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Growing old together

STANDARD PHOTO BY RICK HIEBERT

Cast members from Back on Cue Theatre performed *The Horizon* on Nov. 7 and 8 at the Carman Collegiate Community Theatre. The production offered a humorous and heartfelt look at life in a personal care home, exploring themes of aging, friendship and resilience. Pictured, Barnaby returns from the hospital after his fall during a night of whoopee with fellow resident Thelma. See pg. 10 for more coverage.

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Youth Maker's Market showcases creative young entrepreneurs Nov. 15

By Annaliese Meier

Young makers and small-business owners will take centre stage at the Youth Maker's Market on Saturday, Nov. 15, offering the community a chance to support the next generation of local entrepreneurs. The market runs from 12 to 3 p.m. at the Boyne Regional Library.

More than a dozen youth vendors are registered, each bringing their own handmade products, skills and creativity. Shoppers will also have the chance to win one of four \$50 Carman Chamber Cash Bucks, sponsored by Community Futures Heartland, with an entry earned for every purchase made at the event.

Among this year's participants is Samuel Peters, who has turned a hobby into a growing small business. Peters designs and 3D prints small figures and fidgets – items that attract both kids and adults.

"I enjoy being part of the community and the opportunity to expand on my small business," Peters said. "Events like this help introduce kids and teenagers to the world of business and give people the opportunity to support youth in their ventures."

Peters is a familiar face at the Roland



Reese, the young maker behind Reese's Crochet Pieces, will bring a selection of handmade crochet items.

Pumpkin Festival, where he sets up each year to share and sell his 3D-printed creations. He says one of the highlights of participating in local markets is meeting new people and connecting with others who enjoy handmade and creative goods.

The market will also fea-



Kynsley has been busy preparing keychains, bracelets, wristlets, ornaments and coasters for shoppers.

ture several young fibre artists.

Reese, the maker behind Reese's Crochet Pieces, began crocheting at age 10. A self-taught, left-handed crafter, she now creates a range of handmade items, including some original patterns of her own. She says she's excited to share her work and, like many young artists, is hoping to earn money to support her craft – especially to buy more yarn.

Emersyn, who



Emersyn of Missy E Creations hand-ties each of her macramé keychains, lanyards and ornaments.

sells under the name Missy E Creations, offers handmade macramé keychains, lanyards and ornaments. Each piece is tied by hand, knot by knot, with patience and care.

Shoppers looking for holiday gifts will also find Kynsley's Kreations, which features keychains, bracelets, wristlets, ornaments and coasters – items well-suited for stocking stuffers or seasonal décor.

Meanwhile, Ainsley has blended skills in sewing and natural bath products.

She will offer handmade



Ainsley will offer handmade sugar scrubs and bath salts, along with reusable hot/cold packs she sews with help from her grandmother.

sugar scrubs and bath salts scented with her favourite essential oils, along with reusable hot and cold packs sewn with help from her grandmother.

Organizers say the purpose of the Youth Maker's Market is to give young creators a platform to learn business skills, build confidence and connect with the community in a supportive environment.

The event is free to attend, and all purchases directly support the youth vendors.

Recreation Programs

Free Programs

Hall walking - Mon-Thurs 9:00 am-12:00 pm at Carman Community Hall

Drop-In Basketball - Monday Eve 8:00-9:30 pm at Carman Collegiate Gym

Drop-In Badminton - Tuesday Eve 9:00-9:30 pm at Carman Collegiate Gym

Paid Program

3 on 3 Hockey Tournament - Dec 29th - U9/U11/U13 - Register at www.carmandufferinrecreation.com

Have any ideas for new programs? We are all ears!

For more information, contact programedr@townofcarman.com

Or call the office at 204-745-2684

Check our website for more details at www.carmandufferinrecreation.com

Are you a man, possibly retired, seeking regular connection, support, and purpose with others? A Men's Shed group, meeting weekly or twice weekly, could be the answer.

Go to <https://mensshedsmanitoba.ca/find-a-shed/>

Activities vary by shed but many common ones are:

- Coffee and visiting
- Art - sketching/painting
- Guest speakers
- Community projects
- Diamond willow and wood carving
- Table games

Men's Sheds in Winnipeg:

- Park City Men's Shed - 180 Poplar Ave
- Robert A Steen Men's Shed - 980 Palmerston
- Wildwood Park Men's Shed - 271 North Drive
- Riverview Men's Shed - 90 Ashland Ave
- Woodhaven Men's Shed - 401 Westwood Drive
- Lord Roberts Men's Shed - 725 Kylemore Ave
- Garden City Men's Shed - Seven Oaks Arena 2nd fl.

Men's Sheds throughout Manitoba:

- EastMan Men's Shed - Beausejour
- Minnedosa Men's Shed - Minnedosa
- Parkland Men's Shed - Dauphin
- Valley Parkland Men's Shed - Swan River
- Howden Wood Turners Men's Shed - Howden
- Neepawa Men's Shed - Neepawa
- Gordon's Men's Shed - Selkirk

Want to start a Men's Shed in your community?

Email us for resources, support, and start-up funding: mensshedmanitoba@gmail.com

Website: <https://mensshedsmanitoba.ca>

Donation supports learning



STANDARD PHOTO SUBMITTED

The Boyne Regional Library has received a donation from Corvea Agriscience to support Imagine & Grow, a free children's program series rooted in curiosity, creativity and lifelong learning. The funding will help expand flexible, inclusive programming including hands-on activities, creative crafts and drop-in opportunities for children of all ages. The library thanks Corvea Agriscience Canada for supporting local literacy and community engagement.

45th

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\$50,000!

Draw Date is November 22nd, 2025 at 5:00pm
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Local Arborg shepherd and his sheep bring poetry to Holiday Alley

Holiday Alley brings four days of creativity, culture and community to downtown Selkirk

By Lana Meier

One of the most popular attractions at the Interlake’s largest cultural festival owes its success to a sheep farmer from Arborg.

Three years ago, organizers of Holiday Alley in Selkirk approached Arik Lindal, Interlake director of the Manitoba Sheep Association, to help launch a new art project called Sheep Poetry. Since then, it has grown into one of the festival’s signature activities. Holiday Alley runs Nov. 19 to 22 in downtown Selkirk.

Lindal transports eight sheep from his farm, provides the pen and helps fasten bibs around each of the animals. Each bib features a festive word. Visitors of all ages are encouraged to write poems inspired by the words on the sheep as they wander the enclosure. The poems are then displayed on the pen fence as public art, with

this year’s installation led by artist Claire Boning.

Lindal says he didn’t expect to enjoy the role as much as he does.

“Originally I was just going to bring the sheep down and stand back, but I now spend a lot of time answering questions from children and adults about sheep farming,” said Lindal, who comes from a long line of cattle farmers.

The event blends culture, creativity and agriculture — a hallmark of Holiday Alley.

“The enchanting thing about Holiday Alley is the fine balance it creates between dreaming up new and creative ideas every year and bringing back fan favourites,” said Lois Wales, president of Red River North Tourism. “The team gets a bit wacky — like who would think 200 people every year would write poems based on

words on sheep — but it works and is a visitor favourite.” She noted that Travel Manitoba named Holiday Alley the Best Event in Manitoba in 2023.

New programming this year reflects contributions from youth, community members and newcomers across the region.

Eight newcomers from Ukraine, Nigeria and India have collaborated



STANDARD PHOTOS SUBMITTED

Sheep Poetry on Holiday Alley is made possible by Arborg farmer Arik Lindal and his handsome sheep.

on the Newcomers’ Storytelling Café, taking place Saturday, Nov. 22 at 10 a.m. at Knox Presbyterian Church on McLean Avenue in Selkirk.

A new culinary workshop hosted by Nobüz Market will explore the art of crafting non-alcoholic cocktails on Saturday, Nov. 22 at 5 p.m. and 6:30 p.m.

