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Sweet treats

STANDARD PHOTO BY LANA MEIER

Four year old Sophie Oakes and her little sister Sara were patiently waiting for Quinton Callum to choose his candy. The girls were helping their mom at the Miami Post Secondary Educational Organization table who was educating and accepting donations for graduate bursaries and scholarships at the Miami vendor showcase last Friday.

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Keeping harness racing in the family one generation at a time

By Becca Myskiw

Dean Rey got behind his family's race horses when he was eight to jog them around the track. He grew up on the racetrack, taking in harness race after harness race, while the passion for the sport was ingrained in him.

The Reys started in harness racing in the 1970s and have been doing it ever since. As Rey got older, he harnessed the horses, brushed them, and kept them tidy for racing at the Assiniboia Downs and the seven rural circuits they toured at the time.

When he turned 16, Rey got his trainer's license and started working with the horses more thoroughly himself. Then, when he was 18, he got his driver's license and started steering the horses as they raced side by side.

"It's a good experience," he said. "It's a learning curve for everything. When you start with a colt and you break them in and you kind of see them change and develop, it's like a small kid...as they grow up you see the changes. Every horse has an attitude and personality. You play with them and refine them; you make changes. You want to see them grow into good racehorses. You want to drive them as you train them because

you've spent all this time and want to control them."

Along with racing the horses, Rey also breeds them. He's sitting at around 40 horses in total right now, some foals, some stallions, some mares. He breeds up to a dozen mares a year, then he trains the foals to be good racing horses, and when they turn three or four, he sells the racehorse.

The ones he races personally are ones he's raised, too, so he knows them inside out.

Rey's parents are still in the sport, though they're slowing down as they get older. He has his children, too, who are keen on keeping the family tradition alive.

Rey's daughter is a groom, helping on weekends and days off wherever she can. His son is still in high school, so when he's not taking notes, he's feeding the horses, jogging them, and spending time in the stables.

"They definitely want to carry it on," said Rey.

Right now, the family has 12 horses stabled, eight of which are theirs and four of which are a friend's they're helping out. They race their eight every weekend at the Miami track and see battles in the dust.



STANDARD PHOTOS SUBMITTED

Kayla Rey is one of Dean Rey's children. She's currently a groom.



Chase Rey jogs the horses whenever he can, eager to take on the family tradition.

"This year's been tough," said Rey. "I don't know what it is there but it's just one of those years. Racing is a challenge. You'll have a few good years and then you'll get a few low years and then you'll get a few level years. So maybe we're in our level

year right now."

Rey's looking forward to The Loop opening in Winnipeg this fall. The Loop is the permanent harness racing track being built at the Red River Exhibition grounds. It will allow racers to have permanent stables and give the sport more opportunities to grow.



2022 Manitoba Municipal Elections Information

Results will be updated live on October 26th, 2022
Immediately after the votes are counted.

2022 Manitoba Municipal Elections
(mbvotes.ca)



carmanmanitoba.ca

Inter-facility transport service to provide appropriate care for low-acuity patients

Submitted by Manitoba government

The Manitoba government will invest in dedicated service to transport low-acuity patients as part of ongoing efforts to improve health-care access for rural Manitobans, Health Minister Audrey Gordon announced last week.

The initiative will see one or more successful proponents – selected from a request for proposals issued by Shared Health today – transport hospital inpatients and personal care home residents from the Brandon, Selkirk and Winkler/Morden areas to medical appointments, diagnostic tests or for treatment.

“The transport of low-acuity inpatients to and from health-care facilities can be a prolonged process that takes ambulances in rural Manitoba out of service for hours,” said Gordon. “Establishing a transport service specifically for these patients will reduce the demand for paramedics to complete these journeys, allowing them to remain in or near the community for emergency calls.”

Low-acuity transport was recently piloted in a few communities and will now be formally established with base locations in Brandon, Selkirk and the Winkler/Morden area. Each base location will serve a wide catchment

area within each health region and include trips to Winnipeg for care, with the intention of growing the service to other communities in the future, said Gordon.

Ambulance services outside of Winnipeg have historically been used to complete all inter-facility transports, primarily because patients and clients often need the benefit and comfort of being transported on a stretcher. Low-acuity patients and clients typically do not require any clinical care provided by the attending paramedic crew.

“In most inter-facility transport situations, the patient or client will not require ongoing clinical supports during their journey,” said Dr. Rob Grierson, chief medical officer for emergency response services, Shared Health. “Creating a low-acuity transport not only offers patients the right kind of care during their transport, it frees up highly skilled paramedics and ambulances to respond to emergency calls and high-acuity transports.”

Proponents are able to submit proposals to provide the low-acuity inter-facility transport service for one or more communities, the minister said, adding the service is anticipated to be in place by the end of 2022.

Flashback...44 Centre Ave. W.



STANDARD PHOTO SUBMITTED

Former Carman Hotel owners/managers: Angus Campbell - 1942. Jim Finlan 1942 Bert Horne 1942-1965.

Carman Motor Hotel owners/managers: John Strutt 1966-68 (knocked down McNamara blacksmith for parking lot). Frank Grabowski 1968-1978 (added the U Broil Steak Pit). Ted and Tony Green 1979-1982. Einar Olson 1983-1984. Ken Ferguson 1985-1988. Don and George Costin 1988-1989.

Carman Motor Inn: Owners/Managers: Cory Harder and Pat Dengl 1989-1991. Frank Grabowski 1992-1993. Andy and Carol Everton 1994-1998. Ray, Yolande and Kevin Trudel 1998-2002. Sam Katsabanis 2003-2004. Richard Prince 2004-2008. Vic Massey 2008-2012. Drew Howard 2012-2019 and Parag Barot 2019 to today.

Show & Shine returns to Morden Park this weekend

The annual Show & Shine of the Southern Manitoba HOG (Harley Owners Group) chapter is returning this year as part of the Corn and Apple Festival.

The event goes from 11 a.m. to 4 p.m. Sunday, Aug. 28 in a new location on the west side of the Morden Park.

“We’re excited about it. I think it’s a superior location so we’re looking forward to it,” said Rudy Ens, owner of Gaslight Harley-Davidson in Morden.

It has long been a major attraction on the festival weekend but had not been held the last two years due to pandemic restrictions and in 2019 thanks to poor weather.

“So the Show & Shine has not been on for three years, but we’re getting it back on track,” Ens said. “We don’t want to see this thing die. We think it’s worth carrying on with it.”

The event will feature a range of categories such as antiques, trikes, sidecars, radical & mild customs, touring bikes, cruisers, and more, but is open to all brands and styles.

“And unlike shows of past years, there will be no category prizes,” Ens noted. “The

prize will be the enjoyment of spending a beautiful day in the Morden Park showing your ride to an appreciative audience.

“Most riders wouldn’t participate for some sort of prize anyway,” he added. “They just want to ride and get together for a good time.”

Gaslight Harley-Davidson will also bring a display of antique Harleys and Fords from “The Survivors of The Lost Highway” collection, as well as some new motorcycles.



This rare 1933 Ford V8 Deluxe Roadster will be part of the Show & Shine display from “The Survivors of The Lost Highway” collection.



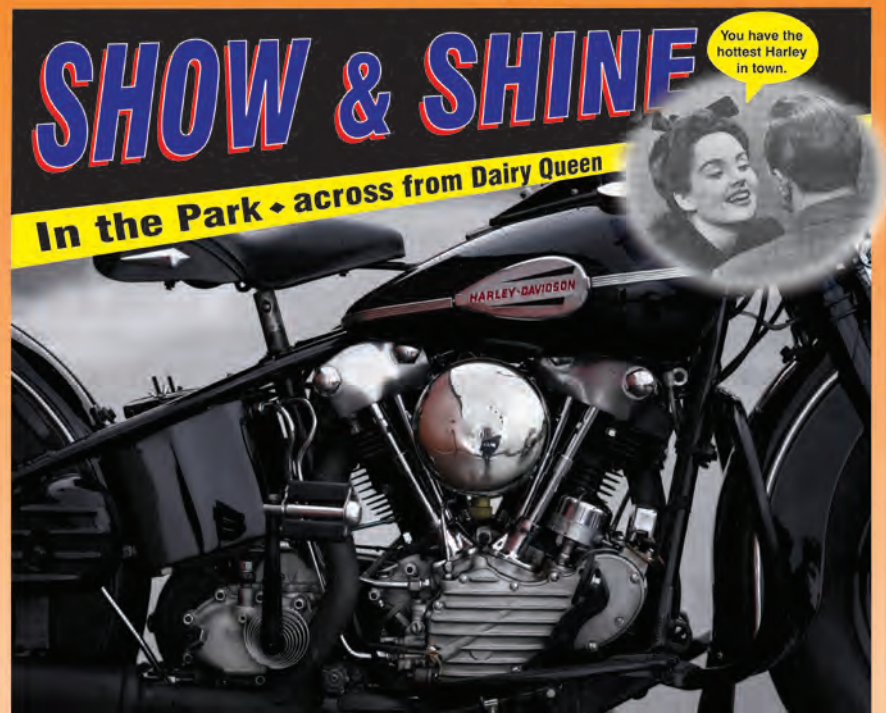
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Lulu and the TomCat perform in Winkler Aug. 31

By Ashleigh Viveiros

Thanks to the pandemic, it's been a good long while since the P.W. Enns Centennial Concert Hall has been able to welcome musical performers to the stage.

That drought ends next week as Lulu and the TomCat bring their interactive family show to Winkler on Wednesday, Aug. 31.

The Juno-nominated duo, also known as Roland's Tom and Lori Neufeld, have made appearances at a number of outdoor community events over the past few months, but they are very much looking forward to performing in the more intimate and controlled setting the concert hall provides.

