS announces a new building in town to handle 500 dial phones; CCM bicycles sell for \$50 to \$62 at Skelton's Hardware; A half-section of land with buildings is listed at \$15,000 by Berkeley Newman.

50 years ago — 1975... UFO sightings

continue; The Mel Park subdivision gets the go-ahead from town council; YMS joins the U.S. Tractor Pull Circuit; The collegiate underground track reopens after a year-long closure; A student delegation opposes staff reductions in home economics and special education; The arena hosts world champion wrestling featuring midget wrestlers; More than 70 used and late-model vehicles are up for sale at the first Car and Truck Auction.

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Advertising Deadline:
Monday 4:00 pm prior
to Thursday Publication

Carman Dufferin Standard
Box 39, Stonewall, MB, R0C 2Z0

Stone not pleased with NDP's 2025 provincial budget

By Ty Dilello

Midland MLA and finance critic Lauren Stone has concerns about the 2025 provincial budget that the NDP party recently put out.

Stone notes that this NDP budget misses the mark for Manitobans facing a cost-of-living crisis, the highest food inflation in the country, and an economic recession on the horizon.

"Instead of providing meaningful tax relief, the NDP is raising education taxes to double-digit historic levels and bringing back bracket creep rather than reducing income taxes during these uncertain times," said Midland MLA Lauren Stone.

"Manitobans are concerned with how the NDP is managing their tax dollars, and rightfully so. Despite raising taxes, the NDP is increasing their annual spending to unsustainable levels with a projected \$1.9 Billion deficit, and they have unrealistic expectations of Manitoban's ability to spend into the economy during these very difficult times. This budget shows that the NDP continues to mismanage the province's books on

the backs of hardworking Manitobans."

The trade and tariff wars currently going on with the United States are also a concern, as Stone believes the NDP isn't doing anything to capitalize on them.

"The NDP also missed a significant opportunity to unleash Manitoba's incredible economic potential," said Stone. "Despite ongoing US and China tariffs, this NDP still has no trade strategy to remove interprovincial trade barriers or expand to other export markets, where other provincial jurisdictions are well ahead of Manitoba on this front."

In the budget, Stone notes that there are no meaningful solutions presented on the challenges that her riding of Midland is facing on the recruitment of healthcare professionals, water management, or economic growth.

"Overall, the budget was very disappointing. It raised taxes on hardworking Manitobans. It lacked relief to help Manitobans during a cost-of-living crisis and possible economic recession. It lacked a clear path for-



Midland MLA and finance critic Lauren Stone shared her concerns with the NDP's recent provincial budget for 2025 in an exclusive interview with the Standard.

ward on Trade. And it is unfortunate that this NDP continues with their tax and spend policies, putting our province at a further competitive disadvantage."

> STRACHAN, FROM PG. 2

ronto).

CBC Vancouver submitted his name for the award, and as part of the nomination process, Strachan submitted a story on Indigenous communities in B.C. reviving the cultural practice of controlled burning to protect their land from wildfires. The practice, once banned for decades, is now being reintroduced to reduce fuel buildup and prevent catastrophic fires.

"This is the first time I've been nominated for this award," Strachan said. "It's quite an honour to be among only four reporters across the country running for it, so I'm delighted to have made it this far."

The winners of the 2025 Canadian Screen Awards will be announced later this year.

Strachan offered advice for aspiring journalists — especially those from rural areas — who want to break into the industry.

"Be persistent, versatile and passionate," he said. "Seek out local opportunities, build a strong portfolio, and don't be afraid to start small. Embrace all forms of media, from radio and online to podcasting or using your iPhone to tell visual stories."

He added that starting in a smaller market can be a tremendous advantage.

"There's a feeling that you

want to be in big cities where the big stories happen. But if you go to smaller communities, you'll find unique and interesting stories — and if something big happens, you'll be the one on the ground to cover it,"

Strachan said. "You also get to do more and build your skills. That was my experience with CBC in Brandon in the first two years of my career. It was an invaluable opportunity to connect with people and bring important regional stories to our audience."

Roland's centennial curlers



STANDARD PHOTO SUBMITTED

During the Roland Curling Club's centennial celebrations in 1998, the 1968 mixed champions were honoured. Making the presentation were the 1968 ladies' and men's presidents, Hazel Sutton and Lyall Dickinson. Team members, from left, were Marion and Jim Hodgson, and Arlene and John Bartley.

worship

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Leaders and Followers

Then those who went ahead and those who followed were shouting, 'Hosanna! Blessed is the one who comes in the name of the Lord! (Mark 11:9)

Each year, the Palm Sunday beckons us to find our place in the story. We can imagine ourselves among those who went ahead of Jesus shouting their hosannas. Or we can see ourselves among those who followed behind, shouting hosanna from the back of the parade.

Some of us love pageantry. On that first Palm Sunday, we would have been the ones laying down a carpet of palms on the road, fit for a king. We would have been the spiritual extroverts in the crowd.

Some of us would have been the spiritual introverts — no less convinced and still shouting, we would prefer to be followers. We like our faith in Jesus to be a little more in the background.

Pageantry-loving believers, spiritual introverts and extroverts — all these could be found in the crowd around Jesus that day, and remain with us still as we experience Holy Week's hope, pain and resurrection miracle.

Perhaps the most powerful message the Palm Sunday Parade has for our time, is that the crowd has the power to be transformed, and to transform, simply by joining in the parade. Whether leaders or followers, we can take this journey from hope to sorrow, and loss to new life and resurrection, over and over again. But we can't do it in isolation.

This has been a season in the world around us when we're looking closely at who is leading us, and deciding who to follow in the days and years ahead. Easter Day this year is followed by our federal election.

As we celebrate the gift of our faith in this Holy Week, let's also honour the spirit of our work for love and justice as we choose who will lead and who we will follow on Easter Monday.

Rev. Mona Denton
Stony Mountain &
Lilyfield United Churches
stonymountainlilyfieldpc@gmail.com
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 at Stony Mountain-Lilyfield
Pastoral Charge

Elm Creek School gym falling short of growing student needs

By Ty Dilello

On April 8, the Elm Creek School Guardian and Parent Advisory Council (G/PAC) hosted a town hall meeting to highlight long-standing issues with the school's aging gymnasium.

The gym, built in the 1970s, has served students and the community for over 50 years. But with increasing enrolment and evolving programming needs, G/PAC says the gym is now well past its prime — and growing concerns around safety, size, and air quality are prompting calls for urgent action.

"The list of issues continues to grow," said Andrea Ladouceur of G/PAC. "Our group has asked the school division to conduct an air quality test and urgently request the province to inspect the gym for health, safety and fitness for use — and to begin the process of constructing a new gym."

The council has been advocating for a new facility for several years and has repeatedly brought concerns to the Prairie Rose School Division (PRSD). A recent G/PAC survey of parents, guardians and coaches outlined several persistent and compounding issues affecting the facility:

- **Lack of space:** The current gym limits full play and can't meet school or sports programming needs. A modern gym would be roughly twice the size.
- **Unsafe mezzanine access:** The wooden stairs leading to the mezzanine are steep and narrow.
- **Boundary hazards:** Students have sustained injuries from colliding with walls that are too close to the playing area. Benches along the wall are inside court lines.
- **Insufficient change rooms:**

Due to space, some classes change in shifts. During games, access to washrooms is blocked by players seated nearby.

- **Flooding:** The gym, built in a low-lying area, floods almost every spring during the melt.

Leaks and humidity: Ceiling leaks have disrupted both games and classes, and humidity continues to be an issue.

- **Low ceiling:** Limits play and interferes with fair competition.

Suspected mould: Persistent water damage over the years raises concerns.

- **Air quality:** The space is often damp, dusty and has inconsistent temperatures. Senior teams sweep the floor before practice due to dust accumulation from the HVAC system.

Damaged flooring: There are significant dead spots and floor heaving. Visiting teams often take inventory of the worst areas to avoid during games.

- **Rotting floor:** By the changerooms, the floor flexes more than an inch from water damage.

Electrical issues: Only one live outlet is available at ground level.

Limited equipment storage: Lack of proper storage may pose a fire hazard.

- **Restricted event use:** Parents and guardians say concerts and sporting events can no longer be safely accommodated.

"Elm Creek School parents and guardians are so very proud of the school," Ladouceur said. "We know it's a school of choice, and it continues to grow — from 170 students in 2019 to 250 in 2025. The school's leadership and teacher team are fantastic and have a really positive attitude. You can feel their pride when you're in the building."

The school has a strong reputation for fostering school spirit and excelling in athletics at all levels. With a new daycare facility in town and a growing student population, the community sees Elm Creek School as a hub of activity.

But for many families, frustration is growing.

"It's disheartening to hear from community members that a gym has been at the top of the Prairie Rose School Division's Capital Plan for more than 15 to 20 years and still hasn't been accomplished," Ladouceur said.

"It's even more disheartening to hear parents say these issues existed when they went to this school. They feel like their gym is viewed as a joke by visiting teams, students and even



STANDARD PHOTOS BY ANDREA LADOUCEUR

Elm Creek School students Louis, Leo, Taylee and Alexia are among those hopeful that a new school gym will soon be on the horizon. The aging gym has been a concern in the community for years.



The Elm Creek School Guardian and Parent Advisory Council hosted a town hall meeting on April 8.

some in the community," she added. "We need to value and be motivated by the impact this is having on the students at Elm Creek School and find a way to get this done."

She said G/PAC is ready to work alongside the division to help make that happen, wherever practical or possible.

Last week's town hall drew a solid turnout, both in-person and online. The group introduced a petition requesting PRSD to bring in professionals to inspect the gym's condition and use that information to make an evidence-based decision about replace-

ment.

"We believe the building is failing, and we know it is half the size needed for our school," said Ladouceur.

G/PAC is scheduled to present at the PRSD board meeting on April 21 to share additional information gathered during the town hall.

Their petition — calling for the urgent replacement of Elm Creek School's gym — has already surpassed 250 signatures. Those who wish to add their support can find the petition online at:

change.org: Urgent Replacement of Elm Creek School Gym

The World We Call Home Sonatrice Singers Concert

Thurs., April 24

Fri., April 25

7:30 pm

at Carman United Church

Adults \$20.00 –

under 17 - \$10.00

Tickets available

from Choir Members

The Carman Active Living Centre

BenefitsRX Drugstore

& Toews Printing

Dufferin Historical Museum hosting third annual Duck Race

Ducks for sale \$5,
with race day July 9

By Ty Dilello

The Dufferin Historical Museum is set to host its third annual Duck Race on July 9 at 7 p.m. in Carman.

For just \$5, supporters can purchase a duck to compete in the race, which will take place on 1st Avenue NW. Ducks are available for purchase at the Carman Legion, Toews Printing, Natina's Massage and Reflexology, or from any Museum Board member. They can also be bought at the Museum itself, or during sales events at the Homestead Co-op in Carman on May 31 and June 21.

Proceeds from the event will support improvements and renovations at the Museum. Organizers hope to sell 1,000 ducks, with the winner receiving 5 per cent of the proceeds.

Thanks to last year's Duck Race fundraiser, the Museum was able to begin renovations to its bathroom, kitchenette and storage area earlier this year. The work is expected to be

completed by the end of April.

The Museum will be available for school and group tours by appointment after June 6 and will open full-time for the summer by late June or early July. Staff and board members also plan to set up a booth once again at the Carman Fair to sell books, sweatshirts and other souvenirs.

