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STANDARD

THURSDAY,
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Historic tea party

STANDARD PHOTO BY BECCA MYSKIW

Annalise took part in the high tea at Bell Aura Bed, Breakfast and Bistro on Sunday in honour of Queen Elizabeth II. Over 30 people attended the event, drinking tea and eating snacks while discussing Her Majesty the late Queen of England.

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Western & Workwear closing its doors after 38 years

By Becca Myskiw

After almost 40 years in Carman Western & Workwear is closing its doors.

Owner Larry Stout has decided this October will be the last month his shop will be open for business. Western & Workwear's doors opened in January of 1984 downtown, then moved two years later to its current location Stout built himself. His current building sits at the north end of Carman at 177 Main Street N., and is one of the first things you see when driving into town.

Western & Workwear wasn't his first stab at the industry, though. Stout started in retail in 1951.

"I wanted to be my own business," he said. "I worked for other people my whole life."

When Western & Workwear first opened, it was a hunting and fishing supply store along with appliances and electronics. As time went on,

the firearms business changed, and big box stores made it difficult for a small business to keep up. So, Stout changed his direction, and knowing the clothing business well; he started selling jeans, hats, boots, rodeo supplies, and workwear.

"A lot of people around here have horses and there's 'wannabe cowboys,'" he said. "I also get a lot of truckers. I have regular customers from Ottawa to the west coast, the Interlake. Western Manitoba and down south Manitoba have been good for me too."

Along with his sales, Stout's Western & Workwear did a lot of shipping over the years.

"I kept top quality products," he said. "People got to know me. I had far better prices than most places."

One of Stout's favourite parts about working in the business for so long is dealing with the generations of fami-



STANDARD PHOTOS SUBMITTED
Western & Workwear will be closing at the end of October.

lies over and over — he's now started dealing with fifth-generation cowboys.

"I could hardly wait to get into work in the morning," said Stout. "It wasn't work."

The last couple of years, however, have been a different story. Along with following ever-changing restrictions, Stout couldn't get inventory in and had little to offer his customers. So, he decided at 83 years old, is time



Larry Stout has owned Western & Workwear for 38 years.

to move on.

Stout (and Western & Workwear) retires at the end of October. Until then, he won't be ordering anything new — what you see is what you get.

Boyne Regional Library starting seed library and other council news

By Becca Myskiw

The Boyne Regional Library allows community members to "grow" in gardening.

The library is starting a seed library this year, similar to a book library, but with seeds. Stacy O'Connor from the library asked Carman council for sup-

port in this initiative. She said they plan to have the seed library readily available to library members in late winter or early spring. People will come in, grab what they need, and borrow that seed type.

After getting what they need, patrons can plant their seeds in gardens or containers. Then, after they harvest in the late summer or fall, they will return the seeds they've saved from

Continued on page 5



Did you know?

Carman's Economic Development Department works with other organizations to benefit our community.

Collaboration and board participation with Economic Developers Association of Manitoba, Red River College Winkler Campus, Central Manitoba Tourism and Community Futures Heartland ensures we are proactively involved in regional activities and business support programs.

Call Tyler at 204-745-2675 or email tyler@townofcarman.com



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Chamber of Commerce hosts first meeting following summer break

By Becca Myskiw

After a two-month break, the Carman and Community Chamber of Commerce is back in session.

Last Tuesday, the Chamber held their first meeting since June, where they discussed the upcoming Carman Country Fair, the upcoming municipal elections, and more.

At the Sept. 13 meeting, executive director Jodi Winkler said summer was a “buzz” of Chamber activity. The Chamber golf tournament in June was hugely successful, with 110 golfers and many sponsors. The Carman Country Fair parade was the best, with a pipe band, mascots, Heavy Horse team, and over 100 floats.

“As the last float was leaving the marshaling area, the pipe band was coming back through the fairgrounds,” said Winkler.

The Access Credit Union Pro Am golf tournament was on Aug. 26 at the Carman Golf and Curling Club, bringing 21 teams full of pros from across Manitoba to Carman. Devon Schade and Darren McMillan won the tournament this year.

Perhaps the Chamber planned the

biggest event this year, the Car-WO-Man in Business event just a couple of weeks ago. It brought over 200 people to Ryall Park to mingle, drink, and eat in honour of Carman’s women in business community.

Last Saturday, the Chamber also partnered with the Boyne River Keepers for a town-wide World Rivers’ Day event. There was a poker derby on the water, vendors, information booths on community groups, a food cart, and a treasure hunt through the business district in town.

“I have also been busy with members, as the Chamber has begun implementing a new membership platform,” said Winkler. “I have been working on this transition throughout the summer, with plans to have everything in place by late October.”

She wished everyone a good harvest, a good school year, and some relaxation.

As of Sept. 7, the Chamber has generated over \$33,000, over \$20,000 more than last year. The next meeting will be on Oct. 11, the second Tuesday of the month.



STANDARD PHOTO BY BECCA MYSKIW

The Carman and Community Chamber of Commerce just had their first meeting after the summer break, and highlighted their successful Car-WO-Man in Business event.

Miami Ag Society fundraising for new rodeo ring

By Becca Myskiw

The Miami Agricultural Society will now have its own rodeo ring to host a number of events in the future.

For the past 25 years, Miami has rented panels annually to create the rodeo arena many have seen and competed in. Every year, they hold a Heartland Rodeo Association event during the annual fair, and in the past, they’ve hosted other events like mounted shooting, team penning, barrel racing, and more. The Miami Agricultural Society is also hosting the Manitoba High School Rodeo this year.

Heather Turner, secretary for the organization, said they’re excited to have their panels create their rodeo arena. They decided to purchase their own because they wanted the freedom to be able to put on more events at their ag grounds.

“Our new rodeo arena will have the ability to be dismantled and moved so we are able to have other events in front of our grandstands,” she said.

The project has left the ag society with a fundraising goal of \$46,000. To meet it, they’re holding a “Buy a Panel” fundraiser, where people can purchase a panel for \$200.

So far, the group has raised \$6,000 for their cause, leaving \$40,000 yet to be raised. They started the “Buy a Panel” fundraiser in June and will do it as long as they can to raise as much money as they can.

“We have amazing community support in Miami and surrounding area,” said Turner. “We are supported in our mission to put on fun family events and continue to promote agriculture in our community.”

To support the organization and their new rodeo ring, contact the rural municipality (RM) of Thompson at (204) 435-2114. People can pay by cheque, cash or e-transfer.

The new rodeo arena will be debuted at the high school rodeo in Miami on Sept. 24 and 25, both days starting at 10 a.m.





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The Carman-Dufferin
STANDARD



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> Got news?
Call Becca Myskiw
at 204-461-2602
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Free menstrual products to be provided to schools

Submitted by Manitoba government

The Manitoba government has reached an agreement with Shoppers Drug Mart to provide free menstrual products to schools and other agencies to improve accessibility and reduce period poverty, Families Minister Rochelle Squires, minister responsible for the status of women and Education and Early Childhood Learning Minister Wayne Ewasko last week.

"Thanks to this innovative partnership, we are progressing towards destigmatizing the nature of getting your period by supporting young women and girls when they need it most," said Squires. "This significant shift will ensure thousands of students and others most in need will have reliable and consistent access to menstrual products wherever they live in our province."

Through the agreement with Shoppers Drug Mart, schools, domestic violence shelters, resource centres, and second stage and specialized programs will receive menstrual products to administer to those most in need.

"Students in Manitoba deserve to feel comfortable going to school knowing they have access to free menstrual

products when they need it, without barriers or stigma," said Ewasko. "This agreement will help build more inclusive learning environments for people who menstruate across the province and is expected to lead to positive impacts on student engagement and well-being."

