

VOLUME 2
EDITION 39

The Carman-Dufferin **STANDARD**

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**Homegrown
roper**

Carman's Jill Goff competed in the Miami High School rodeo last weekend. It was the first time in over 20 years the high school rodeo was back in the little town.

STANDARD PHOTO BY RICK HIEBERT

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Schedule released for 30th annual Roland Pumpkin Fair

Pancake breakfast kicks off historical fair Saturday, Oct. 1

By Becca Myskiw

The 30th annual Roland Pumpkin Fair is just a few days away, and there's non-stop fun planned for the entire day.

On Saturday, Oct. 1, the historical fair in honour of the orange fruit will be back. After spending a few years on hiatus due to COVID-19, organizer Lisa Pinkerton is excited to see the Roland Pumpkin Fair again.

Starting at 8 a.m. on Saturday, the Roland Curling Club will host a pancake breakfast until 10 a.m. Then, at 9 a.m., the craft sale full of local vendors will start in the arena and go until 2 p.m. Also, beginning at 9 a.m. is the agricultural and educational displays in the arena which will go on until 3 p.m.

Lunch, sandwiches, soup, and pie will be offered in the memorial hall from 11:30 a.m. to 1 p.m. Food vendors will go all day, and the Pumpkin Patch tearoom and dessert specialties will be open from 12 noon to 3:30 p.m. at the Roland United Church. Face painting and children's activities will go from 12 p.m. to 3 p.m., the bouncy house and choo choo train will provide entertainment for the children from 1 to 4 p.m., and continuous family entertain-

ment will go on at the mainstage from 1 p.m. to 5:45 p.m. The beer gardens at the fair start at 2 p.m., and the full course harvest supper will be at the arena at 5 p.m.

There will be three performers providing entertainment on the stage. Al Simmons will hit the stage at 1 p.m. for an hour set, followed by Brady Kenneth, an up-and-coming country singer, and then Brandi Vezina, a country, rock, and blues singer.

The main fair event — the Giant Pumpkin and Vegetable Commonwealth Weigh-Off — will be at 10:30 a.m. on the mainstage. Roland is one of the only great pumpkin commonwealth sites in western Canada, so it attracts growers from all over Canada and the USA.

"It's been a pretty good growing season," said Pinkerton. "One of our growers from the states has a squash around 1,500 lbs."

Because this year's fair is the 30th annual and the first one in a few years, the committee has added a new event — the giant pumpkin drop. At 2:30, above the tennis courts, a crane will lift a giant pumpkin (not the winning one) and let it drop for all to see. The giant pumpkin drop is a fun, new thing, but also a fundraiser for the town's park revitalization project. There will be 50/50 with raffle tickets available for purchase all day.



STANDARD PHOTO SUBMITTED

The Roland Pumpkin Fair is set for Oct. 1.

"It's something that no one around here does," said Pinkerton. "We thought, 'if we can get a crane, why not?'"

SCRL library board meeting draws a crowd

By Lorne Stelmach

Directors of the South Central Regional Library (SCRL) are considering their response after a large delegation appeared before the board recently with concerns about books with material they see as being pornographic yet readily accessible in local library branches.

A group of residents submitted a formal complaint to the library board citing examples of books including *It's Perfectly Normal* in particular but also *Sex is a Funny Word* and *What Makes a Baby*.

The group takes issue with the fact that the books are readily available in the children's non-fiction section despite containing what they say is sexually explicit content, including some in-depth detail and illustrations.

The books are not marked with any warnings, speakers noted, so children visiting the library can easily access them without any warning.

The group maintains these books do not belong in the local public libraries and should be removed immediately.

"These books are available for all children no matter their age ... all of these graphic images are evidence of child pornography," said Karin Banman, who was reading a presentation on behalf of the concerned group of area residents at the library board meeting in Winkler last Thursday. SCRL has branches in Winkler, Mor-

den, Altona, Miami, and Manitou.

"What possible impact could viewing these images have on a child?" she continued. "It normalizes sexualized concepts that are physically not within the average child's knowledge base. The result is confusion ... they cannot comprehend the images and concepts properly and may naturally seek out more pornographic images or sexual experiences in order to understand."

"For any child not familiar with these acts of sexual touching, the images and highly detailed instructions in these quotes are counselling children to perform these acts," the presentation continued. "I understand sexuality and yet it makes me very uncomfortable ... not only because of the sexually explicit content of this passage but because it's predatory."

Regardless of the intention of the author, the group maintained there is even a concern when one considers definitions that are laid out in Canadian Criminal Code, especially around sexual contact with an under-age child.

"What guarantee can be made by this board that a child is not excited by reading this literature to commit a sexual offence with another child under 16 years of age?" they asked.

"We have taught children for decades that the public library is a safe

Continued on page 3

RM of Dufferin Taxes due October 31, 2022



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Calling all writers for GPAC microfiction contest

By Becca Myskiw

It's time to put your pen on the paper and make something small from something big.

Golden Prairie Arts Council (GPAC) is holding a microfiction contest again this year after such a success in 2021.

Microfiction is exactly what it sounds like — a short, fictional story that is told in 1,000 words or less (usually 300). In this case, GPAC is accepting submissions that are 150 words or less. According to LitReactor, a literary website, microfiction greatly appeals to the modern reader because of people's short attention spans. For the writer, microfiction forces them to look at their prose and only write about the essentials and non-redundancies.

Each story submitted to GPAC for the contest has to contain the word "amphibian" at least once. The story can be about anything the writer wants but to be eligible, that word has to appear somewhere.

Once writers are ready to submit their final works, they can either drop off their story at GPAC (38 Centre Avenue West) or email it to gpaccarman@gmail.com by Nov. 20.

Each submitted story will be published in a book together. Then, everyone who entered the contest will get a copy of the book so they can see their writing in print and read what everyone else wrote. Toews Printing and Office Supply are one of two sponsors for this contest, and they will be printing the books with the stories.

MMJS Law Offices is also a sponsor for GPAC's microfiction contest.

All stories will also be entered in a draw, where one writer will be selected at random — they will win a Subway gift card and have their story published in the Carman Dufferin Standard.

Anyone over the age of 12 in GPAC's catchment area can enter. That includes the rural municipalities of Dufferin, Grey, Thompson, and Roland.

A panel of judges chose last year's microfiction contest winner. Joshua Comeau of St. Claude won with his story "The 12:30 Train." For winning, he got a one-night stay at the Carman Blue Crescent Hotel and \$35 in Chamber Bucks.



STANDARD PHOTO SUBMITTED

GPAC is once again hosting a microfiction contest.



STANDARD PHOTO BY LORNE STELMACH

A large contingent of community members filled the meeting room at the Winkler branch of the South Central Regional Library last week to voice concerns to the library board over children's sexual education books being on the shelves of SCRL branches across the region.

> SCRL MEETING, FROM PG. 2

place to go, to read and to learn ... kids trust that books on these shelves are for them," Banman said. "These kids are being sexually counselled without understanding the boundaries of the law.

"We value our libraries ... we want what is best for our children and our communities."

Concerns have swirled particularly around the book *It's Perfectly Normal* by Robie H. Harris in many jurisdictions, and it has frequently earned a place on the American Library Association's list of most challenged books.

The book has received many accolades as a sex education tool for youth, but controversy revolves around its depiction of such things as nudity, non-heterosexual sex, and inclusivity of gender as well as frankness about AIDS/HIV, consent, abortion, and other like topics.

When asked for comment, a repre-

sentative of the SCRL board indicated they were still weighing their response to the complaint, but a statement released Monday noted the books in question have been made at least temporarily unavailable while the book review process is underway.

"SCRL supports the principles laid down by the Canadian Library Association's statement on intellectual freedom which states in part that 'it is the responsibility of libraries to guarantee and facilitate access to all expressions of knowledge ... including



those which some elements of society may consider to be unconventional, unpopular or unacceptable," the statement noted.

"SCRL has a comprehensive collections development policy which has been reviewed by [the] Public Library Services Branch—the rural library governing body," it continued. "They

have found the policy is well above the standard policy criteria

"As well, there is a process where books are reviewed when a patron challenges the suitability of a book. SCRL has received book complaint forms, and these books will be reviewed by a number of persons and resources at their disposal."

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WORK & WESTERN WEARHOUSE

Ducks Unlimited fundraising dinner returns Oct. 29

Lizard Lake among the projects supported by national conservation agency

By Lorne Stelmach

The regional chapter of Ducks Unlimited Canada is gearing up again post-pandemic, and that includes bringing back its annual fundraising dinner.

Set for Saturday, Oct. 29 at the Access Event Centre in Morden, the event can also serve to promote and raise awareness of what has been and is being done in the region, which is well suited for the Ducks Unlimited projects.

"We have lots of natural water catchments in our area because of the escarpment and because of the valley," said board member Monique Gauthier, who especially highlighted the Lizard Lake project.

"The development of Lizard Lake was quite substantial," she said. "We've actually done something locally that has really helped the environment."

Located between Miami and Manitou, Lizard Lake is one of Ducks Unlimited Canada's largest wetland conservation areas in Manitoba with a 580-acre lake and an additional 1,500-acre backflood area.

For more than 30 years, that back-

flood area has offered early-season habitat for waterfowl, hay for landowners and local cattle producers and environmental benefits such as carbon storage and filtration of excess nutrients.

The organization has had a presence in wetland conservation at Lizard Lake since 1985, and the wetland enhancement also offers greater wetland education opportunities—Oak Hammock Marsh Interpretive Centre brings in educators and students from the region, while the Project Webfoot program takes elementary school kids outside.

The Lizard Lake project is a conservation partnership between Ducks Unlimited Canada, the rural municipalities of Thompson and Pembina and the Pembina Valley Conservation District among others.

Project upgrades have been supported in recent years through a \$100,000 donation by Enbridge - a long-standing sponsor of educational initiatives like Project Webfoot.

"It's a pretty cool place ... if you're a duck watcher or a bird watcher of any kind, now is the time of year to go ... see everything that's flying through and all of the wildlife that is going through Manitoba and stopping in the Pembina Valley," said Gauthier, who lives nearby and so visits often.

"A lot of people don't even realize it's there and that it was a Ducks Unlimited wetlands conservation project," she said. "It's been actually quite successful, and it's sort of the benchmark now; lots of other programs talk about it."

"When we have dry years, we still have water storage, but when we have wet years, there's places for that



STANDARD FILE PHOTO

Ducks Unlimited has been a partner in the Lizard Lake wetland conservation project for nearly 40 years.

water to go ... it's not flooding farmlands," Gauthier continued. "You have a boggy area to begin with, so trying to farm it, you're not going to get really good production off of it. With the storage of water ... you prevent the overland flooding in other areas, so it's got a place to go, and it even has an ecological benefit for pollinators because of the natural grasslands that grow."

"The carbon catching and storage that happens in wetlands is vital," she said. "We're trying to bring them back to sort of equalize things on the land."

It is estimated parts of the province have lost up to 70 per cent of their wetlands. That drainage continues, so Ducks Unlimited Canada and its partners work to slow this loss and restore drained wetlands.

Since 1938, Ducks Unlimited Canada has conserved 6.4 million acres

of habitat and 177.2 million acres influenced across the country. In Manitoba, there has been 668,000 acres conserved and another 177,533 acres influenced in the boreal regions across the province.

It is estimated that for every dollar invested in Ducks Unlimited Canada conservation efforts, society receives \$22 worth of economic, ecological, and societal benefits. The 6.4 million acres of conserved wetlands and habitat provide \$4.9 billion worth of ecosystem services.

There are sponsorship opportunities available for the Pembina Triangle Ducks Unlimited event in Morden. Other donations are also welcome.

For more information, contact Sheila Rex by email at rexfarm1@yahoo.ca or by calling 204-823-1804. Tickets will also be available online at ducks.ca.

"A LOT OF PEOPLE DON'T EVEN REALIZE IT'S THERE AND THAT IT WAS A DUCKS UNLIMITED WETLANDS CONSERVATION PROJECT."

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CDFD celebrating fire prevention week Oct. 9 to 15

This year's theme is "Fire won't wait.

Plan your escape."

By Becca Myskiw

The 100th anniversary of Fire Prevention Week is Oct. 9 to 15, and the theme is "Fire won't wait, plan your escape."

The Carman Dufferin Fire Department (CDFD) is teaming up with the National Fire Protection Association (NFPA) to celebrate this year, with the campaign working to educate everyone about simple and essential actions they can take to keep themselves and those around them safe from home fires.

