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From left, Cali McIntosh, Annika McCutcheon and Emily McIntosh made a new slithery friend named Skid Mark during Carman Recreation's August Day Camp Wildlife Week. These youngsters got up close with a number of replies from Prairie Exotics on Aug. 12.

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New local business brings intricate 3D printed products to Carman



Nic and Damon Buhay with the young winner of their 2025 dragon giveaway, Colt.

Fiery dragons, car keychains and more designs

By Emma McGill

When father-and-son team Nic and Damon Buhay sold their farm and moved to Carman in the spring of 2024, they found themselves looking for a new venture. After visiting local fairs and markets, they noticed 3D printed products were selling at high prices — and decided to take matters into their own hands.

By January 2025, the pair launched NDB Designs. Since then, they have been selling a wide range of creations online, at fairs and markets, and through their display at the Carman Crescent Hotel.

Their catalogue includes children’s toys, keychains featuring favourite cars or animals, and intricately de-

tailed dragons. But custom pieces are among their most popular orders.

“Our favourite products would be custom items for businesses, such as business card holders, custom light-up signs and laser-engraved items,” said Nic.

To bring their products to life, the Buhays use several brands of 3D printers and engravers, depending on the size and level of detail. Designs are either created or sourced online, then imported into software that slices the file and prepares it for printing. The dragons, for example, are printed from digital files purchased online.

“We honestly just print products that we feel people will enjoy or find funny,” Nic said. “We have no idea where it will take us in the future. For the time being, we are just enjoying doing it.”

NDB Designs can be found at ndb-designs.ca, as well as on Facebook and Instagram.

Discovering nature’s tiny creatures



Entomologist John Gavloski brought the buzz to Carman Recreation's August Day Camp Wildlife Week on Aug. 15, sharing his passion for insects with curious campers. From beetles to butterflies, kids discovered the smaller — but no less fascinating — side of the animal kingdom.

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Carman Garden Club to discuss soil productivity Sept. 22

By E. Antonio

After a short break, the Carman Garden Club is blooming with enthusiasm for the rest of its monthly meeting and presentation series. On Monday, Sept. 22 at 7:30 p.m., at the Carman Pentecostal Church, the club will hold a brief business meeting followed by a talk from John Heard, a soil fertility specialist with Manitoba Agriculture, on testing soil productivity.

"Since good growth requires good soil, water and sunshine, it is important to know what kinds of resources — mineral and organic — make up the composition of your soil, and what you can do to ameliorate existing conditions," said Carman Garden Club secretary Liz DeWit.

She encourages anyone who faces soil challenges to attend the hour-long presentation. A question period will follow with Heard and club members who can share their experience and expertise.

The Carman Garden Club meets on the last Monday of February, March, April, May, September and October. Members are gardeners passionate about learning, growing and sharing with others, collaborating to discover the ins and outs of gardening.

This year's meetings have covered topics such as propagating cuttings, planting and refurbishing a perennial



bed, and garden insects.

"Members of the club have a wealth of gardening experience and are willing and eager to share with other enthusiasts and with beginners," DeWit added.

The club also supports a junior program that provides young gardeners with instruction and materials to start their own gardens, and it assists seniors in revamping perennial beds.

Meetings are free and open to anyone interested in learning more about gardening. Club memberships are available for a nominal fee and grant access to club-hosted events throughout the year. The season wraps up Oct. 27 with a presentation about amaryllis.



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The Carman Garden Club is gearing up for its next meeting and presentation. John Heard, a soil fertility specialist with Manitoba Agriculture, will speak about testing soil productivity on Sept. 22. Pictured are gardens from the club's Carman Garden Tour in July.

Who needs a crosswalk?



STANDARD PHOTO BY DENNIS YOUNG

Two Black Angus bulls stage their own "cattle crossing" after breaking out of their pen and taking a stroll across Highway #13 N.

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REPORTER/PHOTOGRAPHER
Dennis Young



REPORTER/PHOTOGRAPHER
Emily Antonio



REPORTER/PHOTOGRAPHER
Jennifer McFee



REPORTER
Annaliese Meier



GRAPHIC DESIGNER
Tara Gionet



GRAPHIC DESIGNER
Nicole Kapusta



CLASSIFIED ADMINISTRATOR
Corrie Sargent



DISTRIBUTION
Christy Brown

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EDITORIAL > VIEWPOINTS > LETTERS

Keeping disease outside the barn

By Cam Dahl,

It surprises many people when I tell them they must shower before entering a hog barn, and that their outdoor shoes are nowhere near clean enough to be worn next to pigs — but both statements are true. Strict biosecurity is a critical component of animal care and welfare.

Biosecurity protocols help farmers keep production diseases like Porcine Epidemic Diarrhea (PED) and Porcine Reproductive and Respiratory Syndrome (PRRS) out of their barns. Biosecurity is also essential in preventing foreign animal diseases like African Swine Fever (ASF) from entering Canada. Good biosecurity helps keep animals safe and healthy.

The last major PED outbreak in Manitoba, which began in the fall of 2021 and lasted through the spring of 2023, is estimated to have cost the province more than \$100 million. Current estimates suggest PRRS is costing the U.S. industry \$1.65 billion annually.

Manitoba's hog and pork producers learned some key lessons from the last PED outbreak. The first is that the entire sector must work together to effectively protect the health of the animals under our care. The second is more difficult: at times, parts of the value chain need to take actions that are not in their short-term financial interest, but serve the long-term good of the industry. This collaboration shows the industry's willingness to do the right thing, even when it comes at a cost. The result of this teamwork is Manitoba's PED Elimination Plan, which has been effective in stopping the spread of disease.

Farmers sometimes express frustration when outside experts are quick to tell them how to farm, but slow to recognize the results of their efforts. That should not be the case here. Farmers and industry stakeholders should be recognized and commended for their collaboration on biosecurity, disease

prevention and containment.

Stringent biosecurity requirements are also why producers are concerned about unauthorized people entering their farms or coming into contact with their animals. If someone breaches biosecurity protocols, the effort to prevent the spread of disease could be undone. This is a key reason why farmers support anti-trespass legislation.

For farmers, doing the right thing goes beyond keeping disease out of the barn. Producers also work daily to safeguard the welfare of their animals. Hog farmers across Canada are guided by the 105 requirements in the Code of Practice for the Care and Handling of Pigs. Backing up the code is legislation such as Manitoba's Animal Care Act.

Confirming compliance with high standards for animal care also requires verification. The Canadian Pork Excellence (CPE) program is a national platform for producers to demonstrate adherence to food safety, animal care and traceability standards. Program registration is required to ship animals to federally inspected processors. Under these programs, animal care is assessed regularly, including visits from herd veterinarians.

The Code of Practice is not a public relations tool created by industry. It is the result of a rigorous development process that draws on the best available science on pig health and welfare, compiled through an independent, peer-reviewed process. The Code Development Committee includes independent scientists, representatives from animal welfare organizations, veterinarians, government officials, consumer-facing members — and farmers.