Students and educators are introducing three new art pieces exploring reconciliation through lanterns, hand drums and ceramic tiles. An Indigenous ribbon skirt fashion show will take place on the outdoor stage Saturday, Nov. 22 at 1 p.m.

For visitors seeking a slower pace, Glow Fitness will host a sound bath on Friday, Nov. 21 at 8 p.m.

Holiday Alley will also feature two choral performances at the United Church on McLean on Thursday,

Nov. 20 at 7 p.m. and Saturday, Nov. 22 at 4 p.m.

Fire on the Red III returns to the Selkirk waterfront Saturday, Nov. 22 at 7 p.m., where two giant straw sculptures created in collaboration with local students will be set ablaze. It remains the only public straw-burning art installation of its kind in Manitoba.

Back by popular demand, Easel Wars will run Saturday, Nov. 22 from noon to 3 p.m. at the Gwen Fox Gallery, where friends and family compete to complete paintings in rapid-fire rounds. Spots fill quickly.

Santa will also make multiple appearances, including selfies on the street Friday evening and Breakfast with Santa at the Mighty Kiwi in the Riverside Grill on Saturday, Nov. 22 from 9 to 11 a.m.

The full Holiday Alley schedule is available at holidayalley.ca.

PUBLIC NOTICE

PESTICIDE CONTROL PROGRAM

Public notice is hereby given that Manitoba Housing intends to conduct the following pesticide-control programs in and around their housing units during 2026.

- To control rodents from January 1 - December 31, 2026, using the following pesticides:
 - Brodifacoum
 - Chlorophacinone
 - Difethialone
 - Diphacinone
 - Sulfur
 - Zinc Phosphide
- To control insects from January 1 - December 31, 2026, using the following pesticides:
 - Abamectin
 - Beauveria Bassiana Strain GHA
 - Beta-Cyfluthrin
 - Boracic Acid
 - Clothianidin
 - Cyfluthrin
 - Dichlorvos
 - Dinotefuran
 - D-Phenothrin
 - D-Trans Allethrin
 - Hydramethylnon
 - Lambda Cyhalothrin
 - Imidacloprid
 - Lambda Cyhalothrin
 - Methoprene
 - N-Octyl Bicycloheptene Dicarboximide
 - Permethrin
 - Piperonyl Butoxide
 - Propetamphos
 - Pyrethrins
 - Silica Aerogel
 - Silicon Dioxide
 - Tetramethrin

The public may send written submissions or objections within 15 days of the publication of the notice to:

Manitoba Environment and Climate Change
Environmental Approvals Branch
Box 35, 14 Fultz Boulevard, Winnipeg MB R3Y 0L6



Sheep in festive bibs mingle during the Sheep Poetry installation at Holiday Alley in Selkirk, where visitors write poems inspired by the words on each animal.

Prairie Rose School Division reviews staffing updates, school projects, expenditures

By E. Antonio

The Prairie Rose School Division (PRSD) Board of Trustees met Oct. 20 to review ongoing projects, staffing changes and financial matters, with updates provided by senior administration and department leads.

Transportation supervisor Megan Bergen reported that the division's annual bus driver training day took place Oct. 24, coinciding with Manitoba School Bus Safety Week. She noted the division reinforces safety practices throughout the year.

"No changes were made as a result of safety week, as safety implements are put in place on a regular recurring basis throughout the school year as needed," Bergen said.

All families receive a ridership expectations document outlining student and parent responsibilities, along with bi-annual evacuation drills and in-school bus safety instruction.

The board also received the superintendent's staffing report, welcoming Elizabeth McCallum as divisional oc-

cupational therapist and Sonia Picton as secretary at École Carman Elementary.

Superintendent and CEO Kevin Clace said recruitment efforts for the 2026-27 school year are already underway.

"We actively participate in university recruitment fairs to promote PRSD as an employer of choice and work directly with professional colleges to support the recruitment of specialist positions such as occupational therapists and school psychologists," Clace said, adding that determining staffing needs for the next school year will begin in January.

The division reported enrolment of about 2,300 students as of September, a decrease of roughly 50 students from last year. Clace said the reduction was expected, citing larger graduating classes and smaller kindergarten cohorts this fall. Since Manitoba school division funding for 2026-27 will be based on September 2025 enrolment levels, the data will guide fu-

ture staffing, transportation and program planning.

Clace also updated the board on school infrastructure projects, including upgrades at Carman Collegiate and Elm Creek School. A provincial promissory note has been issued to fund the Carman Collegiate roof replacement, which remains on schedule for completion in March 2026.

"There continue to be ongoing disruptions due to the project, and I am very grateful for the cooperation from staff and students to ensure the learning environment experiences minimal disruptions," Clace said.

The division is also moving ahead with the renewal of the Elm Creek School science lab, funded through Manitoba's Capital Project Planning and Delivery Division.

"The existing lab has reached the end of its life expectancy, and we are grateful to the Province of Manitoba for this significant investment," Clace said. "These projects demonstrate an ongoing commitment to renewing

aging infrastructure and supporting safe, modern, and effective learning environments."

Trustees approved August 2025 general expenditures totaling \$2,593,353.77. Clace said the increase from last year reflects construction costs tied to the Carman Collegiate roof replacement, which will be fully reimbursed by the province. As a result, he noted, there will be no unbudgeted impact to the division.

The board also discussed rising insurance rates through the Manitoba Schools Insurance Program administered by HUB Insurance and the Manitoba School Boards Association. Clace said divisions across the province are experiencing significant increases.

Budget consultation planning for 2026-27 is underway.

The next PRSD board meeting is scheduled for Monday, Nov. 17 at 7 p.m., held in person at the division office in Carman and via Google Meet.

Access Credit Union names The Dream Factory as charity partner for 2026, 2027 tournaments

By Haley Cvar

Access Credit Union has announced that The Dream Factory will be the charity recipient of its 2026 and 2027 Charity Golf Tournaments, with Red River Group returning as the Dream Big sponsor. The annual event will be held Sept. 9, 2026, with tournaments taking place at Minnewasta Golf & Country Club in Morden and Bridges Golf Course in Starbuck.

"We're incredibly proud to celebrate the 12th year of the Access Charity Golf Tournament — a tradition that reflects the heart of our organiza-

tion and the generosity of our sponsors and community," said Myrna Wiebe, president and CEO of Access Credit Union. "Since 2013, this event has raised \$887,563 for local charities, helping to make a meaningful difference across Manitoba."

The Dream Factory is a Manitoba-based charity that creates dream experiences for children facing life-threatening illnesses. The organization operates solely within the province and has granted more than 900 dreams to date, with nearly half of the families supported living in rural

Manitoba.

"We're absolutely thrilled to be supported by Access Credit Union's Charity Golf Tournament in 2026 and 2027," said Andrew Kussy, executive director of The Dream Factory. "This partnership will make a lasting impact for the Dream Kids and families we support. We're grateful to the Access team for their belief in our mission and for helping create more unforgettable experiences for Manitoba kids during some of their toughest days."

Sponsorship opportunities and golf-

er registration will be filled on a first-come, first-served basis. Details on available packages and registration can be found at accesscu.ca/charity-golf.

Access Credit Union is Manitoba's largest credit union, serving more than 208,000 members across the province and managing \$13.8 billion in assets.

To learn more about The Dream Factory and its work supporting families, visit thedreamfactory.ca.

letter to the editor

Letters to the Editor:
letters@carmanstandard.ca

Carman Band memories march forward

Well, the Dufferin Historical Society has truly outdone itself with the 2026 Calendar of Memories. They've managed to pack twelve months' worth of nostalgia into one tidy package.

If you flip to February, you'll spot the mighty Carman Band — and, if you squint, a tall, skinny kid leading the drum corps on the left side across from bass drummer Chic McIvor. Yes, that string bean (not quite so stringy anymore) is me. I probably marched enough laps around that track to earn a loyalty card from the fairgrounds,

qualify for the Kentucky Derby, or at least be fitted for a set of horseshoes.