"It's really a privilege to be the first concert there since COVID," observed Lori. "It's a beautiful concert hall."

Indoor performances certainly come with some benefits, chimed in Tom, recalling the strong winds they had to contend with at the Teddy Bear Picnic in Winkler a few months back.

"There's a lot of things that can happen in a gale-force wind," he said, laughing. "Like your music stand blowing over and your props blowing away."

"In the concert hall you've got this beautiful stage, you've got perfect lighting, perfect sound, and it's so much more focused."

Focused, sure, but no less fun for kids and adults alike—Lulu and the TomCat are known for getting audience members up on their feet dancing along with their favourite tunes.

"They can certainly expect fun, because we love



SUPPLIED PHOTO

Lulu and the TomCat perform at the P.W. Enns Centennial Concert Hall in Winkler next week. It's the first big musical performance at the hall since the pandemic began.

to have fun," said Lori. "We do lots of interactive music and activities ... things that get people back into an active kind of music experience."

"We've been doing quite a bit of that this summer and I notice that the kids just love it," she added. "Being able to participate again and have live performances that are interactive—they're very responsive and they seem to crave it ... some of them are quite young, so they've maybe never had that live experience before."

"It's so nice to see the kids, to see them smiling, to see the parents playing along with us as well," Tom said. "We've missed that so much."

While in-person performances, especially in the colder months, were a challenge for awhile there through the pandemic, the Neufelds kept busy playing music however and wherever they could.

"We did a lot of Zoom concerts," Tom said. "And we've done quite a number of outside things, which is a different way of approaching it and a nice way to keep in touch with people."

They also took advantage of some of the downtime to simply enjoy playing for fun.

"Typically when we're very busy with shows we're rehearsing a lot," Tom said. "Whereas the last few years we've had a lot more time to just play music ... we'll just pick up a music book and start playing through one end and go to the other."

They've had some fun stretching their talents with different kinds of music, and they've also kept busy writing new songs and putting a unique spin on a few traditional tunes.

"We've changed them up, made them different, made them our own, things like that—a little bit more experimentation," said Tom. "We think that we've used our time wisely so now that we've got these opportunities to get back into it, get back on stage, it's fuel for the fire."

The show starts at 7 p.m. Tickets are available online at www.winklerconcerthall.ca or in person at the Meridian Exhibition Centre.

Corn & Apple Festival is back this weekend

By Ashleigh Viveiros

Organizers of the Morden Corn and Apple Festival are anticipating record attendance this weekend.

"Having the luxury of being towards the end of the summer, we've

been able to see how the other festivals ahead of us have gone," noted executive director Tim Hodge. "And to a T it's been basically record attendance at every single one. We're anticipating the largest crowd we've

ever had."

That's saying something considering the average Corn and Apple draws upwards of 80,000 people over the three days.

But it has been three years since the community has been able to host a full-fledged festival, and it's clear people are eager for it.

"People are, by and large, just very excited that the festival is going to be back," said Hodge, noting the buzz has been steadily growing on social media. "People are very excited to be coming back to Morden, back to the Corn and Apple Festival."

"We've got so much to do and see, as always. And we can't wait to welcome everybody to Morden."

What makes the festival work is the army of volunteers who step up in both the planning stages and the weekend of.

Hodge noted they were fortunate that many past volunteers opted to return.

"We did have the majority of our volunteer chair persons for all of our committees come back. We were very, very lucky to have the number come back that we did. And they hit the

ground running."

Still, bringing back a community celebration of this size after a few years away does come with some challenges.

Costs are certainly higher, Hodge said, and the number of corporate sponsors are down somewhat.

"We understand that local businesses haven't necessarily had the best couple of years," he said. "We are very lucky to still have a ton of local companies support the festival and we're very, very grateful for the support that we have been given this year."

Being the first year back, this wasn't the festival to venture out too far from the tried and true.

"Over the past couple years we have had ideas of some new things that we could add to the festival that we think would be really fun and provide some new initiatives for new performers and new volunteers and new people to be involved," shared Hodge. "But we thought after having not had a festival for two years, after having everybody involved not put on a fes-

Continued on page 5

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Grocery program provides food to those in need

By Autumn Fehr

In June, Statistics Canada reported that Manitoba had the second highest rate of inflation in the country next to PEI, with Manitoba sitting at 9.4 per cent.

Among this number Statics Canada shared that the price of food alone increased by 1.7 per cent in July of this year compared to July 2020.

With prices continuing to go up with no relief on the horizon, many families face food insecurities, some who may not have faced these troubles before, but others who continue to struggle with these mounting costs.

Ariane Comte, a social worker at the St. Claude & Haywood Wellness Centre (clinic), is the current organizer for the St. Claude and Haywood grocery program, which hopes to provide help and support for people in the community who face food insecurities.

"People are definitely struggling these days," said Comte.

The grocery program is essentially a small foodbank in the community that had been around for several years, 'unofficially,' being run by a retired clinic nurse who ran it through personal home stock.

After she retired, the clinic wanted to find a way they could continue to provide the program in the community without her.

About three to four years ago, the clinic got together with students from the St. Boniface hospital who were doing a study on food insecurity in the community.

And what they came up with was to set up a shelf in one of the clinics

so that people can have access to it, whether they attend the clinic for doctor's appointments or not.

After they got the students on board, they started promoting the program, and out of it emerged an official food program for the community.

"The purpose of the program is to ensure that people have food under the roof, that they are being well-fed and that they aren't struggling and starving at home," said Comte.

She said she started by helping out with the program, and officially took over about two years ago, as she was a social worker at the clinic already, so they found it a good fit for her to take over once the nurse retired.

We chose to run the program out of the clinic for confidentiality reasons. Some people are in need but don't feel comfortable coming to an actual food bank, so having it in a clinic setting helps with the comfortability, said, Comte.

The program runs entirely on monetary or food donations, given by members of the community.

Currently, the program only supplies non-perishable food items as they only have a small shelving space and no access to a fridge.

With the money received from donations to the program, Comte goes out and does the grocery shopping at one of the local stores in St. Claude, picking up non-perishables such as canned fruits and vegetables, soups, and canned meat.

The program currently has two food drives that happen during Thanksgiving and Christmas, but the program still runs all year-round.

For the Christmas drive, the program partners with the Carman Cheer Board to ensure every family that needs food receives a hamper for Christmas.

In 2020 they weren't taking in any food donations but transitioned to solely providing food vouchers, which gave them some lack of food in their program, said Comte.

In the future, hopefully within the next few years, Comte hopes to get rid of the shelf and transition the program towards a food voucher program, that way people who use the program can shop for themselves and buy what they want with the vouchers.

"If people cannot buy food, then their health struggles. When their health is affected, they need to eat well to get better, so when people are struggling to buy food to put on the table their health is struggling as well," said Comte.

Anyone who lives in St. Claude and Haywood district has access to the program, to come in when they need to, as needed.

"By providing this program, I'm hoping that it will improve their health in the long-term and also increase their well-being in terms of support systems," said Comte.

Members in the community in need



STANDARD PHOTO BY ARIANE COMTE

The shelving unit used for the grocery program located at the St. Claude and Haywood Wellness Centre.

can reach out to the clinic, which will then pass on Comte's cell phone number to let her know that they are interested in the program.

> CORN AND APPLE FEST, FROM PG. 4

tival for a couple years, we decided to take most of the brand new initiatives and hold them off 'til next year.

"We wanted to make sure that the people who have been missing the Corn and Apple Festival for the past two summers, when they come, that they see the festival that they know and love."

Along those lines, Stephen Street will be filled with all the old favourites—the Wonder Shows midway, countless vendors and food trucks, music and dancing at the Cottonwood Stage, youth-oriented entertainment at the Youth Stage, the Children's Tent, Art Walk demonstrations, free corn on the cob and apple juice, , and, of course, a varied lineup of Main Stage entertainers.

Snake Oil brings its Ikons of Rock tribute show to the stage as Friday night's headliners. Opening for them

will be Jade Turner and The Sean Taylor Band.

On Saturday, rockers Big Wreck will perform their biggest hits. Also taking the stage that night will be Romi Mayes and The Incredibly Hip.

Sunday will see performances from Canada's Double Portion, the Glencross Quartet, and the Lumber River Quartet.

"I really think that the reason love the Corn and Apple Festival so much and the reason that they come back is that there's so much jammed into such a small area," reflected Hodge. "Every time you walk up and down Stephen St. you see something new. And the energy that you get at the festival, you really don't get anywhere else."

The festival runs Friday, Saturday, and Sunday. A full schedule is available online at cornandapple.com.

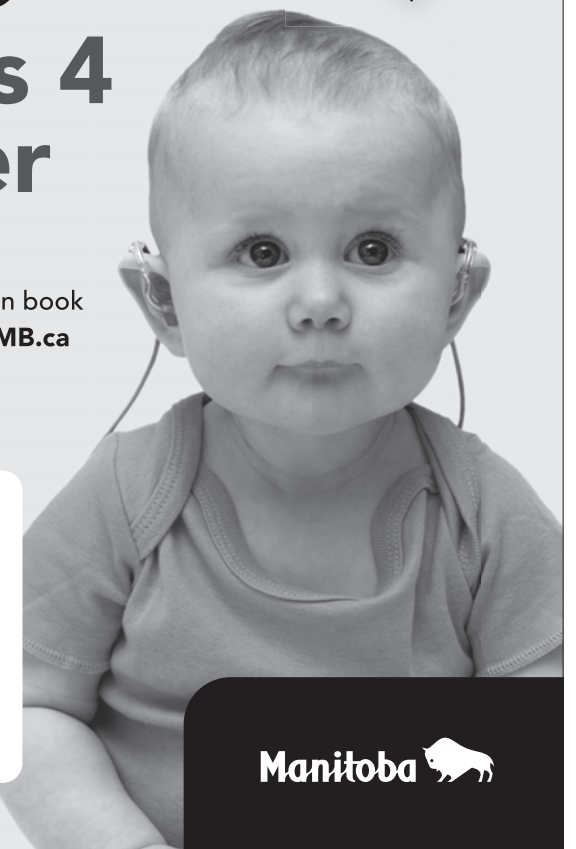
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Plan to increase minimum wage to \$15 by October 2023 announced

Submitted by Manitoba government

The Manitoba government is announcing its plan to increase the minimum wage to \$15 by October 2023, Premier Heather Stefanson announced today, noting government will soon begin consultations with small businesses on the effects of this change.