Doing the right thing also includes continuous improvement in environmental sustainability. For example, the modernization of agriculture has revolutionized nutrient management. Previous generations did not have access to the research or tools available today to minimize manure runoff.

Now, over 90 per cent of hog manure in Manitoba is either injected below the surface or incorporated into the soil after application. This prevents leaching into waterways and places valuable nutrients near the seed, where they benefit crops most.

Technological advances are making manure application more precise.

Modern equipment uses near-infrared technology to test flow rates in real time and adjust application rates accordingly. Farmers also use GPS, ultrasonic speed sensors and radar to ensure manure is applied in the right place and at the right rate. This technology helps maximize the benefits of natural fertilizer while reducing the risk of nutrient leaching.

Compliance with modern regulations also supports sustainability. Before applying manure, farmers must submit manure management plans to the provincial government. These nutrient plans are tailored to specific crops and include soil sampling to prevent over-application of nutrients.

The environmental and animal care record of modern Manitoba hog farmers is one they take pride in. It is also a record all Manitobans can take pride in. Nutritious, high-quality pork from Manitoba's farmers is raised in a sustainable way — supporting the long-term viability of the industry and contributing to our economy and local communities.



Cam Dahl
General Manger
Manitoba Pork Council

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Flashback... Local racer karts off with title

By Dennis Youn

Kart racing, or karting, is a motorsport discipline featuring open-wheel, four-wheeled vehicles known as go-karts or shifter karts. They are typically raced on scaled-down circuits and vary widely in speed. Carman resident Rodney Last began his karting journey in 1998.

"When I think back, I've actually been karting since the age of about six or seven, on the farm, up and down dirt roads," he said. "Then I was at a car show in Winnipeg one year, and they had a display there. It grabbed my interest pretty quick, and I jumped in."

The type of racing he chose was sprint racing—done on a paved track with a variety of curves and turns, rather than an oval dirt circuit.

Kart races take place from May to October, with the majority held at the Manitoba Karting Association (MKA) track at Gimli Motorsport Park. There are also national events that attract racers from across Canada.

Although Last said his skills improved every year, the sport initially took some getting used to. In his first season of competitive racing, he proudly finished third—but not without some pain.

"I wear a rib protector and the seat is padded, but it's not enough. Just from the g-force on corners, I cracked three ribs," he said.

"Then in 1999, we started running two classes, which changed everything," he added. That year, he earned first place in both classes and was named Driver of the Year by the MKA during its annual awards ban-



STANDARD PHOTO SUBMITTED

Rodney Last poses with the first-place trophies from his two Honda class wins and the Driver of the Year award from 1999.

quet. The honour is given to the driver with the most points accumulated throughout the season based on race placements.

"That award meant a lot to me—I had to work for that one," Last said. "There would be 50 cars in total that I was competing against, and that trophy came down to the last race. Another competitor finished first and had high points. So I knew what I had to do. It came down to the last lap, and I finally got past the guy in front of me to get first place."

While winning was important, Last said he also valued the camaraderie that came with the sport.

"We were a big family—with its

bonding and its laughing. Everybody said, 'Oh, you're just out there for fun,' but when that green flag drops, I don't care what anybody says—it's serious."

Following his Driver of the Year win, Last sold his slower-class kart and moved into the much faster Formula 125 class, reaching speeds of 150 km/h. In his final year of racing in 2001, he earned third in Formula 125, first in the Senior Honda class, and received the Sportsmanship of the Year award.

These days, Rod stays far away from racing—aside from hurrying to the RM office, where he works as a foreman.

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Author Robert Lee Brewer, extols the practice of memorizing poetry with these words, "Once poems are living in your heart—those of others, as well as your own—you can access them at 3 a.m. or standing in the grocery checkout line or sitting in another waiting room. And they make for a deep and rich anteroom for meditation." (Writer's Digest, July / August 2025, pg 54-55)

I found myself nodding in agreement, thanking God for the reminder.

That paragraph reminded me of my parental home where we were encouraged to hide God's word in our heart. The practice of memorizing Scripture honours God, gives you something to think about when you are lonely or bored, comforts you and reminds you of God's love during times of stress or persecution.

Psalm 119 is one Biblical poem that commends the practice of loving, knowing, and memorizing God's word. Here is a small sampling: verse 11, "I have stored up your word in my heart, that I might not sin against you;" verse 24, "Your testimonies are my delight; they are my counselors;" verse 42, "then shall I have an answer for him who taunts me, for I trust in your word."

What can you do when you wake up at three in the morning; when the darkness envelops you and all you hear is the silence; when your brain is circulating concerns about what might happen tomorrow, especially if you do not get enough sleep? Knowing God's word from the heart, and bringing it to mind without the need of turning on the lights, may be the most calming way to fall back to sleep. These remembered words counsel you to trust Him. He has your next day under control, so that even if you do not get the recommended amount of sleep, you can relax.

As for a deep and rich anteroom for meditation, Psalm 119 declares, "Oh how I love your law! It is my meditation all the day" (97). Storing God's word in your heart for easy access is enthusiastically and Biblically commended!

Len Lodder, Canadian Reformed Church Carman East

The way it was this week in: August 21

By Dennis Young

100 Years Ago, 1925... 5-year lease for the Boyne River swimming pool signed with landowner John Maddison at \$50 per year; town passes by-law to control all gasoline sales, storage and use within town limits; The Hunchback of Notre Dame with Lon Chaney shows at Memorial Hall Theatre; S.E. Lowes takes over Mr. Lummis's store in Homewood; 18,000 lbs. of live poultry shipped to New York from the area.

75 Years Ago, 1950... Rail strike delays grain shipping during harvest but mail comes by truck; Safeway watermelons sell for 7 cents per pound; Smith & McKay and Bradshaw Bar-

bers regulate cuts at 65 cents for adults, 40 cents for children, shaves 35 cents and shampoos 50 cents; Don and Grant Froebe get first in Redman Seed Plot scoring; F. Jackson and J. Libin renovate the old Carmania for a dry goods store.

50 Years Ago, 1975... Town council votes 4-1 in favour of purchasing the CN Station for a drop-in centre; Donnie Walker's Midget Goldeyes win Rurals but bow out at provincials; Alf and Nina Strachan take first, second and third in eight flower classes during the annual horticultural flower and vegetable show; John Hewitt opens chiropractic office; Carman Co-op Flying Club installs lights on their

runway; Robin Penner is hired to man the Carman Tourist Information Booth by the Chamber of Commerce.

25 Years Ago, 2000... 100 km/h winds bash the area and cause damage; UGG elevator in Roland to close following four other rural closures; Gladwyn Scott solicits to have the 1963 school time capsule opened (the 2000 capsule sits in the museum); Carman Fiddle Festival celebrates its 15th year with the annual event attracting between 1,500 and 1,800 over the weekend; Bruce North loses on the second playoff hole at the provincial rural amateur; Miami Stampers win slow pitch league.

Visiting teen finds mosasaur skull on CFDC dig

By Lorne Stelmach

A young teen with Morden connections had the experience of a lifetime during a recent summer visit with family in the area.