"We would like to thank the donors for our renovation project and the businesses who are selling ducks for us," said Dufferin Historical Museum vice-president Lori Keith. "We would also like to thank everyone who has supported us in any way by purchasing our souvenirs and our ducks. We look forward to seeing you as visitors at the Museum this year."

In addition to the Duck Race, the Museum is offering a \$200 scholarship for a Carman Collegiate graduating student who is enrolled in courses leading to acceptance into the Faculty of Education or Museum Studies.

Students are invited to submit a written request outlining their decision-making process, activities during the school year and proof of enrolment, along with a transcript of marks if



STANDARD FILE PHOTO BY EDWIN PRITCHARD

The Dufferin Historical Museum is gearing up to host its third annual Duck Race on July 9 at 7 p.m.

available. The Museum Board will re- view all applications.

> FOUNDATION GALA, FROM PG. 3



STANDARD PHOTO BY ROBIN BERGSMA

Grant recipients from across the region gather for a group photo at the Carman Area Foundation's annual Gala on April 11. This year, the Foundation will distribute more than \$194,000 in grants to 49 local groups and charities through its growing endowment fund.

Child and Family Services of Central Manitoba - \$3,00	Elm Creek School - \$2,500	Midland Nursery School - \$955	- \$7,129
Dufferin Agricultural Society - \$1,800	Elm Creek Skating Rink - \$5,000	PRSD Bursary - \$400	St. Claude Friendship Centre - \$1,999
Dufferin Historical Society - \$2,666	Elm Creek Stay and Play Centre - \$10,000	Pumpkin Creek Cross country Ski Club - \$8,120	The Back Door Youth Centre - \$4,000
Elm Creek Canada Day Committee - \$2,000	Golden Prairie Arts Council - \$1,500	Roland Golf Club - \$1,500	TLC Centre - \$2,070
Elm Creek Parent Advisory Council - \$8,045	Linear Grain Fund - \$4,535	Roland Memory Garden - \$1,500	Town of Carman (Arena) - \$3,660
	Katie Car Inc - \$1,500	Roland Pumpkin Fair - \$1,750	Town of Carman (Community Hall) - \$4,600
	Kinette Club of Carman - \$5,000	RM of Roland - \$1,750	Town of Carman (Pool) - \$1,700
	L.U.D. of Haywood - \$2,500	Sperling Community Center District	Wee Care Child Centre - \$3,000

• PORTAGE-LISGAR VOTES 2025

Five candidates throw their hats in the ring

Who are they? What do they stand for? Why do they think they deserve your vote April 28

JANINE GIBSON, GREEN PARTY

Janine Gibson isn't daunted by the challenge of trying to get the Green Party message out there in a riding as traditionally Conservative as Portage-Lisgar.

"You have to remember the Green Party has conservative roots. What does that word conserve mean, right? We do want to conserve," she noted. "I know there are a lot of people who share the same values.

"Green Party is about bridge building. It's about knowing when we all work together, we're stronger," Gibson said. "Instead of polarizing and being divided, we need to be talking to each other.

"And I hate the rural-urban divide in provincial politics right now. I'm running federally to just spread the information and spread Green policies so that people take a closer look at it."

Gibson brings a lifetime of service to environmental and social issues through her work with such organizations as HogWatch and as an organic standards inspector as well as leader of the Green Party of Manitoba.

She was the co-founder in 1984 of a solar-powered co-op farm south of Steinbach, and her roles with the International Organic Inspectors Association have involved developing and interpreting organic standards, transfers to practical policy development, and implementation.

She has been involved in building organic agriculture teams in Manitoba through her 30-year business Creative Health Consulting. In addition, she represents Manitoba on the Organic Federation of Canada and on the organic standards technical committee, and she is currently on the executive of Hogwatch Manitoba and Our Line in the Sand. She strives to hold business and government accountable.

"My whole life has been around agriculture, and I've done a lot of work supporting organic agriculture and more sustainable agriculture in Por-

tage-Lisgar," Gibson noted.

"I believe we should be the change we want to see, and, to me, democracy requires participation," she continued. "And I am really tired of hearing crickets from Ottawa about supporting our farmers and our food producers. Food production is such an important part of life in Canada.

"Green policies support more sustainable agriculture, and they also support things like a basic income guarantee, which I think world statistics show really would reduce crime."

She noted how the other main parties will often adopt Green Party ideas, adding the party also covers a lot of ground such as supporting things like affordable housing. So they are about more than just environmental issues, she stressed, although those are at the heart of what they are about.

"If we would address the disparities between the haves and the have nots, if we could have more equity in sharing our resources, then I think we would have less crime ... it needs to be a multi-pronged approach."



Janine G. Gibson

ROBERT KREIS, LIBERAL PARTY

Robert Kreis comes to his candidacy for the Liberal party in Portage-Lisgar with a proven track record of community service.

He sees local families as needing a trusted voice in government who will champion for a stronger middle class and help build an economy that works for all Canadians.

He shares that he was motivated to let his name stand especially with what is happening these days with the United States and President Donald Trump.

"I felt I needed to not be a spectator or an armchair quarterback, but I actually needed to step up and counter some of the voices that were out there," said Kreis. "I'm not one to be easily intimidated or frightened, and what is happening south of the border and the president's intent in what he wanted



Robert Kreis

to do with Canada really just got me very concerned about the future for my children and grand-children."

Calling Winnipeg home, Kreis has served as chairperson of the Winnipeg Chamber of Commerce and as co-chair of Leadership Winnipeg. As chair as well of Forward House Ministries, he has seen firsthand the effects drugs and alcohol can have on a community.

By letting his name stand as the Liberal candidate in Portage-Lisgar, Kreis hopes to get people thinking about different viewpoints on issues that matter to all Canadians.

"I hope I can get people to stop and listen to a different perspective, which is really something that we've lost," he said. "We've lost civility to the point where people don't want to talk to you if they know that you're with someone who isn't part of their group.

"That I find is really unfortunate because this country has been a melting pot of different ideas," he continued. "It's what's made this country great. Now we have people who have become so polarized in their opinions they're not even willing to listen to another opinion."

He simply hopes to just get people to talk and maybe it will spark enough thought to consider an alternative voice.

"I think what's happening with this election is that Canadians are realizing that, regardless of what divides us, there are some central issues in Canada that we as a country and only together as a country can solve," he suggested.

He believes Liberal Party leader Mark Carney is the best man to lead the country forward, citing his experience in dealing with economies and leveraging money.

"He can help get Canadian businesses and other people from outside of Canada to invest in Canada and to build industry here," said Kreis, who also suggested Carney has done a good job of defending Canada and responding to the ongoing U.S. tariff threat.

"I see this as a moment for Canada where we as a country can take our pride in ourselves," he said. "I look at the opportunities that we have now ... as an opportunity to really do some nation building."

KEVIN LARSON, PEOPLE'S PARTY

Kevin Larson offers a simple message for the residents of Portage-Lisgar: vote for the People's Party of Canada to get something different.

The resident of Somerset sees the party as committed advocates for freedom, responsibility, and limited government.

"I think we've had years of things kind of going in one direction," said Larson. "As much as people think the main parties are different, I think they have a lot of similarities in how the country will run and the direction it will go.

"I think the People's Party offers an alternative that will turn things around and give power back to the people and less power to the federal government."

Raised as the third of eight children in a small-town family led by his father, who was a local pastor, Larson says he learned the importance of service, community, and integrity from a young age.

He has always been deeply involved in his community, including serving as a Sunday school teacher, youth leader, camp counsellor, and a soccer and hockey coach. He is currently a volunteer firefighter for the Rural Municipality of Lorne.

He works as a shop supervisor servicing both general automotive and agricultural tires, and has also worked with children with disabilities in the foster care system.

Larson's interest in Canadian politics was sparked early, inspired by his aunt, former Conservative MP Deborah Grey. Over time, his desire to move from voting to actively participating in politics grew stronger, and he says he now seeks to be a voice for Canadians who feel ignored by the political establishment.

"I volunteered with the Conservatives until 2018, and I just felt they kind of abandoned a lot of the issues that were meaningful to me, and I think a lot of people feel the same



Kevin Larson

> PORTAGE-LISGAR VOTES, FROM PG. 8

way," he suggested. "When Max [Bernier] made the People's Party, I joined back in 2019.

"I felt coming into this election no one had put themselves forward yet, and they hadn't picked a candidate, so I decided that it was important to do it myself. I kind of figured one day I could get more involved."

He noted the People's Party has a number of key issues ranging from cutting immigration to banning abortion.

"It's not on any of the main parties plates," he said. "I do have a personal stance against it, and the party has a stance to start eliminating it."

He sees himself as having a couple key traits or strengths that he would bring to the table.

"I think I'm good at listening and hearing what people want," Larson suggested. "Especially in politics, I think too often people are told the solutions to their problems without even having their problems heard by the government.

"I always tell people I might not have the answer right away ... but I will look into it and do my best to best represent you."

BRANDEN LESLIE, CONSERVATIVE PARTY

Portage-Lisgar MP Branden Leslie has had a simple and straightforward approach when he has been out knocking on doors in this federal election campaign.

"Do you believe that we need change with our national government? And the answer overwhelmingly is yes," said the incumbent Conservative MP.

"I talk about what we are offering as Conservatives, and we have been putting forward a very positive message to people as to what the future can be for Canada," he suggested. "We've outlined many, many detailed policies so far in this campaign that are meant to lift people up."

Leslie grew up in the heart of rural Manitoba just south of Portage la Prairie. Raised on a family farm, he says he learned the value of hard

work from an early age, and his roots are deep in this land where his passion for rural Manitoba began.

His journey took him from the classrooms of Portage Collegiate Institute to the halls of Brandon University and ultimately to Carleton University. He is now living in Portage with his family.



Branden Leslie

He served as an advisor in Stephen Harper's Conservative government, and he sees himself as having gained much from the experience in helping to tackle such issues as getting tough on crime, protecting

the rights of firearm owners, and defending farmers.

Leslie's next chapter brought him to the Grain Growers of Canada, where he helped lead the charge against the Liberals' carbon tax—a policy which he saw as crippling farmers and others in Portage-Lisgar, where he was elected to serve as MP in 2023.

Leslie sees one of the most important issues in this election as being the cost of living and affordability. We live in what could be the wealthiest country in the world, he said, but people are still struggling to get by.

"They're simply wondering why. It feels as though that Canada has lost the promise of Canada ... the old mentality was you work hard, you play by the rules, you're going to be rewarded ... it seems like that has all gone by the wayside.

"We pay extremely high taxes and are not getting any better services," Leslie added. "People are looking for change and see no need for a fourth term for this Liberal government that has failed them."

Despite seeking election in a riding that has long been staunchly Conservative, Leslie said he doesn't take anything for granted.

"I'm not just mailing it in," he said. "I'm the candidate who's working the hardest. We've knocked on about

10,000 doors so far in this election campaign in towns big and small across our riding."

LISA TESSIER, NEW DEMOCRATIC PARTY

Lisa Tessier feels it is vital that residents of Portage-Lisgar be offered a choice this election.

"I understand there's a mountain ahead of me," said the NDP candidate, who calls Portage la Prairie home.

"For me, it's not about winning. It's about standing up and saying to the people of Portage-Lisgar there's another option here. There's more than just voting Conservative or voting Liberal ... it's really important that the ballot reflects that.

