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EDITION 29

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All around the merry-go-round

STANDARD PHOTO BY LANA MEIER

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The Prices Rite in Carman under new ownership

By Ty Dilello

The Prices Rite in Carman is under new ownership. Long-time owner Nancy Cooke recently sold the business to Doug and Madison Vangrootheest, who will now operate it.

Cooke's career and life have taken her across the country on a long road to retirement.

"After moving back to Manitoba with my husband and two children in 1992 and not finding any job opportunities," said Cooke, "I found out about an EI program to help people start up a new business, and it was a great opportunity as they guided you through each of the phases required."

Cooke jumped at the chance, and within six months, she opened and operated her first Dollar Store in the Southland Mall in Winkler.

Business was booming, and shortly after opening her store, she was approached by some local businessmen from Carman about either helping someone open a location in Carman or operating it herself.

Cooke chose the latter, and in early 1994, she opened The Prices Rite in Carman. She operated it for two more years and then sold both locations.

At this time, Nancy and her husband Brad moved to Calgary, and two years later, they were out at Gray Creek on Kootenay Lake, where she went to school in Nelson, British Columbia, and took Resort and Hotel Management classes. After graduating in 2007, they returned to Manitoba for family reasons.

"I ended up being hired to manage the Bargain Shop that was opening in Carman in early 2008. I worked there for a year and a half until I decided that I wanted to open my own business again."

They bought the old Brad's Jewelry Store building on 1st St SW, renovated it, transformed it into "The Prices Rite," and opened its doors on March 17, 2010.

"We have established a great store that was badly needed in town," said Cooke. "Getting to know all the people in town and being able to see the kids that were coming into the store in their strollers and now seeing them graduate high school has been a great experience."

"It has been a great little business, and the thing I will miss the most is the social aspect of it and seeing all



STANDARD PHOTO SUBMITTED

Madison and Doug Vangrootheest have recently purchased and taken possession of The Prices Rite store in Carman from long-time owner Nancy Cooke, who will now begin to enjoy her retirement.

those familiar faces coming through the door every day. It has been a great experience, and I thank everyone who has supported my business over the last fourteen years. I couldn't have done it without you. Now, I will look forward to enjoying my retirement."

Madison Vangrootheest had previously worked at The Prices Rite for Cooke for a year and a half. When Cooke decided that she was going to sell the store, Vangrootheest expressed interest that they wanted to buy it.

Well, Madison and her husband Doug did end up buying the business, and the Vangrootheests recently took possession of The Prices Rite on July 1.

"We feel extremely blessed to have been able to join the business community here in Carman, and we plan to continue running the store as Nancy has and are hoping the community will support us as well as it has her,"

said Doug Vangrootheest. "We hope to continue serving the community's needs and to eventually add a selection of Dutch treats and items to accommodate Carman's ever-growing Dutch community. We are also open to hearing suggestions for new items or ways we can serve the community better."

Cooke is a little sad to be departing but will look forward to retirement, as she knows that her business will be in good hands.

"I am so happy and excited for the Vangrootheests as I know they will do a great job," said Cooke. "I am so happy that my store will continue to serve this great community. I have put my heart and soul into my business for over 14 years, and I really appreciate all the support that I have received from everyone. It's been a lot of fun, and the thing I'll miss the most is seeing all the friendly faces every day."

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RCMP investigate fatal collision

By Lana Meier

On the morning of June 25 at approximately 9:10 a.m., Carman RCMP received a call regarding a two-car crash on Highway 13 in the RM of Dufferin, south of Elm Creek.

A vehicle travelling north on Highway 13, rear ended a motorcycle which was also going north.

The 77-year-old male driver of the motorcycle, who hailed from British Columbia, was transported to the hospital. On June 28, he succumbed to his injuries in hospital.

The driver of the other vehicle, a 21-year-old male from Carman, was not physically injured.

The investigation is ongoing.

Davis has long teaching career that taken her to Africa

By Ty Dilello

Carman's Karla Davis (nee Froebe) has been a teacher for several decades, and her career has taken her worldwide.

Davis has taught in Oak Bluff, Calgary, and Millarville, Alberta, and at the American International Schools in Harare, Zimbabwe, and Johannesburg, South Africa. She is currently serving as principal at the Millarville Community School.

Davis was born in Carman and graduated from Carman Collegiate. She then earned her Bachelor of Arts and Education degrees at the University of Manitoba before pursuing her Master's degree at the University of Calgary.

Davis taught in Oak Bluff before moving to Alberta. She has taught and been an administrator in the Foothills School Division in Alberta for 19 years. However, at one point, she left for two years to teach at the Harare International School (Zimbabwe). Then, a few years later, she left again to teach at the American International School of Johannesburg (South Africa).

"I worked in international schools in Africa for the experience, and I just loved working internationally. It gave me a more global perspective, I think. I loved Africa as it truly gets in your blood."

"My best memory of Johannesburg was when a cheetah was brought to the school. We were al-

lowed to pet it, but we were told not to run while around the cheetah. It was a beautiful creature."

Now back in Alberta, Davis has loved working at her new school, Millarville Community School, where she has been the teaching principal since 2022.

"We are an International Baccalaureate school from Kindergarten to Grade 8, and it is the best place to learn with kids," said Davis. "I was an administrator in the morning and taught Grade 5 in the afternoon until the last few months when I was an administrator all day. I was always the principal, though, even when teaching. I still like to do some teaching while being an administrator as I think it makes you more relevant."

Davis was recently recognized with the 2024 Celebrating Alberta's School Leaders Distinguished Leadership Award, which is handed out annually to Alberta principals who have succeeded in providing high-quality learning opportunities for students in the province.

Although Davis lives and works in Alberta now, she still finds time to return home to Manitoba as much as she can.

"I still get back to Carman as much as I can to visit my dad and family, at least twice a year," said Davis. "And my dad also visits us a lot in Alberta, which is great."



STANDARAD PHOTO SUBMITTED

Former Carman resident Karla Davis received the 2024 Alberta Distinguished Leadership Award for her work as principal of the Millarville Community School in Millarville, Alberta.