Walter Campbell went on a Canadian Fossil Discovery Centre dig tour with his grandfather Dave Stobbe, and the 14-year-old who calls Waco, Texas home made quite the find.

He unearthed what turned out to be the skull of a mosasaur. Work continues to excavate the remainder of the fossil, but it will now be known as Walt in honour of its discoverer.

"At first, it didn't really look like a skull very much. It just looked like a bone," Campbell shared. "What went through my head was really I thought it's probably just another small fish ... but I just kept finding more and more, and it got more exciting over time."

"Walter and I started on our knees like kids ... then Walt moved over about 15 feet away to this bare patch where there was nothing showing," recalled Stobbe.

At that moment when it was realized what had been found, there was disbelief.

"I didn't really believe it at first. I thought no. I didn't really think I could find something like that," said Campbell.

"It is always exciting when it's a kid who is finding it," said CFDC executive director Adolfo Cuetara. "This is our third mosasaur find now in three years."

There is always a degree of uncertainty at first as to what exactly it is and if perhaps it is an isolated piece of fossil, he noted.

"In the next few days, visitors on the dig tours were discovering more bones, and now we were able to identify that it was a whole mosasaur skeleton there."

More work is needed to further unearth and assess the find, but Cuetara said they are getting some idea of its scope.

"At the beginning we thought this was going to be a medium-size mosasaur ... but now that we are opening a little bit more, we have some doubts because the size is starting to look a little bit bigger," he said. "It's not going to be like Bruce, but it's bigger than the last two ones that were found."

"We probably now have about 50 bones exposed," said Cuetara. "We are just exposing them, and people are expanding the dig site around and uncovering more bones. The plan is at the end of the season, we will make some field jackets and extract all the bones."

Campbell had been somewhat familiar with the CFDC.

"I think we had been there once or twice before," he said. "It just seemed like it would be a fun thing to do. It was a very exciting experience. It was quite interesting. It was a pretty slow and calm process."

Cuetara noted every new find helps bring more attention to the CFDC and attract more people.

"We really want to be successful with the dig tours ... and this is the main program and the main activity for the museum," he said, noting the vast majority of dig tour participants are from outside of the region if not Manitoba, such as a family of four tourists from Mexico who took part in a dig this past week.

"Every year, we are improving what we are doing, and we have had a hundred per cent success in people finding new bones," he said. "Every year, more people are coming and are interested in the dig tours. Every year, the numbers are growing."

"We have a treasure on our doorstep that people don't appreciate," observed Stobbe, who noted he has



STANDARD PHOTOS SUBMITTED

Walter Campbell (above) was in Morden visiting his grandfather, Dave Stobbe (below) when he found a mosasaur fossil while on a dig with the Canadian Fossil Discovery Centre.



since gone back to the site and learned they had found more of the body of the mosasaur. "I thought we should go back next year and see how far they've gotten with it."

As for Campbell, he is still in some-

what disbelief that the fossil find is actually being named after him.

"It was pretty surprising. I didn't really think they would actually name it after me at the time ... I guess they kept to their promise."



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Paws across the Prairies: Lending a paw to local pets

By Lana Meier

From Carman to the Pembina Valley, ONE Insurance branches are rallying communities to help pets in need. In celebration of National Cat Day on Aug. 8 and National Dog Day on Aug. 26, the company's social committee has launched Paws Across the Prairies — a month-long donation drive to support local animal rescues and shelters.

From Aug. 1 to 31, pet supplies and monetary donations can be dropped off at ONE Insurance branches in Carman, Dominion City, Altona, Letellier, St. Jean, Manitou, Morden, Somerset, Swan Lake and Winkler. Region 7 donations will benefit St. Jean Hearts for Strays, while Region 8 contributions will go to the Pembina Valley Humane Society. Both organizations work to rescue, rehabilitate and re-home animals in need, relying heavily on volunteers and community support.

St. Jean Hearts for Strays focuses on helping stray and abandoned animals in the St. Jean area, providing them with food, shelter, and veterinary care

until they can be placed in permanent homes. The Pembina Valley Humane Society serves a larger catchment area in southern Manitoba, offering shelter, adoption services, and outreach programs aimed at promoting responsible pet ownership.

ONE Insurance's involvement began when members of its social committee sought a way to connect staff with a cause everyone could support. August's pet awareness dates made it the perfect time, and each region was encouraged to select a local rescue to champion. The result is Paws Across the Prairies, with a friendly competition between branches to collect the most donations.

"Everyone loves animals, so we put our heads together to do something good while having a friendly competition between the offices," the committee said in a release. "Each ONE Insurance region chose a different rescue to support, and we hope this becomes an annual initiative."

Donations can include wet or dry dog and cat food, treats, toys, puppy

Continued on page 8



STANDARD PHOTO SUBMITTED

ONE Insurance Farm Insurance Advisor Janessa Cramm, with her foster fail dog Beau— stand with donations collected through ONE Insurance's Paws Across the Prairies drive until Aug. 31.

Yard of the Week honours



STANDARD PHOTO SUBMITTED

CIB Committee member Terry Gosnell has received the second Yard of the Week award from Carman/Dufferin Communities in Bloom. Gosnell's commitment to the beautification of Carman and her passion for gardening are evident throughout her property. A lush, manicured lawn is accented by perfectly edged gardens filled with perennials, annuals and herbs, creating a vibrant display. A standout feature of the yard is a mature Ohio buckeye, also known as a horse chestnut, a tree that grew abundantly on the family farm.



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Paw-sitive impact: Dogs needed for life-saving blood donations

By E. Antonio

The need for dog blood donations is higher than ever, and your pet could save another dog's life in just 30 minutes.

The Canadian Animal Blood Bank (CABB) supplies veterinary clinics across the country with canine blood collected at donor clinics – including one scheduled for Aug. 26 from 10 a.m. to 3 p.m. at the Morden Veterinary Clinic.

Sarah Dalrymple, CABB executive director, said animal blood donation is not a subject to be taken lightly.

"Animals – just like humans – can suffer from a lot of different life-threatening conditions that require the use of blood donations," she said. "We want to make sure dogs and the clinics have access to this – it could be the difference between life and death."

Dalrymple described the CABB as "Canada's best-kept secret" and said staff have noticed increased demand from veterinary clinics.

Blood products help treat dogs with cancer, rat poison toxicity, immune-mediated diseases, surgical or trauma injuries, anemia and parvovirus.

"We are facing shortages all over Canada for both dog and human blood donations," she said. "While volume-wise human blood might have higher demand, we are all on the same page when it comes to needing blood to save a life."

Zeus, a soon-to-be eight-year-old German shepherd-golden retriever mix, has made eight donations with the CABB and three additional Morden Veterinary Clinic exclusive donations. His sister, Lucky, is also a registered CABB donor.

Their owner, Taryn Wieler – a registered veterinary technician at the Morden Veterinary Clinic – said dog blood donations are invaluable to the veterinary community.

"In more cases than not, we are running into situations where dogs need blood transfusions," she said. "Being a rural clinic, it's tough trying to find access to those materials, so the donations mean the entire world to us, the dog, and the owner."

