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Back to class

STANDARD PHOTO BY DENNIS YOUNG
These Carman Elementary students and Vice Principal Mrs. Coreen Johnston were all smiles on their first day of classes last Wednesday.

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Benjamin Moore

Barnsley grain elevator demolished after nearly 100 years

By Ty Dilello

A grain elevator in Barnsley was recently torn down at the end of August, marking the end of a nearly 100-year run in the now ghost town.

Manitoba Pool Elevators built the 40,000-bushel wooden grain elevator in Barnsley, on the CPR Carman subdivision in the RM of Dufferin, in 1928. The tiny community of Barnsley sits between Carman and Elm Creek.

Station agent W.O. Taylor named Barnsley after his hometown in England in the late 1880s. For many years, Barnsley was known as "End-of-Track," the point where the Manitoba and Southwestern Colonization Railway ended south of Elm Creek. From 1882 to 1889, when the line was finally completed six miles further south to Carman, this was the point where new arrivals disembarked, mail arrived, and livestock, grain and other goods were shipped or received.

A post office opened at Barnsley in 1887 and continued until 1916, when rural delivery was introduced. Schoolchildren attended McDermott School, one mile west, or Tracy School, three

miles northeast. Local folks started a Sunday School, but no church was built at this location.

The two grain elevators were built in 1928 and dominated the landscape at Barnsley. When the rail line bypassed Bradburn in 1929, a store was moved to the town, and a pool hall was added. This remained a social centre of the community until the 1960s.

Today, all that's left of Barnsley is the now-fallen grain elevator and just three houses. Aside from that, it's now a ghost town.

John Peckover, the deputy reeve of the RM of Dufferin, has owned the elevator with his brothers since 1990. He said its condition had deteriorated in recent years, prompting the demolition. The grain elevator also hadn't been in use since 1998.

"We had gotten a demolition permit, so we had it knocked down a few weeks ago," said John Peckover. "It was leaning over and deteriorating badly, but we have kept the old and smaller grain elevator beside it, and it is still standing."



STANDARD PHOTO BY BEV MCLEAN

The Barnsley Elevator is no longer after it was demolished on Aug. 29. The grain elevator was first built in 1928.



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Back to school BBQ celebrates family



STANDARD PHOTOS SUBMITTED BY MIKE GIESBRECHT

The Gospel Light Baptist Church held a Back To School BBQ on Sunday Sept. 8 in Carman. Following the outdoor service guests enjoyed fellowship, lunch and the little ones, bouncy castles. The Gospel Light Baptist Church seeks to serve the community.

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getheard

EDITORIAL > VIEWPOINTS > LETTERS

Ty Dilello
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Alzheimer Soc. marks World Alzheimer's Month with events

By Ashleigh Viveiros

It's World Alzheimer's Month and the regional chapter of the Alzheimer Society of Manitoba has a packed-full schedule of programs and events to mark the occasion.

South Central regional coordinator Rebecca Atkinson shares that the fall Minds in Motions sessions get underway in both Altona and Carman this week.

The eight-week program is for patients with early to moderate signs of dementia to attend with a friend or loved one.

"It creates a space that you can go out and maybe try to forget all the challenges of living with dementia," Atkinson says, explaining each session includes accessible physical and mental stimulation activities and

games. "It's meant to be a bit of fun ... it's fun, fitness, and friendship."

While care partners are certainly welcome to join their loved ones at Minds in Motion, Atkinson notes it can also be an opportunity for others in a patient's life to get involved.

"If the person living with dementia can attend with a friend rather than, say, the spouse or the child that's doing all the care, then that's respite for those main care partners," she says. "And it's a chance to build relationships and keep those friendships going."

Also coming up is a showing of the documentary *Alive Inside* at the Carman Active Living Centre on Sept. 18 at 1:30 p.m.

The film explores music's ability to combat memory loss and restore a

sense of self for those suffering from it.

An earlier showing of this film in Morden had a great response, Atkinson says.

"The first person I spoke with after it was someone living with dementia, and they just said, 'Thank you for showing that,'" she recalls, sharing the hope the film imparts. "I think the key takeaway there is to gain insight into the power of music ... go home and make a playlist for your loved one."

Atkinson is also excited about two other major events this fall. The first is a free livestream presentation at the Buhler Active Living Centre in Winkler called *Spotlight on Local Re-*

Continued on page 6

Letter to the editor - flashback remember when

Wow that was a quick summer. I was just out in Carman and read the article in the *Carman Dufferin Standard* about the rifle range under the gym. I have fond memories of that rifle range.

Carman had a Royal Winnipeg Rifles Cadet Corp for several years. I believe 1966-1968. I may be off by a year either way. Doug Clark was excellent as a leader.

One of the highlights for all of us kids was to go to the range and shoot targets. The Winnipeg rifles had a marksmanship level call the Strathcona Trust.

If you were able to achieve that marksmanship level you were presented with a Strathcona Trust ring. I still have my ring.

We used actual Second World War rifles that were converted to .22 caliber for the range and drills. I kind of took that all for granted while I was involved as a cadet.

But when I read the article it reminded me of how fortunate I was to have the opportunity to do something that I would not likely have had were it not for the effort others invested in main-



STANDARD PHOTO SUBMITTED

Members of the Carman Legion Cadet Cor[ps] with Captain Doug Clark and Lt. W. Hill in charge held their annual inspection parade at the Carman Collegiate ground Friday. The inspection was made by Lt. Colonel Les Wainwright, commanding officer of the Royal Winnipeg Rifles militia of Winnipeg, and Captain Tom Argue, chief of the army cadets for the prairie region. The cadets are shown above on parade during their inspection. Cadet Sergeant Charlie Lucking of the Carman Cadet Corps received a presentation of the Strathcona Ring from Lt. Colonel Wainwright as being the top marksman in the Carman Cadet Corps.

taining the range.

Anyway, for information, just another dimension to the history of that

rifle range.

- Take care, Charlie Lucking

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Where are they now? Catching up with Jim and Linda Wilkie

By Dennis Young

This feature will attempt to renew some acquaintances with those who called Carman and area home at one time or another. I have randomly selected people to answer questions of their past and present so the readers can be brought up to speed on their lives.

Q. Firstly, let's get familiar with you again. When did you live in Carman?

I was raised in the Boyne District, then lived in Carman from 1980 until 2000.

Q. Did you attend school here?

I attended Boyne school for my elementary education, which was located a little more than three miles east of Carman on the south side of Highway #3, now located in Kings Park as a historical site. I attended high school in Carman until 1960.

Q. What did you do for jobs as a student?

I worked on our farm as my summer job.

Q. What activities did you participate in as a student?

I was very active in curling while attending high school.

Q. Did your family live here? Who and what did they do for a living?

My grandfather, John Wilkie, was the former owner of Carman Creamery, which he purchased from Crescent Creamery in the 1940's when they threatened to close it down. He later sold to the E.B Jensen family and was later operated by Sven Jensen until 1980's. My father's name was Alex Wilkie, and my mother's name was Annie. They operated a farm 3 miles east of the town.

Q. What was your chosen career after school?

I attended U of M and graduated with a Diploma in Agriculture in 1974. I was employed with Farm Credit Corporation in Neepawa from 1976 to April of 1979. Then I was hired by Chemagro Ltd, later Bayer Crop Science, in 1980 and moved from Neepawa to Carman. I was later promoted to Western Business Manager, in 1984. In 2000 I was transferred to Calgary and was assigned the project of relocating the Western Business office there from Toronto.

Q. Did you move around lots in career or life?

I moved quite a lot during my career, living in Lethbridge, Dauphin, Neepawa, and Carman.

Q. Did you meet your spouse here or where?

I met my wife Linda in 1970 when she was employed as a Public Health

Nurse in Carman.

Q. Did you raise any children here or where? Names, where now and doing what?

We raised 3 children Carman, Jared, born 1974 in Lethbridge. He lives in Alberta and works for an oil services company in Red Deer. Rylan born 1977 now living in Stratford, Ontario and employed as an Actor at the Stratford Festival for the past 9 years. Raegan was born 1979, lives in Manotick, Ontario and is married blessing us with grandchildren. She is the eastern Ontario representative for Cobra Puma Golf.