Manitoba offers free provincial park entry July 15 to 21

By Lana Meier

Environment and Climate Change Minister Tracey Schmidt announced that the Manitoba government is offering complimentary access to all provincial parks for a full week in mid-July.

"Manitobans love spending time outdoors during the summer and we are helping families have the chance to enjoy our parks without paying park entry fees," said Schmidt. From July 15 to 21, vehicle permits to access provincial parks will not be required. Although, it is important to note that regular camping fees must still be paid and entrance fees for national parks are also required.

Visitors to Manitoba's provincial parks enjoy some of the lowest entry fees in Canada. This week-long initiative, along with other free park access opportunities through the year, aims to ensure cost is not a barrier for anyone looking to enjoy the outdoors. The minister added the Manitoba government chose to freeze provincial park fees for this camping season to help more Manitoban families enjoy the province's parks.

Park interpreters are offering free guided hikes, campfire talks and other family programs this weekend and through the summer for visitors to connect to the natural features, culture and history in provincial parks. Several campgrounds have also orga-

nized special events to celebrate Canada's Parks Day on Saturday, July 20. Tips for visitors and campers at Manitoba provincial parks include:

- check the Manitoba Parks website at www.manitobaparks.com for advisories before travelling;
- campers must check in at campground offices upon arrival to receive camping permits;
- be 'Wildlife Smart' by maintaining a clean campsite
- wear a life-jacket when participating in water-related activities;
- keep all pets on leash;
- keep campfires in approved pits such as those found in campsites and check for any campfire restrictions.

Campers are reminded that because the emerald ash borer has been confirmed in Winnipeg, no firewood can be transported outside the city. Transportation violations can result in charges and fines of up to \$1,300 for individuals or \$15,000 for businesses. Firewood is available for purchase from local retailers at most campgrounds.

All watercraft users and beach goers: remain vigilant to prevent the spread of aquatic invasive species. Thoroughly clean, drain, and dry your watercraft and related equipment. If needed, utilize decontamination stations for added precaution.

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

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EDITORIAL > VIEWPOINTS > LETTERS

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Flashback.... Carman Community Hall nearing a half century

By Dennis Young

For years, Carman folks would travel elsewhere to hold socials or weddings, as the options at home were the B side of the arena, Memorial Hall, or the Legion. All were either too small, not appropriate and/or lacked catering. It took a delegation from the local Legion in 1977 to approach the Town Council with the possibility of sharing a community facility.

Representatives of the Legion and Town met, discussed, and agreed to build a steel building on the 80 x 580 property purchased (approximately for \$12,000 or \$61,000 today) by the Legion north of the CPR tracks. It would house the Legion Clubrooms and a large Hall. The Legion further offered to donate the land and finance the Legion portion if the community would pay for the building of the Hall portion. Once the facility was complete, the Legion offered to manage the entire operation of the Hall. That sweet deal was accepted.

Committees from both sides were struck, and plans were put into place, including discussions with over a dozen organizations regarding their take and financial support on such a project. It was decided, but only with some reservations or lack of commitment, to move forward in 1978 with quotes and fundraising.

Once up, the non-profit corporation maintaining the Hall comprised Legion members Mike Downs, Allan Patterson, Joe Knowles, Fred Eby, Joan Harrison, Marlene Rose, and Dorothy Dix.

The newly formed Carman and District Hall Committee comprised of Fred Van Koughnet, Ken Buchanan, Joe Knowles, Bob Takvam, Joe Kachor, Jim Stow, Frank Grabowski, Lloyd Harrision and Fred McCoullough quickly formed a fundraising group to tackle the \$250,000 (\$1.2 million today) project. The Legion's part, expected to cost \$175,000, they planned to pay themselves.

Fred McCoullough and Ken Buchanan headed that entire campaign, with Joe Knowles as treasurer. For starters,

there was a door-to-door Town canvas divided among Phyllis Eby, Linda Warrener, and Lorraine Hand. Ron Stanger chaired the business campaign, Alex Stow the corporate sector, and Neil MacNair and Don Bargen the rural zones.

The building was rubber-stamped with an exterior of 80 x 126 and a floor area of 80 x 95. About half the floor would be hardwood, and the other half tiled. Facilities included a fully catering-structured kitchen, portable bar and stage, storage, cloakrooms, and a large overhead door for vehicle entrance. The Town and the Committee shared the \$28,000 cost of parking lot paving. The Legion would share the cost of the dividing walls.

After some delays, including the floor heaving, the official opening was Oct. 12, 1979. Dignitaries all commented on how the cooperation between the committee members and citizens made this project successful. The financial report stated then that the total cost came to \$285,000. The committee received cash and pledges of \$250,000, of which \$46,000 came from businesses, \$78,000 from clubs/organizations, \$44,000 from the canvas, \$50,000 from Councils, a \$22,000 grant and \$10,000 from their 400-club draw. Plus, there was \$50,000 from Kinsmen over three years, bringing the total to \$250,000...short \$35,000 after just two years.

The second and final drive to pay that off began in 1980. As costs from the trades and high-interest charges on the debt continued to increase, so did the intensity of the canvassers. Once again, the Town and rural residents were approached but after a mail stuffer and large newspaper ads thoroughly explained the needs for more cash. It fell short, raising just \$11,000.

The Hall Board received a financial boost when the Carman Community Caterers turned over their bank account. Formed in 1979 to help pay off that debt, head cooks Doreen Young and Dorothy Lucking shared that common goal until 1988. Their funds



STANDARD PHOTO SUBMITTED
Mayor Doug Fletcher presents a Town of Carman crest to Hall Committee Chair Fred Van Koughnet on October 12th 1979 during the official opening of the Carman Community Hall.

plus collected interest came to the tune of \$30,000 which covered the remaining debt.

More Bookings:
Over the years, bar duties for fundraising were spread amongst organizations such as the Legion, Hall Inc., Knights of Columbus, Fiddle Festival, Game & Fish, Celebration of Life, and the Carman-Dufferin Fire Department, taking over solely by 2014.

The Carman and District Community Hall Inc., formed in 1980 with seven board members overseeing maintenance, some staff, and rentals, folded in 2010. The Town office would then take over.