Wieler registered Zeus for his first donation shortly after his first birthday. Over the years, the process has become second nature to him – he knows it's a matter of lying down, giving blood, and getting treats afterwards.

Donating is free, quick and beneficial for dogs and their owners. Each appointment lasts about 30 minutes, but the donation itself takes just five minutes. At the appointment, a CABB team member will ask

questions about the dog's health, take their temperature and weight, shave a small patch of fur near the neck, collect the blood and finish with treats and belly rubs.

"We always have our patient and donor in mind and want to make this a peaceful, quick and easy process for everyone. If we notice any signs of distress, we stop right away," Dalrymple said.

Similar to humans, approximately 400 ml of blood is taken, tested and sent to clinics across Canada. CABB provides complimentary testing for blood-borne diseases, heartworm, Lyme disease and other vector-borne illnesses, and shares the results with the owner.

OTHER BENEFITS INCLUDE:

- One complimentary blood product for each unit donated, should it be needed
 - Free microchip identification after five donations
 - Bandana and blood donor tag
 - Milestone dog tags every five donations
 - Free belly rubs
 - An opportunity to save another dog's life
- "Once you've registered for a donor clinic, we like to say you are a pack member for life," Dalrymple said. "We want to give lots of love back to our donors because they truly are making the difference in another family's life."

Dogs can donate every three months or when requested by CABB. Eligible donors must be between one and eight years old – though they can donate until age 10 – healthy, even-tempered, weigh more than 25 kilograms and be up to date with vaccinations. It's strongly recommended they are on heartworm and tick prevention.

Owners are asked to follow some guidelines before and after a donation. Dogs should avoid eating a full meal within six hours of the appointment, receiving acupuncture within 48 hours, taking antibiotics within seven days, or having dental work or vaccinations within 14 days. After donating, they should drink plenty of water, enjoy their fa-

vourite treats, avoid vigorous exercise for the rest of the day, and not wear a choke or prong collar for 48 hours.

"If your dog can tolerate laying on their side and hanging out with us for a bit, we have a really good system set up for donations – and the more dogs the better," Wieler said.

The Morden Veterinary Clinic hosts drives every three months, and while registered patients make the process smoother, any healthy dog is welcome.

Wieler recommends owners be comfortable with seeing blood products so they can comfort their dog during the donation. If not, staff are happy to step in if it means bringing in another donor.

Dogs can be registered to donate online at



STANDARD PHOTO SUBMITTED

Zeus, a Morden Veterinary Clinic patient, proudly poses after donating blood to the Canadian Animal Blood Bank. Your dog can donate blood to another dog in need at one of CABB's clinics, including one hosted at the Morden Veterinary Clinic Aug. 26. Zeus' sister, Lucky, is also a registered donor.

www.canadiananimalbloodbank.ca/register-your-dog/. Dalrymple thanked every donor, clinic and supporter for helping make the program a success.

"It's because of you we are able to capture this beautiful moment where a dog can connect with its owner, all while saving a life," she said. "It's moments like these that prove we can find a way to bring the community together."

Founded in 1996 by Winnipeg veterinarian Dr. Ken Mould, CABB has collected more than 23,000 donations from more than 2,000 dogs. More than 900 dogs are active donors, and the program now operates in Manitoba, Ontario, Alberta, Nova Scotia, and soon British Columbia. CABB also provides about 250 units of blood per month, and supports feline transfusions – though cats must be sedated to donate. Financial donations can also be made online to help keep blood accessible for veterinarians.

> PAWS, FROM PG. 7

pads, pet care supplies, old towels, facecloths, and financial contributions.

"Every item counts and every donation helps," the committee added. "These rescues operate almost entirely on donations and volunteer support, so community help is essential."

The Paws Across the Prairies initiative runs until Aug. 31, with collection bins at all participating branches. Supplies and funds raised will go directly to St. Jean Hearts for Strays and the Pembina Valley Humane Society to help care for animals currently in foster homes or awaiting adoption.

For more information, visit any participating branch or contact ONE Insurance.

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Petition calls for silver alert cell phone notifications



STANDARD PHOTO RCMP

The Manitoba RCMP continues to search for Stewart Campbell, a 69-year-old male who was reported missing on July 17, 2025. Stewart Campbell was last seen near Stonewall on July 15, and his car was found in the Starbuck area on July 24. Campbell is described as approximately 5'8" tall, 110 pounds with grey shaggy hair and blue eyes. He was last seen wearing a burgundy sweatshirt, light-coloured blue jeans and black work boots. Anyone with information on his whereabouts is asked to call 911 or Stonewall RCMP at 204-467-5015.

By Jennifer McFee

A local woman is joining the chorus of voices who are calling for silver alerts to be sent to cell phones to help locate missing vulnerable seniors.

Lana Knor of Teulon is a relative of Stewart Campbell, a 69-year-old man who was last seen at a friend's place near Stonewall on July 15 at about

3:30 a.m. He was reported missing two days later, and his car was found in east of Starbuck on July 24.

Police conducted an aerial search and asked area residents to check their properties and security cameras. Campbell hasn't been located, and the RCMP are concerned for his well-being. They noted that Campbell might be confused or disoriented.

A silver alert system provides notification when a vulnerable adult with dementia or other cognitive impairment goes missing so they can be brought home safely. Knor believes a silver alert should be sent to cell phones, just like amber alerts, which exist for vulnerable children.

"I believe if an alert had gone out on cell phones when Stewart first went missing, someone would have seen him. Stewart is quiet and minds his business. He is the guy that can go in and out of a store full of strangers without being noticed. If people saw his picture, there would have been a better chance he would have been noticed," she said.

"Stewart has been missing since July 15 and his car was located July 24 off Highway 2. A search was done in the area but he was not located. We suspect he may have caught a ride to get gas and is now lost in another unknown community. The alert on cell phones would have helped locate him."

She points to a petition calling on the federal government to work with provincial authorities and law enforcement to develop a national silver alert system that would geographically target mobile devices and broadcast information to media about missing vulnerable adults. Brittany Moberg started the petition after her father Earl went missing almost two years ago.

"I have never met Brittany or Brenda, Earl's wife of almost 50 years. I only recently heard about the petition and that Earl is missing still," Knor said.

"It made me realize Brit-

tany is right — there needs to be a silver alert sent to cell phones. A silver alert system going out to cell phones gives vulnerable adults a better chance to be found and brought home safely."

Raquel Dancho, MP for Kildonan-St. Paul, is supporting the petition and intends to bring it forward in the House of Commons when it resumes in the fall.

The petition notes that, according to the Alzheimer Society, nearly one million people in Canada will be living with dementia by 2030 and this number will increase to more than 1.7 million by 2050.

Public Safety Canada notes that 60 per cent of people living with dementia will go missing at some point. If a person with Alzheimer's disease is not found within 12 hours of being lost, there is a 50 per cent chance they will be found injured or dead from hypothermia, dehydration or drowning. As a result, any search should be considered an emergency.

"There are many missing vulnerable adults all over Canada," Knor added. "It is not as many as children, but the numbers are still increasing."