"Our government recognizes the financial challenges many Manitobans are facing as a result of global inflationary pressures," said Stefanson. "Today's announcement delivers on our commitment to making life more affordable for all Manitobans. This phased-in approach will ensure small businesses remain strong and continue to grow while helping workers and their families get ahead by earning bigger paycheques. Our balanced approach to increasing the minimum wage will help workers make ends meet while also recognizing the concerns of small businesses who are struggling during this difficult time."

Earlier this spring, in recognition of exceptionally high inflation, the Manitoba government passed amendments to the Employment Standards Code to increase the minimum wage above the rate of inflation, the premier noted.

Following consultations with the labour and business communities, the provincial hourly minimum wage will increase to \$13.50 from \$11.95 on Oct. 1, 2022. Additionally, the province intends a further increase of 65 cents on April 1, 2023, that will raise the minimum wage to \$14.15 per hour. With the expected consumer price index increase for 2022, the next indexed adjustment will bring Manitoba's minimum wage to around \$15 for Oct. 1, 2023, the premier added.

"This wage increase will provide much-needed support to hard-working Manitobans who have been burdened by soaring cost-of-living increases," said Labour, Consumer Protection and Government Services

Minister Reg Helwer. "Manitobans have worked tirelessly throughout the COVID-19 pandemic, and we are committed to relieving some of the financial strain."

However, an additional increase to the minimum wage could create pressure on Manitoba's small businesses. To help reduce this risk, the Manitoba government will be consulting with the industry on support programs to help adjust to higher payroll costs.

"Manitoba small businesses are the backbone of our economy and we are committed to helping them grow and thrive," said Economic Development, Investment and Trade Minister Cliff Cullen. "As we continue to grow our economy, we want to attract more workers and high-quality investments to our province. We are committed to working with our business community to address the impacts of this wage increase and find workable solutions together."

Province's first monkeypox infection occurred outside the province

By Patricia Barrett

Manitoba Health confirmed last week the first case of monkeypox in the province as the virus continues to spread across Canada.

The individual's region of residence, gender and age will not be provided due to the risk of identifying the person, states an Aug. 19 provincial news release. The infection occurred outside the province.

Public health officials will "provide notification to close contacts, and to specific locations if the risk to others is considered high and contacts may be unknown."

As of Aug. 14, 168 doses of a preventative vaccine have been administered to Manitobans who have identified as gay, bisexual or men who have sex with men and who've met certain criteria such as having received a diagnosis of chlamydia,

gonorrhea and/or syphilis in the past two months, have had two or more sexual partners in the last 21 days or have attended bath houses or sex clubs.

As of Aug. 19, there have been 1,168 cases of monkeypox confirmed in Canada (excluding Manitoba), with 571 in Ontario, 453 in Quebec, 119 in B.C., 19 in Alberta, three in Saskatchewan, two in Yukon, and one in New Brunswick, according to federal data.

Other health news:

The provincial government's weekly COVID surveillance report for August 7-13 shows a sharp increase in new infections, hospitalizations, intensive care unit admissions and deaths since the previous week's report.

There were 455 new lab-confirmed COVID infections, an increase of 108 cases over the 347 reported the

previous week. The province's data are an undercount as PCR lab testing is restricted and rapid antigen tests are not tracked.

There were also 72 new hospital admissions for the virus during the above period, including 19 people requiring ICU intervention. The previous week's report showed 57 hospital admissions and 12 people having been admitted to intensive care.

The province doesn't provide a cumulative total of how many people with COVID are in hospital on a given day.

The previous week's death toll was 2,079. It has risen to 2,093, an increase of 14 deaths.

There were seven new COVID outbreaks in personal care homes and hospitals in the Winnipeg and Northern health regions.

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Local artist inspired by colours in creation

By Autumn Fehr

Once Elaine Clerc picked up the paintbrush for a second time, it was like she had never left.

After taking a break from her passion for several years while building her family, Clerc has entered the art scene with a bang.

This month, Clerc will showcase 31 of her paintings in the solo exhibit, such as landscapes, cityscapes, and a few florals, from Aug. 2 to Sept. 1 at the Golden Prairie Arts Council (GPAC) Art Gallery.

Clerc said she started drawing when she was very young.

When she was in grade 8, she was chosen out of her class to take art lessons at the library, which she thought was very neat.

She didn't do much art until her early 20s when she started to take her artwork more seriously.

"I enjoyed doing artwork, and I enjoyed being with other like-minded people," said Clerc.

About 10 years later, in her early 30s, Clerc had an experience that kickstarted everything and pushed her into diving further into her artwork.

Clerc, along with a close friend and their families, went to a camp together where they signed up to take art lessons.

"When I got back from our trip, I knew I wanted to keep going," said Clerc.

Clerc and her friend found a teacher and took art lessons for the next four years.

Since then, she has come a long way in creating her pieces.

Clerc used oil paints in the early days, but now she prefers acrylic as it dries fast and lets her go over certain parts if she wants to improve them.

Clerc mainly paints landscapes based on local places that she encounters in her everyday life, including parks and fields while driving out to the country.

She also paints some floral, cityscapes, and birds.

Like many artists, Clerc has her process when creating her pieces.

She starts by taking many different photos to later use for reference when painting.

Clerc said that sometimes she moulds multiple photos together, as there are pieces from both that turned

out well, and she creates her painting with them both as reference.

As an artist, her inspiration has a lot to do with colour, she said.

"Colours in creation are so beautiful; why would I not want to paint them? I think that spurs me on to keep painting."

Encouragement also inspires her to keep on going and creating and doing what she loves.

Clerc paints within a few clubs: the Local Colour Art Group and the Winnipeg Sketch Club and is a member of other galleries in Winnipeg.

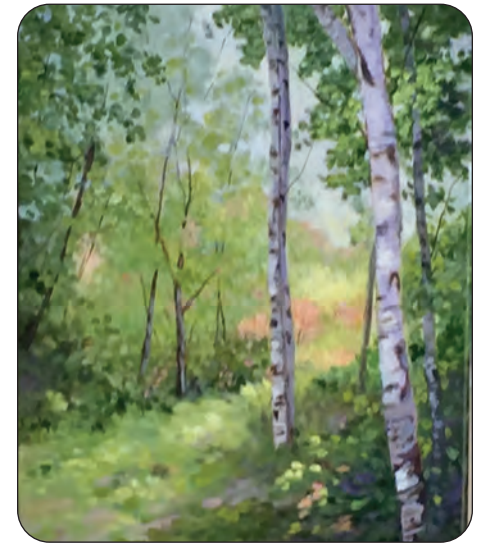
Clerc can connect with like-minded individuals and be lifted in encouragement, she said.

"My family has been very good in encouraging me. I have also found a lot of encouragement in other artists that I've gotten to know."

In the future, Clerc wants to continue participating in member shows in the city on the weekends.

She also hopes to explore different kinds of acrylic, such as fluid acrylic and acrylic ink, that will respond differently than the heavy-body acrylic she does now.

In September, she will be featured in Selkirk's Gwen Fox Gallery, a part of their all-members show.



STANDARD PHOTOS BY ELAINE CLERC

Artist Elaine Clerc will have a number of her paintings on display at Carman's Golden Prairie Arts Council from Aug. 2-Sept. 1.

The great escape



STANDARD PHOTO BY LANA MEIER

The Miami Railway Station Museum treated visitors to the "Great Escape," a short, but high-energy skit last Friday during Miami's Community Showcase. The skit was written by Julia Prondzinski (acting as Lizzie), who was kidnapped by Joey McNair (Clive Snidely the villain) but rescued by her father Bailey Maxwell (Frank, also the Station's agent). The skit was part of ongoing efforts to support the many projects museum staff and volunteers have undertaken to better highlight the role of the railway in rural communities on the prairies. With the addition of the now restored 1914 caboose, train shed, and new interior and exterior exhibits, the museum has grown a lot over the past few years. The museum has a Wind-up Party planned for Sept. 10 at the grounds starting at 5 p.m. Hot dog support for purchase with live music, yard games and door prizes.



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Roseau River celebrating Indigenous culture

By Autumn Fehr

Hundreds are expected to gather for the Roseau River Anishinabe First Nation Pow Wow next week for the first time since 2019.

The event from Aug. 31 to Sept. 1 celebrates Indigenous culture, with dancers participating in the grand entry on Wednesday afternoon.

The Pow Wow welcomes everyone to come and participate in Indigenous culture through music, dance, and good food and to enjoy lots of traditional dancing, singing and regalia.

Spectators can enjoy many traditional dances, including a competition, singing and regalia.

The event brings people together from all the surrounding areas to rebuild relationships.

As reconciliation with our Indigenous peoples is being recognized as a priority in our country, non-Indigenous people must make space for traditional, cultural Indigenous practices.