On Cue held Dinner Theatres from 1986-94 in the Hall thanks to the overhead door enabling a semi to back in with their stage.

After the 1979 opening, the floor lifted three times in three years, and 5,000 6" tiles had to be re-glued.

The Carman Fiddle Festivals and Jamborees funded upwards of a quarter million dollars in improvements to the Hall, including the expansion and building of the hydraulic stage in 1995 and the removal of the overhead door.

D & D Catering worked 139 banquets ...31 in one year, using 1700 volunteers.

Continued on page 7

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Carman and Dufferin looking to increase water supply, expand potato acres

By Becca Myskiw

The Town of Carman and Rural Municipality (RM) of Dufferin are working with the provincial government to better the community's water supply.

The Town and RM have been looking at ways to increase the area's water supply for years. The project, dubbed the Boyne Valley Water Initiative Climate Resilience Project, comes amid the recent drought years that prompted residents to watch their water usage, sometimes prohibiting the filling of pools, using sprinklers, and encouraging people to use rain barrels to collect rainwater.

"The recent years we've had with dry conditions make you think," said Rob Bryson, deputy mayor of Carman. "We just can't take it for granted. We have to make sure we have a better supply of water."

Bryson is spearheading the project. He said though the project has been in the works for years, the recent lack of moisture highlighted the risk for council. Though this year has seen much more moisture than years previous, town and RM council aren't slowing down on the project — in fact, they may be speeding up.

With the new NDP government in office, Bryson and other council members are meeting with them to get the new officials up to speed on the Boyne Valley Water Initiative Climate

Resilience Project. Bryson said they hope to find out where this project is on the provincial government's priority list and get some things in motion.

Numerous studies have been done on the community's current situation and the best ways to improve it, but none have prompted change. Currently, Carman and Dufferin's water is held in Stephenfield. Water is diverted from the Assiniboine River during the spring melt and retained at the Stephenfield Reservoir, where the water treatment plant sits.

The recent dry years, though, showed the town and municipality the water being held there simply is not enough for the residents, agriculture, and business needs. Dufferin has a population of more than 2,500 and the Carman has more than 3,000. Local greenhouses like Vanderveens and Aubin Nurseries require lots of water to keep their businesses running, and irrigated crops in the area are growing in numbers and size.

Bryson named three main reasons for the Boyne Valley Water Initiative Climate Resilience Project:

- Increase the community's basic water supply to ensure that residents don't need to worry about running out of water in dryer years.
- To attract new industry to the community.
- To increase potato acres in the

community.

It's the last reason that Bryson is most excited about.

"We've seen a huge growth in recent years in potato acreage in particular," he said. "Irrigation is essential to that."

With Simplot opening production facilities in the area, local potato growers have huge opportunities. Simplot now has to go out of province to buy a lot of potatoes, and Bryson hopes to change that. He said this is a huge missed opportunity for business.

"We can grow a lot more potatoes, but we need irrigation for both quantity and yield," he added.

Bryson noted Alberta and Saskatchewan have been increasing potato infrastructure. In 2023, Alberta's planted potato area was at 80,100. Saskatchewan has around 6,000 potato acres and Manitoba has 81,000.

Potatoes are one of the most expensive crops to grow, requiring the most water. The average potato requires 10 litres of water to grow. Water is always necessary for a potato crop but is critical for a potato plant's vegetative growth and tuber formation at 30 to 60 days and at 60 to 90 days for tuber bulking.

In Manitoba, potato producers are

largely in Portage la Prairie, Carberry, Carman, Morden, Winkler, and Plum Coulee. Last year, Manitoba's potato production went up 8.1 percent from 2022 to 28.2 million hundredweight. Bryson is hoping to get more potato acres in Carman, and he said the key to that is the Boyne Valley Water Initiative Climate Resilience Project increasing the community's water supply.

Carman and RM of Dufferin council are currently setting up meetings with government officials to get the project on their radar. Bryson said the first step is meeting with the Minister of Agriculture, the Minister of Environment and Climate Change, the Minister of Economic Development, and the Minister of Transportation and Infrastructure to explain the project. Step two is reviewing every study done and all the research and cataloguing the information to move onto step three, which is devising a plan.

"This is best for the people of Carman and the RM," said Bryson. "More high-value production on every acre drives more tax dollars and revenue for local businesses. Everything that enhances our value per acre in agriculture betters our community as a whole."



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A TRUE FRIEND

Vietnam veteran and Air Force Colonel John Mansur tells about an eight-year-old orphan wounded by a mortar who needed a blood transfusion. No American had her blood type, but several of the other orphans did. In pidgin Vietnamese, with a nurse's smattering of high-school French, the doctor explained to the frightened children that unless they could replace some of the girl's lost blood, she would die. He asked who would be willing. The children looked in wide-eyed silence. After several moments, a hand was raised, wavered, dropped, and then went back up. "Oh, thank you," the nurse said. "What is your name?" "Heng." Heng's arm was quickly swabbed, and a needle was inserted in his vein.

At first, he lay stiff and silent. Then he began sobbing. He covered his face in shame with a fist in his mouth. His sobs turned to silent crying.

A Vietnamese nurse arrived. Seeing Heng's distress, she spoke rapidly in Vietnamese, listened, and answered in a soothing voice. He stopped crying and looked questioningly at her. When she nodded, relief spread over his face.

She then said to the Americans, "He misunderstood. He thought he was dying. He thought you asked him to give all his blood so she could live."

After thoughtful silence, the American nurse asked, "Why would he be willing to do that?" The translator asked him. He answered simply, "She's my friend." "Wouldn't we all like friends like that. One willing to give their life for another. In John 15:13 Jesus said, 'Greater love hath no man than this, that a man lay down his life for his friends.' Take your Bible and read Romans 5:6-11. The truth of these verses lays out the Gospel story expressed in a modern translation 'When we were utterly helpless, Christ came at just the right time and died for us sinners. Now most people would not be willing to die for an upright person, though someone might perhaps be willing to die for a person who is especially good. But God showed his great love for us by sending Christ to die for us while we were still sinners. And since we have been right in God's sight by the blood of Christ, He will certainly save us from God's condemnation. So now we can rejoice in our wonderful new relationship with God because our Lord Jesus Christ has made us friends of God.' Jesus chose us as friends, He died for us as friends, He caused us to trust him as our friend, and He will remain our friend for the endless ages to come. What a friend we have — moment by moment, now and forever — in Jesus.