Seeing that photograph brought back the good old days — the band blaring away at the Carman Fair, chasing the racehorse circuit across southern Manitoba, and trying our best not to trip over our own instruments in the process.

So hats off to the folks who put this calendar together. It's a real masterpiece. You've managed to make history fun again — and reminded me exactly why I never pursued a long-term career in marching.

- Sincerely,
Rod Lehmann



Ph. 204-436-2600 Hwy. 2, Elm Creek

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Lana Meier



SALES & MARKETING
Brett Mitchell



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Gwen Keller



REPORTER/PHOTOGRAPHER
Dennis Young



REPORTER/PHOTOGRAPHER
Emily Antonio



REPORTER/PHOTOGRAPHER
Jennifer McFee



REPORTER
Annaliese Meier



GRAPHIC DESIGNER
Tara Gionet



GRAPHIC DESIGNER
Nicole Kapusta



CLASSIFIED ADMINISTRATOR
Corrie Sargent



DISTRIBUTION
Christy Brown

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Our commitment to you: we want to help build stronger communities through articles that both inform and entertain you about what's going on throughout the Pembina Valley. This is your community newspaper—let us know what you want to see in it.

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EDITORIAL > VIEWPOINTS > LETTERS

Labour and immigration: not so simple

By Cam Dahl, General Manager, Manitoba Pork Council

Immigration is a hot-button political issue. High unemployment for young Canadians, housing shortages and rising rents have many politicians calling for dramatic changes to Canada's immigration policies. Some are even calling for an end to critical programs like the Temporary Foreign Worker Program and for sharply reducing the number of new permanent residents.

From 2015 to 2023, federal policy was one of wide-open doors, with Canada admitting a record number of newcomers. But facing housing shortages, rising rents, and high unemployment among youth and some immigrant populations, the Government of Canada has made a 180-degree pivot. Immigration targets were cut sharply — with planned admissions for 2025 nearly 20 per cent below 2024 levels, and further reductions expected. The initial allocation for the Provincial Nominee Program was cut in half. These broad reversals do not serve the Canadian economy, nor new Canadi-

ans.

The drivers behind the shift are real. Canada's large cities are experiencing a housing crisis. Young Canadians are struggling to find work. Some regions have seen increased pressure on social services and health care. Too many newcomers have been admitted without a clear link to employment opportunities. But a nationwide, one-size-fits-all approach to immigration and labour is not the right answer.



Cam Dahl
Manitoba Pork Council

What is needed in Toronto, Vancouver or Montreal is not the same as what is needed in other regions. The pressures facing rural parts of Canada differ significantly from those in big cities — and new Canadians are a critical part of the Manitoba labour force in places like Notre Dame de Lourdes, Neepawa, Brandon and Winnipeg. Provinces are best positioned to understand and manage labour needs in their regions.

Labour shortages are already affecting hog producers. Some farmers have had to shutter barn sites due to a lack

of workers — a trend that will worsen if immigration is further restricted.

To ensure sustainable hog production and pork processing, Manitoba producers and processors rely on programs like the Provincial Nominee Program. The sector hires foreign workers and supports them on a pathway to permanent residency to fill vacant, full-time positions.

This model works. Retention rates are high. Workers receive training, build careers and put down roots in the communities where they settle. Neepawa is a clear example — one of the fastest-growing towns in the country, with new infrastructure and a strengthened local economy supported by hog-sector investment and the newcomers who make that industry possible.

Labour shortages also have implications beyond productivity. The hog sector has invested heavily in biosecurity and disease management, including preventing and responding to Porcine Epidemic Diarrhea (PED), Porcine Reproductive and Respiratory Syndrome (PRRS), and foreign animal diseases such as African Swine Fever (ASF) and Foot and Mouth Dis-

Continued on page 7

The way it was this week: November 13

By Dennis Young

100 Years Ago — 1925: Tracy School District gets new building; Starkey House is demolished; Minn's Studio offers Christmas photos; heavy brown duck suits are \$15.75 at Harris's Clothier; CNR agent J.T. McDougall promotes steamboat cruises on both coasts; Dr. H.S. Johnstone opens chiropractic office; Cochran's Jewellers sells gold-filled wrist watches for \$8.50.

75 Years Ago — 1950: Hospital is the town's largest industry with a \$30,000 payroll; jeweler Dave Friessen promotes trade-in allowance on

watches; Rec Association rents Hall basement for student council to host events; Curling Club President Kline Cochran sets fees at \$10 for men and \$8 for ladies; indigent patient rate increases to \$3.50/day from \$3; RM of Grey wins Good Roads Award.

50 Years Ago — 1975: Town annexes 30 acres for WW Implements and future industrial park; Francis Calverley named Midland School Division chair; Safeway sells T-bone steaks for \$1.89/lb; Kinsmen make final \$8,000 payment to Carman Collegiate Band; upper hall of Memorial Hall is condemned; United Way chair Don Je-

fkins reports \$17,000 raised; Carman Flying Club offers lessons.

25 Years Ago — 2000: Ice storm leads to power outages; Carman Citizens Against Crime raise funds for Bosnia; seventh annual Curl for Cancer held; Bill North's rink earns Select berth; Bueckert Motors opens in Carman; Ed Belfour-funded Dallas trip raises \$7,000 for Minor Hockey; 16th Annual Ducks Unlimited Banquet held; Hellar Nakonechny ready to go; Japanese mandarin oranges \$6.99/5 lb at D & M Fine Foods.

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Carman Dufferin Standard
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Thompson council approves Rosebank land sales

By Haley Cvar

The Rural Municipality of Thompson council approved a land sale and dealt with several infrastructure, financial and administrative items during its regular meeting Oct. 23.

Council voted to sell five municipally owned lots in Rosebank—202, 204, 206, 208 and 212 Evans Avenue—to Northern Developments Ltd., council believe this action to be in the best interests of the Corporation. Members also approved a change to a tile drainage project for Zack Wiebe Farms that includes a road cutting, a new water service permit for Roll #101800.000, and a development permit allowing an additional driveway.

Public works staff reported ongoing water loss issues, with meter replacements and assessments continuing. Council discussed 2026 budget priorities such as an engineered review of the water treatment plant, upgrades to booster station generators and chlorinators, and a new fire pump. The Sylvester Bridge project is ready to proceed once final approvals are received, and a cement pad will be poured for a new columbarium in the southeast corner of the old cemetery.

Council approved \$168,717 in accounts and accepted unaudited September financial statements. Transfers were authorized from the Gas Tax Re-

serve to fund a \$54,739 Pembina Valley Water Co-op invoice and a \$43,966 Canada Community Building Fund payment. Council also reviewed an environmental inspection report for the municipal waste disposal grounds and directed staff to complete follow-up work.

A request to allow hunting on RM land near the gravel pit was defeated. Council supported a Local Urban District grant application for new playground equipment, set November meeting dates for Nov. 5 and 20, and received updates on Maple Park development and the call for Volunteer of the Year nominations.

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Blameless

Psalm 119 is the longest chapter in the Bible, but what most people don't realize is that it is divided into 22 sections, one for each letter of the Hebrew alphabet. It is also unified in its message regarding the Word of God.

The first section, Aleph (Greek Alpha) has to do with the person who walks in the way of the Word. Verse 1 says, "Blessed are those whose way is blameless, who walk in the law of the LORD!" To be blameless means to live in a way that honours God's Word and God's Way. It doesn't mean that we do not make mistakes, but rather that we recognize and repent of our sins (going against God's Way).

Verses 2 and 3 tell us, "Blessed are those who keep his testimonies, who seek him with their whole heart, who also do no wrong, but walk in his ways!" You will notice throughout the Psalm that the writer uses various words to describe Scripture, which is God's Word. Each word describes a different aspect. Here he uses the word testimonies to describe the witness that the Word gives to God's Ways and actions.