As part of this partnership, more than 3.3 million menstrual products will be donated to the initiative each year for three years. The Manitoba government will distribute the products monthly to schools and other identified locations. School divisions and schools will determine where the supplies are most needed.

"Inequitable access to period products, particularly for students, can lead to missed opportunities — school, work, and other activities — and creates barriers to success," said Jeff Leger, president, Shoppers Drug Mart. "This donation will provide students in Manitoba with free access to period products, helping to more fully unlock their potential. We are proud to be a part of this initiative, and grateful to our stores, to Procter & Gamble, and to our customers for their support."

Ewasko noted providing free menstrual products to students

delivers on the government's commitment to building a fair and equitable public education system, supporting the Student Engagement and Well-Being pillar of Manitoba's K to 12 Education Action Plan. As noted in the plan, the government will continue to work with education stakeholders, parents and caregivers to ensure holistic supports are available to address student needs, including mental health and wellness.

"Menstrual products are a right, not a privilege, and should be safe and affordable for everyone," said Chloe Crockford and Isabella O'Brien, Grade 11 students at Collège Jeanne-Sauvé.

This announcement marks Manitoba's sixth collaborative social finance program to explore innovative solutions and deliver better outcomes, the minister noted. The agreement is Shoppers Drug Mart's second major collaboration with the Manitoba government using innovative social policy tools that bring together government, the private sector, not-for-profits and other stakeholders to deliver effective solutions.

To learn more about social finance and the social innovation office visit: <https://manitoba.ca/sio/>.

Funding to expand client support program for those living with alzheimer's disease

Submitted by Manitoba government

Manitobans living with Alzheimer's disease or other dementias, and the family members and caregivers who support them, will benefit from an additional \$1.3 million to help manage the progression of the disease through supports offered by the Alzheimer Society of Manitoba (ASM), Seniors and Long-Term Care Minister Scott Johnston announced last week.

"Our government is committed to improving the quality of life of Manitoba seniors and investing in expert care for seniors living with dementias," said Johnston. "This investment, in partnership with ASM, builds upon a shared commitment to

meaningfully invest in programs that meet urgent needs, and help to meet the growing demand for specialized supports and services as client volumes rise. ASM has a long history of providing services to seniors and their families, and we are grateful for their partnership on the First Link initiative."

The Manitoba government has invested in First Link for several years, the minister noted, adding this funding expansion will be matched year over year by public donations to ASM. The matched funding will be provided over four years, equalling \$325,000 per year, beginning in the 2023-24 fiscal year.

"We are beyond excited to receive this multi-year funding from the provincial government for our First Link program," said Wendy Schettler, CEO, Alzheimer Society of Manitoba. "The province has been a valued partner of this program for over a decade now and it is vitally important that we continue the expansion of First Link so families have a place to turn to for support and information throughout their dementia journey."

Currently, in Manitoba, more than 18,400 Manitobans have dementia. This number is growing rapidly and is expected to reach 39,100 by 2050, the minister said.

Continued on page 5

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Significant support through spring flood disaster financial assistance program announced

Submitted by Manitoba government

The Manitoba government has received more than 1,800 applications from Manitobans for support through the Disaster Financial Assistance (DFA) program after spring flooding caused extensive damage throughout the province, Transportation and Infrastructure Minister Doyle Piwniuk announced Tuesday.

"The spring flood of 2022 will be remembered for the sheer size and scope of damage it caused across our province, and our government understands that many individuals and communities need support to recover," said Piwniuk. "We are pleased to be able to offer assistance through the DFA program and encourage all eligible Manitobans to apply."

Manitoba experienced

unprecedented flooding in spring because of high winter snowpack and storms throughout April, May, June and July that brought a mix of snow, freezing rain and rain that created high river and lake levels and substantial overland flooding. Private residences, farms, small businesses, non-profit organizations, provincial and municipal infrastructure were impacted.

This year's DFA program was established on May 9 while spring flooding was still underway to ensure timely assistance for affected Manitobans. Since then, the province has received approximately 115 municipal claims involving more than 6,900 sites across the province, as well as 1,800 private applications. The DFA program is expected to provide tens of millions of dollars in

assistance, the minister said.

Municipalities, primary residences, farms, small businesses and non-profit organizations with impacts related to spring flooding that occurred from March 20 to July 20 of this year may apply to the DFA program, the minister said. The deadline for applications is Sept. 23.

The DFA program assists with uninsurable losses to basic and essential property but does not provide financial assistance for losses related to sewer backup, cottages, secondary properties or loss of income or opportunity.

Manitobans are reminded to review home insurance policies and speak with insurance providers, as many providers offer overland flood insurance.

Manitoba continues to work

with the federal government to ensure Manitoba's 2022 Spring Flood DFA program is cost-shared under Canada's Disaster Financial Assistance Arrangements.

Manitoba has also established the Mitigation and Preparedness Program (MPP), which incentivizes municipalities to invest DFA cost-share support in mitigation to protect against future disasters. Many municipalities have already submitted projects for consideration under the MPP and the Manitoba government encourages all eligible municipalities to apply before the deadline.

For more information on the DFA program or to apply, visit www.manitoba.ca/emo/dfa.

Municipalities interested in applying for the MPP should visit www.gov.mb.ca/emo/mitigation/mpp.

> COUNCIL, FROM PG. 2

plants, which creates a circular food economy for the community, said O'Connor.

"Seeds that are labeled 'easy' are great for beginner gardeners and seed savers to start with," she said. "The goal of the free seed library is to increase the capacity of our community to feed itself wholesome food by means of equitable access to seeds and to provide education and programming that fosters community resilience, self-reliance, and a culture of sharing."

Anyone is eligible to sign up for a library membership for free. By getting one, it allows the Boyne Regional Library to track the use and need for the seed library. There are pamphlets

in the library on how to harvest and save seeds too.

To get the seed library started, the library is looking for seed donations of preferably heritage and organic seeds of vegetables, flowers, and herbs. They will also need help packaging everything when the time comes. To donate, contact the library at (204) 745-3504.

Other council news:

Work and Operation Committee

- The Carman Community Pathway has been extended behind the Boyne Lodge personal care home (PCH).

- Another Hallmark movie is

considering filming in Carman.

- The Boyne River Keepers are allowed to add signs at each end of the walking bridge so walkers know the bridge's names.

Finance and Administration

- Golden Prairie Arts Council (GPAC) was authorized to renovate the CN Station.

Community and Social Development

- Dufferin Agricultural Society (DAS) president Deena Boklaschuk will be stepping away from her position at the end of her term, which ends in November 2022 due to her permanent move.

- The Carman Country Fair was deemed a success financially and commercially.

> ALZHEIMER'S FUNDING, FROM PG. 4

Caregivers of seniors with dementia provide an average of 26 hours of care each week and more than four out of 10 caregivers of seniors with dementia exhibit caregiver distress, almost twice as many when compared with caregivers of those without dementia.

ASM is expected to serve over 131,000 Manitobans across the province over the next five years. On average, ASM receives calls for six new clients per day and demand for the program has surpassed the current public donation volume of revenue required to support client volumes, Johnston said.

First Link connects individuals living with Alzheimer's disease and other dementias, and their families, to a variety of supports and services throughout the progression of the disease. The Alzheimer Society of

Manitoba manages the program planning and provides access to community resources, information, medication and dementia-specific expertise.

First Link is based on a similar program in Ontario that has demonstrated the capacity to delay personal care home admissions, avoid hospitalizations and prevent a crisis.

The minister noted that improving care for individuals living with dementias and providing caregiver supports strategically aligns with the public engagement work currently underway towards the development of a new seniors strategy for Manitobans.