A news release from Sept. 23 sent by CDFD said today's homes burn fast-

er than ever, with people getting as little as two minutes or less to escape a home fire when the smoke alarm sounds.

"Your ability to get out of a home during a fire depends on an early warning from smoke alarms and advance planning," the release said.

The Carman Dufferin Fire Department encourages all residents to embrace the 2022 fire prevention week theme, encouraging everyone to make a fire escape plan.

"It's important for everyone to plan and practice a home fire escape. Everyone needs to be prepared in advance, so that they know what to do when the smoke alarm sounds. Given that every home is different, every home fire escape plan will also be different," said Fire Chief Ben Vanderz-

waag. "Have a plan for everyone in the home. Children, older adults, and people with disabilities may need assistance to wake up and get out. Make sure that someone will help them."

CDFD's essential home fire escape planning tips are:

- Make sure your plan meets the needs of all your family members, including those with sensory or physical disabilities.
- Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level of your home. Smoke alarms should be interconnected so when one sounds, they all sound.
- Know at least two ways out of every room, if possible. Make sure all doors and windows open easily.

- Have an outside meeting place a safe distance from your home where everyone should meet.

- Practice your home fire drill at least twice a year with everyone in the household, including guests. Practice at least once during the day and at night.

The fire department has also partnered with the Boyne Regional Library and are hosting a colouring contest in support of this year's fire prevention week campaign. People can pick up and drop off their completed pages at the library for a chance to win a prize that contains a Lego fire station, a fire-fighter rescue puzzle, a Sparky plush, and more. The contest will open Oct. 3 and close Oct. 20. The draw for the winner will be at 4 p.m. on Oct. 20 at the Boyne Regional Library.

Carman Elementary sees record number of French Immersion students

By Becca Myskiw

The French Immersion program at Carman Elementary is seeing more students this year than ever before.

The program is only five years old, and the first group of students is now in Grade 4. That class is a Grade 3/4 split today, with 12 kids in each grade. The Grade 2 French Immersion class has 20 students, the Grade 1 class has 18, and the Kindergarten class has been split into two because of a record 25 students.

The Carman Elementary French Immersion program follows the province's curriculum, teaching its students the same things as the English route students learn. The one difference — the French Immersion students have an English language instruction evaluation and a French language evaluation, which means they have to demonstrate their formal reading and grammar in both languages instead of just English.

In Kindergarten, students do 100 per cent of their classes in French. Then, for the rest of their schooling, 80 per cent of their instruction is French, and 20 per cent is English.

"Even though a lot of kids come with some number concepts or even they can learn some words in English, I think the thought is because they're brand new to the school and a lot of the concepts are new, let's introduce them in French right away," said Debra McKinnon, a French Immersion teacher at the school.

McKinnon teaches the Grade 3/4 French Immersion class. There are four teachers in the program. She said teaching the program involves a lot of repetition, body language, and ex-

pression.

"It's very basic in terms of we try to keep it really simple so there's not too much language in terms of the instruction," she said. "We use intonation in our voice, actions to teach, and we have programs we use where certain words have an action you do with them. We try to expose that to the kids really early on so that whether they're in Kindergarten, Grade 1 or Grade 2, they know that when the teacher does a certain action it means this word."

Most parents' main concern when registering their child for French Immersion is they won't be able to help them at home because they don't have a good understanding of the language, said McKinnon.

"We say, 'don't worry about that' because we don't expect parents to have that French ability," she said. "We provide work for home that doesn't require French language knowledge for the parents." The program has seen growth almost every year so far, and McKinnon attributes that mostly to siblings of older French immersion students coming in. Other students have switched from the English route to French for a challenge, and others' parents just want them to be bilingual.

"I have heard that some parents hope that in the future it's maybe going to create additional opportunities for their child in terms of employment or things like that," said McKinnon. "I think just the fact that we're a bilingual country, some parents feel it's an important skill to have."

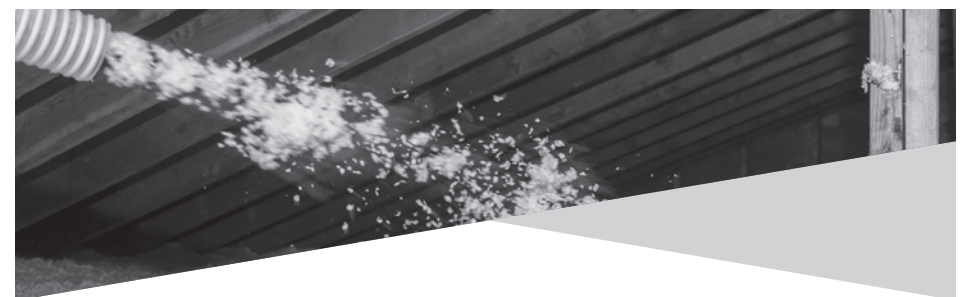
McKinnon said the main challenge within the French Immersion program is getting the students to actually use their French in conversations,

when answering questions, and elsewhere in the classroom. The adjustment period for students in the program can also be longer than it would be for those in the English route because French immersion students are learning two languages at once.

"Because the students are learning the two languages simultaneously,

sometimes it takes a little longer then amazingly it all comes together," said McKinnon.

Because she's now teaching the first group of French Immersion students, she's seen their development in both French and English firsthand — and she said it's absolutely improved from Kindergarten to now.



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All adults now eligible for bivalent COVID-19 vaccine

By Ashleigh Viveiros

All Manitoba adults are now eligible to receive the bivalent COVID-19 vaccine.

Public health officials announced the widening of eligibility—which had previously been limited to older adults and those with health conditions—last Wednesday and urged people to get their booster shots.

“Our immunity to COVID-19 does wane over time,” said chief provincial public health officer Dr. Brent Roussin. “So if you’ve had your previous doses or even become infected in the past, your immunity does wane over time and this booster is a great way to recharge that immunity.”

People can get their bivalent booster vaccine three months after their last shot, though a six-month wait between doses is recommended for a stronger immune response.

A three-month wait between getting the booster and your last COVID-19

infection is also advised; at the least, you must be fully recovered and not showing symptoms when arriving to get your next dose.

“The bivalent vaccine is the vaccine that we are recommending strongly,” Roussin said, explaining this newer vaccine has been developed to provide protection against both the original strain of COVID-19 as well as the omicron variant. “We know from the evidence that this provides the broadest protection available at this point.”

Adults can also choose to receive the monovalent (original) vaccine as their fall booster dose if they do not wish to receive the bivalent one. Meanwhile, children age five to 17 can only receive a booster of the monovalent vaccine (the bivalent version has not yet been approved for this age group).

“We know that COVID’s going to continue to circulate,” Roussin said. “So the best protection is to ensure

you’re up to date with these booster doses.”

Fielding questions from the media last week, Roussin acknowledged there are newer strains of the virus in circulation but the vaccines targeting those strains have not yet been approved for use in Canada. This bivalent vaccine still provides protection against severe outcomes, he stressed.

“We’re still waiting on approval for those other vaccines,” Roussin noted, “but we know this one, from human evidence, that this does provide protection against those variants that are circulating now.”

Anyone 18+ was able to make an appointment or stop by a walk-in clinic to get the vaccine starting last week Thursday. Bookings can be made online at protectmb.ca, by calling (toll-free) 1-844-626-8222, or by contacting local medical clinics and pharmacies directly.

RCMP warn against tampering with elections signs

By Jennifer McFee

If you tamper with election signs, you could face serious repercussions.

That’s the message from RCMP as the municipal election approaches and more signs start to show up in communities.

“It is very serious to tamper with

election signs. Election advertising is protected under the Canada Election Act. Any tampering with or theft of election signs would be offences as per the Criminal Code of Canada under mischief or theft. The punishment can see a jail term of up to two years or significant fines,” said Tara Seel,

media relations officer with the Manitoba RCMP.

“It is important to note that any interference with election signs is taken very seriously to ensure those running for election have equal opportunity to put forward their position.”

Civic election nominees for Dufferin, Grey, Thompson, Carman

By Becca Myskiw

The nominees are in for this year’s civic election.

The rural municipalities (RMs) of Dufferin, Grey, and Thompson, along with the Town of Carman, are holding elections on Oct. 26 for the positions of reeve, councillors, and mayor. The RM of Roland only had one nominee in each category, so no election is necessary.

In the Town of Carman, the following are running for mayor:

- Brent Owen

In the Town of Carman, the following are running for councillors:

- Phil Bergsma
- Lindsay Boeve
- Carly Boklaschuk
- Robert Bryson
- Richard Dyck
- Matt Gray
- Brad Johnston
- Erin Lemky
- Dale Reimer
- Bernie Townsend

Returning faces in the Town of Carman race are Brent Owen, who is the current mayor, Matt Gray, deputy mayor Brad Johnston, Bernie Townsend, and Richard Dyck.

A few of the new nominees have been getting together for coffee weekly, brought together by their desire to give back to the town. Bryson said he’s now in a position in life where he doesn’t mind giving his energy to the

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Lieutenant-Governor and Premier to present first Queen Elizabeth II Platinum Jubilee medals

Submitted by Manitoba government

The first recipients of the new Queen Elizabeth II Platinum Jubilee Medals (Manitoba) will be honoured today at special ceremonies hosted by Lt.-Gov. Janice Filmon and Premier Heather Stefanson.

"This medal is a beautiful way for Manitoba to honour the legacy of Queen Elizabeth and her incredible service to people of Canada," said Stefanson. "Manitobans are well-known for their generosity and giving back to the community, and I look forward to honouring and celebrating their service and achievements as we pay tribute to Her Majesty."

The Queen Elizabeth II Platinum Jubilee Medal (Manitoba) celebrates the 70th anniversary year of Queen Elizabeth's accession to the throne, which began on Feb. 6.

A total of 1,000 medals will be awarded during the Platinum Jubilee year. The medal program is the focus of the Manitoba government's jubilee year commemorations. Permission has been sought from the Office of the Governor General to have this medal included in the Order of Precedence with the other commemorative medals of the Canadian Honours System.

Recipients will receive a circular medal suspended from a ribbon using

a new arrangement of the blue, red and white colours found on the other four medals issued during Her Majesty's reign in 1953, 1977, 2002 and 2012.

The Queen's Platinum Jubilee Medal (Manitoba) program has a strong focus on community mindedness, service and reconciliation, and as such, a group of trusted partners has chosen each medal recipient.

These trusted partners include members of the legislative assembly, Indigenous leadership organizations, the lieutenant-governor, the premier and the leader of His Majesty's Loyal Opposition.

At 4 p.m. today, a private ceremony

at Government House will take place, where the lieutenant-governor's recipients will each receive their medals. In addition to those selections, recipients include deserving Manitobans selected on the lieutenant-governor's behalf by the City of Winnipeg, the City of Brandon, the Royal Canadian Mounted Police, the Winnipeg Police Service, the Winnipeg Fire and Paramedic Service, and The Winnipeg Foundation.

Following this event, at 6 p.m., a ceremony will take place at the Leg-

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> COUNCIL NOMINEES, FROM PG. 6

Town of Carman and its people.

"I have a fair bit of experience in business, and I've lived in towns of 400 and cities of 4 million over the last 40 years...and people tell me I have a good ability to see the big picture and understand the bigger framework and how things can work together and what can and can't fit," he said. "I've been successful doing it my whole life and I think the town could use that support."

Reimer said after spending six years on the Dufferin Agricultural Society (DAS) board, this is the natural evolution for him, and he's hoping to learn and grow from this experience if he's elected.

"A fresh perspective is important," he said.

Boklaschuk owns Carman Floristas, which is right on Main Street, and after being affected by this summer's construction there, she's running for other business owners and so she can help them to understand why things are done the way they are.