Verse 4 describes, "You have commanded your precepts to be kept diligently." The precepts, known as the ten commandments or the command of love for God and others, are an authoritative instruction for the best way to live.

Verse 5 says with anticipation, "Oh that my ways may be steadfast in keeping your statutes!" The Psalmist recognizes the endurance and help needed to keep that which God has commanded.

Verse 6 explains the reward for obedience. "Then I shall not be put to shame, having my eyes fixed on all your commandments." Shame is a consequence of guilt not dealt with. Obedience and repentance is the cure.

Verses 7 and 8 relay the blessings of obedience, saying, "I will praise you with an upright heart, when I learn your righteous rules. I will keep your statutes; do not utterly forsake me!"

What a blessing it is to submit to the Ways of the One who made us!

Blessings

Pastor Richard Heppner

www.friendscommunitychurch.ca

Men's Sheds MB talks 'The Shed Effect'

By Ashleigh Viveiros

In honour of International Men's Day Nov. 19, Men's Sheds Manitoba is working to get the word out about the profound impact their groups can have in reducing social isolation, improving mental health, and strengthening community.

A Men's Shed is a group of men who get together on a regular basis to connect, be it through shared activities (woodworking, gardening, or card games, say), educational guest speakers, or simply a cup of coffee.

There are 14 Sheds currently operating across the province, half in Winnipeg and half in rural Manitoba communities such as Beausejour, Selkirk, and Minnedosa.

They're hoping to grow that number significantly across the province, says Vic Thiessen, Men's Sheds Manitoba secretary.

"I've been with it since 2019, and I've just found it personally to be so ben-

eficial," he shares. "It's such a good way for men to connect and support one another."

Provincial organizers are aiming to raise more awareness about what they're calling The Shed Effect.

"It's about making people aware of how Men's Sheds are impacting society, how it's impacting individual men's lives," explains Thiessen. "They're places where you can find community, where you can find men of like mind and do things together."

Camaraderie is a big part of Men's Sheds, but so too is getting involved in the community at large.

"One of the big things that we like to do is get involved in giving back to the community. Meaningful projects either put forth by a community centre or another organization that would benefit the community," Thiessen says, explaining each Shed decides for itself how its members will pour back into the place they call home.

There are Men's Sheds across Canada, and on Nov. 19 they'll be coming together to host a national webinar that is open to all.

The day will feature guest speaker presentations on the importance of volunteerism and new research on the social value of Men's Sheds. There will also be panel discussions on the topic and the debut of a video highlighting volunteer projects from Sheds across the country.

You can register to take part in the webinar at mensshedsmanitoba.ca/the-shed-effect-2025/.

Next week will also see open houses at a few of the Manitoba Sheds, including the Woodhaven Shed Nov. 18 and the Park City Shed the following week.

If you'd like to learn more, head to mensshedsmanitoba.ca or connect with Thiessen via email to mensshedmanitoba@gmail.com or by calling 204-396-2123.

> PORK, FROM PG. 6

ease (FMD). Without sufficient labour, these efforts become more difficult, increasing risks to herd health and animal care.

These risks are not hypothetical. The PED outbreak in Manitoba from late 2021 through spring 2023 is estimated to have cost the industry more than \$100 million. In the United States, PRRS is estimated to cost \$1.65 billion annually.

Hog production and processing in Manitoba can grow — but only if barriers like labour shortages are addressed. New barns and processing

investment support not only rural employment but also help sustain communities by growing population, school enrollment, local business opportunities and community services.

Budget 2025 included positive commitments to prioritize immigration for rural, remote and tariff-impacted sectors, and to increase the number of newcomers arriving to fill specific job needs. However, more action is needed. Canada must move away from blanket national targets and adopt policies tailored to regional needs. The Provincial Nominee Program has

proven successful in doing exactly that — and should be strengthened, not reduced.

Second, policy emphasis should shift from the sheer number of arrivals to the alignment between newcomers' skills and labour market needs — including those in Manitoba's hog sector.

Immigration and labour realities vary widely across Canada. Rather than short, social-media-ready soundbites, governments should focus on thoughtful policies that respond to regional and sector-specific needs.

Boyne River Keepers launch new bird-watching education project

By E. Antonio

The Boyne River Keepers (BRK) are continuing their work to make the Boyne River a safe, enjoyable and educational space for all — including the many bird species that depend on the river’s habitat.

The group is launching a bird-watching initiative to help residents learn more about the birds that visit or reside along the Boyne. BRK education lead Steve Doell said the river corridor is rich with biodiversity and offers strong opportunities for nature learning.

“We are trying to bolster the environmental education side of the work we do with Boyne River Keepers, and we are going down the path regarding birds of the Boyne and its biodiversity,” he said.

Each year, more than 100 species are observed along the river — some nesting for the summer, others stopping briefly while migrating, and some living here year-round.

“You just never really know what you are going to see,” Doell said. “We have such a diverse little gem of a river that flows through our community.”



A hummingbird visits the Boyne River.

With funding from the Carman Area Foundation and the Redboine Watershed District, BRK will install a large interpretive sign at Ryall Park near the kayak and canoe launch. The sign will highlight a range of bird species commonly seen along the river, as well as facts about their habits and ecological roles.

The artwork for the sign is being developed by Interlake artist Heather Hinam of Second Nature Creative Interpretation. BRK also plans to feature local artists in future components of the project.

“We want to celebrate the local knowledge that exists in the community, and will eventually be accepting ongoing submissions of photos, artworks, creative writing pieces, resources and engaging



STANDARD PHOTOS BY STEVE DOELL AND DYLAN LABOSSIERE

Boyne River Keepers will install an interpretive sign featuring dozens of bird species that live by or visit the Boyne River each year. A double-crested cormorant rests along the Boyne.



A great gray owl perches near the Boyne River.



A pileated woodpecker pecks at a tree along the Boyne.



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prompts to include in a space on our website,” Doell said.

Visitors will also be able to scan QR codes placed along the walking path, linking them to BRK’s website to create an interactive learning experience.

The interpretive sign is expected to be installed in the spring, with the QR code component planned as phase two later in the year.

“We are excited to get more people outside to use, enjoy and walk gently on the land,” Doell said. “It gives people an option to enjoy the outdoors in a respectful and environmentally cautious way while showcasing the curiosity, awe and wonder the Boyne has to offer — hopefully with binoculars hanging from their necks as well.”

More information about Boyne River Keepers projects is available at www.boyneriverkeepers.ca.

Carman church collecting Operation Christmas Child shoeboxes

Operation Christmas Child shoebox program of Samaritan's Purse underway again

By Lorne Stelmach

The region is again being called on to help make the Christmas holiday season a little brighter for those in need around the world.

The Operation Christmas Child program of Samaritan's Purse is underway again, and communities are being invited to put together and contribute shoebox hampers.

Residents in the Carman area can drop off completed shoeboxes at the Carman Pentecostal Assembly, located at 22131 PTH 3. The local contact is Carolyn Koster, who can be reached at 204-750-2515. Shoeboxes can be dropped off during collection week, November 17-23, 2025, with the following hours: Tuesday and Wednesday from 9:00 a.m. to 12:00 p.m.; Thursday and Friday from 9:00 a.m. to 6:00 p.m.; Saturday from 9:00 a.m. to 4:00 p.m.; and Sunday from 9:00 a.m. to 12:00 p.m. The site will be closed on Monday.

The charity states that God is using simple shoebox gifts, prayerfully packed in Canada, to change lives.

Operation Christmas Child is equipping local churches in over 100 countries to share the gospel and deliver shoebox gifts at child-friendly outreach events, and over 232 million shoeboxes have been distributed in more than 170 countries and territories since 1993.