To view the petition, visit ourcommons.ca/petitions and search for the petition called "e-6491 (Public Safety)." So far, the petition has garnered more than 3,300 signatures from across the country, with more than 1,900 coming from Manitoba.

Roland Pumpkin Fair seeks craft vendors for October event

By Annaliese Meier

Organizers of the Roland Pumpkin Fair are inviting craft vendors to take part in this year's event, set for Saturday, Oct. 4.

The annual fair draws crowds with attractions such as the tea room, craft sales and the popular pumpkin weigh-off, where visitors can marvel at giant pumpkins, watermelons and even oversized tomatoes.

"It is special to see all the people come out and enjoy the fair, the tea room, craft sales, pumpkin weigh-off, and a whole lot more," said organizer Sara Peters.

Peters said she is particularly looking for handmade items this year, including sewing, crocheting and paintings.

She added that the fair not only draws large crowds but also showcases the creativity of local artisans.

"My favourite part about organizing is to see what people all make and what they enjoy, and it brings me great joy to see," she said.

The fair runs from 9 a.m. to 4 p.m. in Roland. Vendors interested in applying can contact Peters at rolandcrafts-how@gmail.com.

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MSTW Planning District reviewing development plan

By Lorne Stelmach

A comprehensive review is underway to update the region's overall development plan.

A public open house last Wednesday hosted by the RM of Stanley provided an opportunity to learn about the review process and the goals and priorities of the development plan.

"We have to redo the development plan every so often just to update it," explained Glen Wieler, manager of the MSTW (Morden, Stanley, Thompson, and Winkler) Planning District.

The review of the development plan is mandated by the province, and it needs to be done every five years or so.

"A lot of it has to do with land use, what can and can't be done, but more in broad strokes," Wieler suggested.

It is especially vital in a region that is growing so much and expanding and developing as much as this region, so a lot can change in five years.

"Winkler and Morden and the [Hwy. 3] corridor are the biggest thing, but some of the villages as well," said

Wieler. "There's just so much happening."

The MSTW Planning District was established in 1979 through an agreement between the four municipalities. It governs overall planning and development services, including adopting and enforcing the development plan, secondary plans, zoning by-laws, and building codes.

Some of the organization's key considerations when it comes to development includes:

- Compatibility of neighbouring land uses.
- Appropriate mix and amount of development.
- Effective management of natural resources.
- Preservation of heritage resources.
- Cost-effective provision and extension of infrastructure.
- Protection of surface and groundwater resources.
- Sustainable economic and community growth.

The development plan, meanwhile, aims to address a range of planning

issues, such as:

- Allowing for consideration of rural residential development in a manner that respects agricultural lands.
 - Building resilience against drought through the enforcement of water conservation measures.
 - Protecting the Stanley corridor from residential encroachment.
 - Existing residences can continue to remain.
 - Considering opportunities to establish or expand infrastructure service integration such as: shared water treatment facilities, regional transit systems or joint waste management.
 - Encouraging a diversity of housing options for all.
 - Updating and introducing policies related to active transportation, climate resilience and agricultural uses.
- There are a lot of commonsense principles that come into play, such as industrial expansion only being appropriate in certain areas, and it would be the same with residential growth.

"You have to plan that as opposed to cherry picking every time somebody

wants to do something," said Wieler.

In general, he doesn't see a lot of substantive revisions happening with the new plan.

"There's not a lot of changes that are happening. A lot of the development plan from the previous one ... you see it mostly in the maps because the cities are expanding," he said. "You're looking at perhaps what was typically ag land, but Winkler is getting so much bigger as well as Morden, so they are redesigning some of that land so that it could be used as residential or industrial ... but it has to be a controlled growth."

Wieler suggested the revised development plan could perhaps be done by the end of the year or early in 2026.

It will be brought up for review at another public open house at some point. As well, each of the four municipal councils will have an opportunity to review it before it is approved by the MSTW board.

Local talent, local tech: MITT program to fuel Pembina Valley IT careers

If your idea of a thrilling day involves solving network mysteries or wrangling rogue Wi-Fi signals, then MITT's Network and Systems Administrator diploma program might just be a fit for you.

Starting this fall, MITT is bringing this high-demand, two-year program to Morden. The goal? Train local talent on local turf for local careers. No need to commute to Winnipeg. Students will graduate with the technical chops and industry connections to step into roles in the Pembina Valley region's growing IT sector.

"This is a program that gets students to roll up their sleeves and get hands-on with industry-grade hardware and software," said Jared Miskimmin, MITT's Program Manager, ICT and Digital Technology. "They'll work with real servers, enterprise-level networking gear, and the kind of troubleshooting scenarios that seasoned IT pros would face."

Better yet, every student gets a local work placement. That means the skills you learn in the lab get tested in a real business with real IT needs. And because these placements happen in Pembina Valley businesses, grads won't just be ready for the workforce—they'll already be part of it.


"The demand for skilled network and

systems administrators in our region isn't slowing down anytime soon," noted Jason Dyck, Economic Development Officer, City of Morden. "We have plenty of businesses, from manufacturing to healthcare, that need someone to keep their systems secure, connected, and running. MITT's program is designed with our local industry needs in mind, with input from regional employers who know exactly what skills they want in their next hire."

So, if you're a problem-solver who likes your puzzles digital, your victories quiet (because no news means good news—the network is running), and your career opportunities close to home, this program is for you. You'll keep the Pembina Valley's digital backbone strong and turn yourself from tech-savvy to indispensable.

The program gets rolling in a couple of weeks, but it's not too late to apply. Head to MITT.ca/network-admin-morden for more info, or go straight to the application at MITT.ca/apply. You'll be happy to know you don't have to pay any application fees right now.

Looking to chat with someone about the program? MITT will be at the Morden Corn and Apple Festival from August 22 to 24 to answer all your questions.



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MITT.ca

Hidden gems in and out of the Manitoba Dairy Museum

By Dawn Peter

St. Claude is home to Manitoba's only dairy museum, a seven-building complex with more than 2,000 artifacts that transports visitors back to the late 1800s.

Located on Third Street, just east of Provincial Road 240, the site reflects the spirit of its sister city, Saint-Claude, France, with a display of pipes. But here, the focus is on the detailed history of prairie life and the settlers who worked to survive on the region's flat, sandy land.

Admission includes access to the two-storey Canadian Pacific Railway station, dairy barn, horse barn, Bell School, chapel, freight shed and blacksmith shop.

The large red CPR building features the agent's desk, clothing from the period — including wedding dresses — a mock hospital room and a pioneer kitchen. Photographs and uniforms line the walls in tribute to the many local veterans, mostly French immigrants, who volunteered in the First World War to defend France.

"When the First World War broke out ... they took off en masse to France ... to serve as volunteers," said Robert De Smet of the St. Claude Historical Society. Up to 70 residents served with both the French and Canadian armies.

The chapel contains models of two former churches and a design for the current one by an architect. Along its walls are dolls dressed in the robes of the silent Trappist monks and a dark, hand-crafted spiral staircase that leads to a priest performing mass.

