

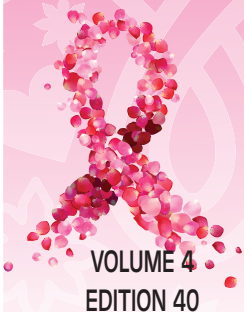


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## Every child matters

STANDARD PHOTO BY NATHAN STRANGE

Prairie Rose School Division's Indigenous Academic Achievement Leader Crystal Millar-Courchene reading a book about the residential school system to the Miami Grade 1 and 2 classes on Sept. 25.

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# Gardeners learn practical tips to keep gardens thriving

By Becca Myskiw

This month's meeting of the Carman Garden Club taught gardeners about saving seeds, cuttings, and overwintering plants.

Each month, the Carman Garden Club meets and features a presentation from a specialist. September's meeting featured Igor Kaftan, a master gardener, cross-pollination experimenter, writer, Assiniboine Park Conservancy member, and Gardens Manitoba board member. Kaftan's presentation was all about gardening in the fall.

Kaftan said tender plants that overwinter outside, which is anything beyond zone three, should be watered well, and when the ground freezes slightly, mulch them to three to four inches about one foot around the plant. This protects the plant's roots in the coming months. Kaftan said this should be done when day temperatures are steadily at five or six degrees Celsius, which is often around Remembrance Day.

Watch for May frosts after these plants (penstemon, fox glove, canterbury bells, lavender, hydrangeas, hibiscus, and blue and red lobelia) be-



gin to grow. Kaftan then explained vernalization, the induction of the flowering process by exposure to cold. For penstemon, pot the plant and let it freeze for a few weeks, then bring it in, keep it in light and keep it lightly watered. For gladiolus, after bringing the plant inside

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STANDARD PHOTOS SUBMITTED

Full plants and cuttings should be harvested in the fall while the plant is still blooming and the temperature is mild.

but before planting it, soak it in warm water with bleach for a few hours, then plant it to kill the nearly invisible thrips, a plant predator.

Kaftan said that dahlias should be fed a low-nitrogen fertilizer to induce flowering. For amaryllis, dry the plant, let it rest, and replant it two-thirds in the ground six to eight weeks before flowering.

To overwinter geraniums, dig the plant up, shake off the dirt, hang it upside down in a cool, dark place, and cut off all the flower buds. Then, in the spring, cut off the dead parts and replant them.

When temperatures outside reach seven or eight degrees C. overnight,

bring passion flowers inside and trim the plants. For coleus, begin taking cuttings from the plant in August. Remove leaves from three inches of stem, cut off some top leaves, place the plant in moistened light soil with lots of vermiculite, and cover it with a plastic bag. Open the bag regularly to let out excess moisture, and after two weeks, if there's resistance, the plant has rooted, and you can remove the plastic bag.

Kaftan accompanied the coleus talk with a demonstration. After his presentation, he left the Carman Garden Club with various seeds to take home and try growing themselves.



## RURAL MUNICIPALITY OF DUFFERIN BOARD OF REVISION

PUBLIC NOTICE is hereby given that the year 2025 Assessment Roll for the Rural Municipality of Dufferin has been delivered to the Municipal Office 12-2<sup>nd</sup> Ave S.W., Carman, Manitoba and is open for public inspection during regular business hours. That any person, who believes that an assessment ought to be revised, may make application in accordance with Sections 42 and 43 of the Municipal Assessment Act.

### APPLICATION FOR REVISION

"42(1) A person in whose name property has been assessed; a mortgagee in possession of property under Section 114(1) of the Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor of may make application for the revision of an assessment roll with respect to:

- (a) the liability to assessment
- (b) the amount of an assessed value;
- (c) classification of a property
- (d) a refusal by an assessor to amend the assessment roll under Section 13(2)

### APPLICATION REQUIREMENTS

43(1) An application for revision must

- (a) be made in writing;
- (b) set out the roll number and legal description of the assessable property for which a revision is sought;
- (c) state the grounds on which the application is based; and
- (d) be filed by
  - (i) delivering it or causing it to be delivered at the office indicated in the public notice given under Subsection 41(2), or
  - (ii) serving it upon the secretary, at least 15 days before the scheduled sitting date of the board as indicated in the public notice."

The Board of Revision will sit on Tuesday, November 19<sup>th</sup>, 2024 at 7:00 p.m. in the Council Chambers of the Rural Municipality of Dufferin 12-2<sup>nd</sup> Ave SW, Carman, Manitoba to hear applications. Applications must be addressed to: THE BOARD OF REVISION, R.M. of Dufferin Box 100, Carman, Manitoba R0G 0J0 and received by the Secretary of the Board on or before Monday, November 4<sup>th</sup>, 2024 4:30 p.m. Dated this 1<sup>st</sup> day of October, 2024.

Sharla Murray, Secretary Board of Revision  
Rural Municipality of Dufferin, Box 100, Carman, MB R0G 0J0

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# Prairie Rose Schools take on Truth and Reconciliation

By Ty Dilello

Last week, students at local schools learned all about the importance and origins of Orange Shirt Day as Sept. 30 marked the National Day for Truth and Reconciliation.

The National Day for Truth and Reconciliation is a Canadian day of memorial to recognize the atrocities and generational impact caused by the Canadian Indian residential school system. It has taken place in Canada since 2013 when Phyllis Webstad publicly recounted her residential school experience, including the story of her orange shirt.

On Sept. 25, Miami School had Crystal Millar-Courchene teaching students about the history all throughout the day. Millar-Courchene is the Indigenous Academic Achievement Leader for the Prairie Rose School Division.

Through her teachings, Millar-Courchene shared her personal journey as an inter-generational survivor of the Residential School system. Engaging students in conversations about the truth of the Residential School system helped everyone inch closer to walking the road of reconciliation in our communities.