It was estimated the region including Carman, Morden, Winkler and Altona collectively contributed just over 5,000 shoeboxes last year.

"It's just to share God's love with people and how a little shoebox can change a kid's life ... that's what I would say was the biggest pull for me," said Dorcas Rempel, who has been involved with the effort for a number of years but is now in the lead role as a regional co-ordinator for a first time.

"I love doing things with my hands and creating things," said Rempel, when asked what drew her to want to get involved. "And it's just a way to minister to kids from afar that have nothing."

"I feel very blessed with our lives and the community that we live in and just the amount of support that you have from people in the community who are willing to give ... it's an easy thing to take over because you know it's received so well."

People who want to participate can get Operation Christmas Child shoeboxes from a number of locations including Gospel Mission Church in Winkler as well as the Tempo gas bar.

People can go online to samaritans-purse.ca to find participating locations close to them. There are a number of local participating churches, with the main collection week of Nov. 17 having Gospel Mission Church in Winkler as the main collection point.

People can prepare their own boxes and simply label it for a boy or girl and the intended age category. The general recommendation is to make sure your gift is fun and includes a 'wow' item along with quality toys, school supplies and personal care items. A personal note or photo is also encouraged.

Items to avoid include any perishable food, liquids or anything depicting war or violence.

Rempel sees it as a great way to get involved locally to be part of something that has a global impact, and the region has generally been a strong



STANDARD PHOTO SUBMITTED

Over 232 million shoeboxes have been distributed in more than 170 countries and territories since 1993, and it was estimated this region contributed just over 5,000 shoeboxes last year.

supporter of the program.

"So many of the churches collect hampers, and we have a drop-off centre for all of those boxes, so it's amazing how many boxes you see come in that week," she said.

"I know lots of people do hundreds of shoeboxes, which is amazing, but start with one or five this year ... it doesn't have to be big. It's just about that one box even making a difference

in someone's life."

She concluded with a personal message to encourage people to get involved.

"I would say look at your own life and how many things you have and see just the little amount it takes to fill a shoebox and how this can change a kid's life is huge," said Rempel. "Don't do coffee for a week, and you can fill a shoebox ... it takes so little, and every shoebox counts."

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Back on Cue Theatre celebrates aging with laughter and love

By Lana Meier

Back on Cue Theatre presented *The Horizon*, a stage comedy by Tim A. Pullen, on Friday, Nov. 7 and Saturday, Nov. 8 at the Carman Collegiate Community Theatre. The show drew some of the group's strongest attendance to date, with nearly a full house both nights — approximately 260 patrons on Friday and 250 on Saturday.

"This was the best attendance we've ever had," said producer Lee Collingridge. "We were thrilled to see the community come out in such numbers. It tells us these stories matter to people."

The Horizon embraces the theme "Growing old is inevitable, growing up is optional," offering a heartwarming and humorous look at life in a personal care home. The play follows a group of seniors as they navigate friendship, loss, independence and the ongoing search for meaning.

Collingridge said audience feedback reflected a strong emotional connection to the story.

"We heard from many older audience members who said the play was very true to life in the way it portrays the issues faced by seniors — their feelings, wishes, frustrations and, yes, their dreams," she said. "But it also resonated with younger viewers because the characters are so recognizable. Everyone knows someone like these people."

The first acts introduce the residents and the rhythms of home life. But in the third act, a dramatic shift surprises both characters and audience. The serenity of the care home is threatened by a strict new manager who believes the seniors need



Nurse Kate tries to dissuade Wilma from trying to seduce Vern.

tighter rules. In response, two elderly couples decide it is never too late to pursue romance — and a little adventure.

"The audience is taken completely by surprise," Collingridge said. "Suddenly there's this spark of rebellion and joy. That moment becomes the catalyst for a wild and unexpected expedition that shows everyone — on stage and off — that life is still meant to be lived."

The production blended laughter, tenderness and reflection, highlighting the dignity and complexity of aging while celebrating the relation-



STANDARD PHOTO BY RICK HIEBERT

Cast members of Back on Cue Theatre perform *The Horizon* at the Carman Collegiate Community Theatre Nov. 7 and 8. The production blended humour and reflection while exploring friendship, aging and the search for meaning. Pictured, Barnaby counts his winnings after betting on which resident would be the next to pass away.

ships that sustain us. It demonstrated Back on Cue's continued commitment to storytelling that resonates with the community.

The result was an engaging and thoughtful performance that invited audiences to laugh, recognize, and reflect — hallmarks of Back on Cue Theatre's community-focused productions.



Personal Care Home Manager Dawn Milton gives Activities Director Curtis a stack of complaints that he "allegedly" hadn't investigated.



To Wilma's dismay, Vern tells her that he's given his money to his daughter.



Claire tells a story about how her family would send messages using homing pigeons to her uncle in Alcatraz.



Wilma asks nurse Kate for a Bloody Mary to go with her laxative medication.



Resident Claire tells Wilma that she doesn't think the betting on residents passing is appropriate.



Thelma disapproves as manager Dawn attempts to discredit Activities Director Curtis.

Carman gears up for Holiday Hoopla, potential Santa Claus Parade

By E. Antonio

The Carman and Community Chamber of Commerce is encouraging residents to shop local this season, as preparations are underway for the annual Holiday Hoopla on Dec. 4.

Holiday Hoopla is a community shopping event featuring extended store hours, promotions, giveaways and festive activities at businesses throughout town. Executive director Jodi Winkler said most storefront businesses take part each year, each offering its own specials to create a full evening of shopping.

"Plan to shop local and enjoy extended store hours during the event," Winkler said.

Businesses interested in participating can register any time by contacting info@carmanchamber.ca. A complete list of participating locations

will be shared closer to the event on the Chamber's social media channels.

Meanwhile, the Chamber is also gauging community interest in hosting a Santa Claus Parade on Dec. 6. Winkler said while Carman holds a parade each summer, it has been many years since a holiday parade has taken place.

The Chamber hopes to confirm at least 10 floats before moving ahead. There is no cost to enter, and the parade would be open to businesses, organizations, churches and community groups.

"Just light up your float and join the fun," Winkler said.

Anyone interested in entering a float is asked to visit the "2025 Santa Claus Parade" listing on the Chamber's event calendar at www.carmanchamber.ca



STANDARD PHOTO SUBMITTED

The Carman Chamber is gauging interest in hosting a Santa Claus Parade this December and is encouraging residents and organizations to enter floats.

Progressive Conservatives refresh brand, choose new leader



STANDARD PHOTO SUBMITTED

Manitoba Progressive Conservatives revealed a redesigned logo.

By Lana Meier

The Progressive Conservative Party of Manitoba unveiled a new logo and elected a new party president during its annual general meeting on Saturday, signalling what party officials described as a "new era" for the PCs.

The redesigned logo incorporates a stylized "P" formed within the negative space of a "C," which the party says represents progressive values within a conservative framework. The "C" features a gradient of classic blue to sky

blue to reflect movement between tradition and renewal, while a red charging bison is centred between the letters to symbolize forward momentum and Manitoba identity.

"When the logo was unveiled, the room erupted in cheers. It gave me chills," said Obby Khan, leader of the PC Party of Manitoba. "Delegates, guests, supporters, and their friends and families could see elements of the old logos carried over into the new design. Everyone really appreciated the blending of tradition and a bold new look for a bold New Era of the PC Party."

Delegates also elected a new party president. Peter Smith, a Navy veteran and business and community leader, will take over from outgoing president Brent Pooles.

"I'm absolutely thrilled that my fellow Progressive Conservatives have put their trust in me," said Smith. "We have to be ready for the next election and I look forward to shifting the PC Party to an election-ready footing."

Members elected additional board and regional representatives, including: James Teitsma, first vice-president; Sean Kopytko, second vice-president; Katya Labelle, secretary and Kai Jassal, youth representative.