Bell School is furnished with wooden desks, slate boards and inkwells, along with a quaint list of rules for teachers that allots time for courting and Bible study but discourages shaving at a barber shop.

The dairy barn — envisioned by life-long cream producer Raymond Phillipot — houses five-gallon cream cans, veterinary equipment, butter churns, milk-testing bottles, and curiosities such as a Siamese twin piglet and a calf. Framed photographs show barns across Manitoba alongside the names of producers and executives from the Lactalis cheese-processing plant in St. Claude.

Although the number of dairy farms has declined over the years — even as automation, refrigeration and transportation have advanced — the industry here grew thanks to settlers who traded surplus cream for cash.

That legacy is represented by the life-size Holstein-Friesian cow outside the barn, painted in black and white.



A display in the Manitoba Dairy Museum's pioneer kitchen includes a wood stove, iron, pots and vintage kitchen gadgets.

Look closely: the spots are shaped like the continents of the world.

The museum grounds are also home to a popular geocaching location. Geocaching is a family-friendly treasure hunt that uses GPS coordinates to locate hidden containers filled with trinkets and trackable items. The difficulty can range from an easy find under a bench to a search a mile uphill. Descriptions of each cache, along with terrain ratings, hints and waypoints, can be found at www.geocaching.com.

From June 26 to Sept. 5, 2025, the theme is "hidden gems." Visitors might find something shiny and valuable at the Manitoba Dairy "Museum." Just steer clear of the manure spreader, and you'll be free to wander and wonder until the cows come home.



STANDARD PHOTOS BY GAYLE STEVENS

From left, Jonathan Dondo, Father Roger Bazin and Robert De Smet stand in front of the chapel at the Manitoba Dairy Museum in St. Claude.



The St. Claude Creamery display at the Manitoba Dairy Museum features equipment used in the community's dairy industry, including cream cans, butter churns and milk-testing tools.



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Host team Central Energy place second at U15 nationals

By Ashleigh Viveiros

What started as a hopeful run turned into a storybook week for the U15 Central Energy, who shocked top teams from across the country en route to a silver-medal finish at the 2025 U15 Women's Canadian Fast Pitch Championship in Morden-Winkler.

The host team strung together upset after upset, going 4-2 in their pool to place second behind B.C.'s Fraser Valley Fusion 2010, then rolling through the playoff rounds to earn a seat in the gold medal game.

Their only round robin losses came against the Fusion 10-0 and Ontario's Waterloo Ghosts 7-0. From there, Central Energy were undefeated in playoff action, downing the PEI Whitecaps 6-5, St. Albert Angels (Alta.) 7-6, Cloverdale Fury (B.C.) 2-1, Eastman Wildcats (Man.) 4-3, and Vaughan Vikings 2010 (Ont.) 7-4.

That remarkable streak set up a rematch with the Fusion, who had blanked Central earlier in the week. This time, Energy pushed them to the limit, falling just short in a 2-1 loss.

Second in the country is quite an accomplishment, and coach Kevin Convery couldn't be prouder of his team.

"The whole week was amazing," he said. "The kids played so well. They got on a little bit of a surprising run and we told the girls, 'You made it to the A-side, which was our goal, now let's just see how far you can go.'"

They certainly earned their seat at the championship game.

"They definitely deserved to go that far, because they played excellent ball," Convery said. "We really just enjoyed the ride, because it was truly incredible."

"We let them know to enjoy the experience, because going to nationals itself is just a really cool experience for these players, and the fact that they got to do it in front of their families and friends we said, you know, take time, enjoy this. The ball is ob-



STANDARD PHOTO BY ZACHARY PETERS

The U15 Central Energy show off their silver medals after placing second at the 2025 U15 Women's Canadian Fast Pitch Championship in Morden-Winkler. The host team capped a storybook week with a 2-1 loss to B.C.'s Fraser Valley Fusion in the gold medal game.

viously important, but you'll never forget all these cool memories you're going to make this week, and we certainly made more than we were thinking."

The level of competition was high, with strong teams from B.C., Alberta, and Ontario really giving Central Energy a run for their money.

"It was some of the better ball we've seen in our careers as fast pitch players and coaches," Convery said. "And our girls really stayed there with those kids step by step. They really did themselves proud."

All of Manitoba's teams held their own at the event, Convery noted. Also representing our province were the Eastman Wildcats and the Interlake Phillies.

"All three of our teams finished in the top six at nationals, which is really, really incredible," Convery said.

Eastman were 5-1 in their pool. In the playoffs, they lost to Team Ontario 6-2, ousted the Phillies 9-2, and then fell to Central Energy 4-3.

The Phillies were 3-3 in their pool and won their first two playoff games against B.C. (3-1) and Alberta (5-0) before falling to Eastman.

Morden-Winkler also hosted the men's national fast pitch championships last week, though there was no Team Manitoba at it.

Ontario's Tavistock Athletics were the champions, losing just once all week. Second place went to Team Québec.

Convery said the communities really came out to support these two massive tournaments, and the team and event coordinators are so grateful for that.

"The community came out to cheer us on all week," he said. "On Sunday it was raining and it was cold, but there were still fans lined up along both baselines with their umbrellas out."

"It was really nice that the community came out



STANDARD PHOTOS BY RICK HIEBERT

Central Energy's Payton Manness gets her bat on the ball at the U15 national championships in Morden-Winkler this past week.

and supported us. We truly appreciated that," he stressed. "And we'd like to thank the volunteers who really made this event a success. And the host committee and all the subcommittee chairs who took care of so much work behind the scenes. These events don't happen without all those people."

"Our team is truly grateful for everyone behind the scenes that really made it such a success and to the community for supporting the girls, because they really, really appreciated everyone cheering them on."



Callie Franklin on the mound for Central Energy.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Hockey MB launching Green Armband initiative in the Pembina Valley

By Ashleigh Viveiros

Hockey Manitoba is rolling out a new program in the Pembina Valley this fall designed to combat the abuse of the sport's youngest officials.

Beginning in September, all on-ice officials under the age of 18 in local hockey leagues will wear a green armband as part of their officiating uniform.

The armband is meant to mark these youth as new to the world of officiating and signify that they're still learning and developing. The hope is that by identifying them as such, it will promote respect towards youth officials and discourage verbal abuse by coaches, parents, and players.

"It's an exciting thing to be able to put in place more programs that are focused on the development of athletes and, in this case, the development of officials to ensure we're providing the best opportunity and

the best experience for these kids that are participating in our game," said Dustin Stewart, manager, operations, Hockey Manitoba. "Officials are a huge part of our game—if you don't have officials, you don't have a game. So we need to be as committed to the development and the safety of those officials as we are with all the other people that are involved in the game."

Manitoba has a huge number of youth signing up to get involved as officials each season, but retention remains an ongoing challenge.

"There are a lot of kids out there that are intrigued by the idea of being an official—it's a way to stay involved in the game in a positive way," Stewart said. "But the biggest challenge for a lot of them is sometimes the experiences that they have, those negative experiences that can come ... it's been an issue for a long time, abuse of officials."