Q. Do you have extended family living here?

We have a niece, Leanne Chapman.

Q. What else have you done career wise, where and how long?

When we moved back to Carman, we opened Lite Stop Foods in '84, which Linda operated until 2000.

Q. What do you do now? Retired?

I retired in 2004 calling Cochrane, Alberta home until 2023 when we moved to live in Ottawa and enjoy our life with our daughter Raegan and our grandchildren.

Q. What passes your leisure time? Hobbies? Sports?

I still curl but not in any competitive leagues anymore, just for recreation.

Q. Have you travelled for leisure and where?

We travel for leisure and usually to warmer climates. This year we go to East Palm Beach Florida for Raegan's golf team reunion where she will attend a banner ceremony that acknowledges their team winning the National Association of Intercollegiate Athletics in 2004.

Q. Do you ever return to Carman?

We look forward to visits in the future as I believe there is a group who are working on completing a memorial site across from the Post Office, in honour of my Aunt Agnes Wilkie. She perished in the sinking of The Caribou during the 2nd World War just off the coast of Newfoundland on October 14, 1942. She was returning to St. John's from her leave in Carman. She was assistant Matron at the Naval Hospital in St. Johns and buried in Mount Pleasant Cemetery there.

Q. What are some of your fondest memories of your Carman days?

My favourite ones are the Carman Fair, the Saturday night parades and the horse races. I also remember well the Golf Course and its expansion in the '80s.

Q. Any last words you wish to send to our readers?



Linda and Jim Wilkie

I hear many comments from people across Canada of their memories of golfing in Carman and of the residents there as well. I have fond memories of my time in the community and have

respect for everyone I met and was acquainted with there. Cheers to everyone in Carman, and area.



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Manitoba Camera Club looking for rural members

By Lorne Stelmach

The Manitoba Camera Club may be based in Winnipeg, but it is aiming to expand its reach and connect with more photographers in rural Manitoba.

The group does have a few members from rural centres like Brandon and Portage but would like to bring in more from such regions as the Pembina Valley area.

With the increased use of Zoom during the pandemic, the club sees the potential to reach even more members and help them grow and enhance their photography skills.

"This opens the door for individuals of all skill levels and interests to join the premier camera club in the province and become an integral part of our vibrant community," said president Kayla Gordon, who added "what was started as a temporary measure during the pandemic has now blossomed into a huge opportunity for all photographers."

"I would think there is a lot of potential for members from rural Manitoba. I certainly hope so," said membership chair Wayne Adams.

Adams observed that going to Zoom had both pros and cons for the club.

"One of the advantages was that when we had subject matter and photography experts, we were pretty much confined to local people in the city ... but when we went to Zoom, we could have speakers from anywhere, and in fact last year we had speakers from across the country.

"So that opened things up in terms of presenters. It also meant that we no longer had a physical facility to pay for, so our membership fees were basically cut in half," he added, noting the fee went from \$100 to \$50.

"Also, we started getting people joining from elsewhere. We had somebody who lives in Toronto who's a member; we had someone in London, Ontario," he said. "It got our attention ... maybe we need to get the word out a little more and make sure people know what we're about and what we're offering.

"There's all these professional photographers who are potential presenters. There's also more competition because there's other clubs across the country that are wanting their time ... so we also need more



SUBMITTED PHOTO BY JEAN MCMANUS

The Manitoba Camera Club is reaching out to photography buffs across the province in the hopes of growing its membership more beyond Winnipeg.

membership to cover the cost of these things."

Adams stressed they are open to people of all skill levels, including beginners, and they continue to do events both online and in person.

"One of the negatives about going to Zoom was that people liked the fact that they could get together ... so that was one of the downsides," he said. "We also do have field trips as well. We've had field trips, for example, to the Corn and Apple Festival and things like that ... the Morris Stampede."

He sees the club as offering a great opportunity for people to learn and grow their skills through such things as monthly competitions where they can hear feedback on their photography.

"I know in my case it certainly made me pay attention to certain things in my photographic skills,"

Adams said. "I've certainly improved because of it."

"It has been a tremendous experience to take in national and international speakers on a variety of photography subjects from the comfort of my home," said Carberry resident Isabel Wolinsky, who has been a member for about a year and loves it. "Every week I am learning something new. That excitement shows up directly in my images."

"Our club is a diverse group of photographers, ranging from amateur to professional who support and encourage each other," said Anita Vermaak, a member from Brandon.

For more information, you can go online to www.manitobacameraclub.com.

> ALZHEIMER, FROM PG. 4

search: *Connecting the Dots*.

The session, taking place 6-7:30 p.m. on Sept. 19, will touch on how cardiovascular disease, the vestibular system, and virtual reality are linked to dementia and brain health research.

"The biggest thing about that one that I want to get out is that if you have questions for the researchers, this is where you can have direct access to them," Atkinson says, explaining the livestream will allow for some back and forth with the presenters. "So it's not just a 'come and listen' ... we are going to be able to put your questions to them."

You also have the chance to meet with researchers and experts in person at the Care4U Family Conference coming up in Winnipeg Oct. 19. This year's theme is "building confidence for day-to-day care."

The event takes place at the Victoria Inn Hotel and Convention Centre from 9 a.m. to 3:30 p.m. with a

ticket cost of \$50 (which includes lunch and a resource package).

"You get to choose the topics of the lectures you attend," Atkinson says. "There are a lot of speakers throughout the day, so there's a variety of education to be had based on your interests.

"There's wonderful conversation that happens around the tables," she adds. "It's almost like one giant support group. It's pretty amazing.

"And there's like an expo with all sorts of resources for people living with dementia," she adds, noting there will be booths from assisted living facilities, respite services, mobility devices, and many other service care providers. "You get to really look further at all the community resources available in the space of just one day."

In addition to the above activities and events, the in-person support groups for care partners are also up and running, with monthly meetings in Morden, Altona, and Carman.

"Those are ongoing, so they've been running and doing well," Atkinson says. "Everyone is always welcome."

If you'd like to connect with a local support group, or learn more about any of the above events, reach out to Atkinson at 204-325-5634 or ratkinson@alzheimer.mb.ca.

The Alzheimer Society also has several online support groups for others affected by the disease—family and friends and also patients. To learn more, head online to alzheimer.mb.ca/we-can-help/support-groups/.

As always, Atkinson urges anyone touched in some way by dementia to not be afraid to reach out to her for more information about the supports that are available.

"I'm just a phone call away. Please don't hesitate to call us—there's no wrong questions, no wrong time to share your feelings and your stories and get the resources you need."

PVWD: A year in review

By Lorne Stelmach

The 2023-24 year was a busy one for the Pembina Valley Watershed District.

A total of just over \$2.2 million was distributed to help the region and its sub-districts accomplish some major projects that have been in works for a while along with many smaller projects.

General manager Ryan Sheffield was clear on how and why the watershed district is able to be so successful.

"We're able to accomplish so much because of our team and our partners," he said. "Our sub-district members communicate our capabilities to the residents of the district. Agricultural producers work with us to incorporate environmentally beneficial practices into their operations. And our team has the skills and experience to implement our programs."

The district took on a variety of projects including building water retention structures, planting shelterbelts,

fencing cattle out of riparian areas and providing incentive payments for producers to conserve wetlands and establish perennial vegetation cover on vulnerable land.

The majority of funds spent came from the GROW Trust, Prairie Watershed Climate Program (PWCP), municipality levies and the provincial government.

Multiple water retention projects including six small dams were completed, reducing the flood peak in the watershed and aiding producers in storing water during the dryer years. Maintenance was also done on an additional four existing water retention projects, while three erosion control structures were constructed to trap sediment and reduce erosion in waterways.

Shelterbelts abounded, with many trees planted. There were 40 shelterbelt projects consisting of 22,971 trees planted in the 2023-2024 year, and a partnership with Manitoba Forestry



STANDARD PHOTOS SUBMITTED

The Pembina Valley Watershed District had a busy year, including ongoing work at various water retention projects (above) and outreach programs such as the Binney Water Festival (left).



Department and municipalities resulted in an additional 65 larger potted trees being planted on public lands.

Sheffield sees the amount of trees being planted on the landscape as being a highlight of their work.

"Trees provide immense benefits to watershed health such as increasing water infiltration and diversifying habitat as well as mitigating drying conditions by reducing wind and providing cool shade.