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Dufferin Historical Museum celebrating 65 years

By Lana Meier

Since opening in late June, the Dufferin Historical Museum has been very busy this summer. It has hosted many visitors, including some from as far away as Austria and Curacao, school tours, and local visitors.

For the 65th Anniversary, the Museum is highlighting artifacts donated to the Dufferin Historical Society in the early years, which were the Museum's beginning. Come and see what we started with and how we have now grown to over 6,000 artifacts.

A souvenir book, Dufferin Historical Museum, Memorable Stories Carman and Area Part Two, has been published and is available for \$30, as well as other souvenirs. This book continues on from the Memorable Stories that was published in 2017 for Canada's 150th

Thanks to the Carman Area Foundation, a new sign is being built this summer. This sign will also have a bulletin board where information about the various artifacts on the Museum grounds can be posted.

On July 10, the 2nd Annual Duck Race fundraiser was held, and 850 ducks participated. According to Lori Keith, it was a great evening.

The owners of the winning ducks were: 1st – Laura Vissure, 2nd – Jean Jannick, 3rd – Ken Harness, 4th – Nancy DeLong and 5th – Mack and Robby Keith. We raised about \$3,000 for the Museum Renovation fund.

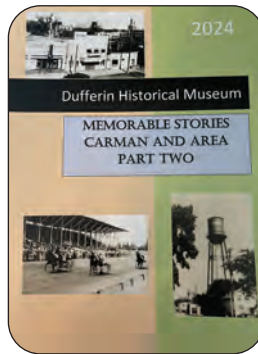
The Dufferin Historical Museum volunteers and staff thank everyone who purchased a duck, came out to watch, and supported the fundraising efforts.

Thank you also to the following

organizations and businesses for assisting with the duck race and for selling tickets for us: Carman Dufferin Fire Department - for flooding the street; to the Town of Carman for their support in closing the street and allowing the race; Carman Homestead Co-op for allowing the sale of ducks at their site on two occasions and the residents of 1st avenue N. W. for the inconvenience of having their street closed for a couple of hours. The following businesses sold tickets: Newman Hand Agency, Wes's Tire, Toew's Printing, Janzen's, Greenland John Deere, and Natina's Massage and Reflexology.

The Museum also participated in the Bale Decorating competition with the 65th Anniversary theme and had a float in the parade. Souvenirs were sold at a booth in the Exhibition Hall at the Carman Fair.

Keith is grateful for the volunteers who helped during this time and acknowledges the many people who helped with the duck race, sat at the booth, and decorated the Museum's bale. The Museum is open Tuesday to Saturday from 10 a.m. to 5 p.m., staffed by Adam or Riley and Sundays from 1 to 5 p.m., staffed by volunteers.



The souvenir book, Memorable Stories Carman and Area Part Two is available for \$30 at the Museum.



STANDARD PHOTOS SUBMITTED

The Dufferin Historical Museum raised just over \$3,000 at their Duck Race on July 10.

> FLASHBACK, FROM PG. 4

The Legion paid off their Hall & Lounge in 1982 and turned over the Hall operation to a volunteer Board in 1986. During their three years overseeing the Hall functions and bookings, they estimated 10,000 hours of labour.

In 2020, during COVID, the Odds n Ends Hockey team financed and,

along with product donations, had volunteers build a much-needed permanent bar where the portable ones had been. They also renovated the furnace room and the crowded chair storage closet, reorganized the table storage area, purged items in storage, and painted the faded south wall and stage frontage.

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PHOTOS BY LANA MEIER, DENNIS YOUNG AND JO-ANNE
The Carman Country Fair is 144 years old and oldest running fairs in Manitoba. This year's fair is jam packed of fun for the entire family.





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Your FARM



Stephenfield cattle farmer still farming at 91

By Ty Dilello

Local cattle farmer Albert Mutcher was recently featured on the June 2024 cover of Canadian Cattlemen magazine and in the latest Better Farming magazine for his 73-year agriculture career.

Mutcher has been farming in Stephenfield since he was 18. He is now 91, so after 73 years, he is still managing his cattle herd on his own and hopes to pass on his passion to his great-grandchildren.

Mutcher was born and raised on the farm and just fell into livestock farming. He worked at home until he was 18, and then he went out on his own and started a farm with eight head of cattle.

At one time, Mutcher built his herd of up to 300 head of cattle and farmed 2,500 acres of grain. Now he is downsizing his herd and has rented out his crop acres.

Sharing his passion for agriculture with his community has always been a priority for Mutcher. He has been a part of his local fair board for 55 years and started his local livestock committee 65 years ago. He has also been involved in 4-H and has judged many cattle shows over the years.

Mutcher has two granddaughters, a grandson, four great-grandsons, two great-granddaughters, and another on the way.

When Mutcher's grandchildren were six years old, he gave them all one cow, and that got them started, as they all showed an interest in livestock.

Each cow had a calf every year, and when it sold, Mutcher put the money in a trust that they couldn't touch until they turned 18. So, all of the grandchildren had a pretty nice little trust fund when they turned 18.

Mutcher plans to do the same now for his great-grandchildren. He even hopes that some of his great-grandchildren will be cattlemen when they grow up.

Granddaughter Taylor Nicolajsen and her husband have cattle, while granddaughter Karla Last's career has led her to crop and soil science and business ownership.

"The importance of healthy animals and soils for sustainability all started

with him and the life lessons he shared with us when we were young, as well as making economically smart choices in life, both business and personal," said Karla Last.

Mutcher's granddaughter Karla Last has many memories over the years on his farm.

"All of the grand kids have lots of great memories from our childhood. When they still lived on the farm, we would always go to the barn and drink from the pump that fed water to the cows," said Last. "It was the best and coldest water. I remember trips to the vegetable storage shed and then feeding the cows in the pasture. That is where we all learned to drive. And trips to the vet with prolapsed cows."