In the RM of Dufferin, the following are running for reeve:

- George Gray
- Cor Lodder

In the RM of Dufferin, the following are running for councillors:

- John Peckover (Ward 1)
- Clayton Morgan (Ward 2)
- Murray Dunn (Ward 3)
- Tyler Russell (Ward 3)
- Sheldon Harder (Ward 4)
- Ron Hildebrand (Ward 4)
- Barrie Fraser (Ward 5)
- Pat Smith (Ward 5)
- Fred Dunn (Ward 6)

In the RM of Thompson, the following are running for reeve:

- Brian Callum
- Richard Leroux
- Royce Burnett
- Heather Imrie

- Scott Mayert

In the RM of Thompson, the following are running for councillors:

- Judy Knox (LUD Committee)
- Barb Murray (LUD Committee)
- Cody Faux (Ward 1)
- Leann Friesen (Ward 1)
- Travis Reichert (Ward 1)
- Ron Rothwell (Ward 1)
- Donna Cox (Ward 2)
- Martin Moody (Ward 2)
- Robert Penner (Ward 2)
- Grant Dueck (Ward 3)
- Wayne Gall (Ward 3)
- Walter McTavish (Ward 3)

In the RM of Grey, the following are running for reeve:

- Jean Pierre Grosemans
- Gail Johnson
- Bill Sisson

In the RM of Grey, the following are running for councillors:

- Gary Woods (LUD of Elm Creek)
- Candice Sisson (LUD of Elm Creek)
- Lorne Zacharias (LUD of Elm Creek)
- Raymond D'Heilly (LUD of Haywood)
- Roland Poirer (LUD of Haywood)
- Jean (John) Souque (LUD of Haywood)
- John Unruh (LUD of Haywood)
- Patrick Alllec (LUD of St. Claude)
- Ron Green (LUD of St. Claude)
- Don Guyot (Ward 1)
- Kevin Butler (Ward 2)
- Harley J Dewitt (Ward 2)
- Ian Woods (Ward 2)
- Douglas R. Middleton (Ward 3)

- Richard Penner (Ward 3)
- Paul Gaultier (Ward 4)
- Nathan Rey (Ward 4)
- Marcel Gauthier Jr. (Ward 5)

Also having elections this year is Prairie Rose School Division (PRSD) for trustees. The following wards have acclaimed seats:

- Ward 3: Carman/Graysville (Elaine Owen, Kyle MacNair)
- Ward 4: Elm Creek/Fannys-telle (Jack Foote)
- Ward 5: Elie (Kristin Mallet)
- Ward 6: St. Francois Xavier (David Cloutier)
- Ward 7: St. Eustache (Ashley Lachance)

The following wards have vacant seats:

- Ward 2: Roland/Home-wood/Sperling
- Ward 8: St. Laurent/St. Am-broise

Ward 1 (Miami/Roseisle) is the only ward having an election. Ronald Hofer and Jonathan Nichol are nominees, with one of them to be elected.

Elections will be on Oct. 26 at the location given on your voter card.

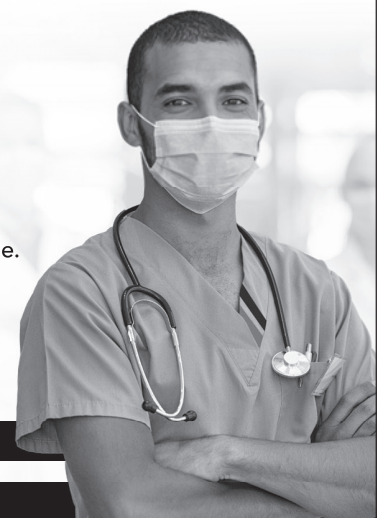
Watch the *Carman Dufferin Standard* for details on mail in and advance voting.

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#PROTECT MB

Manitoba 

Free translation services to help Ukrainian newcomers

By Jennifer McFee

A Manitoba company is walking the talk by offering free language services in an effort to ease the transition for Ukrainian newcomers.

CanTalk offers round-the-clock language support in more than 200 languages, 365 days a year.

Maureen Mitchells, the company's president and CEO, explained that language provision is the essence of CanTalk.

"It's not just that we provide language services, we are specialists for over 25 years in immediate on-demand language support — when it's needed, where it's needed," she said. "All you need is a phone or smart device."

This offer of free language services applies to organizations and businesses of all sizes that are helping Ukrainians — right here in the Interlake and extending all the way to Ukraine.

"It applies to all those involved in helping on the frontlines or as settlement arrangements are being made — and whatever or wherever the need is where language may present itself as a barrier to sharing information and providing guidance and direction," Mitchells said.

"They can be in Canada or North America or those in Ukraine. We felt if we set accessibility from within Ukraine, maybe we can support at the grassroots level within where doctors, journalists and aid organizations could benefit from our services."

CanTalk has set up two toll-free numbers for Ukraine support. The first number is geared for Canadian organizations and businesses that are

helping newcomers with a job, school or anything else they need. These businesses and organizations can call CanTalk at 1-833-215-0586 to sign up.

The call will be answered by one of CanTalk's language facilitators, who will take some basic information, request the language and then arrange the conference call with the CanTalk interpreter.

"Then the English caller can speak to the Ukrainian party using the interpreters to translate," Mitchells said.

"It's a three-party call with the interpreters in the middle facilitating the conversation. We are providing 250 interpretation minutes at no cost to each qualifying organization."

The second toll-free number is geared to help callers based in Ukraine.

"The other number from within Ukraine is for calls placed into North America that will come to the CanTalk centre. In this case, they will get immediate access to interpretation without pre-approval after CanTalk gathers brief caller information," Mitchells said.

"Again, we are providing 250 interpretation minutes. Any organization that is assisting Ukrainian newcomers is eligible. We will be monitoring the usage to ensure the intent of the no-cost service is indeed being applied for Ukrainians in need."

CanTalk will review the usage after 250 minutes to determine if it will extend the service for a particular business or organization.

Like many Manitoba companies, CanTalk aims to help in this situation.

"Language support is what we do. This is what we are good at and been doing so for 25 years. Reaching out to help business with qualified translations with real-time support, when and how it's needed, is a benefit for them as they try to engage with newly hired Ukrainian newcomers and help them reach their full potential," Mitchells said.

"It removes that sting of feeling intimidated or distressed because they can't quite understand the direction or information being shared. Services like Google Translate can help to a point but not for serious exchanges of information and certainly can't replace the intimate warmth of a real human voice."

It's fundamental to CanTalk's business services to help people communicate in a time of need, Mitchells said, noting that CanTalk offered the same type of free service when an influx of Syrian refugees was coming to Canada.

"Certainly, this recent offer is just



STANDARD PHOTO SUBMITTED

CanTalk customizes its services to meet the needs of clients all across North America. They provide translators from a selection of 200 languages.

an extension of our mission — that is, to foster greater understandings between diverse groups, ensuring equitable and easy-to-access language support within our global communities. The demographic shifts, due to a multitude of factors, are causing such great strife and desperation among those seeking to find a better life for their families. We all need to reach deep and reinforce what makes us human," Mitchells said.

"CanTalk is in a unique position because of its cultural and language experience. We are making our services available so they, in turn, may offer support to Ukrainian newcomers. It's all about paying it forward so we can all participate towards a greater common good."

The request for Ukrainian language support has grown over the last two months by 190 per cent and is now among CanTalk's Top 10 requested languages. The company's Top 3 requested languages are Spanish, Mandarin and Punjabi.

"It's absolutely critical to make the initial effort to provide an avenue for clear communication in one's native language. The immediate effect of hearing one's native language being spoken is to lower the stress levels and remove feelings of apprehension," Mitchells said.

"There are so many nuances in one's language that can be misconstrued and misunderstood. Providing accurate language translation offers hope to an individual and opens up their confidence. That can release a floodgate of potential. It can't be understated."

The need for understanding and connectivity continues to grow exponentially, she added.

"CanTalk's immediate language support allows individuals the free-

dom of expression in their language of choice at any time," Mitchells said.

"This ultimately may help to reduce marginalization and stigmatization and rather reinforce the value of a diverse nation that sustains our fundamental beliefs in equality."

Callers can access localized services in all offered languages through voice and remote technology.

"We are very much a Canadian company, a Manitoba company top to bottom, including secure in-house customization and technology. In fact, we were the first in Canada operating both a virtual and on-site language resource centre, 'just-in-time' language service methodology. When you need it, you have it," Mitchells said.

"All of CanTalk's services are offered from one platform within one infrastructure, instead of a shared platform as the case with cloud-based interpreting."

The company customizes its services to meet the needs of business clients across North America, Mitchells said.

"Many client types use CanTalk services from governments, commercial businesses, health care, hospitality, travel, legal, immigration and refugee services, education facilities, telecom services, school divisions — and the list goes on. This is the world we live in, and English cannot dominate all conversations," she said.

"In real time, as you need language support, we connect the caller from a selection of 200 languages. We have the qualified interpreters and translators, over 2,000 both as a network across the country and on site in Winnipeg. They are the heartbeat of CanTalk and provide the accuracy of the message with human voice connection."

To learn more about CanTalk, visit www.cantalk.com.



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ANNUAL
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7:30 pm Tuesday October 18, 2022

**CARMAN LEGION
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**GUEST SPEAKER:
ROB BRYSON**

**"THE LINK BETWEEN FLOWERS
AND A THRIVING COMMUNITY"**

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portion of our meeting
we welcome you to join us for
entertainment, refreshments,
and appetizers

**Everyone is invited to attend,
only CIB members may vote.**

History on display for 82-year-old family business

By Jennifer McFee

History is on display at a longstanding local agricultural business that has served the Interlake for more than eight decades.

Leo's Sales and Service, an 82-year-old business with roots in Argyle, continues to forge forward with the third generation now at the helm.

It all began in 1940 when Leo Grandmont bought a blacksmith shop where he worked on horseshoes, ploughs and more.

"Then he was a sub-dealer for a Case dealer in Stonewall," said Leo's grandson Patrick Grandmont, who remains involved in the family business.

"They were in Argyle at that time, and he ended up selling more tractors than the dealer in Stonewall. So in 1955, he got the Case franchise. We're now the oldest Case dealer in Manitoba."

Over time, Leo passed the business down to his three sons Gerald, George and Philip.

From there, the business continued into the third generation with Patrick and his cousins Jena and Josh. Today, the company is still thriving in its current location on the north Perimeter Highway at Sturgeon Road.

Although decades have come and gone, the family continues to pay tribute to the earlier years of the enterprise.

They maintained connections with the Scott family in Warren, who bought the first 1955 Case tractor after they became a dealer for the brand. After Mrs. Scott became a widow, she no longer used the tractor. The



A 1970 combine was purchased from the original owner and is now on the lot.

Grandmonts made an arrangement to fix her baler in exchange for the old tractor, which marked an important moment in the company's history.

In 2005, Patrick — along with Leo's employees Harry Voth and Pete Gunther — restored the 1955 Case Vac 14 Tractor from the Flam Beau series. In addition, Martin Teerhuis did the bodywork.

The tractor, which weighs more than 3,173 pounds, features a four-cylinder gas engine and four-speed transmission.

"It was beat up pretty bad and we spent a pile of money on it, but it's in the showroom now," Patrick said.

"It wasn't completed in a day, that's for sure. But it's a nice showpiece to have now. It's priceless."

Another historical piece on display is a 1970 combine in perfect running condition that came from customers in the Beausejour area.

"They bought some land and there was an old shed on the property. They were going through some of the stuff in the shed and came across this combine. It happened to have a Leo's sticker on the side," Patrick said.

"It was sold brand new from our store back in 1970. They were going to scrap it and I said we would take it for scrap price. So I had our truck go pick it up and bring it to the dealership. We gave the engine a little bit of a tune-up and we drove it onto the front lawn."

Last year, the combine remained on display in front of the store, and now it's set up in the back.

"It was too nice of a machine to get



STANDARD PHOTOS SUBMITTED

The first 1955 Case tractor purchased after Leo's Sales and Service became a franchise in 1955.

rid of," Patrick said. "It's a neat thing to have."

and Service on Facebook and Instagram.

To learn more about Leo's Sales and Service, visit www.leoscaselh.ca, call 204-694-4978 or follow Leo's Sales

Upcoming events

Sept. 29: Ben Sures concert @ Gpac @ 7:30 p.m.

Sept. 29: All Candidates Forum for upcoming municipal election (RM of Dufferin and Town of Carman nominees) @ Carman Collegiate Community Theatre @ 6:30 p.m.

Oct. 1: Roland Pumpkin Fair

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Pembina Valley Kidney Walk is in Morden Sunday

By Lorne Stelmach

The motivation to get involved as one of the organizers of next week's Pembina Valley Kidney Walk in Morden is very much personal for Jackie Plett.

She has been on dialysis for nearly four years, so that means three days a week and four hours at a time for Plett.

"It is challenging. There's days where you just feel like it is never going to end," Plett said last week in advance of the fundraising walk set for Sunday, Oct. 2 in the Morden Park.

"It does make life a challenge ... it's hard, but knowing you want to stay alive, and this machine is the only way to keep you alive, that gives you the motivation to keep going and knowing one day I will get my kidney, eventually."

This will be the sixth walk held in Morden but the first one in person since the pandemic began. Organizers have set a goal to raise \$5,000.

Participants include dialysis patients from Morden, Winkler and surrounding areas as well as medical staff, family, friends and supporters.