"We want to help anyone interested in growing trees to plant as many as possible," he added.

Soil health is also a growing concern contributing to watershed health. The GROW Trust provided funding for establishing perennial forage vegetation for 14 projects on marginal soils and five projects to rehabilitate saline soils.

"We are pleased to help farmers increase soil health on their fields with programs such as sowing unproductive cultivated land to perennial forage cover as well as implementing cover crops, rotational grazing and nitrogen management," said Sheffield.

Throughout the summer, there were also eight designated livestock and equipment crossings built to eliminate the impact of disturbance on riparian areas and in waterways. As well, the GROW Trust contributed to 14 riparian area fencing and alternate watering systems being installed to restrict livestock access, improving riparian areas and aquatic health.

August found the Peter Dyck dam come to completion. It was one of the largest projects in both size and cost that the district has completed, and it is visible from highway 3 looking south, about five miles east of highway 10 near Boissevain.

Sheffield also stressed the importance of protecting and improving the region's wetlands.

"Wetlands are a valuable asset to a healthy watershed," he said. "We offer incentives to maintain temporary wetlands on the landscape, which producers can still crop through when conditions permit."

Another popular annual program in June had all of the Pembina Valley and Redboine watershed district staff and many volunteers put on Binney Water Festival. The site west and north of Manitou offered a day of teaching about 200 grade 4 students from various schools all about water, soil, animals and more.

Well water testing days also took place in June with about 100 wells tested for total coliform and E.coli. Also, a number of wells were tested for advanced drinking water quality, and abandoned well filling occurred during the spring and summer season with 18 wells sealed to help to prevent groundwater contamination.

In March, in conjunction with the annual meeting, outstanding farm families were honoured with The Dog's Run Farm and Fresh Roots Farm receiving the annual conservation awards in recognition of being great caretakers of their land.

Looking ahead, Sheffield noted GROW and PWCP funding continues to be available. Anyone with questions regarding the funds to offset beneficial project costs can check the website at pvwd.ca for guidelines. For more information, you can also contact GROW coordinators Samantha Leech (west) at 204-242-7449 or Dean Richards (east) at 431-349-0882, and PWCP coordinator Kelsey Heppner can be reached at 204-242-7030.

"Into the future, we hope to continue implementing our successful programs, but we are always interested in ideas for programs that people feel would be a valuable way of increasing watershed health," Sheffield concluded.

Boyne River Keepers planning biggest World Rivers Day celebration

By Becca Myskiw

With one of the world's most valuable resources running through town, Carman is gearing up to celebrate another World Rivers Day.

World Rivers Day is celebrated annually on the fourth Sunday of September. A "celebration of the world's waterways," the day highlights the value and importance of rivers, raises awareness of them, and encourages their stewardship.

The Boyne River Keepers (BRK) have been celebrating World Rivers Day for a few years, each celebration growing in size and attendance. This year, the group is hosting Carman's biggest World Rivers Day celebration yet, with festivities happening all day in Ryall Park on Saturday, Sept. 21.

BRK will be hosting a poker derby on the Boyne River. Anyone with a water vessel is welcome and encouraged to join, registration being just \$10 a person. Starting at the trestle bridge on 4th Street SW, there will be five stops along the Boyne River, each with a poker hand to give participants. At the end of the derby, the person with the best hand wins a kayak, which Trish Middleton has donated with REMAX and Carman RBC.

Tracy Enns with BRK said last year, even with pouring rain, they had 55 participants in the water poker derby, and the group is expecting to double that at least this year, weather-dependent.

For those without a watercraft but wanting to participate, BRK is also hosting a "land lubbers" poker derby. This derby will work in similar fashion to the water one, just with



STANDARD PHOTO SUBMITTED

Dress like a buccaneer for the fourth annual World Rivers Day in Carman on Sept. 21. Come out to Ryall Park all day long and participate in a number of fun activities to support the Boyne River.

stops around Carman instead of on the river. Entry to this derby is \$20 a person. Both poker derbies start at 11 a.m. and run until 2 p.m.

On Sept. 21, Carman's one-way street downtown will be

closed to accommodate the Wheels Car Club car show and vendor market, both of which run from 12 p.m. to 4 p.m. A free treasure hunt will also be held at this time.

Carman's World Rivers Day celebration this year has a pirate theme. To encourage everyone to dress up, there will be a costume contest at 3 p.m. on Sept. 21, sponsored by Toews Printing.

Once the day activities are done and the festivities wind down, the Carman and Community Chamber of Commerce will take over and open their hospitality tent at 4 p.m. to 10 p.m., they'll offer beverages for people to enjoy while listening to live music by the Dirt Road Pilots. The entire day is family-friendly.

World Rivers Day festivities typically raise funds for BRK and its accessible dock. Now that that project is nearly done, though, the group has shifted its focus this year to fundraising for the Clearwater family memorial playground project. All funds generated from World Rivers Day will go toward that.

"It's going to be a fun community event," said Enns. "The proceeds are going to a wonderful cause. We are so fortunate to have the natural resource of the Boyne River running through the middle of our town. It's very unique. I'm so glad that people are embracing it."

BRK is still looking for more sponsors for World Rivers Day. To learn more, contact a group member.

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Communities in Bloom Yard of the Week accolades



STANDARD PHOTOS BY JUDY NEUSTADTER

Carman/ Dufferin Communities in Bloom has wrapped up the 2024 Yard of the Week season with an award to Darlene and Ray Pritchard at 296 4th Street SW in Carman. Darlene and Ray moved to this home eight years ago from their farm near Roland. The gorgeous yard is a joint effort as both Darlene and Ray share a passion for flowers, shrubbery and ornamentals. Darlene is currently involved in community gardens and has been a part of CIB and the local Garden Club. The couple has created a park like setting for their family and the whole community to enjoy. CIB volunteer Joy Thielmann is seen here presenting the award to the Pritchards. CIB wishes to thank all of this year's recipients for their exceptional contributions to the beautification of Carman. We thank Aubin's and Vanderveen's for the awards and Melissa Froebe for the metal sign. CIB appreciates the Carman Standard for keeping us all informed. CIB also acknowledges the many other homes and businesses around the town who work hard to create and maintain the beauty and cleanliness that we see everywhere.



Youth giving back



STANDARD PHOTO BY TYRA MCINTYRE

Last week, two local female hockey players set up a stand selling iced tea and bracelets, successfully raising almost \$500 through their sales and donations. The girls aim to keep selling bracelets in order to surpass the \$500 threshold, which will earn them recognition on the plaque for fundraisers associated with the new artificial ice plant project at Elm Creek Skating Rink. Blake McIntyre is on the left, while June Lepp is on the right.

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Stone donates TELUS Kits for Kids to local organizations

By Becca Myskiw

Back to school is an exciting time of year for many but can be a source of anxiety for others.

With school supplies more expensive than ever, more and more families are in need of help this time of year. Thanks to the TELUS Kits for Kids program, Midland MLA Lauren Stone was able to donate 10 backpacks of school supplies to community organizations and families in need.

Since 2006, TELUS has distributed more than 200,000 backpacks to school-aged children across Canada. This year, the company is donating around 20,000 packages, and each Manitoba MLA gets 10 to distribute across their constituency.

Each backpack contains a pencil case, pencil crayons, pencils, pens, erasers, a ruler, scribbles, loose-leaf paper, and a colouring book.

As the mom of two young children herself, Stone knows how expensive back-to-school shopping can be. She's happy to help some families offset those costs with the Kits for Kids program and hopes she can continue to deliver backpacks for years to come.

Stone gave two backpacks to Carman Collegiate, a few to The Backdoor YFC in Carman, the Carman Pentecostal Church's youth group, and some directly to local families in need. Stone said she chose those or-

ganizations or places because they understand who in the community is in need.

Mary Reimer, Carman Collegiate principal, said receiving two of the backpacks "means everything" to the school.

"It means that we have a community behind us," she said. "It's those tiny little gestures from community members that are just a small reminder that what we're doing matters."

Carman Collegiate gave one of the backpack's supplies to the Grade 7 teachers and the others to the Grade 8 teachers. Reimer said they couldn't think of one student who would benefit from it all, so they're hoping the supplies can help an entire classroom instead. The actual backpacks will be given to students in need after Carman Collegiate staff watch the students for a while.

