

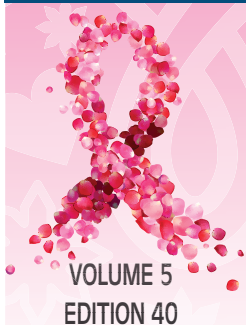


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STANDARD PHOTO BY ALEX ROBINSON

Elm Creek native Alex Robinson soars west of Miami on his paramotor, capturing the prairie landscape from above.

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Elm Creek's Alex Robinson returns home with a camera and a wing

By Lana Meier

High above the fields of southern Manitoba, Alex Robinson hangs beneath a paramotor wing, wind rushing past his face as combines crawl across the land below. With a camera in hand, the Elm Creek native captures harvest from a perspective few ever experience.

Robinson, now based in Alberta, has built a career as a cinematographer, camera operator and drone pilot with credits spanning CBC, Discovery Channel and Sportsnet. But when he returned home recently, it wasn't the bright lights of broadcast television that drew his focus — it was the familiar prairie landscapes of his childhood.

"I have so enjoyed my time flying around Elm Creek and the surrounding area," Robinson said. "You'll be flying along and you'll see a place that triggers a memory. It's just a fantastic feeling of nostalgia touring around."

Harvest proved the perfect season for his aerial adventures. "There was so much activity in the fields. It was really fun just to drop in and visit folks as they were working," he said. "I'm sure most of them appreciated seeing me as well — a crazy guy flying a parachute dipping into their

field after they've been driving a combine all day would be quite exciting."

From home videos to flight videos Robinson traces his passion for cameras back to Elm Creek School. "The first time I filmed something on my own was a grade 6 book report," he recalled. "I had to figure out how to play two characters on screen without any way to edit it — somehow I made it work."

With the help of a borrowed home movie camera — and eventually one he saved up to buy himself — he filmed everything from school plays to small projects with friends. That early curiosity laid the groundwork for a career in cinematography, but also gave him the confidence to explore new creative frontiers like aerial media.

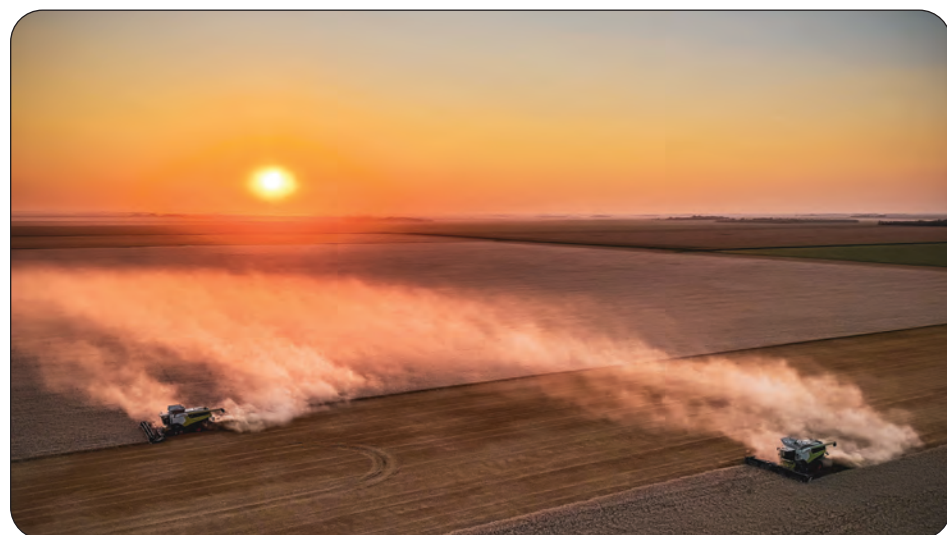
Paramotors, Robinson explains, are "like flying a motorcycle." They're small, engine-powered paragliders that allow pilots to soar low and slow over the countryside. But filming while flying, he admits, isn't without risk.

"The thing you always need to be thinking about is if you had an engine failure, where can you glide to land?" he said. "It's really easy to get caught up in what's happening on the



STANDARD PHOTOS BY ALEX ROBINSON

Born and raised in Elm Creek, cinematographer Alex Robinson now calls Calgary home — but when he returned this fall, he took to the skies on his paramotor to capture prairie harvest in action, including a combine unloading into a grain cart.



Bathed in the golden glow of a Manitoba sunset, two combines work side by side near Elm Creek, their dust trails catching the last light of day. The spectacular view was captured from above by Elm Creek native Alex Robinson, who returned from Calgary to photograph harvest from his paramotor.

camera, so I try to minimize the time I have it out and also enjoy the scenery during the flight."

For Robinson, the paramotor isn't just another piece of film equipment — it's a personal escape. "If I wanted to take pretty aerial pictures, I'd use my drone," he said. "There's just something amazing about hanging in the air from a wing and being able to see things first-hand."

That sense of wonder hasn't gone unnoticed. Farmers wave from their tractors, drivers pull over to snap photos, and community members flood local Facebook groups with enthusiasm. "Everybody I saw was genuinely excited," Robinson said. "There was just a sense of excitement and community."

Despite his travels across Canada and the U.S., one Manitoba landmark still feels like home: the Cargill elevator rising on the horizon along Highway 13. "It might be kind of silly, but it just invokes such a feeling of home when I see that," he said.

And his Manitoba upbringing continues to shape the way he approaches storytelling. "It's people-centric no matter what you're doing," Robinson said. "At the end of the day, storytelling is about human connection. If your story is missing that, it's going to feel hollow."

Beyond flying, Robinson runs Calgary Live Video, a production company that live streams everything from

Continued on page 3



**Wishing you and your family a
Happy Thanksgiving.**

From the Councils and Staff of the
Town of Carman & RM of Dufferin



carmandufferin.com

> PARAMOTOR, FROM PG. 2



The town of Elm Creek, where cinematographer and paramotor pilot Alex Robinson grew up, remains a touchstone in his aerial adventures and storytelling career.

fundraisers to theatre shows. “I always try to treat the small streaming jobs like bigger ones,” he said. “My approach is very broadcast-based since that’s where my experience is. At the end of the day the camera isn’t just a window into what’s happening — we’re trying to tell the story of the event as it happens.”

Advice for future fliers

Robinson’s adventures — from grassroots documentaries to WWII aircraft restorations to buzzing prairie skies — have taught him that

chasing passion is more important than waiting for perfect conditions.

“The best piece of advice I can give is don’t wait,” he said. “It’s never been easier to get into video production, cinematography and drones. The sooner you can start building skills, the further ahead you’ll be and doors will start to open.”

For Elm Creek, his story isn’t just about one man’s creative journey — it’s an invitation to look up, to imagine, and maybe to join him in the sky.

BBQ fuels next home build



STANDARD PHOTO BY DENNIS YOUNG

Volunteers with the Carman-Dufferin Chapter of Habitat for Humanity served up hotdogs and smokies at a fundraising barbecue on Sept. 26 at Homestead Co-op, with all proceeds going toward the group’s next home build. Community members can support the project by donating, signing up to volunteer at local events, or emailing organizer Ernie Bart at erniebart70@gmail.com.

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NDP caucus holds meetings in Winkler, tours region

By Lorne Stelmach

Manitoba Premier Wab Kinew and his caucus spent some time out in the Pembina Valley last week.

Their stops included Winkler, Morden, and Carman, and the premier emphasized that it was very much for business as well as some pleasure.

"We're having our team dinner with our MLAs and ministers and some key staff," Kinew said while taking a brief break from a gathering at Rendezvous in Morden last Tuesday evening. "And we've been in Winkler doing our caucus retreat, doing a cabinet meeting."

He said they make it a priority to reach out to and connect with all regions of the province.

"It's just really important that your government gets out there where the people are and we talk to folks as we're making the decisions of government," said Kinew, adding it is especially important to get out into rural Manitoba.

"It's a huge priority. Manitoba is

a beautiful province with so many great communities like Morden and Winkler and all the other places we visited this week so far.

"It's good just to be out and about, but when I think of the Pembina Valley, I also think about the economy. It's such an engine for the economy in Manitoba, so it's good for us to just have an ear to the ground so we know what the needs are, whether it's infrastructure or immigration or agriculture policy ... just to make sure that we keep the economy moving."

Kinew noted there are a lot of pressures that come with the kind of growth that is happening in this region.

"We want to make sure that we're listening to all of those things, and the best way to do that is by showing up," he said. "It was really nice to have people over the past few days say that we're appreciated for coming out and spending the time."

And he noted it makes no difference that this region is so staunchly conser-



STANDARD PHOTO BY LORNE STELMACH

Manitoba Premier Wab Kinew and his caucus and staff members were in Morden-Winkler last week to tour the region in between holding meeting in preparation for the fall Legislative session starting Oct. 1.

vative politically.

"I'm the premier for all of Manitoba ... I've got to be there for everybody," he said. "We'll put the jerseys back on for our respective teams at election

time, but in between elections, let's work together to build up this place that we love so much."

Virtual Girl Guides Rangers unit opens registration in Manitoba

By E. Antonio

A new opportunity for Manitoba girls to connect, discover and explore the outdoors is on the horizon.

Thanks to a new Girl Guides unit, girls ages 15 to 17 can register for the inaugural virtual Rangers program. The unit is led by Stony Mountain's Kyla Hanchar, 21, who has been involved with Girl Guides since she was eight.

"To me, Girl Guides has been a really huge part of my life and I wouldn't be the person I am today without them," said Hanchar. "It's about the importance of getting youth outdoors and giving them opportunities to experience things, meet new people and participate in activities they might not get to do otherwise."