Millar-Courchene gave a Power-



Point presentation on Residential Schools to the Miami high school students. She then shared personal stories and artifacts and had question-and-answer periods with each class.

"I had a great day at Miami School as a lot of great discussions went on," said Millar-Courchene. "It was also nice to hear from Indigenous students and stories about their family experiences with Residential Schools."

With the younger elementary students, Courchene tends to teach from story. She read the books "When We Were Alone," "Shi-shi-etko," "Shin-Chi's Canoe," and "Nanabosho and The Butterflies." The books differ depending on age groups and are gentle stories about children attending resi-



dential schools in the past.

"I also share personal experiences, stories and pictures as my family attended Mission Schools (Metis), and my husband and his family attended Residential Schools," said Millar-Courchene. "We always end with positive things that people are now doing so that it never happens to any child in Canada, ever again. We also talk about Phyllis and her orange shirt and discuss why we wear orange at this time. Children are our best social justice warriors and truly understand what is right or wrong. Their empathy is beautiful."

Over the past week, Millar-Courchene also gave presentations at St. Francois Xavier, Carman Elementary

School, Elm Creek School, and St. Eustache School, the same or similar to those she gave at Miami School.

Millar-Courchene also did The Blanket Exercise with the high school students at Elm Creek School, where they walked through a simulation of colonization from contact to today. Then, they did a sharing circle for questions, clarifications, and feelings about the content.

Carman Collegiate did its own thing for Orange Shirt Day. Throughout the week, Carman teachers addressed Truth and Reconciliation within their classrooms, and as a school, it's been focusing on how students should feel in schools as part of its Truth and Reconciliation repertoire.

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# getheard

EDITORIAL > VIEWPOINTS > LETTERS

Ty Dilello  
1-204-250-6322  
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## Health care support workers may strike

By Ashleigh Viveiros

Health care support workers across southern Manitoba are poised to go on strike on Oct. 8 unless a settlement can be reached regarding their wages.

Last Tuesday, unions representing approximately 25,000 Manitoba health care support workers served formal notice of their strike intentions.

If a strike happens, it will include workers in the Southern Health-Santé Sud regional health authority, which includes health care facilities across the Pembina Valley.

CUPE and MGEU represent health care aides, laundry workers, dietary aides, ward clerks, and recreation coordinators at health care centres and personal care homes, as well as workers in the home care program.

The unions say these workers are the lowest paid health care support workers in Canada.

"If Manitoba is serious about fixing health care, it will need to resolve the health care staffing crisis, and that means paying fair and competitive wages for health care support workers," said CUPE president Gina McKay. "Health care jobs that were once seen as highly desirable are just not competitive anymore. The result is increasing staff vacancy rates that are negatively affecting patients and residents."

Many of these often physically demanding jobs start at just above minimum wage, the unions say, noting that even if workers had accepted the last offer on the table, they would still be the lowest paid health care support workers in the nation.

"You can't expect to fix health care if you have the lowest paid health workers in Canada. The employers' last offer just doesn't do enough to recruit

and retain the workers needed to run our health care," said MGEU president Kyle Ross. "Continuing to fill staffing gaps with private agency workers is costly and wasteful. Instead, Manitoba needs to grow its health care workforce to provide the care that patients and residents deserve."

"Every day the employer puts off addressing these issues means patient and resident care will continue to suffer," Ross said. "Strike action is a last resort, but health care in Manitoba is in crisis and that crisis demands urgent action."

Discussions between the unions and Shared Health, Manitoba's provincial health agency, continue.

In the event of a strike, agreements have been negotiated, in accordance with provincial legislation, to ensure essential health care services continue.

## Manitobans will continue to save at gas pumps until Dec. 31

By Lana Meier

Manitobans will continue to save 14 cents on motor vehicle gasoline and diesel prices.

Premier Wab Kinew announced that the Manitoba government plans to prolong the gas tax holiday until Dec. 31 of this year.

"Since we cut the gas tax in January, inflation has gone down in Manitoba," said Kinew. "This is what governments are for. We know Manitobans are still struggling with the impact

of interest rates and grocery prices so we're going to continue to step up and save you 14 cents at the pump."

The premier has announced an extension of the current gas tax holiday on motor vehicle fuel (gasoline and diesel) until Dec. 31.

The province's leader pointed out that drivers of the most common vehicle in Manitoba, pickup trucks, can expect to save approximately \$14 with each refuel. According to the Manitoba Bureau of Statistics, this temporary

relief on gas taxes has resulted in a 0.4 percentage point drop in inflation.

Since the introduction of the gas tax holiday, Manitoba has maintained the most affordable average retail price for gasoline in all of Canada. Furthermore, inflation levels have returned to the preferred range of one to three per cent set by the Bank of Canada.

The posted price at the gas pumps in Manitoba on Sept. 27 was 126.9.

## This week, the way it was through the years

By Dennis Young

100 Years ago, 1924.... Albert Doyle celebrates his 35 year as furniture sales/undertaker and Carman Bible and Business Training School opens.

75 Years ago, 1949.... McCallum & Shaw tells readers to "Put Your Frost

Sheilds On Now" and the Old Time Fiddlers Contest boasts top money of \$85.

50 Years ago, 1974.....Ross Laycock losses 3 storage buildings of spuds worth \$500,000 in a blaze and the Senior Citizen Drop In opens in the Me-

morial Hall basement.

25 Years ago, 1999.....Talks of an Active Living Centre heat up and Heartland Rodeo 2000 was hosted by Carman.

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# Where are they now? Catching up with Shaelyn Strachan

By Dennis Young

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

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

I was born in Carman (1976) and lived there until I graduated high school in 1994. I returned from Winnipeg for summers for the next few years after that.