All dollars raised at the walk will be invested in the short-term financial assistance program, which offers relief to patients to help with basic needs, including medications, transportation to and from dialysis, and groceries.

The Kidney Foundation has already seen an 82 per cent increase in applications since the start of 2022, indicating a growing need for more support, officials noted.

"With kidney disease comes many unexpected, out of pocket costs. Thanks to the generosity of Manitobans, we can provide support for kidney patients, both financially and emotionally, so that they know they are not alone," said Greg Unger, executive director at the Kidney Foundation of Canada Manitoba Branch.

It's not a fun way to live

Now 35, Plett had her troubles start when she was just 10 months old.

"I apparently was a very colicky baby with an extremely swollen abdomen. My parents took me to the doctor, and eventually I was diagnosed with Wilm's tumor-kidney cancer in



STANDARD FILE PHOTO

The Pembina Valley Kidney Walk returns this weekend, setting out from Morden Park on Sunday at 2 p.m.

children," she explained.

"My case was slightly abnormal, as this cancer usually only appears in children five and older," she said. "I was given chemotherapy treatments and had a surgery. They made a large incision down my chest and stomach, opened me up and removed the tumor—it filled up an entire ice cream pail—and they removed one of my kidneys and a third of my other kidney."

Plett noted that kidney failure runs in her family; her father also suffered with it.

"He got his new kidney but very sadly passed away 36 hours after transplant due to surgery complications," said Plett.

She was then herself diagnosed with kidney failure in 2013 with only 50 per cent

function.

"Not great news for someone with just part of one kidney," she said. "It just slowly progressed and got worse ... and in 2018 I had to start dialysis."

"It was inevitable ... but it's not a fun way to live," said Plett, who noted how much it restricts her from traveling and even doing regular work.

"Unless if you want to pay thousands of dollars to do dialysis in the States or wherever ... you can't really

travel anywhere; you can go short little trips on the weekends," she said. "Even work, like a normal nine to five job, how do you do that? You can't; it's tough."

"I am lucky enough I am able to work. I do night shifts, so for me it actually does work out that I can have a job, but it doesn't for everybody," said Plett, who works for Gateway Resources in a home setting so she is able to get some rest. "But a lot of times I get off at seven in the morning and go straight to dialysis."

Plett meanwhile does all that she can to maintain her health with one of her biggest struggles being the need to stick to strict fluid intake limits as well as eating right and healthy.

"I want my new kidney. I want my new lease on life," said Plett, who sees a transplant in her future with her husband classified as a universal donor, but they need to ensure she is an optimal health state including losing some weight.

"I've succeeded and failed so many times. I start doing great, but then I feel awful from dialysis, my heart races, my blood pressure drops, and I cease to continue exercising," she said.

Having been involved in the walk for three years now, Plett is anxious to see people gather this weekend in support of the cause.

"This year we're able to have the full walk with everybody coming out, so I am actually very excited about it," she said. "It's a show of support, and

it raises awareness as well as funds."

The event begins with registration starting at 1 p.m. and the walk following at 2 p.m.

For more information about the Kidney Foundation and its work, visit www.kidney.ca/manitoba.

> JUBILEE MEDALS, FROM PG. 7

islative Building, where the premier's recipients will receive their medals. This ceremony will be streamed live at <http://news.gov.mb.ca> and <http://youtube.com/ManitobaGovernment>.

In addition to the premier's selections, leadership from 17 Wing Winnipeg, 38 Canadian Brigade Group, HMCS Chippawa have selected recipients on the premier's behalf. These deserving Manitobans will receive this commemorative medal this evening.

For more information on the Queen Elizabeth II Platinum Jubilee Medal (Manitoba), visit: <https://www.manitoba.ca/queensjubilee/>.

Carman's Terry Fox Run raises \$1,790 for cancer research

By Becca Myskiw

Carman's Terry Fox Run raised almost \$1,800 for cancer research this year.

On Sept. 18, around 50 people gathered in Ryall Park to participate in the annual walk. The Small Town Run and Walk Crew led those who wanted, while others completed the route on their own.

When Terry Fox was diagnosed with osteosarcoma at 18, he decided to bring an end to the suffering cancer causes. His personal experience and research led him to the conclusion that more money was needed for cancer research. So, on April 12, 1980, Fox dipped his artificial leg in the Atlantic Ocean and began his Marathon of Hope, a cross-country run to raise money for cancer.

During the marathon, Fox ran 42km daily for 143 days, completing a total of 5,373 km. Unfortunately, he had to stop when cancer appeared in his lungs, eventually killing him, but not his legacy.

Because of Fox, every year, people worldwide hold their own Terry Fox Run each September and continue to raise money for cancer research, and Carman is no exception. Along with the walk, organizers sold Terry Fox Foundation t-shirts, which are still available at Toews Printing and Office Supply and Flat Top and Company performed.

Linda Sylvester co-organizes the run each year. She said a lot was coming and going that day, with some people coming to run, others walking, some buying shirts, and others just listening to the music.

"It was beautiful," said Sylvester. "The weather couldn't have been nicer."

Kate Froese of Kate Froese Pottery also hid some of her treasures along the Carman pathways for those participating in the run to make it a little more interactive.



STANDARD PHOTOS BY BEV MCLEAN

The Small Town Run and Walk Crew led runners and walkers for the Terry Fox Run this year.

"Everyone who went found something and went home with an ornament, a mug, dishes," said Sylvester.

Carman raised \$2,600 last year for the Terry Fox Foundation and, so far, has raised \$1,790 this year. Sylvester said people can still donate at Toews Printing and Office Supply if they wish to support the cause.

She's looking forward to next year's Terry Fox Run and hopes even more people will come out to support cancer research.



The Terry Fox Run raised almost \$1,800 for the Terry Fox Foundation this year.



Flat Top and Company played at Ryall Park during the run.



Hog farmers leading the way on sustainability

For generations, Manitoba farmers have depended on the land for their livelihoods. As farms have grown, technological advances have helped them increase yields while protecting the land and its natural resources. Hog farming is no different — Manitoba's hog farmers have continuously invested in technology and data to reduce their carbon footprint.

The Canadian pork sector is a global leader when it comes to reducing emissions. A 2017 study by the Food and Agriculture Organization of the United Nations (FAO) found that the industry produces far less carbon than other parts of the world. The sector's greenhouse gas emissions have dropped by about 35% in the last five decades thanks to its commitment to sustainability.

Manitoba hog farmers are helping to lead the way when it comes to sustainable pork production. Through innovation, continuous improvement, and a keen eye toward the future, Manitoba's hog sector will be at the cutting edge of sustainability for years to come.

To learn more, visit manitobapork.com/environment

SPONSORED CONTENT

The world of fast fashion not sustainable

Pembina Fibreshed advocates for awareness around the textile system

By Autumn Fehr

Flocking to retail therapy is a short-term solution to many problems, but have you ever thought of the long-term effects of the fibre in the textiles you purchase?

People working in harsh conditions, being paid low wages and a lasting effect on the environment are just some problems that come along with this urge for fast fashion.

Pembina Fibreshed, a non-profit advocacy organization, works to promote fibre, textiles, and producers in the region and educate others on fibre's importance and its impact.

"We are consuming it at such a rapid rate and discarding it at such a rapid rate that we really need to think about the long-term and short-term impacts of fibre," said Anna Hunter, a sheep farmer, and co-director of Pembina Fibreshed alongside Margaret Brook.

Fibre is in just about everything we consume. From clothing items to the furniture in our homes, we consume fibre daily.

"We want to highlight the challenges and issues with our existing clothing and textile system. This fast fashion, textile system where we are very disconnected from the sources of our textiles and our natural dyes and the labour to do that work," said Hunter.

She said that textiles and clothing

are agricultural products, and we are disconnected from that.

Pembina Fibreshed is an affiliate chapter of a larger organization that started in northern California in 2010.

Hunter and Brooks run the show in Pembina Fibreshed, 200 miles from the Pembina River Valley in southern Manitoba, in any direction. They work closely with people across the country and California.

"At the base of our organization, we are looking to promote fibre, textiles, and producers in the region. We work to promote them and their products in whatever way we can," said Hunter.

Fibreshed comes from the geological concept of a watershed, which refers to an area of land where water falls and drains into a common outlet.

When decompacting the word fibreshed, it can be better understood when comparing it to the watershed concept, as both refer to how a natural ecosystem's actions in one area resonate within the whole space.

Fibreshed focuses on elements in the region that contribute to how fabric for clothing and other household items is created. Pembina Fibreshed works with producers, processors, artisans, and consumers to manage resources appropriately and improve the environment.

Within southern Manitoba, fibreshed includes sheep and alpaca farmers, fibre mills and dyer processors, tool makers and designers, and artisans like spinners, weavers, knitters and felters. Locally grown flax and hemp can also be used in making cloth.

There are two types of fibres: protein-based fibre from animals and cel-



STANDARD PHOTOS BY ANNA HUNTER

Pembina Fibreshed's goal is to support local farmers, dyers, spinners, and designers to produce more local textiles.



STANDARD PHOTO BY KIM DYCK

Flax that has been grown and harvested and is being dried. It will then be transformed into linen.

lulose-based fibres from plants – each is processed differently.

These fibres are used for an array of products we use daily – clothing, shoes, hats, outerwear, furniture, and rugs are just a few of them.

Hunter said it's essential when consuming fibre to ask the question: what carbon pool are we drawing our fibres from? And what impact does that have?

Since the organization started in January 2018, they have run various projects to spread awareness and educate the community on fibre, such as the Community Indigo Project where they look at the reality of natural dyes vs. synthetic dyes, and the One Year, One Outfit Project. The One Year, One Outfit Project is a community-based challenge where people are encouraged to make three items of clothing or other accessories from completely within their Fibreshed in one year.

There are various other locations in Canada that all work towards the same goal: to promote and support the local farmers, dyers, spinners, and designers in the community to



One Year One Outfit - every article of clothing was created using fibres, plant dyes and manufacturing within 200 miles of the Pembina River Valley.

produce more local textiles and to get these in the hands of local textile producers.

We need to recognize the work and the labour that go into our textiles. Looking at the challenges faced in off-shore globalized supply chains for textiles, often the work is being done in countries without labour standards as we do in Canada who are paid low wages, work in harsh conditions, and turn to contribute to impacting the environment in an unsustainable way, said Hunter.

In the future, the organization hopes to see a community in Manitoba where locally grown and manufactured clothing is as easily obtained as local organic food, said Hunter.

For more information on the work that Pembina Fibreshed does in the community or to learn more about fibre and its impact, visit their website at www.pembinafibreshed.com.

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Down the catwalk



STANDARD PHOTOS BY ASHLEIGH VIVEIROS

Katie Cares celebrated the return of its annual Celebration of Life Fashion Show Saturday. The sold-out event saw 379 people come out for an evening of food, music, and fashion. Organizers, who were still crunching the numbers at press time on Monday, estimate the evening raised over \$40,000 for the charity's respite home, Katie's Cottage, and related programming. That is down a bit from past years—there were less seats than usual this year to avoid overcrowding the Northlands Parkway Collegiate gymnasium—but it's still a huge blessing for the charity, said organizer Ruth Reimer, who thanks everyone who came out to support the effort. The evening included the fashion show, of course, and also performances from the Bare Yogis, aerial gymnasts Momentum (left), and Fun & Fire.



Manitoba celebrates Food And Farm Awareness Week



STANDARD PHOTO SUBMITTED

Manitoba celebrated Food and Farm Awareness Week for the eighth consecutive year from Sept. 19-23. Adagio Farms in Lundar is one of the province's finest oat producers.

By Ty Dilello

The Manitoba government is encouraging all Manitobans to celebrate the province's vibrant, diverse, safe and sustainable agri-food system during the eighth annual Food and Farm Awareness Week, which took place from Sept. 19-23.

"Manitoba's agri-food industry produces a diverse range of delicious foods," said Derek Johnson, Manitoba's Minister of Agriculture. "I encourage Manitobans to celebrate Food and Farm Awareness Week by trying new local products."

Since its inception in 2015, the awareness week has been launched on the third Monday in September. The minister said last

week's activities provide essential opportunities for Manitobans to learn about and celebrate the diversity of food production in the province, the

Continued on page 20



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9 am - 3 pm

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Noon - 3:30 pm

Noon - 3:00 pm

1:00 pm - 4:00 pm

1:00 pm - 5:45 pm

2:00 p.m.

2:30 p.m.

5:00 pm - 6:30 pm

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Various Food Vendors all day Arena Grounds

Pumpkin Patch Tea Room

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Your FARM



Kroeker Farms an organic growing giant

By Becca Myskiw

Local organic growers Kroeker Farms' products are eaten across the continent.

