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Elm Creek native Corinne Schroeder stands near her crease during a game with the Seattle Torrent in the 2025-26 PWHL season. Schroeder recently signed with expansion franchise San Jose, where she will help build the league's newest team while continuing a professional career that has taken her from rural Manitoba to the highest level of women's hockey.

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Carman Collegiate students showcase artistic talents at annual appreciation evening

By E. Antonio

Hallways at Carman Collegiate were transformed into a bustling art gallery on June 11 as students from Grades 6 to 12 displayed their creative work during the school's annual Art Appreciation Evening.

The event welcomed students, families and community members to explore a diverse collection of artwork created throughout the school year. Displays featured a range of media, including drawings, paintings, sculptures, carvings, figurines and models, highlighting the breadth of artistic skills developed by students.

Dee-Ann McCullough, a teacher at Carman Collegiate, said the evening provided students with an opportunity to exhibit both their finished projects and the stories behind them.

"Students proudly guided family members and friends to their artwork, eagerly sharing the creative process behind each piece, the techniques they learned and the challenges they overcame along the way," she said.

One of the evening's most notable exhibits featured the work of graduating student Dylan Labossiere. His collection of wildlife artwork, particularly detailed and realistic bird portraits, attracted steady attention from



STANDARD PHOTOS SUBMITTED

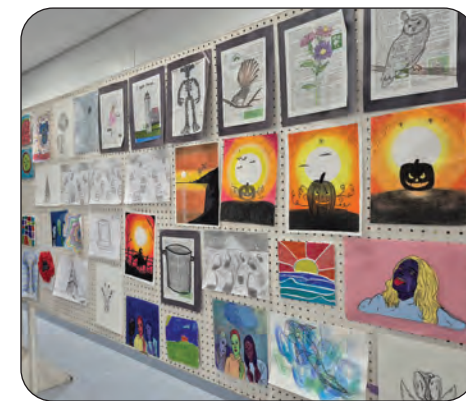
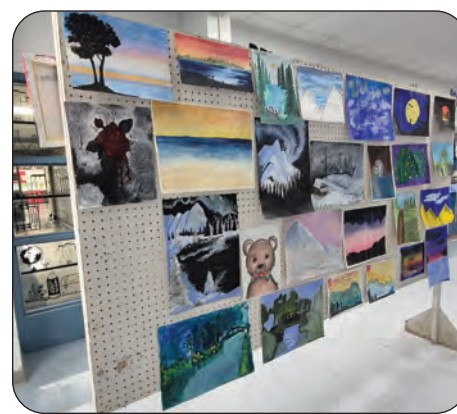
Carman Collegiate band students perform during the school's annual Art Appreciation Evening on June 11. The concert complemented the student art showcase, which featured artwork from Grades 6 to 12 displayed throughout the school's hallways. Left photo, Jack Knight, graduating band student, singing "I Did it My Way".

visitors throughout the event.

Attendees frequently paused to admire the pieces and comment on their quality. McCullough said Labossiere's "talent, patience and keen eye for capturing the character of wildlife were evident in every piece," making the display one of the highlights of the evening.

The celebration also included a band concert that complemented the visual

Continued on page 3



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Dylan Labossiere with some of his wildlife photos on display.

> APPRECIATION, FROM PG. 2

arts showcase. Graduating student Jacqueline Knight delivered a solo performance of *My Way*, earning a warm response from the audience and adding a memorable musical element to the event.

Visitors also supported student programming through a Krispy Kreme doughnut fundraiser held during the evening.

McCullough said many attendees praised both the quality of the artwork and the presentation of the displays throughout the school.

The school also recognized guest artists who worked with students during the year. Victoria Rey helped Grade 7 students create dream catchers, while Solange Roy guided Grade 6 students through the design and construction of totem poles.

"These collaborative projects allowed students to learn from practising artists and explore new techniques," McCullough said.

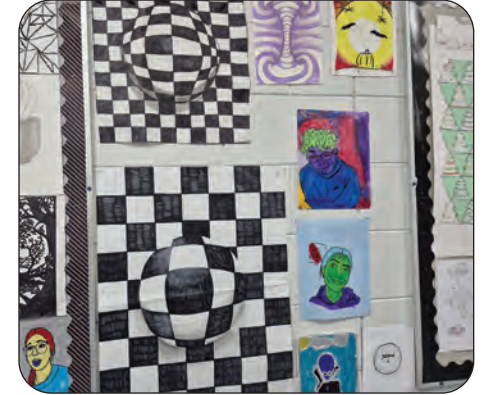
Beyond celebrating student achievement, the evening also highlighted the role arts education plays in schools and in students' personal development.

"Art provides students with opportunities to ex-

press themselves, develop new skills and share their unique perspectives with others," McCullough said. "For some students, it is a chance to discover strengths that may not always be visible in other areas of school life."

McCullough thanked students, staff, families and community members for helping make the event a success.

"By celebrating creativity in all its forms, we demonstrate that art has an important place in our school and community," she said. "It offers a space where every student can find their voice, showcase their talents and, most importantly, shine."



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Public consultation set for Carman annexation plan

By Haley Cvar

Residents will have an opportunity later this month to learn more about a proposal to annex 75 acres of land from the RM of Dufferin into the Town of Carman to accommodate future residential and commercial growth.

The Town of Carman and Project 75 Developers have scheduled a public consultation for June 22 at the Carman Legion Hall to discuss a proposal involving Lot 39 Plan 1358 in the north-west quarter of Section 19-6-4W. The annexation application has been submitted to the Municipal Board and is supported by both the Town of Carman and the RM of Dufferin.

CAO Susan Stein said the proposed development would primarily focus on housing, while also providing some commercial opportunities.

“Some commercial land but mostly mixed residential,” Stein said.

According to Stein, the annexation request reflects a shared view between the town and developer that additional space is needed to support Carman’s continued growth.

“The Developers and the Town feel

there is a need for additional housing and commercial land options,” she said.

If the annexation is approved, the Town of Carman would extend municipal infrastructure and services to the area.

“Water and sewer infrastructure would tie into the Town’s system as well as connecting roads,” Stein said.

While the proposal has generated interest from nearby residents, Stein said the town has not encountered formal opposition.

“Some residents have called with questions regarding the proposal, and we have provided them information. To date we have not received formal objections,” she said.

The annexation could also provide financial benefits to both municipalities through a tax-sharing arrangement.

“It would add new taxes to the Town of Carman. This would be positive for both the RM of Dufferin and Town of Carman as they would enter into a tax sharing agreement,” Stein said.

The Municipal Board has not yet

determined whether a hearing on the proposal will be necessary. Following the public consultation, feedback received from residents will be submitted to the board for consideration.

“After the public consultation, we will share the comments and concerns to the Municipal Board and then they will determine if a hearing is required,” Stein said.

Should the annexation receive approval from the Municipal Board, the application would then proceed to Manitoba’s Minister of Municipal Relations before development could move ahead.

“Once the Municipal Board approves the annexation, it goes to the Minister of Municipal Relations to review, and if approved then the developer would proceed to subdivision. The process can take some time,” Stein said.

The June 22 consultation will give residents an opportunity to learn more about the proposal and provide feedback before the Municipal Board decides on the next steps in the annexation process

The way it was this week in: June 18

By Dennis Young

100 Years Ago, 1926 — Farmers rally to oppose the GN Railway’s closure of the Midland line; DAS erects a back-stop and eight-foot fences along the first and third baselines at the ball diamond; postage in North America reduced from two cents to one cent; Chas. Land buys the Sperling Hotel; Lee Bros. 4 Ring Wild Animal Show visits Carman for one day; H.J. Jickling becomes agent for Corona Lumber Co. Ltd. in Carman; Carman uses less hydro than contracted and launches a “Cook by Wire” campaign to encourage the purchase of electric ranges.