To participate in the continuing public consultations, visit <https://engagemb.ca/building-a-plan-with-manitoba-seniors>



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Manitoba

Old Farmer's Almanac makes its winter predictions

By Lorne Stelmach

The 2023 Canadian edition of the *Old Farmer's Almanac* delivers a warning for the country to be prepared for a chilly winter.

The annual weather forecast predicts that there is a good share of cold in store for most Canadians this winter, with a number of unusual mini-deep-freezes throughout many parts of the country.

Most people will be hoping the forecast is incorrect this time, though *The Old Farmer's Almanac* touts that its predictions over the past 231 years have been 80 per cent accurate.

The forecast usually gets the most attention with the annual release of the almanac, but managing editor Jack Burnett is always quick to note there is much, much more to it each year.

"Weather is only about five or six per cent of *The Old Farmer's Almanac*," he noted. "It's food, it's gardening, it's history, it's folklore, it's astronomy; it's all kinds of other things."

"We go back to the founder of *The Old Farmer's Almanac*, who was a guy named Robert B. Thomas ... he started *The Old Farmer's Almanac* in 1792 outside Boston, so we're the oldest continuously published periodical in North America," said Burnett. "What he had as his guidepost was to be useful with a pleasant degree of humour, and so that is what we have always tried to do."

"THE POWER OF THE PRAIRIES IS UNBELIEVABLE, AND WE KNOW EVEN IN SOUTHERN MANITOBA WE HAVE THOUSANDS OF FRIENDS,"

The 2022-2023 weather forecast predicts that winter will arrive early with cold temperatures dropping down from the Yukon and northern Alberta to settle in across the Prairies and into southern Ontario and south-west Quebec.

By mid to late November, icebox conditions will arrive to likely worsen as the season progresses. For example, in January, temperatures on the prairies could average 7 C below normal. The southern portions of the prairies and most of British Columbia will sometimes be more wet than white



SUPPLIED IMAGE

The Old Farmer's Almanac is predicting a cold, dry winter in Manitoba.

with sleet and freezing rain more prevalent than usual.

In addition to its much-anticipated weather forecasts, *The Old Farmer's Almanac* Canadian edition also offers a variety of other highlights, including stories from family farms, gardening tips, recipes, practical life advice, and more.

Burnett noted their sales statistics show the annual editions always have strong readership and sales in Manitoba.

"The power of the prairies is unbelievable, and we know even in southern Manitoba we have thousands of friends, so we're very blessed in that regard," he said. "What people tell us is, number one, we have a lot of useful information about just about everything you can think of."

He also suggested they are getting younger readers now as well.

"In particular, now that they're gardening more, hanging around the house or farm more, they find that the farmer's almanac is really useful. It is practical information," Burnett said.

"*The Old Farmer's Almanac* was kind of like the google of its day," he observed. "There was no place where you could find everything ... even today, people like *The Old Farmer's Almanac* because everything is sort of curated for you; it's all in one place."

"The second thing people tell us is it's safe, it's a known quantity. It's like we're reliable," he said. "People appreciate that; they use *The Old Farmer's Almanac* as something that is steady and reliable and safe and enjoyable ... it's like an old friend."

Share your views

Building a Plan with Manitoba Seniors

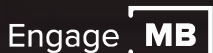


The Manitoba government is developing a Manitoba Seniors Strategy and is looking for input from the general public, seniors, family members and caregivers, and people working with, or providing services to seniors.

This is the second in a series of consultations through EngageMB. This survey focuses on the future: ideal states and priorities.

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Denim and Dust sees highest number of barrel racers this season

By Becca Myskiw

There are more barrel riders than ever, thanks to the Denim and Dust series.

This summer was the third year of Carman's weekly barrel racing series. Denim and Dust started July 5 and went to Aug. 20, when the whole Saturday was dedicated to the series' finals.

This season was different compared to the last two. In past years, barrel racers competed in a 115 x 185-foot size ring. But this year, a group of volunteers created a new, bigger arena with tilled ground and fences. The new competition grounds measure 150 x 250-feet.

Also added this year was a second competition ring for the

PeeWee racers. Because there were so many new faces and children trying out the sport of barrel racing, each Tuesday evening took longer than expected to get through the age groups. So, organizer Carlene Reimer had the PeeWee barrel racers in two arenas so the event would go by quicker, finishing the youth and the open classes before nightfall.

"There are lots of kids getting into the sport," said Reimer. "It's great to see."

Denim and Dust Barrel Racing Series also had a second jackpot each night that was Manitoba Barrel Racing Association (MBRA) sanctioned. It gave people who race in Carman the opportunity to qualify for the MBRA finals in Brandon later this



STANDARD PHOTO SUBMITTED

This Denim and Dust season was one with the most riders yet.

year as long as Denim & Dust had five sanctioned runs for them to be eligible in — they had seven.

"It went extremely well," said Reimer. "We ended up just having mass amounts of people, which is fantastic."

About 75 per cent of the total number of barrel racers also competed to get in the MBRA sanctioned event in Brandon. This year, the greatest number of barrel racers for one day was 156 — more than Reimer's ever had.

"The atmosphere's super positive at all times there," said Reimer. "It doesn't matter where you're

starting, everyone's welcoming."

And with more and more people coming to Carman for barrel racing this summer, the town's economy had a bit of a boost. Reimer noted that one family camped during the week at the campground and had the children sign up for swimming lessons in town.

Reimer and the team behind the Denim and Dust Barrel Racing Series are working on sponsorship letters for next year and adding a few more new things.

RM of Thompson makes the switch to All-Net Connect

By Becca Myskiw

The rural municipality (RM) of Thompson has a new way to keep residents informed.

The RM recently purchased All-Net Connect, a mass notification software. It notifies people who sign up for it of emergencies, boil water advisories, road closures, and general municipal information.

"All of these communications will keep our residents informed about emergency information with alert options that include voice call, text messaging, mass email, and social media," said Dallas Braun, RM of Thompson chief administrative officer (CAO).

All-Net Connect uses the same platform as the municipality's council meetings and website, making it an easy transition. Braun said prior to the purchase of the new software, the RM was using CodeRed, a different mass notification tool for residents.

"The municipality switched from CodeRed to All-Net Connect as we wanted to find a more local software provider for our mass notification system," said Braun.

All-Net Connect started in a rural Manitoba town in 1999 by offering municipal websites to small community governments. Today, they have over 500 municipal clients across Canada, with communities ranging

in size from a few hundred people to over 25,000 people.

All-Net Connect is to improve communication and connect the community one message at a time. To receive notifications from the service, residents can sign up through the RM's website at <https://rmthompson.allnetconnect.ca/Pubs/register.aspx>, by calling the RM at (204) 435-2114, by emailing the RM at info@rmofthompson.com, or by filling out one of the sign-up sheets around town.

When registering, people can choose to receive alerts from all or some of the following groups:

- Alert Ready
- EMO
- General RM information
- Water

"Another nice thing about the program is that mapping is integrated into the software so that municipal staff can choose specific areas for specific events, and everyone signed up within that mapping will receive the alert," said Braun. "For severe alerts (tornado is coming, amber alert in our area, etc.), we can override all preferences and send out voice call to all those signed up."

The RM of Thompson first put out the registration for All-Net Connect on Aug. 22. They don't have the numbers right now for how many people

have signed up, but Braun encourages everyone the municipality to do so.

Investing in Our Communities

Manitoba is investing \$34 million this year in culture and communities through the Arts, Culture and Sport in Community Fund.

This fund supports capital projects, special initiatives and community celebrations - allowing local arts, culture and amateur sport organizations to innovate and respond to emerging community needs, including those that are led by Indigenous, Francophone and ethnocultural communities.

