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Running for Habitat

STANDARD PHOTO BY LANA MEIER

The first group of runners crossing the finish line during the Habitat for Humanity Carman-Dufferin Run and Walk fundraiser on May 31 included Logan in the back and Angus, Hayes, and Luca. The event brought together dozens of participants to support local Habitat for Humanity home-building projects.

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Young dancer claims scholarship at provincial dance festival

By E. Antonio

Elm Creek's Sadie Esau has grown to love taking the stage over the past four years.

The 10-year-old trains and competes with Liv Dance Company and recently found success at the Manitoba Dance Festival, taking home the junior scholarship for her musical theatre routine, Drama Queen by Lindsay Lohan.

She explained that her routine involves plenty of acrobatic elements, facial expressions, lip-syncing and personality.

"It shows who I am well," she said. "I am an energetic and crazy kid, and I like to show that off on the stage."

Choreographed by Miss Jill Livingston, the routine was rehearsed for two hours each week beginning in December. In addition to her musical theatre solo, Esau also performs in group ballet, jazz and tap routines, though musical theatre is her favourite.

She said receiving the scholarship, which came with a \$125 award, meant a great deal to her, especially after a rocky start at an earlier competition when she forgot part of her routine.

"Coming back strong showed me I can do hard things," she added, noting she has no plans yet for how to

use the money. "Forgetting was really discouraging, but with the help of my parents and teachers, I didn't give up, and I am really proud of myself for that."

Other highlights of the competition included acting as a role model for younger dancers and encouraging and cheering on her friends with positive affirmations.

Livingston described Esau as an extremely hard worker with strong stage presence and attention to detail.

"She is a true performer," she added. "We were all extremely proud of her. She represents us so well."

The scholarship was only one of the highlights of the season for Liv Dance Company. Other accomplishments included participating in its first Associated Dance Arts for Professional Teachers (ADAPT) jazz exams in January, where all dancers passed their respective levels, and having several competitive routines place in the overall standings at various events.

The company had four competitive routines this year featuring dancers ranging in age from seven to 18.

Livingston said she is proud of all the dancers for the results and awards they received, highlighting the importance of providing performance



Sadie Esau, 10, won a dance scholarship for her musical theatre routine, Drama Queen, at the Manitoba Dance Festival.



STANDARD PHOTOS SUBMITTED Sadie Esau, 10, won a dance scholarship for her musical theatre routine, Drama Queen, at the Manitoba Dance Festival.

opportunities for young dancers.

"We believe in giving our dancers these opportunities so they know that it doesn't matter where you come from, you should always dream big,"

she said. "The opportunity to perform and compete shows that talent and passion for dance can exist and thrive in small communities."



NOTICE OF VOTERS LIST / PERSONAL SECURITY PROTECTION The Rural Municipality of Dufferin

Notice is hereby given that a copy of the VOTERS LIST may be revised at:

12 - 2nd Avenue S.W., Carman, Manitoba, before September 22, 2026, Monday to Friday between the hours of 8:30 a.m. and 4:30 p.m.

The Senior Election Official (S.E.O.) will be available to update the voters list by:

- a) adding the names of voters who are entitled to have their names on the list;
- b) deleting the names of persons who are not entitled to have their names on the list; and
- c) making such other corrections of errors to the list as required.

VOTER ELIGIBILITY:

A person is eligible to have his or her name added to the Voters List if he or she is:

- 1) a Canadian citizen and at least 18 years of age on election day; and
- 2) a resident of the local authority for at least six months prior to election day, OR a registered owner of land in the municipality for at least six months prior to election day.

NON-RESIDENT VOTERS QUALIFIED IN MORE THAN ONE WARD:

In accordance with Section 25(2) of The Municipal Councils and School Boards Elections Act, any non-resident voter who owns property in more than one ward is responsible to notify the S.E.O. in writing, not later than 4:30 p.m. on September 22, 2026 of the ward in which he/she desires to vote. Failing the foregoing, the voter's name will be placed on the list as the S.E.O. may select.

APPLICATION FOR PERSONAL SECURITY PROTECTION:

A voter may apply in writing to the S.E.O. (at the address / fax number below) no later than 4:30 September 22, 2026 to have his/her name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail or email and must include your name, address and include proof of identity.

All changes to the voters list must be completed on or before September 22, 2026.

Dated at Carman in the Province of Manitoba, on June 3rd, 2026.

Susan Stein
Senior Election Official
Town of Carman
Email: cao@townofcarman.com
Phone: (204) 745-2443
Box 160

Sharla Murray
Senior Election Official
Rural Municipality of Dufferin
Email: cao@rmofdufferin.com
Phone: (204) 745-2301
Box 100

12 - 2nd Ave S.W., Carman, MB R0G 0J0



carmandufferin.com



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Any person may, within 15 days after the notice is published, send a written/email submission to the department below, regarding the control program or register with the department their written objection to the use of pesticide next to their property.

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Winnipeg, Manitoba
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pesticideusepermit@gov.mb.ca

Manitobans can enjoy free park access, fishing this weekend

By Lana Meier

Manitobans can visit provincial parks and fish without a licence during Family Fishing Weekend from June 12 to 14.

The province announced that vehicle permits will not be required to enter provincial parks during the three-day period, although regular campground fees will still apply.

Environment and Climate Change Minister Mike Moyes said the initiative is intended to help families enjoy the

outdoors without added costs.

As part of the weekend, Manitoba Parks and Manitoba Fisheries will offer free tours of the Whiteshell Fish Hatchery on June 13. Visitors can learn about fish stocking programs, see more than half a million trout and take part in releasing 250 trout into the Whiteshell River.

Anglers can fish without a provincial licence throughout Manitoba during the weekend, except in national parks

where a federal licence is still required.

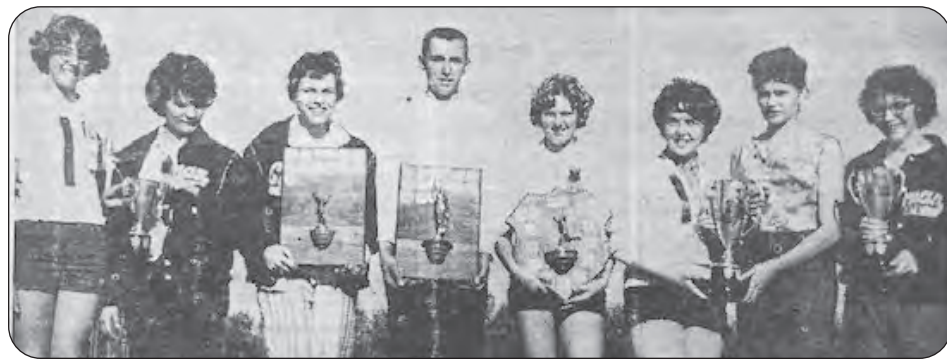
Natural Resources and Indigenous Futures Minister Ian Bushie encouraged residents to take advantage of the opportunity to spend time outdoors with family and friends.

The province reminds visitors that all other fishing regulations remain in effect and encourages park users to follow fire safety guidelines and help prevent the spread of aquatic invasive species.



STANDARD PHOTO SUBMITTED
Paislee Westin proudly displays a fish she caught during a recent outing, one of many young anglers expected to take advantage of Manitoba's Family Fishing Weekend from June 12 to 14.

Flashback: Carman Collegiate sets track records



STANDARD PHOTO SUBMITTED

Carman Collegiate track athletes from 1963. From left: Ina Meijer, Bev Stirling, Nola Smith, Lyall Wilson, Valorie Doyle, Arlene Carr, Wilda Jane McCullough and Kathy Lucking.

By Dennis Young

Carman Collegiate athletes dominated the Midland and MacDonald

Division Track Meet in May 1963, with both the boys and girls capturing aggregate titles. The girls scored

57 points to finish ahead of Roland (39) and Sanford (38), while the boys earned 74 points, topping Sanford (67) and Morris (61). It marked the first aggregate championship for Carman's girls and the second for the boys, who had previously won in 1956. Carman also claimed victories in the girls' primary, junior, intermediate and senior relays, along with the overall grand slam for total points.