The Pow Wow is nearing 50 years as a group, and this year is not one to miss out. It's a great reason to celebrate and experience the Indigenous culture.

"The Pow Wow, it's a way of life. The

dance itself brings people together. It's healing," said Darcy Henry, one of the coordinators of the Pow Wow since 2016.

The event will start with a bang at 1 p.m., with the grand entry of dancers and dignitaries on Wednesday and Thursday of the two-day event. The event is free and open for anyone to attend.

The Pow Wow has approximately 200 to 400 dancers, anywhere from one to 10 drum groups, each with six to 10 singers.

The dance categories for the men include grass, traditional, fancy bustle, chicken, and golden age combined.

For the women's category, the dance category includes jingle, traditional, fancy shawl, and golden age combined.

Dancers at the Pow Wow have the opportunity to win monetary prizes for their performances.

Golden Age 50+ for adult men and women ages 18 to 54 could win \$100, \$200 or \$300 for top performances.

The teens, ages 13 to 17 could win \$50, \$100 or \$150, while the youth from ages six to 12 could win \$25, \$50,



STANDARD PHOTO SUBMITTED

The Roseau River Anishinabe First Nation Pow Wow is taking place Aug. 31 and Sept. 1 and is open to everyone.

or \$75.

The MCs of the event are Carson Robinson, Rrafn Youth and Bill Atkinson.

There will be food vendors that will sell "Indian tacos," which are Bannock (frybread) and taco meat with all the toppings, burgers, fries, and sweets for afterwards.

Local crafters will also be onsite, selling things like beaded earrings, keychains, and lanyards.

All drums are welcome, and visitors must bring their chairs to enjoy the event.

The Pow Wow is the final event for Roseau River Anishinabe First Nation's Annual Treaty Days, which will include a fireworks farewell until next year, at 10 p.m. on Sept. 1.

The event is sponsored by Dakota Ojibway Child and Family Services (DOCFS) Prevention program.

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Dufferin Market Gardens a business meant for family tides

By Autumn Fehr

Over three decades ago, the Carman Farmer's Market started, along with another couple's garden that would eventually grow big enough to create their own 'market' type business.

When Edith and Len Rook started their garden, they never imagined it would become as big as it is today.

They started with about half an acre, but it didn't take long before these acres expanded.

In 1989, the Rooks started their garden in Dufferin, located four miles west of Carman.

At that time, the Carman & District Farmer's Market also made its debut, opening every Friday to the public.

"I grew up used to having a home garden, as did my husband... It was because of the Farmer's Market that we started selling in the first place, and we enjoyed it. I enjoyed the selling, and my husband enjoyed the growing," said Edith.

They sold at the market with about half an acre of land, whatever they had ready.

The Carman Farmer's Market was only on Fridays, but they would have produce ready to sell throughout the week, so they started to think of ways to expand, said Edith.

Eventually, Edith started selling their produce privately to the local stores in Carman, later expanding to the Co-op store in Morden.

They then expanded, making a circuit around Elm Creek, Rathwell, Notre Dame, and Roseisle, selling whatever they were growing to the stores once a week, all while continuing with the Carman Farmer's Market on Fridays.

During that time, the couple had six children and in 1994, added a seventh to their family.

"We raised our children helping us on the farm," said Edith.

The garden was a family affair, but the couple would also hire university students that paid their way through school by working on their farm in their off-season. "The children helped. It was a wonderful way to teach our children a good work ethic, so we worked together as a family. It was a great way to raise the children... It



Greenhouse tomatoes at the Dufferin Market Garden in the spring.

makes for a lot of fun, and lots of time to talk," said Edith.

Dufferin Market Gardens doubled in size 10 years later, expanding to 20 acres of garden.

"Year by year it kept on expanding," said Edith.

From 1995 to 96, they started growing kale for Peak of the Market, which helped to expand their business.

Since they were now selling at Peak of the Market, they started expanding the variety of vegetables they grew, adding zucchini and cucumbers to their menu.

Over the years, they have expanded their palette, adding green peppers, jalapeno peppers, and leeks.

By 2000, the family had expanded their garden enough to live off of their vegetable farm, so Len began to stay home full-time, tending the garden as his new full-time job.

Three to four years ago, the couple started to think about retirement.

Shortly after, in December of 2018, their oldest son, Tim Rook, and their youngest son Phillip Rook took over the family business.

"After that, Len, and I slowly retired. It was a transition," said Edith.

Since their sons took over the farm, they have expanded again to support their two families. They rent about 100 acres of garden space and have added cabbage and cauliflower to



STANDARD PHOTO SUBMITTED

Tim Rook, Edith and Len Rook's oldest son selling beans at their first Farmer's Market in Carman in 1989.

their produce selection.

Dufferin Market Gardens continue to sell at the Carman Farmer's Market every Friday, but they have shifted mostly to selling to Peak of the Market.

The Carman Farmer's Market has become such a small part of our business, said Edith.

A different bunch of vegetables is grown to sell specifically for the Car-

Continued on page 10

Larry Stout

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Woodcarving hobby leads to a lifetime of possible creations

By Autumn Fehr

Someone else's passion for something can go a long way in influencing others to get passionate about it too.

A Carman man's woodcarving hobby has grown into a passion that he intends on working at for as long as he can.

Since Roy Wood's dad taught him how to make a whistle out of a willow branch when he was a kid, he had an interest in woodwork.

Although it wasn't until he left the farm and moved to town, in Carman, that he really started to give it a go.

For about 25 years now he hasn't stopped creating as he said there are so many possibilities and ideas he has, whether it's making gifts for his grandchildren or his neighbours, it's a hobby that he loves.

Wood said that what got him started was Matt Dedrick, his carving teacher, and a skilled carver in the community.

"He is really a skilled carver. He can carve birds that you would think if you said boo they would fly away," he said.

Before COVID-19 he used to go to carving classes taught by him once a week.

"We'll get going again this winter, I think. We learn from each other too when we have these carving meetings," said Wood.

Wood has lots of grandchildren and great-grandchildren that he enjoys making gifts for out of his carvings.

Some of the things that Wood has created through his carvings are serving trays for grandchildren for gifts, lots of animals such as horses, buffalos, cats, and dogs, clocks, birdfeeders, a deck table, and a coffee table. He has also made various Paw Patrol characters for his grandchildren for gifts as well.

He also carved a scene in a door frame, as a bigger project.

Besides creating gifts for his grandchildren, and creating projects for people, he has also done woodwork for charity.

He made four or five full-sized tables for a charity and all the revenue from them went to the Children's



Wish Foundation, which was a few thousand dollars worth.

Wood uses basswood to do his carvings, as it is one of the softest woods.

For carving tools, he uses little chisels and good sandpaper, among others.

He said it depends on what you are carving and on what you need, but either way, he's got a lot of tools he can use.

Wood said he continues to do woodcarving because it's a year-round hobby that he can do in the shop that gives him something to do.

When he is carving, he has people come and sit down with him in his shop and visit with him or some days another carver will come along.

"There's a connection that comes with it that is priceless," he said.

Some of Wood's favourite projects he's created over the years include workhorses like the ones he used to drive when he was younger that are about a foot long and 3.5 inches wide – they take him at least a week to create.

One of his other favourite projects is the Charlet cows and bulls he made that were the same cattle he had growing up.

"It takes a pretty good block of wood to make one of those," said Wood.

Recently, Wood hasn't made anything new but has been continuing to create gifts for other people, such as



STANDARD PHOTOS BY DENNIS YOUNG

Carman's Roy Wood has been carving wood since he was a young boy.



Wood has carved a cat, Paw Patrol characters, Sylvester the pooty cat, a bull and a horse.

the horse and cat he recently carved.

Wood said he always has projects on the go in his shop.

"I never run out of ideas or demands that come by way," he said.

Encouragement means a lot to Wood, and he tries to spread it whenever he can, especially when it comes to new projects or activities.

"If there's anybody that's got the slightest interest, I'm always here to take a little bit of time to encourage them to get involved. I know what encouragement meant to me when I was younger... and I think it's a pretty important thing," said Wood.

Wood said he intends to keep on doing it for as long as he can.



"I'm only 88 years old so I've got to keep going," he said.

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> DUFFERIN MARKET GARDENS, FROM PG.9

man Farmer's Market: peas, beans, onions, carrots, tomatoes, and cucumbers she said.

After gardening for so many years, they have a specific process they follow when it comes to growing their produce.

First, all plants are seeded in

the greenhouse. Then they are transplanted and then moved to a cold frame outside to harden off. When the fields are ready, the plants are transplanted and put into the soil, where they will grow to term before being harvested and sold.

All of this is done with the

help of Mexican workers, as our family is all grown up, said Edith.

Edith said this year they hope to have 32 Mexican workers to help them on the farm, a part of the agreement that Canada has with Mexico for agriculture. The agricultural workers come up from Mexico to work from April to October.



Wondrous WEDDINGS



5 trendy wedding colours for 2022

If you're planning a wedding but still undecided about what colour scheme to use, consider choosing a hue that's in vogue in 2022. Here are five trending wedding colours.

1. EGG-YOLK YELLOW

This vibrant and energetic shade is perfect for summer weddings. It goes great with white, grey, light pink and black.

2. TERRACOTTA PINK

This vintage shade of pink will add a touch of romance to your big day. It's a delicate colour that can be paired with other pastels like blue, yellow and pearl grey.

3. DENIM BLUE

Denim is a versatile colour that's suitable for any season. It can be combined with just about any shade.

4. MINT GREEN

Add a fresh twist to your wedding day with mint green. Pair this colour with black to create a modern look or pastel pink for a whimsical feel.