**Q. What did your parents do for a living?**  
Dorothy and Neil Strachan were teachers besides operating a Strawberry Farm with the Kennedys.

**Q. What did you do for jobs as a student?**  
My first job was at my parent's S&K Strawberries Farm (no surprise) but other jobs included working at the Carman Florists, for the town (promoting recycling and composting), at Knockabouts (where I developed an obsession with clothes shopping that is still alive and well today), and, after S&K closed down, I did some extra summer work at McGill's U-pick, picking asparagus.

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

I feel fortunate to have been able to be involved in many activities while growing up in Carman. Here is a list: sang in the United Church and elementary school choirs, was a member of Jazz Band, High-school dramas, was a member of the Graysville 4H-Light Horse and Pony Club, played softball, ringette, volleyball, badminton, basketball, ran cross-country and track and field, and was a member of Junior Jackrabbits (cross-country skiing).

**Q. What got you to leave Carman and where?**  
I left for university (and attended the University of Winnipeg where I got my honours degree in Psychology)

**Q. What was your chosen career after school?**  
After 13 years of post-secondary education, I became a professor.

**Q. Did you move for the career?**  
Yes, I moved around for grad school, living in Toronto, Waterloo and Saskatoon. I took my first job (as a professor) at the University of Ottawa in Ontario.

**Q. What do you do now?**  
I am currently a professor in the Faculty of Kinesiology and Recreation Management at the University of Manitoba where I have been since 2011.

**Q. Did you meet your spouse here or where?**  
I met my spouse in Winnipeg.

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

I have two wonderful children: Bryn (15) and Griffin (12). Bryn was born in Ottawa and Griffin was born in Winnipeg where they have both spent most of their childhood.

**Q. Do you have extended family living here?**  
My Uncle Charlie Froebe, Aunt Della and Uncle Ken Heamen, and second Cousin Murray Froebe and his family live in Carman.

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

When I am not driving my kids to their sports, I run and do the odd road race (marathons, half marathons). My springer spaniel, Scout, is my faithful running partner. I love being outdoors (hence all the running).

**Q. Have you travelled for leisure and where?**  
I have done some leisure travel (Africa, Prague) and I get to mix work with travel when I travel to conferences. These conferences have taken me all over North America and to a few places in Europe including Scotland, Ireland and coming up this summer, Austria.

**Q. Any future plans? Do you have to do list?**  
I hope to do a walking trip in Europe.

**Q. Do you ever return to Carman?**  
Yes, we love coming to Carman to visit my parents. My son still takes swimming lessons in Carman in the summer, and we always try to make it out to Carman Fair. We also enjoy coming to spend time on my parents Farm.

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

I feel very lucky to have grown up in Carman. I have and memories of being a strawberry patch kid and having a free-range childhood on my parents' property. I have fond memories of playing school sports. Top of the list would be running in the Roseisle Hills with the cross-country team. I believe those training sessions laid the foundation for my love of running and for the discipline it takes to run regularly. I have many fond memories of my schoolteachers, friends, and school activities. I think that growing up in a small town allowed me to sample a lot of opportunities and to feel a real sense of community.

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

When I tell people I am from Carman, everyone knows someone from Carman or has a Carman story. It is fun to learn



Shaelyn Strachan

about people's connections to our town.



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# Roland Pumpkin Fair projects to be a smashing time

By Ty Dilello

The 2024 edition of the Roland Pumpkin Fair will be held this week on Oct. 5. There will be many fun activities for the whole family to enjoy from 8 a.m. to 8 p.m. on the day.

There are cash prizes for the top 10 largest pumpkins, with first place receiving \$1,500, second \$1,000, third \$500, fourth \$250, fifth to tenth place \$100.

"We are looking forward to the Roland Pumpkin Fair on Oct. 5," said organizer Lisa Pinkerton. "Our board chairperson got to take a tour of one of our grower's pumpkin patches and he's definitely got a contender for the giant pumpkin contest. We've heard from some other growers as well, and there could be a lot of competition this year for the top place. You never know what might happen, though. Last year, one of our top growers found a crack on his largest pumpkin as it was being loaded, and he couldn't enter it."

The Roland Pumpkin Fair has brought back some favourites this year. There will be a petting zoo for the kids and an exhibit of schoolwork from Roland School. The Pumpkin Drop also has a new twist this year.

"We are excited about our new spin on

the giant pumpkin drop," said Pinkerton. "It will definitely be something that most people haven't seen before, that's for sure."

The Fair has also changed its schedule and set up a bit this year. The craft sale will be in giant tents on the street between the Pumpkin Patch Tea Room at the church and Memorial Hall. They've also moved the pancake breakfast to Memorial Hall in the morning.

The Pumpkin Drop will be at 5 p.m., followed by supper and the live band "Almost Famous" from 6 to 8 p.m. The Beer Gardens will be open for most of the day, and organizers hope that people will come out and enjoy the dinner and some dancing this year.

A complete schedule of the day is as follows:

- 8 a.m. – 10 a.m. – Pancake Breakfast (Memorial Hall 3rd St./Fundraiser for the Roland Curling Club)
- 9 a.m. – 4 p.m. – Craft Sale (Tents on 3rd St. near Memorial Hall)
- 10:30 a.m. – Great Pumpkin and Vegetable Weigh Off (Mainstage Arena)
- 11:30 a.m. – 1 p.m. – Sandwich and Soup (Memorial Hall 3rd St.) and Various Food Vendors all day (Arena Grounds)
- 12:30 – 3:30 p.m. – Pumpkin Patch Tea Room and Pumpkin Dessert Specialties (Roland United Church 3rd St.)