75 Years Ago, 1951 — Winnipeg wins Drama Festival held in the Hall; Mr. and Mrs. Harry McKnight sponsor a trophy for the highest point total in the Ladies Section of DAS; nurse

shortage being addressed by president Archie Hardy; Ron Fiddler of Southwood wins the Carman Open with a total score of 102 over three nine-hole rounds; Hilda and Tom invite patrons to the Blarney Room at The Shamrock; Arnold McCutcheon wins the Homewood plowing match; daily patient numbers average 27.4 in Carman; DAS turns down a \$125 offer from the Kinsmen for a food booth.

50 Years Ago, 1976 — The Dufferin Leader changes its name to the Valley Leader; Carman RCMP initiate boat patrols on Stephenfield Lake; 20-pound Robin Hood flour sells for \$2.89 at Safeway; Colleen VanKoughnet awarded the Heaman Memorial Trophy as most dedicated athlete; Homewood Co-op holds its grand opening; of 270 Carman Collegiate seniors, 108 achieve the required 75

per cent average, while 104 of 330 juniors do the same; Dennis and Brenda Lehmann become Amway distributors.

25 Years Ago, 2001 — Parent Advisory Council organizes a Bike Rodeo at the Carman Arena; Midland offers online courses; Sonatrice Singers earn silver at nationals in Ottawa; Terry Laycock organizes the fourth annual Heel & Wheel-a-thon for Crohn’s and Colitis; Casual Fridays involving Carman businesses raise \$1,380 for palliative care; Brittany Esau of Elm Creek becomes junior high provincial javelin champion; D & M Fine Foods sells pint baskets of strawberries two for \$3; Nikita Jackson becomes the first Carman Girl Guide to receive the Lady Baden-Powell Award.

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PRSD retirees reflect on their decades of service

By E. Antonio

As the school year comes to a close, so do the careers of many Prairie Rose School Division (PRSD) staff members. Each has spent years dedicated to improving the lives of students, and many retirees worked with the division for more than 20 years.



Verna Clemis

Verna Clemis began substitute teaching for the division in 1994 and became a part-time teacher in 2006, teaching Grades 5 to 10 English and math at Rosebank Colony School.

In 2006, she took on a one-year position as the physical education and world issues teacher at Carman Collegiate. The following year, she taught Grades 4 and 5 science and social studies before returning to Carman Collegiate as an English and history teacher, a role she held from 2008 to the present.

Inspired by her dad, who served on the school board, and her mom, who instilled a love of reading, Clemis said she always knew she wanted to become a teacher and was active in the school community while growing up.

Her first teaching contract was in 1989 at Roseau Valley School in Dominion City, a year she remembers fondly.

"I was a 'roaming teacher,' so I pushed a cart from room to room — it was good practice for eventual COVID teaching practices — and I loved so many aspects of it," she recalled. "Dominion City embraced me."

At the local CIBC, she met — and eventually married — a local banker. They will celebrate their 34th wedding anniversary this summer.

After Roseau Valley School, she briefly worked in Regina and Winkler before joining PRSD.

Over the years, she has accumulated many favourite memories, most of them stemming from interactions with current and former students. She

appreciated hearing about the success of alumni and enjoys when they return for a conversation as adults.

"It helps me to remember that all is not in vain," she said. "Especially on those tougher days when teaching seems futile."

Additional highlights include teaching all three of her children, coaching the junior varsity and varsity girls basketball teams, celebrating students winning scholarships and sending them off at graduation.

Her colleagues also played a significant role throughout her career.

"We all understand the job and the difficulties that come with it," she explained. "They are there to vent to, to offer ideas, to pick you up when you're down, or simply just to listen."

Her family has also been very supportive of her career, and she is proud to say they helped shape her into the parent and teacher she is today.

She is not the only thing that has changed since her first year of teaching — technology and pedagogical methods have evolved as well.

From handwriting report cards and calling parents directly to using Google Classroom to provide instant updates and manage assignments, she said she has witnessed both the benefits and challenges technology has brought to education, especially with the recent rise of artificial intelligence.

In retirement, she is looking forward to travelling, gardening, off-season camping, volunteering, having more time for recreational activities and no longer having to write report cards or grade assignments.

Although she is unsure how she will remain involved in the school community, she said she will be available to answer colleagues' questions and may become a practicum advisor for student teachers.

Heather Armstrong served as Carman Collegiate's librarian for two decades. Over the years, she also took on the role of volunteer yearbook supervisor, often photographing school events.

She supervised numerous clubs, including break dance, hip-hop dance, writing, radio, animation, film, coding, ukulele and guitar strum, and rock band.

Although becoming a librarian was not her first choice after high school, she initially pursued a journalism and creative communications degree and operated her own communications business. Years later, she enrolled in the Library Technology program at Red River College to prepare for the role of librarian at Carman Collegiate — a position she discovered through



Heather Armstrong

a local newspaper ad.

She explained she always found a safe place at the library, either nestled up with a pile of books, doing homework or simply hanging out with friends.

Some of her proudest moments over the past 20 years include inspiring students to read by helping them find the right books and mentoring students in activities they not only enjoyed but later pursued as careers. She added that it was always the students who brought her joy at the circulation desk each day.

Another highlight was taking students to the Yorkton Student Film Festival and to various technology- and career-based workshops.

She also served on the Pembina Escarpment Reading Council and the Manitoba Reading Association, in addition to helping students produce videos to promote community businesses and the expansion of the Boyne Regional Library.

In 2015, she was awarded the first Manitoba Reading Association Crocus Literacy Award for Literacy Advocacy.

In retirement, she looks forward to having more time for her creative pursuits and volunteer activities.

"I am excited to have more time to read, write, take photos and play ukulele," she said.

She plans to continue volunteering with the yearbook committee and to serve as a substitute librarian for her former assistant, Tracy Plaitin.

OTHER HONOURABLE MENTIONS

- Suzanne Godard, 24 years of service as a teacher, French specialist and various high school course instructor at Elm Creek School
- Crystal Martens, 22 years of service as a teacher at Elm Creek School
- Michelle Hoorne, 26 years of service as a teacher at St. François Xavier Community School

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Identity The parable of the prodigal son (Luke 15:11-31) comforts us with the realization that the Father never stops loving the son, that the son never ceases to be a son, and eventually the son was drawn back home to the Father. The Father says to those who are truly His, (John 10:28) "I give them eternal life, and they shall never perish; no one will snatch them out of my hand." If you are truly His then no one can take that away.

Work Another factor is remembering that salvation is a gift you did not earn or work for. You chose to submit your life to God through faith in Jesus Christ, then looked back and realized that God chose you first (Eph. 1:4). This is the beautiful paradox of God's sovereignty and human free will. It also tells us that when we submit to Him fully, we can say with confidence two things: (1) Phil. 1:6 "Being confident of this, that He who began a good work in you will carry it on to completion." (2) 1 Tim. 1:12 "I know whom I have believed, and am convinced that He is able to guard what I have entrusted to him." God does all the work of saving you, therefore God will do the work of keeping you.

You can be secure in the salvation He gives when you submit fully to Him in all areas of your life and keep coming back to Him when you make mistakes. No sin is so grievous that it cannot be forgiven except rejecting Jesus Christ.
Richard Heppner

Carman council advances Project 75 annexation proposal process

By Haley Cvar

Plans for a major residential and commercial development in Carman moved forward May 21 as council received an update on the proposed Project 75 annexation and directed developers to continue the public consultation process required before the application advances to the Municipal Board.

The proposal would see approximately 75 acres annexed from the RM of Dufferin into the Town of Carman for future mixed residential and commercial development.

Future growth and infrastructure planning were key topics during the meeting, with council also directing administration to proceed with the next phase of the town's lift station project based on current engineering recommendations. The lift station is expected to support residential growth in northwest Carman.