5. BLACK

Black is chic and can be incorporated into your decor as either an accent shade or focal point. It's both contemporary and timeless and can make bright colours pop. When combined with gold and silver, black adds elegance and refinement.

To make your celebration a success, consider hiring a professional wedding planner.



Getting remarried: a fresh start

Did you know that many people meet their soulmate after getting a divorce or becoming widowed? In this type of situation, it's perfectly normal to want to make your relationship official by getting remarried.

When you think about it, there are many advantages to getting married again, including not repeating the mistakes you made the first time. If you invited the wrong people, your outfit was uncomfortable or the food was disappointing, you'll be able to make better choices.

In fact, countless exhausted and stressed-out newlyweds admit they didn't really enjoy what was supposed to be the best day of their lives. Plus, you'll be less nervous about your second wedding because you've done it before and know what to expect. Consequently, you'll be able to enjoy yourself, and the smiles in your photos will be sincere.

To help make your big day as memorable as possible, consider contacting a wedding planner.



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Miami showcases businesses and organizations



STANDARD PHOTOS BY LANA MEIER

Miami closed down Norton Ave. from 3-7 p.m. last Friday for the third annual Miami Community Showcase highlighting local businesses, products and services, sports and recreation clubs, and leisure organizations. The event also included live musical entertainment on the museum stage. Pictured, clockwise from top left, Kingston and EMR Chantal had a tour of the fire truck; children of all ages had fun on the bouncy train; the Harvey Allen band entertained guests; Barry Dueck demonstrated his chain saw skills while carving a bear; girls cooling off enjoying freezies; Tina Morgan was selling fresh vegetables and if you missed out, she is in Morden on Thursdays at the Farmer's Market; the library had baking and books for sale, while the Miami Ag Society offered a putting challenge to win 9 holes.



Celebrating over 100 years of the Miami Flower, Fruit and Vegetable Show

By Autumn Fehr

The first record of any type of flower show in Miami was in 1890 when a lady had a table out on her lawn with flowers on it, and people gathered around.

Although it wasn't until 1940 that they had a true flower show in one of the halls in Miami.

On Aug. 11, gardeners and horticultural lovers flocked to the Miami Flower, Fruit, and Vegetable Show once again.

The show is a small fundraiser for the Miami Horticultural Society, where anyone could bring in plants for different classes and get judged on them, with winners for each class.

After a two-year hiatus due to the pandemic, the community was excited to welcome back their signature show.

"Miami is such a rich area of horticulture...Everybody was quite horticulturally minded," said Lynn Sprott, President of the Miami Horticultural Club.

This year, the show had 388 separate entries, with 31 exhibitors in total – 8 juniors and 23 adults, and there were 12 new exhibitors this year.

The oldest exhibitor this year was Velma Orchard at 95 years old, who had several entries in the show.

Around 60 people attended the event this year.

There was a variety of different flowers displayed in the show, such as house plants, cut flowers, and tables of flower arrangements, with each class having several arrangements in it.

"The hall looked lovely – absolutely lovely," said Sprott.

One of the big surprises of this year's show was that there was no gladiolus, which was the first time in history this has happened at the show, she said.

"Even some of our oldest members couldn't remember a time that they didn't have any glads. They were surprised."

A large variety of fruits were also showcased in this year's show. Cherries, all sorts of apples such as crab, fall and winter apples, melons, and plums were just a few of the varieties seen this year.

An even larger selection of vegetables was exhibited in this year's show: three classes of beets, sweet corn, spinach, onions, cauliflower and three types of tomatoes were some vegetables displayed by this year's exhibitors.

From 9:30 a.m. to 12 p.m. a board of three qualified judges from the Horticultural Society judged the exhibits. They awarded first, second, or third place to different entries within the show, each place being

awarded a different number of points. The judges look for many different things when judging such as appearance, how healthy they are, whether they are passed due, etc.

After all the exhibits are judged, the points are added together, which gives the exhibitor their final total for all their exhibits that ranked first to third place in the show.

This year, exhibitor Joan Robinson seemed to steal the show with numerous fabulous entries that won her several awards, tag teaming with her husband Dale Robinson.

Joan Robinson won the most points in the flower section, with 281 – which was one of the highest recorded scores in the show's history. She was also awarded the most points in the whole show with 292 points.

Dale Robinson was awarded the most points for fruit and vegetables, with 66 points.

The winner of this year's junior section was Nyomi Pearson.

The Court of Honour is a special display at the show where the best exhibits from all the classes are displayed.

The table had a variety of flowers and fruit: the best dahlia, flower arrangement, potted geranium and lily went to Joan Robinson, Brian Unger had the best hydrangea, and the best rose was awarded to Gale Snider, and the best plate of fruit was awarded to Dale Robinson.

There were 17 groups of raffle items donated by members of the Horticultural Society, which were all won by different people.

After judging was completed, the entries were open to the public for viewing from 3 to 8 p.m., where people came out from as far as Winnipeg, Plum Coulee and Winkler to see the exhibits.

Next year, the Horticultural Society of Miami hopes to bring the traditional show back to the community once again but is looking for new volunteers.

"It's a lot of work. There's a lot of organizing and footwork that goes on behind the show, or even before the show gets started," said Sprott.

"We just want people to join who are interested in gardening, flowers, fruits and vegetables to come out and enjoy."

The show thanks all its sponsors, exhibitors, members of the horticultural club, and the people who came to visit the show and enjoyed it, for everything they've done to make this show possible for the community.



STANDARD PHOTOS TAKEN BY WENDY PEARSON

Miami Flower, Fruit and Vegetable Show Court of Honour winners, left to right: Nyomi Pearson (most points in the junior section), Lynn Sprott (President of Miami Horticulture Club), Joan Robinson (most points in the show as well as most points in flower section) and Dale Robinson (most points in the vegetable section).

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Central Charge captures provincial crown

By Ty Dilello

The U15 Central Charge softball team recently won gold at the provincial championships in Brandon on Aug. 13-14.

This was the first year for the Central Charge program, which bases itself out of central Manitoba and consists of girls from Carman, Morden, Miami, Winkler, Notre Dame de Lourdes, Morris and Portage La Prairie.

The season started with tryouts in early May, and final cuts were made closer to the end of May. During the year, there were two showcases, one in Brandon and one in Headingley. The team finished with a 12-4 record during the short season.

To end the year, Central Charge headed to Brandon for provincials, where they faced other "AA" regional teams from around Manitoba. Central Charge played six games throughout the weekend. In the round robin, they defeated Westman North Fury (9-3), Manitoba Reapers (16-1), Westman South Storm (16-12), and lost to the Eastman Blaze (6-2). It was a scorching weekend, so the Central Charge team had to ensure they were staying hydrated and cool as much as possible.

"The season leading up to provincials, I was pretty confident this team was going to do well," said Central Charge coach Keith Graham. "Everyone on the team is a very strong player who plays their position well. The pitching was strong, fielding was great, and our hitting was solid throughout the whole team. I think a few people had us being a favourite going into provincials, but the way every team was playing throughout the year, it could have gone to anyone! We knew we had to be sharp going into the tournament."

The semi-final was a very hard-fought game that Central Charge was able to win over the Westman Storm by a 7-6 scoreline. This gave Central Charge a rematch with Eastman Blaze, the only team that had beat them all weekend.



STANDARD PHOTO SUBMITTED

The U15 Central Charge softball team recently won gold at the provincial championships in Brandon on Aug. 14. Pictured back row, left to right: Erin Peters (coach), Ella Harkness (Portage La Prairie), Emma Klassen (Winkler), Samara Hildebrand (Winkler), Carly Sotheran (Carman), Sophie Cenerini (Notre Dame de Lourdes), Kayla Nikkel (Morden), Rory Lumgair (Morden), Darcy Epp (Morris), Keith Graham (coach); front row, Summer Davison (Morden), Hannah Graham (Miami), Heidi Reimer (Winkler) and Leah.

Central Charge was leading heading into the top of the 7th but Eastman battled hard and tied it up 12-12. In the bottom of the 7th, Central Charge ended up loading the bases with one out. Samara Hildebrand drilled the ball to the outfield while Sophie Cenerini was tagging on 3rd base. Once the ball was caught, Cenerini tagged up and slid into home for the 13-12 win and a wild finish.

"I'm extremely proud of the girls. Coming into the season, you never know what to expect when you throw people together from different towns," said Graham. "They turned into great teammates immediately and worked hard to finish the year with

a provincial championship. I am very happy the girls were able to be rewarded for their hard work throughout the year. I couldn't have asked for a better group of kids."

The Central Charge team will now take a break from ball for a bit after their provincial championship. Some of the group also played high school fastpitch "A" ball, so some have played close to 50 games this season, not including practices.

"The goal is to continue with this 'AA' program throughout the winter and hopefully see more growth and good competitive ball in the coming years."

Scott awarded Honourary Life Membership in the Manitoba Baseball Hall of Fame

Submitted

In his yard in Carberry, Gladwyn Scott was awarded a Honourary Life Membership in the Manitoba Baseball Hall of Fame last Friday.

The award was presented to him by Dan Giesbrecht, Chairman of the MBBHOF Board of Directors. Also in attendance were Joe Wiwchar, Museum Administrative Manager, and Board Members, Morris Mott of Brandon, Murray Zuk of Souris, and Al Robertson of Hamiota, brother, Glenis Scott and sister, Barb Mikulin plus other family and spouses.

This award is given for commitment, contributions, and dedication to the Hall of Fame. Scott was one of the original founders of the Manitoba Baseball Hall of Fame 25 years ago, served as the first chairman for six years, and remained a board member until this week.



Gladwyn Scott was awarded a Honourary Life Membership in the Manitoba Baseball Hall of Fame.