- 1 – 2 p.m. – Family Entertainment, Lulu and the Tomcat (Mainstage Arena)
- 2 p.m. – 5 p.m. – Bouncy House and Choo Choo Train (Arena Grounds)
- 2 – 5 p.m. – Family Pumpkin Activities and Games (Inside Arena)
- 2 – 6 p.m. – Petting Zoo (Arena Grounds)
- 2 p.m. – Beer Gardens (Inside Arena)
- 3 p.m. – Fun and Fire Show (Arena Mainstage)
- 4 – 5 p.m. – Pumpkin Bingo (Inside Arena)
- 5 p.m. – Giant Pumpkin Drop
- 5- 6:30 p.m. – Harvest Supper Inside Arena
- Menu: Pulled Pork, Buns, Perogies, Baked Beans, Baked Potatoes, Corn, Cole-slaw, Dessert, Coffee.
- 6 – 8 p.m. – Almost Famous Band and Dance (Mainstage Arena)



**STANDARD PHOTO SUBMITTED BY LISA PINKERTON**  
The 2024 edition of the Roland Pumpkin Fair will be held on Oct. 5. Pictured is Jason Terwin of Carman who won last year's Giant Pumpkin weigh-in with a winning pumpkin of 1,539 pounds.



**STANDARD PHOTO BY NCOLE KAPUSTA**  
Jason Terwin from Carman won first place and \$1,000 cash with his pumpkin weighing 1,270 pounds at The Teulon Pumpkinfest September 21. Terwin will his pumpkins at the Roland Pumpkin Fair.

**News Tips?  
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# Construction underway for new Elm Creek daycare facility

By Ty Dilello

The new standalone daycare facility in Elm Creek is on track to be built and ready for children by early 2025.

It's the culmination of many years of continued donations from community members, business owners, and numerous board members who have volunteered their time.

The new Elm Creek Stay & Play Centre is being built on the east side of the Elm Creek School and will increase its current licenced spaces by 24, for a total of 40 spaces (8 infant and 32 pre-school).

The benefits of the new daycare are not just about space. It's about reclaiming the school's classroom, providing children and staff with designated areas for age-specific activities, nap areas, and their bathrooms. The outside green space will be available at all times, not just during the school schedule. The facility will also be open on days when the

school is closed, ensuring a consistent and reliable service for our community.

The organizing committee would like to recognize the project's private and public funding contributors, including the Canada-Manitoba Canada-Wide Early Learning and Child Care Agreement.

The grants and money raised so far will cover the cost of the build, but numerous items, such as furniture and outdoor play structures, are not eligible for coverage.

The organizing committee will continue sharing the build's journey on social media and invite the community and business owners to help push through this last bit of fundraising to ensure that the new daycare in Elm Creek is fully functional for many years and generations.

For more information on the new Elm Creek Stay N Play Centre, contact 204-436-3332 or ecstaynplay@gmail.com.



STANDARD PHOTO SUBMITTED BY ELM CREEK STAY N PLAY

After multiple years of fundraising efforts, the new standalone Elm Creek Stay & Play Centre is finally being built and is anticipated to open in early 2025. Construction is underway and should be a speedy process as they get it built this fall.

## Roland 4H Club looking for new members

By Ty Dilello

The Roland 4H Club seeks new members for the 2024-25 season.

4-H in Canada started here in Manitoba. Roland is recognized as the birthplace of 4-H in Canada, as it was in this community that the first organizational meeting for a Boys and Girls Club was held in 1913.

Carman has not had a 4H Activity Club for many years, but all area youth ages 6-25 are welcome to join the Roland 4H Club.

The Roland 4H Club holds monthly club meetings. Each member chooses a project to complete throughout the 4H year, which runs from October to May.

Members learn about their project topics and how to organize and run meetings, public speaking, volunteering, and more. Events throughout the year include rallies, camps, and curling bonspiels.

Registration night is Oct. 2 from 5 to 7 p.m. at Roland United Church. The cost is \$80 for the year.

"There are many projects to choose from," said Lisa Pinkerton of the Roland 4H Club. "In recent years, members have learned about rocketry,



STANDARD PHOTO SUBMITTED BY LISA PINKERTON

The Roland 4H Club, which is the oldest 4H club in Canada, is looking for more youth members to sign up and join the club for the upcoming 2024-25 season, where there are many projects and activities that club members participate in throughout the year. geocaching, cooking, crocheting, art, babysitting, simple machines, photography, and more."

Visit the Manitoba 4H website for more information and a complete list of available projects. If you can't attend the registration night, please message Pinkerton directly or email roland4hclub@gmail.com.

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9am - 4pm **Craft Sale** Tents on 3rd St. near Memorial Hall  
10:30am **Great Pumpkin & Vegetable Weigh Off** Mainstage Arena  
11:30-1:00pm **Sandwich & Soup** Memorial Hall 3rd St.  
**Various Food Vendors all day** Arena Grounds  
12:30 - 3:30pm **Pumpkin Patch Tea Room**  
**Pumpkin Dessert Specialties** Roland United Church 3rd St.  
1:00 - 2:00pm **Family Entertainment - LuLu and the Tomcat** Mainstage Arena  
2:00 - 5:00pm **Bouncy House and Choo Choo Train** Arena Grounds  
2:00 - 5:00pm **Family Pumpkin Activities and Games** Inside Arena  
2:00 - 6:00pm **Petting Zoo** Arena Grounds  
2:00pm **Beer Gardens** Inside Arena  
3:00pm **Fun and Fire Show** Arena Mainstage  
4:00 - 5:00pm **Pumpkin Bingo** Inside Arena  
5:00pm **Giant Pumpkin Drop!**  
5:00 - 6:30pm **Harvest Supper** Inside Arena  
Menu: Pulled Pork, Buns, Perogies, Baked Beans, Baked Potatoes, Corn, Coleslaw, Dessert, Coffee.  
Price: Adult & Teen: \$20, Age 6 - 12: \$10, 5 and under: Free.  
6:00 - 8:00pm **Almost Famous Band and Dance** Mainstage Arena

**Pumpkin Prizes**  
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Second: \$1000.00  
Third: \$500.00  
Fourth: \$200.00  
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# Golf tournament raises \$125K for Katie Cares, Ronald McDonald House

By Ashleigh Viveiros

The 11th annual Access Charity Golf Tournament raised a total of \$125,590 for local non-profits this summer.