Online funding applications open August 16, 2022. All eligible non-profit organizations are encouraged to apply.

To learn more please call **1-866-626-4862** or visit **Manitoba.ca/ACSC**.

Bell Aura hosts high tea in honour of Queen Elizabeth II

By Becca Myskiw

It was a celebration of the times at Bell Aura Bed, Breakfast and Bistro last Sunday.

In her platinum jubilee year, Queen Elizabeth II died on Sept. 8, ending her 70-year reign. With it, a life of historic moments and milestones. To honour her life and to give people a place to remember her, Barbara Alarie hosted a high tea on Sunday, Sept. 18.

Queen Elizabeth II was coronated on June 2, 1953, and reigned until her recent death, making her Britain's longest-reigning monarch. In 1945, she joined the Auxiliary Territorial Service to help in the Second World War and trained to become an expert driver and mechanic.

"She has more grit than some of the frontline soldiers I'd say," said Alarie.

Elizabeth's love for corgis began in 1933 when her dad brought home a Pembroke Welsh Corgi. She bred over 30 dogs during her reign and is credited for creating the dorgi, a dachshund-corgi mix. She left behind two corgis, one dorgi, and one cocker spaniel after she died.

In 1947, Elizabeth married her distant cousin, Philip Mountbatten. Because their wedding was at the time of war recovery, she collected clothing coupons to get fabric for her gown.

"She recognized her duty right from a teenager on," noted Alarie. "It's just quite remarkable."

Alarie knows there are people in the Carman area who "couldn't care less" about the Queen's death and some who are happy about it. Someone in town, Alarie said, had even met the Queen.

"And then there are those whose hearts are just broken," she said.

It didn't matter which group people fell into — they were all welcome at Sunday's high tea. Together, people dressed up in their best clothes, wore a fancy hat (borrowed one from Alarie if they didn't have) and ate scones, finger sandwiches, potted shrimp, and more while talking about Queen Elizabeth II.

The event was \$35 to attend and went from 4 p.m. until people decided it was time to go. It ended up being well attended and a lot of fun for those who were there.

"It's a reason to get out, get dressed and be happy," said Alarie. "I mean it's sad she's gone but holy smoke there's a lot to celebrate."



STANDARD PHOTOS BY BECCA MYSKIW

Women and children of all ages were at the event.



Barb Alarie owns Bell Aura Bed, Breakfast and Bistro.



Shirley, left, is Alarie's siter, so she and Laura came to the high tea.



Everett came to the tea with his family and friends. He ate shrimp, sucked on a lemon, and drank lots of tea before the afternoon was over.

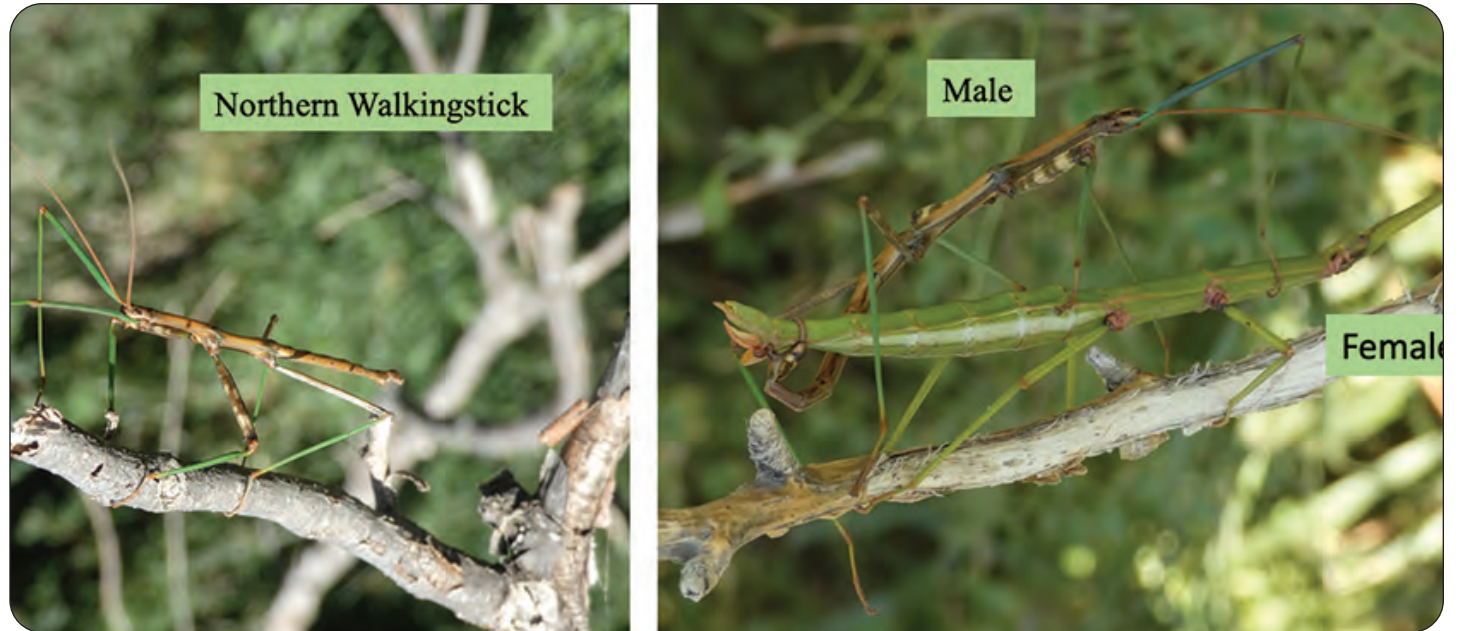


Over 30 people were at a Bell Aura high tea on Sunday in honour of Queen Elizabeth II.

Incredible creatures: walkingsticks - another master of mimicry

By John Gavloski

For those who enjoy looking for and observing wildlife, each year will have its highlights and surprising finds. This year has been no exception for me so far. On three separate occasions in July and August we found a cool insect called the brown wasp mantidfly while sweeping for insects along the prairie area of the pathway in Carman. I was finding more stilt bugs this year than usual on some of these excursions as well. And I happened to come across a beautiful yellow moth with pink trim called the chickweed geometer. But one of the more incredible finds this year was seeing a rather large population of an insect called the northern walkingstick. Stick with this article, and learn more about these incredible insects.



PHOTOS BY JOHN GAVLOSKI

The northern walking stick feeds on the leaves of deciduous trees and shrubs.

Searching for sticks

The northern walkingstick (*Diapheromera femorata*) is the only species of walkingstick found in Canada. The area around Miami seems to be a local hotspot. That is where I found them previously. They feed on the leaves of deciduous trees and shrubs, and especially like oaks and hazelnut. I got a tip from a fellow entomologist about an incredibly large population in a grove of trees, which had some hazelnut, just north of Miami. This was something I had to check out. On the way back from our summer vacation, my wife Lynne and I stopped to have a look for these insects in the area described for us. Within a relatively short period of time we found 20 walkingsticks. We really had to look hard though, as they are incredibly good at blending in with the plants they are on. They would often be quite still when we found them, sometimes with their front legs extended forwards alongside the antennae, making them look even more like a twig. Males usually have a more brown colour, whereas the females are more greenish brown, and are larger and not as slender as the males. Several times we came across mating pairs. Male walkingsticks will remain with the female long after mating to try to ensure another male does not mate with her, and

will try to fight off other males.