Reimer said the school is also planning ways to give back to the community that gives back to them. They're working on events that will open the school's doors and "remind community members the school is their building as well." More information on those events will come.

Stone encourages those who know of families in need to contact her office next year so she can distribute the backpacks accordingly. Her office email is info@laurenstone.ca.



STANDARD PHOTO SUBMITTED

Midland MLA Lauren Stone donated 10 backpacks full of school supplies with the TELUS Kits for Kids program this year. Carman Collegiate received two of the backpacks. Pictured is MLA Lauren Stone, left, and Carman Collegiate Secretary Kerri Colpitts.



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Carman's annual Terry Fox Run will be held Sept. 15

By Ty Dilello

This year's Terry Fox Run will be held at Carman's Ryall Park on Sept. 15 from 1 to 3 p.m. Participants are welcome to walk, run, skate, roll, or cycle.

People across the nation participate in Terry Fox Runs every year to remember his remarkable Marathon of Hope. Fox ran over 3,000 miles despite losing a leg to cancer. His goal was to fund cancer research and find a cure. Today, Terry Fox Runs raise millions of dollars for cancer research each year.

The organizers of the community Terry Fox Run in Carman are Linda Sylvester and Linda Revel.

Prior to 2018, Sylvester had been the elementary school Terry Fox Run organizer at Miami School since the mid-1990s and then continued that role at Carman Elementary School. Revel has also been involved in organizing the school run for as many years.

As retired teachers now, the pair joined forces to hold the annual Carman Community Terry Fox Run.

"We prefer to call it an 'event' as we are happy to see all people come out to walk or paddle or roll or wheel or

drive/ride a horse," said Linda Sylvester. "And if relaxing to music is preferred, bring a lawn chair and enjoy Flat Top and Company, who will be playing on the Ryall Park stage from 1 to 3 p.m."

Both Sylvester and Revel are cancer survivors, and so the Terry Fox Run holds a deep meaning to them.

"Most people are touched by this disease in their lives, one way or another," said Sylvester. "The Terry Fox Foundation is a result of a family who endured a heartbreak and turned that energy into a positive action, committed to funding cancer research. By holding this national run day, the attention is drawn to the importance of donating to this worthy cause."

Registration for the Carman Terry Fox Run is at 1 p.m. on the day at Ryall Park, and online registration is available at www.run.terryfox.ca. The group will start on the pathway at approximately 1:30 p.m. after a short warm-up by the run leaders, Nate Phillips and Chris Dyck.

Local artisans Kate Froese and Susie Nagy-Stewart donated a few items on the Carman Pathway during the Run. Participants should keep a lookout for treasures.



STANDARD PHOTO SUBMITTED

Carman's annual Terry Fox Run will be held at Ryall Park on Sept. 15 from 1 to 3 p.m. Red Top and Company will be performing music on the stage during the event.

Toews Printing has generously offered to support the Terry Fox Run by selling Terry Fox t-shirts at their store. The t-shirts will also be available on-site on Sept. 15 at the Run.

If you feel generous, you can directly donate to cancer research orga-

nizations in Terry Fox's name. Even small amounts can make a big difference. Contributions help fund vital research and bring us closer to a cure. Every dollar counts in the fight against cancer.

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Public Utilities Board

REMINDER NOTICE OF PUBLIC HEARING

You're Invited
to share your views about the rate application filed by Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has filed the 2025 General Rate Application before the Public Utilities Board (Board) for approval of Basic Autopac vehicle insurance rates and premiums effective on April 1, 2025 through March 31, 2026.

For further details, please contact MPI at inquiries@mpi.mb.ca or visit the Board's website at www.pubmanitoba.ca.

A public hearing on the proposed rate application will be held beginning:

Monday, October 21, 2024 at 9:00 a.m.
Please view the hearing via the PUB website link:
<http://www.pubmanitoba.ca/v1/live-stream.html>

If you are interested in learning more about this rate application, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's online comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christle at 204-945-2638 or toll-free 1-866-854-3698, no later than **October 8, 2024**.

For more information, visit www.pubmanitoba.ca

Manitoba Public Utilities Board
400-330 Portage Avenue
Winnipeg, Manitoba R3C 0C4
Phone: 204-945-2638 | Email: publicutilities@gov.mb.ca

Knockabouts thrives on being local premier boutique

By Ty Dilello

The Knockabouts Clothing Boutique strives to deliver a fun, personalized shopping experience to everyone who enters its doors. The store is located for all to check out at 76 Main Street in Carman.

For Jessica Knaggs, owning a boutique has been a dream since she attended fashion college in 2010. Former Knockabouts owner Karen Rempel, who started the business in 1980, sold the store to Knaggs and her husband Garry in 2020.

Before having kids, she worked as an associate buyer for the Ricki's chain of stores. She then worked at Knockabouts in 2008 and 2009, then returned in the fall of 2015, before buying the store.

Since buying the store in 2020, Knaggs has enjoyed everything that goes into owning a clothing boutique store.

"I love the creative aspects of this job, building displays, styling outfits for customers as well as our window mannequins, creating content for our social media channels," said Jessica Knaggs. "I have a lot of behind-the-scenes computer work to do and don't always have a lot of time to put into the creative jobs. Thankfully, I work with a great team of ladies who also enjoy those creative jobs and do an amazing job of keeping the storefront fresh and running smoothly."

"I also really enjoy the buying process and put a lot of time and effort into trying things on, picking fabrics that feel nice and ensuring we have pieces that will coordinate with one another. We book at least six months in advance, so it's both fun and challenging to build a collection of items you hope your customers will love that far ahead. Having a shop in a small town allows you to really get to know a lot of your customers. It's the best feeling when we've picked something with someone in mind, and they love it as much as we hoped they would."

The business itself has been a rollercoaster since Knaggs first took over the shop in 2020. Navigating through the pandemic had a lot of challenges; however, during that time, there was a lot more focus on small and local shopping, and the store kept busy during those years.

"The retail market has changed a lot since the pandemic," said Knaggs. "Rising costs on seemingly everything has made budgets tighter and the cost of doing business higher. During the pandemic, there was a huge push for retailers to establish a greater online presence, and we saw a rise in influ-



STANDARD PHOTO BY JESSICA KNAGGS
Carman's Knockabouts Clothing Boutique shop, which is located at 76 Main Street, is owned by Jessica Knaggs. Knockabouts offers a fun clothing shopping experience for people of all ages.

encer marketing. There is a lot more competition online and a lot of influencer marketing for large chain stores like Amazon. It is impossible for any small shop like mine to compete with Amazon's marketing, pricing and sales. As a team, we've been working hard to provide a positive and valuable in-store experience and build relationships with our customers that hopefully make them want to keep coming back."

The Knockabouts boutique store is known for being very active on social media, particularly on Instagram, where they post unique videos daily in hopes of engaging potential customers.

"We often have a lot of fun and laughs making reels for our social media channel. It takes a lot of time to film and edit each video. My goal in the coming months is to focus more energy into planning content ahead. I would like to post more behind-the-scenes day-to-day things on the stories as well as more content with value (for example, styling hacks and product spotlights/how-to's). Engagement comes and goes. Just when you think you've got it figured out, the algorithm changes, and you're back to square one. The challenge can be frustrating, but it also keeps it fresh and exciting to

adapt and create new content. We consistently have DMs with questions about products that we have shown on social media, as well as people inquiring in-store about things that they have seen online. Whether it results in an immediate sale or not, the more people who are exposed to our content, the better, and we are always happy to answer questions."

Some of Knockabouts' current best sellers include a line of jeans called "Kut," which are designed in modern silhouettes with the comfort of stretch and a fabric that holds its shape well.

"Denim is one of the items that people are ok investing money into. A good pair of jeans is the foundation for limitless outfits, and many workplaces have become more casual, so a nice pair of jeans can be worn to the office."

Knockabouts also sells a lot of jewelry from a Danish brand called "Pilgrim." Their jewelry is hypoallergenic, and they create designs at a sharp price point, for everyone, that range from timeless basics to fashion-forward statement pieces.