"I've just really felt in recent years that having choice and voice in our riding is important. It's been a traditionally very Conservative riding for many, many years," she said. "I'm active in my community, and a lot of people have come to me and said we would like to see more representation on the ballot ... having options when it comes to elections is important."

Raised in Thompson, Tessier has lived and worked in Portage since 2008.

As an educator, she has served on many committees at both the regional and provincial levels to implement and advance French Immersion education opportunities.

In addition to her work as an advocate for bilingual education in Manitoba, she has also served on the teacher advisory committee for the Canadian Museum for Human Rights to help design and implement educational programming for students.

As an educator of 15 years and an active member of her community, she has witnessed firsthand how government spending cuts have impacted the people in Portage-Lisgar.

Tessier noted her family was very active with the NDP, so she learned



Lisa Tessier

about the importance of supporting workers and other key NDP ideas at an early age.

"It's always been a party that I've aligned myself to," she said.

Tessier highlighted a number of key priorities such as affordable housing, cost of living, and affordability, and she cited the examples of the NDP proposing a tax cut targeted to help working class and middle class families as well as capping price on groceries as a couple of examples of what the party hopes to do for the nation.

"Canadians shouldn't have to make decisions between paying bills and putting food on the table," she said, pointing as well to the party's plans to build three million homes by 2030 and offer low-interest loans for first-time home buyers.

"It's really important that Canadians understand that our government fundamentally works very differently and that there are options for them," she stressed. "The NDP is a party that has a long history of making Parliament work.

"The fact is Ottawa works better when more parties work in Parliament ... the more diversified Parliament is, the stronger our Parliament is then to actually do the work that is necessary to make Canada Canada for everyday Canadians ... having more parties in Parliament keeps pressure on whatever party is elected into government to make choices and legislation that works for all Canadians."

Canadians head to the polls on Monday, April 28. Advanced voting takes place this weekend.

—Profiles by Lorne Stelmach



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Heated chairs providing welcome comfort to BTHC cancer patients

By Ashleigh Viveiros

Patients receiving cancer treatments at Boundary Trails Health Centre are sitting a lot more comfortably than before thanks to the work of a local young woman and financial support from the Morden Community Thrift Store.

The store, responding to a grant application from Emily Bennett and her mother Tara, last fall committed \$45,000 towards the purchase of 10 heated chemotherapy chairs for the regional health centre.

Those chairs arrived at BTHC earlier this month, and



STANDARD PHOTO BY ASHLEIGH VIVEIROS

From left: BTHC Foundation executive director Shannon Samatte-Folkett, Deborah Riter and Joan Mikolasek from the Morden Community Thrift Store, Emily Bennett (seated), and Lindsey McLaren, Sherry Martens, and Sheri-Lynn Duncan from the BTHC Cancer Care unit with the hospital's new heated chairs.

last week Bennett and reps from the thrift shop got the chance to check them out and hear the impact they're already having on patients.

"I have Stage 3 Hodgkin lymphoma, and I finished treatment in this unit in January," shared Bennett. "I'm still waiting to see if I need radiation, but for now I'm done chemotherapy."

In the wake of her diagnosis last summer, Ben-

nett was at Health Sciences Centre in Winnipeg where she got the chance to experience the comfort of heated chairs during long hours spent receiving her initial treatments.

"We just kind of fell in love with them," she said, "and me and my mom thought why does Winkler not have these? This would benefit so many people."

They wrote up a grant

proposal and soon after heard back from the thrift shop, who were eager to foot the bill to swap out all the treatment chairs in the cancer care unit at BTHC.

"So far I think people are liking them," Bennett said. "They're heated ... from what I know from personal experience, it gets cold when you're sitting in an infusion chair for hours. And while there are heated blankets, they can only hold heat for so long. This will keep the heat constant, especially during things like blood transfusions, which are super cold. So it's beneficial to a lot of patients like me who often

Continued on page 11

Lauren Stone
MLA for Midland

Constituency Office Hours
Monday, Wednesday & Friday
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Easter

From Midland MLA
Lauren Stone



info@laurenstone.ca (431)323-2968

> HEATED CHAIRS, FROM PG. 10

have trouble regulating their temperature thanks to their treatments.

"I'm very proud to have been part of the process that got these chairs in this room in this building," Bennett added. "It's an incredibly hard road to travel, and if I can help make it easier for even a handful of people, I will have made a worthwhile legacy. There's no downside to this. This is something that will benefit hundreds of people per month."

In fact, the unit administers upwards of 200 treatments monthly, said Lindsay McLaren, clinical resource nurse, and the chairs have gotten a big thumbs up from everyone who's had the chance to use them so far.

"It has very much so impacted our patient experience being in the unit. It's just a little bit extra comfort that we can provide our patients," McLaren said, noting some people are required to spend up to eight hours sitting in these chairs while undergoing chemo.

On behalf of the patients and staff at BTHC, McLaren expressed her gratitude to everyone who made this donation possible.

"A huge thank-you to all the com-

munity members that are supporting these businesses that are willing to donate big purchases to the hospital," she said. "It's something that impacts everybody ... their support is that little extra help and love that they can show their loved ones and friends."

Joan Mikolasek and Debra Riter were on hand last week from the Morden Community Thrift Store to see the chairs in action.

It's gratifying to see the funds raised by the non-profit, volunteer-run shop being put to such amazing use, Mikolasek said, noting that supporting local health care services and patients is a priority for the board of directors.

"We are very thankful for all the donations that we get to be able to support things like this," she said. "And we were more than happy to give them the money that they requested for the heated chairs."

Facilitating the donation and the purchase of the chairs was the BTHC Foundation.

"We are very fortunate to have such an amazing thrift shop that supports our foundation," said executive director Shannon Samatte-Folkett. "They give [grants out in] spring and fall,

and so we make sure that we are thoughtful with our requests. This was one that was extremely thoughtful and beneficial for a huge amount of people in our community."

While the foundation receives a list of potential equipment purchases from the director of BTHC each year,

they also want to make sure they're open to suggestions from the community at large, Samatte-Folkett noted.

"This particular project came straight from community. And we're really blessed to be able to help fulfill this. It will touch so many lives in the Pembina Valley

Merger Announcement

MMJS
LAW OFFICES

McCulloch Mooney Johnston Selby LLP

MMJS Law Offices is excited to announce its merger with Bruce Gregory Law Office effective June 1, 2025.

164 Boyne Ave W, Morris MB

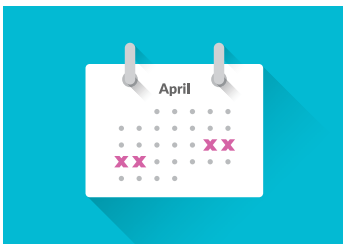
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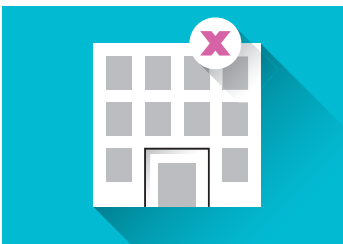
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There are ways you can vote early.

You can vote:



At your assigned advance polling station from Friday, April 18, to Monday, April 21, 9 a.m. to 9 p.m.



At any Elections Canada office until Tuesday, April 22, 6 p.m.



By mail – Apply by Tuesday, April 22, 6 p.m.

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1-800-463-6868 / elections.ca / TTY 1-800-361-8935



RCMP seek help identifying suspects in Carman church fire

By Lana Meier

Pembina Valley RCMP have identified two persons of interest in a suspicious fire that destroyed a church in Carman last month.

Police released surveillance images on Monday and are asking for the public's help in identifying the individuals.

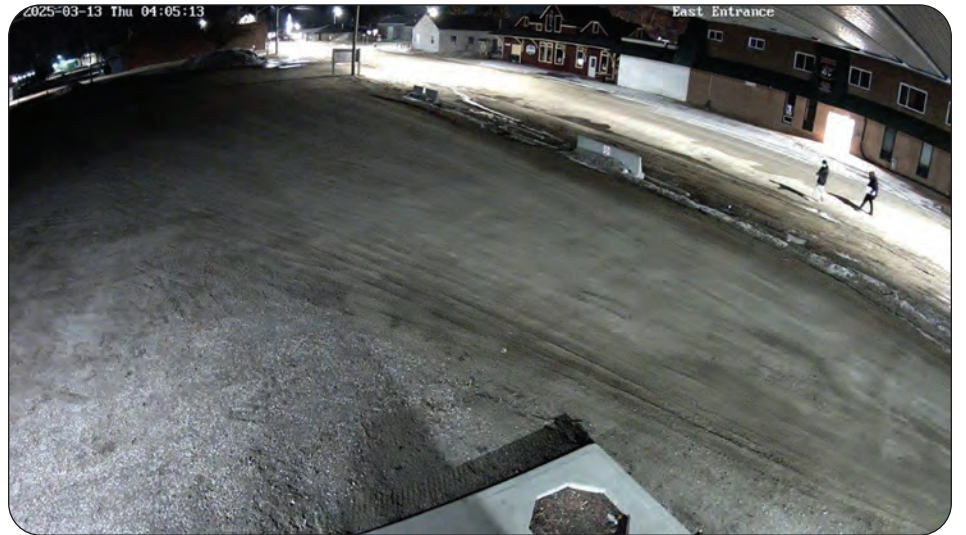
The fire broke out around 4:15 a.m. on March 13 inside a church on 2nd Street SW in Carman. When first responders arrived, the floor had already collapsed into the basement, preventing firefighters from entering the structure.

No injuries were reported and no one was inside the building at the time.



Anyone with information or video footage from the area between 3:30 a.m. and 4:30 a.m. is asked to contact the Carman RCMP detachment at 204-745-6760.

The investigation remains ongoing in collaboration with the Office of the Fire Commissioner.



STANDARD PHOTOS SUBMITTED

RCMP released surveillance images of two persons of interest in connection with a suspicious fire that destroyed a church in Carman on March 13. Police are asking for the public's help in identifying the individuals.



Jeffrey Klassen¹

Wil Montgomery²

Has your longtime advisor retired?

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Date: Tuesday, May 6, 2025

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Time: 6:00 – 8:00 PM

Enjoy a light meal with sandwiches, wraps, and fruit/veggie trays.

RSVP through phone or email
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¹ – Investors Group Securities Inc.
² – Investors Group Financial Services Inc.

Spring fire season prompts provincial burn permit reminder

By Annaliese Meier

The Manitoba government is reminding residents that provincial burning permits are required for outdoor fires set within designated burn permit areas from April 1 to Nov. 15 each year.

Permits, issued under the Wildfires Act, can be obtained through Natural Resources and Indigenous Futures district offices. However, they may be cancelled or restricted on short notice depending on fire danger conditions.

The province will not issue burn permits in areas where municipalities have already imposed their own fire restrictions.

Spring wildfires are most often caused by human activity. Dry, dead vegetation and matted grass can ignite easily and fuel fast-moving fires, especially on windy days.

Currently, no provincial burn or travel restrictions are in place. But with snow continuing to melt, Manitobans travelling or working in areas where backcountry travel is permitted are asked to stay on developed trails.