Wayne Rempel, CEO of Kroeker Farms, said they grew their first organic potato crop in the Pembina Valley region in 2002. That crop turned out better than they anticipated, so they then tried organic onions, and just kept going with it.

"We felt that the world was changing and there was a demand for organic production," he said.

Twenty years later now and Kroeker

Farms grows 140 acres of organic onions and around 1,400 acres of organic potatoes every three years. They use a rotation system for their crops, so in the first year, they grow the onions and potatoes. The next year, they grow hemp, beans, wheat, barley, or oats, and in the third year, Kroeker Farms grows a "green manure crop."

For the green manure crop, they seed peas in late April, then shred the crop at the end of June when its waist high with lots of foliage. The pea crop produces a lot of nitrogen for the soil and after Kroeker Farms shreds it,



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Kroeker Farms started organic farming 20 years ago.

they roll the peas into the soil. After that, they add compost from cow manure to the crop.

Organic, Rempel said, is a "rigid regime of production", meaning they can't use synthetic pesticides or fertilizers on their crops — only natural products. He explained it like this: when you have a headache, you know taking Tylenol will get rid of it and fix the problem, but you can also try a natural method of fixing the pain, which is only half as effective as the Tylenol.

"The only way to fix the problem is to be so healthy that you don't get headaches, so you don't have to use drugs," he said.

Though Kroeker Farms does use a few natural pesticides, herbicides, and fertilizers, Rempel said they



Wayne Rempel, CEO of Kroeker Farms.

found that if they take really good care of the soil and treat it in a very healthy way, they don't have as many problems and therefore have less need for the natural products.

Weeds, however, are always a problem, especially in onion crops because the plants are so small and close together. Kroeker Farms has really invested in mechanization, though, and has the right equipment to take care of their biggest nemesis, the weeds.

Even with more obstacles for their organic crops than they have in their regular ones, Rempel said the yields of the organic crops are similar to that of the others, given the organic crop is produced correctly.

Kroeker Farms' potatoes go all across North America and Rempel said they're the biggest onion supplier in Canada.

"We love the challenge, but we've also had some great success," he said. "We love the wins. It's surprised us how well it works."



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Your FARM



Manitoba Beef Producers announce schedule for fall meetings

By Becca Myskiw

Manitoba Beef Producers is gearing up for their fall meetings, with the local district having an election year.

District 3 includes the Carman and Miami area. This year, all odd numbered districts will be holding elections for their directors just as the even districts had last year. Andre Stepler is the District 3 director, and he said he will be running again.

"I stepped onto the board to give back to a community that's been very great to us," he said. "And to learn more about the industry and all the sectors you're not exposed to unless you're on a board like that. And of course, I love networking with people and working for a membership-based organization. I also have a bit of politics in me, but I don't want to be a politician, so it works perfectly."

The odd district meetings will start at 4 p.m. with presentations, followed by a break around 5:15 p.m., followed



Manitoba Beef Producers are starting their fall meetings in October.

a free beef meal and fellowship. At 6:15 p.m. presentations will resume, and director elections will be held. Producers from even-numbered districts are welcome to join odd-numbered district meetings but cannot



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The local district's meeting is on Nov. 1 at the Carman Legion Auxiliary Hall.

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vote in their elections.

For those who can't attend a physical meeting, one virtual meeting will be held on Nov. 7 at 7 p.m. Go to www.mbbeef.ca to register.

The annual district meetings are a way for members to sit down and talk with each other, bring concerns to the board, ask questions, discuss projects, and talk about anything else producers may see fit.

Issues and projects Manitoba Beef Producers may discuss at meetings this year are securing assistance for producers affected by the spring storms and flooding, the Livestock Predation Prevention Pilot Project, ongoing engagement with the provincial government about the Agricultural Crown Lands Leasing Program, providing feedback to governments as the Next Policy Framework, which will replace the Canadian Agricultural Partnership is being developed, advocating for the province to fund more training seats for Manitoba veterinary medicine students, work on issues under federal jurisdiction such as proposed front-of package labeling on ground beef, trade challenges, and livestock transportation requirements, and outreach to help inform the public and policy makers about the beef industry and its value from both economic and environmental perspectives.

Stepler encourages producers to attend their local meetings. The in-person meeting schedule is as follows:

- Oct. 19: District 9 at the South Interlake Rockwood Ag Society in Stonewall
- Oct. 20: District 11 at the Ashern Legion
- Oct. 24: District 13 at the Rotary Arena upper floor
- Oct. 25: District 7 at the Miniota Community Centre
- Nov. 1: District 3 at the Carman Legion Auxiliary Hall
- Nov. 2: District 5 at the Austin Community Hall
- Nov. 3: District 1 at the Mountview Centre

get inspired

> MEAL IDEAS



Chili Con Carne

2 cups kidney beans, soaked overnight
1 jar Newman's Own Sockarooni or Marinara Pasta Sauce
2-3 cups water
2-3 tablespoons chili powder
1 teaspoon ground cumin
salt, to taste
pepper, to taste
1 cup chopped celery
1 can (8 ounces) corn
sour cream, for garnish
lime wedges, for garnish
Saute onion, garlic and green pepper in oil until soft. Add beef and brown. Add kidney beans, pasta sauce, water, chili powder, cumin and salt and pepper, to taste. Simmer, uncovered, 1 hour, stirring frequently.

Add celery and corn; simmer 1 hour. Garnish with sour cream and lime wedges.

Substitution: Use 3 cups cooked rice for meat to make vegetarian chili.

Prep time: 20 minutes
Cook time: 2 hours
Servings: 8
2 cups diced onion
3 cloves garlic, minced
1 green pepper, seeded and chopped
2 tablespoons cooking oil
2 pounds coarsely ground lean beef



Lasagna a la Sockarooni

1 1/2 cups whole milk
Over high heat, boil large pot of heavily salted water. Once boiling, add lasagna noodles and cook until al dente then drain and set aside.

To make bechamel sauce: In saucepan over medium-low heat, melt butter. Add flour and stir with wooden spoon until paste forms. Add small amount of milk and stir until mixture loosens. Gradually add remaining milk and continue stirring with whisk. Cook sauce over low heat until thickened, about 10 minutes.

Preheat oven to 375 F.
In large, deep, oven-proof casserole dish, ladle small amount of pasta sauce followed by small amount of bechamel sauce. Sprinkle some Parmigiano Reggiano cheese over sauces and layer with three lasagna noodles. Continue pattern until dish is complete. Top final layer of noodles with remaining bechamel sauce and grated Parmigiano Reggiano.

Bake 25-30 minutes until golden brown and bubbling. Cool prior to serving.

Prep time: 10 minutes
Cook time: 25 minutes
Servings: 9
Salted water
1 package lasagna noodles
1 jar Newman's Own Sockarooni Pasta Sauce
2 cups Parmigiano Reggiano cheese, grated
Bechamel Sauce:
4 tablespoons butter
1/2 cup all-purpose flour

Roasted Garlic Whipped Feta Crostini



Recipe courtesy of Liz Della Croce of "The Lemon Bowl" on behalf of Milk Means More

Prep time: 10 minutes
Cook time: 10 minutes
Servings: 16
1 bulb garlic (about 12 cloves)
4 tablespoons olive oil, plus additional for drizzling, divided
1 1/2 teaspoons salt, divided

Recycling 101 - Glass bottles and containers

By Karl Dahr

As members of the Rockwood Environmental Action Community Taskforce (REACT), people will often approach us with questions. The most frequently asked questions we get are about recycling in their community.

Most often, the questions are about if a specific item can be recycled or not, such as can I recycle Styrofoam containers? (Spoiler alert: you cannot). At other times, the questions are about how to recycle a specific item; these may be about the need to wash containers, break down boxes, etc. Over the years, we have compiled a number of these recycling questions and answers, and over the next few months we will be writing about what people have asked us about recycling.

We'll start off this series on glass recycling in Manitoba.

Glass jars and bottles from food products can be placed in blue bins and bags. Any colour of glass bottle or container is accepted. Glass should be lightly rinsed, but does not need to be washed (you'll understand why it doesn't need to be spotless later in this article.)

Lids should be removed from glass jars and bottles, but labels do not need to be removed. Please do

not include any broken glass in your recycling, as this cannot be handled by the recycling process. In terms of glass, only include food jars and bottles. Items such as windows, mirrors and pyrex containers, even if unbroken, should not be included in your recycling. These items need to be disposed of as regular waste.

Glass is not recycled in Manitoba, per se. While glass that is collected is crushed, it is not used to turn into other glass containers. Instead of being recycled, it is used as an aggregate in road construction. Much of the glass aggregate is actually used in roads within landfills. This reduces the need for landfill operators to truck in gravel for the same purpose.

Not convinced to put your glass into the blue bin? An important fact to consider is the funding model for towns and municipalities when it comes to recycling. Recycling funding payments are paid to towns and municipalities for each metric tonne of eligible material recovered from the residential waste stream. As you can imagine, the weight of glass really adds up here when it comes to payments to municipalities. Rather than pay to landfill glass, why not help keep waste collection fees low by putting it in the blue bin?

Greek Chicken Fried Rice

Recipe courtesy of Lori Yates of "Foxes Love Lemons" on behalf of Milk Means More

Prep time: 15 minutes
Cook time: 13 minutes
Servings: 4
2 tablespoons vegetable oil
1 large chicken breast, finely chopped
1/2 cup chopped onion
3 cups prepared white rice
2 eggs
1 cup chickpeas, drained and rinsed
1/2 cup roughly chopped fresh parsley leaves
1/2 cup crumbled cow's milk feta cheese
1/2 cup grape tomatoes, quartered
1/3 cup Kalamata olives, halved

2 tablespoons fresh lemon juice
1/4 teaspoon kosher salt
1/4 teaspoon ground black pepper
In wok or large skillet, heat oil over medium-high heat. Add chicken; cook until almost cooked through, stirring frequently, about 5 minutes.

Add onion; cook 1 minute, stirring frequently.

Add rice; cook 3 minutes, stirring constantly. Push rice to sides of wok, creating well in center of wok. Crack eggs into well and scramble vigorously with wooden spoon; cook 2 minutes, keeping eggs in well, or until eggs are fully cooked.

Add chickpeas, parsley, cheese, tomatoes, olives, lemon juice, salt and pepper; cook 2 minutes, or until warmed through, stirring frequently.

minutes.

Place baguette slices on large baking sheet and drizzle with olive oil. Bake on second rack in oven until golden brown about 10 minutes; set aside.

In high-speed food processor, pulse feta cheese, milk, lemon juice, remaining salt, remaining pepper and roasted garlic cloves until whipped and creamy, adding more milk as needed to reach desired consistency. Check for seasoning and adjust, to taste.

To serve, spread each baguette slice with whipped feta and sprinkle with pomegranate seeds and minced parsley.

1 1/2 teaspoons pepper divided
32 baguette slices
8 ounces feta cheese
1/2 cup whole milk, plus additional, if necessary (optional)
2 tablespoons lemon juice
1/2 cup pomegranate seeds
1/4 cup parsley, minced
Preheat oven to 400 F. Slice garlic bulb in half, exposing garlic heads, and place in center of large piece of tinfoil. Drizzle each half with 2 tablespoons olive oil, 1/2 teaspoon salt and 1/2 teaspoon pepper. Wrap foil tightly around garlic and roast until caramelized, about 30

Manitoba Construction sector council announces plan to bring more than 400 women together at conference to promote women in construction trades

Staff

The Manitoba Construction Sector Council (MCSC) announced that the not-for-profit organization will host a Manitoba Women in Trades Conference in Winnipeg on Wednesday, Nov. 16. The conference will be of interest to new entrants, any women who are considering a career change or want to advance in the construction industry.

By 2027, 4,500 (11 per cent) of Manitoba's construction workers will be retiring. Employers are already competing to attract new workers in the industry. At the same time, our labour market information shows that women currently make up only four per cent of the construction workforce in Manitoba. Recruiting women holds the key to filling the void being created by an expanding market combined with an aging, retiring workforce.

All 50 presenters, panelists, Elders and performers will be women. The conference will focus on:

- Learning best practices for entry and advancement
- learning how to address challenges and work effectively in a male-dominated workplace
- connecting with mentors and organizations that support women
- networking and building relationships with other women, employers, construction and safety associations, the Apprenticeship Branch and educational institutions

This conference is also an excellent opportunity for construction companies to recruit talent.