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getheard

EDITORIAL > VIEWPOINTS > LETTERS

Carman council approves projects, reviews planning and infrastructure

By Haley Cvar

The Town of Carman approved several projects and received updates on municipal initiatives during its May 5 council meeting, including approval of the Carman Minor Soccer Phase 1 project proposal, a pathways project and updates to the trestle bridge project.

Council approved a new Urban Tree Policy intended to establish guidelines for urban tree management within the community.

CAO Susan Stein said the policy was developed to provide a consistent approach to managing the town's tree inventory while addressing infrastructure considerations and resident concerns.

"It was promoted by a few things. The intent is to provide clear and consistent guidelines for managing the Town's trees. The policy will help address resident concerns and requests, support infrastructure planning so as not to affect water and sewer lines and establish best practices for replacing trees as they are removed. By taking a proactive approach, the Council hopes to preserve the benefits of our community's trees," Stein said.

Stein noted residents have already seen some of the results of the town's efforts.

"Residents have seen some of the effects already. Since 2024 the Town has planted over 500 trees."

The Habitat for Humanity Carman Chapter was selected as the recipient of the municipality's Manitoba Waste Management recycling cart charitable donation program for the January to June 2026 period.

Council also approved the disbursement of Carman Area Foundation affiliate grants for 2026.

Stein said the affiliate program helps organizations that are not registered charities access funding opportunities.

"Organizations that are not registered as charities are able to apply for funding through the affiliate programs. This allows groups such as Carman Minor Ball, Carman Community Pathway, Boyne River Keepers, Carman Cardinals Baseball Club and more to apply for funding."

The Carman Minor Soccer Phase 1 project proposal received council approval and will proceed subject to council approval of water supply and drainage requirements.

Council approved a pathways quote to complete work associated with a 2025 GRO grant project.

Stein said the work is connected to the town's trestle bridge project, which is nearing completion.

"The trestle bridge is nearly complete. Lighting has been installed, signage is being made right now, the approaches have been completed. There

is additional work yet to be done with the pathway on the west side of the bridge. The project should be completed before August."

The Carman Dufferin Planning District also presented final drafts of its development plan and zoning bylaw for review.

Public works matters were discussed through the superintendent's report, including potential sidewalk removals and future road and sidewalk improvements.

Stein said the town is in the early stages of planning for future active transportation and sidewalk improvements.

"Currently we are working on where we need to improve sidewalks and pathways and if it is feasible to add a bike lane in town. We are just in the beginning stages of planning for long term improvements."

Council also reviewed the municipality's 2026 Municipal Operating Grant notification from the province and received a number of community and organizational reports, including updates from Protective Services, the Boyne Regional Library, the Dufferin Agricultural Society, Communities in Bloom and the Carman Handi-Van.

A letter of support for a Carman Wellness Connection Inc. funding application was also presented to council

Grey advances drainage, infrastructure projects

By Haley Cvar

The Rural Municipality of Grey has formally adopted its 2026 tax levy by-law while approving a series of drainage projects, community grants and public works expenditures aimed at supporting infrastructure and services throughout the municipality.

Council gave second and third reading to By-law No. 02-2026 during its May 6 meeting, establishing the municipality's 2026 tax levy rates in accordance with The Municipal Act.

The meeting also saw council ad-

vance several drainage initiatives as spring water management work continues across the municipality.

Council approved a drainage licence application for work in the area of Sections 4-9-7 and 5-9-7, including ditch cleaning, culvert adjustments and the installation of additional drainage infrastructure. The municipality also approved an amended private drainage licence application from Barkhouse Farms at W-6-8-5W, allowing water to run between May 15 and Nov. 18 each year, subject to municipal oversight

and flood-related restrictions.

Additional drainage applications were approved for approach widening projects in several locations, with Grand Colony responsible for associated costs.

Council also approved first-quarter community grants totalling \$15,250. The largest allocation was \$10,600 for the Elm Creek Skating Rink, while the RM of Grey Fire Department received \$2,500. Other recipients included local curling rinks, community organiza-

Continued on page 5

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Public health officer hosts virtual measles town hall

By Lorne Stelmach

A virtual town hall last week sought to inform Manitobans about the ongoing measles outbreak and answer questions from the public.

The session was led by Dr. Jazz Atwal, deputy chief provincial public health officer, who addressed concerns about the severity of the outbreak, particularly in southern Manitoba.

"Manitoba is experiencing a significant measles outbreak with ongoing transmission. We've got cases that have been rising across the province throughout 2026," Atwal said. "We're seeing this most impactfully in Southern Health, which is why we're focused on communities in this region."

Atwal stressed that measles is one of the most contagious diseases and can lead to serious complications.

"One of the most common misconceptions about measles is that it's just a common childhood illness," he said. "In fact, it's one of the most highly contagious diseases we know, and it can also lead to serious complications.

"It spreads easily through the air when someone coughs or sneezes, and the virus can linger in the air for hours after a person with measles has left the

room," Atwal said. "So it can easily spread in places where we gather — schools, workplaces and community spaces."

He noted that measles cases have continued to rise since first increasing in Manitoba in 2025.

"We have a degree of uncontrolled transmission occurring throughout Manitoba. We have cases in all regions of the province, but most are in Southern Health."

Questions from participants focused on why measles has been on the rise. Atwal said several factors have contributed to the increase, including anti-vaccination sentiments, and encouraged parents to speak with trusted health-care providers about immunization.

"Well, first and foremost, before your child possibly ends up getting measles, I think it's worthwhile to connect with your health-care provider — the person you trust — and ask about vaccinations," he said. "Ensure that, if vaccination is recommended, it is available for your child."

Atwal also noted that measles can resemble other viral illnesses, making diagnosis difficult without proper as-

essment.

"So just because someone has a viral illness with a cough and runny nose and develops a rash, that could mean it's measles, but it could also mean other things," he said. "The best thing to do is isolate the child, contact your health-care provider and have the child assessed to determine whether measles is a concern."

Another question came from someone vaccinated against measles in the 1970s who wondered whether she was still protected.

"People born before 1970 are generally considered immune to measles because they were likely exposed to it while growing up," Atwal said.

He estimated that one dose of vaccine provides about 93 per cent protection against the virus, while two doses provide about 97 per cent protection.

"So yes, if you had even one dose in the 1970s, and you are not considered high risk or dealing with other medical conditions, that vaccine should still be effective for you," he said.

More information about measles is available on the Manitoba government website.

> GREY, FROM PG. 4

tions, the Elm Creek Cemetery and Canada Day celebrations.

Several public works expenditures were authorized during the meeting.

Council approved repairs to municipal vehicle M23 at a cost of \$1,352.56 plus taxes and ratified the purchase of a replacement turbo for vehicle M79 for \$7,500 plus applicable taxes.

In anticipation of rising steel prices, council also authorized a bulk culvert purchase of up to \$36,000, including PST, from Armttec. The order will be divided equally among the municipality's four wards, with each ward allocated up to \$9,000 for priority culvert projects.

Council approved updates to a development agreement with Halarda Farms Ltd. to add two properties to an existing calcium dust-control program.

The municipality also endorsed several RFN proposals to expand fibre-optic infrastructure within the RM, including projects near O'Connor Road 50N and along Provincial Trunk Highway 13. The approvals are subject to utility locates and any requirements imposed by Manitoba Transportation and Infrastructure.

Council received reports from the RM of Grey Fire Department, Treherne RCMP and Community Futures Heartland, and authorized Reeve Gail Johnson and the chief ad-

ministrative officer to attend the Association of Manitoba Municipalities

Central District meeting in Holland on June 15

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Celebrate God's Gifts!

Last month I attended a family reunion on my dad's side in Swift Current, Sask. It was a wonderful weekend of touring the home-steads, reconnecting with family and connecting with some cousins I met for the first time. There was lots of laughter as stories were told.