Council also endorsed a recommendation from Chief Administrative Of-

ficer Susan Stein and Public Works Superintendent Joe Richardson to schedule reconstruction of Second Street N.E. in the industrial park for 2027.

Community infrastructure concerns were also discussed. Council reviewed a request for an expanded pathway along the Boyne River from the former water treatment plant to the area behind One Insurance. The matter was referred to the Pathway Committee for further review and recommendations.

Administration reported that public works staff are investigating options to address drainage concerns near Third Avenue N.W.

In support of affordable housing, council agreed to waive water and sewer connection fees for a Habitat for Humanity project.

Council approved the sale of Lot 3/9, Block 5, Plan 33408, municipally known as 59 First St. S.W.

Several staffing matters were ad-

dressed during the meeting. John Steadman was appointed the Town of Carman's municipal weed inspector for 2026, and Nicolle Phillips was hired as the town's Fire Emergency Safety manager under Employment Agreement 1-2026.

Council also approved Stein's attendance at the June Central District meeting, with expenses covered under the municipality's mileage and travel policy.

A parking request from Beukama Pneumatics was discussed, with council directing administration to explore alternative parking solutions.

Council approved April accounts totalling \$694,736.55, including \$504,299.39 in accounts payable and \$190,437.15 in payroll and government remittances. The municipality's April financial statements were also approved.

Councillors formally authorized Councillor Carly Boklaschuk's absences from meetings held April 7,

April 16 and May 5.

Committee reports noted that the Dufferin Agricultural Society plans to discuss the potential sale of its campground at an executive meeting on June 3 and gather additional information regarding outstanding accounts.

Council also received an appreciation letter from the Golden Prairie Arts Council thanking the town for its ongoing support, as well as invitations to annual general meetings from the Carman Wellness Committee and the Boundary Trails Health Centre Foundation.

Stein advised council that the Community Hall requires a fire suppression system test in its kitchen, with an estimated cost of \$3,100.

Council further acknowledged letters of appreciation from Crime Stoppers, Ronald McDonald House and STARS, while correspondence from the Municipal Board requested additional information regarding the Project 75 annexation application.

Grey council approves drainage, subdivision plans

By Haley Cvar

The Rural Municipality of Grey approved its 2026 drainage program, supported several rural broadband expansion projects and endorsed funding allocations for community development initiatives during its May 20 regular meeting.

Council approved the municipality's 2026 drainage program for all four wards, allowing planned drainage projects across the municipality to proceed this year.

Several requests from RFNow to expand fibre optic infrastructure throughout the municipality also received council approval. The projects include directional boring work near St. Claude, along Provincial Trunk Highway 2 and PTH 13, aimed at ex-

tending high-speed internet service to additional rural properties. Council stipulated that RFNow would be responsible for locating utilities and obtaining any necessary approvals from Manitoba Transportation and Infrastructure for work within highway rights-of-way.

Council also approved a subdivision application for property located at NE 03-09-05 WPM. The approval for Subdivision No. 4133-26-8548 includes conditions related to future access crossings, parcel size limitations, compliance with provincial agency recommendations and requiring the applicant to apply to the CDG Planning District for a variance regarding the distance from a shed to the property line.

As part of its support for local organizations, council approved a \$100 donation to Flora's Walk for Perinatal Mental Health. The event was scheduled for May 24 at Mile 60 Park in St. Claude.

Council also indicated it had no concerns with the Mayhem Men's Broomball Team obtaining a liquor licence for its Mayhem Slo-Pitch Tournament, including beer gardens and a social planned for June 6 at Mile 60 Park.

Under economic development funding discussions, council approved directing the Ward 4 and Ward 5 portions of annual funding received through the Association of Manitoba Bilingual Municipalities toward the St. Claude Community Development

Corporation. The funding is intended to support economic development and organizational infrastructure initiatives.

Several items remained under review, including a request for a new field access at SW 14-8-6, the municipality's 2026 custom work rates, a quote for repairs to a D6H dozer from Toromont Cat and discussions surrounding the tendering of a parcel of RM-owned land in Haywood.

Council also received a presentation from Manitoba Assessment Services during the meeting.

The municipality approved April accounts totalling \$803,189.46, including payroll and general expenditures.

Thompson approves new rescue wagon purchase

By Haley Cvar

The Rural Municipality of Thompson approved the purchase of a new emergency response vehicle, finalized its 2026 tax levy bylaw and supported several community initiatives during its May 28 regular meeting.

Council approved the purchase of a 2026 Sea Hawk Command Apparatus for the Miami Fire Department and Emergency Medical Response service at an estimated cost of \$169,801.73, excluding a winch option discussed during the meeting. The municipality also authorized a \$50,000 down payment and directed administration to complete the necessary purchase arrangements.

The new rescue wagon will support emergency re-

sponse capabilities in the municipality and provide updated equipment for fire and medical personnel.

Council also approved a \$1,000 Eagle Sponsorship for the 2026 Gary Smart Memorial Golf Tournament, which will be held Aug. 15 in support of Miami Fire and Rescue.

Public works staff updated council on ongoing operations, including followup actions stemming from an insurance inspection, equipment maintenance and weekly work plans. Staff also reported on damage assessments following a recent windstorm, repairs to the Opawaka well and Dunston pressure-reducing valve, and work related to the Letain curb.

The Waste Disposal Grounds expansion project

was also discussed, with council reviewing progress on the expansion and associated weight considerations.

Administration advised council that a public hearing for the municipality's proposed zoning bylaw has been scheduled for June 25 at 10 a.m. Other updates included preparations for an upcoming assessment delegation on June 11, maintenance matters involving Collingwood, current fire ban conditions and ongoing discussions regarding phlebotomy services in the community.

Council gave third and final reading to Bylaw No. 6-2026, formally adopting the municipality's 2026

Continued on page 7 ^{tax levy bylaw.}

Prairie Rose trustees receive year-end reports

By E. Antonio

Prairie Rose School Division trustees received updates on student achievement, student well-being and division finances during their June 1 board meeting as the school year drew to a close.

During the meeting, Superintendent and CEO Kevin Clace shared his activity report and communications received since the previous board meeting, including 2025 high school graduation-rate data, the Career Development Initiative Grant Allocation for 2026-27 and correspondence from the Terry Fox Foundation.

Students across the division are meeting provincial graduation-rate standards, a statistic Clace said he was proud to report.

Another success highlighted during the meeting was the division's ongoing support of the Terry Fox Foundation. Elm Creek School, Carman Collegiate and St. Francois Xavier Community School were among the top fundraising schools in their respective categories. Prairie Rose School Division has supported the foundation for 45 years, raising more than \$200,000.

Assistant superintendent Chris Gamble provided an update on the division's 2025-26 Continuous Improvement Plan and reviewed suspension data for the current school year.

Gamble reported increases in literacy and mathematics achievement and said the division is on track to meet its goal of having 80 per cent of students achieve a "very good to excellent" rating.

"Not only are [students] grow-

ing, but they are accelerating their growth," he said. "We are already well ahead of the (provincial) targets in the works."

He also shared updated statistics on staff participation in Treaty Training. At the time of the meeting, 78 per cent of regular staff had completed the training, including 85 per cent of teachers and 71 per cent of support staff.

As part of the division's truth and reconciliation efforts, Gamble noted a graduation powwow hosted at Institut Collégial St. Paul's Collegiate that honoured 19 Indigenous graduates and was attended by 106 graduates overall.

Michelle Levesque, director of student services, presented the well-being and belonging report, emphasizing the importance of safety and wellness for staff and students. She said survey results showed high levels of well-being and belonging, while the division continues to look for ways to improve outcomes for all students.

Division-wide suspension rates dropped by 50 per cent during the school year. The number of students suspended also decreased by 34 per cent, resulting in just 1.69 per cent of students experiencing a suspension this year.

Trustees also received a report on approved off-site activities and trips. Among them was a Grades 11 and 12 camping trip from St. Laurent School to Opapiskaw Campground in Whiteshell Provincial Park from June 3 to 5. The trip included 11 students and three staff supervisors.