MCSC has secured financial support from industry, government and educational institutions to recruit and sponsor 75 women in Indigenous, new



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From left: Colleen Munro, Manitoba Construction Sector Council Chairperson; Carol Paul, Executive Director, Manitoba Construction Sector Council; Sietta Marsden, graduate and valedictorian of MCSC's 2021 Framing Course in Pinaymootang First Nation; Ethel Anderson, Employment and Training Coordinator, Pinaymootang First Nation.

immigrant and vocational student communities to attend the one-day event. These groups have been identified as having tremendous potential to fill construction profession workforce shortages. Any profits from the conference will be donated to trades scholarships for women at local community

colleges.

Manitobans can find more information or register for the Women in Trades Conference at the Manitoba Construction Sector Council website at <https://mbcsc.com/>

> FOOD AND FARM AWARENESS, FROM PG. 13



hard-working people in the agri-food industry, and the importance of agriculture to the provincial economy.

Adagio Acres is a small family farm run by Donald and Amy Nikkel that occupies 80 acres near Lundar. They have been in operation for nearly ten years now and are known for producing their incredible oats.

"We started farming near Lundar with a goal of making locally grown and milled oats more accessible here in Manitoba so that consumers could better understand some of the pro-

cesses that bring food to their plates," said Amy Nikkel of Adagio Farms.

Manitoba grows a very high quantity of grain, but much of it is exported or processed out of the province.

"We have found that Manitobans are really excited to know where their grains come from, and our Naked Oats are available all around the province at Red River Co-ops, Sobeys, Safeways, Vita Health, and many independent shops as well."

"We have always felt really supported by porridge enthusiasts, but for the past few years, the weather has been our greatest challenge. Last year, with the drought, we weren't able to harvest any oats, as the grasshoppers got to them before the plants were fully grown."

This year, most farmers were struggling with the opposite problem, with flooded fields and rain making fieldwork much more difficult.

"We like to plant oats in late April, but this year it was mid-June before we could get onto any of our fields. We planted about half the acres we were planning, but we consider ourselves fortunate, as many farmers in



STANDARD PHOTOS SUBMITTED

Adagio Acres is an 80-acre family farm near Lundar. Because of the good summer conditions 2022 brought followed by the favourable September, they were able to harvest their fields last week.

the Interlake weren't able to get any seeds in the ground at all."

With a good summer and great weather in mid-September, Adagio Farms was able to harvest its fields last week. They are beyond excited that they have another year's worth of oats ready to mill for people's por-

ridge pots this coming winter!

Nearly 40,000 Manitobans work in the agricultural industry, contributing significantly to Manitoba's economy. To learn more about agriculture in Manitoba, visit www.gov.mb.ca/agriculture.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Twisters sweep Stonewall Jets in three

By Lorne Stelmach

The Pembina Valley Twisters completed a three game sweep of the Stonewall Jets in pre-season action last weekend.

The major junior team followed up an earlier 7-3 victory with 6-2 and 8-4 wins Friday and Sunday in Stonewall.

Pembina Valley took period leads of 2-1 and 3-1 Friday, as Riley Goertzen and Merek Degraeve each scored a pair with the other goals from Nico Vigier and Cody Clark. Shots on goal were 30-26 for Stonewall, and Matt Grysiuk stopped 20 of 22 shots and Logan Enns stopping all eight shots

he faced in limited duty.

Degraeve then led the way with a hat trick Sunday as the Twisters led 2-1 and 5-3 at the intermissions. Derek Wiebe scored a pair with singles from Brett Bergman, Brock Wood and Caelen Russell. Enns made 32 saves with the shots on goal 36-30 in favour

of Stonewall.

The two teams will be quite familiar with each other now for the regular season opener Friday in Stonewall. The Twisters then have their home opener Sunday with the St. James Canucks.

Female Hawks double up on Chiefs 4-2

By Lorne Stelmach

The female U18 Pembina Valley Hawks closed out their pre-season this past weekend on a winning note.

The Hawks hosted Yellowhead Sunday afternoon in Morden and dou-

bled up the Chiefs 4-2.

Pembina Valley took control in the first period as they went to the intermission with a 3-1 lead. After giving up a second period goal, the Hawks added an insurance marker in the

third.

Scoring for the Hawks were Caitlin Anderson, Marissa Fehr, Haylee Grenier and Zenith Vanstone, while Kaylee Franz and Kasia Rakowski made 26 and six saves, respectively.

Pembina Valley kick off the regular season with a pair of home games this weekend. The Hawks welcome the Interlake Lightning Oct. 1 and the Central Plains Capitals Oct. 2.

Thanks for Giving Run is back October 8

By Ashleigh Viveiros

Mother Nature has conspired the last three years to scuttle plans for the Thanks for Giving Run in Winkler, but organizers are optimistic she'll cooperate this time around.

The annual run was forced to cancel in 2019 thanks to an early fall blizzard and then again in 2020 and 2021 due to the pandemic.

That means it's been four full years since runners have headed out from the Winkler Centennial Arena Thanksgiving weekend in support of the Winkler and District Food Cupboard.

"We're 0 for 3, but we're quite confident we're going to have our first one for real, in person, in four years this year," said race director Dwight Suderman.

"We can't possibly have another blizzard that early, right?" he added with a nervous chuckle. "What are the odds?"

Assuming those odds remain in organizers' favour, the 2022 run will take place on Saturday, Oct. 8.

The day includes a 21.1 kilometre half-marathon as well as 10k and 5k routes, all of which start at 9:30 a.m. There's also a kids fun run of 1.2k that

sets out at 9 a.m. That one is for youth age 10 and under.

Runners will once again be winding their way through the streets of Winkler. Suderman encourages people to line the road to cheer them on (head to thanksforgivingrun.ca for the route).

"We'd love to see people on the race route cheering," he said. "It won't be endless runners like in a big city marathon but it's still a good number, it's a nice community event. We get runners from all over southern Manitoba."

The costs of running the race each year are covered by corporate sponsors, allowing all registration fees to go to the cause (the 5k and 10k events are \$40 while the half-marathon is \$50; the kids run is free), along with any other donations that come in.

In the past, the run has raised well over \$10,000 a year for the food bank.

"It's a wonderful organization here in Winkler," said Suderman, noting they provide an average of 30 families a week with food.

The food cupboard has been on the receiving end of the Thanks for Giving Run's generosity since the race began in 2006.

"It's a good cause," Suderman said.



STANDARD FILE PHOTO

The last Thanks for Giving Run was back in 2018. The race returns to Winkler with four different events on Saturday, Oct. 8.

"People who need it can come there and meet very friendly volunteers that provide them with foodstuffs ... they're not judgemental or intimidating at all. It's a good place for people to get the food they need and that in turn means it's a great place for us to support."

If you can't make the in-person run this year you can register to complete virtually. Head to the race website above for details.

Non-runners can also support the cause by stopping by the arena on race day to drop off donations of non-perishable food items.

"We'll have a bin there for that," Suderman said. "And we especially en-

courage participants of the children's run, all the 10 and unders, to bring a tin for the bin. That's a way that they can pay an entry fee, because their race is free."

People looking to get involved as volunteers are also most welcome.

"We have a very dedicated core of volunteer committee members who are committed to making this a good event. It's just wonderful to be a part of it," said Suderman. "We could always use a few more."

You can get in touch with Suderman at thanksforgivingrun@gmail.com for further details or head to thanksforgivingrun.ca to register.

Winkler Storm finish season in last place

By Ashleigh Viveiros

The Winkler Storm finish their season in last place in the Manitoba Major Soccer League Premier Division, but they'll get another crack at it next summer.

With all the chaos that the pandemic has caused in recent years, the league has opted not to promote or demote teams based on the outcome of this summer, which was the first uninterrupted season teams have had in years. Usually the bottom two teams drop down a division.

That means the Storm, who closed out the year with a 5-0 loss to top-ranked Hellas SC last week, will keep their seat in Premier in 2023.

Winkler struggled greatly this summer and end the season with a 3-13-2 record, good for 11 points and last place out of seven teams.

It was a definitely rough summer for the Storm, said coach Reinaldo Oliveira last week.

"The league itself is the highest level, the best soccer that we can find around here."

With the pandemic restrictions over the winter, it was a challenge to prepare the team for that level of play, Oliveira noted, which meant the Storm were playing catch-up through the early part of the summer.

"I think the team got stronger and stronger ... but then we fell behind a little bit," he said, noting they often struggled with consistency, playing a good first half and then having things fall apart in the second.

"We had a lot of close games, which tells me if we put more training as a team and individuals the Storm can be a strong team for the next year," Oliveira said. "The goal is to have players on the same skills level so [the] coach can spend more time working [on] tactical components, like formation, set plays."

Despite the lopsided record, there

were plenty of highlights as well, including welcoming a lot of new faces to the team.

"We had players from Morden, Winkler and Altona and we were open to have some guest youth players on our team as well," Oliveira said. "We had a few young guys who are playing high-level soccer and they really enjoy it, so that was great motivation."

The team also had the chance to play a match at IG Field as a sort of opening act for the FC Valour, Winnipeg's professional soccer team.

It was a great experience, Oliveira said, and very exciting.

Looking to next summer, he's optimistic the Storm can turn things around.

"I think we have a good chance next year," said Oliveira, explaining they hope to be able to more consistently train through the winter.

Oliveira isn't sure if he'll be back as head coach next summer, though he

intends to remain involved with the team.

He would like to see the support system for high-level soccer in the Winkler area grow.

"We need to build up this community a little bit stronger for soccer," he said, noting the Winnipeg teams they're playing against are able to practise year-round, both indoors and out, have many more people involved as coaches and support staff, and have proper facilities—dressing rooms and the like—to host games. Those are all things the Storm has struggled with for years and it handicaps them every season.

He'd also like to see the SC Riot, which had been playing a few divisions lower and served as a training ground for future Storm players, return. But here, once again, the lack of a coach forced the team to miss this season.

Flyers split two with Niverville

By Ashleigh Viveiros

The Winkler Flyers suffered a 5-1 at-home loss at the hands of the Niverville Nighthawks last Wednesday night, but they got their revenge two nights later on the road.

The Sept. 21 game at the Winkler Centennial Arena saw the Flyers struggle to gain momentum throughout.

Niverville had scored four unanswered goals before Jayce Legaarden got Winkler up on the board early in the second frame. The Nighthawks then added one more in the third.

Niverville had the edge in shots overall, 35-28. Winkler's net was manned by Malachi Klassen (26 saves off 31 shots) and Aidan Comeau (four saves off four shots in his 15 minutes on the ice in the third).

The two teams were more evenly matched in game two in Niverville Friday night, each firing 27 shots on net.

Winkler took a 1-0 lead thanks to a goal from Xyon Kiemeney midway through the first and then made it 2-1 late in the second on the strength of a goal from Mike Svenson.

Logan Fillion then widened the gap to 3-1 four minutes into the third. Niverville managed one more with seconds left on the clock, but that was



STANDARD PHOTO BY RICK HIEBERT

Winkler Flyers goalie and Player of the Game Aidan Comeau keeps a close eye on the puck Saturday night as the Flyers beat the OCN Blizzard 3-1. Comeau made 31 saves.

all she wrote and the Flyers got the win 3-2.

Klassen went the distance in net, making 25 saves.

The margin was even wider the next night against OCN, with Winkler getting the win in front of a hometown crowd 3-1.

Lucas Ens, Trent Sambrook, and

Cole Mackenzie scored for the Flyers in the first, second, and third periods, respectively. The Blizzard managed their lone goal early in the second.

Comeau was in net this go around, making 31 saves as the Blizzard narrowly outshot the Flyers 32-28.

This week the Flyers head to Portage to play the Terriers Wednesday and

then to Waywayseecappo to face the Wolverines Friday.

The Wolverines are then in Winkler Sunday afternoon at 2 p.m. The Flyers follow that up with a home-and-away against Selkirk Oct. 5 and 8th.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Hawks down Capitals to close out pre-season

By Lorne Stelmach

A lopsided convincing win last week closed out the pre-season for the male U18 Pembina Valley Hawks.

The Hawks took period leads of 2-0 and 4-0 Thursday on their way to a 7-1 romp over the Central Plains Capitals

in Morden.

Pembina Valley held a massive 60-10 edge in shots on goal, so goaltender Raiden LeGall had a relatively easy night in net with just nine saves.

Ty Love led the way on the scoresheet with a hat trick while Sebastian Hicks

added a pair as well as two assists. Sam Delaquis also contributed a goal and an assist while Cedrik Robidoux had a goal and a three point night.