Hanchar is entering her second year as a group leader and is excited to offer a virtual unit to girls across the province. She said she noticed many teens had difficulty attending events and activities due to school, work and extracurricular commitments. This new format offers more flexible scheduling and opportunities for youth to get involved.

"All you need to be is excited about the outdoors," she said, explaining who should register for her Rangers unit. "With Girl Guides, the opportunities are endless. You can explore,



Girl Guides Manitoba is accepting registrations for its first virtual Rangers unit for girls ages 15 to 17.

create, empower and learn about yourself and the world around you."

Rangers will meet virtually every week to plan special events. Hanchar noted they are still determining when meetings will be scheduled, as she wants to find a time that works for everyone. She also hopes to host in-person events once a month, depending on availability. With previous units, Hanchar has planned several outdoor excursions, including hikes and camping trips.



STANDARD PHOTOS SUBMITTED

The unit, led by Stony Mountain's Kyla Hanchar, offers weekly virtual planning meetings and monthly in-person events. Hanchar hopes to take her Rangers on many adventures throughout the year, including winter fatbiking.

"I am an outdoorsy person at heart and I love giving youth the opportunity to experience the beauty of the outdoors," she said. "I really just want as many girls as possible to join because I know how much Girl Guides can change a life. We accept everyone and anyone, and we really just want to do what's best for others. It's something really easy to fall in love with,

and I can speak to that from my own experience."

Registration for the virtual Rangers unit will remain open until all spaces are filled. Registration takes place online at register.girlguides.ca by searching the postal code R3H 0Y8.

"I can't wait to make a difference in girls' lives like Girl Guides did in mine," Hanchar added.

Redboine Watershed District advances erosion control, water projects with local farmers

By Haley Cvar

The Redboine Watershed District says 2025 has been one of its most productive years yet, as staff worked alongside farmers and landowners to improve water retention, reduce erosion, and strengthen the health of local landscapes.

Project Manager Jennifer Hunnie said the district continues to receive applications on a weekly basis, keeping its list of initiatives expanding.

"We have a wide range of upcoming projects, including water retention systems, stream crossings, erosion control, riparian restoration, grassed waterways, and more," Hunnie said. "We continue to receive new applications on a weekly basis, so our project list is always growing."

While there is no single focus area, the district's work generally centres on long-term land and water management. Projects typically address core issues such as landscape stabilization, improved water quality, and reducing flooding and erosion pressures.

"There isn't one single priority area, as each project has its own unique needs," Hunnie said. "That said, most of our work addresses core land and water management issues. This often means stabilizing landscapes, improving water quality, and supporting practices that reduce flooding and erosion while improving long-term resilience across the watershed."

Hunnie emphasized that producers hesitant to get involved should explore the benefits of participating. Funding opportunities are available for a wide variety of projects, and district staff are happy to visit farms, discuss goals, and identify options that could benefit both the operation and the watershed.

"There's very little risk and significant potential reward in applying," she said. "Even if you're unsure whether your idea qualifies, we encourage you to reach out."

Some of the benefits of completed projects are already visible. In the Rural Municipality of Dufferin, the district partnered with farmer Charles Fouasse after severe erosion affected his field. Crews reshaped and seeded a grassed run to safely carry overflow into a vegetated outlet.

"By putting these systems in place, we're able to slow down the flow of water, settle out sediment and give the soil a chance to stabilize," said Angie Smith, administrator of the district. "It's a win both for the landowner and for the watershed as a whole."

Another project focused on runoff management on Ian Hamilton's pasture, where a reclaimed shale pit released water too quickly in the spring. The district built a small retention



In the Morris Norquay Sub-District, Alan Richardson installed a gated culvert with help from the RBWD to regulate wetland water levels.

structure that now holds and slowly releases water, easing pressure on a nearby municipal road while also providing livestock with a summer water source.

Smith said the work demonstrates how watershed management can serve multiple purposes.

"In Hamilton's case, the retention structure not only protects infrastructure but also improves groundwater recharge, enhances soil moisture, and helps his cattle operation," she said.

In the Morris Norquay Sub-District, farmer Alan Richardson installed a gated culvert to regulate wetland water levels, while Gerald Wildfang began a two-stage project to manage seasonal water accumulation with rock armouring and wetland adjustments.

The district has also introduced windbreak panels for cattle producers, helping wintering herds on pasture while reducing congestion in farmyards.

Hunnie highlighted that the district not only responds to applications but also proactively monitors the watershed. When possible, staff identify areas where projects could make a



STANDARD PHOTOS SUBMITTED

Ian Hamilton installs a new retention structure on his pasture, built by the RBWD to manage rapid spring runoff from a reclaimed shale pit.

significant difference, ensuring the work has both immediate and long-term benefits.

Smith said the scope of projects reflects the district's priorities heading into fall.

"Our focus is on building resilience — whether that's reducing flooding, slowing erosion, or enhancing water

resources," she said. "Every project is about finding practical solutions that work for both farmers and the environment."

The Redboine Watershed District expects more initiatives to roll out in the coming months as it continues to work with landowners across southern Manitoba.

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getheard

EDITORIAL > VIEWPOINTS > LETTERS

Public health urges vaccines ahead of virus season

By Ashleigh Viveiros

As we leave the warm days of summer and early fall behind us, respiratory virus season looms ahead, and public health officials are urging Manitobans to do what they can to protect themselves, their loved ones, and their communities at large.

Getting the flu, COVID-19, and possibly also the RSV (respiratory syncytial virus) vaccines are the best way to do that, says Dr. Mahmoud Khodaveisi, a medical officer of health for Southern Health-Santé Sud.

All of these viruses, can cause “severe infections, severe illness,” he says, especially in high-risk groups, which includes infants and older adults.

It can create a real strain on the health care system as people flood the emergency rooms for treatment, Khodaveisi says, some of them requiring hospital admission and, in severe cases, ending up in intensive care. Some of those people will never leave the hospital.

It’s wholly unnecessary to take the risk you or someone you love might be one of them, because vaccination is available to all Manitobans, Khodaveisi stresses.

“Vaccines are safe, effective, and available free of charge in Manitoba,” he says. “They cannot prevent all forms of illness, but they can prevent severe infection, severe illness. So if

these vaccines can prevent admissions to the hospital, to the ICU, that’s a big win for everybody.”

Even if you’re young and healthy and so less likely to succumb to the worst these viruses have to offer (though it’s certainly always a possibility), vaccination is still important, Khodaveisi says.

“Everyone six months of age and older is encouraged to receive the flu vaccine, the COVID vaccine,” he says. “Let’s say someone is young, he doesn’t feel he needs it, but if that person gets infected, maybe they’re even asymptomatic or have a mild form, they can still spread the infection to others that surround them, maybe people who are at higher risk. People at work, in the community. It’s a collective responsibility for everybody.”

The annual flu shot and updated COVID-19 vaccine is recommended for everyone over six months of age.

Manitobans over 65 are eligible for an enhanced flu shot that provides more protection than the standard one. Older adults should also ask if they are eligible for the pneumococcal vaccine to protect against pneumococcal pneumonia.

New this year, RSV immunization is also available for people in high-risk groups, which includes infants born between Oct. 1, 2025 and March 31, 2026 and certain adults aged 60+, including those living in or moving into

personal care homes.

TALK TO YOUR DOCTOR

Khodaveisi says that while many older Manitobans do get their flu shots each year (about 58 per cent of the 65+ crowd), the uptake drops significantly when you look at Manitobans as a whole—about 23 per cent of us got the annual shot last year.

Those numbers drop a few percentage points for the COVID-19 vaccine for Manitoba as a whole, Khodaveisi says, and Southern Health-Santé Sud’s vaccination rates are lower still. He urges people to talk to their health care providers if they have concerns about vaccinations.

If you’re getting your flu or COVID-19 shots for the first time, Khodaveisi advises that it’s normal you might feel a little under the weather afterwards. The arm you get the shot in might be sore the next day, and you could have a headache, muscle soreness, or fatigue.

“Most people, if they do develop side effects, they’re very mild,” he says. “And if they get side effects, then these side effects are transient [short-lived], so much less [severe] than the true infection would be.”

Khodaveisi urges people to get vaccinated sooner rather than later, espe-

Continued on page 8

The Way It Was: Highlights from the Week of Oct. 9

By Dennis Young

100 Years ago, 1925... R.H.B. North is the register clerk for dominion election; 4% interest on accounts at Province Manitoba Savings Office; Bandits who held up Culross post office rec’d 18 years and 20 lashes at court; Businessmen of Carman plan a Booster Night with a picture show; Famous Canadian birdman Jack Miner speaks in Carman; Farm land selling for \$40–\$55/acre.

75 Years ago, 1950... All patients admitted to hospital to get x-rayed for

TB; Kinsmen hold their Gigantic Auction fundraiser with donated goods with Cam Johnston as auctioneer; Town plans to apply for a \$50,000 debenture to finance and carry through the public works improvements; Recreation Association plans Sadie Hawkins Dance and Old Time Fiddlers Contest; An award of sports equipment is given to Carman School for their good physical training work under teacher Fraser Whiteside.

50 Years ago, 1975... Collegiate President Colleen Owen reports Slave Day,

a replacement for Freshie Day, was a real success; The Pop Shoppe opens up at Jan’s Gulf on Hwy #3 (now strip mall); Parkland Floor sells shag carpets at \$12.50/yard; W W Implements sells Massey snowmobiles; Pic-a-Pop opens up on Main Street (former Carman Granite); Town Council passes by-law to approach CN to purchase the Station for \$7,000; Geo. Gray announces candidacy for RM Councilor.