Eggs that look like seeds

Females of the northern walkingstick drop eggs singly on to the forest floor. Eggs overwinter in leaf litter and hatch in the spring, although some eggs remain dormant for a year and hatch during the second spring. There are some interesting features of the eggs that protect them from predators and parasites, sometimes with the help of ants. Stick insect eggs in general resemble the seeds of plants. The eggs of the northern walkingstick resemble the seeds of legumes. The eggs additionally contain a tasty area called a capitulum, which makes them quite attractive to ants that may find them. The capitulum on an insect egg mimics a similar tasty and nutritious area called an elaiosome on plant seeds that depends on ants for distribution. Ants will take the eggs into their nest, thinking they are a seed. They eat the capitulum, but this does not damage the interior of the egg. The egg is then discarded at the

bottom of their nest. This will provide protection for the eggs. When the tiny (a few millimeters long) walkingsticks hatch, they are allowed to exit the ant hill.

Walkingsticks are extremely good at

camouflage, and an interesting insect to look for if you are around any oak or hazelnut trees. So if in the Miami area, take a walk on the wild side and see how many walkingsticks you can find.

Thank You!

After much consideration I have made the difficult decision not to seek re-election in this upcoming Civic Election. Over the past 20 years your overwhelming support and encouragement has been most humbling, and I was honoured to be "your voice" at the Council Table.

To all of you: the Citizens of Carman and Dufferin, past and present Mayors, Reeves, Councillors, Staff, the Carman Dufferin Fire Department, and all the Community Groups I have worked with, it has been a privilege and a pleasure.

With Gratitude,

Jane (Janey) Swanton



REMINDER NOTICE OF PUBLIC HEARING

You're Invited

to share your views about the proposed rate changes from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has applied to the Public Utilities Board (Board) for a 0.9% decrease to Basic Autopac vehicle and driver insurance rates and premiums effective on April 1, 2023 through March 31, 2024.

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

An electronic based virtual public hearing on the proposed decrease will be held beginning:

Wednesday, October 19, 2022 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 decrease, 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 1, 2022**.

For more information, visit <http://www.pubmanitoba.ca>

Manitoba Public Utilities Board

400-330 Portage Avenue
Winnipeg, Manitoba R3C 0C4

Phone: 204-945-2638 | Email: publicutilities@gov.mb.ca

Manitoba Coin Club about to show you the money

Coin, Stamp & Collectibles Show coming to West St. Paul

By Patricia Barrett

The Manitoba Coin Club is going to show people the money in a few weeks when it hosts a coin, stamp and collectibles show in West St. Paul.

The club is inviting the public to bring in old or commemorative currency for assessment or just pop by to learn what currency collecting is all about and how it can literally pay.

Numismatist Larry Dalman, who is a club member, said people with historical or commemorative currency may be surprised to learn that it has value far beyond the numbers stamped on the face.

People who've inherited coin collections or have the odd old coin or paper bill might not know their value and will sometimes just want to get rid of them. Oftentimes, they'll take them to a bank.

"Banks will give them face value for every coin and bill they turn in. They don't care if a coin has silver content or what age it is," said Dalman, who has about 50 years' experience in numismatics. "Every financial institution in Canada is obligated to send all that [old money] back to the Bank of Canada, which shreds or melts it."

Numismatics is the study of coins and other currency such as paper bills, as well as the history, physical properties and appraisal of currency. A specialist is called a numismatist.

The Winnipeg-based Manitoba Coin Club has about 100 members in and outside the province. Founded in 1954, the club provides numismatic education, hobby and fellowship. The members collect mostly Canadian and foreign currency, banking memorabilia and exonomia (tokens, souvenir medallions, encased coins, etc.) among other interests. All coin clubs in Canada fall under the Royal Canadian Numismatic Association.

The Manitoba club helps educate people on the value of their collections or individual coins and notes, sparks their interest in collecting and encourages them to preserve Canada's currency history.

Until 1908, when the Royal Canadian Mint was established in Ottawa, Canada had its money made in England and shipped across the Atlantic. The Ottawa mint now makes



A collection of Canadian silver dollars.

commemorative currency while the country's second mint, the Royal Canadian Mint in Winnipeg, makes circulating currency for Canada and other countries.

The Canadian government kept track of every single bill and coin made, but with so much currency being destroyed, there's no record of what has been taken out, said Dalman. Not knowing how many bills or coins have been destroyed makes it difficult for collectors to determine how valuable it is.

They do, however, have guides that rate bills and coins on things such as condition, colour, framing, rareness and even who signed bills.

Old bills that look as though they've been run over by a car compared to bills that look as though they were never circulated will naturally get different prices, said Dalman. A two-dollar bill, for instance, in mint condition might be worth \$100.

"There are different coin books out there that will show you what coins and bills are worth, as well as websites (such as coinsandcanada.com), and they'll also show you how to grade your own coins and bills," said Dalman. "But if you want to get the real prices, a lot of coin collectors or people in numismatic pay money to professional companies throughout North America that will grade them."

For people considering taking their old currency to the bank or to companies that pay fair market value based on the weight of silver or gold in coins, Dalman said it could pay to first do some homework on your coins and bills or consult a coin club member.

A bank will give you face value (\$100) for 100 silver dollars. A company that pays based on weight will offer more, but might overlook rare coins that could fetch a substantial amount of money.

"Let's say you take in 100 silver dollars [to a company] and depending on the percentage of silver they contain and price per ounce, they may give you about \$1,400 to \$1,600," he said. "You might be ecstatic, but if you've got a rare coin in there, that alone could be worth \$200 to \$500."

Dalman said an 1870 "shinplas-



STANDARD PHOTOS BY LANA MEIER

Larry Dalman of the Manitoba Coin Club has about 50 years of experience valuing currency and helps educate members of the coin club and the public.



The commemorative \$20 note was issued on September 9, 2015, the day on which Queen Elizabeth II's reign exceeded that of her great-great-grandmother, Queen Victoria, making her the longest-reigning sovereign in Canada's modern era.

ter" (a paper bill worth 25 cents) is "very hard to find and very expensive." The 1965 silver dollar has five different variations, and some are more valuable than others. The 1954 "devil-faced" bills – bills that look as though there's a devil in the Queen's hair – are "worth a lot of money, especially in pristine condition."

"A 1954 \$1,000 bill, if in good shape, might be worth \$1,200. But if it has a devil's face on it, it's worth \$4,000 to \$5,000," said Dalman. "These are the kinds of things the Manitoba Coin Club and the Royal Canadian Numismatic Association are trying to get people to recognize."

Commemorative currency, such as that issued in 1935 to recognize the 25th Anniversary of King George VI on the throne is very valuable. Members of the royal family – including Princess Elizabeth – were featured on

bills printed only for a year.

And Dalman said there are specialty coins out there, including sports-themed coins with Canadian hockey teams on them, coins that depict historical events, and coins with DC Comics, Remembrance Day, Disney and dinosaurs on them.

The upcoming Coin, Stamp & Collectibles Show will have Manitoba Coin Club members and dealers who will sit down with people and go over their currency. Anyone interested in joining the Manitoba Coin Club can fill out an application, which will be available at the show.

The show will be held on Oct. 1 from 10 a.m. to 5 p.m. and on Oct. 2 from 10 a.m. to 4 p.m. at the Sunova Recreation Centre, 8 Holland Rd. in West St. Paul. \$5 admission provides entry for both days.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Rugby season comes to a close after a successful first year in Carman, Altona

By Becca Myskiw

Carman's first year with a rugby team was a success.

Pembina Valley rugby was extended to Carman and Altona this year after being in Morden, Winkler, and Plum Coulee for a couple of years. Organizer Adam Porte decided to give more children in the area an opportunity to play the sport, and the Carman community didn't disappoint.