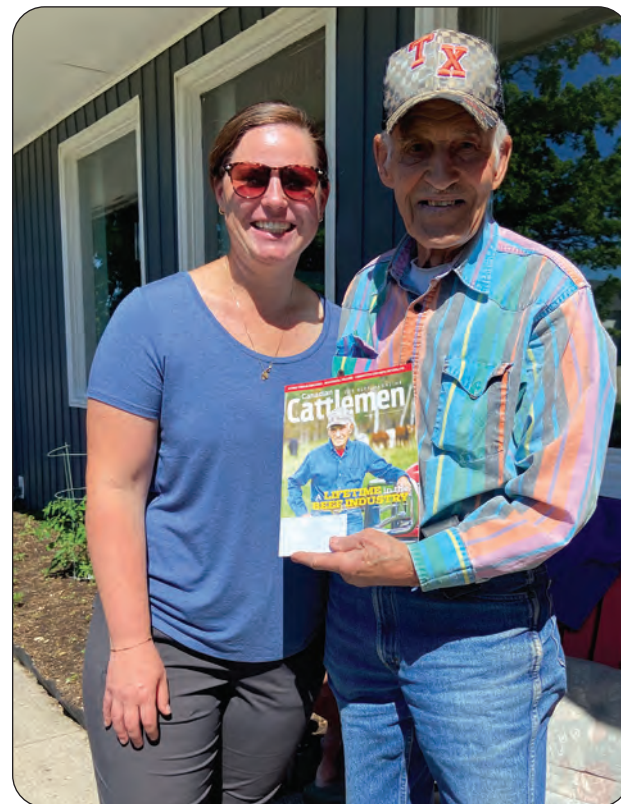
Last notes that she and the other grand kids are all extremely proud of their grandpa and how well he has done for the age of 91.

"We have always been proud and honoured to be his grandchildren," said Last. "A lot of community members often say to us how amazed they are of how many cattle he still has. He has quite the astounding reputation in the cattle industry, especially at the local cattle auction marts for selling quality beef. The amount of effort and care he puts into his handling facilities is also a point of pride. It's not often that you have to wait to be loaded up. He is often asked to judge at beef shows because of his knowledge and workmanship. He has a keen eye on cattle and enjoys teaching and mentoring the younger generation. He loves to see the younger generation doing what he loves."

Still today, Mutcher's grandchildren often stop in at the house or the pasture so that their kids can learn from him the same way that they did.

At 91-years-old, Mutcher has no signs of retiring or slowing down. He loves what he does and is committed to doing it for as long as his health allows him too.

"He still loves to tend to his well-maintained yard and well-



Granddaughter Karla Last, left, and Albert Mutcher holding up a copy of the June 2024 cover of the Canadian Cattlemen magazine that he is featured on the cover.

known 'red tulips.' Needless to say, he is still very active, and his age is not slowing him down. Whether he is sorting cattle, hunting or playing with his great-grandchildren."



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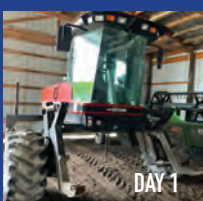
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DAY 2 ONSITE ITEMS WILL BE CLOSING JULY 25TH STARTING AT 10AM



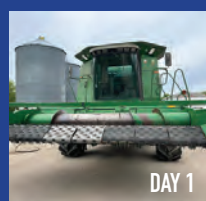
DAY 1



DAY 1



DAY 1



DAY 1



DAY 1



DAY 1



DAY 1



DAY 2



DAY 2

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Central Energy to represent Manitoba at Nationals

By Ty Dilello

The U17 Central Energy team captured the U17 AAA Softball Provincials this past weekend in Friedensfeld to clinch a berth to the upcoming Nationals.

U17 Central Energy dominated in the round robin, going 5-0, and clinched the first seed going into the playoff round. With the top two teams at Provincials going to Nationals, U17 Central Energy just needed to win one of the two semi-final matchups.

In the first semi-final, U17 Central Energy was humbled by an 11-1 loss to the Eastman Wildcats.

Molly Cowan led things off in the circle for U17 Central Energy. The starting pitcher surrendered five hits and six runs (four earned) over one inning, striking out none and walking none.

Leadoff hitter Molly Conrad led U17 Central Energy with two hits in two at-bats. Hailey-Jo Guffei went 1-for-2 at the plate as the left-handed hitter

led the team with Central Energy's lone run batted in.

U17 Central Energy still had one more chance to get to Nationals, and the girls were able to put the last loss behind them as Brooklyn Friesen drove in four runs on three hits to lead U17 Central Energy past Winnipeg Lightning U17 by a 10-0 score.

Friesen hit a home run to centre field in the first inning, scoring two runs, and singled in the third inning, scoring two.

U17 Central Energy scored six runs in the third inning on the way to victory. Friesen singled, scoring two runs; Tori Mangin tripled, scoring three runs; and Kenzie Dudeck induced Karli Toews to hit into a fielder's choice, but one run scored.

Nelia Fehr stepped into the pitching circle first for U17 Central Energy. The starting pitcher allowed three hits and zero runs over four innings, striking out seven and walking one.

Continued on page 12



STANDARD PHOTO BY DARRYL GERSHMAN

The U17 Central Energy are the U17 AAA Female 2024 Softball Manitoba provincial champions after prevailing through a six-team field this past weekend in Friedensfeld. The Energy will represent Manitoba at the National Championships in Calgary. Pictured, Brooklyn Friesen, Nelia Fehr, Kara Buhler, Molly Cowan, Emma Klassen, Maddy Friesen, Tori Mangin, Christina Van De Velde, Gabrielle Hildebrand, Hailey-Jo Guffei, Karli Toews, Molly Conrad and Heidi Reimer.

Allison to continue his hockey career in Kazakhstan

By Ty Dilello

Roland's Wade Allison is headed to Kazakhstan. The 26-year-old forward recently signed with Barys Astana in the Kontinental Hockey League (KHL).