"Progressive Conservatives are united going forward," Khan said. "This weekend, PCs demonstrated that we are

a big tent party ready for the future. We have the passion, energy, and momentum going forward. The New Era of the PC Party is here."

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Red Moon Road returns to Carman on Dec. 5 for holiday concert

By E. Antonio

It's going to be a jolly holiday celebration at the Carman United Church on Dec. 5 as Red Moon Road fills the halls with festive tunes from their album *Simple Kind of Christmas*.

The concert begins at 7:30 p.m., and this family-friendly event is the perfect night out for people of all ages to get into the holiday spirit. The show will be hosted by the Golden Prairie Arts Council (GPAC), and executive director Nigel Bart says he's looking forward to continuing a Carman tradition.

"It's about gathering as a community and enjoying each other's company over the holiday season," Bart said.

He added that the Carman Chamber encouraged GPAC to carry on this annual concert tradition to help keep the community's festive spirit alive.

"GPAC has a lot of experience hosting artistic performances like this, so it's a great fit," he noted.

Red Moon Road is an acoustic folk trio with Winnipeg roots that has performed at more than 1,000 concerts since 2012. During the height of the pandemic, the band released *Simple Kind of Christmas*, a trilingual holi-

day album featuring traditional favourites as well as two original songs.

Guests of the show will be treated to a 90-minute performance of Christmas hits performed by Sheena Rattai, Daniel Jordan and Daniel Pélouquin-Hopfner, accompanied by their 20-piece instrument lineup.

"The show has all the beloved earmarks of a classic Red Moon Road live show — three-part harmonies from some of Manitoba's finest musicians, lovingly arranged musical offerings woven masterfully together with stories sprinkled with family-friendly repartee," wrote Daniel Jordan of Red Moon Road.

Tickets for the Dec. 5 performance at the Carman United Church are \$25 each and available through the GPAC website, goldenprairieartscouncil.com, at the GPAC front desk, and at other select locations to be announced. Tickets will also be sold at the door starting at 7 p.m. on the night of the concert.

GPAC is also seeking event sponsors to help host the band. Those interested can contact GPAC at 204-745-6568 or email contact@gpaccarman.ca.



STANDARD PHOTO SUBMITTED

Winnipeg folk band Red Moon Road will perform at the Carman United Church on Dec. 5 for a stop on their *Simple Kind of Christmas* tour. Pictured are band members Daniel Pélouquin-Hopfner, Sheena Rattai and Daniel Jordan.

National Addictions Awareness Week (NAAW) is November 16–22, 2025.

NAAW highlights solutions that help address the harms related to the use of alcohol and other drugs.

~ Anchoring Hope ~

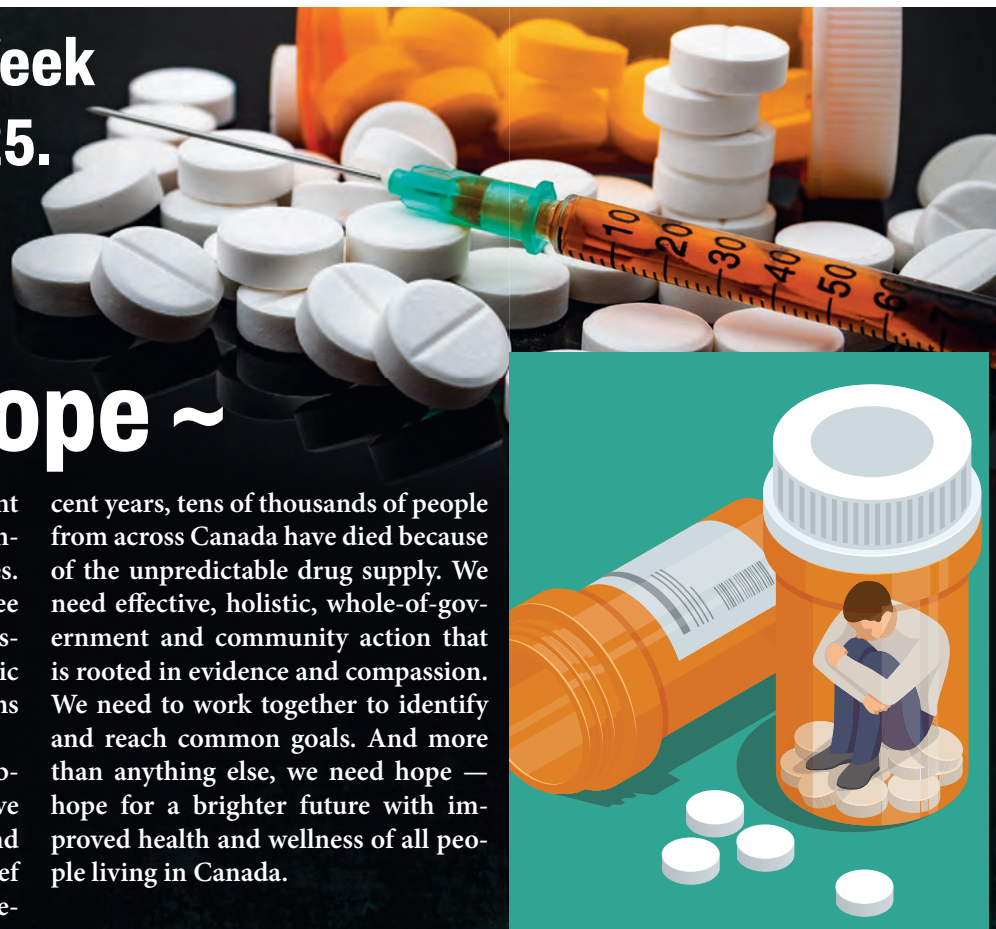
Every year, Manitoba Substance Use and Addictions Awareness Week provides an opportunity for Manitobans from all walks of life to engage in meaningful discussions and explore solutions for addressing the harms caused by substance use and addictions.

In 2025 the Manitoba Substance Use and Addictions Awareness Week runs from Nov. 16-22 and the theme is Anchoring Hope. Working in the substance use health field and addressing

its challenges can result in different experiences, ideas and opinions for individuals, families and communities. At times, it can be challenging to agree on the best ways to address these issues in Canada. Hope is an optimistic state of mind that holds expectations for positive outcomes.

Exploring and discussing substance use health can lead to positive outcomes such as connections and growth. Yet the challenges and grief in the field cannot be unstated. In re-

cent years, tens of thousands of people from across Canada have died because of the unpredictable drug supply. We need effective, holistic, whole-of-government and community action that is rooted in evidence and compassion. We need to work together to identify and reach common goals. And more than anything else, we need hope — hope for a brighter future with improved health and wellness of all people living in Canada.



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Flashback... the Wah family recalls life at the Rex Café- Part 2

By Dennis Young, with Wah family notes

It's been 49 years since the Rex Café burned down. I got in contact with Gin's family through Margot Wilson while they were all vacationing together down south. She emailed me their memories and the endless conversations they've shared about Carman. I thought you might like to read some of them following the Part 1 fire story.

1. What memories do you have of Carman, not fire-related?

Allan: Carman was a great place to grow up. As a Chinese family, we felt very accepted by the community. We had a lot of great friends. Dad was very proud of his association with the Carman Beavers hockey club. In his later years, he often talked fondly about the team. One of his favourite stories was when the club won the championship and everyone enjoyed a T-bone steak dinner — on the house.

Ken: I know we sold our home on 1st Street for \$11,000 and moved above the café. It was easier for Dad because he started work at 5 a.m. every day. He would take a break in the afternoon for a couple of hours and then get home around 1 a.m. He was an extremely hard worker.

Allan: I remember the jukebox and the songs of the '70s — maybe 10 cents for three songs? Oh, and the story of Charlie Red Star. It was one summer when all the UFO sightings were happening and were covered by the TV station. Weird stories were coming out.