Held at the Minnewasta Golf & Country Club in Morden and at the Bridges Golf Club in Starbuck on Sept. 11, the event's proceeds were earmarked for two beneficiaries: Katie Cares and Ronald McDonald House Charities Manitoba (RMHC). Both agencies provide respite accommodations for families with loved ones receiving medical treatment in nearby hospitals.

"We are honoured by the support we receive from our sponsors and attendees," said Access CU president and CEO Larry Davey. "The impact that these two organizations have for Manitobans when they need it is immeasurable, and we truly appreciate the care

and compassion they provide."

Katie Cares' Ruth Reimer, who oversees the Katie's Cottage respite home, thanked the financial institution for its support.

"The funds raised have provided families across Manitoba with a home away from home, allowing them to feel safe and find comfort during stressful times," she said.

"Thanks to Access Credit Union's commitment to community, generous sponsors and donors, and an outstanding effort by Access Credit Union employees, the RMHC Manitoba mission has been strengthened," noted Wendy Galagan, CEO of RMHC Manitoba. "Access Credit Union is truly making a difference, and we are deeply grateful for this meaningful support and partnership."



STANDARD PHOTO SUBMITTED

The Sept. 11 Access Charity Golf Tournament held in Morden and Starbuck raised \$125,590, when all was said and done, for Katie Cares and Ronald McDonald House Charities Manitoba.

# Spectacular fall colours



STANDARD PHOTO BY LANA MEIER

There's no better place to experience the essence of fall than at the Pumpkin Shack. As the days grow shorter, a crispness fills the air, and nature transforms into a breathtaking canvas of vibrant hues. Nestled conveniently at Aubin Nurseries' main entrance—just 1 1/2 miles east of Carman—it truly captures the spirit of this vibrant season.

Since its inception in 2018, the Pumpkin Shack has been a labour of love for Rick and Trish Aubin. Their passion for gardening has transformed this place into something extraordinary. Each year, they bring fresh surprises, making every visit a unique and memorable experience.

You can find an abundance of fresh produce including beets, cucumbers, corn, potatoes—and a delightful variety of squash to choose from. Of course, no fall experience is complete without pumpkins in all shapes and sizes. The shack also offers everything you need for festive decor: mini bales perfect for decorating, rustic corn stalks swaying gently in the breeze, and cheerful gourds that add splashes of colour to any space. Rick and Trish both enjoy their gardens and look forward to seeing what it produces each year. Help the Standard record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: [news@carmanstandard.ca](mailto:news@carmanstandard.ca)

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# Celebration of community spirit for Carman Wellness Centre



STANDARD PHOTOS BY JANNELL SCOTT

On Sept. 19, the Sizzle and Fill event at the new DMM Energy/Esso Cardlock in Carman was a success. Thanks to the community's generosity, DMM Energy, J&S Enterprise and Carman residents raised \$1,000 for Carman Wellness Connections on the day. Visitors took the time to learn more about DMM's newest service station, sign up for Cardlock cards, and eat some tasty lunch.

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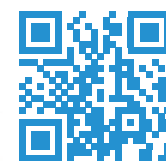
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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Schroeder gears up for second PWHL season

By Ty Dilello

Elm Creek's Corinne Schroeder is again ready to take to the ice this winter for the PWHL's New York Sirens.

Before she heads to New York, Schroeder recently participated in Hockey Canada's National Women's Team camp, held in Thorold, Ontario, from Sept. 11-16. Schroeder was one of six goaltenders who attended the camp.

"The September camp was great," said Corinne Schroeder. "It's always great to get on the ice with the best in the nation and perfect timing as a warmup to our PWHL training camps coming up."

Earlier this summer, Schroeder was also back in Elm Creek. On Canada Day, the town and the local arena honoured her, and her picture went up in the Elm Creek Skating Rink.

"It was truly special to be recognized by the Elm Creek Skating Rink and have my picture go up on the side of the building. I'm very proud of our small town, and I'm very excited for the artificial ice project so that more kids can have the opportunity to play hockey and learn to skate."

Schroeder finished her first season in New York with a 7-7-1 record with a 2.40 goals-against average and a .930

save percentage. New York ended in last place in the PWHL standings and missed the playoffs.

"We had an incredible group this season, and I enjoyed getting to know everyone on the team," said Schroeder. "We often did things as a group outside of the rink, and I believe that helped us bond and build our friendships."

Despite New York finishing last in the standings this year, Schroeder is confident that her team will have a stronger season when she returns in the fall and is hopeful they can push for the playoffs.

Over the summer, Schroeder signed a two-year contract extension with the New York Sirens, meaning she'll be tending goal again on the East Coast for at least two more years.

"I'm very excited about my contract extension and look forward to a couple more great years with the team. The season can't come soon enough. I think we've all had a good long off-season, but there's nothing quite like playing games."

The PWHL New York team also made headlines this summer when it announced a new logo and that the team will now be called the New York



STANDARD PHOTO SUBMITTED

Elm Creek's Corinne Schroeder is ready for her second season in the Professional Women's Hockey League (PWHL) with the New York Sirens.

Sirens.

"I think the Sirens name and logo reflect the city well and brings a new level of connection between the team

and our fans. I'm designing some new gear for next season that will incorporate the new colours and likely the new logo as well."