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Flashback... Carman Girls Zone 4 Champs

By Dennis Young

Carman Collegiate and the MHSAA executive hosted the gold playdowns in 1990, with 16 high schools competing — 12 boys' teams and four girls' teams. Arthur Meighen and Morden entered as the defending champions.

Boys' teams were permitted to send five players, with the top four scores counting, while girls' teams could send four players, with the top three scores counting.

Carman's boys finished fourth with a score of 343, behind Garden Valley, Arthur Meighen and W.C. Miller. The girls, however, won their competition with a total of 326, finishing ahead of Morden and Winkler.



STANDARD PHOTO SUBMITTED

The 1990 MHSAA champions flash their smiles as they accept the banner. From left: Kirstin Funke, Marla McKnight, coach Brian Parker, Robyn Dearman and Deb Pritchard.

worship with us > FAITH

Encouragement

The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (Philippians 4:5b-6)

The Lord is at hand (close by)

Every Christian is encouraged based on his or her faith that the Lord is at hand. He is very near, close at hand. In fact, we believe that He indwells us by His Holy Spirit. It is hard to imagine anyone being any closer. This truth encourages us in all aspects of our life but especially in our prayers. With the Lord close at hand, we may believe that He hears our prayers, and that He acts upon them according to His will.

The Lord is at hand (imminent coming)

A second, closely related aspect of being "at hand," is the promise of Jesus that He will return at the end of the age. He promises that He will come again, not as a baby in a manger, not as a man to live among men to pay their penalty, but as King of kings and Lord of lords. He will come again, as conqueror and as victor. This truth encourages us in all aspects of our life, but especially in our prayers.

Anxiety and Prayers mix well

With the Lord very near us and His imminent physical return, His followers have nothing to be anxious about. However, we are human. Anxious thoughts do come. How do we overcome that anxiety? We pray. We tell the Lord about our anxieties and we petition for His mercy to prevail over us, even thanking Him that our circumstances are not outside of His control.

Our requests

Now that we have been reminded of His nearness and His imminent return, what should we ask of Him? We will want what He wants, namely, the salvation of His people and the glory of His name. Our words will not be trivial, but we will dare to ask for out-of-this-world things, such as His nearness and His return. Bold requests, indeed!

Len Lodder, Canadian Reformed Church Carman East

RCMP warn Manitobans as grandparent scam targets seniors

By Haley Cvar

The RCMP is urging Manitobans to stay vigilant as fraudsters continue targeting seniors with a phone scam designed to exploit concern for loved ones.

Known as the "grandparent scam," the scheme typically begins with a call from someone pretending to be a relative or lawyer. The caller claims a family member has been arrested or is in legal trouble and urgently needs bail money. Victims are then instructed to send thousands of dollars — often by mail — to an address outside the province.

"These scams are designed to create panic and pressure people into acting quickly without thinking," said Staff Sgt. Kevin Cavanagh of the Manitoba RCMP Major Crime Services Cyber and Financial Crime Unit. "Fraudsters constantly adapt their stories to

sound believable and generate a sense of urgency. Our message is simple: never send money and always verify before taking action."

Police say the scams are happening across the province and have recently surfaced in northern Manitoba, where four elderly residents in Flin Flon received calls over the past few months. In two cases, victims mailed thousands of dollars before realizing they had been scammed. A third transaction was intercepted and returned. Investigators have not confirmed whether the incidents are linked.

The RCMP reminds Manitobans to take precautions when receiving unexpected calls asking for money:

- Be suspicious of any call demanding immediate payment or bail money for a loved one.
- If you receive such a call, hang up and contact the family member directly using a known phone number.

ly using a known phone number.

• If the caller claims to be law enforcement and requests payment, hang up and call your local police detachment.

• Be mindful of what you share online — scammers often gather personal details from social media to make their stories more convincing.

• Use strong, unique passwords for all social media and email accounts.

Anyone with information about a scam is asked to contact their local RCMP detachment. Anonymous tips can be submitted through Manitoba Crime Stoppers at 1-800-222-TIPS (8477) or online at www.manitobacrimestoppers.com.

Victims of cybercrime or fraud can also contact the Canadian Anti-Fraud Centre at 1-888-495-8501 or antifraud-centre-centreantifraude.ca.

letter to the editor

Letters to the Editor:
letters@expressweeklynews.ca

Urgent action required – PTH 3 Morris River bridge closure

I am writing to express deep concern regarding the recent closure of the bridge over the Morris River on Provincial Trunk Highway (PTH) 3 near Brunkild.

As the local MLA, I have yet to receive a briefing on this significant issue impacting my constituents. As you know, this closure, due to structural instability, has forced the complete shutdown of both eastbound and westbound

lanes, with detours rerouting traffic onto PTH 13 and PTH 2. An extremely long detour with little to no promise of return to normal traffic flow.

While the safety of Manitobans and travellers must always remain the top priority, the sudden loss of this vital corridor has created serious and immediate challenges. The impacts extend far beyond inconvenience:

- Emergency response is hindered by longer detours, delaying critical services.
- Commerce and transportation are being disrupted, affecting producers, businesses, and supply chains across the region.
- Local municipalities are bearing the strain of detour traffic on infrastructure never designed to handle this volume, creating significant safety and maintenance concerns.

Minister, this situation is unacceptable if allowed to persist without urgent action. The Province must:

1. Provide a clear and immedi-

ate timeline for repair or replacement of the bridge.

2. Ensure municipalities affected by detour traffic are not left responsible for damages or ongoing maintenance costs.

3. Improve communication with municipal leaders and the public regarding both interim measures and long-term solutions.

Our communities are resilient, but they cannot absorb the economic, safety, and social costs of prolonged inaction. I urgently request a briefing on the matter. I have a duty to respond to the needs and concerns of my constituents and the region I represent. Please respond to my office with a date and time for an in-person briefing on the above concerns.

- Sincerely,

Lauren Stone, MLA Midland

Carman Collegiate supports CancerCare one moustache at a time

By E. Antonio

Looking for a fun, sweet and easy way to support CancerCare this fall?

This October (Breast Cancer Awareness Month) and November (Men’s Health Awareness Month), Carman Collegiate is selling chocolate moustaches and donating the proceeds to Boundary Trails CancerCare — an organization that has touched the lives of many at the school.

In 2021, one staff member was diagnosed with colon cancer. A year later, principal Mary Reimer was diagnosed with breast cancer. She launched the fundraiser in support of her dear friend and colleague and continued to sell the moustaches when she began treatment.

Since its inaugural year, Carman Collegiate has received overwhelming community support, raising more than \$51,000.

“People are social creatures by nature, and so knowing that I have the support of staff, students and other stakeholders is amazing,” Reimer said. “So many people have come forward asking me how they can help, and this level of support goes to show how community-minded we are in Carman and the surrounding area.”

Moustaches cost \$2 each and come in eight flavours. The coating is donated by OMG! Chocolates and includes Milk Chocolate, Dark Chocolate, White Chocolate, Skor, Cookies and Cream, Peppermint Bark, Reese’s Pieces and Candy Cane.

Community members can order their chocolate moustaches by calling the school at 204-745-2001 or emailing Reimer at mreimer@g.prsdmb.ca. Orders are typically filled quickly, and individuals will be contacted when their order is ready for pickup.

The school has set this year’s fundraising goal at \$15,000 for Boundary Trails CancerCare. Students have also been given a few fun incentives.

Along with bragging rights, Reimer and another staff member have agreed to dye their hair outrageous colours if class targets are met. Prizes will also be awarded to top-selling students.

While the exact targets are still being determined, Reimer hopes it becomes a friendly competition among students and staff in support of a cause that



Carman Collegiate Parent Advisory Council members are hosting an afternoon of bingo at the Carman Legion on Oct. 19. Proceeds will help purchase new supplies for students.

affects everyone.

“Statistics currently show that 50 per cent of people will be diagnosed during their lifetime and that younger and younger people are being diagnosed,” she said.

For Reimer, Boundary Trails CancerCare is the reason she was able to return to the job she loves.

“CancerCare at Boundary Trails is my literal and figurative lifeline, and I still go for appointments every three months,” she said. “While there, I’m getting the lifesaving care that I need, and the doctors, nurses and volunteers are all so caring and compassionate. I feel like they know me as a person rather than just a patient.”

Another Carman Collegiate fundraiser will take place Sunday, Oct. 19, at the Carman Legion. Parent Advisory Council (PAC) members are teaming up with Legion volunteers to host an afternoon of bingo featuring a \$300 jackpot and more than \$600 in prizes.

PAC chair Tamara Yeo said she’s excited to bring the event back after regular sessions stopped during the pandemic.

“Everyone — 18 and over — is welcome, and I encourage everyone to come out and have some fun



STANDARD PHOTOS SUBMITTED

Carman Collegiate is selling chocolate moustaches throughout October and November in support of Boundary Trails CancerCare.

with us,” she said. “It’s a great and affordable way to spend an afternoon.”

Proceeds will go toward Carman Collegiate’s general supply fund. Yeo said the money will likely help with ongoing projects such as replacing Grade 6 Chromebooks, repairing a soccer net and purchasing new basketballs and outdoor equipment for students.

Doors open at noon, with early bird games starting at 1:30 p.m. Regular and monster bingo games will follow, with a variety of cards available for purchase.

The concession will be open, selling sandwiches, snacks, and alcoholic and non-alcoholic beverages.