ATV users should stop frequently to check for debris buildup around engines and exhaust systems, and dis-

Continued on page 12



Shedding Loneliness Through Men's Sheds

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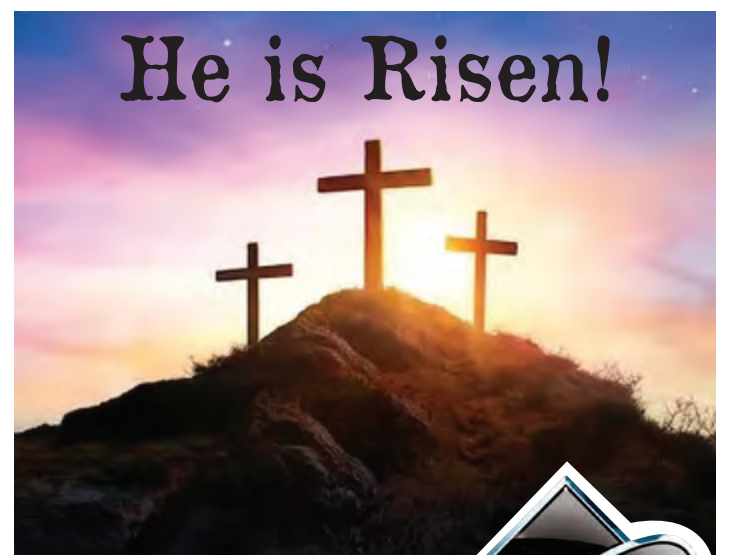
For information on how to join an existing Shed, start a new Shed, or support

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please contact

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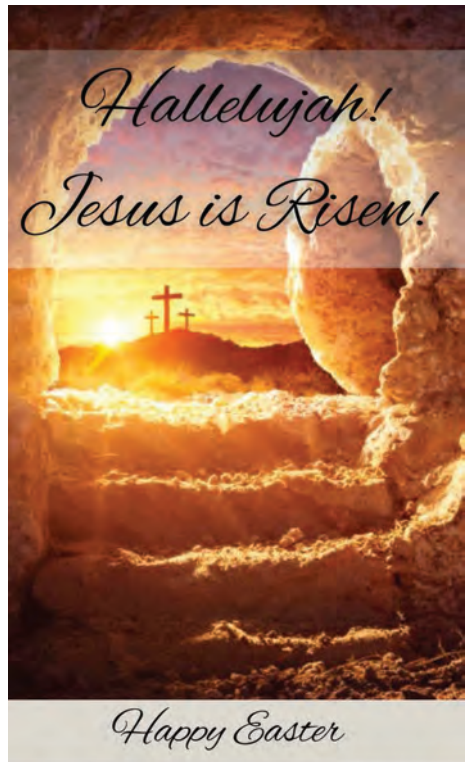


Good buy to hunger



STANDARD PHOTO BY JUSTIN MAJOR

Homestead Co-op in Carman is running a Hunger Bag promotion until April 17. Customers who purchase a Hunger Bag will receive a ballot to enter an Easter gift basket draw, with proceeds supporting the Carman Food Pantry. A \$10 Hunger Bag earns one ballot, \$15 earns two, and \$20 earns three.



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Happy Easter

> PROVINCIAL FIRE PERMITS, FROM PG. 12

pose of any material safely. Riders are also urged to carry a fire extinguisher, axe and shovel in case of small fires.

Permit holders are reminded to check local weather conditions before burning, have adequate suppression equipment on hand and ensure fuel breaks are in place. Outdoor fires must never be left unattended and must be fully extinguished before leaving the area.

Residents can find up-to-date information on municipal burning restrictions at www.gov.mb.ca/wildfire/burn_conditions.html.

To help reduce the risk of wild-

fire, Manitobans are encouraged to take FireSmart steps around homes and properties. One spring tip is to prune tree branches within two metres of the ground and remove any flammable debris that may have accumulated, which can help keep surface fires contained.

For wildfire updates, restrictions and prevention information, visit www.gov.mb.ca/wildfire or follow the Manitoba government's X (formerly Twitter) account at @mbgov.

To report a wildfire, call 911 or the toll-free TIP line at 1-800-782-0076.

ROBERT KREIS

OUR LIBERAL CANDIDATE FOR PORTAGE-LISGAR

**MEET & GREET FOR
ROBERT KREIS**
Monday, April 21, 2025
2:00 to 4:00 p.m. OR 6:00-8:00 p.m.
at PEMBINA HILLS ART GALLERY
352 Stephen Street, Morden, MB
Accessibility Entrance at back of Gallery
For more information:
Ted Klassen 204-324-4030



Robert Kreis is a successful retired businessperson and has served in many leadership positions, one being Chairman of the Winnipeg Chamber of Commerce. He is a very dynamic person dedicated to Canada and the Liberal party and wants to meet the people in our riding and hear our concerns. Robert, like many of us, believes that this is one of the most important elections in our lifetime.

Robert lives in Winnipeg and is honoured to serve as the Liberal Candidate in our Portage-Lisgar Riding. In an interview posted on Pembina Valley Online he says he recognizes the riding is very rural and spread out, but he commits to visiting and speaking directly with the people. He is making it his duty to build genuine relationships, ensuring that he will constantly be in contact with constituents, so their voices are heard in Ottawa. Robert says, "I am committed to this riding, for the sake of my children, my grandchildren, and the future of Canada". For more information on our candidate, follow the link to an interview with Pembina Valley Online: <https://www.portageonline.com/articles/robert-kreis-steps-up-as-liberal-party-nominee-for-portage-lisgar>

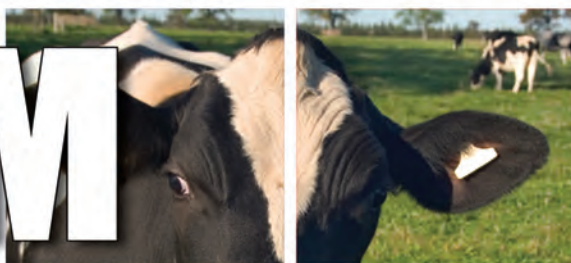
For those who have never been a card-carrying Liberal member, or never voted for the Liberal party before, this is an opportunity to come and meet Robert, hear his vision and ask him questions without obligation.

Your hosts are a group of people from the local area who believe Robert Kreis can grow our Liberal party in this riding and we believe Mark Carney will be a great leader for Canada.

PLEASE JOIN US! ALL ARE WELCOME!

Authorized by the Official Agent of Robert Kreis

Your FARM



Dustyridge Family Farms wins Conservation Award

By Lorne Stelmach

A family farm near Osterwick has been recognized for its outstanding commitment to being good stewards of their land.

Darrell and Cheryl Harder of Dustyridge Family Farms were named the Conservation Award recipients at the recent annual meeting of the Pembina Valley Watershed District.

"It's very humbling actually because there's a lot of people doing a lot of good things to preserve what nature is supposed to be and to enhance the soil health," said Cheryl Harder. "It's really encouraging ... there's a lot of people who are very mindful of the importance of it."

Dustyridge Family Farms was started in 1946 by her grandparents as a small mixed farm consisting of

a handful of milking cows, pigs and a few laying hens, but it developed into a registered dairy of 80 cows, a feeder barn for pigs and a layer barn for 12,000 hens when the next generation took over.

Darrell and Cheryl embraced this life as well when they married in 1996 and came on board as full-time farmers. Today, the day-to-day farm operation consists of the two of them along with their three daughters and extended family.

As time went on and life changed, Dustyridge Family Farms shifted its focus to managing and improving soil health with rotational grazing for cattle and sheep, selling natural beef, pork and lamb and incorporating cover crops as well as providing equine assisted learning programs and open-



STANDARD PHOTO SUBMITTED

Darrell & Cheryl Harder of Dustyridge Family Farms received the Pembina Valley Watershed District Conservation award at the agency's AGM recently.

ing up the farm to schools, groups, individuals and organizations.

Dustyridge Family Farms is in the early stages of regenerative agricultural practices. This includes promoting and protecting natural waterways, wetlands and slough areas, providing and maintaining areas for different species of birds to live and looking to people for mentorship and expertise in these areas.

For managing and improving soil health, manure from the cow-calf operation, the sheep flock and the horses is stock-piled, and once it is composted, it is spread on to the land where it is most needed.

Incorporating cover crops on marginal land has been proven beneficial for building better soil. Bale grazing for the horses in pasture is used to combat the areas with high acidity.

Along with working towards creating healthier soil, Dustyridge Family Farms offers natural meat products to be purchased off the farm. This includes beef, pork and lamb which is all raised on the farm in natural environments.

"It sure has diversified a lot," said Harder, emphasizing the need "to appreciate what God has given us and to be able to share it with people."

"Many years ago, we wanted to share what we had on the farm with people who didn't have the opportu-

nity. There's a lot of people who used to have some connection to a farm," she continued.

About six years ago, they further diversified and started Dustyridge Equine Centre with a focus on equine assisted learning and programs that are designed for group needs and also individual needs.

The facilitators involved with the program are certified in several different areas, and they see the equine assisted learning program as fitting in well with the idea of opening up the farm for people to come and not only enjoy all that nature has to offer but also to learn about agriculture.

"The horses have really opened a door for that as well ... and we love what the horses can teach people," said Harder. "It's an immediate reaction ... and we're always really excited to see what the horses can do for people."

"There's been so many examples where you're just completely humbled and the animals just really take over and just really help," she continued.

"People come for many different reasons. Some come to build self confidence, some to develop empathy ... a lot of team player aspects also play into it ... the self awareness is huge,"

Continued on page 15

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Your FARM



Potato growers face cuts as McCain scales back

By Becca Myskiw

Potato growers across the province are heading into the 2025 growing season with uncertainty amid a widespread reduction in contracted acres from McCain Foods.

Mark Owen received a call from McCain Foods earlier this month to set up an in-person meeting. The next day, he received a letter from the company notifying him of a volume reduction in his contract. The Carman potato grower said all growers across the province got the same letter, with reductions ranging anywhere from 10 to 100 per cent. The average reduction was 27 per cent across Manitoba. He added that Simplot also cut contracts with growers.

"The reason they gave was two-fold," said Owen. "The entire industry was a little bit shocked."

McCain Foods cited decreased demand in the first quarter of 2025 and market uncertainty amid U.S. tariffs as the reason for the reductions. Potatoes are one of Canada's top agri-food exports, with most going directly to the U.S. While tariffs on frozen fried products remain at zero per cent, the potato industry is preparing for that to change.

"It's a really big deal," said Owen. "The seed pipeline and industry in Manitoba could have lasting long-term effects from something like this."

The reduction in volume means a reduction in acres for potato growers,

which means fewer seed potatoes will be going into the ground this spring. Owen said the implications will be felt across the entire potato sector, including growers, seed producers, equipment suppliers and others.

A seed potato takes five years to grow from a healthy tuber to field-ready. With production slowing down this year, future production could be impacted. Losing a large portion of acres also puts growers in a position where they need to make major changes to financially recover, said Owen — shifting their business plans entirely.

"It changes our budgets on a per-acre basis immediately," he said, noting that growers purchase specific equipment and infrastructure for their operations. A changing business plan could make that equipment unaffordable. "It's a structural change to your business, and it really makes you vulnerable."

The Owen Potato Company has already secured its seed for the 2026 season, with seed for this year purchased long ago. With a 20 per cent volume reduction effective immediately, Owen said they'll have far too much seed this year and now have to plant something else in those acres.

A completely different crop requires a different investment — different



STANDARD PHOTO BY MARK OWEN

Potatoes are unloaded into a truck during harvest near Carman where growers like Mark Owen are facing major contract reductions from McCain Foods and Simplot. The cuts mean fewer acres will be planted this year, raising concerns across Manitoba's potato industry.

machinery, management methods, applications and more. Those with larger reductions will face bigger changes, but even those with smaller reductions are affected. Everyone, Owen said, will be limited on investment and optimism.