STANDARD PHOTOS SUBMITTED

Prairie Rose School Division literacy achievement data from Terms 1 and 2 of the 2025-26 school year.

The board reviewed April accounts showing total general expenditures of \$2,281,924.

Among the motions approved was the closure of the division office for seven consecutive Fridays from July 3 to Aug. 14 under banked-time arrangements. Trustees also approved opening a flow-through bank account with Access Credit Union to support implementation of the division's new school cash-management system, KEV School Cash Online.

The board further established a selection committee for the vice-principal position at Carman Collegiate.

In other division news, St. Francois Xavier Community School temporarily closed from June 10 to 12 following a mechanical failure involving the school's sump pump. The school reopened June 15 after repairs were completed and safety checks confirmed the building was ready for students and staff to return.

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First reading was also given to Bylaw No. 7-2026, the municipality's proposed zoning bylaw, which will proceed through the public hearing process later this month.

The municipality also approved an agreement related to the transition to Next Generation 9-1-1 services. The upgrade is part of a nationwide initiative designed to modernize emergency communications systems and improve the sharing of information between callers and emergency responders.

Council approved a website renewal agreement with Catalis Technologies Canada Ltd. for continued website and content management system services.

In other business, council ap-

proved reimbursement arrangements for water usage associated with maintaining the community cenotaph after previous permission from a homeowner was withdrawn. The municipality will reimburse the homeowner at 114 Broadway St. using the same method applied during the 2025 season.

Council also approved payment of a \$5,670 invoice from Horizon Earthworks Ltd. for the use of a rock truck at the Waste Disposal Grounds.

The municipality authorized \$74,321.81 in accounts for payment and adopted the unaudited financial statements for the period ending April 30.

Elm Creek student explores Ireland through 4-H exchange

By Annaliese Meier

For Scarlett Friesen, a recent trip to Ireland offered much more than sight-seeing. It provided an opportunity to learn about agriculture, experience a new culture and build connections with young people from across Canada before beginning the next chapter of her life after high school.

The Grade 12 student recently returned from the 2026 Rural 4-H Exchange Trip to Ireland, a program organized through 4-H Canada that brought together 31 participants from across the country.

"It meant so much to me because I am someone who loves to travel and 4-H has made that so possible for me," Friesen said. "I will forever be grateful for everything 4-H has given me, but most especially how they've fostered my love for travel, whether it's within the country or overseas."

The selection process was competitive. Each province received a limited number of spots, and applicants were required to submit references and answer questions about their involvement in 4-H, leadership experiences and what they hoped to gain from the exchange.

In Manitoba, only four participants were selected.

The application also required candidates to explain the value of learning about agriculture in another country and how they would promote opportunities such as the exchange upon returning home.

Friesen joined participants from nearly every province for the trip, which combined agricultural learning, cultural experiences and historical sightseeing.



Scarlett Friesen overlooks the Irish countryside from the Rock of Dunamase, a historic castle ruin that provided panoramic views.

Among her favourite memories were visits to some of Ireland's most famous landmarks, including the Rock of Dunamase and the Cliffs of Moher.

She also enjoyed touring farms, where participants learned about agricultural practices that differ from those in Canada.

"We got to see water buffalo and sheepdogs working," she said.

One of the more unique experiences involved trying hurling, a traditional Irish sport often described as one of the fastest field games in the world.

"They all play for fun for their community, which I thought was really cool," Friesen said.

Another highlight was an evening at Kinnitty Castle, where the group



STANDARD PHOTOS SUBMITTED

Scarlett Friesen was one of four Manitoba 4-H members selected to participate in the 2026 Rural 4-H Exchange Trip to Ireland. During the experience, she explored Irish agriculture, culture and historic landmarks while connecting with fellow 4-H members from across Canada, including a visit to the Balmoral Agricultural Fair in Northern Ireland.

enjoyed a formal dinner accompanied by traditional Irish dancing performances.

"They brought in Irish dancers to perform for us between our appetizer and main course, which was a really cool experience," she said.

Participants also spent time exploring Dublin, where Friesen visited well-known attractions, including Dublin Castle and the Molly Malone statue.

Beyond the landmarks and activities, Friesen said she was fascinated by the cultural differences she observed.

One of the first things she noticed

was the more relaxed approach many Irish people take toward schedules. She also saw how Ireland's climate affects agriculture differently than in Manitoba.

"Because of the differences in our climates and seasons, I saw canola fields fully in bloom even though it was only mid-May," she said.

The trip also highlighted the diversity of accents across Ireland.

"The owner of a mart we visited told us he can't understand a word the auctioneer says because he has a Northern Ireland accent," Friesen said. "Even though to us, it didn't sound that different."

As she prepares to graduate and head to university this fall, Friesen said the experience helped her develop independence while creating friendships with fellow 4-H members from across Canada.

"Getting to gain a new perspective on a culture by immersing myself in it and seeing how similarly or differently their agriculture works from ours was a very valuable experience," she said.

The trip also created unexpected connections for the future.

"I even met some people who will be attending the same university as me next year."

For Friesen, the exchange was another example of how 4-H continues to provide opportunities that extend far beyond local club projects, helping young people build leadership skills, broaden their horizons and explore the world.

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Pride community, allies march in Winkler

By Ashleigh Viveiros

A bit of rain couldn't dampen the spirits of the hundreds of people who came out Saturday to celebrate Winkler's first-ever Pride march and rally.

The Parkland hill was filled with a sea of rainbows as members and allies of the 2SLGBTQIA+ community gathered together in solidarity and support.

In addition to a barbecue, vendor market, stage performances, and a short march around the area's walking paths, several speakers also took the stage to share their stories and reflect on the importance of seeing Pride celebrated in the Pembina Valley.

Jack Knight is a transgender man living in Carman who feared being his authentic self in the small community.

"I hid, I was ashamed, I treated being queer as a hush-hush topic," he said, noting he was afraid that "one wrong move and someone could hurt me. I believed I was alone."

Things changed when Carman held its first Pride celebration last year and Knight saw the outpouring of support the event received.

"I realized that I was doing nothing by hiding who I was," he said, explaining the importance of living his own truth so that others can feel safe to do the same. "Simply seeing another queer person can do wonders for who you are, and that's why Pride is so important, especially in places like Winkler."

"Places like Winkler stay more conservative and less accepting towards gay people because no one speaks up," Knight stressed. "If we don't have Pride here, no one will,

and things will stay the same. And if things stay the same, people believe that they still have to hide when they don't. Queer people are everywhere. Always have been and always will be. You aren't alone, you are loved, and you are exactly who you're supposed to be."

For Sebastian Saunders, born and raised in Winkler, coming back home to take part in a Pride celebration was an emotional experience.

"When you're taught that who you are is against God, you grow up kind of hating yourself," he reflected. "You try to hide who you really are and fit the mold of what is pure and right. So for almost 20 years of my life I tried being a perfect Christian girl."

But doing so never felt quite right. Saunders knew in his heart that he was a boy from a very young age but couldn't reconcile those feelings with the teachings of his childhood.

"I felt like a freak," he said, noting he never felt at home in his body nor with the personae he had create to protect himself. "I would fabricate crushes on boys my age so the girls my age and I had something to talk about ... it felt like every fake crush I talked about, the more I was chipping away at the real me and becoming a shape and a form that looked nothing like the real me."

A cancer diagnosis as a young adult left him reevaluating his life.

"Through it all, the scariest part of it was that I could die when I wasn't fully myself. My family and my friends could be burying a person they didn't really know at all," Saunders said. "I



STANDARD PHOTOS BY ASHLEIGH VIVEIROS

The 2SLGBTQIA+ community came together for the first time in Winkler Saturday to hold a march and rally in celebration of June as Pride Month. Left photo, Carman's Jack Knight shares what seeing Pride celebrations taking place in their communities means to them.

promised that I'd live freely, be my true self, and live my truth if I survived.