“This is a great chance to mingle, socialize and visit with others in the community — and, of course, have a chance at winning a prize,” Yeo said. “All of this makes for a great afternoon out with friends.”



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> VIRUS, FROM PG. 6

cially with the holiday season coming up.

“It’s better to get the vaccines as soon as possible before things pick up in wintertime, because it takes two weeks for immunity to get fully developed.”

The Pembina Valley has numerous community vaccination clinics scheduled for the weeks ahead, many accepting walk-ins. For dates, times, and locations, head to southernhealth.ca/health-topics/immunizations/seasonal-flu-covid-19-clinics/.

You can also use the provincial Vaccine Finder to track down a clinic or pharmacy administering vaccines: gov.mb.ca/respiratoryviruses/vaccinefinder.html?utm_source=chatgpt.com.

Two local pharmacies mark a new chapter with ownership change

By Lana Meier

Two long-standing cornerstones of local health care — Carman Pharmacy and BenefitsRx Pharmacy — are entering a new chapter as ownership transitions from Wendy Clark to pharmacist Carmen Fotheringham and a business partner.

After three decades of service, Clark is stepping back from ownership while remaining involved to support the transition. Carman Pharmacy first opened its doors in September 1995 after Clark and her husband renovated the former Stylerite building. On opening day, the pharmacy filled a single prescription — the first of thousands that would follow as the business grew through its philosophy of community-minded, family-focused, and patient-centred care.

BenefitsRx Pharmacy, located in a building that has operated as a pharmacy since the 1800s under various names, joined the Clarks' ownership in 2009 when they purchased it from Ken and Barb Stevens. The Clarks rebranded the store as BenefitsRx Pharmacy while continuing the long tradition of service to the Carman and Dufferin area.

Clark, who will remain for a time to help with the transition, said pharmacy practice has evolved greatly over her career.

"The biggest transition is that the profession now has a broader scope of practice as pharmacists can prescribe medications for some minor ailments and UTIs," Clark said. "Pharmacists are also now leaders in the healthcare profession as immunizers. It's a much more collaborative practice with other health care practitioners; our community is a testament to this as both BenefitsRx and Carman Pharmacy work closely with the medical teams in town."

Her proudest moments include taking the risk to open a new pharmacy in 1995, serving the community through the COVID-19 pandemic, and being a female entrepreneur on the front lines of health care.

"I will miss the conversations with my customers, the laughs and some-

times tears, and my incredible staff who have put up with me over the years," Clark said. "It has been a privilege to take care of you over the last 30 years. It has been an honour that you picked me to be your pharmacist."

Clark said she is confident in her successor.

"I'm excited for Carmen. I have worked alongside her for the past 16 years. We share the same philosophy in providing care to our patients and passion for our profession, and that was an important part of my succession plan," Clark said.

Fotheringham, who began her pharmacy career in Carman in 2006 as an intern with Ken and Barb Stevens, has worked at BenefitsRx and Carman Pharmacy ever since. She is also a Certified Diabetes Educator and said she looks forward to expanding clinical services where possible.

"Ownership is a large endeavour, but with Wendy's guidance, our wonderful pharmacy team, and the support of a business partner, I am very excited to take on this opportunity," Fotheringham said.

Fotheringham said customers will not see immediate changes to services, hours, or staff.

"My vision moving forward is to continue to offer the community patient-centred pharmacies that go beyond dispensing medications and focus more on improving overall health outcomes," Fotheringham said. "The future of pharmacy is very exciting and we plan to be at the forefront of changes that come with this profession."

She credited customers for their support over her nearly 20 years of practice in the community.

"First of all, I want to say a big thank you to all of my valued customers for trusting me with your healthcare needs," Fotheringham said. "I am looking forward to this next chapter and I am going to continue to work hard to provide a high level of care, personalized service, and compassion to everyone that comes through the door."



STANDARD PHOTO SUBMITTED

Wendy Clark, left, is passing the torch to pharmacist Carmen Fotheringham after 30 years at Carman Pharmacy. Fotheringham, who has worked in Carman since 2006, will take over ownership of Carman Pharmacy and BenefitsRx Pharmacy, continuing their legacy of community-focused care.



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Back on Cue brings humour and heart to the stage with *The Horizon*

By Lana Meier

A local theatre group is inviting audiences to laugh, reflect and celebrate the lighter side of aging with its upcoming fall production.

Back on Cue Theatre will present *The Horizon*, a stage comedy by Tim A. Pullen, on Friday, Nov. 7, and Saturday, Nov. 8, at the Carman Collegiate Community Theatre. The production embraces the theme “Growing old is inevitable, growing up is optional,” delivering a heartwarming and humorous look at life’s later chapters.

Doors open at 6:15 p.m. each night, with the curtain rising at 7 p.m. General admission tickets are \$25. The dinner option features a partnership with several local favourites, including Bell Aura Bistro, Tidbit Restaurant and Blaze of India, offering audiences a memorable night of entertainment and dining. Tickets can be purchased at Golden Prairie Arts Council, One Insurance, and Toews Printing & Office Supply. Handi-van transportation is available by calling 204-745-3477.

This year, BOC has teamed up with the Golden Prairie Arts Council, gaining the support and resources of this valuable partnership.

For director Faye Harms, the decision to bring *The Horizon* to Carman was an easy one. The play’s mix of sharp humour and real-world resonance speaks directly to the company’s mission — and to its audience.

“We were drawn to this story because it’s an entertaining piece that touches on current societal issues, especially the realities facing our aging population,” she said. “It makes people laugh, but it also makes them think.”

Back on Cue (BOC) has built its reputation on delivering performances that entertain while contributing to the cultural and social life of the community. Each year, the group chooses a production that pairs a meaningful message with engaging storytelling.

“BOC is first and foremost a community-focused theatre group,” producer Lee Collingridge said. “We want to give local people opportunities to showcase their talents while supporting youth and other non-profits in and around Carman. The Horizon does all of that — it engages audiences with humour while speaking to real concerns for seniors, including right here in our own town.”

The production also highlights the depth and diversity of Carman’s theatre scene. The cast features performers of all ages and backgrounds, united by a shared passion for storytelling and a commitment to delivering a memorable experience.



Kali Gray-Harrower

Among those working behind the scenes is Kali Gray-Harrower, who assists with media, stage and props for the production.

Gray-Harrower manages the airline ticketing department for a large Canadian travel agency, balancing that technical focus with a love of creativity. Still a farm kid at heart, she enjoys finding discarded items in unexpected places and repurposing them into something useful or artistic. Now living in Carman with her husband — and grateful to have her parents close by — she cherishes being back in the community she calls home.

Her first exposure to theatre came in high school through Carman Collegiate, where she attended productions at MTC and the opera and symphony, experiences she describes as “incredibly meaningful.” She later took small parts and chorus roles with a musical theatre company based in St. Claude and Treherne, as well as in Carman



STANDARD PHOTO BY MACKENZIE GAULTIER PHOTOGRAPHY

The cast of Back on Cue Theatre’s fall production, *The Horizon*, invites audiences to laugh and reflect on the lighter side of aging when the play takes the stage Nov. 7 and 8 at the Carman Collegiate Community Theatre.

Collegiate productions, and even performed in Bob’s Wild West outdoor theatre near Elm Creek. After years focused on career and education, Gray-Harrower returned to Carman and rediscovered her love of theatre through Back on Cue.

“Theatre is a safe space for all ages and backgrounds,” she said. “It lets you put life aside and immerse yourself in something special — whether you’re creating that character on stage or sitting in the audience connecting with the story.” She describes *The Horizon* as “a story that affects us all,” reminding audiences of the human need for dignity, humour and adventure as we age.



Annette Hall

Annette Hall also brings her talents to the production as stage manager for the third year.

Hall is responsible for sourcing and

organizing props, dressing the set, and ensuring every item is in place at precisely the right moment. She also oversees costumes, a challenging but rewarding task in matching each character’s personality and story.

Having built her career in banking, Hall now enjoys theatre as another outlet for her creativity, alongside her hobbies of renovating, art and card making. She studied theatre at university and says her passion for the art form has never faded.

Hall loves *The Horizon* for its mix of humour and social commentary. “It deals with issues facing seniors but does so with heart and hilarity,” she said. She believes theatre adds great value to the community by helping people express their creativity and build teamwork skills. “I enjoy my role, and I think theatre strengthens our community by bringing people together,” she added.

“They’re a diverse group — different ages, personalities and walks of life — but they all share a dedication to creating an immersive perfor-

Continued on page 11



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Giant pumpkin winner weighs in at 1,715.5 lbs



STANDARD PHOTOS BY LORNE STELMACH

Charlie Bernstrom with children Blake, Briar, and Harper with the heaviest pumpkin at the Roland Pumpkin Fair last weekend, weighing in at 1,715.5 pounds.

By Lorne Stelmach

Charlie Bernstrom won his fifth giant pumpkin champion title at the Great Commonwealth Pumpkin Weigh-Off at the Roland Fair last Saturday.

The Lancaster, Minnesota native's entry tipped the scales at 1,715.5 pounds, a few hundred pounds shy of the 2,004-lb, record-setting monster he won the event with in 2024.

Prior to the weigh-in, Bernstrom had estimated this year's entry could be around 1,800 pounds, so he wasn't too far off the mark.

"It's always so much work to get to the scale, and it's very rewarding," he

said after receiving the trophy once again. "We love coming to Roland. It's one of the best weigh-offs in the world. We're lucky to have it close to us, and it's a ton of fun."

Bernstrom observed that this growing season presented some challenges.