"Lots of people don't want to do the next thing they're planning because they're scared of what could happen," he said. "I think a lot of growers are a little bit scared or tentative. We're feeling a little optimistic there

could be some volume back after the latest tariff announcement, but it's pretty late in the game and may not be probable."

The Owen Potato Company is choosing to "keep calm and carry on," though Owen said the industry feels different overall right now.

The Carman Dufferin Standard reached out to McCain Foods for comment but did not receive a response in time for print.

> AWARD, FROM PG. 14

said Harder. "We all have tools within ourselves to navigate life, but how do we use them."

Looking ahead, they see many opportunities they can pursue to do their part in maintaining natural waterways and encouraging people to come out and see first hand the importance of taking that one small step in the grand scheme of preservation. Going forward, plans include planting more trees and encouraging green space for people to enjoy.

The Harders will be recognized at the Manitoba Association of Watersheds annual conference in December.



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Your FARM



Manitoba producers find profit in low-input farming

By Becca Myskiw

Regenerative agriculture is the past, present — and most importantly, the future.

Duncan Morrison, executive director of the Manitoba Forage and Grassland Association (MFGA), believes that — and more.

"I think regenerative ag has the potential to be bigger than it is already," he said. "Right now, those that are participating in programs and using regenerative ag practices are definitely seeing benefits to their farms, families, and quality of life too."

Regenerative agriculture is a set of farming techniques based on biological designs that benefit the soil, ecosystem and the Earth as a whole. The practices have been around for a long time, but Morrison said what's new is the "dedication of farmers who want to work with the land and not against it."

A few regenerative practices include cover cropping, rotational grazing, crop rotation, no-till farming, water management, carbon sequestration and more. Cover crops slow erosion and runoff, protecting the soil surface and enhancing soil structure. Rotational grazing allows manure to be distributed evenly across pastures, improving soil health, and gives plants time to regrow between grazings and establish deeper roots. Crop rotation helps diversify crop applications and pests, while improving soil health and nutrient availability. No-till farming reduces soil erosion and improves soil quality. Water management helps the soil retain nutrients, boosting overall soil and crop health. Sequestering carbon enhances the ability of soil and plants to absorb and retain carbon, reducing carbon dioxide emissions.

It's important to note there is no silver bullet with regenerative ag — there are many practices to try, and when one doesn't work, Morrison said regenerative farmers are good at adapting and trying something new. It can be as simple as leaving a wetland or grassland intact, working with natural infrastructure, or planting forages that resist runoff.

"It's a different mindset than other farming," he said. "There's a real

strong sense of community that intertwines regenerative ag. Families and couples come to our conference and learn about it and get connected to others using regenerative ag. They stay in touch and help each other out."

Mike and Scott Duguid have been implementing regenerative ag practices on their farm near Arnes for 10 years. They currently have a herd of 250 beef cows, 1,000 acres of grain, and 600 acres of various forages — many of them regenerative species.

Mike said they started down the path of regenerative ag because land prices were so high that they had to learn to maximize every acre. They started with one small field and have since expanded to use regenerative practices on every field and in their cattle operation.

The Duguids use their hay and grain acres and add another process or enterprise — that can mean grazing, planting multiple shorter-season crops, or harvesting feed. Scott said they have a couple of fields they use for grazing, feed or grain, and with regenerative practices, they get two to three crops from them.

"All of a sudden you start running two to three enterprises, not just one," said Mike.

They typically direct seed the grain crop — usually oats or peas — with a cover crop underneath, which is used for grazing in the fall. In addition to cover cropping, they rotationally graze their cows, have reduced tillage from traditional practices to nearly none, switched from an air seeder to a disc drill to limit soil disturbance, significantly cut their fuel use, leave longer stubble, and are constantly testing new practices.

"The way that we're doing it, we have options," said Scott. "You're not limited to thinking that piece of land is a grain farm anymore or that's a pasture — you start integrating them all. It's helped, not so much being more profitable across the board; you see more opportunities."

Profits in regenerative agriculture often come from what farmers aren't spending. With fewer inputs and less equipment, regenerative farmers have lower costs.



STANDARD PHOTO MANITOBA COOPERATOR JEANNETTE GREAVES
A multi-species crop mix is swathed in central Manitoba.

Mike said the biggest change was their mindset — realizing that some traditional practices, like deep tillage, aren't necessary and may do more harm than good. Regenerative practices are also more resistant to climate change, with stubble catching snow to reduce erosion and improve soil structure.

"When you go through your five soil health principles, a lot of farms in Western Canada are down the path — they just don't call themselves a regenerative farmer," said Scott.

Those principles are:

- Maximize soil cover: Leaving soil cover like stubble prevents erosion, regulates temperature, builds structure, increases organic matter and better manages water.
- Minimize soil disturbance: Less tillage helps nitrogen, phosphorus and potassium remain in the soil.
- Promote plant diversity: A diverse mix of plants maximizes carbon input and diversifies soil biology.
- Have continuous live plants: Crops that leave high-carbon material on the surface help prevent erosion.
- Integrate livestock: Livestock convert high-carbon matter to low-

carbon matter, and their manure benefits both insects and the soil.

Scott said they work to achieve these principles every year, though the methods vary. Regenerative ag also benefits animals in the ecosystem, such as native birds, when their habitat and food sources remain. Crop rotation allows for a diversity of insects and birds, as different crops offer different nutrition.

Morrison said regenerative agriculture stands the test of time, but there needs to be recognition of its value in the marketplace.

"Whether it's honey from bees on a regenerative farm, grass-fed or rotationally grazed livestock, a grain farm with soil enhanced by cover crops — there needs to be recognition so it feeds back into the value chain," he said. "Consumers have to know ecological goods and services need to be valued more by society."

The Duguids are looking at leaving longer stubble on their fields and adding more remote watering stations and smaller paddocks in their pasture. Ten years in, they're still looking for ways to adopt more regenerative practices.

Dean Pruden talks about his experience this Parkinson's Awareness Month

Raising awareness for what is become a more commonly diagnosed disease

By Katelyn Boulanger

According to the Parkinson Canada website, Parkinson's is currently the fastest-growing neurological condition in the world. Because of that, Dean Pruden believes it's important for everyone to know about Parkinson's disease.

Since April is Parkinson's Awareness Month, Pruden is sharing his experience with the illness to raise awareness and to promote a local event he and his wife, Lorri, organize to support research.

Pruden's story with Parkinson's began in 2010, when he was diagnosed 15 years ago.

"A co-worker noticed that I was walking with a limp and he asked what was wrong with my leg and I said, 'Nothing.' I didn't realize that anything was wrong," said Pruden. "Later the same co-worker saw that something was wrong with my arm and he asked what was wrong with my arm. I said, 'Nothing. I don't know what you're talking about.' Again, I didn't notice it, but it affected my one side. I had a little bit of leg drag and no arm swing. I finally went to my doctor and he said, 'I think it might be Parkinson's.'"

After seeing a couple of specialists, the diagnosis was confirmed. Doctors explained that he had likely been living with Parkinson's for some time before his symptoms became obvious.

Pruden said that, while he was expecting the diagnosis, it was still a shock.

"It's a life-changing diagnosis, right? It's obviously progressive, and there's no cure for it," he said. "I was worried about the people around me too. It didn't just affect me but my whole family."

Parkinson's disease presents differently for different people. Some experience tremors or stiffness, while others may have speech or mobility challenges. Symptoms that are less often acknowledged include impacts on mental and emotional health.

Despite the diagnosis, Pruden hasn't let it stop him from doing the things he enjoys. He's remained active over the past 15 years.

"Exercise is probably the best thing for it. Exercise slows the progression, they say," said Pruden.

He once joined a fitness group for people with Parkinson's and has continued to work out with weights. He also played hockey for many years and, although recent mild winters have slowed him down, he snowmobiled for a long time too. These days, he and Lorri enjoy biking and hiking.

To raise awareness and funds for Parkinson Canada, Pruden has also been a longtime participant and organizer of the Parkinson Canada SuperWalk.

"Every year there's one walk in Winnipeg and there used to be a walk in Gimli. A group of my friends got together and formed a team to raise money for Parkinson's and take part in the walk. We named our team the Opap Shakers," he said.

Now based in East Selkirk, Pruden and Lorri organize the local SuperWalk each year. The event takes place in the fall, with this year's edition planned for early September.

Pruden said the event isn't just about raising money — it's also about maintaining relationships.

"You want to keep your relationships going. It's for a cause that I'm interested in, and my friends wanted to do something to show support for me and to raise money at the same time," he said.

He's been coordinating the walk for 10 years, and with average fundraising totals of more than \$5,000 a year, the event is a success in both building community and supporting research.

Pruden encourages residents to watch for details about the upcoming walk and to join in if they want to support Parkinson's research.

His advice for others newly diagnosed with Parkinson's: it's not a



STANDARD PHOTOS SUBMITTED

Dean Pruden on the Parkinson's SuperWalk.



The Opap Shakers at the Parkinson's SuperWalk.

death sentence.

"Just live your life and don't give up. There's lots of breakthroughs coming along all the time for Parkinson's," he said.

He also recommends connecting with U-Turn Parkinson's to learn

more about exercise programs for people with the disease. Information is available online at uturnparkinsons.org. More details about Parkinson's disease can be found at parkinson.ca.

Morden to open area's first Islamic cemetery

By Lorne Stelmach

The inclusion of space for an Islamic cemetery at the new Lakeside Cemetery in Morden is another important step for the local Muslim community.

Along with the opening of Morden's first mosque in recent months, it makes local Muslims feel that much more part of the community of Morden, suggested Syed Faizan Nasir,

president of the Pembina Valley Islamic Society.

"It all is a dream come true," he said. "It's a great achievement for our community. It is very significant for the

inclusion of our culture.

The cemetery for those of the Islamic faith is the first one in the province outside of Winnipeg.

Continued on page 18

Flowing forward

PVWC showcases expanded Letellier water treatment plant

By Lori Penner

On Jan. 28, board members of the Pembina Valley Water Co-op (PVWC) took an exclusive tour of the newly expanded water treatment plant in Letellier, marking a significant milestone for the region's water infrastructure.

The \$16 million expansion has increased storage capacity by four million liters, alongside a major chemical system upgrade and enhanced distribution pumping. Alongside that project, this year will see the estimated \$7.8 million installation of a new Red River intake pipe to pull more raw water into the Letellier plant to be treated.

"As the region continues to grow, so do the demands placed on the Pembina Valley Water Co-op and its infrastructure," said PVWC CEO Dale Toews. "It's an important project, and we wanted to bring the board in to see what we've been working on. Our board members are all elected officials, and some CAOs were here as well. We are municipally owned, providing water to these organizations, so it's crucial they see how their water supply is managed."

The plant began utilizing the upgrades in the latter part of 2024, and the transition has been ongoing.

"We're still using parts of the old facility, but with much greater efficiency," Toews explained. "Previously, we had 2.5 million liters of reservoir storage. With this added capacity, we can better handle peak demands. The new headworks system, distribution pumping, and bulk chemical feeding systems have significantly improved efficiency. Now, we're preparing to expand our membrane treatment facility to further enhance our output and meet Manitoba's growing water needs."

Engineering work is already underway for the next phase: a \$25 million membrane plant expansion. Toews emphasized the urgency of the project, with \$10 million in funding already committed by the province.