## Twisters split weekend's MMJHL season opener

By Ty Dilello

The Pembina Valley Twisters MMJHL team out of Morris has taken to the ice to begin its 2024-25 season. The Twisters split a pair of games over the weekend to earn a 1-1-0 record, good for sixth place in the MMJHL standings.

The Twisters season opened on Sept. 27 as they lost their home opener 6-2 to the River East Royal Knights. It was a forgettable night for the Twisters as they were outplayed from start to finish. Maysen Mazurat stopped 41 shots in goal for Pembina Valley, while Alex VanDeynze and Austin Spicer had the team's lone goals.

Pembina Valley bounced back on Sept. 29 as they defeated the Raiders Jr. Hockey Club 3-2 in overtime. Cohen Thomas and Slade Sotheran had the team's goals in regulation, while Austin Spicer netted the game-winning goal eight seconds into overtime. Darion Penner stopped 25 shots in goal to get the win for the Twisters.

"It's always good to get the first win down early and especially battling back to get the two points," said Twisters' head coach Braeden Beernaerts. "I've

liked our response to how the games have gone. With a lot of new faces, there's a lot to learn right off the hop, and I've felt we've learned a lot each game leading up to this weekend, and came out to execute today."

Twisters head coach Beernaerts is back behind the bench for his third season with the club.

"I really enjoy being in Morris and being a part of a great league such as the MMJHL," said Beernaerts. "We didn't get the numbers we're used to seeing at this year's camp, but the pre-season games went well, giving us lots to observe and some tough decisions to build off of jumping into the regular season."

The Twisters are back in action with a home game on Oct. 5 against the Transcona Railer Express. The puck drops at 7 p.m.

"We're always building on the little things. Little things add up to big things, and getting comfortable with the systems will be key for us in our next games. In this league,

you cannot just get by with going in different directions."

### What's *Your* story?

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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](mailto:denjohnyoung@gmail.com) or **Lana Meier** at [news@carmanstandard.ca](mailto:news@carmanstandard.ca) or call 204-467-5836.

*The Carman-Dufferin*  
**STANDARD**

# Wolfe earns second-place finish for Canada

By Ty Dilello

Carman's Andrew Wolfe recently finished second as a member of Team Canada at the World International Precision Rifle Federation (IPRF) competition, a sport for long-range rifle shooters, held in Grand Junction, Colorado, from Sept. 11 to 17.

Wolfe has been shooting since he was about five years old with a BB gun. He started playing with BB guns as a youngster and graduated to a .22 when he was seven years old with the guidance of his dad.

After his coach, Mike Gorchynski, helped teach him long-range and precision shooting, Wolfe bought his first long-range rifle and became hooked.

Wolfe's rise to being on the Canadian National Junior Team in only a few short years is truly remarkable because he only became a serious long-range shooter during the pandemic.

Wolfe was selected to represent Team Canada after a strong season last year in which he finished first overall for youth shooters at the National event and third in Canada in the adult division, with over 600 people shooting throughout Canada.

The Grade 12 Carman Collegiate student competed last week at the Worlds in Colorado alongside his Team Canada youth teammates, Jess Tischler, Chase Beckley and Luke Trinke of Winkler.

"The Worlds went pretty well as it felt crazy to be there shooting alongside and talking to people that I look up to," said Wolfe. "Our junior team got second overall out of the other teams, which was a big accomplishment."

The ranges for shooting at the Worlds were anywhere from 200 yards to about 950 yards, with lots of tiny targets that Wolfe and his fellow competitors were trying to hit. Every



STANDARD PHOTOS SUBMITTED

Carman's Andrew Wolfe earned a second-place finish as a member of Canada's National Junior Team at the recent World International Precision Rifle Federation (IPRF) competition, which was held in Grand Junction, Colorado, from Sept. 11 to 17. Pictured left to right, Team Canada's Jess Tischler, Chase Beckley, Luke Trinke and Andrew Wolfe.

impact that a bullet had on a target was worth one point for your country.

Wolfe explained that most props they shoot off in competitions are supported. There was only one match where he had to shoot freehand. Some competitions feature a moving target, while others do not. At worlds, the time limit was 105 seconds per stage, and each stage typically includes 2-6 targets. With 20 stages, scores are calculated for both team and individual results. Weather also significantly im-

pacts this type of shooting, as hot or cold wind can cause bullets to rise or fall.

Wolfe and his Team Canada squad finished second in the competition with 379 points, while the United States finished with 453 points to win the Worlds. There were 22 countries at the competition that shot in Wolfe's division. Team sizes varied from country to country, but Canada had seven teams in the different catego-

ries at the world event.

Wolfe will now continue practicing throughout the year and looks ahead to potentially bigger competitions in 2025.

"This is pretty much it for the year as we only have a few smaller matches to end off the year, but this was the last really big one getting to shoot at Worlds," said Wolfe. "I'd really like to shoot in the world competition next year in Great Britain. That would be really cool."



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### NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF GREY