"So the Green Armband was something that we had identified as an option for some type of program that we could bring in to provide that additional level of support for them."

While the Green Armband initiative will start out only in the Pembina Valley region for the 2025-26 season, Hockey Manitoba

intends to roll it out province-wide in future seasons, following the lead of its successful implementation in other provinces.

The agency will be working with hockey leagues to get the word out about what the green armband signifies and the expectations of the program: that young officials are doing their best and that abuse in any form will not be tolerated.

"These officials that you're seeing with the green armband are kids, they're under the age of 18, and we need to provide a little bit more grace to give them the opportunity to develop," Stewart said. "They're going to make mistakes. They're learning."

In terms of the rollout, all officials aged 17 and under in the Pembina Valley region will be provided with a green armband after attending their in-person certification clinic.

Once all officiating clinics have concluded in December, all officials in the region will be required to wear their green armband for all levels of hockey.

Officials will wear the armband on the same arm as their whistle hand, between the elbow and shoulder. For those also refereeing at this age, they will wear one green armband on their whistle arm and a traditional red armband on their non-whistle arm.

In addition, Hockey Manitoba is also amping up the penalties for abuse of youth officials. Moving forward, penalties for things like unsportsmanlike conduct, disrespectful and abusive behaviour, discrimination, and physical harassment of officials will double for players and coaches when a green armband official is targeted.

"Sometimes just creating awareness isn't enough," Stewart noted. "We also need to prove that we're committed to the protection of these young officials ... [being] a little bit more strict in the enforcement of those penalties for people who still choose to abuse or become aggressive towards these officials."

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The Carman-Dufferin
STANDARD

Central Energy U19 place fifth in nation

Staff

The Central Energy U19 fastpitch team came home from the Canada Games with a fifth-place finish to show for their efforts.

The ladies were 3-2 in the round robin and then started the playoffs strong with a 4-0 victory against Team Prince Edward Island before stumbling with a 6-0 loss against

Alberta that sent them to the fifth/sixth-place game against Quebec, which they won 5-3.

British Columbia clinched the gold medal by beating Ontario 9-6. Rounding out the top of the standings was Alberta in third and New Brunswick in fourth.



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Access Credit Union appoints Myrna Wiebe as new chief executive officer

By Lana Meier

After an extensive search process, the board of directors of Access Credit Union has announced the appointment of Myrna Wiebe as president and chief executive officer, effective Sept. 2, 2025.

Wiebe has more than 30 years of experience in financial services, having led departments including operations, marketing, people and culture, IT and security, corporate strategy, and governance. She holds a certificate in management from the University of Manitoba, a post-baccalaureate diploma in management, and an MBA from Athabasca University.

She also holds designations from the Institute of Corporate Directors (ICD.D) and the Financial Planning Standards Council (CFP). She has completed the Canadian Securities Course credential from the Canadian Securities Institute and is recognized as a Fellow of the Credit Union Insti-

tute of Canada (FCUIC).

Beyond her business career, Wiebe is active in the community. She serves as a board member and investment committee chair with the Teachers' Retirement Allowances Fund (TRAF) Board and is a member of the Winnipeg Women's Conference Committee. Within the credit union system, she sits on the Canadian Credit Union Association (CCUA) board and serves on the Democratic Control Review Committee at Credit Union Central of Manitoba (CUCM).

"Myrna's long history and broad experience with the credit union is a strength that the board recognized as a valuable asset to the organization," said Curt Letkeman, chair of the board of Access Credit Union. "The existing relationships Myrna holds both inside and outside the organization are a testament to her ability to connect and inspire those around her

to achieve great things. Our members and clients will continue to benefit from Myrna's enthusiasm, integrity and her continued focus on creating a credit union for all Manitobans."

Wiebe said she is excited about the next chapter, both for herself and for the credit union.

"I am honoured to take on the leadership of Access Credit Union, building upon the considerable achievements accomplished during Larry Davey's tenure," she said. "Drawing on the organization's strong foundation, I am committed to working collaboratively with our board and talented leadership team to drive member value, advance innovative initiatives and continue our strong community support. Together, we will continue to build a successful future for all members."

Wiebe replaces Larry Davey, who is retiring from Access Credit Union at the end of August.



PHOTO SUBMITTED

Myrna Wiebe has been appointed president and chief executive officer of Access Credit Union, effective Sept. 2, 2025. She succeeds Larry Davey, who is retiring at the end of August.

take a break > GAMES

SUDOKU

4	9		2					
2		5	4		9			
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Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

K	O	E	N		D	E	T	D	S	E	D	I
S	I	B	I		L	V	R	I	O	N	E	T
I	R	V	B		L	V	R	V	O	G	E	H
R	E	A	V	S	T	O	C	V	E	N	S	U
				S	E	L	V	O	I	L	I	S
N	V	S		G	U	P		C	U		P	S
V	N	V	B	V	O		E	O		B	U	T
R	V	T	O	S		C	V	M		S	V	I
A	G	O	R		B	I	S		D	E	I	N
P	V	C		O	V	T		D	V		S	V
			S	E	D	V	N	E	H	E	S	
T	V	B	V	C		R	O	L		R	E	D
V	N	V	N		T	E	N	V	M		V	H
P	O	O	T		S	D	V	M		V	V	N
O	B	M	U		S	O	O	O		N	V	T

Crossword Answer

X CROSSWORD

CLUES ACROSS

- 1. Mongolian politician
- 5. Coconut palms
- 10. Rounded knob
- 14. Japanese city
- 15. Covers in soft material
- 16. Walk around
- 17. Ancient region in Syria
- 18. French painter
- 19. Grandmother
- 20. Cow part
- 22. Rocky peak
- 23. Secret plan
- 24. Sings to one's lover
- 27. More (Spanish)
- 30. Father
- 31. Chinese philosophical principle
- 32. Hat
- 35. In agreement
- 37. A person's brother or sister
- 38. Evil spirit
- 39. Monetary units
- 40. Partner to cheese
- 41. About Sun
- 42. A place to dance
- 43. Performer ___ Lo Green
- 44. Beach accessory
- 45. Recipe measurement (abbr.)
- 46. Partly digested food
- 47. Pooch
- 48. Honoric title added to family name
- 49. Salts
- 52. Lichens genus
- 55. Lowest point of a ridge
- 56. Type of sword
- 60. Albanian language
- 61. Gold measurement
- 63. Italian seaport
- 64. Longtime late night host
- 65. Extremely angry
- 66. U. of Miami mascot
- 67. Mid-month day
- 68. Omitted from printed matter
- 69. Upper body part

CLUES DOWN

- 1. Two-toed sloth

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21		22				23				
			24		25				26					
27	28	29		30				31			32	33	34	
35			36				37				38			
39						40				41				
42					43				44					
45				46				47				48		
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52	53	54				55				56		57	58	59
60					61				62		63			
64					65						66			
67					68						69			