"We need to move forward to keep up with demand," he said. "We serve 14 member municipalities, a population of 60,000, and all the industries and agricultural operations that come with that. We're a large system, and we keep growing. Water is essential to economic development, and the prov-

ince recognizes that. Ensuring water availability is critical for the region's future."

The upcoming membrane plant expansion will incorporate advanced ultrafiltration technology, enhancing water purification and significantly improving the plant's capacity to remove contaminants. Membrane filtration is a highly efficient method that forces water through semi-permeable membranes, effectively removing bacteria, viruses, and other microscopic impurities. This technology will help the PVWC meet increasing water quality standards while boosting overall efficiency.

A BEHIND-THE-SCENES LOOK

Lead plant operator Trevor Hodgins led the tour, offering board members an up-close look at the plant's operations.

"We showed them everything that goes into making the water safe to drink," Hodgins said. "It was great to see everyone engaged and asking questions."

The tour began in the main office, where visitors viewed the SCADA (Supervisory Control and Data Acquisition) screen, which monitors plant processes in real time, tracking flow rates, chemical levels, and turbidity. Attendees then explored the treatment equipment, climbed to the top of clarifying tanks, and observed the intricate filtering and chemical processes that transform raw river water into potable drinking water.

One of the key upgrades featured in the expansion is the enhanced chemical treatment system, which now includes a state-of-the-art bulk chemical feed mechanism. This upgrade has improved the precision of chemical dosing, ensuring optimal water quality while reducing waste and handling risks for plant operators. Additionally, the new high-efficiency pumps allow for greater control over water pressure and distribution, ensuring reliable service even during peak demand periods.

"The expansion has been a huge success," Hodgins noted. "The ability to store nearly a full day's worth of treated water has made a tremendous difference in plant operations.



STANDARD PHOTO BY LORI PENNER

Board members, including reeves, mayors, and councillors from 14 municipalities, toured the completed expansion of the Pembina Valley Water Co-op treatment plant in Letellier on Jan. 28.

It allows us to run more smoothly, conduct maintenance without being under pressure, and operate more efficiently. The upgraded chemical systems are also a big improvement—safer, more accurate, and easier to adjust and monitor."

The plant's filtration process was also optimized to improve water clarity and safety. Clarification tanks now feature improved sedimentation technology, which aids in the removal of suspended particles before further treatment. This enhancement has re-

sulted in a more consistent and reliable filtration process, ensuring that treated water meets or exceeds regulatory standards.

Greater operational efficiency means fewer disruptions, a crucial factor for a team that is on call 24/7 to ensure the region's water remains clean and reliable.

"I started here in 2008, and I've seen a lot of changes over the years," Hodgins said. "It's rewarding to see improvements that make the job easier and benefit the community."

> PARKINSON, FROM PG. 17

It will have a capacity for about 78 graves, with the possibility of future expansion.

The space is "designed to follow Islamic burial rites, including the orientation towards Mecca," Nasir explained. "Even these smallest details are of great significance for Muslims.

"It isn't just about laying a body to rest," he noted. "Before, families often had to travel to Winnipeg to bury their loved ones according to the Islamic customs. Now they can remain close, and we grieve together here as a community."

It's something that could help attract more Muslims to the community and to retain those already here, Nasir said.

"That is important when you look at the number of families that are all from Muslim backgrounds," he said. "Having a cemetery along with the mosque is something which makes people want to stay here for a longer pe-

riod of time.

"Even just having the graveyard here helps make them feel they are not just visitors here. It encourages the younger families to settle longterm ... and it's the idea that we are not outsiders but also Mordenites."

The new Morden mosque has also been very well received.

"Our mosque is very active. We are praying five times ... we have two Imams," said Nasir, noting it also hosts Friday prayer services as well as education classes for youth.

And he noted local companies have been very respectful of their Muslim employees' needs, including making accommodations during the recent Ramadan.

"The employers had given them the flexibility ... they are giving them a break for the Friday prayer," he said. "We are getting a very positive response ... we are thankful."

Where are they now? Catching up with Walt Draper

By Dennis Young

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

Q. Firstly, let's get familiar with you again. When did you live in Carman?

From the time I was born in May 1953 to my Grade 12 graduation, I lived on the family farm located six miles south and east of the intersection of Highways 3 and 13.

Q. Did you attend school here?

The yellow bus delivered me to Carman Elementary School and Midland Collegiate every school day.

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

My first job was pumping gas at the Co-op Service Station. Dad was the Secretary Manager for the Dufferin Ag Society, so my brother Tom and I were ready labour associated with the fair. In the summers of Grades 11 and 12, Tom and I ran the concession booth at the pool.

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

I was involved in the student council and drama club.

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

Dad was a Winnipeg boy, and Mom was a Wilton from Roland. After WWII, they were both working with the Royal Bank in Winnipeg when they met. Not only did Dad fall in love with Mom, he also fell in love with farming. With his U of M ag diploma and thanks to his brothers-in-law and Ostrander district neighbours, Dad learned about farming. They both worked in town for several businesses and were always involved in community activities, including managing the fair for a combined total of 13 years.

Q. What was your chosen career after school?

After high school, I attended Red River College and graduated with a diploma in business. I joined Beaver Lumber, working in Dauphin, Moosomin, and Yorkton for a couple of years. I quickly learned the retail side of the home improvement business was not for me. In a chance opportunity, I applied and secured a job with Indian and Northern Affairs. That job started my 34-year public service ca-

reer journey.

Q. Did you move around a lot in career or life?

I lived in many communities including Dauphin, Thompson, Winnipeg, Whitehorse, Sackville (New Brunswick), and Ottawa.

Q. Did you meet your spouse here or elsewhere?

In 1979, Catherine and I met at the University of Manitoba when I moved from Whitehorse to Winnipeg to complete my Bachelor of Commerce degree.

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

Both of our daughters are married. Carly, our oldest, was born in Winnipeg and Maggie was born in Sackville, New Brunswick. They grew up in Ottawa. Carly works at Deerfield Academy, a prep school in Deerfield, Massachusetts. Maggie, our second daughter, lives in Ottawa and works with Immigration, Refugees and Citizenship Canada.

Q. Do you have extended family living here?

My Wilton family cousins live in Carman, Morden, and near Winnipeg.

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

After retiring from the Public Service in 2009, I consulted in Ottawa for a few years. After that, I helped a contractor friend with home renovations.

Q. What do you do now? Retired?

During COVID, Catherine retired and we moved to Shediac, New Brunswick — the "Lobster Capital of the World." We volunteer with the United Way of Greater Moncton, helping with their meal program for seniors, and we curl at the Curl Moncton club.

Q. Have you travelled for leisure?

Before retirement, travel was short-term vacations in Florida, England, Scotland, and Catherine's hometown, Rainy River, Ontario. In 2019, we toured Portugal, and in 2022 travelled throughout Italy with a week-long visit to Malta.

Q. Do you ever return to Carman?

I have been back to Carman for high school reunions. I plan to visit in late spring or early summer in 2025 to catch up with cousins.

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

Growing up on the farm in the Ostrander district was a foundation that provided me with a sense of belonging, community, and security. The experience



STANDARD PHOTO SUBMITTED

Wally and Catherine at their daughter's wedding in 2023.

of growing up in the larger Carman-Dufferin community gave me the confidence and self-awareness that continue to support me in life. I have memories of many people that I carry with me and often draw on for inspiration in my daily life.

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

When I was working — thanks to my brother Tom — I kept a scale Ertl model of a Gleaner combine on the top of my bookcase. I admit my model combine could be simply viewed as a toy; however, I made sure colleagues knew I was from a farm in Carman and darn proud of everyone and everything associated with it.



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Marcel Dheere's brief but bright NHL stint cut short by war

By Ty Dilello

An unheralded hockey player with ties to the Miami area had a brief but memorable NHL career with the Montreal Canadiens before the onset of the Second World War halted everything.

Marcel Dheere was born in Winnipeg on Dec. 19, 1918, to a Belgian family. He grew up in the St. Boniface area and played all his minor hockey there and in Elmwood before heading to Miami, Man., to play senior hockey for the local team after finishing high school.

While in Miami, Dheere lived with a local Belgian family and worked at an industrial plant during the day while playing hockey at night.

He also crossed the U.S. border twice a week to play for the championship-winning team from Hallock, Minn., in the States-Dominion League during the 1938-39 season. He later suited up for the Treherne Indians in 1940-41, when his team won the provincial intermediate hockey championship.

Scouts soon took notice of the young star. From there, Dheere moved west to play professionally for the Portland Buckaroos of the Pacific Coast Hockey League before eventually signing with the NHL's Montreal Canadiens for the 1942-43 season.

After spending most of the season with a Canadiens affiliate, Dheere was called up late in the campaign—alongside fellow rookie Maurice "Rocket" Richard—during a tough stretch for Montreal.

"The Canadiens were in a slump," Dheere said in an interview shortly

before his death in 2002. "That's why they tried to strengthen the team. They made a change to see what would happen."

The change wasn't enough. The Canadiens were bounced from the playoffs in five games by the Boston Bruins. Dheere played 11 regular-season games and all five playoff games for Montreal, recording one goal and two assists.

His career highlight came in his very first NHL game, when he scored a goal and was named one of the game's three stars against the Toronto Maple Leafs. His prize for the honour was a silver spoon, which he kept for the rest of his life.

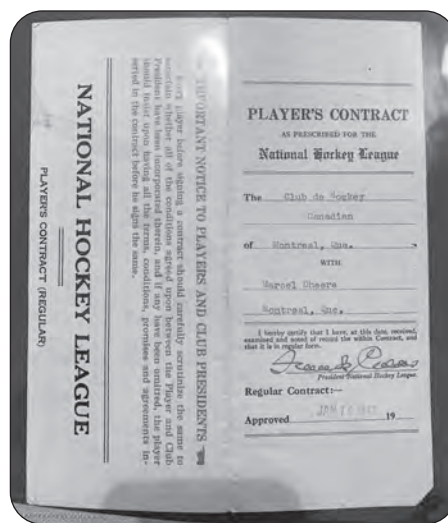
Dheere earned \$100 per game with Montreal that season—good money at the time.

Today's players earn exponentially more and have agents to negotiate their contracts. When Dheere signed his, it was much simpler.

"You were on your own," he said. "You walked in, and they talked to you, and that was it."

Salaries weren't made public back then, and even teammates rarely discussed them. But Dheere did have one trick up his sleeve during negotiations: a slight fudging of his birth year. While born in 1918, he claimed 1920 as his hockey birthdate—a fact that remained on some websites for years.

"When contract time came around, management wanted to know how long you would play for, so you cut down your age as much as you could," he said.



Dheere's NHL contract with the Montreal Canadiens signed Jan. 19, 1943.



STANDARD PHOTOS BY SUBMITTED

Marcel Dheere's hockey dreams in the National Hockey League were cut short by the Second World War. However, he still had a brief stint with the Montreal Canadiens in 1942-43 where he scored one goal and two assists in 11 career regular season games.

he spent 30 years as a switchman for CNR before retiring.

In his later years, Dheere continued to receive mail from fans around the world requesting his autograph, which he always obliged.

Marcel Dheere died of cancer at Riverview Health Centre in Winnipeg on Nov. 5, 2002. He was 83.

"For any little boy passionate about playing hockey in the NHL," Dheere said, "I am very proud that I was able to play for the Montreal Canadiens."