STANDARD PHOTOS SUBMITTED

Friends and family gathered at Gladwyn and Marguerite Scott's home in Carberry.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Local pitcher back on the mound after near fatal accident

By Ty Dilello

It's been a tough road, but Altona Bisons junior pitcher Jayden Gerbrandt has fully recovered from a near-fatal car accident just three months ago.

On the evening of May 3, Jayden and his girlfriend Erin drove out to Morden to take pictures as a couple to celebrate their two years of dating anniversary. Afterwards, Jayden dropped Erin off in Winkler, where her car was parked, and the couple drove home to Altona in separate vehicles.

"Everything was going normal, but as I was passing Horndean, something happened that I don't really remember, but I have flashbacks of seeing a semi no more than 20 feet in front of me," recalled Gerbrandt. "I panicked and shot a last-second effort to get out of the way. I nailed my passenger front side with the semi and did a full spin facing the other way with my truck ending up on the opposite shoulder."

The next thing Gerbrandt remembers was waking up to people around his truck asking if he was okay. He was able to talk to them but couldn't keep his eyes open because they had shards of glass in them.

Once emergency services showed up, firefighters cut open the driver's seat door and swung it open. The paramedics then put a neck brace on Gerbrandt, and from there, he was able to climb up out of the truck, walk to the stretcher and sit down.

"I was unable to lay down due to all the pain in my abdomen. So they put me in the ambulance and drove me to Boundary Trails Hospital where I was for approximately two hours before I was rushed to the Health Sciences Centre in Winnipeg because I had internal bleeding."



Gerbrandt delivers a pitch following a three month recovery from a car accident in May of this year.

"When I arrived there, they rushed me into surgery. They had to remove four inches out of my small intestine, patch up my perforated colon, and also repair my abdominal wall. I was in the hospital a total of six days and then was able to go home to the surprise of a lot of people, including myself and the nurses."

When Gerbrandt got out of the hospital, it took some time to get used to not being able to use his core muscles, as well as the fatigue he experienced after doing simple tasks. But overall, the recovery was surprisingly very quick.

Just two months later, Gerbrandt was back playing baseball as he joined the junior Bisons for the start of playoffs. He helped Altona win the series against Pembina Valley and then played in the second game in the semi-final series with St. James. Gerbrandt was planning to start on the mound for Altona in the third and decisive game.

However, St. James protested that Gerbrandt was an ineligible player



STANDARD PHOTOS SUBMITTED

Altona's Jayden Gerbrandt is lucky to be alive after surviving a near fatal car accident near Horndean back in May.

because he hadn't played in five regular season games this summer which is an MJBL rule. The MJBL agreed with St. James, and despite Altona's appeal, the ruling stood, and Gerbrandt wasn't allowed to play.

"I was unable to play the third game of our series with St. James because of the league refusing to rethink the decision of me being unable to play. I'm quite disappointed in the president of Baseball Manitoba for the reasons he said I was ineligible."

Despite the lousy ruling from Baseball Manitoba, Gerbrandt is thankful he was even able to get back on the field and start playing again so soon after the injury.

"I went from being unable to sit up without support to playing baseball and being back at work within three months. That doesn't happen very often. I was anticipating missing the whole baseball season, but my recovery was quicker than I (and everybody else) expected, and I was able to play four games this year. Even though I couldn't play at my full potential, it felt really good to be back on

the diamond."

Life has really become a lot more precious for Gerbrandt since the accident. It was an eye opener that life can be taken in a blink of an eye and that we need to be ready for it.

"I'm so thankful for everybody in the emergency services that helped, as without them, I wouldn't be here today. And especially to STARS for their quick work and response time. They are a huge part of the medical community. They save so many lives every day, and mine is now one of them. Another big thank you would be to all the prayers and support for both my family and me. It was a huge help, and we are all very thankful for it."

"I would like to add one more thank you to all the people of Horndean. How quickly they came to check on and talk to me and as well all the people who kept my girlfriend calm and looked after her. She was in her car behind me when the accident happened and was one of the first people on the scene. So for them to keep her calm and keep her safe was huge."

Manitoba captures 37 medals at 2022 Canada Summer Games

Submitted by Sport Manitoba

After two weeks of highly-anticipated competition, Team Manitoba finished off the 2022 Canada Summer Games with 37 medals: 10 gold, 10 silver, and 17 bronze.

On Sunday, two medals were added to the tally. The women's volleyball team will bring home the gold medal

after defeating Alberta in the finals, and diver Adam Cohen won a bronze medal in the 1m springboard.

Recognizing all the challenges and barriers Team Manitoba athletes have had to overcome over the last few years, the team's leadership reflected positively on its performance over the two weeks, which included record-

setting hauls from swimming, wrestling, and athletics.

One major standout in athletics was Madi Lawrence. Her perseverance and record-breaking performance earned her nomination and selection as flag bearer for the closing ceremony of the 2022 Canada Summer Games.

"Achievement was never as evident

as it was with Madisson Lawrence's results out on track in week two. Madi exemplifies everything we want Team Toba athletes to be known for through her skill, determination, and leadership characteristics, which is why we are so honoured to recognize

Continued on page 16

> SUMMER GAMES, FROM PG. 15

her as our flag bearer,” said Chef de Mission Drew Todd.

The 23-year-old from Winnipeg collected three medals at the Games, a silver in the high jump, where she tied her personal best and in the long jump where she set a new personal best, and a gold in the heptathlon.

The heptathlon is an athletics competition where contestants take part in seven different track-and-field events in two days - the 100-metre hurdles, high jump, shot put, 200-m dash, long jump, javelin, and 800-m run. With this win, she set a new Canada Games record with 5,655 points, breaking a 33-year-old Canada Games record by 222 points. And she set her own 177-point personal best. On top of that, she also set personal bests in the javelin and hurdles events.

“I am grateful for the opportunity

to compete here, and for the experience Canada Games has provided me,” said Lawrence. “The Games are a great chance to combine the spirit of various sports and display how much we truly love Manitoba. Everyone out here gave it their all and cheered on all the different teams and to me that is the definition of Games spirit and what Manitoba is all about. I have exceeded my expectations and am thrilled with the performances I and other teammates have put out this week.”

Lawrence set ambitious goals for her Games. She set out to improve in each of her events, see a couple of podium finishes, and score as many points for Team Manitoba as possible. Not only did she follow through on each, she did so by carving her name in Canada Games history.

Storm drop pair to Flames

By Ashleigh Viveiros

The Winkler Storm wrapped up August with a pair of losses at home last weekend.

Winkler welcomed the Bonivital Flames to town for a pair of games Saturday and Sunday.

In game one the home team managed to keep their opponents to just one goal but failed to find the back of the net themselves, losing the match 1-0.

Sunday’s game saw the visitors score five to Winkler’s two. Scoring for the Storm were Tobias Morasch and Ilyas Umar.

That brings Winkler’s record for the summer thus far to 3-11-1, which has them in second-last place in the Manitoba Major Soccer League’s Premier Division standings, ahead of only Luso Canadian CCS (2-5-3).

The Storm get another crack at the Flames Sept. 1 in Winnipeg. They’ll then play Lucania FC Sept. 15 and Hellas SC Sept. 21, both on the road, to close out the regular season.

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: intermediate

Here's How It Works:

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

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

Sudoku Answer

A	V	S	S	D	V	O	S	A	S	V	M
P	S	E	E	T	O	V	H	T	I	V	A
P	V	T	N	O	T	L	V	A	W	M	I
V	N	V	H	I	T	I	F	O	L	V	G
S	V	M	V	T	S	E	O	H	S	M	O
	I	T	E	V	C		S	D	V	T	
S	E	R	V	D	I	V	T	S	X	V	
C	V	P	I	B	I	O	H	I	N	T	E
I	V		S	E	S	V	C	R	H	V	T
P	O	S	E		A	V		O	V	T	
E	N	E	C	S	V	M	A	D	H	P	V
S	T	R	E	S	V	A		E	G	V	N
S			B	O	R	V	A	R	O	N	O
O	O	O	M	V	C	I	E	I	O	E	I
E	O	H	V	T	S	P	P	A	L	N	B

Crossword Answer



CROSSWORD

CLUES ACROSS

- 1. One point north of due west
- 4. Indigenous peoples of northern Scandinavia
- 9. Popular California/Nevada lake
- 14. Go quickly
- 15. Fatty acid in soaps
- 16. Brand of fuel stations
- 17. State of fuss
- 18. Romance novelist
- 20. Members of a household
- 22. Asserts to be the case
- 23. Type of infection
- 24. With metal inlays
- 28. Chinese philosophic principle
- 29. Early multimedia
- 30. Employee stock ownership plan
- 31. He investigated Clinton administration
- 33. Shells
- 37. Six
- 38. Snakelike fish
- 39. Capital of Kenya
- 41. Influential group (abbr.)
- 42. Used to chop
- 43. It comes as a case
- 44. Challenges
- 46. Small amounts
- 49. The Golden State
- 50. Peyton's little brother
- 51. For walking in Alaska
- 55. Buddhist honorific titles
- 58. Lively ballroom dance
- 59. Capital of Albania
- 60. Late night host
- 64. Draw from
- 65. A way to utilise
- 66. One who is not native Hawaiian
- 67. A power to perceive
- 68. Bulky
- 69. Horse mackerels
- 70. Proclaim out loud

CLUES DOWN

- 1. Hits
- 2. Bathroom accessory
- 3. Young
- 4. Beef cattles

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				49			50				
51					52	53	54			55			56	57
60	61							62	63				64	
65						66							67	
68						69							70	

- 5. It's often in soap
- 6. For each
- 7. Innermost membrane enveloping the brain
- 8. A way to leave
- 9. Emaciation
- 10. Punish with a fine
- 11. Steeds
- 12. Having eight
- 13. Greek goddess of the dawn
- 19. Mature reproductive cells
- 21. Armadillo species
- 24. Ancient country in what is now Romania
- 25. Extreme greed
- 26. Stars
- 27. Poems
- 31. Places to sit
- 32. One from the Lone Star State
- 34. Small rails
- 35. One quintillion bytes (abbr.)
- 36. Where coaches work

- 40. Indicates position
- 41. Mammals
- 45. Resembling a wing
- 47. Beliefs
- 48. Hindu male religious teachers
- 52. Mischievously
- 53. Where athletes want to end up (abbr.)
- 54. Large, deep-bodied fish
- 56. Horned squash bug genus
- 57. Excessively sentimental
- 59. Shared verbally
- 60. You can put it on toast
- 61. Data mining methodology (abbr.)
- 62. Resinlike substance secreted by certain insects
- 63. Mauna __, Hawaiian volcano

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Don't miss the big annual JunkWagon Antiques & Collectibles Sale. Everything from old toys, vintage clothing, comics, records, jewelry, rustic, retro, glassware, old advertising, old signs, upcycled & so much more. Saturday, Sept. 10th. Doors open 9 a.m. - 4 p.m. 980 Winakwa Rd. in Winnipeg. \$5 per person.