In the men's department, they sell a brand called "Tentree," which is by far their best-selling line. Their pieces are sustainably created and made in really soft, quality fabric. The company will also plant ten trees for every item purchased, which is a great initiative.

Moving forward into the fall, Knockabouts will be launching "Smartwool" socks and the infamous leather finger mitts (a hockey rink staple).

Knockabouts is currently clearing out its spring/summer Dex brand products at 50% off. All other summer items have been marked down 30-40% off. So, now is a great time to grab some summer items at a good price for winter vacationing. The store is also starting to release new fall products onto the floor daily.

On Sept. 17, Knockabouts will host fit techs from French Dressing (FDJ), one of its denim brands. They will be on-site that day, with an exclusive supply of stock for the event and to do in-person fittings and style sessions.

Knockabouts will offer a special discount on FDJ products purchased that day, and everyone who attends will be entered into a draw to win a free pair of jeans. In addition, FDJ will donate \$1 for every pair of jeans tried on during the event to Look Good Feel Better, an organization that has been helping women with cancer feel like themselves again.



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> MEAL IDEAS



Egg Ravioli with Sage and Almonds

spoons cheese mixture onto center of each wrapper. Using back of spoon, press down on cheese mixture to create well about 1 1/2 inches across (width of large egg yolk), leaving at least 1/2 inch space around edges of wrapper. Without breaking it, carefully place one egg yolk in center of each well.

Using pastry brush, brush edges of wrappers with egg white. Place one top wrapper with flour side up on each bottom wrapper. Using thumbs and forefingers, firmly press edges together to tightly seal each ravioli. Set aside.

Using slotted spoon or spatula, carefully drop each ravioli into boiling water. Cook 2 1/2-3 minutes, or until wrappers are al dente (cooked not too soft but not overdone). Using slotted spoon, gently remove raviolis from pot, draining well. Transfer to plates. Drizzle with oil. Sprinkle with almonds, sage and bell pepper, if desired.

Tips: Gyoza wrappers (or shumai wrappers) are preferred because they're thinner than wonton wraps. Look for gyoza wrappers in the dairy aisle, deli department or freezer section.

Use these guidelines to determine how you want eggs cooked: At 2 1/2 minutes, eggs are yellow and slightly thickened but not set around edges, similar to sunny-side up. At 3 minutes, eggs are deeper orange and slightly set around edges, similar to over-easy.

Recipe courtesy of the American Heart Association

- Servings: 4
- 8 cups water
- 1/2 cup fat-free ricotta cheese
- 1 tablespoon grated Parmesan cheese
- 1 1/2 teaspoons fresh, chopped thyme
- 1/2 teaspoon grated orange zest
- 1/4 teaspoon black pepper
- 8 gyoza wrappers, shumai wrappers or wonton wrappers
- 4 large egg yolks, unbroken
- 1 large egg white, lightly beaten
- 2 teaspoons olive oil
- 1/4 cup sliced almonds, chopped
- 1 tablespoon chopped, fresh sage
- 1 tablespoon finely chopped red bell pepper (optional)

Fill large pot with water. Bring water to gentle boil over medium-high heat.

In medium bowl, stir ricotta cheese, Parmesan cheese, thyme, orange zest and pepper.

Place four wrappers flour sides down on cutting board. Spoon 1 1/2 table-



Poached Eggs with Pesto Bulgur

In medium saucepan, prepare bulgur according to package directions, omitting salt and substituting 1 1/3 cups broth for water. Fluff with fork.

In food processor or blender, process basil, walnuts, garlic, salt, cayenne and remaining broth until smooth. Stir basil mixture, bell pepper and green onions into bulgur.

In large skillet, bring water and vinegar to boil over high heat. Reduce heat and simmer. Break one egg into cup then carefully slip egg into simmering water. Repeat with remaining eggs, placing in water so they don't touch. Simmer 3-5 minutes, or until whites are completely set and yolks are beginning to set but aren't hard. Using slotted spoon, drain eggs well and place on bulgur mixture. Serve with lemon wedges.

Note: White vinegar helps firm egg whites quickly, preventing them from spreading too much.

Recipe courtesy of the American Heart Association

- Servings: 4
- 2/3 cup uncooked instant or fine-grain bulgur
- 1 1/3 cups, plus 2 tablespoons, fat-free, low-sodium vegetable broth, divided
- 1 cup tightly packed fresh basil
- 2 tablespoons chopped walnuts, dry roasted
- 1 small garlic clove, minced
- 1/8 teaspoon salt
- 1 dash cayenne
- 1/2 cup finely chopped yellow or red bell pepper
- 1/4 cup thinly sliced green onions
- 4 cups water
- 1 tablespoon white vinegar
- 4 large eggs
- 1 medium lemon, cut into 4 wedges

Ask the money lady

Dear Money Lady Readers:

I recently received a question from someone wondering about debt consolidation in retirement and this reminded me of a talk I did a few years ago on the Honeymoon Phase of Retirement. We all go through this phase when we initially retire. That great moment when you can finally sleep in everyday, no prospecting calls, no angry co-workers and no demanding bosses. You're finally free from the rat race, and you welcome the honeymoon stage of retirement with open arms. But did you know that 4 out of 5 retirees today find themselves in debt only 18 months after they've retired. They may have walked into retirement with no debt, but after the honeymoon stage, there now in it. The problem arises from not planning properly. I know you planned all your way to get to retirement, but failure to plan in retirement can be just as problematic – mentally and financially. Many retirees leave work with no plan and no clear to-do list.

Let's face it, your professional identity most likely defined you to the outside world. Once you retire, that identity is lost, along with all the people, culture and community that you were immersed in. So, who are you going to be in retirement? What are you going to do with the next 20-30 years of your life? You must have a new game plan. Fear of being irrelevant and alone has no place in this new phase of your life.

Now I don't suggest you to try to replicate your career by switching to consulting or public speaking. Often this does not work out the way you expect it to. Instead, you need to re-channel your energy into new aspirations, maybe a part-time job you could love, with no stress, (as paid employment or volunteer endeavours). Most people will need to redefine their identity, so below are some questions to ask yourself to get started.

What do you really want to do and what is meaningful to you now?



Christine Ibbotson

What things haven't you tried in your life but secretly would like to?

Where will you live in retirement? Could you divide your time between two locations a year?

Could you be a mentor to millennials? Could you start a club to meet more like-minded people?

Have you worked out your financial plan and included travel (even if it's on a shoe-string budget)?

Pure leisure for most retirees gradually becomes pure boredom and we've seen a new trend of retirees that are having difficulty adjusting. Many overidentified with their careers and now need to remind themselves that they still have value. Remember, there is so much more to experience in this new phase of your life. Why not go back to school, start a small hobby-business, make a plan to leave a meaningful legacy, become a teacher or tour guide, improve your health, take dance lessons, or learn a new skill. Always keep planning your life. I know you've done a good job planning to get to retirement, so now you must continue that plan to reinvent your life in retirement too.

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and on CTV & BNN, syndicated across Canada. Send your questions through her website at askthemoneylady.ca

Southwestern Quinoa and Egg Breakfast Bowls

Recipe courtesy of the American Heart Association

- Servings: 4
- 1/4 cup uncooked quinoa, rinsed and drained
- 2 medium tomatoes (about 2 cups), chopped
- 1 cup no-salt-added frozen corn, thawed
- 1/2 medium avocado, pitted and diced
- 1/4 cup chopped green onions
- 1/2 cup chopped fresh cilantro (optional)
- nonstick cooking spray
- 4 large eggs
- 1/8 teaspoon salt
- 1/4 teaspoon pepper

red hot pepper sauce, to taste (optional)
Cook quinoa according to package directions. Remove from heat.

Spoon quinoa into four bowls. Top each with even amounts of tomatoes, corn, avocado, green onions and cilantro, if desired.

Lightly spray large skillet with non-stick cooking spray and set over medium-high heat. Crack eggs into skillet. Sprinkle with salt and pepper. Cook, uncovered, 3-4 minutes, or until egg whites are set but yolks are still runny. Using spatula, carefully transfer one egg, sunny side up, into each bowl. Sprinkle with hot sauce, to taste, if desired.

Baseball Hall of Fame unveils new feature display

By Lorne Stelmach

A new display at the Manitoba Baseball Hall of Fame in Morden is helping attract attention and draw in visitors.