Pembina Valley women's soccer league kicks off second season

By Ty Dilello

The Pembina Valley Women's Soccer League is looking to build on last year's momentum as it gears up for its second season — with an earlier start date in June and a few changes aimed at growing the game.

The league was founded by sisters Laura Visscher and Rhonda Vandembos, who both grew up playing soccer in the Carman area. Vandembos started playing at age five, while Visscher joined the sport at 11 through the local minor soccer club.

Both sisters eventually played as goalkeepers for the DCS Stingers in high school. After graduation, they

remained involved in soccer with Carwin United FC, a women's team that competed in the Winnipeg Women's Soccer League (WWSL), taking on various roles as players, coaches, or managers.

During the COVID-19 pandemic, WWSL shifted all games to Winnipeg — a decision that has remained in place since. That move sparked the idea to create a women's league closer to home in the Pembina Valley, and after a successful inaugural season, the sisters are eager to see how it develops in year two.

"We're very excited for the upcoming season," said Vandembos. "We've

made a few adjustments from last year and hope this draws more ladies' interest."

The league launched last season with three teams — Breeze FC, Carwin United, and Just for Kicks. Breeze FC dominated the standings, winning seven games and tying one to finish the season undefeated. Carwin United and Just for Kicks each earned two wins.

One key change this year is a move from 11v11 to a 7v7 format. After circulating a player survey and collecting feedback from the community, organizers found the smaller-sided games were preferred for both flex-

ibility and fun.

Another update is the earlier season start, now set for June, which will allow more games and a longer schedule.

"The deadline for teams to register is this week, and we've had about five or six teams reach out to express interest, so we hope to have more teams playing this season," said Vandembos. "We can't wait to see everyone back out on the pitches."

For more information or to register a team, interested players can contact Vandembos at pvwsoccer@gmail.com or through the PV Women's Soccer Facebook page.

Announcements Classifieds

Book Your Classified Ad Today - Call 204-467-5836 news@carmanstandard.ca

The Carman-Dufferin
STANDARD

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Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication
Please Call 204-467-5836

NOTICES

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

NOT GETTING THE RESULTS YOU NEED ONLINE? NEED CLASS 1 DRIVERS? SPRING HIRING? SELLING SOMETHING? Jump on our great prices and start getting responses! Book your blanket classified ads, seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Please 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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Estate & Moving
April 23rd @ 7:00PM

Estate & Moving
April 30th @ 7:00PM

McSherryAuction.com
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The Carman-Dufferin
STANDARD

204-467-6836



Join the fight against Prostate Cancer

RIDE DAY Saturday May 31, 2025

10am Earls Polo Park (Winnipeg)

Visit ridefordad.ca/manitoba

to register or make a pledge

WANTED

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Todd 204-904-9705

A ROYAL FUNERAL THE GOOD NEWS OF THE RESURRECTION

MARK 15:42-47; MARK 16:
COME CELEBRATE GOOD FRIDAY AND EASTER SUNDAY WITH US!
FRIDAY, MARCH 18, 2025
CARMAN EAST - 9:30 AM REV. C. VANDAM
CARMAN WEST - 10:00 AM REV. J. SLAA
ELM CREEK - 10:00 AM REV. D. PLEITER
CARMAN EAST
CANADIAN REFORMED CHURCH
112-4TH AVE. SE, CARMAN
SUNDAY, MARCH 20, 2025
10 AM/2:30 PM
ELM CREEK
CANADIAN REFORMED CHURCH
101 CHURCH AVE., ELM CREEK
SUNDAY, MARCH 20, 2025
10 AM/2:30 PM

Notice of Request for Proposals for the Purchase and Development of a Lot in The Town of Carman formerly known as the Water Tower Lot.

Closing Date: **May 18th, 12:00:59 P.M.**

Proposals must be received by Susan Stein at the Town of Carman Municipal Office at 12-2nd Avenue SW on or before the Closing Date. Proposal packages may be picked up at the Town of Carman Municipal Office or viewed on the municipal website at <https://carmanmb.web.catalisgov.ca/town-financials>. All proposals should be in a sealed envelope, signed and marked as follows: **"Purchase and Development of the Lot described as "Lots 3-9 Block 5 Plan 33408"**. Proposals received after the submission deadline will be returned unopened and will not be considered. The Municipality will not accept proposals by fax or email. Don't miss this opportunity to invest in Carman's future!

Susan Stein
Chief Administrative Officer
Town of Carman
cao@townofcarman.com



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McSherryAuction.com
204-467-1858



RURAL MUNICIPALITY OF DUFFERIN PUBLIC NOTICE REGARDING THE AUDITOR'S REPORT

Pursuant to Section 194 of The Municipal Act, notice is given that the Consolidated Financial Statements for the year ended December 31, 2023, for the Rural Municipality of Dufferin are available for inspection by any person during the regular office hours of the Rural Municipality of Dufferin office at 12-2nd Ave SW, Carman or on our website at www.carmanmanitoba.ca. Dated at the Rural Municipality of Dufferin this 8th day of April, A.D. 2025.

Sharla Murray, CLGM, CMAA
Chief Administrative Officer
Rural Municipality of Dufferin



Rural Municipality of Grey

Public Notice Regarding the 2025 Financial Plan

PUBLIC NOTICE is hereby given pursuant to subsection 162 (2) of The Municipal Act that the Council of the Rural Municipality of Grey intends to present its financial plan for the fiscal year 2025 at a public hearing in the:

R.M of Grey Council Chambers
27 Church Avenue East, Elm Creek, Manitoba
Thursday May 1, 2025 at 7:00 p.m.

Council will hear any person who wishes to make a representation, ask questions or register an objection to the financial plan, as provided.

Copies of the financial plan will be available for review and may be examined by any person during the regular office hours of the Municipal Office at 27 Church Avenue East, Elm Creek, Manitoba.

Allie Henderson
Chief Administrative Officer
R.M. of Grey

Please notify our office if you require special accommodation because of a disability or medical need.



Royal Canadian Legion
Carman Legion Branch #18

BURSARY & SCHOLARSHIP ATTENTION GRADUATING STUDENTS

The Carman Legion Br. #18 is offering a **Bursary** and a **Scholarship** of \$500.00 each to a child, grandchild, or great grandchild of a Veteran or a Legion member entering post-secondary education. The Bursary and Scholarship must be used within one year from the date it is awarded. Application forms are available at Carman Collegiate, Dufferin Christian School, Elm Creek School, and Miami School or by calling the Carman Legion at 745-2454.

The applications must be received no later than Friday, June 6, 2025.

Applications may be mailed to:
Carman Legion Br. #18
Box 98, Carman, MB R0G 0J0
Attention: Karen Maxwell



Assistant Secretary-Treasurer

Prairie Rose School Division is seeking an Assistant Secretary-Treasurer. This is a full-time position based out of the Administration Office in Carman. Qualifications include accounting designation or near completion, CPA is desirable. Requires 5+ years accounting experience preferably in a unionized environment, and strong communication and IT skills. Salary range of \$80,000 - \$90,000 based on qualifications and experience. Duties include assisting in accounting, fiscal management, administrative procedures, financial records, reports, statements, grant claims, annual Division budget, control of expenditures, purchasing, records, school funds, petty cash, financial statements, enrolment reports, and finance/payroll systems. Apply with a resume and three references citing competition #004-25-26 to Human Resources at hr@prsdmb.ca. Open until filled.

SOUP & PIE SUPPER



Wednesday, April 23/25
4:30 – 7:00 P.M.
CARMAN UNITED CHURCH
134 1st Street SW
ALL PROCEEDS TO:
CARMAN PALLIATIVE CARE
Pay by Donation



Value of meal \$15

CARMAN HANDI-VAN ANNUAL MEETING

Wednesday, April 23, 2025 at 7 p.m.
Meadowood Estates - Cozy Corner
We welcome your attendance.
New Board members are needed.

CARMAN FARMERS market AGM

Monday April 28th, 2025 at 7:00 pm
Basement meeting room at the Carman Memorial Hall - All welcome to attend
For more info call Joyce 204-626-3310 or Elsa at 204-751-0233



Classifieds

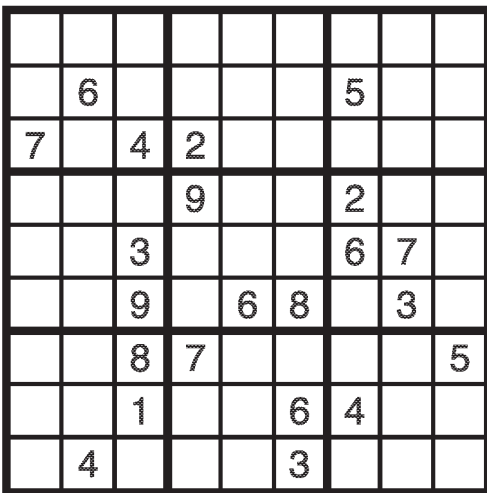
Payroll Administrator

Prairie Rose School Division is seeking a Payroll Administrator effective ASAP. This is a 7-hour/day position, based out of the Administration Office in Carman, with salary dependent on experience. Qualifications include post-secondary education in a related field and 3+ years of payroll experience preferably in a unionized environment. Strong computer skills, communication, and organizational abilities are required. Duties include processing payroll, managing benefits, and ensuring compliance with legislation. Apply with a resume and three references citing competition #192-24-25 to Human Resources at hr@prsdmb.ca. Open until filled.

take a break

> GAMES

SUDOKU

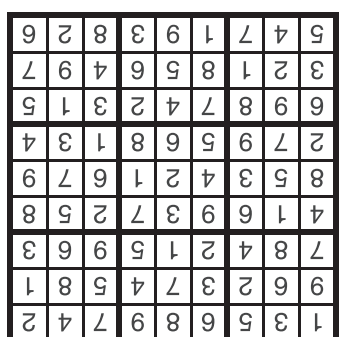


Fun By The Numbers

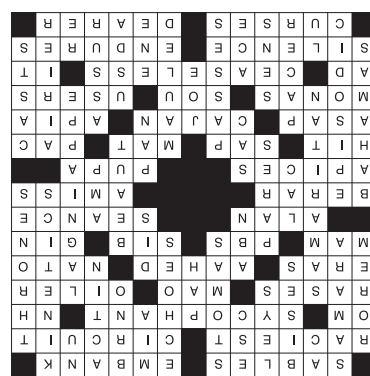
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

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



Sudoku Answer



Crossword Answer



CROSSWORD

CLUES ACROSS

- 1. Dark blacks
- 7. Construct a wall to confine
- 13. Most inappropriate
- 14. A type of board
- 16. Sacred Hindu syllable
- 17. Flatterer
- 19. The Granite State
- 20. Tears down
- 22. China's Chairman
- 23. Former Houston footballer
- 25. Periods of time
- 26. Expressed pleasure
- 28. World alliance
- 29. A Brit's mother
- 30. Television network
- 31. Brother or sister
- 33. Type of spirit
- 34. ___ Ladd, actor
- 36. A medium oversees it
- 38. One time province of British India
- 40. Wrong
- 41. The highest parts of something
- 43. Insect
- 44. Baseball stat
- 45. A way to use up
- 47. Where wrestlers compete
- 48. It helps elect politicians
- 51. As fast as can be done
- 53. Genus of legumes
- 55. Samoa's capital
- 56. Monument in Jakarta
- 58. Former French coin
- 59. Exploiters
- 60. College sports official
- 61. Uninterrupted in time
- 64. Stephen King story
- 65. Marked by no sound
- 67. Weathers
- 69. Denouncements
- 70. More beloved



CLUES DOWN

- 1. Winged nut
- 2. It cools a home
- 3. Kisses (French)
- 4. Oxford political economist
- 5. Keyboard key
- 6. Leaf pores
- 7. Agrees with publicly
- 8. Not around
- 9. Czech city
- 10. Muscle cell protein
- 11. Greek letter
- 12. Movements
- 13. Ned __, composer
- 15. Popular series Game of __
- 18. Exclamation that denotes disgust
- 21. Helper
- 24. Gift
- 26. Up in the air (abbr.)
- 27. Treat without respect
- 30. Trims
- 32. Slang for lovely
- 35. City of Angels hoopster (abbr.)
- 37. Guitarists' tool
- 38. Island nation
- 39. Delivered in installments
- 42. A baglike structure
- 43. Cooking vessel
- 46. Gets in front of
- 47. Wounded by scratching
- 49. More breathable
- 50. Medical dressings
- 52. Indiana hoopster
- 54. Married Marilyn
- 55. An ancient Assyrian city
- 57. Congressmen (abbr.)
- 59. Approves food
- 62. Ventura's first name
- 63. Between northeast and east
- 66. Atomic #71
- 68. Email designation

Classifieds Announcements

Book Your Classified Ad Today - Call 467-5836

OBITUARY



Helen Kruk

October 23, 1931 – April 12, 2025

With sadness we share the passing of our beloved mother Helen. Helen was predeceased by her husband Stephen, her three sisters and eight brothers.