"We were really dry until about the fourth of July, then we were really wet," he noted. "We lost two of them this year that got splits in them, so it just shows you how hard it is to get one to the scale, and all that work that goes into it."

Continued on page 12

> BACK ON CUE, FROM PG. 10

mance," Collingridge said. "It's the kind of show you'll take home with you and think about long after the curtain falls."

That sense of creativity extends beyond the actors. Each production is shaped by the unique contributions of the entire team, from the performers to the stage crew.

"No two people will portray a character the same way, and no two stage crews will set a scene exactly alike," Collingridge added. "Our backstage team works just as hard as the people on stage, and every piece adds value and variation."

Collingridge says the arts are a vital part of what makes Carman such

a vibrant place to live — and organizations like Back on Cue play a key role in keeping that cultural heartbeat strong.

"Carman is a rich, diverse and inclusive place," she said. "The economy, culture and social life are all interwoven — and the arts are just as important. In a world that can feel pretty chaotic, having a space where people can create, learn, share and connect is invaluable. Whether you're in the audience or part of the cast, that's what BOC offers."

The Horizon offers more than just laughs — it's a heartfelt look at life's later chapters and a celebration of the stories that continue to shape us.

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Central Manitoba Youth Choir to tour central region

Submitted by the Central Manitoba Choral Association

The Central Manitoba Youth Choir (CMYC) is a group of 50 auditioned singers from throughout the central region. An annual project of the Central Manitoba Choral Association (CMCA), the purpose of CMYC is to bring together some of the finest high school singers in the region to build a choral community and prepare and perform outstanding repertoire.

CMYC 2025 is conducted by Avonlea Armstrong Green of Winnipeg and accompanied by Loren Hiebert of Altona. The singers rehearse intensively for two weekends before embarking on a regional tour, which takes place this year from Thursday, Oct. 16 to Sunday, Oct. 19, 2025.

Armstrong Green has created a beautiful program featuring composers and arrangers across the ages and genres, including Andy Beck, Cyndi Lauper, J.S. Bach, William Byrd and Freddie Mercury, in the styles of contemporary, folk, musical theatre and sacred. Her music choices are inspiring and emotionally moving, with some choreography and plenty of joy.

After celebrating CMYC's 40th anniversary last year, the association looks forward to another season of concerts welcoming alumni to encourage current members, as well as parents, grandparents, teachers, mentors, friends and neighbours to celebrate the beautiful music these singers are creating — and hopefully inspire a new generation of choral performers.

Performance locations and times for this year's tour are as follows (Concerts with an asterisk are full performances.)

Thursday, Oct. 17

4 p.m. – Morden Access Centre, as special guests of the Central Manitoba Choral Association Senior Choral Workshop for Grades 5–12

Friday, Oct. 18

9:15 a.m. – École Morden Middle School (Morden) – not open to the public

10:50 a.m. – Prairie Dale School (Schanzenfeld) – not open to the public

1 p.m. – Emerado Centennial School (Winkler) – not open to the public

3 p.m. – Salem Home (165 Fifteenth St., Winkler) *

7 p.m. – Morden Mennonite Church (363 Gilmour St., Morden) *

Saturday, Oct. 19

10 a.m. – Waypoint Coffee (2-24149 PR 3, Stanley) *

1 p.m. – Homestead South (400 Loren Dr., Morden) *

3 p.m. – Buhler Active Living Centre (650 South Railway Ave., Winkler) *

7 p.m. – Emmanuel Mennonite Church (750 Fifteenth St., Winkler) *

Sunday, Oct. 20

10:30 a.m. – Altona Mennonite Church (287 Eighth Ave. NE, Altona)

2:30 p.m. – Paroisse Notre-Dame-de-Lourdes (101 Notre Dame Ave., Notre Dame)

7 p.m. – Manitou Opera House (325 Main St., Manitou) *

The public is invited to attend any



STANDARD PHOTOS SUBMITTED

Young singers from Altona, Gretna, Lowe Farm, Morden, Notre Dame and Winkler are among the 50 talented voices selected for the 2025 Central Manitoba Youth Choir. The group, conducted by Avonlea Armstrong Green of Winnipeg and accompanied by Loren Hiebert of Altona, will tour the region Oct. 16–19, performing a dynamic program of contemporary, folk, musical theatre and sacred music.

of these concerts to hear the talented young singers who have bonded and formed lasting friendships through their shared love of choral music.

Come and listen as they sing together and share their passion for music with audiences of all ages across southern Manitoba.

> PUMPKIN FROM PG. 11

“The last year didn't look that much bigger,” he recalled. “They can just be more dense, and you never know. I don't pre-weigh them, so I have no clue.”

“I'm still excited ... it's all the hard work you put into it. The surprise is kind of actually fun, not knowing what it is until it's on there.”

Bernstrom noted it is always fun to see how quickly the pumpkins can progress through the growing season, as they can grow 40 to 60 pounds a day.

“So that's cool, seeing them grow fast,” he said. “People like pumpkins, and just seeing the reaction after ... and you get to meet so many people at these weigh-offs that you see once a year.”

Bernstrom also noted it is fun for them to have the kids involved, and they even get to name pumpkins. In this case, the winner was dubbed Kevin after the character Kevin McCallister from the movie *Home Alone*.

“Harper, our three-year-old, watches *Home Alone* almost every day, so she named it Kevin,” said Bernstrom. “Each year, each girl gets to name a pumpkin, and that's what

Harper named hers.”

The kids are very much hands-on with the family's entries each year.

“They go down there, and they help weed. They know what burn weed is, so they know what weeds not to touch. They're careful with the pumpkins, and each week we take a picture, they sit on their pumpkins,” Bernstrom said. “I drive school bus, so then Briar will water them in the morning. They all kind of help out a little bit.”

Given this is his fifth victory at the fair with wins in 2024, 2018, 2017 and 2014, Bernstrom was asked about his secret to success.

“Each pumpkin is about 900 square feet, and it's about 100 gallons of water a day,” he noted. “We live by the river, so that helps. I just pump it out of the river. And then fertilizer and making sure bugs don't get it and disease and just lots of time.”

“Just ask other growers questions, I'll help anybody. Everybody will be very willing to help,” he suggested.

Bernstrom's winning pumpkin is now destined for the annual pumpkin drop he helps organize to support the Kittson Country Literacy Council, which provides free books to newborns to five year olds.



Some of the other scale-busting pumpkins at the fair this year were owned by the 2020 and 2019 winner Cornie Banman from the R.M. of Stanley, who came in second with one weighing 1,522.5 pounds. Helen Banman took third place with a pumpkin weighing 1,427 pounds.

Students and staff honour Terry Fox's 45th anniversary



STANDARD PHOTOS BY LISA GOERTZEN

Students, staff and families at École Carman Elementary laced up for the school's annual Terry Fox Run/Walk on Sept. 23, joining Canadians across the country in marking the 45th anniversary of Terry's Marathon of Hope. Led by Grade 5 teacher Lisa Pinkerton, the event began with a short video on Fox's legacy before the whole school hit the south playground track for a 20-minute run and walk together.



SCCR teaming up with Rhineland Car for major raffle prize

By Ashleigh Viveiros

The South Central Regional Library's 60th anniversary year isn't over just yet, but they're planning to go out with a bang.

The library has teamed up with Rhineland Car Co. in Altona for the Off Road With a Good Book fundraising raffle.

For \$100, you get a one-in-2,000 chance to win a Ford Bronco Sport Big Bend SUV from the dealership.

"We've been working on this for awhile," shared Gail Hildebrand, SCRL director of library services, noting it enables them to wrap up their milestone anniversary year on a high note indeed. "It's an amazing prize—a new car—and Rhineland Car has really worked with us on the pricing of it. They've put together an amazing package."

The dealership is providing the vehicle, valued at over \$41,000, to the raffle at cost.

"So that takes money out of their pocket, and we really appreciate that

they're doing that for us," Hildebrand said. "They were really excited to be able to work with us on this ... they are library people, and they love to support the library."

Tickets are available to Manitoba residents 18 years old and up at any SCRL branch (Winkler, Morden, Altona, Manitou, and Miami) and at Rhineland Car. The draw will take place at the dealership on Dec. 15.

Funds raised will go to help the library complete special projects at each of its branches, Hildebrand said.

"That's what the funds will go towards, and then any

Continued on page 14



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Remembering Scotty Sisson's lifetime of service and sport

By Dennis Young

When Elm Creek's Scotty Sisson made up his mind to do something, he did it with absolute dedication and commitment. From joining the war effort and learning to fly, to building a golf course and years of community service, Scotty accomplished it all.

Born Arnold Bruce Sisson in 1921 in the Wingham district during the Depression, he learned early about community spirit — a lesson he carried with him and passed along to many throughout his lifetime.

Scotty signed up for the armed forces in 1939 after listening to Walter Winchell's radio broadcasts about the Nazis' cruelty against mankind. He once said: "We had to be part of it. We weren't fighting an immoral people... we were fighting a terrible act. An injustice." After training across Canada, he was called to duty in 1941 by the RCAF, fulfilling a childhood dream of flying.

He requested to be trained as a night fighter and subsequently flew the legendary Mosquito aircraft, but his crew was shot down over France in 1944. After parachuting safely, they were captured by the Gestapo and sent to POW camps, where he played hockey against German teams until liberation in 1945.

Upon his release, Scotty married Margaret (Peggy) Wood, whom he had met while stationed in Scotland, and they returned to Wingham. He received a diploma in agriculture, farmed and began selling farm equipment, eventually opening Sisson Service Centre at the corner of Highways 13 and 2.