Pembina Valley now finalizes their roster this week as they prepare to kick off the regular season schedule

against the defending champion Wild Friday in Winnipeg.

The Hawks then welcome back Central Plains for their home opener in Morden Saturday before heading to Portage for a rematch against the Capitals next week Wednesday.

Altona to host Asham U18 provincial curling bonspiel in December

By Ashleigh Viveiros

The Altona Curling Club will wrap up 2022 on a high note.

The club announced Monday it will host the Asham U18 Boys and Girls Provincial Championship Dec. 27-31.

Organizing committee co-chair Keith Stoesz says there could be upwards of two dozen teams from across Manitoba competing at the event.

It's a great way to break the five-year

dry spell of hosting major bonspiels, he said. "The last event we hosted would have been December 2017 when we hosted the U21 Juniors, so it's been a few years."

It's never a tough decision to put Altona's name forward to host a championship like this, Stoesz said.

"We're proud of our curling club and we love to showcase our facility," he said. "And we have a great volun-

teer base that always answers the call when we need them.

"And we have some local teams that we want to give the chance to have provincials in their home club," Stoesz added, noting the bonspiel is expected to feature players from Altona, Carman, Morris, and Morden, all vying for the chance to represent Manitoba at the U18 Canadian Curling Championships in Timmins, ON

in February.

The organizing committee will be reaching out to local businesses in the weeks ahead to discuss sponsorship opportunities.

Details about the volunteer positions that will be available will be released soon.

Beavers in rebuilding mode for 2022-23 season

By Dennis Young

With just 10 of last year's 24-man roster returning, the Carman Beavers will be beginning their rebuild in 2022-23.

The announced retirements of veterans Brock Vanderveen (nine years), Aaron Lewadniuk (seven), Jesse Livingston (seven), Geoff Maloney (six)

and Darren Bestland (five) will definitely leave huge skates to fill. Their years of commitment and on-ice contributions may never be matched.

Imports Steve Christie (eight), Jake Dudar (three) and Taylor Fisher (one) have moved on to other teams, meaning the Beavers have two imports spots to fill.

So that leaves Mitch O'Brien (11), Brett Takvam (nine) and Jack Lotscher (eight) as the "old" guys in the room, joining returnees Derek Woods (two), Fraser Mirrlees (two), Rocky Van de Velde (two) along with last-year rookies Eric Klassen, Quade Froese, AJ Nychuk and Tyler Livingston. Graduating high school Cougars, who played a few

last year, are trying out for the Pembina Valley Twisters but hope to see some SEMHL action, too.

Second-year coach Mark Klassen has been busy rounding up players to begin this rebuild and has found some success. Firstly, the team will be going with two local goalies in Rocky Van de Velde and Luke Zacharias. Zacharias, who played for Altona last year, is pleased to be coming home where he played his minor hockey and share duties with Van de Velde.

Anticipated new faces trying out at camp are forwards Dan Nychuk-Red River Wild and Pembina Valley Hawks; Tanner Mole - Steinbach Pistons, Swift Current Broncos and Winnipeg Wild; Ben Dalke - U of M Bisons, Virden Oil Capitals and Pembina Valley Hawks; Daniel Pas-eschnikoff - St Vital Victorias and Stonewall Jets; Colby Hildebrandt - Notre Dame Hawks, St Boniface Riels and Carman Cougars; Kelton Sutherland - Winnipeg Blues and Pembina Valley Hawks. On defence, Brock Shwaluk - U of Victoria, Winnipeg Blues, Virden Oil Capitals and

Pembina Valley Hawks; Tristan Day - Pembina Valley Twisters and Pembina Valley Hawks. Invitees are Marcus Sekundiak - Brandon Wheat Kings and Central Plains Capitals; Devin Bulloch - St. Vital Vics.

Off-ice news has Ray Drewlo retiring from the time box after 45 years and Brian Bernard taking time away. New faces in there will be Lorne Zacharias and Cheynne Keith. Plus Rex Klassen has taken a portion of the GM duties for this year as well.

Camp starts Sept. 27 and goes every Tuesday/Thursday until league play starts on the Oct. 21 weekend featuring 10 teams with the addition of Ste. Anne, Ile des Chenes and Red River. It is an 18-game home/home schedule with the top eight teams making the playoffs.

Anyone wishing to come to camp are to text only to Rex at 204-745-9444.

60th Anniversary Reunion: The planned reunion in November for 60 years in the S.E.M.H.L. has been cancelled due to lack of response.

What's *Your* story?

We want to hear from you.

The Carman-Dufferin Standard connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service?

A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

A young entrepreneur starting out?

Please share your story ideas with **Dennis Young** at denjohnyoung@gmail.com or **Lana Meier** at news@carmanstandard.ca or call 204-467-5836.

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NOTICES

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Advertise NOW in the 32 Weekly Manitoba Community Newspapers to get your messaging to be seen all over the province! Grand Opening? Hiring? Selling something? Have an on-line store? Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net



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Saturday -
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FARM LAND FOR SALE BY TENDER

Sealed tenders in writing for the purchase of the property described below will be received by:

McCulloch Mooney Johnston Selby Law Office
14 Main St. S., Carman MB R0G 0J0

PROPERTY FOR SALE

Parcel I: S ½ of NW ¼ 31-8-4 WPM (approximately 77.88 acres)
Parcel II: SW ¼ 31-8-4 WPM (approximately 155.86 acres)
(Approximately 1 mile North of Elm Creek, Manitoba)

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 (Carman Office), 14 Main Street S., Box 1670, Carman, Manitoba by 2:30 p.m., October 20, 2022.

Please mark on front of envelope "Tender 31-8-4 WPM".

- Tenders must be accompanied by a \$20,000.00 deposit cheque payable to McCulloch Mooney Johnston Selby LLP. Deposit cheques accompanying unacceptable bids will be returned.
- The highest or any tender will not necessarily be accepted.
- Tenders may be for either or both parcels.
- Any questions pertaining to the property should be directed to Tom Mooney at (204) 745-2546 or email at tom@mmjslaw.com

TERMS AND CONDITIONS OF SALE:

- The bidder whose tender is accepted will be required to complete an Agreement covering the terms and conditions of the sale.
- Possession and closing date will be December 15, 2022.
- The successful bidder will be responsible for all realty taxes following January 1, 2023 (the adjustment date).
- In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the purchase price is not paid by the possession date or under such acceptable conditions, the deposit paid shall be forfeited as liquidated damages and not as a penalty.
- The Purchaser shall be responsible for payment of GST or shall self-assess for GST.

For further information contact Tom Mooney at:
McCulloch Mooney Johnston Selby LLP
Box 1670, 14 Main Street S.
Carman, Manitoba R0G 0J0



MK Agro Ltd. is looking for an OFFICE MANAGER.

This role encourages efficient operations and reliability of accounts by ensuring accurate management and processing of accounts receivable, accounts payable, credit function, product inventory, financial postings, bank deposits and mail for MK Agro. This person supports sales activities for MK Agro by responding to or directing to the appropriate personnel on all customer inquiries, including those received over the phone and in person. Accounting experience is required. Salary is negotiable, based off years of experience and accounting background.

For a detailed job description, please contact Benji MacLean (204-619-2008).
Submit resumes to benji@mkagro.ca.
Only those selected for an interview will be contacted.



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www.mcna.com

JOB OPPORTUNITY:

Streamline Dairy is a growing dairy farm, striving to excel in animal care and cleanliness. We are looking for a self-motivated individual to work full time helping out with general chores, feeding, bedding, milking/robots and general animal care. Job would reflect applicants' experience. We are willing to train the right person. Wages and job depiction depends on experience.

Contact Martin for more info.
204-828-3511 or 204-750-4393
No Sunday calls please

2022-23 concert series

\$150 for all six or \$30 per show/ \$15/youth

Oct 14, '22, 7:30 PM
Carman Active Living Centre
Farhad Khosravi and Daniel Stadnicki

Nov 25, '22, 7:30 PM
Carman Active Living Centre
The Fretless

Dec 7, '22, 7:30 PM
Carman Collegiate Theatre
The Grinch who stole Christmas (WJO)

Jan 12, '23, 7:30 PM
Carman Active Living Centre
Gordie Tentrees

Feb 10, '23, 7:30 PM
Carman Active Living Centre
Jayme Giesbrecht

Mar 1, '23, 7:30 PM
Carman Collegiate Theatre
Assassinating Thomso (Royal MTC)

visit our website for info & to buy tickets: www.goldenpianoartsociety.com



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 Arnal, CMMA
Chief Administrative Officer
R.M. of Grey
27 Church Avenue East
Box 99
Elm Creek, MB
R0G 0N0

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NOTICE OF ELECTION RURAL MUNICIPALITY OF GREY

Notice is hereby given that a vote of the Rural Municipality of Grey will be taken to elect Reeve, Councillors and L.U.D. Committee Members from the following duly nominated candidates:

OFFICE:	SEATS AVAILABLE:	NOMINATED CANDIDATES:
REEVE	ONE (1)	JOHNSON, GAIL GROSEMANS, JEAN PIERRE SISSON, BILL
COUNCILLOR WARD 2	ONE (1)	WOODS, IAN DEWITT, HARLEY J. BUTLER, KEVIN
COUNCILLOR WARD 3	ONE (1)	PENNER, RICHARD MIDDLETON, DOUGLAS R.
COUNCILLOR WARD 4	ONE (1)	REY, NATHAN GAULTIER, PAUL
L.U.D. OF HAYWOOD	THREE (3)	POIRIER, ROLAND D'HEILLY RAYMOND SOUQUE, JEAN (JOHN) UNRUH, JOHN

VOTING PLACES

Voting places will be open for voting on **Wednesday the 26th day of October, 2022 between 8:00 a.m. and 8:00 p.m.** at:

Reeve (Ward 1 electors) –	Fannystelle Community Hall, 17 Main Avenue West, Fannystelle, MB
Reeve and Ward Two (2) –	Elm Creek Community Hall, 70 Arena Road, Elm Creek, MB
Reeve and Ward Three (3) –	Haywood Seniors Club (Accueil d'Age d'Or), 44 Marquette Avenue, Haywood, MB
Reeve and Ward Four (4) –	St. Claude Community Centre, 58 PR 240, St. Claude, MB
Reeve (Ward Five (5) and LUD of St. Claude electors) –	St. Claude Community Centre, 58 PR 240 S, St. Claude, MB

IDENTIFICATION WILL BE REQUIRED BEFORE BEING ALLOWED TO VOTE. A person will be required to produce one piece of government issued photo identification (for example - driver's license) or at least two other documents that provide proof of identity.

VOTERS LIST

An eligible voter whose name is not on the voters list is entitled to have their name added to the voters list by: a) attending a voting place where they are qualified to vote; b) taking an oath that they are an eligible voter; c) establishing their identity by providing valid government photo identification or at least two other documents that provide proof of their identity.

ADVANCE VOTING

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend their proper voting place on Election Day, an advance voting opportunity will be located at:

R.M. Of Grey Municipal Office – 27 Church Avenue East Elm Creek
and will be open on **October 18th, 2022 between 8:00 a.m. and 8:00 p.m.**

APPLICATION TO VOTE BY SEALED ENVELOPE

A voter who is unable to go in person to the voting place or vote in advance, may apply in person or in writing to the Senior Election Official at R.M. of Grey, Box 99, 27 Church Avenue East, Elm Creek, MB R0G 0N0. Photo identification will need to be presented in order to receive a sealed ballot package.

If applying in person, a voter may apply between September 28th, 2022 and October 23rd, 2022. A voter applying in person may pick up a sealed envelope ballot package at the time of application.

If applying by mail or email, a voter may apply between September 28th, 2022 and October 23rd, 2022. A voter applying by mail or email will receive a sealed envelope ballot package by regular post, or by making alternative arrangements with the Senior Election Official.

Kim Arnal, Senior Election Official
Rural Municipality of Grey
204-436-2014 (phone)
kim@rmofgrey.ca (email)



GPAC'S MICROFICTION CONTEST RETURNS!

If you are age 12 and older, we invite you to enter your short story (max:150 words). Your story must contain the word "amphibian".

All participants will receive a booklet with their stories published!

You will be entered into a random draw for a Subway gift card and to have your story published in the Carman Standard!

Entry deadline:

November 20, 2022-no entry fee!