The weather has warmed up which tells us the summer months are approaching, and family reunions and weddings are just some of the ways we spend time in the summer.

In the prairies we know that our outdoor summer season can be short, so we hear it often said "enjoy it while we have it"

How do you celebrate the months of summer rather than just live through them? One way that we can celebrate the summer is being outdoors because it's good for our soul.

In Philippians 4:4, we read: "Rejoice in the Lord always; again, I will say, Rejoice!"

These warmer months of Summer are a reminder that life is a gift, and that we are meant to celebrate. Too often we look at life from a perspective of what we don't have. We don't have enough: time...money...energy... whatever it may be.

But summer, when we have the warmth and sunshine, when we see the trees, leaves, grass and crops growing, and when we hear the laughter of kids and adults at the pool and in the park, and in our neighborhoods, we are reminded that God gives enough.

And that part of our role as people who follow Jesus is to remember to share that bounty with others, so that all may have enough; so that all may have reason to celebrate.

This summer, when you are sitting in the park, or on the patio or deck let it be a time to remember all of the blessings in your life. And then thank God for these gifts, and celebrate and rejoice for God's great love for you!

Pastor Trudy Thorarinson
Grace – St. John's Anglican / Lutheran Church

Elm Creek poet places third in provincial competition

By Lana Meier

Local poet Désirée Penner is celebrating another milestone in what has quickly become a breakout year for her writing career after earning third place at the provincial Rabindranath Tagore Poetry Competition.

The competition, organized by the Manitoba Writers' Guild, drew more than 50 submissions from across the province. Penner's poem, "When I Think of You, I Want to Find You", was recognized at the awards ceremony, marking one of her first major competition results.

"I was very touched to have placed within this competition," Penner said. "I have entered less than five poetry competitions, so I became increasingly excited when my name appeared on the longlist, then the shortlist, then placed third."

The deeply personal poem was written in memory of her friend Denae, who died unexpectedly nearly a de-

cade ago. Set against the backdrop of rural Manitoba, the piece blends memory, landscape and grief through vivid imagery.

"When I Think of You, I Want to Find You" places readers into the cab of a rusted pickup truck, as it drives backroads, against 'sunset stained prairie skies,'" Penner said. "There is a wistfulness and beauty to the poem, as it oscillates between the past and present."

She described the work as "drenched in the beauty of a deep, trusted friendship," with the prairie landscape playing a central role in shaping the emotional tone.

Denae, she said, was a creative and compassionate presence in her life.

"She loved to draw, created gorgeous calligraphy art, watched Christmas movies on repeat — Elf was her favourite — and delighted in sunsets," Penner said. "She had the most caring soul, especially for children."

Penner wrote the poem last year around her friend's birthday, prompted in part by the competition's theme of



STANDARD PHOTO SUBMITTED

Elm Creek poet Désirée Penner holds her third-place award from the Rabindranath Tagore Poetry Competition, presented by the Manitoba Writers' Guild, for her poem "When I Think of You, I Want to Find You".

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"tumultuous journeys with a bright horizon."

"When a loved one passes suddenly, there is no opportunity for closure conversations," she said. "In some ways, this poem is a goodbye poem, but at its heart, it's about how the people we have lost are still here with us along the way."

She said revisiting those memories through poetry reinforced the connection between grief and love.

"To talk about grief is to talk about love," Penner said. "Time and distance do not delete the bond that was formed between people, it just changes it."

The recognition comes as Penner is currently taking part in the prestigious Al and Eurithe Purdy A-Frame Association writer-in-residence program in Ontario, where she arrived after a 2,300-kilometre drive from Elm Creek.

"The cabin is gorgeous," she said. "There is a large knobby willow tree with a beautiful A-frame cabin that overlooks Roblin Lake, where a loon lives."

Penner said the award-winning poem will form part of the manuscript she is developing during her residency, which traces her journey from Vancouver Island back to rural Manitoba during the pandemic.

"I plan to finish the first draft of my

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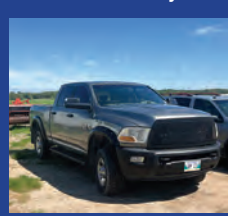
Viewing: TBD. Bidding starts: June 11th, 2026 at 9:00AM. Lots start closing on June 17th, 2026, at 10:00 AM. Pick up days: Thursday, June 18th, Friday, June 19 & Saturday, June 20th from 9 AM to 5 PM

June OFFSITE Consignment Sale 2026

Viewing: June 15th - 18th from 9 AM to 5 PM. Bidding starts: June 18th, 2026 at 9:00 AM. Lots start closing on June 24, 2026 at 10:00 AM. Pick up days: Friday, June 26 & Saturday June 27th, from 9 AM to 5 PM

June ONSITE Week 2 Consignment Sale 2026

Viewing: June 15th - 18th from 9 AM to 5 PM. Bidding starts: June 18th, 2026 at 9:00 AM. Lots start closing on June 25th, 2026 at 10:00 AM. Pick up days: Friday, June 26th, & Saturday June 27th, from 9 AM to 5 PM



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Carman Legion honours veterans with Decoration Day service



STANDARD PHOTOS BY BEV MCLEAN

Carman Legion Ladies Auxiliary president Barb Doerksen lays a wreath during Decoration Day ceremonies held June 7 at Carman Greenwood Cemetery. Assisting with the ceremony is Sergeant-at-Arms Jim Scott. The annual event honours veterans and those who served their country.

The way it was this week in: June 11

By Dennis Young

100 Years Ago, 1926 — Manitoba Free Press garden editor regards Carman as the most beautifully treed town; Cochran's Ltd. sells a cut-glass water set for \$3; 150 attend Carman Tennis Club's fundraising dance, raising \$90; Nesco oil stoves are \$27.50 at W.S. Hallett's Carman Hardware; Jean McInnes wins the RM of Grey Spelling Bee; the Order of Odd Fellows of Manitoba holds its annual meeting in Carman; P & B Cash Stores sells a 50-lb. block of salt for 70 cents.

75 Years Ago, 1951 — J.A. Peterson retires after 38 years as school inspector; large newspaper promotions encourage oil heat; John Murta heads to Nebraska to pick up his first-of-its-kind two-row forage harvester; Walter Derksen, formerly of Roland, is named a Kellogg Co. representative for southern Manitoba; Dorfman's oatmeal cookies are \$1 for three pounds; showing at the Boyne Theatre is Harvey, starring James Stewart; the school board increases insurance on the new school by an additional \$48,000, bringing coverage to \$118,000; the Cards sit fourth in a five-team loop.

50 Years Ago, 1976 — Clarice Oldcorn heads the Ladies Curling Classic committee; popular TV shows include Kojak, Maude, Sanford and Son and Little House on the Prairie; official opening of the Friendship Centre/Station House; triticale seeded locally after four years of U.S. trials; minimum wage to increase from \$2.60 to \$2.95 by September; Bill North, 71, beats brother Bruce, 76, at the Winkler Open; Carman Collegiate's track and field team tops Zone

4 at Pan Am Stadium; Fred Salter invites residents to compare DCU's 8.5 per cent savings rate.

25 Years Ago, 2001 — Sperling prepares for its centennial reunion; grand opening of Toews Printing & Office Supply on Centre Avenue; \$820,000 expansion underway at Carman United Church; bylaw passes making Memorial Hall a smoke-free building; Elm Creek School changes to a semester system; Com-

munities in Bloom competition comes to Carman; the Carman Blues girls soccer team improves to 7-0; Jake Chenier entertains at Fun & Value Daze; Boyne River Sports offers a 26-inch Bonelli bicycle for \$339.99, a savings of \$110; Cosmo, also known as Bob Kowalchuk, reviews movies for the Leader; grand opening held for the \$213,170 Boyne Regional Library expansion.





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Please join us for Golden Prairie Arts Council's
Annual General Meeting
June 17th at 7:00 pm
Voting is reserved for current GPAC members.

All are welcome.
Memberships and renewals available on-site.
Refreshments to follow.