Allison got started in hockey at a young age in his hometown of Roland (Myrtle) and primarily played in the Carman minor hockey program. He later attended Carman Collegiate before heading to the United States to pursue hockey.

"I got into hockey at the age of five but started skating when I was four," said Allison. "Pretty much everyone in Canada living in a small town has to play hockey or at least try it, and I was no different as I fell in love with it right away. My dad built a rink on the farm, so my siblings and I were able to get out and skate around all the time, many times when it was -30 out there."

After playing first at home with the Pembina Valley Hawks, Allison headed to the United States, where he played for the Omaha AAA Lancers 16U team and later the Tri-City Storm of the USHL.

He was drafted by the Philadelphia Flyers in 2016 and spent the next four years playing college hockey at Western Michigan University. Allison ended his four-year run at Western Michigan by scoring 97 points in 106 games with a plus-30 rating in college.

Allison joined the Philadelphia Flyers for the tail end of the 2020-21 season as a physical right winger who could put the puck in the net when called upon. Throughout the 2022-23 season, Allison

scored nine goals and six assists for 15 points in 60 games for the Flyers.

However, after training camp with the Flyers this past 2023-24 campaign, he was sent down to their AHL affiliate in Lehigh Valley after reports that he had fallen out of favour with Philadelphia's head coach, John Tortorella.

Allison was later traded to the Nashville Predators in March, but still found himself with the club's AHL team in Milwaukee for the rest of the season.

Allison became a free agent for the first time on July 1. However, he wasn't getting any one-way deals in the NHL, so when a solid offer to head overseas to play in the KHL arose with Barys Astana, he jumped at it.

"It's a new opportunity, and I've always wanted to travel the world," said Allison. "I felt like I could make more money over there and have a fresh opportunity, too, as I struggled this past season. I figured I'd change something up and make more money than I'd be making in North America. So I'm hoping to find my game again and enjoy myself. And if someone's going to pay me to play hockey at the same time, then I'll take it."

Part of the reason Allison signed in Kazakhstan is that you don't need a Visa to go there like you would in Russia, so his family and girlfriend will be able to visit him during the season.

"Astana, Kazakhstan, is an awesome place from what I've heard, as it's a great city. I've talked with

Continued on page 12



STANDARD PHOTO SUBMITTED

Roland's Wade Allison will be playing the upcoming 2024-25 season in the KHL as he just signed last week with Barys Astana in Kazakhstan.

Pembina Valley women's soccer league gets underway

By Ty Dilello

On July 3, the inaugural match of the new Pembina Valley Women's Soccer League got underway, with Breezy FC winning 3-2 over Carwin United at the Carman Soccer Complex.

The following week, on July 10, Breezy FC continued to showcase their prowess with a resounding 9-0 victory over Just for Kicks, solidifying their position as a team to watch in the league.

For the first season, the Pembina Valley Women's Soccer League has three teams: Breeze FC, Carwin United, and Just for Kicks.

The Pembina Valley Women's Soccer League, in its first season, will feature three teams-Breeze FC, Carwin United, and Just for Kicks. Each team

will play eight games, followed by playoffs that will extend until August. With a cap of 20 players per team, and a minimum age requirement of 18 (born in 2006 and earlier), the league aims to accommodate the busy summer schedules of its players.

There is usually one game per week, with each team playing on back-to-back nights once during the regular season. The next league game will be Carwin United and Breezy FC on July 17 (7:30 p.m.) at the Carman Soccer Complex.

The Pembina Valley Women's Soccer League schedule and scores can be viewed here: <https://leagues.teamlinkt.com/pembinavalleywomenssoccer>.



STANDARD PHOTO SUBMITTED

Breezy FC has won its first two games of the brand-new Pembina Valley Women's Soccer League. To date, they have defeated Carwin United by a 3-2 score and Just for Kicks 9-0.

> SOFTBALL, FROM PG. 11

U17 Central Energy would get their revenge against the Eastman Wildcats in the Provincial final as they prevailed with a 4-1 victory.

A home run to right field by Brooklyn Friesen put U17 Central Energy on the board in the top of the first. Friesen provided pop in the middle of the lineup and led U17 Central Energy with three runs batted in.

Karli Toews stepped into the circle first for U17 Central Energy. She surrendered five hits and one run over seven innings, striking out six and walking two, leading Central Energy to the victory.

U17 Central Energy will now represent Manitoba at the U17 Female Canadian National Championships in Calgary from July 31 to Aug. 4.

"The girls were incredible all weekend," said U17 Central Energy coach Cam Zacharias. "We were undefeated in the round robin, then came out flat in the first playoff game against a very good Eastman team. Then the girls got focused and played great again in the next game to get into the final against Eastman again. Karli Toews pitched just an incredible game to keep Eastman to only one run, and

with Brooklyn Friesen hitting a three-run home run, they won a really tough tournament to be provincial champions. It was just a huge team effort all weekend, and there were endless highlight-reel plays on defence and really timely hitting. We're looking forward to Nationals now in a couple of weeks' time."

IN OTHER NEWS:

The U15 Central Energy team's provincials will be held from July 18-21 in Winnipeg at Ray Fennel Park. From there, the top two teams at provincials will represent Manitoba at the U15 Female Canadian Championships in Ile-Perrot, Quebec, from Aug. 14-18. The teams finishing third and fourth will represent Manitoba at the U15 Female Western Canadian Softball Championships in North Battleford, Saskatchewan, from Aug. 2-5.

Finally, the U13 Central Energy team's provincials will be held at Stonewall's Quarry Park from July 25-28. The top two teams (not including Westman Magic) will join the host team, Westman Magic, and represent Manitoba at the U13 Female Western Canadian Softball Championships in Brandon from Aug. 1-4.

> ALLISON, FROM PG. 11

some players that have played over there to hear about what life's like in Kazakhstan, how big of a change it is, and stuff like that. And everyone unanimously has said it's a nice spot to be in, so I'm looking forward to it."

The KHL season begins much earlier than the NHL, so Allison has to be in Astana on Aug. 1 for the team's training camp. His season in the AHL ended on June 11, which means that

he only gets six weeks of summer this year.