Please email entries to:

contact@gpaccarman.ca or

drop off in person at GPAC

(38 Centre Ave. W. Carman)

Limit of one entry per person

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Free and Open to all ages

Maximum 10 people

First Come, First Serve



NOTICE OF ELECTION TOWN OF CARMAN

Notice is hereby given that a vote of the Town of Carman will be taken to elect Six Councillors from the following duly nominated candidates:

For the Office of Mayor – OWEN, Brent- acclaimed

For the offices of Councillor:

- | | |
|----------------------|------------------------|
| 1. TOWNSEND, Bernie | 6. JOHNSTON, Brad |
| 2. GRAY, Matt | 7. REIMER, Dale |
| 3. BRYSON, Robert | 8. DYCK, Richard |
| 4. BOKLASCHUK, Carly | 9. BOEVE, Lindsay |
| 5. BERGSMA, Phil | 10. LEMKY (DUNN), Erin |

VOTING PLACES

Voting places will be open for voting on Wednesday the 26th day of October 2022 between 8:00 a.m. and 8:00 p.m. at Carman Community Hall, 60-1st Avenue NW, Carman MB.

IDENTIFICATION MAY BE REQUIRED BEFORE BEING ALLOWED TO VOTE. A person may be required to produce one piece of government issued photo identification (for example - driver's license or passport) or at least two other documents that provide proof of identity.

ADVANCE VOTING

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend their proper voting place on election day, an advance voting opportunity will be located at Town of Carman office, 12-2nd Avenue SW, Carman and will be open during each of the following days Wednesday, October 5, 2022 between 8:00 a.m. and 8:00 p.m., Thursday, October 13, 2022 and Tuesday, October 18, 2022 during regular office hours between 8:30 a.m. and 4:30 p.m.

MOBILE VOTING

For the purpose of accommodating persons who are qualified to vote, but reside at a health care facility, a mobile voting station will be set up for scheduled hours at the following health care facilities on election day (October 26): Carman Memorial Hospital and Boyne Personal Care Home.

APPLICATION TO VOTE BY SEALED ENVELOPE

A voter who is unable to go in person to the voting place or vote in advance, may apply in person, in writing, or by email to the senior election official at 12-2nd Avenue SW, Carman or emailing cheryl@townofcarman.com. If applying in person*, a voter may apply between September 28, 2022 and October 23, 2022.

*A voter applying in person may pick up a sealed envelope ballot package at the time of application.

If applying by mail or email**, a voter may apply between September 28, 2022 and October 23, 2022.

** A voter applying by mail or email will receive a sealed envelope ballot package by regular post, or by making alternative arrangements with the senior election official.

Cheryl Young SEO, Town of Carman
204-745-2443 cheryl@townofcarman.com

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Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

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

Please forward your resumé along with three writing and photography samples to:

Lana Meier
Email: news@stonewallteulontribune.ca

Deadline to apply is Friday, October 7, 2022.

The Carman-Dufferin
STANDARD

take a break

> GAMES

SUDOKU

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

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!

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!

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

Sudoku Answer

E	D							
L	O	S						
S	I	B						
N	O	A	B	T				

Crossword Answer

CROSSWORD

CLUES ACROSS

- Taxi
- Cattle disease (abbr.)
- Before the present
- They burn in a grill
- Enough (archaic)
- "A Doll's House" playwright
- Long loop of cloth worn around the waist
- Napoleonic Wars battle
- Chinese surname
- Fragrant essential oil
- Follows sigma
- Model
- A place with many dining options
- BBQ dish
- Corn comes on it
- A sheep in its second year
- Triad
- They
- Actor DiCaprio
- TV's "Edith Bunker"
- Sustenance
- Man who behaves dishonorably
- Cause a loud, harsh sound
- A way to take in liquids
- Gene type
- The Miami mascot is one
- Excessive fluid accumulation in tissues
- Casino machine
- Contains cerium
- Something with a letter-like shape
- Handwoven Scandinavian rug
- Legendary actress Ruby

CLUES DOWN

- Conqueror
- Kin relation
- Increases the value of
- Pack
- Popular nut
- Dogs' enemies
- Former OSS
- Unpleasant person
- Come again?
- Beverage container
- Rock formation
- Dorm official
- The bill in a restaurant
- Type of jug
- Importance requiring swift action
- Outfit
- Small Eurasian deer
- Weight used in China
- A major division of geological time
- Popular beverage
- Confined condition (abbr.)
- Practical joking
- Pouchlike structure
- Pound
- Lilly and Manning are two
- Stopped discussing
- Baltimore ballplayer
- Candymaker
- One thousandth of a second (abbr.)
- Northern sea duck
- Partner to cheese
- Cannot be found

Classifieds Announcements

The Carman-Dufferin
STANDARD

OBITUARY



Martha Funk

Martha Louise Funk (nee Neufeld) was born to Peter J. and Katrina Neufeld in Morden, Manitoba, in 1930. Martha was carried into the arms of Jesus, her Lord and Saviour, on

Sunday, September 18th, 2022, at Boyne Lodge Personal Care Home.

Martha is survived by her husband of 62 years, Frank Funk; her daughters: Patrica Kroeker (Alan), Pauline Loewen (Lyle), and Fran Goossen (Jon); nine grandchildren: Brett Kroeker (Mariannick), Deanna Bailey (Joe), Allison Dyck (Joel), Brenlee DeFelice (Joash), Kara Hague (Tim), Jordan Loewen (Karis), Holly Goossen (Caleb Olfert), Joshua Goossen (Lily), and Rachel

Goossen (Trevor Nickel). Martha had the privilege of meeting all of her nine great-grandchildren: Ella and Remington, Ruben, Griffin and Roscoe, Nina, Hubert, Willa and Wren. She prayed for her family daily.

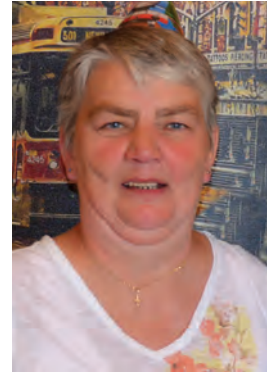
Martha graduated from Grace General Hospital with her Registered Nursing Degree and nursed for over 30 years. She raised her family in Elm Creek and served faithfully in the Elm Creek MB. Church. Upon retirement, Frank and Martha moved to Carman and worshiped at Friends Community Church. Martha continued to serve others by volunteering at the MCC Thrift Store. She was an avid reader and spent many hours doing puzzles and playing scrabble.

Martha persevered through hip replacement surgery just one year ago; she courageously awaited a room in Boyne Lodge and was able to join Frank in Sunflower House in March of this year. It was good for them to be together again. However, she succumbed to a second fall that occurred several days before her passing. Martha faced her trials with faithful devotion to her God. Underlined in her Bible were these verses from Psalm 13: 5 & 6: "But I trust in your unfailing love; my heart rejoices in your salvation. I will sing to the LORD, for he has been good to me."

We are grateful for the care shown to Mom during her past few months at Boyne Lodge. In lieu of flowers, please make a donation to The Back Door (Youth for Christ Carman).

Funeral service was held on Thursday, September 22, 2022 at Crossway Elm Creek (Elm Creek MB Church). Family interment will take place in the Elm Creek Cemetery.

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



Mary Laurania George

Peacefully on Saturday, September 24th, 2022 at Carman Memorial Hospital, Mary George passed away at the age of 65 years.

She was predeceased by her parents Clifford and Letitia James and son-in-law Gerald Searcy Jr.

Funeral service will be held September 29th at 1:00 p.m. at Doyle's Funeral Home.

Memorial donations may be made to South Central Cancer Resource or Carman Palliative Care.

Doyle's Funeral Home
In care of arrangements

Your memory will live forever Engraved within our hearts



NOTICE OF ELECTION RURAL MUNICIPALITY OF DUFFERIN

Notice is hereby given that a vote of the Rural Municipality of Dufferin will be taken to elect Councillors (4) from the following duly nominated candidates:

For the offices of Councillor:

Reeve (Head of Council)	Ward 3 (1 Councillor)
Cor Lodder	Tyler Russell
George Gray (incumbent)	Murray Dunn
Ward 4 (1 Councillor)	Ward 5 (1 Councillor)
Ron Hildebrand	Barrie Fraser (incumbent)
Sheldon Harder (incumbent)	Pat Smith

ACCLAMATION

The following nominated candidates are hereby elected by acclamation:

Councillors:

John Peckover – Ward 1
Clayton Morgan – Ward 2
Fred Dunn – Ward 6

VOTING PLACES

Voting places will be open for voting for Reeve for Wards 1, 2, 3 and 5, and for Councillors for Ward 3 and for Ward 5 on Wednesday the 26th day of October 2022 between 8:00 a.m. and 8:00 p.m. at Carman Community Hall, 60 1st Ave NW, Carman, Manitoba.

Voting places will be open for voting for Reeve for Wards 4 and 6, and for Councillor for Ward 4 on Wednesday the 26th day of October 2022 between 8:00 a.m. and 8:00 p.m. at Roseisle EM Church, 97 Main Ave, Roseisle, Manitoba.

IDENTIFICATION MAY BE REQUIRED BEFORE BEING ALLOWED TO VOTE. A person may be required to produce one piece of government issued photo identification (for example - driver's license or passport) or at least two other documents that provide proof of identity.

ADVANCE VOTING

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend their proper voting place on election day, an advance voting opportunity will be located at the Rural Municipality of Dufferin office, 12-2nd Avenue SW, Carman and will be open during each of the following days Thursday, October 6th, 2022 between 8:30 a.m. and 4:30 p.m., Tuesday, October 11th, 2022 between 8:30 a.m. and 4:30 p.m. and Tuesday, October 18th, 2022, between 8:00 a.m. and 8:00 p.m.

APPLICATION TO VOTE BY SEALED ENVELOPE

A voter, who is unable to go in person to the voting place or vote in advance, may apply in person, in writing, or by fax to the senior election official at 12-2nd Avenue SW, Box 100, Carman MB or fax 745-6348. If applying in person*, a voter may apply by October 21st, 2022.

* A voter applying in person may pick up a sealed envelope ballot package at the time of application.

Sharla Murray, CMMA Senior Election Official
Rural Municipality of Dufferin (204)745-2301

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Retirement PLANNING

What to do with your portfolio after 50

A fiftieth birthday is often characterized as a milestone moment. Despite that reputation, upon crossing the half-century threshold, individuals typically don't feel that much different than they did when they were still a fun-loving 49-year-old. Though there might not be much to distinguish a 49-year-old from a 50-year-old, a fiftieth birthday is a good time reassess certain parts of life, including finances.

Conventional financial wisdom has long suggested reducing risk as retirement age draws closer. But a 2021 survey from American Advisors Group found that 18 percent of respondents indicated their intention to work past the age of 70, while another 12 percent indicated they have no plans to ever stop working full-time. Conventional financial wisdom rooted in retiring around the age of 65 may not apply to individuals who intend to work well past that age. That means recently minted fiftysomethings could benefit from adopting a new perspective on managing their money after they reach 50.

- Work with a fiduciary. Fiduciaries differ from other financial advisors in a significant way. According to Investopedia,

fiduciaries are legally bound to put their client's best interests ahead of their own. Working with a fiduciary can provide peace of mind for individuals who want to know the person they're trusting to guide their financial decisions is working on their behalf. That peace of mind can be especially valuable for individuals over 50 who don't have as much time to make up for financial losses as younger people. Investopedia notes that some brokerage firms do not want or allow their brokers to be fiduciaries, so investors should make sure they're aware of the legal responsibilities of anyone they trust to manage their money.

- Monitor the progress of your retirement accounts. Tracking the performance of retirement accounts like a 401(k) and IRA takes on more significance after 50, even for individuals who don't see themselves retiring anytime soon. Monitor how particular investments are performing and reallocate funds if certain ones have not performed well in some time. Most investments will go up and down, but people over 50 can monitor performance more closely than they used to so they get an idea of which ones are working for



them and which could be compromising their ability to enjoy financial flexibility in the decades to come.

- Resist the temptation to avoid stocks entirely. A recent study published in the medical journal *The Lancet* found that life expectancy, which has increased dramatically across the globe since 1900, is expected to continue increasing in developed countries in the decades to come. That means people won't only be working longer, but living longer as well. Investors 50 and over can prepare

for that longer life expectancy by utilizing the growth potential of stocks even after they hit the half century mark. Limiting exposure to risk after 50 is still important, but avoiding investment risks entirely could lead to a financial shortfall down the road.

Managing a portfolio after 50 requires careful consideration of various factors. Deft management of an investment portfolio after 50 can ensure investors don't outlive their money.



How much retirement income will you need?

To know how much you need to save, start by determining what you'll need to spend in retirement. It all starts with a conversation.

RRSPs* • TFSA's • RRIFs



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