Away from work, Scotty was instrumental in starting hockey in Elm Creek, beginning a long tenure of coaching — many years on an open-air ice surface. Among so many others, he was there for his boys and grandsons until his retirement in 1998. At times, he coached every Elm Creek team, starting at 4:30 p.m. after school and ending... well, when the kids went home.

"My favourite part of the game is



Scotty Sisson displays plans for the clubhouse at Elm Creek's soon-to-open nine-hole golf course in 1986.

the teaching part of it," he said at the 1998 annual awards night. "Discipline was important. I never taught kids to play dirty." That night he received a Lifetime Recognition Award and the Dr. Fern Letain Award for Outstanding Contributions to Minor Hockey in Pembina Valley.

He and Peggy also loved dancing. Beginning in the 1970s, they instructed and performed old-time, square and round dancing for many years across southern Manitoba and Winnipeg. When the community hall was built in 1995, he lobbied to have the dance floor large enough for square dancers.

Yet the couple's greatest achievement was Scotswood Links Golf Course. For 10 years, the Sissons had considered going into the golf business since their grounds were scenic and close to nature. With no golf experience, the family designed, financed and developed the course, turning 50 acres into what Scotty called "a people's golf course." He laughed: "When we started, we never thought of the financial thing at all... then we found out some people actually make money on golf courses."

With 200 acres left over, the thought



STANDARD PHOTOS SUBMITTED

Scotty and Peggy Sisson, pictured in 1987, moved into their clubhouse at Scotswood Links.

of expansion grew. "Enough to make 27 more holes if we wanted to," he said then. That too happened, with the grand opening of the back nine coinciding with the 10th anniversary in 1998. At the same time, the "pushing 80" Scotty announced that his sons Bruce, John and Bill would take over.

Now out of the golf business, Scotty turned to other ventures such as making maple syrup. In 2000, his third year at it, he tapped 140 trees on his property and collected hundreds of litres of sap. "It is time-consuming, as it takes about 40 litres of sap to yield a single litre of syrup," Scotty told a reporter then. "The production is expensive too, especially considering I give almost all of it to charity."

Charity, indeed, is the best word to describe what Scotty gave to Elm Creek and the surrounding community. He died in November 2015. Peggy had predeceased him in September of that year.

TRIBUTES

Bob Miller: "During a conversation, reminiscing and speaking of his devotion, Scotty's response to me was,

"Yes, we had many good players, good times and hockey games, but I have got equally as much pleasure watching these guys grow up and develop into good people, good husbands, good fathers and good citizens."

Alice Miller: "Scotty was very influential to the kids. School groups were shown how maple syrup and taffy were made during the season. Every November he would relate his war experiences to classes, which really made it real for the students. He employed many boys starting their mechanics careers by teaching them and giving them an opportunity to use their skills."

Ed Tkachyk: "Scotty was a passive coach — never high or never low. Never did I see him kick a garbage can in a loss or party because of a championship win. The only time I saw him upset was when I caught his son John in the lip with a puck... he was sure mad with me. He was always about equal ice time, which is why he had seven locals in junior hockey in one year and 16 in a span of three years. Not to be duplicated, I'm sure!"

> RAFFLE, FROM PG. 13

excess will all be divided equally between the branches as well as our front office so that we can put some money into things we don't necessarily find the funding for easily," she said.

Among the projects on the library's wish list is an expansion at the Altona branch's front desk area, updated patron seating in Manitou, a joint green

space with the Miami Railway Station Museum in Miami, renovations to the meeting room in Morden, and the addition of a coffee corner for patrons in Winkler.

The raffle is just one of the events happening this fall to support these projects—they're also hosting an 18+ quiz night in Altona on Friday, Oct. 24.

"We did a quiz night earlier this spring as part of our 60th celebrations," Hildebrand explained. "It was

a gala event where everybody got to dress up and be sparkly and shiny and pretty for something. And people really enjoyed it. We got a lot of really positive feedback and people asking when were we going to do it again."

With October being Library Month, it seemed the perfect time to host another one, albeit a fair bit more of a casual night this time around. Hildebrand says they intend to host more trivia nights in the future, rotating between their branch communities.

There will be prizes up for grabs for trivia masters. Participants are encouraged to consider coming in a Halloween costume for a crack at a best costume prize.

The competition takes place at the Rhineland Pioneer Centre starting at 7 p.m. that night. Contact your local branch to book your table (\$160, six to eight people recommended per table).

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Local athletes shine at Zone 4 cross country championships

By E. Antonio

It was a beautiful autumn day at Stephenfield Provincial Park as athletes from across the Carman-Dufferin area competed in the Zone 4 Manitoba High School Athletic Association Cross Country Championships on Oct. 2.

Twenty-one runners from Grades 6 through 12 represented Carman Collegiate at the meet, which coach Larisa Ens said was an ideal day for racing.

"The weather was perfect for running, and being able to stay close to home having the zone meet at Stephenfield Provincial Park was a bonus," Ens said. "I'm thankful for the staff at Carman Collegiate and Miami School that volunteered their time to co-host the event for the second year."

Ens said one standout moment was Grade 6 runner Kenya Nordstrom placing second overall in the Grade 7 and 8 girls' division — a strong finish given that all Grade 6 competitors run with the older age group.

"It's great being on the trails with the athletes each autumn," she said. "Our cross country team runs as a hybrid model with some students training to compete and some students choosing to use our training run times as a run club for fitness and/or mental wellness with no intention to compete at any races. It's a great group that encourages each other even though there is a vast age range amongst the runners."

Carman Collegiate had several teams reach the podium, including the Junior Varsity Boys, Grade 7-8 Boys, and Grade 7-8 Girls, all of whom placed third overall in their respective divisions.

Ens said she was proud of every athlete who represented the school.

"I see their passion on the trail, and I'm proud of the effort and commitment they give to the sport," she said.

The event drew schools from across Zone 4 as athletes chased personal bests and team banners under clear skies and warm fall colours.



STANDARD PHOTOS SUBMITTED

Carman Collegiate Grades 6 to 8 girls cross country team.



Carman Collegiate Grades 6 to 8 boys cross country team.

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AT CARMAN BEAVERS
FRIDAY, OCTOBER 10 AT 8:00 P.M.
AT CARMAN ARENA**

Check semhl.net for the full schedule!



Twisters drop pair on opening MMJHL weekend

By Annaliese Meier

The Pembina Valley Twisters opened their Manitoba Major Junior Hockey League season with a pair of tough road losses over the weekend, falling 3-2 to the River East Royal Knights on Friday night and 6-0 to the Raiders Jr. Hockey Club on Sunday afternoon.

Friday's matchup at Terry Sawchuk Arena saw the Twisters push the undefeated Royal Knights to the wire. Pembina Valley's Ketema Wall and Josh Guilford supplied the offence, while goaltender Rowan Cherkas turned in a standout 39-save performance in a losing effort.

After River East jumped out to a 2-1 first-period lead, Guilford tied the game late in the second with help from Cohen Thomas, setting up a tense final frame. But the Knights' Cody Allen broke the deadlock at 16:27 of the third to secure the win.

Cherkas' efforts earned him third-star honours behind River East's Allen and goaltender Keaton Woloshen, who stopped 22 of 24 shots.

Two days later, the Twisters ran into a red-hot Raiders squad at Seven Oaks SportsPlex, where they were shut out 6-0. Pembina Valley struggled to generate chances, managing just 13 shots on goal compared to 42 for the home



Sawyer Leite carries the puck along the boards as he looks to advance the play during weekend action against the Raiders.

side.

Raiders forwards Lucas Desousa and Carter Andersson each had multi-point games, combining for three goals and four assists. Cole Kennedy, Owen Lourenco, and Ashton Henry also found the back of the net, while goaltender Braeden Martell stopped every shot he faced for the shutout.



STANDARD PHOTOS BY BRETT MITHCELL

Pembina Valley Twisters goaltender Rowan Cherkas drops to make a save during game action, keeping the puck out of the net as teammates battle in front for control of the rebound.

Cherkas was again busy between the pipes for the Twisters, turning aside 36 shots in the loss.

The results drop Pembina Valley to 0-2-0 on the young season, while River East and Raiders improved

their early records to 2-0-0 and 1-1-0, respectively.

The Twisters will look to regroup when they return home for their season opener on Friday, Oct. 10, hosting the Transcona Railer Express at 8:30 p.m. at the Morris MultiPlex.

Hawks show steady progress through opening weekend

By Lana Meier

The Pembina Valley Hawks Female U18 AAA team opened their Manitoba Female U18 AAA Hockey League season with three games over the weekend, showing improvement despite coming up short in each outing.

The Hawks began their schedule Friday night in Portage la Prairie with a 3-1 loss to the Central Plains Capitals. After falling behind by two in the first period, Bree Pearce put Pembina Val-

ley on the board with a power-play goal assisted by Ella Victor. Goaltender Madison Froese made 34 saves in the effort and kept the Hawks within reach throughout the contest.

On Saturday, the Hawks faced the Winnipeg Avros at Seven Oaks Arena and dropped an 8-0 decision. The Avros struck three times in the opening frame and added four more in the second to take control of the game. Despite the lopsided score, Pembina

Valley showed flashes of strong defensive positioning and improved puck movement through the neutral zone. Hannah Bannister handled goaltending duties, turning aside 23 shots in the loss.

Pembina Valley closed out the weekend on home ice Sunday afternoon in Morden with a 4-2 loss to the Interlake Lightning. Sophia Cox opened the scoring in the first period with help from Casey O'Brien and Mia

Brass, while Leah Klaassen added a second-period goal assisted by Pearce and Delaney Darby. Froese made another 23 saves in the Hawks' most competitive game of the weekend as the team generated several quality scoring chances late in regulation.