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ROCKY MOUNTAIN EQUIPMENT is NOW **HIRING:** Managers, AG Equipment Techs, Heavy Equipment Techs - Journeyman & Apprentices, Parts Techs. View Open Roles & Apply: www.rockymtn.com/careers. Relocation and signing bonus offered.

UPCOMING EVENTS

Cluck & Quack Poultry Club Annual Sale - Poultry, small animals, equipment, crafts, vegetables, hobbies, etc. Saturday, Sept. 10th, 10 a.m. - 3 p.m. at Springfield Curling Club in Dugald, MB. For further vendor information contact Bill 204-755-2347 Email: bhartmann@xplornet.com

DUNREA FLEA MARKET - Rain or Shine! Antiques, collectibles and more! Over 100 vendors. Admission \$5. 11 a.m. - 4 p.m., Sunday, September 4, 2022. Fairgrounds in Boissevain, MB.

LAKESIDE FLIGHT ACADEMY

Want to learn how to fly? Lakeside Flight Academy is the most affordable in Canada. Recreational, private and commercial certificates. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-642-4799.

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Customer Service Office Clerk (Casual)

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To view this and other employment opportunities, visit rrc.ca/employment.

We thank all applicants for their interest, but only those selected for an interview will be contacted.

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Email: ndcream@bothwellcheese.com

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EMPLOYMENT OPPORTUNITY

Adult Learning Center Instructor - Term Focus on ELA and General Arts Subjects

Competition #: 2022-165 Closing Date: Aug 26, 2022

To view this and other employment opportunities, visit rrc.ca/employment. We thank all applicants for their interest, but only those selected for an interview will be contacted.



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1:00 p.m. to 4:00 p.m.
Tuesday & Thursday - CLOSED
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NOTICE OF NOMINATIONS TOWN OF CARMAN

NOTICE IS HEREBY GIVEN that on the following days: September 14, 15, 16, 19, and 20, 2022 between the hours of 8:30 a.m. and 4:30 p.m. at the following location, Town of Carman office, 12-2nd Avenue SW, Carman, I will receive nominations for the offices of Mayor and Councillors (6) of the aforesaid Local Authority.

The nomination deadline is Tuesday, September 20, 2022 at 4:30 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters of the authority. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the date and hours specified, by an agent, or by email. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the SEO at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Cheryl Young, SEO
204-745-2443

cheryl@townofcarman.com

Dated at Carman, Manitoba on August 25, 2022.

Cheryl Young, SEO
Town of Carman



TOWN OF CARMAN PUBLIC NOTICE

Town of Carman staff will be flushing fire hydrants commencing August 15, 2022 until the end of September. Some cloudiness to your water may occur, however the quality of the water will NOT be affected. If you have any questions, please call the Town of Carman office at **204-745-2443** or the Water Treatment Plant at **204-745-2481**.

FARMLAND FOR SALE BY TENDER

Sealed written tenders for the property in the Municipality of Rhineland described below must be received by 5:00 p.m. on Wednesday, August 31, 2022 at:

Franz Hoepfner Wiens Law Office
Box 99, 1 880 J 15th Street
Winkler, Manitoba R6W 4A4
or email tenders@fhwlaw.ca

Property located ½ mile north of Hwy 14 between Reinfeld and Plum Coulee.

LAND: THE W ½ OF THE W ½ OF NW ¼ OF SECTION 8-3-3 WPM RM of Rhineland 40 Acres of BARE FARMLAND Risk Area: 12 Soil Zone: D32

Conditions of Tender:

1. The property described will be sold "as is".
2. Highest or any tender not necessarily accepted.
3. Possession is November 1, 2022, or earlier upon removal of crop.
4. Tender must be accompanied by a refundable deposit of 5% of the amount offered, payable to Franz Hoepfner Wiens Law Office.

Terms of Sale:

1. The successful bidder(s) shall enter a formal agreement for purchase of the property within ten (10) business days of acceptance of the tender.
2. Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
3. GST and land transfer taxes will be the responsibility of the purchaser.
4. The adjustment date for property taxes will be January 1, 2023.

For further information contact
Franz Hoepfner Wiens Law Office
at 204-325-4615.

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NOTICE OF NOMINATIONS RURAL MUNICIPALITY OF GREY

NOTICE IS HEREBY GIVEN that on the following days:

Wednesday, September 14th, 2022
Thursday, September 15th, 2022
Friday, September 16th, 2022
Monday, September 19th, 2022
Tuesday, September 20th, 2022

between the hours of 8:30 a.m. and 4:30 p.m. at the Rural Municipality of Grey Municipal Office located at 27 Church Avenue East, Elm Creek, Manitoba

I will receive nominations for the offices of:

Office:	Vacancies:
Reeve	1
Councillor Ward One (1)	1
Councillor Ward Two (2)	1
Councillor Ward Three (3)	1
Councillor Ward Four (4)	1
Councillor Ward Five (5)	1
L.U.D. of Elm Creek Committee	3
L.U.D. of Haywood Committee	3
L.U.D. of St. Claude Committee	3

for the Rural Municipality of Grey.

The nomination deadline is September 20th, 2022 at 4:30 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations must be filed in person at the above location on the date and hours specified. To obtain a nomination paper, and/or candidate's declaration of qualification, contact the S.E.O. at the address or telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Dated at Elm Creek on August 24th, 2022.

Kim Arnal
Senior Election Official (S.E.O.)

Rural Municipality of Grey Phone: 204-436-2014
Box 99, 27 Church Avenue East Fax: 204-436-2543
Elm Creek, Manitoba R0G 0N0 Email: kim@rmofgrey.ca



SEASONAL HELP REQ'D!

Bo-Russ Contracting Ltd is seeking a motivated individual to assist in the seasonal drain tile operation. Duties may include operating various heavy equipment (i.e. backhoe, tractor, excavator).

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Prairie Rose School Division

PUBLIC NOTICE NOTICE OF NOMINATIONS AND BY-LAW 85-22 – WARD CHANGES

At the Special Board Meeting of July 26, 2022, the Board passed By-Law 85-22, being a by-law to re-establish the boundaries of the wards and the number of trustees in each ward. The newly established areas are listed below.

- Ward 1 - Miami/Roseisle - One Trustee
- Ward 2 - Roland/Homewood/Sperling - One Trustee
- Ward 3 - Carman/Graysville - Two Trustees
- Ward 4 - Elm Creek/Fannystelle - One Trustee
- Ward 5 - Elie - One Trustee
- Ward 6 - St. François Xavier - One Trustee
- Ward 7 - St. Eustache - One Trustee
- Ward 8 - St. Laurent/St. Ambrose - One Trustee

Please visit our website for a revised ward map at www.prsdmb.ca. School trustee elections are set for October 26, 2022.

NOTICE OF NOMINATION IS HEREBY GIVEN that on the following days:

September 14, 15, 16, 19 and 20th, 2022, between the hours of 8:30 a.m. to noon and 1:00 p.m. to 4:30 p.m. at the following location: School Division Office, 45 Main Street. South, Carman, MB., the Senior Elections Officer will receive nominations for the office of School Trustees of the aforesaid Division.

The nomination deadline is September 20, 2022, at 4:30 p.m. Nominations cannot be accepted after this date and time.

Candidates seeking election for School Trustee must obtain on their Nomination Form a minimum of 25 signatures of voters or not less than 1% of the voters of the ward (whichever is the lesser). Voters who have signed the candidate's nomination form, must have their name on the Prairie Rose School Division Voters List for the school division ward in which the candidate is seeking election.

Completed nominations must be submitted in person at the above location on the dates and hours specified. Candidates must bring in the original nomination form with acceptable signatures.

Nomination forms and more information can be found at www.prsdmb.ca under the "Board" menu or contact Prairie Rose School Division by phone at (204) 745-2003 or email at prsd@prsdmb.ca

NOTICES

PLANNING PROGRAM REGISTRATIONS OR ENROLLMENT FOR FALL? Advertise NOW in the 32 Weekly Manitoba Community Newspapers to get your messaging out now and be seen all over the province! Hiring? Selling something? Have an on-line store? Let people know in the Blanket Classifieds! Call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.co

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kwaddell@neepawabanner.com

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South Central Regional Archives Inc.

is a not-for-profit corporation established with the mission to plan, design, construct and operate an accredited archive facility for Manitoba's south central region.