She is survived by her five children Joyce, David (Charlotte), Brian (Cathy), Lorraine and Robert, as well as ten grandchildren and two great-grandchildren.

Her sweet and wonderful personality was treasured by all who knew her. Her legacy of love, support and gentleness will be cherished by all whose lives she touched.

A funeral will be held in June 2025 at Doyle's Funeral Home. Burial will take place the following day at the Souris Glenwood cemetery.

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



NOTICE OF ANNUAL MEETING HOMESTEAD CONSUMERS CO-OP LTD.

**THURSDAY, MAY 8, 2025
7:00 P.M.**

This year's AGM will be held online via Webex.

To register, email your name and member number to AGM@homestead.crs

by 5:00 pm on
May 5, 2025.

AGENDA ITEMS:

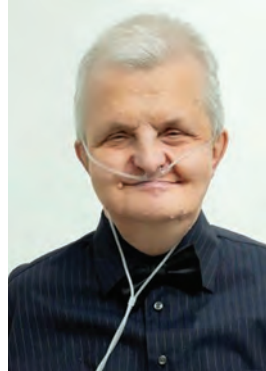
- Annual report of the Board & Management to the membership
- Presentation of the audited financial statements
- Appointment of auditors
- Election of Directors

Attend virtually and be entered to win great door prizes!

Together, we build relationships, lead in service, and positively impact our communities with every interaction.

Enhancing Community Life

OBITUARY



William Allen (Bill) McKay
June 14, 1962 - April 2, 2025

It is with profound sadness that we announce the sudden passing of Bill McKay at the age of 62 years.

Bill was predeceased by his father, Harold, and his four grandparents.

He is survived by his mother, Helen; his sisters, Carol (Rory) and Kathy; several cousins, and many friends.

Bill was a cheerful outgoing person who enjoyed talking to everyone, often asking about their pets. He had a good sense of humour and loved good-natured teasing and laughing, especially with his WinnServ support people and with his special Elm Creek friends. Bill will be missed by everyone who had the pleasure of knowing him.

Bill really enjoyed life, and he did not let health challenges dampen his spirit. He loved animals, small children, books and bookstores, firetrucks and trains. He enjoyed watching TV (everything from cartoons to the news); going away for a holiday; celebrating special occasions with his family; and riding his bicycle.

We would like to extend our gratitude to all the people who gave care and friendship to Bill throughout his life. Special thanks to his workshop support staff; hospital staff at Health Sciences Centre, Victoria and St. Boniface Hospitals; and everyone at WinnServ who provided love and support to Bill.

A Celebration of Life will be held at Carman United Church on Thursday, April 17 at 2:00 p.m., followed by a reception in the church hall. A private family interment will take place at the Elm Creek Cemetery.

In Bill's memory, please consider a donation to WinnServ, 101-90 Garry St, Winnipeg, MB, R3C 4H1 or to Winnipeg Humane Society, 45 Hurst Way, Wpg, MB, R3T 0R3

We hold you close within our hearts,
And there you shall remain,
To walk with us throughout our lives,
Until we meet again.

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

OBITUARY



In Loving Memory of
Dale Archibald Henderson
October 22, 1942 to March 13, 2025

Lovingly remembered by his wife Jean, children Barb Henderson Cox (David) of Sanford, Manitoba and Brett Henderson (Alejandro) of Vancouver, British Columbia, and grandchildren Adam, Sydney and Rylan.

A public graveside service will be held on Saturday, May 31, 2025 at 2:00 p.m. at St. Mary's Cemetery, Kaleida, Manitoba. A lunch will follow at the C.E. Building, St. Andrew's United Church, Manitou, Manitoba.

Donations in memory of Dale may be made to St. Andrew's United Church Box 267 Manitou, MB R0G 1G0 or the St. Mary's St. Albans Anglican Cemetery Box 189 Manitou, MB R0G 1G0 or to a charity of one's choice.

<https://www.wheatlandfs.com/obituary/Dale-Henderson>

Remember Your Loved Ones with an Announcement in the

The Carman-Dufferin
STANDARD

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Exterior**

get inspired

> MEAL IDEAS



Hot Honey Chicken Meatball Subs

cayenne, if desired; and breadcrumbs.

Use cookie scoop or hand roll chicken mixture into balls. Place on aluminum foil-lined sheet tray, leaving small space between each ball. Bake 25 minutes, flipping meatballs halfway through.

Slice hoagies in half, lengthwise. Remove some bread from middle to make room for meatballs. Butter inside of each hoagie and place on sheet tray.

Once meatballs are cooked through, turn broiler on high and place buttered hoagies in oven. Cook 1 minute, or until butter is melted and hoagie has browned.

Remove hoagies from oven, place 3-4 meatballs inside (depending on size) and cover with slice of cheese. Broil on high 30 seconds to melt cheese.

Drizzle garlic sauce on top.

Tip: Garlic sauce can be substituted with topping of choice.

Prep time: 5 minutes
Cook time: 30 minutes
Servings: 4

1 Minute Hot Honey Chicken Seasoned Rice Cup

1 pound ground chicken
1 teaspoon salt
1 teaspoon cayenne pepper (optional)
1/4 cup breadcrumbs
4 hoagie rolls
2 tablespoons butter
4 slices provolone cheese
garlic sauce, for garnish

Preheat oven to 375 F. Heat rice according to package directions.

In large bowl, mix rice; chicken; salt;



Hot Honey Chicken Rice Crackers and Ranch Dip

according to package directions.

Lay rice on parchment paper. Place another sheet of parchment paper on top. Use rolling pin to roll out rice into thin layer.

Bake 20 minutes.

In medium bowl, mix sour cream and ranch seasoning.

Once crackers are cooked, cut into squares while still hot. Allow to cool.

Serve crackers with ranch dip.

Tip: Ranch dip can be substituted with hummus or any flavored dip.

Prep time: 5 minutes
Cook time: 20 minutes
Servings: 2

1 Minute Hot Honey Chicken Seasoned Rice Cup

1 cup sour cream
1/2 packet ranch dip seasoning

Preheat oven to 400 F. Heat rice ac-



Grilled Whole Branzini with Fresh Herb Sauce

Fresh Herb Sauce:

2 tablespoons chopped dill
1/4 cup chopped parsley
2 tablespoons chopped chives
1 small garlic clove, minced
1/2 teaspoon kosher salt
1/4 teaspoon red pepper flakes
1 tablespoon lemon zest
1 tablespoon lemon juice
3/4 cup extra-virgin olive oil

Recipe courtesy of chef Alton Brown on behalf of Current Backyard

Prep time: 30 minutes
Cook time: 10 minutes
Serves: 4

How nutrition impacts brain health

By Fitness Expert Julie Germaine Coram

Exercise is the very best thing you can do to combat aging when it comes to cognitive health. Of course, your genetics play a major role in memory loss and brain function, but lifestyle factors—including diet and exercise—are also significant.

Learning new things, such as taking up a challenging hobby or adding a new movement to your resistance training routine, stimulates neuron growth in the brain (a process called neurogenesis), particularly in the hippocampus. This region is responsible for learning and memory. Weight training, in particular, enhances concentration, building your ability to focus and recall information. Cardiovascular activity is also extremely beneficial thanks to the endorphins your body releases during and after exercise, which help you relax. This feel-good effect often provides much-needed stress relief and can boost your mood. Plus, deep breathing during intense exercise pushes oxygen- and nutrient-rich blood throughout the body—including the brain—supporting optimal function.

But I promised to talk about how simply choosing the right foods can help... Sorry, I just couldn't help but promote movement first!

When it comes to diet, balance is important—even with fruits and vegetables. It's easy to fall back on your favourites out of comfort or habit, but being more adventurous with your meals and ingredients has a two-fold impact. First, you're learning something new with each new recipe—not to mention the time spent discovering it, rather than relying on the same ol' one tucked in your cupboard. Second, you'll benefit from greater nutritional variety by rotating protein sources like fish (a great source of omega-3 fatty



Fitness Expert Julie Germaine Coram

acids) and chicken (rich in brain-boosting nutrients like choline and vitamins B6 and B12). Pair these with kale (full of antioxidants like flavonoids and carotenoids that slow age-related mental decline), broccoli (an excellent source of vitamin C), or beets (rich in nitrates that help dilate blood vessels and promote blood flow to the brain).

Following a "diet" is still popular, though experts continue to encourage variety and moderation in food choices. But if you must follow a plan, the Mediterranean Diet is a great place to start for meals that support both your body and mind.

Would you like to discuss your personal nutrition questions, health goals or fitness challenges with me? Schedule a free online consultation by visiting: www.calendly.com/juliegermaine

Coach Julie Germaine Coram is dedicated to lifelong health! She's an active mom, Registered Personal Trainer, two-time Pro Fitness Champion, Certified Nutrition Expert and Fitness Specialist. Since 2005, she has helped thousands of people worldwide improve their health.

Branzini:

2 head-on whole branzini (about 1 pound each), cleaned and scaled
2 teaspoons kosher salt
1 lemon, sliced into six rounds
6-8 sprigs dill
6-8 sprigs parsley
2 teaspoons extra-virgin olive oil

To make fresh herb sauce: In small bowl, combine dill, parsley, chives, garlic, salt, red pepper flakes, lemon zest, lemon juice and olive oil; set aside.

Set both sides of grill to 650 F (high) and close lid.

To prepare branzini: Season fish inside and out with kosher salt. Fill cav-

ity of each fish with lemon slices, dill sprigs and parsley sprigs then tie with kitchen twine to secure. Refrigerate until ready to grill.

Evenly coat skin of both fish with olive oil. Insert temperature probe into thickest part of flesh of each fish, parallel to dorsal fin, then place on grill with belly sides toward you. Close lid and cook 5 minutes.

Open lid and gently turn fish over with thin metal spatula or two forks. Close lid and cook 5 minutes, or until internal temperature reaches 145 F.

Transfer fish to platter and remove twine. Serve fish topped with fresh herb sauce.