The museum recently unveiled a new feature display that offers a detailed scale miniature scene.

Administrative manager Jim Mutcheson said they felt it was time for a refresh of the cabinet which sits front and center when you visit the museum.

The cabinet itself has a very unique shape and design, and Mutcheson's wife Loretta had the thought to use it for a miniature scene after reading about a similar display at the Winnipeg Art Gallery.

They wanted the display to evoke memories or emotions for anyone that viewed it, said Mutcheson, and they hoped the setting would replicate a scene that could be found anywhere in Manitoba from back in the day.

"I think it will engage people," he said. "You can see it from a distance ... people are coming in ... they're taking a turn and looking at this first, so it's attracting people."

The museum was led to Jason Golebioski of Winnipeg, who agreed to take on the project.

The display features a baseball field with a league game in progress as well as a parking lot with beautiful retro cars, food trucks, and a playground area with a scrub game in progress.

No sooner was the display unveiled then they had a line of viewers both big and small. The detail of the display is what really makes it stand out,



STANDARD PHOTOS SUBMITTED

From left: Loretta Mutcheson, Jim Mutcheson, Jason Golebioski, Joe Wiwchar, and Dan Giesbrecht with the new miniature display recently unveiled at the Manitoba Baseball Hall of Fame in Morden.

Mutcheson suggested.

"Several people who I've met ... they go back and see different things ... it's got so much detail to it that I don't think you can take it all in in one glance.

"Jason's attention to detail and creativity is amazing and something to be seen," said Mutcheson, who lauded "the time and effort that Jason put into this display."

The outer area of the Manitoba Baseball Hall of Fame can be accessed anytime the Access Event Centre is open, but museum hours otherwise are 9 a.m. to 4 p.m. during the week.

Mutcheson noted his goal is to keep



looking for ways to further improve the museum.

"We're hoping we can add more stuff as we go along in displays so that it will kind of encase the whole area a little bit more and attract people to see what's actually there," he

said. "We want to keep on updating and upgrading ... now I've gone to different museums and seen how they present their stuff to the public ... technology is great as long as we can use it."

Prairie Rose School Division students headed back to class Sept. 4



STANDARD PHOTOS BY DENNIS YOUNG

Prairie Rose School Division students headed back to classes last Wednesday, Sept. 4. Right photo, Carman Elementary student Landyn Colvin shares a hug with vice principal and Coreen Johnston.

sports & recreation

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Carman golfers take home Prairie Putter Championship

By Ty Dilello

A local team out of the Carman Golf and Curling Club recently took home the 2024 Prairie Putter Championship in a playoff.

The Prairie Putter Golf League includes teams from Portage, Bridges, Carman, Scotswood, Morden, and Winkler. Each team plays a home and away game on Monday nights against the other teams throughout the summer. Each team has an 8-12 player roster, with six people playing each week.

The champion team from Carman featured Bobby McNair, Brock Vanderveen, Craig Johnston, Shawn Major, Ryan Orchard and Mike Hetherington (captain). Alternates on the team included Brook McGillivray, Reid North, Mason Metcalf, Jared Aubin, Blair Mutcher and Chris Swaenepeel.

In the Prairie Putter championship final, Carman played off against Morden at the Portage Golf Club in a tightly contested match that went the distance. Carman's Craig Johnston sunk a ten-foot putt after the Morden team made par to make the birdie and win the final hole, which forced a playoff.

For the playoff, each team picked

two players from their team and returned to the 18th hole to face off. Carman chose Ryan Orchard and Bobby McNair as their players.

"It was really dark at this time, to the point where the rest of the guys on each team were parked in the landing area off the tee to make sure we had eyes on where their shots ended up," said Carman team captain Michael Hetherington. "Both of our players hit great drives in the middle; Morden lost one of theirs, and the other was in the rough, so from this point, it was essentially a two-on-one."

Ryan Orchard then hit a great shot to have about 15 feet left for birdie. Morden's remaining player missed their par putt, so Orchard had two putts for the win. Orchard nestled his first putt up to the hole with less than a foot remaining and proceeded to tap it in, clinching the win for Carman.

"It was fitting that it went to a playoff as Morden and us were separated by only one point in the season standings," said Hetherington. "We were super excited to get our first Prairie Putter championship. Congratulations to Morden on a great season, as they've made the finals every year and have won it twice themselves."



STANDARD PHOTO BY CARMAN GOLF AND CURLING CLUB

The Carman Golf and Curling Club team, left to right, Craig Johnston, Shawn Major, Bobby McNair, Ryan Orchard, Michael Hetherington and Brock Vanderveen won the 2024 Prairie Putter golf championship last week.

Victor has high hopes for lady Hawks as season gets underway

By Lorne Stelmach

Head coach Matt Victor comes into the new season with much optimism for the female U18 Pembina Valley Hawks.

There is a good core of players who learned from last season, which saw the Hawks win their first three games but then struggle the rest of the way although with many close losses.

"There's always a lot of learning with that," said Victor, who noted they were a very young team, including a few underage players. "Having early success sometimes gives you a little bit of false confidence as teams keep getting better and better through the season.

"These girls want to learn. You don't have to teach compete with them," he said. "They're very open to learn."

The Hawks finished at 6-18-4 for 16 points, which was just four points

ahead of last-place Central Plains and six behind Interlake

Pembina Valley then gave Westman a good battle in the opening playoff round but fell in three straight to the second-place Wildcats.

Victor sees good prospects for this season.

"We have a really good base of returning players who came back from last year ... a lot of talent. It's looking really promising this year," he suggested. "I feel like this year were going to have a lot of opportunities to grow this group and also down road have a lot of success.

"And there's a nice influx of young Grade 10s who came from our U15 program who I coached ... so being the same coach for them as well, I feel very confident that they're going to get on board really quickly and really meld with our returning group as

well.

"It's a very good mix. We're still a young team overall, but the talent pool and the character that we have, I'm quite excited about it," said Victor.

The Hawks changed things up this year with a spring tryout followed by a second camp in August where they selected the final roster.

Having now spent some time with the team, Victor is clear on what he is looking for and wants to accomplish.

"The environment I want to create is very much I'm looking for character players. I'm looking for players who come out, compete and just want to drive that change ... and obviously show a lot of hockey sense in how to play without that puck," he said.

"Obviously skill is part of it, being part of a triple A program, but we're also looking at some of those other in-

tangibles to select our group."

And the organization had the players submit their ideas for both individual and team goals.

"The goals are high. The girls want to compete this year. They want to aim to win the league, and they want to be a competitive team," he said. "As a coaching staff, we're excited to hear that because that's our expectation. We want to compete this year.

"You're not winning the league in October. It's following that process, trusting that process ... and we'll worry about trying to hit those year end goals in February and March," he concluded. "Everyone's on the same page, so that is exciting."

Last weekend the team lost an exhibition game to the Westman Wildcats 5-4 in Souris. This weekend they play the Buffalos in Pilot Mound on Saturday.

sports & recreation

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Central Energy names coaches for 2025 season

Cunningham returns to coach U18 Energy

By Ty Dilello

The Central Energy AAA Fastpitch club has announced its head coaches for the 2025 season.

Jenn Smith will coach the U13 team, while Kylyn Shindle and Kevin Convery will share the U15 coaching responsibilities. Cam Zacharias will return to coach the U17 team, and Kassidy Cunningham will return after a hiatus to coach the U19 Central Energy team.

Cunningham is a former Central Energy player who went on to play college softball at Bethany Lutheran and Dakota College at Bottineau. She previously coached the U15 Central Energy team before taking this past summer off.

Cunningham returns to coach the U19 Central Energy squad, which was also on a one-year hiatus this summer as there was no Central Energy team at the U19 level.

"I know the majority of this team did not want their last season to be in 2023, so we're thrilled to have them back for another season," said U19 Central Energy head coach Cunningham. I'm also excited to return to coaching after a year off, particularly at the U19 level."

Cunningham notes that this coaching job is a fantastic opportunity to work with athletes who will have just completed their first year of college softball and to mentor those who are a year behind them.

"With my background as a former college player, I believe I have a good understanding of the demands and expectations of higher-level play, which should help us build a solid foundation for a successful season," said Cunningham.