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 29th day of October, 2024, at the hour of 10:00 AM, at Rural Municipality of Grey, 27 Church Avenue East, Elm Creek, MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
181400	THE NW 1/4 OF SECTION 1-9-6 WPM EXC THE NLY 1322.4 FEET PERP - 48105 RD 31W	L -\$87,200 B -\$52,000	\$5,601.60
306400	THE SLY 112 FEET OF THE ELY 122 FEET OF LOT 3 BLOCK 7 PLAN 753 MLTO (C DIV) IN W 1/2 15-8-7 WPM - 75 BIRCH AVE, ST. CLAUDE	L -\$11,800 B -\$91,800	\$8,847.48
325400	ALL THAT PORTION OF THE NW 1/4 OF SECTION 15-8-7 WPM LYING TO THE WEST OF THE WESTERN LIMITS OF LOTS 4 AND 5 IN BLOCK 1 PLAN 753 MLTO (C DIV) WHICH LIES BETWEEN THE STRAIGHT PRODUCTION WLY OF THE NORTHERN LIMIT OF LOT 5 AND THE SOUTHERN LIMIT OF LOT 4. EXC ALL THAT PORTION DESCRIBED AS FOLLOWS: COMMENCING AT THE SOUTH WEST ANGLE OF SAID LOT 4; THENCE NORTHERLY ALONG SAID WESTERN LIMIT OF SAID LOT 4 TO A POINT DISTANT NORTHERLY THEREON 155 FEET FROM THE SOUTH WEST ANGLE OF LOT 1 IN SAID BLOCK; THENCE WESTERLY AT RIGHT TO SAID WESTERN LIMIT 44.56 FEET; THENCE SLY IN A STRAIGHT LINE TO A POINT IN THE PRODUCTION OF THE SAID SOUTHERN LIMIT OF LOT 4 DISTANT EASTERLY THEREON 90 FEET FROM THE WESTERN LIMIT OF SAID 1/4 SECTION; THENCE ELY ALONG SAID LAST MENTIONED PRODUCTION TO THE SOUTH WEST ANGLE OF SAID LOT 4. - 38 PR 240 RD N, ST CLAUDE	L -\$11,300 B -\$149,700	\$17,062.40

#### The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality exercises its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the RURAL MUNICIPALITY OF GREY as follows:
  - i) The full purchase price if it is \$10,000 or less; OR
  - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
  - iii) A fee in the amount \$500.85 (\$477 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 23rd day of September, 2024.

Managed by:

Kim Arnal, Chief Administrative Officer  
Rural Municipality of Grey  
Phone: (204) 436-2014  
Fax: (204) 436-2543



Carman Wellness Connections

#### Position Description

**Position Title:** CWC Administrator

**Purpose:** This position will provide supports to the community and CWC members in generating connections and opportunities towards creating a community where everyone can flourish. This position will be committed to building relationships with community members and other organizations to effectively achieve CWC vision and values in cooperation with the Coordinator.

**Hours of work:** Part-time up to 30 hours per week. Hours are negotiable.

#### Qualifications

##### Education

- Business Administration certificate or equivalent combination of experience and education

##### Experience

- Working with diverse populations from a community-based perspective; paid or volunteer
- Administration experience

##### Personal

- Values required to align with the vision and common values of CWC
- Demonstrate strong communication and interpersonal skills
- Required to maintain and respect confidentiality in all CWC matters
- Self-motivated, able to work well with limited supervision

#### Other Qualifications

- Clear adult and child abuse registry and criminal record checks are required of all CWC employees.
- Valid Manitoba Class 5 Driver's license and access to an all-purpose insured vehicle an asset
- Proficiency in Microsoft Office programs an asset

**Applications must be received by 4:00PM on the 7th of October 2024 to [carmanwellnessconnections@gmail.com](mailto:carmanwellnessconnections@gmail.com).**

- We are thankful to all applicants for your interest, however only applications leading to interviews will be acknowledged.
- Accessibility resources will be provided upon request.
- Full job description available at [www.carmanwellnessconnections.ca](http://www.carmanwellnessconnections.ca)

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3. Tenders must be accompanied by a \$10,000.00 cheque payable to MMJS LLP in Trust as a deposit. Deposit cheques accompanying unacceptable bids will be returned.
4. Highest or any tender not necessarily accepted.

### TERMS AND CONDITIONS OF SALE

1. The bidder whose tender is accepted will be required to complete an agreement covering terms and conditions of sale.
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## X CROSSWORD

### CLUES ACROSS

1. Separate with an instrument
5. State clearly
11. One-time MLB speedster Gordon
14. Broad in scope
15. Lacking social polish
16. Amount of time
17. Frame
19. Automobile
20. Caps
21. High school dances
22. Utilize
23. Checked
25. One-sided
27. Having an extreme greed for wealth
31. Potted plants
34. We all have one
35. Lake north of the Kalahari
38. Unidentified flying object
39. Aging persons
41. Small amount
42. Mother of Perseus
44. Ornamental waist box
45. Officials
46. Uncertain
49. A cotton fabric with a satiny finish
51. Extensive, treeless plains
55. Your consciousness of your own identity
56. Consumer advocate Ralph
60. Notable Spanish sports club
61. Body part
62. One's responsiveness
64. Woman (French)
65. Ready and willing to be taught
66. Muslim ruler title
67. Unhappy

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15						16		
17			18							19		
20				21						22		
23				24				25		26		
			27			28	29	30				
31	32	33		34				35			36	37
38			39					40		41		
42			43			44				45		
			46			47				48		
49	50							51		52	53	54
55				56		57	58	59		60		
61				62						63		
64				65						66		
67				68						69		

68. Gradually disappeared
69. Able to think clearly

### CLUES DOWN

1. Brushed
2. Water sprite
3. Ones to look up to
4. Monetary units
5. We all have one
6. Marine invertebrate
7. One who institutes a legal proceeding
8. Outer
9. Parallelograms

10. Uncomfortable feelings
11. Cross to form an X
12. Remove
13. Some pages are dog-\_\_
18. Capital of Ukraine
24. A citizen of Denmark
26. Eighth month (abbr.)
28. Hindu queens
29. Acids structurally related to amino acids
30. Rider of Rohan in Tolkien
31. Wet dirt
32. Russian city

33. Observed
36. Irrate
37. Travelers need them
39. Musical composition
40. Auction
43. Form of "to be"
45. Women
47. Inspire with love
48. Think Japanese ankle sock
49. Appears
50. Old World lizard
52. The lead dancer: \_\_ ballerina
53. Protein involved in motion
54. Rosalind Franklin biographer
57. Popular 1920s style art \_\_
58. \_\_ Blyton, children's author
59. Abnormal breathing
63. A place to rest

Crossword Answer

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# get inspired

> MEAL IDEAS



## Creamy Pumpkin Soup with Mini Pierogies

1/4 teaspoon nutmeg  
1/8 teaspoon cinnamon  
2 tablespoons heavy cream  
fresh thyme, to taste  
1 box Mini 4 Cheese Medley Mrs. T's Pierogies

Slice shallot, peel and cube apple and crush garlic.