"I am who I needed to look up to as a kid. I am who I needed to see live a happy and authentic life when I was a kid," he said of his life today, stressing that "representation matters."

"Winkler is my hometown, so I feel super proud and happy that finally

we are having a Pride event here," Saunders said. "This is one of the coolest things I think I've ever been a part of. It feels like a very full circle moment ... honestly, I'm talking to my little self in the crowd being like, 'Hey, buddy, you're going to be okay. Don't die. You need to be here. You are important. You are loved.'"

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- 11am-5pm Southern Bounce-a-rama
- Noon-11pm Beer Gardens
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Sunday, June 28, 2026

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World Refugee Day celebration in Bethel park June 20

By Ashleigh Viveiros

Regional Connections Immigrant Services invites the community to Bethel Heritage Park in Winkler Saturday, June 20 to celebrate World Refugee Day.

Local reps have taken part in festivities for the day in Winnipeg for years, but this is the first time they're putting on a celebration of their own, shared Russelle Collantes, Resettlement Assistance Program (RAP) coordinator.

"We decided to do it here this year, as most of the time when we go into Winnipeg we can only bring a few of our clients along," he explained. "So we thought why not do something where everyone can celebrate? Let's do it here in our area."

World Refugee Day is recognized internationally as a day to celebrate refugees from all parts of the world.

"The main goal is to honour the resilience of people who have been forced to flee their homes because of war, violence, or persecution," Collantes said. "In our small communities, this is a good time to gather. It's an opportunity to build understanding and be welcoming to newcomers, to celebrate

the contribution that refugees bring to our community."

This year's global theme is "We are better together." It's a sentiment that holds true locally, Collantes said, as the Pembina Valley welcomes over 125 refugees each year through RAP, on top of others brought to Canada via private sponsorship.

"When we support one another, embrace diversity, and create a sense of belonging for everyone our community becomes stronger and more resilient," he said.

The local celebration runs from 1-4 p.m. next Saturday and will feature face painting, yard games, music from Briana Talavera, Tuesday and Promise Ebuade, and D'Juans Band, and a few brief words from past Resettlement Assistance Program clients.

"They will be sharing their success stories," Collantes said. "The help that they got from our community, the assistance that they got from the people, from the welcoming community members as they tried to settle in here."

All are welcome to attend. There is no admission fee.

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South-Central Border League Champions



These are the Carman Cardinals, the team that brought Carman its first championship in senior baseball, or any other sport for that matter, in many years. After squeezing past Miami in the semi-finals they defeated Plum Coulee Hawks in straight games in the finals to win the South-Central Border Baseball League championship. From left to right (standing) Don Walker, playing manager Johnny Murray, Jim McIntosh, Raymond Ganske, Larry Stout, Chas McCullough, Frank Arnett, Wayne Sylvester, and (kneeling) Dennis Woods, Armin Gitzel, Ernie Woods, Bob Lees, Fred VanKoughnet, Bill Fuller and Dennis Hunter.

STANDARD PHOTO SUBMITTED

These are the Carman Cardinals from 1957, the team that brought Carman its first championship in senior baseball, or any other sport for that matter, in many years. After squeezing past Miami in the semi-finals they defeated Plum Coulee Hawks in straight games in the finals to win the South-Central Border Baseball League championship. From left to right (standing) Don Walker, playing manager Johnny Murray, Jim McIntosh, Raymond Ganske, Larry Stout, Chas McCullough, Frank Arnett, Wayne Sylvester, and (kneeling) Dennis Woods, Armin Gitzel, Ernie Woods, Bob Lees, Fred VanKoughnet, Bill Fuller and Dennis Hunter.

Your FARM



Lundar youth takes leadership role in Canadian Shorthorn community

Carman event to showcase youth, leadership and Shorthorn cattle

By E. Antonio

A young Lundar cattle producer is helping shape the future of Manitoba's Shorthorn industry after being named Manitoba director with the Canadian Junior Shorthorn Association (CJSA).

Sigga Vigfusson, 18, said taking on a leadership role was important to her because it provides an opportunity to give back to the organization.

Her term as Manitoba director will last until she ages out of the junior association at 21. Vigfusson said she submitted an application for the role and was later welcomed onto the board.

"Being one of the few Manitoba junior Shorthorn members made me an ideal candidate," she said.

She comes from a long line of cattle farmers, and her family's farm has



STANDARD PHOTO SUBMITTED
Lundar's Sigga Vigfusson is serving as the Manitoba director for the Canadian Junior Shorthorn Association.

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around 150 head, primarily commercial cows. She is also finishing her first year of Animal Science Technology, majoring in beef science, at Lakeland College.

"Within our herd, we have always had commercial Shorthorn influence, but in 2023 I purchased my first purebred heifer from Ray and Susan Armbruster of Birdtail Shorthorns," she said. "I first got involved with the Canadian Junior Shorthorn Association through showing cattle and attending junior events, where I quickly found a strong and supportive community."

Vigfusson has been showing cattle from a young age and has been an active 4-H member since she was six, stepping into her first show ring at age three.

"The experiences I have gained over the years have really shaped who I am today," she added.

Your FARM



> SHORTHORN, FROM PG. 12

As Manitoba director, her role is to represent and support junior Manitoba members, help organize CJSAs events, and contribute to growing the organization. She said she takes pride in the opportunity and hopes to make a meaningful impact — both within the junior Shorthorn community and personally.

While Manitoba's junior Shorthorn membership numbers are relatively small, Vigfusson said the province has a strong reputation within the industry.

"While the number of junior Shorthorn members in Manitoba is small, our cattle quality and community make up for it," she said.

She also believes the Interlake region has a solid Shorthorn presence.

"I would say so, yes," she said. "At the auction marts in the fall, you'll always see a few Shorthorn cross cattle."

Although she does not know the exact number of local youth involved in the breed, Vigfusson said there are several young producers across the Interlake participating in Shorthorn programs and events.

"Through the CJSAs, I have gained confidence, leadership skills, and the ability to connect with people from across the country," she said. "It has helped me grow not just as a cattle producer, but as a person. The CJSAs have also given me the opportunity to learn from experienced breeders, which provides valuable insight into how the industry has evolved and

where it is heading."

The CJSAs support young Shorthorn farmers by developing showmanship skills, leadership abilities, and networking opportunities within the agriculture industry. Throughout the year, members have access to events, workshops, educational opportunities, and scholarships. Membership is open to Canadians under the age of 21.

"Members gain a wide range of skills, including leadership, public speaking, teamwork, responsibility, and a strong work ethic," Vigfusson added. "These are all skills that carry far beyond agriculture and into future careers."

One upcoming CJSAs event will take place in Carman on July 11: the Manitoba Summer Show. While Vigfusson is not directly involved in organizing the event, she said it will offer junior members opportunities to develop their skills through a full day of cattle shows, a welcoming atmosphere, and a chance to connect with others who share similar interests.

Organizers are expecting a strong turnout this year, and the event is open to the public.

Vigfusson said experiences like this are important for young farmers.

"The local agricultural community is very supportive, whether that's through mentorship, sponsorship, or simply encouraging young people to get involved and grow within the industry," she said. "Local events make agriculture more accessible and give

young people the opportunity to get involved without having to travel far. They also help strengthen community connections and promote both the breed and the industry as a whole."

She encourages youth to get involved, giving them the opportunity to learn, share, and explore a future in

Shorthorn cattle.

"Without young people, the future of the breed and the industry would not be possible," she added. "Their passion and ideas help keep agriculture moving forward."

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INSIDE > OUTSIDE > UPSIDE DOWN

Elm Creek's Schroeder joins PWHL expansion team San Jose

By Annaliese Meier

Elm Creek native Corinne Schroeder will continue her professional hockey career on the West Coast after signing with PWHL expansion franchise San Jose.