Ken: Riding my bicycle to school every day and rafting down the river — the pleasant summers, the long cold winters and all the snow shovelling! Gin loved five-pin bowling, and this was one of his enjoyments in life that he passed on to all the boys. Even

though he was a terrible bowler, he got to know many of the townspeople.

2. What "jobs" did you all have at the café?

Mrs. Leash was a server, and she was a real sweetheart. Every year she would bake a cake for each of us on our birthdays. The birthday slice always had a quarter hidden inside.

We all helped at the restaurant — waiting on tables, taking cash and washing dishes. Mom worked long hours in the restaurant, but Dad did everything. He would open the restaurant, take orders, cook, serve and take cash, many times all by himself.

Dad employed several young students, and all the employees were kind and hard-working people. He really enjoyed joking with the customers, often playing games where the loser paid for the coffee.

3. So, how did B.C. work out for the family?

The family initially moved to Brandon, where Gin was part owner of the Kam Lung Restaurant. They later established roots in Vancouver, buying a home in Burnaby. Gin opened a successful seafood importing business called Golden Gate Seafood.

(Reporter's note: I telephoned Gin in the 1980s to ask him to attend a Beavers reunion, offering to pay airfare if needed. His reply: "No Gin Wah, OK!" Sadly, he never came.)

He sold the business but continued to work until retiring at the age of 71.

The children followed different career paths: Ken became a cardiologist and head of medicine at Vancouver Coastal Health Authority; Henry worked in management with Trans-Canada Pipelines; Allan ran a computer consulting business; and Mel-ing had a career in banking.



STANDARD PHOTO SUBMITTED

A family get-together in 2011. From left: Jerry Lo, Ken Gin, Margot Wilson, Ethan Lo, Meling Lo, Emma Lo (front), Daisy Gin, Henry Gin, Gin Wah, Colette Eng (back) and Allan Eng.

All the children are married, get together often and continue to talk about Carman. They all remember how hard Mom and Dad worked — the long hours, the sacrifices and the example they set for their success.

Ken lives with his wife Margot in Vancouver; Henry with his wife Daisy in Langley; Allan with his wife Co-

lette in Port Coquitlam; and Meling with her husband Jerry Lo and their two children, Emma and Ethan, in Toronto.

4. What became of your parents, Hoi Hong and Gin?

Mom died at the age of 69 in 2006

Continued on page 14



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Finding freedom through faith and community support

By E. Antonio

Nov. 16 to 22 marks National Addictions Awareness Week, and Pastor Dylan Chambers visited Ashern on Nov. 1 to share his story of addiction and recovery, hoping to inspire others to believe that change is possible.

Chambers was a guest speaker at an evening concert hosted by Conrad and Sherry Anderson of Anderson Family Funeral Home. The event, originally scheduled to feature U.S.-based southern gospel group Soul'd Out, shifted unexpectedly when the group was unable to cross the border. Local musician David Bracken stepped in on short notice, and Chambers delivered a message of faith and recovery as part of the evening program. "Dylan grew up in Winnipeg, was involved in drugs, and today he's a pastor at the church just down the street from where he grew up," Anderson said. "He has a great story to share of how God set him free from a life of addiction."

Born and raised in central Winnipeg, Chambers began experimenting with cocaine and marijuana at age 12, just two years after his father passed away. By 16, he had started using methamphetamine.

"The neighbourhood is a dark and depressed place that is engulfed in alcoholism and drug addiction," Chambers said. "Even though I was raised in the inner city, I like to say I was brought up in the best of both worlds, in both a stable and unstable way in terms of parenting."

His family lived near Believer's Church, and while his mother attended services, Chambers said he never felt personally connected to God or faith growing up.

By junior high and high school, he was smoking and selling marijuana before progressing to cocaine. As a young adult, he dropped out of school and experienced recurring episodes of drug-induced psychosis.

"It was not a good season of my life," he recalled.

At age 22, he attended an evening church service that marked a turning point.

"I had a radical encounter with the presence of God. It was like a veil was torn from my eyes and the blinders were taken off—I knew I needed to get help."

Chambers began engaging with church programs and his faith community. While he saw early progress, he later relapsed and struggled with addiction



PHOTO BY EMILY THORLACIUS

Pastor Dylan Chambers shares his testimony of addiction and recovery during a sold-out concert event in Ashern on Nov. 1.

for another three years.

"I found myself at rock bottom again, so I reached out to my church and the pastor encouraged me to go into a program," he said.

With support from his pastor and his doctor, Chambers began formal treatment, but said his faith continued to be the strongest force in his recovery.

"I was in a place where I was surrounded by drugs. In the neighbourhood where my peers were all doing them, it was hard to get out of that environment," he said. "I always tell people that a tool God gave me to get me out of the environment was my church community. My sobriety and me not using drugs is because of my higher power—Jesus Christ."

Chambers first completed a 28-day program through the Addictions Foundation of Manitoba, followed by two years in a sober living home with other men rebuilding their lives. He later lived independently at AFM's River Point Performance apartments, where he worked and finished his high

school courses.

He said the biggest difference between his first and second attempt at recovery was access to support and accountability.

"I knew I needed to be sober, I just didn't have the tools to do it," he said. "The second time around I had those supports."

He encourages others to take the first step, even when it feels overwhelming.

"Initially anyone who is addicted and bound to drugs just wants to get their life back," he said. "We know the barrier everyone struggles with is they think they will be judged. But it's really that first step of recovery—admitting you need the help and seeking it."

Chambers believes complete abstinence has been key to his long-term recovery. After trying a methadone program, he found that structured abstinence-based treatment combined with strong community support was the best fit for him. For Chambers, that support came from his church.

"Church family is more family to me than my real family. We go where the need is and want to support everyone who needs it."

In 2018, Pastor Wayne Bustard began mentoring him, a relationship Chambers now describes as paternal.

"Since I lost my biological father, I consider him to be like a dad and I actually call him Dad now," he said.

In 2020, Chambers was ordained at Believer's Church, and last year he accepted a full-time pastoral role.

"It's been a great journey with a lot of community support. It's almost been like a movie—I never thought any of this would be possible."

Now 31, Chambers continues to serve full time while pursuing a Bachelor of Social Work, with the goal of working directly in addiction support.

He encourages anyone seeking help to contact agencies such as the Addictions Foundation of Manitoba, Main Street Project, Salvation Army, Bruce Oake Recovery Centre, local health teams or faith-based organizations.

"If there is a hope for recovery, there is help," he said. "There's a ton of resources available both spiritual and non-spiritual. Jesus is real, God is real and he does have a plan for us—and we can find freedom and victory in this."

> FLASHBACK, FROM PG. 13

from cancer. In his retirement, Gin enjoyed spending time with family and grandchildren. Sadly, he developed dementia in his late 70s. Even with his illness, he always talked fondly about Carman, the people of the town and the Rex Café. He passed away peacefully in 2014 at the age of 84, surrounded by family.

Gin's childhood was difficult. As an orphan, he told the boys he sometimes slept with the cow for warmth. He lived with his aunt, and there was often not enough

to eat. In his later years, he spoke about how food had been scarce, and a bowl of rice was a rare luxury.

During a visit back to his hometown, the entire village marked his return with a celebratory feast. Over the years, he had sent money home to help pave roads and sponsor the local school.

Gin will be remembered as an honest and hard-working man who instilled those same values in his children. His friendly nature and smile are missed.

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The Carman-Dufferin
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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Sanford Sabres collect back-to-back wins in MWHSHL play

By Annaliese Meier

The Sanford Sabres continued their strong start to the Manitoba Women's High School Hockey League season last week, earning wins over the Shaftesbury Titans and Warren Wildcats to improve to 5-1 in Division 1/2-West play.