In pot over medium-low heat, add drizzle of olive oil and saute shallots, garlic and apple 20 minutes, covered.

Let mixture slightly cool then add to blender with 1/2 cup broth and blend until fully combined.

In pot, add pumpkin puree; blended shallot mixture; maple syrup; salt, to taste; pepper, to taste; nutmeg; cinnamon; remaining broth; heavy cream; and thyme, to taste. Bring to low boil then add frozen pierogies. Boil 3 minutes.

Prep time: 5 minutes  
Total time: 40 minutes  
Servings: 4  
1 large shallot  
1 large Honeycrisp apple (or 1 1/2 cups)  
5 garlic cloves  
olive oil  
2 cups low-sodium chicken or vegetable broth, divided  
2 cups canned pumpkin puree  
2 teaspoons maple syrup  
pepper, to taste  
salt, to taste



## Marinated Teriyaki Steak with Teriyaki Noodle Salad

and cook hot or cold kit according to instructions on bag.

Add steak back to pan and stir to incorporate.

\Garnish with toppings from hot or cold kit and serve.

Prep time: 1 hour  
Cook time: 24 minutes  
Servings: 4  
1/2 cup dark soy sauce  
1/2 cup brown sugar  
1 tablespoon Sriracha sauce  
1/2 cup unsalted chicken stock  
1 pound flank steak  
1 tablespoon sesame oil  
1 bag (16.9 ounces) Fresh Express Hot or Cold Teriyaki Salad and Noodle Meal Kit

In saucepan, add soy sauce, brown sugar, Sriracha sauce and chicken stock; bring to simmer while whisking. Simmer 4 minutes.

Cool mixture down until cool to touch, about 20 minutes.

Slice steak into thin strips and place in bowl. Pour marinade over steak and marinate for 1 hour.

In large pan over medium-high heat, stir-fry steak 2 minutes.

Remove steak from pan and allow to rest.

In same pan used for steak, add oil

## Teriyaki Tofu Bowls



## Expert patient here to help!



Susie Schwartz

By Susie Schwartz

I thought it couldn't happen. I thought I had been through enough that my 'expertise' meant my rules didn't apply. I was wrong. Tip for today?

Take someone with you.

I know, I've said this many times before. 'Take someone to your appointments' has been my most given piece of advice. And yet, I didn't.

I'd had my first mammogram (welcome to 50!), and I got a letter saying I needed more tests.

"You'll need more mammograms, maybe an ultrasound, and maybe even a biopsy," they said. Don (my husband) couldn't take me since he, too, had a doctor's appointment that day. "Do you want me to come with you?" my friend Nic asked. "Nah. I'll be fine. They'll either give me good news or I'll have a biopsy and won't get the results that day, anyway."

As I sat in the inner waiting room after the mammograms and ultrasound, waiting my turn for a biopsy, I sat and listened to two friends talk, one there to support the other. After hearing the 'careful cancer language' of the excellent nurses and

techs who explained what they were doing and why, I felt catapulted into a new ecosystem – an alternative universe. Was I on a cancer journey? My blue gown tucked around me, I shivered as I watched those women and thought, I feel so alone.

Shocked by this feeling, I remembered Nic's offer. Why had I been too independent and proud to take her up on her offer?

Usually, I preach taking someone with you to your appointments so they can help digest information, ask good questions, and be your brain when anything other than the need for antibiotics or antihistamines is discussed.

But there is an equally good second reason to take someone: support. How comforting it would have been to have Nic sitting there each time I returned to the inner waiting room before the next test. She could've helped me process and regaled me with funny stories of Stanley, her hilarious Tibetan Terrier floof. What a glorious distraction from squashed boobs, anticipated needles, and 'careful cancer language' that would've been.

The biopsy came back fine, and we'll just have to do regular mammograms to keep an eye on it, so I'm thankful. But, lesson learned. (Surely this time, right?!?) Being a hero is pointless unless you get a Marvel movie deal. (Deadpool and Wolverine, anyone?)

Next time, I'll take the support. Will you?

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalmiss\_stress, and at [www.lesshealthstress.com](http://www.lesshealthstress.com). (Email: [info@lesshealthstress.com](mailto:info@lesshealthstress.com)) If you like her writing, find more on her Substack page: *The Quest For Less Health Stress*

Prep time: 20 minutes  
Cook time: 10 minutes  
Servings: 4  
1 tablespoon rice wine vinegar  
2 tablespoons dark soy sauce  
1 tablespoon honey  
1 teaspoon fresh grated ginger  
1 tablespoon minced garlic  
2 teaspoons white pepper  
2 teaspoons Chinese five-spice  
1/3 cup neutral oil  
1 package (16 ounces) extra-firm tofu, cut into 1/2-inch pieces  
1 bag (16.9 ounces) Fresh Express Teriyaki Hot or Cold Salad and Noodle Meal Kit

In bowl, whisk vinegar, dark soy sauce, honey, ginger, garlic, white pepper and Chinese five-spice until com-

bined. Slowly pour oil into mixture while whisking vigorously. Place cut tofu in mixture and allow to sit 15 minutes.

Bring large saute pan to medium-high heat and place tofu in, turning when crust forms.

When tofu is finished, set aside and prepare hot or cold salad and noodle meal kit.

Serve with tofu on top of hot or cold salad and noodle meal kit.

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