2026

Notice of Environment Act Proposal

Manitoba Environment and Climate Change invites public comment on the following proposal:

**RURAL MUNICIPALITY OF MACDONALD - OAK BLUFF
WASTEWATER TREATMENT LAGOON EXPANSION - FILE: 3138.20**

The Rural Municipality of Macdonald proposes to expand the existing Oak Bluff two-cell wastewater treatment lagoon located at NW and SW 17-09-02 EPM, southeast of Oak Bluff, Manitoba. The project includes conversion of the existing primary cell into two aerated primary cells and a secondary cell with raised berms, upgrades to the existing secondary cell, and construction of a new secondary cell south of the existing lagoon. Treated effluent will continue to discharge via a provincial drainage channel to the La Salle River.

This proposal can be viewed at www.manitoba.ca/sd/eal/registries

Anyone affected by the proposal who wishes to provide feedback should submit their comments using the online form at www.manitoba.ca/sd/eal/registries by July 13, 2026.

Information submitted in response to this proposal will be available to the proponent and placed on the public registry per Section 17 of The Environment Act.

Environmental Approvals Branch
Manitoba Environment and Climate Change
Box 35, 14 Fultz Boulevard
Winnipeg MB R3Y 0L6
Toll-Free: 1-800-282-8069
Website: www.manitoba.ca/sd/eal/registries



Fly-In Day showcases Carman airport and aviation community

By Lee Collingridge

Aircraft enthusiasts, families and pilots gathered at the Carman/Dufferin Municipal Airport on June 6 for the community's annual Fly-In Day, an event designed to celebrate and raise awareness of one of the region's key transportation assets.

The annual event welcomed visitors from across the area to explore aircraft displays, meet pilots and learn more about aviation while enjoying a pancake breakfast and family-friendly activities.

The airport is home to 11 aircraft, and visiting pilots were invited to fly in and showcase their planes alongside a helicopter display. Throughout the day, pilots shared stories about flying, aircraft ownership and the history of the airport.

Children had the opportunity to explore some of the aircraft, ride miniature train cars and participate in crafts and games set up in the shelter area.

Local pilot John Carley said the airport has become an important community asset since a major rejuvenation project was completed in 2008 and 2009.

Carley has held a pilot's licence for 70 years and spent many years selling model aircraft. He has also volunteered with the Canadian Air Search and Rescue Association (CASARA) for 15 years, assisting with searches for missing persons and other emergency response activities.

He believes the airport is among the finest small airports in Manitoba and contributes to Carman's reputa-

tion as a progressive and growing community.

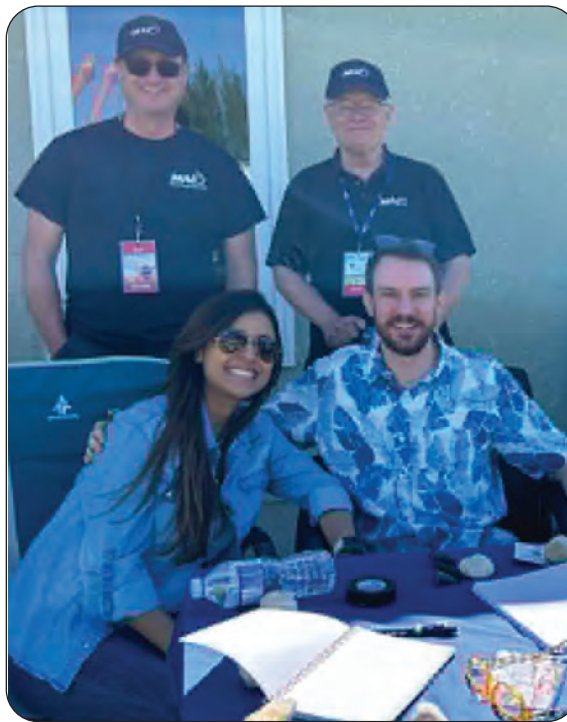
The airport serves a variety of purposes beyond recreational flying. It provides a convenient stop for aircraft requiring fuel, offers quick access for business travellers and welcomes visitors to the region.

Among the vendors attending the event was Bill Voth and his team from Mission Aviation Fellowship. The organization uses aviation to support communities around the world and highlighted the important role small airports play in connecting remote areas with essential services.

Voth noted that facilities such as the Carman airport help improve access to communities and support organizations that rely on aviation to deliver assistance and services.

Also attending the event was Charl Vermeulen, a helicopter pilot and ground school instructor employed at Southport.

Vermeulen flew a helicopter into Carman for the day and spoke about the airport's value as a training fa-



Bill Voth and members of the Mission Aviation Fellowship team greet visitors.



STANDARD PHOTOS BY LEE COLLINGRIDGE

Charl Vermeulen, a helicopter pilot and ground school instructor flew a helicopter in for Fly-In Day at the Carman/Dufferin Municipal Airport last Saturday.

facility for student helicopter pilots, who regularly use the airport for night landing exercises.

A passionate aviator, Vermeulen spent five years building his own aircraft, a RANS S-21 Outbound. Since completing the project, he has flown the aircraft to destinations including British Columbia and Wisconsin.

He said aviation offers a unique sense of freedom and Fly-In Day provides an opportunity to share that experience with the community.

With aircraft displays, aviation stories and family activities drawing visitors throughout the day, the event once again highlighted the important role the Carman/Dufferin Municipal Airport plays in supporting transportation, business, training and recreation in the region.



Local pilot and CASARA volunteer John Carley has held a pilot's licence for 70 years.



Guests enjoyed breakfast while children had the opportunity to explore the aircraft, take a ride in the barrel train and participate in crafts.



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> POET, PG. 6

poetry manuscript at the residency," she said.

The honour adds to what has already been a significant year of growth and recognition. In January, Penner had no published poetry. By June, she has 16 poems either published or forthcoming in literary journals and anthologies across Canada and internationally.

"I'm still in awe that my poems are making their way out into the world," she said.

For Penner, the achievement reflects not only personal success but also the enduring influence of the people and places that shape her work.

"I think that she would be really excited to know that I followed my childhood dream to become a poet and painter," she said of her late friend. "This poem was a way to re-awaken a slice of memory that

glows with love."

The following is Désirée Penner's award-winning poem, "When I Think of You, I Want to Find You," which placed third in the Rabindranath Tagore Poetry Competition.

**WHEN I THINK OF YOU,
I WANT TO FIND YOU**

By Desiree Penner

flying, arms outstretched—

weaving wind ribbons through sunset-stained skies.

Between your fingers,

honey-washed wheat fields dazzle

and you lean further out the open window of my granddad's dented Toyota.

I drive, proudly. Ridges and ruts

make our shoulders bump together,

sister stalks of corn restless in the breeze.

Our world glows from the cab of that truck—

a sanctuary where you still live. Peachy, primrose light baptizes us, until we cough up dusty dirt roads— laughing great, roaring giggles that snag the crooked corners of my soul. I ache for our girlhood promise

to be forever friends, old as wrinkled flatlands—

bent spines and spiderweb hair, pressing sighs against the heavens.

I want to remember you,

grin gleaming, glossy as tail feathers on a magpie, shimmering rainbows amidst inky darkness.

I think your smile will always follow me,

down these long lanes where dusk fades the horizon

and time stretches, shadow-thin.

Smile Cookie success



STANDARD PHOTO SUBMITTED

South Central Cancer Resource received \$11,237.95 from this year's Tim Hortons Smile Cookie campaign in Carman. Funds raised through the annual initiative will go toward supporting programs such as transportation assistance, which remains one of the organization's largest expenses, along with other services for individuals and families facing cancer across southern Manitoba.

• Senior Health • Senior Health • Senior Health • Senior Health • Senior Health • Senior Health • Senior Health • Senior Health •

How seniors can remain physically and mentally active

Growing older is often equated with slowing down. Aging may be characterized as a period of decline marked by an inability to do the things you once did, but recent data indicates otherwise.

According to a report in the journal *Geriatrics*, a far more optimistic reality awaits seniors. Nearly 45 percent of people age 65 and older show measurable improvements in brain health, physical function or both over time when they take certain steps to promote physical and mental wellness.