The Central Energy club held tryouts for the U13, U15, U17, and U19 levels in Carman and Crystal City on Sept. 7 and 8. The players who make the team will then work and train during the winter to prepare for ball season in the spring and summer.



STANDARD PHOTO BY KASSIDY CUNNINGHAM

Former college softball player Kassidy Cunningham will be coaching the U19 Central Energy softball team when the next season gets underway in the spring of 2025.

Andrews returns as coach of PV Hawks men's team

By Lorne Stelmach

Jeff Andrews comes back into the role of head coach for the U18 male Pembina Valley Hawks with both optimism and high hopes.

This is his second stint with the U18 Hawks, as he coached them from 2018 until the pandemic shut them down during a deep playoff run in 2020, and his thought is you should always go into a season with championship aspirations.

"I think by the end of the year, we're going to be looking at a successful season," he said last week while preparing for tryouts over the weekend. "Any time I coach at this level, I'm always big on the team goal of winning a championship ... you create that positive karma with your approach day in, day out ... you prepare and you work to get better."

Over the past 17 seasons, Andrews has coached at all levels of minor hockey from U7 to U18, including coaching in the Zone 4 high school

hockey league with the Morden Thunder and W.C. Miller Aces.

He was also the head coach of the U18 female Hawks from 2011 to 2015 and guided them to three provincial league championships and the ESSO Cup national championship in 2012.

He takes back the reins of a male Hawks team that finished in seventh place last season but then took down the number two Southwest Cougars with a dramatic 2-1 overtime victory in game five that gave the Hawks a 3-2 series victory.

Their season then came to an end at the hands of the top-ranked Brandon Wheat Kings.

"They had some tough luck there at times, but I think as the year progressed and after Christmas, they kind of found their legs and their footing," said Andrews. "I think that made the season feel more successful."

He was really excited about having the opportunity to lead the Hawks

again.

"I've put together a really experienced coaching staff, and I'm just really excited to get the year going," he said. "We had lots of kids register ... by all indications, on paper, the year's rounding into shape and looking really good."

He saw there being good prospects as the team held its tryouts over the weekend.

"There are a few returning guys up front, and there's a returning goaltender and a returning defenseman, but other than that, it's pretty much wide open," he said. "We're really excited to kind of see how these kids push for spots and opportunities to make our hockey team."

Andrews said his thought was he wants a player to basically let them know they would be making a mistake to not put them on the team.

"I think a big thing for me is just work ethic and being able to kind of push the pace and play fast," he said.

"We'll be looking for the players' ability to be skilled but also work hard and show their understanding of the position they're playing and how to be effective."

He noted the fact the Hawks almost always ice a competitive team says something about the level of talent in the area.

"We're a big region ... and there's lots of really good minor hockey programs within our region," he said. "Based on that, the fact is that we're getting lots of good kids ... you see a really good on ice product."

"We also want to put as many of these kids from the Pembina Valley into junior hockey," he added. "We want to help these kids develop the skills they need so that they can move forward and continue their hockey journey."

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MOVING SALE!

Household items, toys, Lego, kitchenware, tools (all kinds), garden & yard tools, books, games, scooters, furniture and so much more!

Friday, Sept. 13

4-7 pm

Sat, Sept. 14

9am-4 pm

279 River Rd. North Carman

Everything must go!

Online Farm Sale

For the Estate of the Late William Robert Ferguson Neepawa, MB

Sale Starts online: Wednesday, September 18, 2024 at 9:00 a.m.
Closes: soft close starting at 10:00 a.m. Saturday, September 28, 2024

To register: go to: www.apro.bid

Included in the sale:
1942 J.D. Mod AR Unstyled,
1975 J.D. 2130, 2002 Yamaha Quad,
J.D. X350 Riding mower (only 20 hrs),
Misc equip, lumber, shop, tools and household. Partial listing on web site.

From Neepawa - 3 miles South of Hwy #5, turn left. East on 80N for 2 3/4 miles.

Viewing: by appointment only Tuesday, September 17 - 10:00 a.m. to 6:00 p.m.

Contact John Lampport at (204) 841-4136 to set up time.

Lorne (Buddy) Bergner, Auctioneer
John Lampport, Auctioneer
Bergner Auction Service
Box 1, Ashern, MB R0C 0E0
Email: bergnauct@mymts.net
www.apro.bid
www.globalauctionguide.com
(for sale viewing only)

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

PUBLIC NOTICE

RURAL MUNICIPALITY OF THOMPSON

TAKE NOTICE THAT the Council of the Rural Municipality of Thompson will consider, and if approved, pass a by-law for closing certain lands described below taken for a public road and consolidating such lands with an adjacent existing title, at a meeting of the Council to be held:

on the 26th day of September, 2024;
at the hour of 10 o'clock in the morning;
at the Council chambers, 530 Norton Avenue,
Miami, Manitoba.

The public road to be closed is described as follows:

All that portion of a Public Lane across part of the SW 1/4 of 8-5-5 WPM being part of Public Lane Block 3, Plan 2141, contained within the limits of Parcel A on a Plan prepared by Jesse Paul Simon Carels, of the RM of St. Clements, Manitoba Land Surveyor and sworn to by him on the 9th day of July, 2024, Plan of Public Lane to be Closed No. _____ (Dep. 0815/2024) MLTO

AND FURTHER TAKE NOTICE that Council will, at the time and place aforesaid, hear any person or by his or her agent, any person who claims that his or her land will be prejudicially affected by the by-law and who applies to be heard. The Plan of Public Lane to be Closed referred to above may be viewed at the Municipal Office, 530 Norton Avenue, Miami, Manitoba, on any weekday between the hours of 8:30 a.m. and 12 noon and 1:00 p.m. and 4:30 p.m.

DATED this 27th day of August, 2024

Chief Administrative Officer
Rural Municipality of Thompson

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TOWN WIDE GARAGE SALE in Graysville Saturday, Sept 14th 10:00am-3:00 pm To book a table ph or text Susie 204-612-4188

CARMAN FARMERS market

Last market for 2024 Friday September 13 • 4 - 6:30 p.m. Dufferin Agricultural Building at the fairgrounds



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PKF LAWYERS
MANITOBA'S LAW FIRM

Legal Assistant - Carman, MB

PKF Lawyers is seeking a full-time or part-time Legal Assistant to join our dynamic team. As "Manitoba's Law Firm," our culture is built on professional excellence, collaboration, and a strong sense of pride in the services we deliver.

Requirements & Experience:

Legal Assistant experience highly preferred, but willing to train the right candidate. Candidate must have a minimum of one (1) year Office Administrative experience.

We are looking for a candidate with the following skills:

- Excellent organizational capability and attention to detail
- Ability to multitask and meet tight deadlines
- Strong interpersonal and communication skills
- Excellent written skills
- Ability to adapt to new processes
- Ability to work independently as well as part of a team
- Following instructions with minimal supervision
- Working knowledge of Microsoft Office

Position will include but is not limited to the following responsibilities:

- Ability to handle all aspects of a real estate transaction including preparing and managing all documentation from beginning to end
- Prepare all routine correspondence, draft and register electronic instruments
- Handle multiple simultaneous responsibilities
- Deal directly with clients, financial institutions, municipalities, real estate agents, brokers, and land registry offices
- Flexibility of job description for the appropriate candidate

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- Competitive salary

Atmosphere:

- Casual and friendly

If you are looking for a challenging and fulfilling career, we encourage you to apply by sending your resume to Leslie Donaldson at ldonaldson@pkflawyers.com and cc: Tammy Bisschop at tbisschop@pkflawyers.com Please include three references and a cover letter with your resume.

This position is open until filled. However, only those selected for an interview will be contacted.



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Classifieds

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NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

NOTICES

WANT TO ADVERTISE FALL ENROLLMENT or employment opportunities? NOW is the time to get your information published! Book your ads now to boost enrolment! **SELLING SOMETHING?** Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Now booking advertising for the remainder of 2024. Plan your success! Please call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

Apartment for rent

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MANITOBA BEEF & FORAGE CONFERENCE

8 AM - 5 PM
October 30th, 2024
William Glesby Centre, Portage la Prairie, MB

Hear from industry experts and local producers about a variety of topics related to beef cattle production!

Organized by MB Agriculture in partnership with MB Beef & Forage Initiatives, and MB Beef Producers.