The signing follows an emotional expansion process that saw Schroeder left unprotected by the Seattle Torrent, where she played during the 2025-26 season.

The signing comes after an emotional expansion process that saw Schroeder left unprotected by the Seattle Torrent, the club she played for during the 2025-26 season.

"It was very emotional for me to not have been protected by Seattle," Schroeder said. "The turnaround between Phase 1 and Phase 2 of the expansion process was very quick, so that also was very difficult mentally and emotionally to start evaluating new options."

Despite the uncertainty, the Manitoba goaltender attracted interest from multiple expansion teams.

"It was very exciting to have interest from multiple expansion teams, espe-

cially San Jose," she said. "I really enjoyed my time in Seattle last season, so staying on the west coast was very appealing to me and made San Jose an ideal spot for me."

Schroeder said she is eager to embrace the challenge of helping establish another franchise while continuing to grow the women's game.

"It's incredibly rewarding to have found a new home with San Jose, and to have the opportunity to build a new franchise and grow the game of hockey in the Bay Area," she said.

The move marks the latest chapter in an impressive hockey career that has taken Schroeder from rural Manitoba to the highest level of women's professional hockey.

Before joining Seattle, she spent two seasons in New York, first with the league's inaugural New York team and later with the New York Sirens.

Over three PWHL seasons, Schroeder has posted a .921 save percentage, a 2.46 goals-against average and five shutouts.

Continued on page 17



STANDARD PHOTO COURTESY OF THE PWHL
Elm Creek native Corinne Schroeder tracks the play for the Seattle Torrent during the 2025-26 PWHL season. The veteran goaltender recently signed with expansion franchise San Jose after posting a career .921 save percentage and establishing herself as one of the league's top netminders.

Central Energy bring home medals from Wheat City Classic

By Annaliese Meier

The Central Energy softball program enjoyed a successful weekend at the Wheat City Classic in Brandon, with the U15 squad finishing fourth and the U17 team capturing silver medals against some of the top competition in Western Canada.

The U17 Energy advanced all the way to the championship game before falling 14-5 to the Eastman Wildcats in the final. Despite the result, Central turned in an impressive tournament performance that included four consecutive victories on its road to the gold-medal game.

Central opened the tournament Friday with a 5-4 win over Smitty's Terminators. Taryn Toews drove in two runs while Addison Nikkel collected three hits. Kennedy Funk struck out eight batters over four innings and the Energy defence played error-free softball.

The Energy followed that up with an 8-1 victory over Moose Jaw ICE. Taylor Wall led the offence with three hits, including a triple and double, while Blaine Wiebe and Nikkel com-

bined to limit Moose Jaw to just two hits.

On Saturday, Central defeated the Eastman Wildcats 12-5 behind a huge performance from Shyanne Goertzen, who blasted two home runs and drove in four runs. The Energy pounded out 15 hits, with Wall, Toews, Nikkel and Ella Conrad all collecting multiple hits.

The club continued its strong play later that day with a dominant 16-1 victory over Westman Magic. Nikkel drove in four runs, including a first-inning home run, while Goertzen, Mya Richard and Conrad also had multi-hit games. Central finished with 16 hits and played another error-free contest.

In the championship game, Conrad gave Central an early lead with a lead-off home run before Eastman's powerful offence took control. Goertzen stayed hot at the plate, going 3-for-3 and launching her fourth home run of the weekend. Funk was named defensive player of the game after making

Continued on page 15



STANDARD PHOTO SUBMITTED
Members of the Central Energy U17 softball team pose with their silver medals after finishing runner-up at the Wheat City Classic tournament in Brandon. The Energy advanced to the championship game after posting four wins during the weekend. Pictured, top row (left to right): Todd Folkett (assistant coach), Blaine Wiebe, Mya Richard, Becca Anderson, Kennedy Funk, Ella Conrad, Shyanne Goertzen, Addison Nikkel and head coach Klynn Shindle. Bottom row: Taryn Toews, Payton Manness, Arabella (bat girl), Harper (bat girl), Sinead Convery, Ava Bonik, Taylor Wall and Kevin Convery (manager/assistant coach).

A banner year for local goalie coach and his rising stars

By Ashleigh Viveiros

As a coach, there's not much that beats seeing a young athlete you've worked with for years succeed.

For goalie coach Tim Morison, the windup of the hockey season over the past few months has been one highlight after another, as no less than four of the young men he's helped mentor have either hoisted championships trophies over their heads or come close.

It started back in April, when the Winkler Royals swept the Senior A Provincial championship in two games against the Killarney Shamrocks. Between the posts for the Royals were Travis Klassen and Matthew Thiessen, who both went through Morison's goalie training program years ago.

Then, last month, Morison was with the Niverville Nighthawks as they won the national junior A championship in Prince Edward Island, bringing home the Centennial Cup. He served as the team's goaltending coach for this year's campaign and got to experience the big win alongside Carman netminder Ben Chornomydz, who Morison has worked with for over a decade.

And just a few weeks ago, Morden native Raiden LeGall, another of Morison's athletes, was with the Everett Silvertips as they won their first Western Hockey League title and then took a crack at the Memorial Cup. They were runners-up for the national title after being defeated by the Kitchener Rangers in the final.

"I've been running my goalie company for 17 years and have been working with Pembina Valley goalies and teams throughout this [time]," said Morison. "To have two goalies that I've trained since they were eight years old and now 19 competing and winning national Canadian championships is a pretty cool thing to see."

Walking alongside athletes from such a young age is an amazing experience, Morison shared.

"It's cool just to see them grow up. And, honestly, hockey is just one side of it," he said. "Watching them grow up into good human beings and positive members of our communities is really what I strive for."

"Some of the first guys that I ever started training ... they've gone from students to best friends to people who have stood up at my wedding," Morison added. "There's a real bond there. We're like family now."

Both Chornomydz and LeGall are frequently giving back, working with younger players at Morison's goalie camps to inspire them to reach for new heights. LeGall also spearheaded a fundraising campaign this season that raised \$14,000 for grief support and mental health programming in Winkler and Washington, where he plays with the Silvertips.

"All the kids that I grew up training are coming back from playing the WHL, coming back from playing junior hockey, college hockey, to work for me [at summer camp] and it's so cool to see," Morison reflected. "Last year was probably my best year of just being able to sit back and go, wow, what have I done here? It's just this community of goalies where everybody ap-

preciates everyone else.

"I get send texts, pictures all the time of these eight, nine-year-old kids staying up late to watch Everett play on TV, or they're cheering on Raiden ... they're superstars to the younger generation, and it's awesome."

A WHIRLWIND OF EXPERIENCES

The season was quite a rush for Chornomydz, who got to hoist both the MJHL's Turnbull Cup and the Centennial Cup with the Nighthawks.

While as backup goalie he saw little ice time, Chornomydz made sure he was contributing to the team's morale however he could.

"You want to be a good teammate," he said. "Telling the boys 'good shift' and 'keep working hard.' Really just being a positive guy on the bench."

Chornomydz feels his second year of junior hockey was a fruitful one. He was between the posts for 20 out of 58 games in the regular season.

"I think this year was the year that I grew the most," he said, noting he hopes to step up more with the Nighthawks next season.

Reflecting on his work with Morison, Chornomydz noted Morison was there when he first realized goalie was the role he wanted to pursue in hockey.

"That was my first ever skate and camp, and it was at Tim's camp in Morden," he recalled. "He's been incredible, right from the start until now. I think it's pretty cool that I can say he's been my guy the whole way through, and not just on the ice but off the ice too. Driving to Carman, to Winkler, whatever, and just talking about hockey, talking about life. It's so important to have a guy like that who, he's your goalie coach, but he's also someone you can just talk to whenever you need anything."

LeGall feels the same way.

"He's definitely been more than just a coach to me. He's become family over the years," he shared.