Physical activity

The Centers for Disease Control and Prevention recommends 150 minutes of moderate-intensity aerobic activity per week, supplemented by

at least two days of muscle-strengthening exercises. Brisk walking or swimming can improve cardiovascular health and reduce the risk of stroke and hypertension, says the Massachusetts Council on Aging. Incorporating yoga or Tai Chi is vital for fall prevention, as it targets balance and flexibility. The CDC says improving joint mobility and balance can significantly extend the amount of time seniors can live independently. In addition, lifting light weights or using resistance bands helps combat age-related muscle loss, which is essential for maintaining metabolic health.

Cognitive advantages

Mental fitness is just as vital to seniors as physical

fitness. According to the World Health Organization, routine cognitive stimulation enhances "brain capital," delaying the onset of dementia and Alzheimer's. Strategies for effective mental engagement include:

- Learning: Lifelong learning techniques include picking up a new language or learning an instrument. This helps strengthen neural pathways that allows the brain to reorganize itself even in later decades.
- Play games:

Play isn't just for kids; games like chess or complex puzzles improve problem-solving and memory retention, according to Nixon Adult Daycare in Houston.

• Socialize: Isolation is a leading risk factor for cognitive decline, says the National Institutes of Health. Group activities like book clubs or

community volunteering can offer emotional fulfillment and mental stimulation.

Power of positivity

Findings from a recent Yale University study indicated seniors with a positive outlook on aging were significantly more likely to show physical and mental improvements compared to those

with negative perspectives. Psychological resilience is an important tool for seniors to stay healthy.

Movement, social interaction, stimulating activities, and a positive attitude can help seniors maintain overall health.

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Habitat fundraiser surpasses expectations in Carman

By Lana Meier

The first-ever Habitat for Humanity Carman-Dufferin Run and Walk fundraiser exceeded expectations, drawing strong community support and bringing the local affiliate closer to its goal of building a new home in the community.

Held May 30 in Carman, the event attracted 65 registered participants and raised approximately \$3,700 in net proceeds after expenses.

"We were very pleased with the turnout and the support from the community," said Ernie Bart of Habitat for Humanity Carman-Dufferin. "Participation at this event exceeded our expectations. We are grateful for everyone who came out, donated, ran, walked, bought tickets and joined us at the barbecue."

The fundraiser featured a five-kilometre walk and run, hourly prize draws, hot dogs, mini donuts and opportunities for residents to learn more about Habitat's local efforts.

Welcoming participants before the event began, Bart noted that while it was the first fundraising walk organized by Habitat for Humanity Carman-Dufferin, the community has a long history of supporting similar events.

"We've taken over a spot where the Book It Fun Run would normally occur, and we're grateful for that and we're grateful for all your participation," he told the crowd.

Bart said the local affiliate continues to make significant progress toward its next home build.

"I must say that we're getting very close to having enough money to build the house, and we're also very close to having a family to occupy the house," he said. "Our Carman-Dufferin Habitat efforts are going very well."

Volunteer Chris Dick (a.k.a. Carman



STANDARD PHOTOS BY LANA MEIER

Participants gather at the starting line for the Habitat for Humanity Carman-Dufferin Run and Walk fundraiser on May 30. The event attracted 65 registered runners and walkers and raised approximately \$3,700 to support Habitat's local home-building efforts.

Runner) provided participants with instructions before leading the first five-kilometre run of the day. Dick planned to complete the route every hour throughout the event and invited others to join him.

"We've lucked out on a nice cloudy day today. I think most runners and walkers will appreciate that," he said.

Bart said the success of the fundraiser reflects the community's commitment to helping local families achieve affordable homeownership.

"Events like this show what can happen when people come together for a good cause," he said. "We're thankful for the support and excited about what it means for the future of Habitat in our community."

Organizers are continuing their fun-

draising efforts as they work toward making the next Habitat home a reality for a local family.

Habitat for Humanity Carman-Dufferin treasurer Lorraine Girouard said the success of the fundraiser was made possible by the efforts of participants, volunteers and sponsors.

"We need to send a huge thank you to all the participants," Girouard said.

Among the fundraising efforts, the Cool Cats running club from École Carman Elementary School participated in the fundraiser, raised \$460 in pledges. Girouard also recognized the volunteers who handled registrations and donations, sold 50/50 and e-bike raffle tickets, cooked food and prepared mini donuts throughout the day.

She also thanked musician Ernie Enns for donating his time and equipment to provide entertainment during the event, as well as Chris and Sheila Dick for helping bring the fundraiser to life.

"And of course all the businesses near and far that donated the prizes," she said. "But most of all to all who came to the Ryall to support Habitat. It is truly humbling to see our community come together time and time again to support worthwhile causes such as this one."

Organizers say the fundraiser has provided another boost to local efforts as Habitat for Humanity Carman-Dufferin moves closer to building a home for a local family.



get inspired

> MEAL IDEAS



Watermelon Beet Post-Workout Smoothie

1 banana, peeled
 1/2 cup coconut water
 1 cup low-fat, plain kefir
 1/2 lime, peeled
 2 tablespoons honey
 1 teaspoon vanilla extract
 2 tablespoons vanilla protein powder
 In blender, blend beet, watermelon, banana, coconut water, kefir, lime, honey, vanilla extract and protein powder until smooth.

Recipe courtesy of the National Watermelon Promotion Board
 Servings: 2
 1/2 medium cooked and peeled beet, chopped
 1 cup chopped watermelon



Rosy Red Superfood Smoothie

1 cup fresh or frozen raspberries
 1 cup low-fat raspberry kefir
 2 tablespoons orange juice concentrate
 2 tablespoons hemp seeds
 2 tablespoons agave syrup
 ice (optional)
 In blender, blend watermelon, raspberries, kefir, orange juice concentrate, hemp seeds, agave syrup and ice, if desired, until smooth.

Recipe courtesy of the National Watermelon Promotion Board
 Servings: 3
 2 cups watermelon cubes



Watermelon Protein Shake

Recipe courtesy of Chrissy Carroll on behalf of the National Watermelon Promotion Board
 Servings: 1
 1 cup chopped watermelon
 1 cup frozen mango, chopped
 1/4 cup tart cherry juice
 1/2 cup plain, nonfat Greek yogurt
 1/2 scoop vanilla or unflavored protein powder
 1 tablespoon honey or to taste (optional)
 In blender, blend watermelon, mango, cherry juice, Greek yogurt, protein powder and honey about 30 seconds until well combined.

How to motivate yourself during exercise

By Fitness Expert Julie Germaine

The battle never ends! You've motivated yourself to put on your runners and start your workout, but quickly feel your drive fading, or perhaps you are even tempted to call it an early day. Having the right mindset is important to achieving your fitness goals, and it can take practice to consistently click into "training mode."

Here are a few hacks to try next time you can relate to this scenario:

Take it one step at a time. Don't think ahead to what's next in your workout. Instead, stay in the moment and apply all your energy toward the next rep.

Know your why. You have a solid reason for being in this position, spending your valuable time engaging your body in movement. Remind yourself of that reason to help kickstart your motivation again.

Be happy with your efforts. Don't beat yourself up for having an off day. We all have them! Just like everything else in life, there will be ups and downs in your fitness journey, and those who stick with an active lifestyle long term learn to accept this fact. Keep doing your best in the current workout, even if your best today isn't what your best was last week.

Have a plan and stick to it. If you have a workout program you are following, you don't have to think about what you have the energy to do today or be tempted to only do two exercises before going to watch TV on the couch. Having a written plan that details how many sets, reps and rest periods are required will make it easier to push ahead.

Vibe check. Is your environment



Fitness Expert, Julie Germaine

a motivational one? Look at your space and think about ways to enhance it to help you stay in the mood to train. Music is often an easy way to boost the vibe and create a fun experience. Create a playlist that is going to pump you up and keep you going.

If you're not seeing the results you are after with your workouts, try these strategies to take your fitness to the next level.