For more info call: 204-761-3300
Or visit: manitoba.ca/agriculture/livestock/beef-conference.html

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take a break > GAMES

SUDOKU

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

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!

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Engine additive
- A type of test
- Curtail
- Irish surname
- The opposite of good
- Got rid of
- Central parts of a church building
- Stylistically
- Intestinal
- Negative potential outcomes
- Lived up to a standard
- Snag
- Time units (abbr.)
- Ad ___
- "Partridge" actress Susan
- For each
- ___ Paulo, city
- League titles
- More intensely black
- Slang for lovely
- Petrarch is known for them
- Old Eurasian wheat
- Body part
- Swedish rock group
- They're worth avoiding
- Rising and falling of the voice
- Wings
- Enzyme import for respiration

CLUES DOWN

- Idyllic
- South Pacific island nations

1	2	3						4	5	6	7			
8			9					10						
11								12						
13				14				15						
16								17						
18						19	20							
						21								
						23				24				
						25				26				
						27				28				
										29	30	31	32	33
						34						35		
36												37		
38														39
40														41
42														43

- Shrub of the olive family
- Boundaries
- Encircle
- Weights
- Samberg is one
- Sheep sound
- European country
- Respected group of people
- Trigraph
- Prosecutors
- Assign a nickname
- Huge size
- Partner to cheese
- Fastballs
- Principle underlying the universe
- Distinct units of sound
- Title of respect
- Against
- Foot (Latin)
- One point east of due south
- Concerning the blood
- Type of pentameter
- North American peoples
- Layers of rock
- Georges ___, French philosopher
- Lengthy tale

Announcements Classifieds

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**CARMAN LEGION BRANCH #18
VETERANS' DINNER & DANCE
SATURDAY SEPT. 21, 2024**

CARMAN COMMUNITY HALL

COCKTAILS-5:00 PM; DINNER-6:00 PM

VETERANS & ESCORTS-NO CHARGE

**TICKETS FOR DINNER & DANCE:
\$25.00 FOR NON-VETERANS**

**WATER & WOOD DUO-\$10.00 FOR DANCE ONLY
DANCE @ 8:30 PM.**



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Wanted:

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Todd

306-774-2420

CARD OF THANKS

A HUGE thank you to all that made Roseisle's rescheduled Canada Day on July 27, 2024 another successful event. Special thanks to our sponsors: Government of Canada, Simplot, Richardson Pioneer, Greenland Equipment Ltd, Martens Build-It, Roseisle Store, Frank & Jeremy Peters, Prairie Ag N' Auto and to all our volunteers. Special thanks to the Campbell family for igniting the fireworks display. Thank you to the Carman Fire Department for being there on standby. We greatly appreciated that. Winner of the 50/50 draw was Leanne Toms of Winnipeg. We look forward to seeing you all again next year on July 1, weather permitting.
-Roseisle Planning Committee

**Remember Your
Loved Ones**
with an Announcement in the
STANDARD Call 204-467-5836

IN MEMORIAM



Gerry Scharien
November 20, 1949 – September 6, 2014
-Sadly missed by Mum and siblings

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

OBITUARY

Harry Dyck



It is with sad but grateful hearts we announce the passing of Harry Dyck at the age of 102.

He is survived by his wife Anne, and children Eldon (Louise), Kelvin (Cheryl), Sheryl (Ernie) and Joanne (Gerry). Also, by Anne's children John (Julie), Marge (Barry) and George (Arla). Dad was predeceased by his first wife Nettie in 2001 and is survived by his sister Kathleen and sister-in-law Mary. Harry was a devoted husband; father, grandfather and great-grandfather of a large blended family. He is remembered fondly by nieces, nephews and cousins.

Harry was very proud to have reached the age of 102. He loved being a farmer, was a skilled mechanic, a savvy salesman and a friend to many always ready to lend a hand or fix the broken. We will truly miss him and thank him for the wonderful memories that

we will cherish.

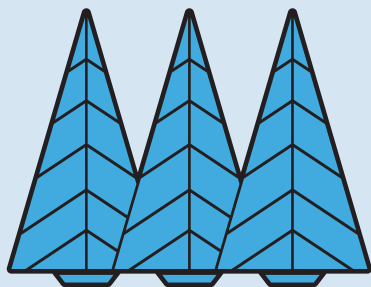
Funeral service was held on Thursday, September 5, 2024 at 2:00 p.m. at Carman Mennonite Church. Family interment took place in Greenwood Cemetery, Carman.

Memorial donations may be made to the Canadian Diabetes Association or the Manitoba Heart and Stroke Foundation.

Doyle's Funeral Home
in care of arrangements
www.doylesfuneralhome.ca

Your memory will live forever Engraved within our hearts

Aubin Nurseries Ltd.



**THANK YOU to our
loyal customers
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of patronage**

We are sad to announce that the Retail Garden Centre at Aubin Nurseries will be closing permanently on October 11, 2024

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So many ways to make buying local part of your daily life!

Many people want to buy local but find it difficult to change their habits or don't know where to start. Does this sound like you? Here are a few winning ideas for buying more local products.

Food

Subscribe to a local produce delivery service or visit farmers' markets to stock up on high-quality food. If you prefer shopping at the grocery store, ask the staff about local products on offer.

If you want to eat out, book a table at a local restaurant that serves local meats, cheeses and spirits. Bon appetit!

Clothing

Ordering clothes and accessories online at ridiculously low prices from fast-fashion giants contributes to air pollution and

worker exploitation. Instead, buy a few high-quality pieces made locally to reduce your carbon footprint and honour your ethical values. They may cost more, but their higher quality makes them more durable.

Entertainment

Watch local films as often as possible, both at the movie theatre and on online viewing platforms: there's something for everyone! Do you love reading? Search the shelves of your local bookstores for talented local authors.

Find out more about local performers like musicians and comics. You support them when you buy their albums, show tickets or merch. Who knows, you may find your next favourite entertainer.

There are plenty of other ways to make buying local part of your lifestyle. When you adopt new habits and share your experience, you positively influence the people around you!

It isn't hard to showcase your favourite local business!

Do you love a local company for its welcoming atmosphere, high-quality products, exemplary after-sales service or eco-responsible values? On top of being a loyal customer, you can help the business thrive by:

- Writing a positive testimonial online through Google reviews
- Commenting on and sharing the business's social media posts
- Recommending the businesses to family, friends and colleagues who might be interested in their products or services
- Gifting their products or gift certificates on various occasions, such as for Christmas, birthdays, employee rewards and hostess gifts

Promoting the local businesses you frequent gives hard-working, passionate people the boost they need to succeed while stimulating your region's economy.

It's easy to become a locavore!

Whether you're an omnivore or an herbivore — a person who follows a vegetarian or vegan diet — nothing's stopping you from being a locavore, too! Although it's gaining in popularity, this trend remains relatively unknown. Here's what you need to know.

What's locavorism?

According to the Canadian Food Inspection Agency, a food labelled "local" must have been produced in the province where it's sold or be sold in another province within 50 kilometres of the province of origin.

In short, the term locavore applies to people who consciously and consistently seek out food from businesses as close as possible to where they live.

What are the benefits?

Choosing to eat locally, especially when it comes to fruits and vegetables, results in less pollution from transportation and maximizes taste, freshness and nutritional value. It's important to remember that the longer food travels or is stored, the more likely it is to lose quality.

Additionally, knowing exactly where your food comes from and familiarizing yourself with producers at farmers' markets is an excellent way to develop a sense of community and pride.

Becoming a locavore comes with a host of benefits. Join the movement now and spread the word.

Love your community? Keep it alive - shop local.




RE/MAX
MiddletonRemax.com Valleyview

Ty Middleton
204-750-4545
Tymiddleton@remax.net

Trish Middleton
204-745-8248
Trishmiddleton@remax.net

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FASHION THAT FITS Event

Free personal styling session and early access to this season's collection

FDJ is donating \$1 to Look Good Feel Better for every pair of jeans you try on

Enter to win a free pair of FDJ jeans

Refreshments provided

Exclusive **15% off discount** on FDJ products purchased during the event

September 17
11:00 AM - 4:00 PM
Knockabouts, 76 Main St. S., Carman, MB