This archive would provide a secure and acclimatized facility for the proper storage and access of local municipal, community and personal/family historical records.

If you are interested in helping to make this project a reality, please read the membership information at scrarchives.ca/membership/ and complete a membership form.

Wee Care Annual General Meeting to take place at Wee Care (295 1st Street SE) on August 29th at 6:00PM.

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RURAL MUNICIPALITY OF DUFFERIN NOTICE OF NOMINATIONS NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR GENERAL MUNICIPAL ELECTION

NOTICE IS HEREBY GIVEN that on the following days; being September 14th to September 20th, 2022 between the hours of 8:30 a.m. and 4:30 p.m. at 12-2nd Street S.W., Carman, MB

I will receive nominations for the offices of reeve and councillor of the aforesaid Local Authority.

The nomination deadline is September 20th, 2022 at 4:30 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (which ever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the date and hours specified, by an agent, or by email. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the SEO by telephone at 204-745-2301 or by email at cao@rmofdufferin.com.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations:

For the office of reeve(head of council): Between May 1, 2022 and September 20, 2022

For the office of councillor: Between June 30, 2022 and September 20, 2022

at the Rural Municipality of Dufferin office, 12-2nd Avenue S.W, Carman, MB during the regular hours of business, Monday to Friday - 8:30 a.m. to 4:30 p.m.

To obtain a registration form contact the SEO by telephone at 204-745-2301 or by email at cao@rmofdufferin.com.

Dated at Carman, Manitoba on August 25th, 2022.

Sharla Murray, CMMA
Senior Election Official

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OBITUARY

Lorne William Richmond
08-15-49 - 08-14-22



It is with heavy hearts that we announce that Lorne passed away peacefully on August 14th, 2022 at Carman Memorial Hospital.

Lorne will be missed by his roommates Kathleen Moulden, Ernie Martens, Matthew Barker, and Isaac Klassen; all the staff who knew him and worked with him from his VOI family; his siblings, Beverley Murray (Don), Audrey Richmond (George), Debbie Worrin (John), Lori Magee (Mike), Glen Richmond (Catherine), Pamela Richmond (Maurice), and many nieces and nephews.

Lorne was predeceased by his parents William and Helen Richmond, his sister Elaine Richmond, and his roommate Betty Dey and good friend Sherry Kraska.

Lorne was born in Winnipeg, Manitoba and moved to the MDC at age 5 and resided there until April 1988, when he moved to 21 5th Avenue Carman, supported by Rainbow Residence, now Visions of Independence.

Lorne was a gentle soul and had a contagious laugh. As a child he enjoyed playing trains, singing songs with his family and family visits with picnic lunches at a park. Lorne loved Coca Cola and later coffee, going for walks, listening to music and he loved cars. Lorne enjoyed van rides and liked to get a coffee and drive to Jordan corner or Elm Creek to watch cars going by on the highway. Lorne enjoyed many trips over the years; Clear Lake, Camp Sandy Haven, Alberta and his last holiday to Gimli. Lorne was well known in the community of Carman where he resided for over 30 years.

A celebration of Lorne's life was held on Monday, August 22, 2022 at Doyle's Funeral Chapel Carman.

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> MEAL IDEAS



Sweet and Spicy Bratwurst Subs

root
 2 tablespoons white vinegar
 1/2 teaspoon kosher salt
 1/4 teaspoon minced garlic
 Spicy Sesame Mayonnaise:
 1/3 cup mayonnaise
 1 tablespoon sriracha
 1 1/2 teaspoons sesame oil
 1 1/2 teaspoons seasoned rice wine vinegar
 8 bratwursts (4 ounces each)
 8 hoagie rolls (6 inches), split
 To make kimchi: Place cabbage in microwaveable bowl. Add water. Cover and microwave on high 2 minutes, or until tender-crisp. Rinse with cold water and drain well.
 In large bowl, mix vinegar, gochujang, fish sauce, garlic and ginger. Add steamed cabbage, daikon, carrot and onion; toss to coat. Cover and chill.
 To make mango slaw: Mix cabbage, mango, carrot, onion, red bell pepper, cilantro, ginger, vinegar, salt and garlic. Cover and chill.
 To make spicy sesame mayonnaise: Mix mayonnaise, sriracha, sesame oil and vinegar until well blended. Cover and chill.
 Heat grill to medium and lightly oil grill rack. Grill bratwursts 8 minutes, or until internal temperature reaches 155 F.
 Spread mayonnaise on rolls. Place grilled bratwurst on rolls and top with kimchi and slaw.

Recipe courtesy of Aramark
 Servings: 8
 Kimchi:
 1 1/2 cups green cabbage, cut into thick strips
 1/4 cup water
 4 teaspoons white vinegar
 1 tablespoon gochujang paste
 2 teaspoons fish sauce
 1/2 teaspoon minced garlic
 1/2 teaspoon minced, peeled ginger
 root
 1/2 cup daikon radish strips
 1/4 cup shredded, peeled carrot
 1/4 cup sliced green onion
 Mango Slaw:
 2 cups shredded green cabbage
 1/3 cup diced mango chunks, thawed from frozen
 1/4 cup shredded, peeled carrot
 1/4 cup sliced green onion
 1/4 cup red bell pepper, cut into thin strips
 2 tablespoons chopped fresh cilantro
 2 tablespoons minced, peeled ginger



Sweet Heat Foil Packets

On half of each foil square, evenly layer butter, onions, potatoes, carrots, red bell peppers, chicken, shrimp, seasoning, pineapple, sausage, corn cobs and green onions.
 Fold foil in half over filling. Fold edges of foil tightly toward filling to seal packets.
 Place packets on baking sheet.
 Grill 15 minutes with lid closed until chicken and shrimp are cooked through. Season to taste with salt and pepper.

Recipe courtesy of Aramark
 Servings: 8
 1/2 cup cold butter, diced
 1 cup diced yellow onion
 1 cup diced, peeled potatoes
 1 cup diced, peeled carrots
 1 cup diced red bell pepper
 2 cups diced skinless, boneless chicken breast
 16 extra-large shrimp, peeled, deveined and tails removed
 8 teaspoons Cajun seasoning
 1 cup diced pineapple
 1 cup andouille sausage, cut in half and sliced
 8 frozen mini corn cobs, cut in half (16 pieces)
 1 cup sliced green onion
 salt, to taste
 pepper, to taste
 Heat grill to medium. Place eight 18-by-18-inch squares heavy-duty aluminum foil on work surface.

Orange Oatmeal



Effects of tone of voice



Submitted

"10% of conflicts are due to a difference of opinion. 90% are due to the wrong tone of voice."

Author unknown

There is more to spoken messages than the words we say. Tone of voice is just as important as the content of the message. Voice tone can communicate love, caring, respect and gentleness.

It can also convey disrespect, dishonoring, hostility or indifference. It can render an otherwise benign message threatening or abusive. The voice transmits energy, and can hit another like a warm, welcome Chinook, or like an icy Arctic blast.

This energy affects the recipient on many levels, and can trigger a variety of different feelings. Maybe you did not mean to say it that way, and you did not intend to offend, but, unfortunately, the damage is done.

It is a little like hitting someone, and then trying to erase their emotional response. Because it is 'just words', the speaker often feels he or she has not done anything 'that bad'.

If there is a solid, loving relationship, often mutual understanding and forgiveness allows for some lapses. However, sometimes between partners, parents and children, or siblings, a disrespectful tone of voice becomes the norm in communication.

Some are not aware of their tone, and others think that a harsh tone makes them more powerful. Unbelievably, I still have clients reporting that they get yelled at in the workplace. Being a boss or supervisor

does not mean you can treat employees like they are children, and you are the authoritarian father or mother.

When this sort of thing happens at work, it reflects on the one yelling. They are showing that they have not developed the professional skills to handle problems that arise. This behavior is mean and bullying, and shows the person has no control over emotions. No one deserves to be yelled at on the job. Period.

The same can be said of yellors at home. Some may think that in their own home they can do as they want. I suppose that is true. Does that mean those close to us deserve less respect than others?

Of course I understand parental frustration. But if a parent is at the point of yelling they are likely angry and may say things that the child will remember forever. If children are yelled at throughout the years, is it surprising that they become teens who yell at their parents?

Clear rules and consistent implementation of consequences can modify most behaviors. Handling situations in a calm, but determined, manner garners respect from children and employees.

If we find ourselves saying, "How many times do I have to tell you?" it shows that "telling" (or yelling) without proper instruction, working out a plan to carry out expectations, and consistent consequences is not working. A negative tone will not help any situation, while a calm respectful tone just might.

Think about whether the energy you put out to others is like that warm chinook, or more like an arctic blast. Which kind of energy to prefer to receive?

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for inspiration

Servings: 4
 1 1/2 cups water
 1 cup Florida Orange Juice
 1 cup quick cooking steel-cut oats
 1 Florida Orange, peeled and diced
 1 tablespoon agave nectar or honey
 1/4 teaspoon cinnamon
 1/4 teaspoon salt
 In medium saucepan over high heat, bring water and orange juice to boil.
 Add oats to boiling liquids.
 Return to boil then reduce to medium heat and cook uncovered 5 minutes, stirring frequently. Mix in orange, agave nectar, cinnamon and salt. Remove pan from heat; let stand 1 minute before serving.

Orangeberry Smoothie

Servings: 1
 1 cup Florida Orange Juice
 1/2 cup frozen strawberries
 4 ounces strawberry Greek yogurt
 1/4 cup milk
 ice cubes
 1 Florida Orange, sliced
 In blender, blend orange juice, strawberries, yogurt, milk and ice, as needed to reach desired consistency, until smooth.
 Pour into glass and garnish with orange slice.