Discuss your health goals or fitness struggles by scheduling a free online consultation at Calendly or email Julie directly at julie@juliegermaine.com.

Coach Julie Germaine Coram is dedicated to lifelong health. She is an active mom, registered personal trainer, two-time pro fitness champion, certified nutrition expert and fitness specialist. She has helped thousands of people worldwide improve their health since 2005.



Italian Penicillin Soup

Prep time: 10 minutes
 Cook time: 15 minutes
 Servings: 4
 2 bags Success Pearl Couscous
 4 cups low-sodium chicken broth
 1 cup carrots, sliced
 1 cup celery, sliced
 2 cloves garlic, minced
 1 cup rotisserie chicken, shredded
 1 teaspoon Italian seasoning
 1 teaspoon salt
 1/2 teaspoon pepper
 4 lemon wedges

shredded Parmesan cheese, for garnish
 chopped fresh parsley, for garnish
 Prepare pearl couscous according to package directions.
 In large pot, bring broth to boil. Add carrots, celery and garlic. Reduce heat to medium-low and cook 5 minutes until vegetables are slightly tender.
 Add chicken and Italian seasoning; simmer 5 minutes. Add pearl couscous and cook 5 minutes. Season with salt and pepper. Ladle soup into four bowls and squeeze fresh lemon wedge into each bowl. Garnish with Parmesan and parsley.

Paralysis survivor shares powerful message of hope

By Ashleigh Viveiros

The speaker at Big Brothers Big Sisters of the Pembina Valley's Big Resilience event in Winkler last week demonstrated the importance of perseverance in the face of life's challenges.

Six years ago, Winnipegger Reese Ketler collided with another player during a junior hockey game and hit the boards headfirst. The resulting spinal cord injury left him a quadriplegic.

Ketler has spent the years since learning how to navigate a new way of life, and he's shared much of that journey on social media, garnering hundreds of thousands of followers.

Ketler explained that his injury involved a fracture of his C6 and C7 vertebrae, which means he's paralyzed from about chest level down. The damage also affects the use of his hands.

Something his surgeon said to him as they were about to wheel him into surgery to stabilize the injury had a big impact on Ketler's mindset throughout recovery.

"He said, 'Reese, you probably won't be able to walk again, but you will be successful if you want to be,'" he recalled. "That has always stuck with me."

Ketler approached his recovery with the same tenacity he had previously poured into sports, training hard every day to regain function and learn adaptations to make a more normal life possible, exceeding the expectations of some of his doctors.

"Doctors said I'd never be able to be independent ... you'll need someone

to take care of you every day, they'll have to help you use the washroom, and if you want to travel you'll need to bring a whole trailer for stuff like medical supplies. I was like, yeah, I'm not going to do that."

And so he set out to prove them wrong. Today, Ketler lives on his own, is able to drive, supports himself as a content creator, and plays wheelchair rugby with Team Canada, a role that has taken him to competitions all over the world and connected him with a

hugely supportive community of fellow wheelchair users.

"You can't change the cards you're dealt, you can only change the way you play the hand," Ketler said of his motto through it all. "You can't go back and change what happened, but I'm going to live my life on my terms now. I'm going to live the best life I possibly can."

Sharing his challenges and accomplishments on social media started as a way to inspire others going through similar obstacles.

"When life does get hard, you can be resilient," Ketler stressed. "You can come back from anything."

A big part of that is simply sticking with it.

"Some days you wake up and you're just not feeling it, but showing up for yourself is the biggest thing that you can control," Ketler said. "If I didn't show up every single day, I wouldn't be where I am today."

"Rebuilding doesn't mean starting over, it means creating something new," he added. "I think mindset was the biggest thing that really shaped

"YOU CAN'T CHANGE THE CARDS YOU'RE DEALT, YOU CAN ONLY CHANGE THE WAY YOU PLAY THE HAND."



STANDARD PHOTOS BY ASHLEIGH VIVEIROS

Reese Ketler and Jenelle Neufeld at Big Brothers and Big Sisters of the Pembina Valley's Big Resilience speaker event in Winkler last week.

me in having a comeback story. Without positivity and being positive, I definitely couldn't have gone through it."

Ketler continues to push the limits, both in life and on the wheelchair rugby court, where he has set his sights high.

"My goal is to make the 2028 Paralympic team," he said. "And if I don't make 2028, then it will be 2032 in Brisbane."

Big Bros. executive director Jenelle Neufeld noted how Ketler's story of perseverance in the face of adversity ties in with the work they're doing with kids in our own community.

"Tonight is about resilience, connection, and the incredible strength that can come from having even one person believe in you," she said. "At Big Brothers Big Sisters of the Pembina Valley, we see every day how powerful supportive relationships can be in the lives of young people."

"Many of the children and youth we work with are navigating challenges that no child should have to face

alone: adversity, instability, trauma, isolation, struggles with confidence, mental health challenges, grief, bullying, family difficulties, or simply feeling like they don't truly belong," Neufeld shared. "Often these struggles have invited many young people to become experts at hiding what they are carrying."

"What mentoring does is create space for a child to finally feel safe enough to be seen," she stressed. "Mentors show up consistently. They listen without judgment, they encourage, they build trust over time. And through that relationship, a young person begins to realize something incredibly important: I matter, I am worthy of care, and I am not alone."

"Through mentorship, guidance, and connection, we can help young people build confidence, resilience, and hope, creating lasting impact not only in their lives but for the future of our communities as a whole."

You can learn more about BBBS' work online at pembinavalley.bigbrothersbigsisters.ca/.



At an event at Winkler Arts and Culture last week, national wheelchair rugby athlete Reese Ketler spoke about how he's worked to overcome the challenges of being a quadriplegic. A positive mindset, he shares, has been one of the biggest parts of it.

Sisson brothers score holes-in-one two weeks apart

By Annaliese Meier

For many golfers, a hole-in-one is a once-in-a-lifetime achievement. For brothers Oliver and Malcolm Sisson, it happened twice in the family within a matter of weeks.

Oliver William Sisson, 13, recorded his first ace while competing in a Maple Leaf Junior Golf Tour event at St. Boniface Golf Club. Using a 9-iron on the 140-yard fifth hole, he watched his shot find the cup.

"I knew right away that the ball had gone in," said Oliver, who has been golfing seriously for the past three years.

Three other junior golfers witnessed the shot, making the memorable moment even more special.

Just two weeks later, younger brother Malcolm Elliot Sisson, 11, matched the feat at Scotswood Links.

Malcolm's hole-in-one came on the 12th hole, also with a 9-iron. Unlike his older brother, he didn't immediately realize what had happened.

"I was pretty happy," Malcolm said

when he discovered his ball had found the hole.

Witnessing the shot were his grandfather, Bill Sisson, father, Clark Sisson, brother Oliver and Ian Woods.

The brothers share a passion for golf and have each dedicated the past three years to improving their game. Oliver said one of the things he enjoys most about golf is that it is a sport he can play anytime while continuing to practice and improve. Malcolm enjoys the challenge of constantly trying to get better.

Despite already achieving one of golf's rarest accomplishments, both boys remain focused on future goals. Oliver hopes to hit more greens in regulation this season, while Malcolm has set his sights on shooting under par for nine holes from the white tees at Scotswood.

With two holes-in-one in the family in just two weeks, the Sisson brothers have already created memories that many golfers spend a lifetime chasing.



Oliver William Sisson, 13, celebrates his first career hole-in-one after acing the fifth hole at St. Boniface Golf Club during a Maple Leaf Junior Golf Tour event. The ace came on a 140-yard shot with a 9-iron.



STANDARD PHOTOS SUBMITTED
Malcolm Elliot Sisson, 11, scored his first career hole-in-one on the 12th hole at Scotswood Links using a 9-iron. His ace came exactly two weeks after older brother Oliver recorded a hole-in-one of his own.

U13 and U17 squads lead week for Central Energy teams

By Annaliese Meier

The Central Energy U17 squad turned in the strongest performance of the week, sweeping a doubleheader against the Winnipeg Lightning during Manitoba Premier AAA Softball League action on June 7.