Through it all, Allison hopes to have a big year with Barys Astana and return to the National Hockey League after next season or in the future.

"If I can get back to the NHL, I'd probably come back right away after one year," said Allison. "But if I was only getting AHL deals, I'd probably stay in the KHL for a bit and make some more money, as I'm getting older and need to keep setting myself up for life after hockey."

Annual Beavers wind-up



STANDARD PHOTO BY DENNIS YOUNG

The Carman Beavers held their 2023-24 season windup on July 12 at the Carman Golf Club. Following breakfast, awards were presented by general manager Rex Klassen and coaches Mark Klassen and Travis Penner. A Texas Scramble golf game followed for the current players and several alumni as well. Pictured left to right, back row: AJ Nychuk and Dan Nychuk (Co-Coaches Award); Front row, Scott Atkins (Top Scorer, Most Improved & the Sportsmanship awards), Tyler Park (Best Defenceman). Missing from the photo Ben Dalke (Most Valuable Player).

Carman Goldeyes season ends at Provincials

By Ty Dilello

The Carman Goldeyes 18U baseball club has wrapped up its 2024 season with an appearance at the 18U Tier One Provincial Championships in Portage from July 12-14.

The Goldeyes accumulated a 5-5 record in the South Central League regular season, which was good for third place in the league standings. From there, they were able to win a few games in the playoff round that advanced them to last weekend's Tier One provincials.

This group of boys has only made it to provincials twice, the last time being in 2017.

Carman was able to pick up four players from the other South Central League teams that weren't going to provincials to help bolster its lineup.

"We brought a couple of extra

boys to help with our pitching for the weekend," said Carman Goldeyes manager Jodie Cox. "There is a pitch count for the boys that makes tournaments tricky sometimes if you don't have enough pitchers."

At Provincials, the Goldeyes finished second in their pool with a 45-0 win over Peguis, a 6-5 loss to Boissevain, and a big 10-4 victory over Glenboro.

Unfortunately, the run ended in the semifinal as Carman fell to Portage by a 20-0 score.

"We couldn't make a play if our lives depended on it," said Cox. "It was just one of those games. And the boys may have had too much fun at the Carman Fair the previous night, too. But we're all proud of these boys' season; they battled hard."



STANDARD PHOTO BY JODIE COX

The Carman Goldeyes 18U baseball team lost in the semifinals of the 18U Tier One Provincial Championships in Portage to end an eventful season. Pictured left to right, back row: Brayden Cox, Lorne Cox (coach), Cade McCallum, Nixon Jones, AJ Peters (Rosenort AP) Grant Friesen, Liam Goertzen, Nathan Peters, Jason Wolfe (coach); Front row, Ben Chornomydz, Klaten Dawydiuk, Zander Cox, Adrien McIntosh, Ryder Wolfe and Hayden Janzen (Winkler AP)

Foundation makes \$2.5M donation to BTHC expansion

By Lorne Stelmach

Expansion of Boundary Trails Health Centre continues to progress, and the project officially got a major financial boost last week.

The Boundary Trails Health Centre Foundation presented the first \$2.5 million payment of its overall \$10 million commitment to support the expansion.

"We were really excited, and it was our pleasure to finally put some of the community donations to work," said foundation chairperson Ben Friesen.

"We've been fundraising and working on this \$10 million that we committed to this project," he said. "We did a lot of fundraisers ... the community was 100 per cent behind it."

There has been a lot of personal one-on-one campaigning and many presentations, he noted, with major support from all of the municipalities in the region.

"We got fantastic support from all of the ones that we visited ... and then of course even a lot of local contributors, businesses, companies as well as personal, a lot of personal investments.

"From the start of this project, from our fundraising perspective, the community has been one hundred per cent in support of this project."

Friesen reflected that the thought of this campaign goes back many years, and there has been a lot of meetings

and a lot of hard work to get to this point.

"It just feels fantastic. You've worked for it. You know the support is there. You know the cause is good," he said. "We all want to do this for the betterment of our community."

"We always do fundraising. Our foundation operates a hundred per cent on donations, and we do a lot of other stuff. This is a special capital campaign," Friesen noted. "We work on the palliative care, the spiritual care as well as all the equipment needs ... the foundation will continue to grow. We also feel that there's a lot of other opportunities coming in."

"We're very pleased to say that we are partners with Southern Health on this project," added Friesen.

Southern Health-Santé Sud CEO Jane Curtis applauded the commitment to the expansion.

"We've been working with the foundation now for many years, and they never fail to step up to the plate when we have these types of projects. It's just really incredible the partnership that we have with them and the work that they do in the community."

"It feels great ... this has been years and years of planning," added Curtis. "The community is just incredible in this area. Their generosity, their community-mindedness. It's just in-



STANDARD PHOTO SUBMITTED

BTHC Foundation staff and board members recently presented Southern Health-Santé Sud with \$2.5 million towards the BTHC's expansion. The foundation has committed a total of \$10 million towards the multi-year expansion project.

credible. I can't say enough about the people who live in this area and how much they care about their community."

The \$100 million expansion of Boundary Trails Health Centre is being completed in phases and includes the addition of 24 acute care inpatient beds, an expanded emergency department, a new state-of-the-art operating room, expansion of the cancer care unit, dedicated space for palliative care services, and a Level 2 nursery designed to provide services to premature newborns with complex

feeding needs.

The new community services building will enable existing community services to be relocated from the existing hospital space. Services in the new building will include public health, midwifery, home care services, children and youth rehabilitation services and a centre for hope healing garden and healing courtyard.

Then, once all of that has been accomplished, work will begin on renovation of the existing hospital space.

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Pembina Valley Water Cooperative is hiring a Water Treatment Plant Operator to join their team at the Morris Facility. Experienced operators or someone wanting to start a new career in water are both encouraged to apply.

Position Description:

Perform day-to-day activities consisting of the control of the water treatment process, which impacts the volume and quality of the potable water. This may include performance of day-to-day maintenance, process checks, troubleshooting, laboratory, administration, special study work or duties with respect to reservoirs and pumping stations.