The Morden team had around 15 players, Winkler 10, Plum Coulee just five, Altona 20, and Carman had the most with 25 players. Porte attributes the lower numbers to other sports starting back up and summer vacations becoming more frequent.

"It's hard to compete against hockey," he said.

Rugby is a 15-a-side team sport. The game's object is to ground the ball behind the opposing team's line, which is how to score a goal. Players can use their hands and feet to move the ball. The catch, however, is when the ball is carried in hand during rugby, it can only be handed off or thrown backwards.

It's a "hooligan's game played by gentlemen", ensuring manners are first and foremost on the field.

The league had every team come to a communal meeting place weekly. Porte had hoped to have

each town playing one another on match nights, but because the numbers didn't allow that, Altona and Carman were usually the only towns that could play as one team.

Rugby started on July 14 and ended last week on Sept. 15. All teams were junior, meaning every player was 14 years old or younger.

The players learned the basics of rugby, along with some tips, tricks, and even tackling.

"The point is to get kids introduced to [rugby]," said Porte. "It's tough. It's a new sport and fairly alien to the people out here, but it's grown every year."

He said each player developed well over the past few months and he's hoping they'll stick with the sport as it brings many opportunities.

"These fringe sports are where you get the opportunities to travel the world," he said. "They're not as well-known."

Rugby also brings the opportunity to play on team Manitoba in the Canada Games soon.

Porte is planning on continuing the Pembina Valley rugby league next year and he's hoping it will only continue to grow. Along with numbers in players, he's always looking for more parent volunteers and coaches.



STANDARD PHOTOS BY BECCA MYSKIW

The Pembina Valley rugby season came to a close last week, with more teams than ever before.

Hawks 0-1-3 at Calgary Firestarter tournament

By Lorne Stelmach

The female U18 Pembina Valley Hawks were put to the test this past week against some tough competition at a tournament in Calgary.

The Hawks came away from the Firestarter female U18 hockey tournament with a tie and three losses.

Emma Durand had the lone goal for the Hawks in their opener last Thursday as they battled the Notre Dame

Hounds to a 1-1 tie.

Later that same day, Pembina Valley was doubled up 4-2 by the Southern Alberta Hockey Academy. Erica Fijala and Zenith Vanstone scored for the Hawks while Kasia Rakowski stopped 32 of 36 shots on goal. Pembina Valley only managed 18 shots on goal. Friday then saw Pembina Valley keep it close against Lloydminster but in the end were edged 3-2 by the Steelers. Ava Dalebozik

and Mya Pearce scored for the Hawks, and Kaylee Franz stopped 25 of 27 shots on goal with Pembina Valley managing 27 shots on goal.

In their final game Saturday, the Hawks were edged 1-0 by the Thompson Okanagan Lakers on Saturday. Hawks goaltender Kasia Rakowski made 26 saves, while Pembina Valley was blanked on 22 shots. Pembina Valley hosts Yellowhead for a pre-season game this Sun-

day then kick off the regular season with a pair of home games. The Hawks welcome Interlake Oct. 1 then Central Plains Oct. 2.

Male Hawks fall to Thistles in pre-season opener

By Lorne Stelmach

A penalty-filled affair saw the male U18 Pembina Valley Hawks fall 7-4 to the Kenora Thistles in their pre-season opener Sunday.

The Hawks trailed 1-0 and 4-3 at the intermissions before giving up three more goals in the final frame.

Pembina Valley and Kenora both took 12 penalties in the game, and it led to the Hawks

connecting on two power plays and Kenora scoring three times with the man advantage.

Liam Goertzen had a hat trick and a four point night for the Hawks while Sebastian Hicks had a goal and a pair of assists.

Shots on goal were 38-25 in favor of Kenora with the Thistles firing 23 shots in the third period alone. Splitting the goaltending duties for the Hawks were

Cam Perrier, who stopped 20 of 25 shots, and Bryson Yachyshyn, who stopped 11 of 13.

The Hawks were hosting a second pre-season game Thursday with the Central Plains Capitals coming to Morden, and Pembina Valley then kicks off the regular season schedule against the defending champion Wild Sept. 30 in Winnipeg.



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WEDNESDAY, OCTOBER 12, 2022

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Flyers win first two

By Ashleigh Viveiros

The Winkler Flyers are off to a fine start, winning their first two games of the Manitoba Junior Hockey League 2022-2023 season last weekend.

Their season-opener playing the Freeze in Winnipeg ended in a 5-3 victory, with goals coming in from Brody Beauchemin, Zach Nicolas, Sully Ross, and two from Dalton Andrew.

Beauchemin and Andrew drew first blood in the second half of the opening frame.

Two more unanswered goals from Nicolas and Ross in the first 10 minutes of the second had Winkler firmly in the lead 4-0 before the Freeze managed to find the back of the net, scoring twice in quick succession. Andrew's second of the night a few minutes later made it 5-2 heading into the final period.

There, the Freeze managed one more while Winkler's 21 shots on goal failed to hit their mark.

Overall, the Flyers outshot Winnipeg 55-20. Malachi Klassen went the distance in net, making 17 saves.

Winkler won their next game the next night by a much wider margin, dropping the visiting Winnipeg Blues 7-2 Saturday.

The Blues' two goals both came in the game's final 10 minutes, while Winkler's offensive lines fired home three in the first, one in the second, and three more in the third period.

Mike Svenson led the way with a four-goal night. Contributing singles were Beauchemin, Dayton Kiesman, and Jayce Legaarden.

Klassen was back in net for Winkler, making 27 saves off 29 shots. His teammates sent 37 back across the ice.

The wins came after a pre-season that saw Winkler split a pair of games with the Steinbach Pistons (losing game one 4-2 and then trouncing them 6-0) and then lose both matches against the Selkirk Steelers (by scores of 4-3 and 2-1).

Pre-season struggles aside, head coach and general manager Justin Falk is feeling pretty good about where the team is at this fall.

"It was a great start to the season," he said on Monday. "I really liked how the guys showed up to camp and battled hard through the week and a half of training camp and pre-season.



STANDARD PHOTOS BY RICK HIEBERT
Winkler Flyers goalie Malachi Klassen keeps an eye on the puck (in circle) Saturday night at the team's home opener. Klassen's skills in net helped the Flyers win their season opener 5-3 against the Winnipeg Freeze Friday and then beat the visiting Winnipeg Blues 7-2 the next night. Right: Flyers forward Nicholas McKee leaps in front of Blues goalie Brock Moroz to celebrate Winkler's second goal of the game.

"Obviously we don't evaluate wins and losses as closely in pre-season, as we're looking at growing and building our detail and the strength of our group together," he noted. "I liked how that translated to the start of the season.

The Flyers' roster continues to take shape.

"There's still lots of moving parts going on through pre-season and even in the first handful of weeks to a month of the start of the regular season," Falk said. "There's guys still looking to make impressions throughout this process as we continue to evaluate our group here. But I like the direction we're trending."

This week, Winkler hosts the Niverville Titans Wednesday night and then travels to play in Niverville Friday. On Saturday, the Flyers host OCN. The puck drops for both home games at 7 p.m.