The Hawks (0-3-0) will continue regular-season play with a pair of home games this weekend. They welcome the Winnipeg Ice Saturday then host Westman Sunday afternoon.

Hawks edged out in weekend series with Cougars

By Lorne Stelmach

The male U18 Pembina Valley Hawks dropped a pair of games last weekend after having opened up the season with three wins.

A trio of games this past week against the Southwest Cougars saw the Hawks start it off Oct. 1 with a 4-3 win in Morden, but they then fell 6-5 and 4-1 Saturday and Sunday in

Souris.

Paxton White's second of the season 3:08 into overtime gave the Hawks the 4-3 victory Wednesday.

Cole Secord scored a pair to already put him at seven for the season. The other goal came from Mason Leite, while Koen Bleznuk made 29 saves as the Hawks outshot the Cougars 41-32.

In game two, the Cougars needed a

shootout goal to pick up the 6-5 win after overtime failed to settle things.

Ragnar Gillis, Caden McMahon, Casey Magarell, Nolan Bravo, and Carson Hiebert scored for Pembina Valley. Bleznuk made 35 saves with the Cougars having a 41-39 edge in shots on goal.

Ocean Fehr then scored the lone Hawks goal in the 4-1 loss in game

three, which saw the Cougars take a 2-1 lead after 20 minutes before putting it away with two more goals in the third. Bleznuk took the loss on 19 saves as Pembina Valley outshot Southwest 26-23.

The Hawks will look to rebound this weekend when they visit Central Plains in Portage Friday before hosting Interlake on Saturday.

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Don't miss the big annual Fall JunkWagon Antiques & Collectibles Sale. Everything from old toys, vintage clothing, comics, records, jewelry, rustic, retro, glassware, old advertising, old signs, upcycled and so much more. Saturday, Oct. 11, 2025. Doors open 9 a.m. - 4 p.m. 980 Winakwa Rd. in Winnipeg. \$5.00 per person.

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Chief Administrative Officer

The Council of the Rural Municipality of Stanley, with the support of Way To Go Consulting Inc., is seeking an individual who will bring strong leadership skills to this position.

Information on the position is available at www.rmofstanley.ca. Individuals interested in this position should email their resume and cover letter to Ernie Epp, Way To Go Consulting Inc., at ernie.epp@waytogoconsultinginc.ca.

The selection committee intends to review applications as early as October 31, 2025; however, applications may continue to be accepted until the right candidate is found.

We thank all who apply and advise that only those selected for further consideration will be contacted.



Job Opportunity: Planning Services Administrator

Office Location: Town of Carman

Representing: The Town of Carman, RM of Dufferin, and RM of Grey Planning District

Reports to: The Planning District Board

Position Overview: The Carman Dufferin Grey Planning District is seeking a Planning Services Administrator to support planning and permitting activities in the Town of Carman, RM of Dufferin, and RM of Grey. This position is a permanent full-time position.

Key Responsibilities:

- Administer planning permits, ensuring all applications comply with regulations.
- Issue invoices, maintain records, and prepare monthly reports.
- Assist with zoning amendments, variations, and conditional use applications.
- Liaise with municipal staff, community organizations, and stakeholders.
- Respond to inquiries and ensure informational materials are accurate and up-to date.
- Conduct research to improve planning and regulatory practices.

Desired Qualifications:

- University degree or College Diploma in Business, Office Administration, or related field, with accounting coursework preferred.
- Familiarity with planning and permitting processes.
- Strong communication, organizational, and computer skills.
- Self-motivated, detail-oriented, and capable of managing multiple tasks.

Why Apply? This role offers an opportunity to contribute to the planning and growth of the Carman, Dufferin, and Grey areas.

How to Apply?

Please submit your pdf resume and cover letter to the Carman Dufferin Grey Planning District Board at office@cdgplanning.com.

We thank all those that apply, however only candidates selected for an interview will be contacted. The position will remain posted until filled.



Tender

Snow Removal and Ice Melt Services LUD of Elm Creek, RM of Grey

The LUD of Elm Creek invites written tenders on snow removal and ice melt services in the village of Elm Creek in the RM of Grey.

Contract will be a three (3) year period during the winter seasons commencing approximately October 1, 2025 and ending approximately April 30, 2028. Bidders are requested to submit:

- a list of equipment to be used under the contract,
- a list of trained personnel operating the equipment under the contract,
- hourly rates for each year,
- ther applicable incidentals.

The successful bidder will be required to carry a minimum of \$2,000,000 liability insurance coverage and provide proof of coverage in the sealed bid.

Tender specifications outlining duties and responsibilities for this service can be obtained by contacting the municipal office (204) 436-2014 or online at www.rmofgrey.ca under Local Notices.

SEALED TENDERS marked "Elm Creek Snow Removal and Ice Melt Service Tender" shall be received by the undersigned until 4:30 pm on October 22, 2025.

Lowest or any tender shall not necessarily be accepted.

Allie Henderson
Chief Administrative Officer
RM of Grey
Box 99 / 27 Church Avenue East
Elm Creek, MB R0G 0N0
204-436-2014
info@rmofgrey.ca



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NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF DUFFERIN

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 **5th day of November, 2025**, at the hour of **10:30 AM**, at Rural Municipality of Dufferin, 12 2nd Avenue SW, Carman Manitoba, 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
122550	LOT 1 PLAN 2017 MLTO EXC AN UNDIVIDED ONE-HALF INTEREST IN MINES AND MINERALS AS SET FORTH IN TRANSFER 38931 MLTO (C DIV) IN NE 1/4 24-6-7 WPM - 33136 ROAD 36W, R.M OF DUFFERIN	L -\$35,200 B -\$79,800	\$6,351.35
123530	LOT 5 PLAN 37460 MLTO EXC ALL MINES AND MINERALS AS SET FORTH IN TRANSFERS 29060 MLTO (C DIV) AND 26737 MLTO (C DIV) IN NW 1/4 26-6-7 WPM - 34162 ROAD 38W, R.M OF DUFFERIN	L -\$48,900 B -\$318,000	\$11,029.43

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 may exercise 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 Dufferin as follows:
 - The full purchase price if it is \$10,000 or less; OR
 - 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
 - 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 1st day of October, 2025.

Managed by:

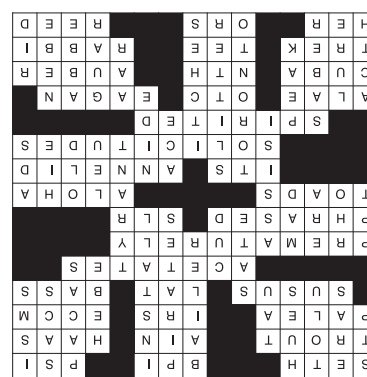


Sharla Murray
Chief Administrative Officer
Rural Municipality of Dufferin
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Fax: (204) 745-6348

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Crossword Answer

ANNIVERSARY



70th Wedding Anniversary
There will be a Come and Go Tea
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on Sunday, October 19, 2025
at the Carman Active Living Center
at 47 Kings Road, Carman, MB.
from 2:00 - 4:00 p.m.

Come celebrate this momentous occasion
of the 70th Wedding Anniversary of
Roy and Mabel.
All are welcome.

OPEN HOUSE

Carman Dufferin Grey Planning District Development Plan & Zoning By-law Review

The Carman Dufferin Grey Planning District oversees planning and development within the Town of Carman and the RM's of Dufferin and Grey. Landmark Planning & Design Inc. has been retained to assist the Planning District review and update the District Development Plan and Zoning By-law.

The Planning District Board recognizes it is very important to continue an open dialogue with local residents, landowners, and businesses as part of the Development Plan and Zoning By-law Review process. As such, a second round of Open Houses will be held at different locations within the Planning District as follows:

Monday, October 20th, 2025	Wednesday, October 22nd, 2025	Thursday, October 3rd, 2025
6:00 PM to 8:00 PM	6:00 PM to 8:00 PM	6:00 PM to 8:00 PM
Elm Creek Community Hall	Carman Community Hall	St. Claude Community Centre
70 Arena Rd, Elm Creek, MB	60 1st Ave NW, Carman, MB	58 Prov. Rd 240 S, St. Claude, MB

The Open Houses will be drop-in format with no formal presentation. Representatives from Landmark Planning & Design and the Planning District will be available to answer your questions or respond to any concerns.

If you are unable to attend either event or would like to discuss the project in an alternate format, please contact us at RSVP@landmarkplanning.ca or at 204-453-8008.

Thank you for your interest in this project!



Landmark
Planning & Design Inc.



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OBITUARY



David Walter Hagborg

November 12, 1944 – September 25, 2025

BSc. (1966, Math/Physics), BA. (1976, Economics/Computer Science),

BComm. Honours (2007, Accounting/Finance)

On Thursday, September 25th at 10:26 a.m., at the age of Four Score, David Walter Hagborg walked home with Jesus. His faith and his voice remained strong and he sang with us until he could not sing anymore. He undoubtedly has already joined the heavenly chorus as their most reliable bass.

Funeral service will be held at Carman United Church with interment in Greenwood Cemetery. Doyle's Funeral Home in charge of arrangements.

Thank you to all the staff at Boundary Trails Hospital, HSC, and Carman Memorial Hospital. An extra special thanks to Dr. Nause and LaDawn at Boundary Trails for the care you took of not only David, but of his daughter, in his final days. You are angels on earth and we are forever in your debt.