- 2. Cooking ingredient
- 3. Iranian city
- 4. Publicly outs
- 5. Steep-sided hollow
- 6. Spoke
- 7. General law or rule
- 8. Extravagantly theatrical
- 9. Very fast airplane
- 10. Arm bones
- 11. Ancient kingdom near Dead Sea
- 12. ___ fide: legitimate
- 13. Gemstone
- 21. Counsels
- 23. Top exec
- 25. Cool!
- 26. Touch lightly
- 27. Extract money via taxation
- 28. Dyes
- 29. Cloying sweetness
- 32. Soft drinks
- 33. Capital of Guam
- 34. Chemical compound
- 36. The bill in a restaurant
- 37. Car mechanics group
- 38. Late comedian Newhart
- 40. Health care for the aged
- 41. Wise individuals
- 43. A passage with access only at one end
- 44. Trim
- 46. Former OSS
- 47. The upper surface of the mouth
- 49. Edible lily bulbs
- 50. Type of reef
- 51. Vaccine developer
- 52. Mottled citrus fruit
- 53. A place to store lawn tools
- 54. Rare goose native to Hawaii
- 57. Hollywood pig
- 58. Musician Clapton
- 59. Take a chance
- 61. Spanish soldier
- 62. Mark Wahlberg comedy

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Ron and Isabel Stanger
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On August 27, 2025



Happy 70th Anniversary
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REPORTER/PHOTOGRAPHER WANTED

Are you a natural born storyteller with an eye for photography and a passion for community news?

The Carman-Dufferin Standard is currently seeking a full-time reporter and photographer who lives in the area to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage.

Qualifications:

- A post-secondary degree/diploma in journalism or English degree.
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of Canadian Press Style

Please forward your resumé along with three writing and photography samples to: Lana Meier Email: news@carmanstandard.ca

The Carman-Dufferin
STANDARD

get inspired

> MEAL IDEAS



French-Style Cheesecake with Strawberries

Recipe courtesy of "Cookin' Savvy"

1 row vanilla cream cookies, plus additional for topping

1/2 stick butter, melted

2 packages (8 ounces each) cream cheese, softened

1 cup, plus 1 tablespoon, powdered sugar, divided

2 cups heavy whipping cream

4 tablespoons sugar

2 teaspoons vanilla

2 cups chopped strawberries, plus additional for topping

1 tablespoon powdered sugar

Crush cookies and mix with melted butter. Place in bottom of 9-inch springform pan and pat down until smooth.

With hand mixer, mix cream cheese and 1 cup powdered sugar.

In separate bowl, using hand mixer, beat heavy whipping cream, sugar and vanilla until formed into whipped cream.

Mix cream cheese and whipped cream. Mix remaining powdered sugar with chopped strawberries.

Pour half cream cheese mixture on top of crust in prepared pan. Spread evenly with spoon. Pour strawberry mixture on top and spread evenly with spoon. Top with remaining cream cheese mixture and spread evenly with spoon.

Refrigerate at least 3 hours, or overnight, before serving. Garnish with additional crushed cookies and strawberries.

Tips: For thicker crust, double cookies and butter. Substitute desired berries for strawberries.



Hamburger Baked Beans

1/2 small onion, diced

2 tablespoons ketchup

1 teaspoon spicy mustard

28 ounces Bush's Original Baked Beans

In skillet over medium heat, cook ground beef with onion.

Drain fat. Add ketchup, mustard and baked beans. Stir together until heated through.

Prep time: 10 minutes

Cook time: 5 minutes

Servings: 4

1/2-1 pound ground beef

Grilled Chile Rellenos



Prep time: 20 minutes

Cook time: 40 minutes

Servings: 6

6 large poblano chiles

2 tablespoons extra-virgin olive oil

1 medium onion, finely chopped

2 cloves garlic, finely chopped

2 jalapenos, seeded and chopped

1/2 red bell pepper, finely chopped

1/2 cup chopped fresh cilantro

1 teaspoon cumin

1 can (28 ounces) Bush's Vegetarian Baked Beans, drained

1 1/2 teaspoons hot sauce

12 ounces pepper jack or Monterey Jack cheese, coarsely grated, divided

Ask the Money Lady

Dear Money Lady Readers:

If you read my columns regularly, you know I am a big advocate for planning. I have always believed that without a life plan and directional purpose it's hard to personally grow and prosper. The catch phrase used by many financial advisors is: "If you don't plan to succeed, you plan to fail." Now, I am not saying I still don't believe this – yes, planning helps you push yourself out of your comfort zone to accomplish more, forcing you to try harder and believe that you are worth success. We all know this to be true, but today I want to suggest we lower our expectations on life, just a little. You see, your happiness in life is irrevocably tied to your expectations.

Let's look at your current income. Income is a key predictor of life satisfaction and mental health, regardless of the actual amount you earn, and success is expected of you. If you were to get a raise today, but it was less than you expected or believed you were worth, you most likely would be less happy with this income increase. On the other hand, if you had more modest expectations, you would likely be happy with the raise. Now before you get all tied up in the fact that I am telling you to lower your outlook on life, I most certainly am not. Instead, I want you to avoid a "false-hope syndrome" where you stick to crazy expectations way past the point at which you should. False-hope is not the same as optimism. Optimism gives us the ability to expect the best and have a contingency plan for the worst. False-hope on the other hand, means we always need to expect the very best and generally ignore the worst when it occurs. Put another way, when facing an uncertain future, the rose-colored glasses of optimism serve us just fine, as long as we can take them off from time to time for a dose of reality. I believe self-improvement is always important, but it needs to be conducive to your happiness.



Having modest expectations in our relationships is also something that could reduce your stress and overall unhappiness. Believing that a coworker, partner, or child should provide you with a higher standard of care, interest, love or support only guarantees your disappointment. People will never live up to your expectations. When we let our expectations define our experience, we're far more likely to be disappointed, unhappy, and resentful. Usually, the actual situation is not as bad as we think it is, it's just different than our expectations.

Those positive or negative expectations will always be harmful to your future happiness. When your planned expectations are too high, you most likely will always experience disappointment, since things didn't work out the way you expected. But if you could bring your expectations down a bit, into a more modest viewpoint, you will be more likely to experience exactly what you expect and be content and happier with the outcome.

Good Luck and Best Wishes,
Money Lady
Written by Christine Ibbotson, Author, Finance Writer and Syndicated Money Coach on BNN Bloomberg. Christine is also part of the everyday lineup on CTV Your Morning in every province. No AI. If you have a money question you want answered FREE – send it to: info@askthemoneylady.ca

salt, to taste

freshly ground black pepper, to taste

Cut poblano chiles in half lengthwise to create boats for filling; scrape out seeds.

In nonstick skillet, heat olive oil. Add onion, garlic, jalapenos, red bell pepper, cilantro and cumin; cook over medium heat until golden brown, about 4 minutes.

Remove pan from heat and stir in vegetarian baked beans, hot sauce and 8 ounces cheese. Add salt and pepper,

to taste.

Spoon mixture into hollowed chiles and sprinkle with remaining cheese.

Preheat grill to medium heat.

Arrange chiles on grill away from heat. Cook until chiles are tender and cheese is browned and bubbling, 30-40 minutes.

Remove from grill and serve.

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