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Carman Legion - 1:00 pm Start
Sept. 21, Oct. 5 & 19, Nov. 2, 16, 30,
Dec. 14, Jan. 4, 18, Feb. 1, 15,
March 1, 15, 29, Apr. 12

**CRIBBAGE - Carman Legion
7:00 pm Start**
Sept. 22, Oct. 6, 20, Nov. 3, 17
Dec. 1, 15, Jan. 5, 19, Feb. 2, 16
Mar. 2, 16, 30, Apr. 13 Playoffs

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FARM LAND FOR SALE BY TENDER

Sealed tenders in writing for the sale of the property below-described in the **Municipality of Lorne** will be received as follows:
McCULLOCH MOONEY JOHNSTON SELBY LLP
309 Stephen St., Morden, Manitoba R6M 1V1
(Attention: Kelly Kennedy)

PROPERTY FOR SALE (owned by Rene Norman Joseph Lussier):
Title No. 2916951/4 (157.53 acres including 152.59 Cultivated):

NW 1/4 29-5-9 WPM EXCEPTING FIRSTLY - ALL MINES AND MINERALS AS RESERVED IN THE ORIGINAL GRANT FROM THE CROWN SECONDLY - PUBLIC ROAD PLAN 1941 MLTO

CONDITIONS OF TENDER:

- Interested parties must rely on their own inspection and knowledge of the property.
- Tenders must be delivered to McCulloch Mooney Johnston Selby LLP before 2:00 p.m. on Friday, September 30, 2022, marked "Lussier Tender"
- Tenders must be accompanied by a **\$10,000.00** cheque payable to McCulloch Mooney Johnston Selby LLP or MMJS as a deposit (deposit cheques accompanying unacceptable bids will be returned).
- Highest or any tender not necessarily accepted.
- Property is not subject to any First Right of Refusals.
- The rental lease agreement for this property terminates October 31, 2022.

TERMS AND CONDITIONS OF SALE:

- The bidder(s) whose tender is accepted will be required to complete an agreement covering the terms and conditions of the sale.
- In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing, being November 15, 2022, or, evidence that the purchase funds will be available under conditions acceptable to the Vendor must be provided. If the balance of the accepted tender is not paid within the set time limit, the deposit may be forfeited as liquidated damages and not as a penalty.
- The Possession date will be November 15, 2022.
- The successful bidder(s) will be responsible for real property taxes commencing January 1, 2023.
- The purchaser(s) shall be responsible for payment of GST or shall self-assess for GST.

For further information, contact Kelly Kennedy at:
Ph: 204-822-6588 Fax: 204-822-1009
email: kellykennedy@mmjslaw.com



**RURAL MUNICIPALITY OF THOMPSON
PUBLIC NOTICE**

**REGARDING SPECIAL SERVICE PROPOSAL
- BY-LAW NO. 12-2022
TO ESTABLISH A RATE FOR THE COLLECTION OF
SOLID WASTE AND RECYCLING SERVICES
WITHIN THE LOCAL URBAN DISTRICT (LUD) OF MIAMI**

The council of the Rural Municipality of Thompson has scheduled a public hearing at Civic Centre, located at 530 Norton Ave, Miami on October 13, 2022, to present the following special service proposal:

This special service by-law is to establish new rates for the collection of solid waste and recycling services within the local urban district (LUD) of Miami for the years 2023 - 2027 inclusively. The estimated annual cost for providing this service is \$42,456.31 for 2023 and increasing by 2% annually up to a maximum of \$45,856.95 in 2027. This special service will continue to be taxed annually from 2023 to 2027 inclusive on a per parcel basis being \$192.11 for 2023 for residential and light commercial properties to a maximum of \$207.95 in 2027.

A written objection may be filed with the Chief Administrative Officer, at 530 Norton Avenue in Miami, prior to the commencement of the hearing. At the hearing, Council will hear any potential taxpayer who wishes to make a presentation, ask questions or register an objection to the special service proposal.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name, address and property description of the person filing the objection and the grounds of their objection.

Copies of the special service proposal are available at the municipal office and on the municipal website at: www.rmofthompson.com

Dated at the Rural Municipality of Thompson this 29th day of August 2022 and issued pursuant to Section 318 of The Municipal Act.

Dallas Marie Braun
Chief Administrative Officer
Rural Municipality of Thompson
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L.U.D. OF ST. CLAUDE SNOW REMOVAL -TENDER

The Committee for the L.U.D. of St. Claude invites written tenders to provide snow removal services within the Village of St. Claude.

Contract will be for a five year period for the winter seasons commencing November 1, 2022 to approximately April 30, 2027. Bidders are to submit a list of equipment to be used under the contract and hourly rate for same. Successful bidder will be required to carry a minimum of \$2,000,000 liability insurance coverage and provide proof of coverage upon acceptance of bid.

Tenders must be sealed and marked "St. Claude Snow Removal Tender" and received at the R.M. of Grey Office, at 27 Church Avenue East, Elm Creek, MB, by 4:00 P.M. on Friday, October 7, 2022. No email tenders will be accepted. Highest or any tender shall not necessarily be accepted.

A copy of sample snow removal contract and specifications available upon request at the municipal office or on our website at www.rmofgrey.ca.

Kim Arna, CMMA
Chief Administrative Officer
R.M. of Grey
27 Church Avenue East
Box 99
Elm Creek, MB
ROG ONO

Carman Legion Branch #18 Veterans' Dinner & Awards Banquet Saturday, September 24, 2022 Carman Community Hall Cocktails - 5:00 PM; Dinner 5:30 PM

Live Music to follow
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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!

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Fall down
- Gas usage measurement
- Golf score
- A superior grade of black tea
- Wrath
- Eating house
- Delay leaving a place
- People now inhabiting Myanmar
- Canadian flyers
- Walks back and forth
- Frequently
- Humans have two
- Surrounds with armed forces
- Made proper
- Medical buildings
- Patty Hearst's captors
- Hits with a drop shot
- Italy's PM 1919-20
- Promotions
- En __: incidentally
- Queens baseball team
- Commoner
- Expenses in insurance world (abbr.)
- Payroll firm
- Broadway actress Daisy
- Skipper butterflies
- Hint
- Daniel __, French composer
- English children's author Blyton
- Midway between east and southeast
- Spiritual leader of a Jewish congregation
- Patriotic women's group
- The woman
- Tall, slender-leaved plant

- anesthesia
- Brunchtime staple
- Makes money off of
- Refined
- Nocturnal S. American rodents
- From a distance
- Officials
- It helps you see
- Central Canadian indigenous person
- Invests in little enterprises
- They help in tough situations
- Industrial port in Poland
- Type of screen
- Peyton's little brother
- Alcoholic beverage
- Newspapers need it
- Herbal tea
- Distinctive practice
- Exercise system __-bo
- Explosive

CLUES DOWN

- Parts per thousand (abbr.)
- Jump
- Eaten as a vegetable
- Residual paresis after

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					
47	48				49				50	51	52	53	54
55					56				57				58
59					60				61				
62					63							64	

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OBITUARY

Jean Guy (John) Roy

Peacefully on September 15, 2022 Jean Guy (John) Roy at the age of 74 years, passed away in Carman, Manitoba.

John will be deeply missed by his soulmate and best friend Virginia; his children Melody (Matt), Josie (Brian), Jason, Lindsay (Bryan) and Melissa; numerous grandchildren; extended family and friends.

He was predeceased by his father, Leandre Roy; mother, Myrella Perron; step father, Leo Legandre; daughters Jeanna and Tami and granddaughter Bailee.

John was born January 15, 1948 in Geraldton, Ontario. He worked in bush camps, mining, and driving the back roads of northern Ontario hauling logs. In 2000 he purchased his own Freightliner, which was his life dream, and took to the open road.

In 2001 John and Virginia and their girls moved to Manitoba to start a new life and where he worked for GDT Transport in Notre Dame and then Cooks Transfer in Carman.

In 2019, after proudly reaching 50 "accident free years" and more than a million miles, he hung up his "truckin" hat.

John was an avid fisherman and loved to be out on the water soaking up the rays and always wanted to be the first one to land a catch and would never let you forget it when he did. Of all the places he chose to "wet his line" his heart always remained on Kenogamisis Lake in Geraldton.