"I fell in love with hockey during those camps, and it was the highlight of my year every year," LeGall said, noting he hopes to take a page out of Morison's playbook and continue to be involved in mentoring the next generation. "It's pretty cool to be on the other side of it and to turn around and give back and be to the kids today what the older guys were to me when I was that age."

This season was LeGall's last in junior hockey. He's heading down south to play for Minnesota State while he majors in sports management.

Reflecting on the past few months, LeGall said it's been a whirlwind.

"It was really cool. I don't think two years ago I would have ever guessed that I'd be winning the WHL and getting to go to the Memorial Cup, so it was a really cool experience altogether. We had a great group of guys and it was a blast."

Like Chornomydz, he also didn't see too much ice time in the post-season, but he was pleased with his regular season contributions.

"I played 38 games this season and I had a great season," LeGall said. "I got a lot of experience this year and I'm looking forward to moving on to the next thing."



SUPPLIED PHOTO

Goalie coach Tim Morison and Ben Chornomydz after winning the MJHL championship with the Niverville Nighthawks. The team went on to win the national junior A championship as well.

> SOFTBALL, FROM PG. 14

several strong plays at second base, including an outstanding catch in shallow right field.

The U15 Energy also enjoyed a strong showing, posting a 3-3 record and finishing fourth overall. Central opened with a 10-7 victory over the Winnipeg Lightning as Reese Fotheringham and Lindsay French each drove in two runs. Lexi Kemp was outstanding in relief, striking out seven over four innings.

After a dramatic 12-10 walk-off loss to White Butte Storm, the Energy bounced back Saturday with an 11-3 win over the Southeast Sundevils. Central collected 13 hits in the contest, with Renna Toews driving in three runs and Kemp, Kylie Wiebe, Beaudry English and Brady Wiebe all recording multi-hit performances.

The U15 squad also received strong individual performances throughout the weekend. English drove in five runs in a narrow loss to White Butte, while Central collected 14 hits in a hard-fought game against Westman Magic despite falling 9-4.

At the U13 level, Central finished with a 3-2-1 record and narrowly missed advancing to Sunday play. The team recorded wins over White Butte Storm, Twin City Angels and Saskatoon Raiders while earning a tie against Regina Royals. Hailyn P was among the standout performers, collecting three doubles against Regina and later hitting a game-winning home run against Saskatoon.

Spirit of the Games

By Lorne Stelmach

The spirit of community, connection, and especially active aging was celebrated here last week with the Manitoba 55+ Games being hosted by Morden, Winkler, and Stanley in partnership with Active Aging Manitoba.

An opening ceremony last Tuesday at the Access Event Centre welcomed participants from all regions of the province. The celebrations included dance performances by Ukrainian United School students along with greetings from local dignitaries.

Morden-Winkler MLA Carrie Hiebert commented on the sense of community and the connections that make events like this one so special.

"I know, as I was waiting in the lobby, they were just chatting about how much fun you guys were all having reconnecting ... that's really great to see and hear," she said. "Your dedication, your enthusiasm, and your commitment to active living are an inspiration to all of us."

Hiebert gave kudos to the team of organizers and volunteers who have spent months working to make this event possible.

"It takes an army... over 830 participants registered so far, and 150 volunteers, so that says a lot about our community, about how much we are involved and how much we love and how much we give."

Morden Mayor Nancy Penner, who spoke also on behalf of the RM of Stanley and City of Winkler, issued a welcome to all of the participants, volunteers, and supporters.

"It's great to see how these Games bring Manitobans together from all corners of the province," she said. "We're glad to have you all here, and I hope you have a bit of time this week to explore some of the special attractions, local shops, and hospitality we have to offer."

"Our three communities often work together, collaborating on different projects and initiatives. Maybe not all



STANDARD PHOTOS BY LORNE STELMACH
Above: Ukrainian United School students at the opening ceremonies for the Manitoba 55+ Games last week. Right: Reading the Participant's Oath was Mordenite Lois Dudgeon, who has competed in the Games for 25 years.

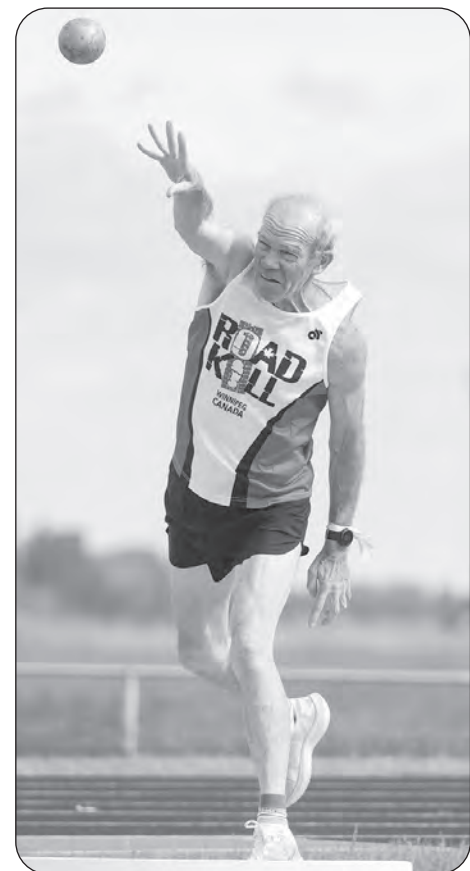


of them are as fun as this one, but we're very proud of our shared achievements, including the most recent one that, like this event, encourages both connection and active living," she said of the recent ribbon cutting for the Stanley Community Pathway.

The three days of competition took place at venues across the region.



55+ athletes in action



STANDARD PHOTOS BY MERLIN HEPPNER
The Manitoba 55+ Games took place in venues throughout Morden-Winkler-Stanley June 9-11. Over 800 athletes from across the province competed in a host of sports, demonstrating you're never too old to stay active or try something new.



Pretenders extend medal streak at Manitoba 55+ Games

By Nadia Schultz

The Pretenders added another gold medal to their collection at the 43rd Manitoba 55+ Games, continuing a remarkable run of success in five-pin bowling competition.

Competing at Carman 5 Pin Bowl, the team of Mike Baziuk, Bob Wilson, Jacquie Russell, Laurie Wiebe, David Dyck and Randy McFarlane captured gold in the 55-plus division, extending their medal streak to four consecutive Games.

Their collection now includes three gold medals and one bronze.

"It feels pretty good to be as fortunate as we have been over the past number of years, although not placing in the medals is not too disappointing for us," said Wilson, one of the winning teammates. "We compete to the best of our abilities and if good things happen, it's a bonus."

The team also enjoyed individual success during the competition. Dyck earned silver in men's singles, while Russell captured gold in women's singles.

Wilson has been bowling since 1977, travelling from coast to coast through the sport, and said the Games provide a rewarding opportunity to remain active while enjoying friendly competition.

He described the Manitoba 55+ Games as a "fun way to get out and stay active."

"The atmosphere at the games is light and friendly. Everyone encourages each other and every team is genuinely happy about the success of others. That's one of the things that keep us going back," said Wilson.

Although the team's youngest bowler has now aged out of the 55-plus category, The Pretenders will continue competing together in the 65-plus division going forward.



David Dyck, left, earned silver in the men's singles competition while Jacquie Russell captured gold in the women's singles division during five-pin bowling competition at the Manitoba 55+ Games in Carman.

The bowling competition was part of the 43rd Manitoba 55+ Games, which brought more than 1,300 competitors to southern Manitoba this week. The annual event, organized by Active Aging in Manitoba (AAIM), is the province's largest multi-sport competition for older adults.

Supported by sponsor PlayNow and approximately 150 volunteers, the Games featured events across Morden, Winkler, Stanley and Carman, including nine- and 18-hole golf, pickleball, bocce ball, cribbage, arts and crafts, five-pin bowling and more.