Playing at Riel Park, Central Energy collected a 17-10 victory in the opener before completing the sweep with a dominant 19-0 win in the second game.

Shyanne Goertzen led the offence in the opener, driving in five runs on three hits, including an inside-the-park home run, as Central Energy piled up 18 hits. Taylor Wall, Becca Anderson and Goertzen each recorded three hits in the victory.

The U17 squad followed with an even more impressive performance in the second game. Addison Nikkel drove in four runs on three hits and tossed a three-inning no-hitter, striking out four batters as Central Energy cruised to the shutout victory. The Energy broke the game open with an 18-run third inning. Nikkel, Anderson, Taryn Toews and Blaine Wiebe each collected three hits, while Toews, Anderson and Nikkel drove in four runs apiece.

The U17 team returns to action June 20 when it travels to Moffat 1 for a doubleheader against the Smittys Terminators. Games are scheduled for 1 p.m. and 3 p.m. Central Energy will then travel to Friedensfeld Community Centre Diamond 1 on June 21 for a pair of games against the Eastman Wildcats at 12 p.m. and 2 p.m.

The Central Energy U13 team also earned a split in its most recent action against the Interlake Phillies on June 6 at Quarry Park in Stonewall.

Central Energy dropped the opener 14-7 despite a three-RBI performance from Madison K., who tripled during a five-run fourth inning. Milaunia W. led the team with two hits.

The U13 squad bounced back with a 5-3 victory in the second game after rallying from a 3-1 deficit. Madison K., Madison R. and Skilyr M. each drove in runs during a four-run sixth inning that secured the win. Madison K. and Kinsley C. each collected two hits, while Central Energy played error-free defence.

The U13 squad returns to the field June 20 at Riel Park for a doubleheader against the Win-



Central Energy pitcher Hailyn P. started the opener, allowing eight runs on eight hits over two innings while striking out two and walking four.



STANDARD PHOTO BY LANA MEIER
A Central Energy infielder records an out at second base during Manitoba Premier AAA Softball League action against the Interlake Phillies on June 6 at Quarry Park in Stonewall.

nipeg Lightning. The games are scheduled for 11 a.m. and 1 p.m.

The Central Energy U15 team did not see league action this past week and returns to the field June 20 when it hosts the Eastman Wildcats at La Salle - Jays Care. The doubleheader is scheduled for 12 p.m. and 2 p.m. Central Energy will then travel to Moffat 1 on June 21 for a pair of games against the Smittys Terminators beginning at 1 p.m.

The Central Energy U19 team also did not see game action during the week and is not scheduled to return to the field until June 21.

Central Energy will face the Westman Magic at ANSC Rotary in a pair of rescheduled games originally postponed because of cold weather. The doubleheader is scheduled for June 21 as the U19 squad looks to resume league play following an extended break.

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HEALTH

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

take a break > GAMES

SUDOKU

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

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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!

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Online Horse Acreage Auction for Stuart Syrett Balmoral, MB

Ends Thursday, June 18th at 7:00 PM

INT 684 w/ 3PH + FEL, Case 1100 Sickle Mower, JD GD Manure Spreader, Horse Buggy's, Wagon's, Sleigh's, Parade Harness, Work Harness, Driving Harness, Various Tack, More Equipment, Acreage Items.

Visit: <https://mcsherryauction.com> to Register and Bid!

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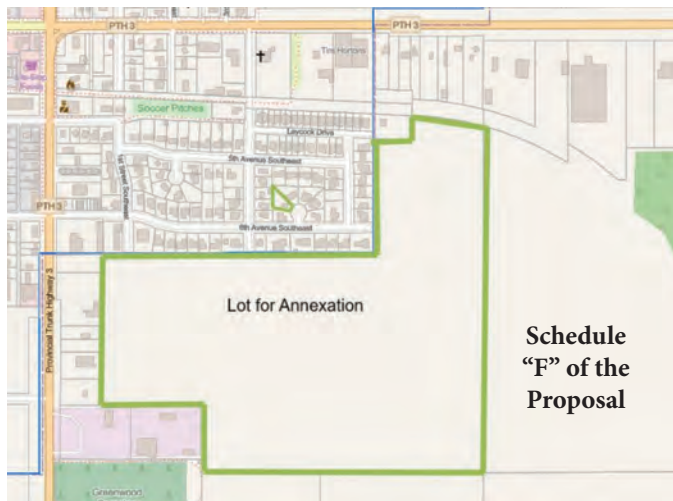
Covering Winnipeg & Rural Manitoba. I drive to you! **CALL ME NOW!!**

TODD: 1-204-904-9705

NOTICE OF PUBLIC CONSULTATION

A PUBLIC CONSULTATION SESSION will be held regarding proposed annexation from the RM of Dufferin to the Town of Carman.

Project 75 Developers and the Town of Carman would like to invite you to participate in a public consultation regarding the proposed annexation of the land legally described as Lot 39 Plan 1358 in the NW ¼ 19-6-4WPM, Roll 43700 on June 22nd, 2026, from 6:00 to 8:00 pm at the Carman Legion Hall. This proposal is to annex the land from the RM of Dufferin to the Town of Carman. The annexation proposal has been forwarded to the Municipal Board and is supported by the Town of Carman and the RM of Dufferin. Any interested parties are invited to attend the consultation to receive additional information regarding the proposal. Written submissions can be sent to the Town of Carman. Copies of the proposal are available at the Town of Carman Office at 12-2nd Avenue SW, Carman.



FOR INFORMATION CONTACT:

Susan Stein
CAO Town of Carman
cao@townofcarman.com
Box 160
Carman, MB, R0G 0J0

Lindsay Boeve
Project 75
lindsayboeve@gmail.com
Box 2092
Carman, MB, R0G 0J0



CLEANING SERVICES REQUEST FOR QUOTE

Locations:
4 x Carman | 1 x MacGregor
2 x Portage

Terms: Contract to run from September 1, 2026 to August 31, 2027.

Locations: Carman Food Store, Carman Home Centre, Carman Admin Office, Carman Cardlock, MacGregor Farm & Building, Portage la Prairie Admin & Portage la Prairie Food Store.

1. Cleaning tender should be quoted individually by location. Contractors can submit a quote for 1 location, or all 7 locations. The quotes must be individual (billing will also have to be individual).

2. Tenders can be mailed, the envelope clearly marked **Tender for Cleaning Services**. Tenders may also be emailed to the following address: patrick.hoess@homestead.crs

3. **Tender closes on July 3, 2026**
Please send your quotes to:

Patrick Hoess
Homestead Consumers Co-op Ltd.
P.O. Box 70, Portage la Prairie MB
R1N 3B3

Ph: 431-304-6900 | Fax 204-692-2273

Please scan the QR code for cleaning schedule and details or visit www.homesteadco-op.crs



Announcements Classifieds



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

JOIN OUR CELEBRATION



The family of Isaac & Elsie Bergen invite you to celebrate;
 Elsie's 80th Birthday
 Isaac's 90th Birthday
 and their 60th Wedding Anniversary
 Sunday, August 30th
 2:00-4:30 pm
 Elm Creek Community Hall
 Elm Creek, MB
 Your presence is the greatest gift

OBITUARY



Rudolph "Rudy" Schmidt

Peacefully on Friday, May 29, 2026, Rudy Schmidt passed away at the Lions Prairie Manor in Portage la Prairie, MB at the age of 95 years.

He is survived by his daughter Sharleen (John) Enns, daughter Cindy (Harry) Dick, and son Larry (Carla) Schmidt; eight grandchildren Greg (Eugenia) Barker, Tyler Barker, Bruce (Kayla) Dick, Kevin (Melissa) Dick, Bethany (Aaron) Beauchamp, Jaclyn (Josh) Hennan, Jenny Franz and Brian (Neli) Schmidt. He is also survived by 12 great-grandchildren, Ian, Sascha and Olivia Barker, Sophie and Savannah Dick, Charlie, River and Vienna Beauchamp, Talasi, Brielle and Ezekiel Hennan and Wells Franz. Also surviving is his sister Martha Pauls of Winnipeg and numerous nieces and nephews and other family members.