John was a man who never minced words...told it like it was...and gave off a tough exterior that hid the kind and gentle side that he only shared with a chosen few. His "Joie de vivre", infectious smile and quirky nature will be greatly missed and never forgotten.

A private family service will be held at a later date in Greenwood Cemetery.

Memorial donations may be made to Kats Kritters of Homewood MB.

"Do not mourn for me...I have only travelled on to the next world and when it is your time, I will be waiting along the banks of the water and we will sit together, laugh and maybe catch a fish or two."

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> MEAL IDEAS



Mexican Street Corn Bowls with Grilled Chicken

Prep time: 20 minutes
 Cook time: 8 minutes
 Servings: 4

- 1 cup dry instant brown rice
- 1 1/4 pounds boneless, skinless chicken breasts
- 2 large ears fresh corn, silks and husks removed
- 1 1/2 tablespoons olive oil
- 3/4 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 3 Dole Limes, juice only (about 3 tablespoons), divided
- 2 tablespoons chopped fresh cilantro
- 1/4 teaspoon smoked paprika
- 2 tablespoons grated Parmesan cheese
- 1 package (12.9 ounces) DOLE® Chopped Chipotle & Cheddar Kit
- 1 Dole Avocado, peeled, pitted and thinly sliced
- 1 cup chopped Dole Pineapple

Prepare grill for direct grilling over medium-high heat. Prepare rice according to package instructions.

Brush all sides of chicken and corn with oil; sprinkle with salt and pepper. Place chicken and corn on hot grill rack; cover and cook 8 minutes, or until grill marks appear and internal temperature of chicken reaches 165 F, turning chicken once and corn frequently. Transfer chicken and corn to cutting board; let stand 5 minutes. Cut corn kernels from cobs into medium bowl. Slice chicken 1/4-inch thick crosswise.

Add 1 tablespoon lime juice, cilantro and paprika to corn; toss and fold in Parmesan cheese. In small bowl, whisk dressing from salad kit and remaining lime juice.

Serve rice in bowls topped with avocado, pineapple, chicken, corn mixture and remaining contents of salad kit drizzled with dressing mixture.



Brulee Pumpkin Pie

Prep time: 45 minutes
 Cook time: 1 hour
 Servings: 8

Pie Crust:

- 1 1/2 cups all-purpose flour
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 8 tablespoons Country Crock Plant Butter, cold and cut into cubes
- 2 tablespoons chilled vegetable shortening, cut into pieces
- 4 tablespoons ice water

Pumpkin Filling:

- 1/2 cup maple syrup
- 1 tablespoon vanilla
- 1 can (15 ounces) pumpkin puree
- 1/4 cup coconut cream
- 1 cup Country Crock Plant Cream
- 1 cup brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- 1 teaspoon nutmeg
- 1/8 teaspoon ground clove
- 1/2 teaspoon salt
- 3 tablespoons cornstarch
- 3 tablespoons white granulated sugar

Whipped Topping:

- 2 cups Country Crock Plant Cream, chilled
- 1/4 cup powdered sugar
- 2 teaspoons vanilla extract

To make pie crust: Preheat oven to 350 F. In bowl of food processor, add flour, sugar and salt; pulse to combine. Add cold plant butter and shortening. Process about 10 seconds until it looks like coarse meal.

With food processor running, add ice water. Process until mixture clumps together. On lightly floured surface, roll dough into 14-inch circle. Transfer to 9-inch pie dish. Lift edges and allow dough to drape into dish. Trim, leaving 1-inch overhang. Fold excess dough under and crimp edges.

To make pumpkin filling: In medium saucepan over medium heat, add syrup and vanilla; warm about 2 minutes then remove from heat and set aside.

In large bowl, combine syrup mixture, pumpkin, coconut cream, plant cream, brown sugar, cinnamon, ginger, nutmeg, clove, salt and cornstarch; blend with hand mixer until smooth. Pour mixture into pie crust.

Bake 1 hour. If crust starts to burn, cover edges with aluminum foil. The middle will still be jiggly.

Cool at room temperature 30 minutes then cover and transfer to refrigerator to chill at least 5 hours or overnight.

Before serving, sprinkle pie with white sugar and, using kitchen torch, brelee until sugar is melted and dark brown.

To make whipped topping: Using electric hand mixer or stand mixer, whisk plant cream, powdered sugar and vanilla on high until mixture thickens and stiff peaks form.

Slice and serve with whipped topping.



Tantrums

Submitted

It is one thing to deal with the tantrum of a two-year-old. It's easy to pick him up and put him in his room, where he most likely will fall asleep. What if the child is between 5 and 8?

A toddler having a tantrum is angry and may simply lie on the floor and kick his feet. An older child tends to act out towards people or things when in the midst of a tantrum. She may yell out insults, slam doors, or even throw things around. Conventional wisdom holds that when a toddler has a tantrum, the best thing to do is to ignore it.

With an older child, it is hard to know what to ignore. If the child is being physically or verbally abusive, to ignore such behavior would seem to be condoning it.

The key to avoiding tantrums in older children is to keep communicating with them. If they are angry, let them explain why they are so angry. Don't argue with them, just listen. Once you convey to the child that you understand why she is so angry, you may be able to do some problem solving.

If she is angry because you have said "no" to a sleepover, you can explain your reasons once again and suggest a compromise. Perhaps she could go over for the evening, and you'll pick her up before bedtime. Asking a child what they might

suggest as a compromise gets them into some logical thinking and out of the emotional turmoil, if only for a few moments. It's unlikely at this point, to revert to a tantrum.

Toddlers have tantrums because they do not have the skills to express what they want, or to argue their point. Older children have tantrums because they think they are not being heard.

The worst thing you can do with a child in a tantrum is to get angry and have a tantrum yourself. You need to stay calm, set the boundaries, and defuse things as much as you can. Tell the child that when he calms down, you will listen what he has to say.

If the child is out of control, being verbally abusive or damaging things, you need to step in. At this point you are not dealing with the issue, simply attempting to control the situation. Tell the child that they can be mad, but they cannot be abusive. When things have settled, you must reiterate with the child that such behavior is unacceptable. They must understand at an early age that being angry does not justify abusive words or behaviors.

Communication and anger management skills must be developed early. This is the first step in the elimination of family violence.

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.



No-Bake Chocolate Peanut Butter Cheesecake

Prep time: 5-10 minutes
 Cook time: 5 minutes
 Total time: 6-7 hours
 Servings: 8

Country Crock Plant Butter, for greasing

Crust:

- 1 1/2 cups graham cracker crumbs
- 1/2 cup Country Crock Plant Butter, melted

Filling:

- 2 packages (8 ounces each) dairy-free cream cheese, at room temperature
- 1 cup peanut butter
- 1 tablespoon vanilla extract
- 1/2 cup Country Crock Plant Cream
- 1 cup powdered sugar

Chocolate Ganache:

- 1 stick Country Crock Plant Butter, cubed

1 cup semi-sweet chocolate chips
 Grease 9-inch pie dish with plant butter; set aside.

To make crust: In medium bowl, combine graham cracker crumbs and melted plant butter; mix thoroughly. Add crust to greased pie dish and press firmly to bottom and sides; refrigerate. To make filling: In bowl of electric mixer, beat cream cheese until smooth and creamy. Add powdered sugar; beat until fully incorporated. Add peanut butter, vanilla extract and plant cream; beat until smooth and creamy. Pour filling into prepared crust and refrigerate 5-6 hours or overnight. To make chocolate ganache: In pan over medium heat, add plant butter cubes and chocolate; stir continuously.

Spread chocolate ganache evenly on top of chilled cheesecake. Refrigerate at least 1 hour before slicing and serving.