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Qualifications:

- Water Treatment Certification an asset
- Ability to work at heights, in confined spaces and in inclement weather conditions
- Valid driver's licence
- Good communication skills
- A good team player and positive attitude
- Good mechanical aptitude
- Experience in a computerized environment
- Post secondary education or experience in mechanical or electrical field an asset.

Training will be provided to obtain water plant operator certification. Interested applicants should forward their resume to water@pvwc.ca by July 26, 2024, or call 204-324-1931 for more information. Pembina Valley Water Coop is Manitoba's 3rd largest water utility producing potable water for 14 municipalities in south central Manitoba. Three water plants feed a network of over 9,000 square kilometers.

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> MEAL IDEAS



Chocolate-Dipped Frozen Grape and Yogurt Clusters

Yield: 7 mounds
 1 cup black Grapes from California, halved
 3/4 cup plain nonfat vanilla Greek yogurt
 2 teaspoons pure vanilla extract
 2 1/2 ounces bittersweet chocolate, chopped
 1 teaspoon extra-virgin olive oil
 In medium bowl, combine grapes, yogurt and vanilla. Line 9-inch square metal baking pan with parchment paper then, using 1-ounce scoop, place

mounds of grape-yogurt mixture on sheet. Freeze until set, about 3 hours, or overnight.

Place chopped chocolate in small, wide microwaveable bowl. Microwave 1 minute on medium power. Stir and repeat. Stir then microwave 30 seconds, repeating as needed until melted and smooth.

Stir in oil. Dip bottoms of frozen clusters in chocolate to coat and return to pan.

Store frozen clusters in airtight container in freezer up to 1 week.



Lemongrass Grape Cocktail

Yield: 1 drink
 Lemongrass Simple Syrup:
 1 cup sugar
 1 cup water
 3-4 stalks lemongrass, trimmed, halved, inner cores cut into 1-inch pieces, chopped
 Cocktail:
 1/2 cup cold Grapes from California
 2 slices fresh ginger
 1 cup ice
 2 ounces vodka
 1 1/2 ounces lemongrass simple syrup
 1/2 ounce lime juice
 frozen Grapes from California, for

garnish
 lemongrass stalk, trimmed, for garnish

To make lemongrass simple syrup: In heavy, small saucepan, combine sugar and water. Bring to simmer over medium heat. Stir until sugar is dissolved; add lemongrass pieces and simmer 3-5 minutes. Remove from heat. When cool, cover and refrigerate up to 2 weeks.

To make cocktail: In shaker, muddle cold grapes and ginger. Add ice, vodka, lemongrass simple syrup and lime juice; shake well. Pour into glass over ice and garnish with frozen grapes and lemongrass stalk.

Note: For mocktail, replace vodka with seltzer water.



Sweet Potato Bowl with Cilantro, Turmeric Ghee and Lime

2 large sweet potatoes, peeled and cubed
 2 tablespoons 4th & Heart Turmeric Ghee, divided
 1 teaspoon cumin powder
 1 teaspoon smoked paprika

Non-Exercise Activity Thermogenesis and Staying Fit

By Julie Germaine Coram

Did you know that much of the success in maintaining a healthy body weight doesn't come from workouts, but from your general movement throughout the day? In other words, burning calories while cleaning, walking around, and playing with little ones significantly contributes to weight loss. Another term for this is NEAT, or non-exercise activity thermogenesis. It encompasses all your movements daily excluding rest, meals, and workouts.

Planned exercise is good for you for many reasons, particularly if you have a sedative job, but it is important to highlight the benefits of an active lifestyle in other ways. If you make a point to move around frequently, at least every hour, you are constantly encouraging the cells in your body to burn energy. This is a fantastic way to use up excess body-fat and create a strong metabolism. Studies have actually shown that when individuals are made aware of the physical health benefits of house-cleaning, gardening, or carrying groceries, they end up burning even more calories! (That mind-muscle connection I've spoken about paying off again.)

How can you increase your NEAT? Here are some tips:

- Less screen time: Set a timer and make a promise to yourself to get in your steps before relaxing again to finish the show.
- Incorporate active chores into screen time: Use an earbud and get your laundry done while listening to a podcast.
- Walk at lunch: It's summertime, so try enjoy the sunshine and walk with a co worker during the lunch break.

salt, to taste
 pepper, to taste
 1 cup quinoa
 1 can black beans, drained and rinsed
 1/4 cup red onion, finely diced
 1/4 cup fresh cilantro, chopped, plus additional for garnish, divided
 1 lime, juice only
 1/4 cup crumbled feta or goat cheese (optional)

Preheat oven to 400 F.
 In large bowl, toss cubed sweet potatoes with 1 tablespoon turmeric ghee, cumin powder and smoked paprika; add salt and pepper, to taste. Spread sweet potatoes evenly on baking sheet and roast 25-30 minutes, or



Julie Germaine Coram
 Registered personal trainer

- Social actively: Meet up with your date to go rollerblading or biking, or ask a friend to come to the beach with you. Even if you are relaxing on the sand, you have to haul all those towels, snacks, and accessories from the parking lot.

Finally, making a point to burn some energy after a meal is always an effective way to kickstart the digestion process and help your body be more efficient. This even helps if you had a 'treat meal' of higher calories than usual.

Do you want to discuss your individual nutrition questions, fitness goals and struggles with me? Visit my website www.juliegermaine.com or schedule a consult by visiting: www.calendly.com/juliegermaine

Coach Julie Germaine Coram is dedicated to long-life health! She is a fit mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fitness Specialist. She has helped many thousands of men and women in Manitoba and worldwide improve their health since 2005.

until tender and slightly crispy on edges, turning halfway through.

Cook quinoa according to package instructions. Once cooked, fluff with fork and set aside.

In medium bowl, mix cooked quinoa with black beans, red onion and 1/4 cup chopped cilantro.

Drizzle half the lime juice over quinoa mixture and stir to combine. Add salt and pepper, to taste.

In large serving bowl, top quinoa mixture with roasted sweet potatoes. Drizzle remaining turmeric ghee over bowl. Squeeze remaining lime juice over top. Garnish with additional chopped cilantro and crumbled feta or goat cheese, if desired.