"Then sings my soul, my Saviour God to Thee: My God, How Great Thou Art!"

Full obituary available at www.doylesfuneralhome.ca

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Sunday, October 19, 2025 at the Carman Legion – Branch 18
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take a break

> GAME

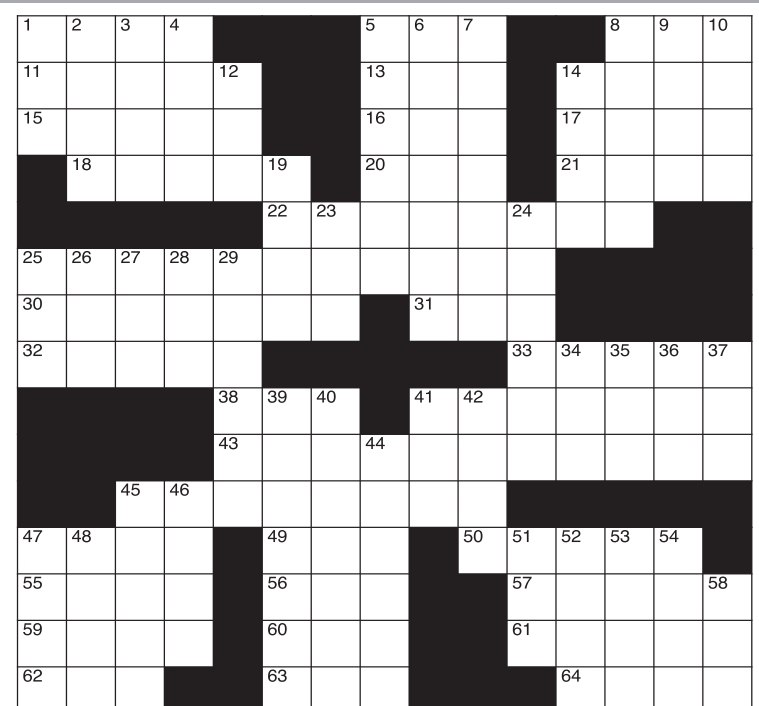
CLUES ACROSS

- Comedic actor Rogen
- Bits per inch
- Tire pressure measurement
- Angels great Mike
- Own (Scottish)
- Notable FI racing team
- Upper bract of grass
- Tax collector
- Electronic counter-countermeasures
- Informal loan clubs
- Skeletal muscle
- Popular fish type
- Salts of acetic acid
- Arriving early
- Worded
- Single Lens Reflex
- Amphibians
- Warm greeting
- Belonging to a thing
- Segmented worm

CLUES DOWN

- Concerns
- Audacious
- Wings
- Type of drug
- Wind chill formula scientist Charles
- Island close to the U.S.
- "To the ___ degree"
- Daniel ___, French composer
- A way to march
- Where golfers begin
- Spiritual leader
- Of she
- Mental disorder concerning body odor (abbr.)
- Tall, slender-leaved plant
- Engine additive
- Amounts of time
- Fragrant brown balsam used in perfume
- Color properties

- One who hands over
- Thieves of the sea
- Put in
- Nocturnal rodents
- Pouches
- Systems, doctrines, theories
- Greek alphabet letter
- Greek goddess of youth
- Satisfy
- Partly digested food
- Dictator
- Parts per thousand (abbr.)
- The 17th letter of the Greek alphabet
- A major division of geological time
- Angry
- St. Francis of ___
- Romanian monetary unit
- Stale
- Go quickly
- Commercials
- Canadian city
- One who slices
- Perform perfectly
- Nest of pheasants



- Tactile sensations
- Sword
- Climactic
- Adrenocorticotrophin
- Fisherman's tool

- Swiss river
- Plant that makes gum
- A French abbot
- One point east of northeast
- Get free of

get inspired

> MEAL IDEAS



Creamy Chicken Pearl Couscous Soup

1 tablespoon parsley, chopped
1 tablespoon heavy cream (optional)
Prepare pearl couscous according to package directions.

In large pot, heat butter over medium heat. Add onion, carrots and celery. Cook 5 minutes until softened. Stir in garlic and cook 1 minute.

Slowly stir in chicken broth then add Italian seasoning, salt and pepper. Bring to boil then reduce heat to simmer 10 minutes.

Stir in chicken, milk and pearl couscous. Simmer 5 minutes until hot. Garnish with parsley.

For creamier soup, stir in heavy cream just before serving.

Prep time: 15 minutes
Cook time: 20 minutes
Servings: 4
1 bag Success Pearl Couscous
1 tablespoon butter
1 small onion, diced
2 carrots, sliced
2 celery stalks, sliced
2 cloves garlic, minced
4 cups chicken broth
1/2 teaspoon Italian seasoning
1 teaspoon salt
1 teaspoon pepper
3 cups cooked, shredded chicken
1 cup milk



Easy Beef Bulgogi Rice Bowl

1/4 cup onions, chopped
2 green onions, chopped
1 tablespoon sesame seeds

In bowl, combine soy sauce, brown sugar, sesame oil and garlic. Add beef and mix well. Refrigerate marinated beef at least 30 minutes, or overnight.

Prepare rice according to package directions.

Heat skillet over medium-high heat. Cook beef 7 minutes, stirring often, until cooked through and caramelized. In last 3 minutes, add carrots, cucumbers and onions.

Divide rice between bowls. Top with beef bulgogi. Garnish with green onions and sesame seeds.

Prep time: 10 minutes, plus 30 minutes for marinating
Cook time: 10 minutes
Servings: 2-4
1/4 cup soy sauce
2 tablespoons brown sugar
1 tablespoon sesame oil
2 garlic cloves, minced
1 pound beef sirloin, thinly sliced
1 bag (14 ounces) Success Jasmine Rice
1/4 cup carrots, julienned
1/4 cup cucumbers, julienned

Bacon Cheeseburger Popcorn

Recipe courtesy of The Popcorn Board

Prep time: 10 minutes
Cook time: 15 minutes
Servings: 3



1 teaspoon mustard powder
3/4 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon salt
1/4 teaspoon black pepper
6 slices bacon, diced
4 ounces ground beef
1 tablespoon vegetable oil
1/3 cup popcorn kernels (unpopped)
3 tablespoons cheese powder
1 tablespoon dill pickle powder
1 green onion, thinly sliced

In small bowl, whisk mustard powder, garlic powder, onion powder, salt and pepper. Set aside.

In large skillet over medium-low heat, cook bacon and ground beef 8-10

Ask the Money Lady

I recently volunteered at the SPCA in Toronto last month with a friend who goes regularly. And I was so very surprised at all the stray cats. All the little cages were full, so I decided to write about our pets this month.

Many retirees treat their pets like children, a member of the family – but what happens if your pet outlives you? Planning for our future is something we all know to do, but we should also consider proper planning for our pets to ensure they do not face the uncertain fate of your local shelter.

Legally, pets are considered property, therefore unless you state otherwise, upon your death, your pet will become the property of whom-ever receives the rest of your personal items; such as furniture, cars, etc. Does this person want the responsibility of caring for your pet and are they suitable? Often a friend or family member may say that they will take your pet when you pass, but sometimes these arrangements can change over time. What happens if the new caregiver also has pets and they don't get along? What if the new widowed pets are incompatible with other family members? Or perhaps the new caregiver may have changed their mind now that they are faced with this responsibility.

The only way to really ensure that your pet is given to someone willing and able to care for it, is to make a special provision in your Will or Estate Plan. Here are some tips that you should consider when making your own personal plan for your beloved pet(s).

1. Select two or three responsible people to take care of your pet for absence during short-term emergency situations, or as permanent caregivers. Have your administrator reach out to each person to see if they are still willing to care for the pets.

2. Provide your future caregivers with detailed instructions on

minutes, or until fat renders and mixture is golden brown and crispy. Transfer to plate lined with paper towels to drain. Reserve 2 tablespoons bacon fat.

In large, heavy-bottomed saucepan over high heat, combine vegetable oil and reserved bacon fat. Add popcorn kernels; stir to coat then spread in even layer. Cover with lid. Shaking saucepan, cook 2-4 minutes, or until popcorn starts to pop, then shake less frequently, at about 2-second intervals, until popping sounds have almost stopped. Remove from heat. Safely open lid.



care, food, routines, vet and emergency needs. Give them a small notebook with all the specific details that are important to you and your pet should you die or become incapacitated.

3. Carry the caregiver instructions or contact information in your wallet. I have some clients that even have the details of their wishes put on a pre-printed business card or "alert card" and carry it with them. Some have also given these cards to all their family and friends.

4. If you have multiple pets, consider how you want them to be cared for – together or apart?

5. Ensure you have set aside funds for the future care of your pets. This can be gifted to your future pet guardian and provides safeguards so that they are more willing to adopt your pets wholeheartedly without suffering a financial burden.

There are so many Canadians now in retirement alone with only their pets as day-to-day companions. We need to take care of ourselves and always be planning. Write down your expectations, change things if you have to, but have your say and make sure it is done your way!

Good Luck and Best Wishes,
Money Lady

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Transfer half the popcorn to large bowl and toss with cheese powder. Toss popcorn in saucepan with dill pickle powder; transfer to large bowl of cheese popcorn. Add bacon mixture and reserved seasoning; toss to combine.

Garnish with green onion.

Tips: For beefy flavor, sprinkle popped popcorn with 1/4 teaspoon beef bouillon powder or steak spice, if desired.

For extra-cheesy popcorn, sprinkle popped popcorn with 1/2 cup shredded mild or sharp cheddar cheese.