He was predeceased by his loving wife of 66 years, Helen (nee Enns) in 2023, an infant son in 1964, his parents John and Martha, sisters Jessie Froese and Mary Enns, brother Nick and twin brother John, brothers-in-law, one nephew Gary Enns, and one niece Kelly Pauls.

Dad was born in Winnipeg, MB on December 27, 1930, along with his twin brother. Being raised on a farm, he learned to milk cows, ride a horse, feed the pigs and chickens. He remembered that his mom used a wringer washer operated by a foot pedal for washing clothes and then hung the clothes on a clothesline that was anchored by two oak trees. Dad's first language was German and his sisters taught him English before starting school.

After his education at Wingham School, he continued farming with his dad and brothers. He was baptized in 1949 and became a member of the Newton MB Church (now Community Fellowship Church). In 1954 Dad attended Winkler Bible School.

Dad and Mom were married on June 23, 1956. After living in Winnipeg for a few months, they moved back to the Newton area and rented a farm from A.A. Loewen. In 1963, Dad purchased the Tickle farm across the road and the family moved into the house. Dad used his skills to add indoor plumbing to the house. In 1974, Dad purchased the D. A. Loewen farm and we moved to that property. In 1985, Dad and Mom moved to the Pete Froese property where they had their retirement home built.

Dad farmed with his dad and his two brothers. Larry joined the farming operation and worked with Dad for 40 years, with grain and cattle being the main two commodities. Dad farmed until he was 88 years old.

Other jobs that Dad had were a porter for CN Rail in the 1950's and as a school bus driver for Wingham School and Oakville school in the 1960's.

From an early age Dad enjoyed hockey, playing or watching. He was a Toronto Maple Leafs fan. He also enjoyed baseball, golf, travelling, and spending time with family. One of his joys until he was in his early 90's was skating. For his 90th birthday, we had a skating party, and he enjoyed it very much.

To Dad, there were at least three important aspects to his life – faith, farming, and family.

Our family would like to express sincere thanks to the staff at the Portage District General Hospital, Swan Lake Health Center, Lions Prairie Manor, Dr. Omichinski and Ashley Morrison. Your care of Dad was very much appreciated.

A service was held at the Newton Community Fellowship Church on Saturday, June 6, 2026, with the burial at the Oakville Cemetery. The service was recorded and can be viewed on Rudy's obituary page.

As expressions of sympathy, donations can be made in Rudy's memory to ShareWord Global (formerly Gideons) Box 3619 Guelph, ON N1H 7A2.

A tree will be planted in memory and cared for by McKenzies Portage Funeral Chapel. www.mckenzieportagefuneralchapel.com



ASHERN AUCTION MART
 Interlake Cattlemen's Co-op
 ASHERN, MB

ATTENTION: FARMERS AND RANCHERS

ANNUAL GENERAL MEETING
Monday June 15, 2026
At 8:00 PM

Auditors Financial Report
 Election of Directors

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

Sudoku Answer

NOTICE TO CREDITORS
 IN THE MATTER OF THE ESTATE OF JUSTIN TERRY DROZDA, late of ELM CREEK, in the Province of MANITOBA, deceased.

All claims against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at their office, 309 Stephen Street, Morden, Manitoba R6M 1V1, within thirty (30) days of the date of this publication.

DATED at the City of Morden, in Manitoba this 11th day of June, 2026.

MCCULLOCH MOONEY
 JOHNSTON SELBY LLP
 ATTENTION: HARLEY J. SHEPHERD
 Solicitors for the Executor

Carman Medical Group
 cmgroup@mymts.net

Clerical Position
Full/Part-Time

Carman Medical Group is looking for a professional, energetic individual with computer skills & a positive attitude.















Please submit resume to Atten:
Cynthia Unrau Office Manager
204-745-2024

Only those leading to an interview will be contacted.



SCHEDULE

DAY ONE - TUESDAY JUNE 9, 2026















-  8:00 AM Pickleball Women's Doubles
-  8:00 AM Equestrian **BIRDHILL PARK**
-  9:00 AM Disc Golf
-  9:00 AM Slo-Pitch
-  9:00 AM Floor Shuffleboard
-  9:30 AM Bridge - Contract
-  9:30 AM Bowling - Singles
-  9:30 AM 8-Ball 55+ Singles
-  9:30 AM Snooker 70+ Singles
-  9:30 AM 18 Hole Golf - Net: Callaway
-  9:30 AM Arts & Crafts
-  1:00 PM Swimming
-  2:00 PM Bridge - Duplicate
-  5:30 PM **Opening Ceremonies & Reception**



**OPENING CEREMONIES
& RECEPTION**
ACCESS EVENT CENTRE
IN MORDEN



2026 EVENT GUIDE













- HQ** Headquarters/Registration
Access Event Centre, Morden
Meridian Exhibition Centre, Winkler
-  **8-Ball & Snooker**
Morden Legion - 285 N. Railway, Morden
-  **9 & 18 Hole Golf**
Winkler Centennial Golf Course - 400 15th St, Winkler
-  **Bocce Ball**
Meridian Centre, 1045 Grandeur Ave, Winkler
-  **Bowling**
Carman Bowling Alley, 120 Main St., S., Carman
-  **Card Events**
Morden Active Living Centre - 306 N. Railway St., Morden
Morden Legion - 285 N. Railway, Morden
-  **Disc Golf**
Stanley Park - 23111 MB-14
-  **Equestrian**
Birds Hill Park, Birdshill MB
-  **Floor Shuffleboard**
Winkler Senior Centre - 650 South Railway Avenue
-  **Horseshoes**
Stanley Park - 23111 MB-14
-  **Predicted Walk & Run**
Discovery Trails School - Parkhill Dr., Morden
-  **Pickleball**
Access Event Centre, 111-D Gilmour St, Morden
Meridian Event Centre - Centennial Arena, Winkler
-  **Slo-Pitch**
Winkler Ball Diamonds, Winkler
-  **Swimming**
Winkler Aquatic Centre - 580 Park St, Winkler
-  **Track**
Discovery Trails School - Parkhill Dr., Morden

REGISTRATION DESK HOURS









- MONDAY - 10:00 AM - 7:00 PM**
- TUESDAY - 8:00 AM - 6:00 PM**
- WEDNESDAY - 8:00 AM - 5:00 PM**
- THURSDAY - 8:00 AM - NOON**

SCHEDULE

DAY TWO - WEDNESDAY JUNE 10, 2026

-  8:00 AM Pickleball Mixed Doubles
-  8:00 AM Equestrian **BIRDHILL PARK**
-  8:00 AM Track
-  9:00 AM Slo-Pitch
-  9:30 AM Cribbage - Pairs
-  9:30 AM Bowling - Teams
-  9:30 AM 8-Ball 70+ Singles
-  9:30 AM Snooker 55+ Singles
-  9:30 AM 18 Hole Golf: Gross
-  1:00 PM Floor Shuffleboard
-  1:30 PM 1km/3km Predicted Walk/Run
-  1:30 PM Cribbage - Individual

DAY THREE - THURSDAY JUNE 11, 2026

-  8:00 AM Pickleball Men's Doubles
-  9:00 AM Slo-Pitch
-  9:00 AM Floor Shuffleboard
-  9:00 AM Equestrian **BIRDHILL PARK**
-  9:30 AM Bocce Ball
-  9:30 AM Bowling - Teams
-  9:30 AM 9 Hole Golf: Gross
-  9:30 AM Horseshoes
- HQ** NOON Headquarters closes

**CONGRATULATIONS TO
ALL PARTICIPANTS!**

Best wishes
to all the participants
in the 2026
**Manitoba
55+ Games!**



Carrie Hiebert,
**MLA Morden-
Winkler**

mordenwinklermla@gmail.com
(204) 325-7834
367-4th Street
Winkler, MB R6W 0M5