"At Active Aging in Manitoba our mandate is to provide ways for older Manitobans to be active as they age. The health benefits of remaining ac-



STANDARD PHOTOS SUBMITTED

Members of The Pretenders celebrate after winning gold in the five-pin bowling competition at the 43rd Manitoba 55+ Games in Carman. The victory marked the team's fourth consecutive Games medal. From left are Mike Baziuk (Games Coordinator 5 Pin Bowling), Bob Wilson, Jacquie Russell, Laurie Wiebe, David Dyck and Randy McFarlane.

tive are so important to help older adults stay independent," said Linda Brown, executive director of AAIM.

Brown said the organization works hard with sponsors to keep the Games affordable while rotating the event throughout the province to ensure accessibility.

"Many of our participants have been in the Games for many years and they look forward to seeing each other each year at the Games," she said.

The Manitoba 55+ Games provide aging Manitobans an opportunity to enjoy friendly competition while participating in activities they know and love or trying something new. Registration is open to anyone who meets

the age requirements, regardless of skill level.

The Games continue next week with lawn bowling from June 16 to 18 at the Dakota Lawn Bowling facility in Winnipeg.

AAIM has also announced that the 44th Manitoba 55+ Games will be held in Minnedosa from June 8 to 10, 2027.

Wilson said he and his teammates are already looking ahead to next year's event.

"We don't like to miss out," he said. For more information about the Manitoba 55+ Games or Active Aging in Manitoba, visit activeagingmb.ca or call 204-632-3947.

> PROFESSIONAL WOMENS HOCKEY, FROM PG. 14

Her strongest professional season came during the PWHL's inaugural campaign in 2024, when she posted a .930 save percentage and a 2.40 goals-against average.

Schroeder's success extends well beyond the PWHL. In 2022-23, she was named both Goaltender of the Year and Rookie of the Year in the Premier Hockey Federation while playing for the Boston Pride. That season, she led all PHF goaltenders with a 1.67 goals-against average and a .955 save percentage.

Her collegiate career was equally impressive. Schroeder was a finalist for

NCAA Women's Goaltender of the Year in 2021-22 at Quinnipiac University and earned multiple Hockey East all-star selections during her time at Boston University. Internationally, she also won a silver medal with Team Canada at the 2017 IIHF Under-18 Women's World Championship.

While the accolades are significant, Schroeder said representing her hometown region remains one of the most meaningful aspects of her career.

"It's incredibly exciting that I get to represent our community and show that there is a future in hockey for young girls regardless of where they

are from," she said.

As women's hockey continues to grow, Schroeder's journey serves as an example for young athletes throughout Manitoba that success is possible regardless of where they begin.

From Elm Creek to the professional ranks, she has helped break barriers for female athletes while demonstrating that determination, hard work and perseverance can open doors to opportunities once thought impossible.

As she prepares for her first season in San Jose, Schroeder hopes to make

an immediate impact both on and off the ice.

"I hope to manage the transition to a new team and market as seamlessly as possible and make an immediate impact on the ice for the team," she said.

She also expressed gratitude to the communities that have supported her throughout her career.

"I'm incredibly excited for this new opportunity in San Jose and am so grateful for all the love and support I continually receive from the people in Elm Creek, Carman, the Pembina Valley region and across Manitoba."

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PLANNING ACT NOTICE OF
PUBLIC HEARING**

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any persons who wish to make them in respect to the following matter: RURAL MUNICIPALITY OF THOMPSON BY-LAW NO 7-2026.

HEARING: R.M. of Thompson Council Chambers
LOCATION: 530 Norton Avenue Miami, MB
DATE & TIME: June 25, 2026, at 10:00 a.m.
GENERAL INTENT: To consider and potentially adopt Zoning By-law No. 7-2026, being a by-law to regulate the use and development of land and buildings within the Rural Municipality of Thompson, including provisions respecting permitted and conditional land uses, zoning districts, development standards, and related planning matters under the authority of The Planning Act.

**FOR INFORMATION
CONTACT:** Melissa Brunel,
Chief Administrative Officer
RM of Thompson
Box 190 Miami, MB ROG 1H0
Phone: 204-435-2114
Email: cao@rmofthompson.com

A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday 8:30 a.m. to 4:30 p.m. Copies may be made, and extracts taken there from.

Dated Friday May 22, 2026

NOTICE TO CREDITORS
IN THE MATTER OF THE ESTATE OF **STEPHEN GEORGE PORTER**, late of the Town of Carman, 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, 14 Main Street South, Box 1670, Carman, Manitoba, R0G 0J0, within thirty (30) days of the date of this publication.
DATED at the Town of Carman, in Manitoba, this 12th day of June, 2026.
**MCCULLOCH MOONEY
JOHNSTON SELBY LLP**
Attention: **LARISSA ELIDE
VERONICA SOSNOWSKI**
Solicitors for the Administrator

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> MEAL IDEAS



Prep time: 5 minutes
Cook time: 10 minutes
Servings: 4
1 bag Success Pearl Couscous
3 lemons, juice only, plus 1 teaspoon zest
2 tablespoons butter
1 small shallot, finely diced

Simple Lemon Butter Pearl Couscous

1 tablespoon fresh parsley, finely chopped

Prepare pearl couscous according to package directions, adding lemon juice to water.

In small pan, melt butter over medium heat. Add shallots and lemon zest. Cook 3 minutes. Stir pearl couscous into pan.

Divide pearl couscous into four bowls and top with parsley.



Recipe courtesy of "Floating Kitchen" on behalf of Duda Farm Fresh Foods

Prep time: 5 minutes
Cook time: 2 minutes
Servings: 2
2-3 tablespoons creamy peanut butter
2 slices cinnamon-raisin bread, toasted

Peanut Butter Toast with Celery and Grapes

5-6 seedless red grapes, halved
1-2 Dandy celery sticks, sliced diagonal
1 tablespoon granola
1 teaspoon maple syrup
kale, mustard greens or arugula (optional)

Spread peanut butter evenly over surface of toasted bread.

Top with grapes and sliced celery.

Sprinkle with granola and drizzle with maple syrup. Top with kale, mustard greens or arugula, if desired.



Recipe courtesy of "Laughing Spatula" on behalf of Duda Farm Fresh Foods

Prep time: 5 minutes
Cook time: 5 minutes
Servings: 6
8 ounces cream cheese
1/2 cup dill pickles, finely chopped, plus additional for garnish
1/4 cup Dandy Celery, finely chopped, plus additional for garnish
3 tablespoons pickle juice
1 tablespoon fresh dill, chopped
1/4 teaspoon salt

Dill Pickle Dip

1/4 teaspoon pepper
crackers, for serving
Dandy Celery Dippers, for serving
Breadcrumb Topping:

1 teaspoon butter
3 tablespoons panko crumbs
Allow cream cheese to soften about 20 minutes outside of refrigerator.

While cream cheese is softening, prepare breadcrumb topping. In pan over medium heat, stir butter and breadcrumbs until fully combined. Breadcrumbs will toast in 2-3 minutes. Remove from heat once toasted, as desired.

In bowl, mix softened cream cheese, 1/2 cup pickles, 1/4 cup celery, pickle juice, dill, salt and pepper until fully combined. Transfer to serving bowl.

Before serving, sprinkle dip with cooled, toasted breadcrumbs and additional pickles and celery. Serve with crackers and celery dippers.

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 and daughter Amelia

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.



Servings: 8
8 rosemary sprigs (about 6 inches long)

California Grape Rosemary Spritzers

24 whole Grapes from California
2 quarts sparkling water
1 1/2 cups sliced Grapes from California
ice

Partially strip rosemary branches, leaving 3-4 inches of greenery. Skewer three grapes on each branch.

Pour water into large pitcher. Add sliced grapes and stir.

Fill eight glasses with ice and grape sparkling water. Garnish each drink with grape-rosemary skewer.