Sanford opened the week with a 6-4 victory at home over Shaftesbury on Nov. 3, powered by a pair of goals each from Halle Penner and Mikalah Grant. Penner struck twice in the first period, including a power-play marker, to put the Sabres in control early. The Titans pushed back with three goals in the second, but Sanford answered each time to maintain the lead.

Grant's second goal of the game, coming midway through the third period, provided needed insurance as Sanford outshot Shaftesbury 26-14. Taylr Chornomydz was a key playmaker throughout, finishing with four assists, while Keira Krawetz and Mackenzie Jeffery added singles. Goaltender Sophia Grant earned the win, making 10 saves.

Two days later, Sanford leaned on a tight defensive effort to grab a 2-1 overtime win on the road against the Warren Wildcats. Penner scored the lone Sanford goal in regulation, finishing a setup from Grant and Chornomydz late in the second period. Warren tied the game midway through the third, but neither side could break the deadlock through the remaining frame and overtime. In the shootout, captain Mikalah Grant opened the scoring for the Sabres before Hayden Manness followed with the decisive marker to secure the win. Goaltender Brooke Larson was sharp throughout, stopping 15 of 16 shots in regulation and overtime before turning aside both Warren shootout attempts.

Through six games, Sanford sits second in the Division 1/2-West



Sanford Sabres defender Taylr Chornomydz was named Division 1/2-West Player of the Week for her strong two-way play and ability to generate offence from the blue line. Chornomydz leads the Sabres with eight assists through six games this season.

standings with a 5-1 record and 10 points—trailing only the undefeated VMC Trojans (5-0-0, 15 points). Oak Park (5-2-0), SMA Flames (4-2-0) and Churchill Bulldogs (3-1-1) round out a tightly packed top half of the division.

Offensively, Sanford continues to be driven by the trio of Grant (5G, 6A), Penner (5G, 4A) and Chornomydz (1G, 8A). Chornomydz was recently named Division 1/2-West Player of the Week for her strong two-way play and ability to generate scoring from the blue line.

The Sabres return to action Friday, Nov. 14, visiting the Westwood Warriors at Allard Arena, before traveling to face the Churchill Bulldogs on Tuesday, Nov. 18 at Southdale.



STANDARD PHOTOS BY LANA MEIER

Sanford Sabres forward Halle Penner scores during Manitoba Women's High School Hockey League action at Access Credit Union Arena.



Sabres forward Mikalah Grant wins a draw against the Warren Wildcats.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Beavers split games with Notre Dame and Morden

By Annaliese Meier

The Carman Beavers earned a 6-5 victory over the Notre Dame Hawks before dropping a 10-5 decision to the Morden Bombers in recent South Eastern Manitoba Hockey League play.

Carman controlled much of the offence against Notre Dame, striking four times in the opening period. Kale Ilchena opened the scoring at 5:52, followed by goals from Oliver Lotscher and a power-play marker from Dean

Gorchynski. AJ Nychuk capped the period with a late goal at 19:08.

Notre Dame pulled within striking distance in the second, but Carman responded when Mikol Sartor restored the three-goal advantage at 14:13. Nychuk added his second of the night on the power play just 24 seconds into the third, which ultimately stood as the game-winner as the Hawks scored three times in the final frame to close the gap.

Goaltender Luke Zacharias was

busy throughout the night, turning aside 44 shots to secure the win.

The Beavers carried momentum into their matchup against Morden, but the Bombers' offence proved difficult to contain. After falling behind 3-0 early, Carman answered with goals from Ilchena and Aiden Sotas to stay within one. The teams traded goals through the second period, with Carman scoring through Dan Nychuk and Sartor, and Sotas adding his second of the night in the third. However,

Morden generated sustained pressure and pulled away with a series of goals late in the second and early in the third.

Carman goaltender Dan Wenham made 43 saves in the loss.

With the results, the Beavers sit at 2-2 on the season, fifth in the SEMHL standings with a .500 record.

Carman travels to Portage on Wednesday, Nov. 12 at 7:30 p.m.

Twisters edge Raiders for second win, fall in road test to Railer Express

By Annaliese Meier

The Pembina Valley Twisters split their weekend slate in Manitoba Major Junior Hockey League action, picking up a hard-earned 3-2 victory over the Raiders Jr. Hockey Club on Friday in Morris before falling 7-0 to the Transcona Railer Express on Sunday afternoon.

The win on Friday was just the second of the season for the Twisters (1-10-1), who have been searching for traction in the early going. Pembina Valley leaned on a composed defensive effort and timely scoring to edge the visiting Raiders.

After a scoreless opening period, the Twisters struck twice early in the second. Josh Guilford opened the scoring

on the power play at 4:21, finishing a setup from Darby Olson and defenceman Sawyer Leite. Just over a minute later, Ethan Wilde and Olson worked the puck to Owen Vanrobaeys, who buried his third of the season to make it 2-0.

The Raiders answered quickly with goals from Mason Laarveld and Cole Kennedy to pull even before the intermission.

The game stayed tied deep into the third until Vanrobaeys delivered again, snapping home the game-winner with 1:41 remaining to secure the 3-2 decision. The 18-year-old forward finished the night with two goals and was named the game's first star.

Goaltender Riley Brown, mean-

while, turned in his sharpest outing of the season. Brown faced 41 shots and steered aside 39 for the win while maintaining control through a heavy third-period push by the Raiders. He was named the second star.

Olson, who assisted on all three Pembina Valley goals, earned third-star honours.

The momentum didn't carry into Sunday as the Twisters ran into a high-powered Transcona squad that sits near the top of the league table. The Railer Express scored twice in the first, four times in the second, and once more in the third to hand Pembina Valley a 7-0 loss.

Brown made 23 saves on 29 shots before Rowan Cherkas entered for

the third period. Transcona's Thomas Wyatt stopped all 25 shots he faced.

With the weekend results, Pembina Valley remains in 10th place in the MMJHL standings with three points through 12 games. The league continues to be paced by the St. Boniface Riels (12-0-0), with Transcona and Charleswood close behind.

UPCOMING GAMES:

Wednesday, Nov. 13 — at Stonewall Jets, 8:00 p.m. at Veterans Memorial Sports Complex (Stonewall)

Thursday, Nov. 14 — vs. St. Boniface Riels, 8:00 p.m. at Morris MultiPlex (home)



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Hawks rebound with weekend sweep over Kenora Thistles

By Lorne Stelmach

The male U18 Pembina Valley Hawks were able to halt a two-game losing streak this past weekend thanks to a weekend doubleheader in Kenora.

The last-place Thistles fell 5-3 to the Hawks Saturday and then 7-2 Sunday, and it gave the Hawks a boost after Pembina Valley had fallen 7-0 Friday in Morden to the Winnipeg Bruins.

The Hawks were under fire against the Bruins, who jumped out to a 5-0 first period lead and chased Koen Bleznuk from the Pembina Valley net after having stopped 16 of 21 shots. Brody Peters came on in relief late in the first period and went on to stop 29 of 31 shots as the Hawks were outshot 52-28 overall.

Pembina Valley spotted Kenora two goals in the first period of game one before coming to life, including firing home four goals in the third.

Logan Delichte, Tyson Peth-

ybridge, Ocean Fehr, Cole Seccord, and Caden McMahon scored for the Hawks, while Peters made 25 saves as Pembina Valley held a 47-28 edge in shots on goal.

In game two, the Hawks took period leads of 2-0 and 4-1 while outshooting the Thistles 41-37, with Bleznuk making 35 saves.

McMahon had a pair of goals and a three-point night while Fehr, Casey Magarrell, Carson Hiebert, Ragnar Gillis and Mason Leite contributed singles.

It leaves the Hawks sitting in sixth place on a record of 9-5-0-1 for 19 points, which has them even in points with the Bruins and the Parkland Rangers while also just one up on Eastman and two behind Southwest.

The Hawks were scheduled for a rematch with the Bruins in Winnipeg Wednesday before visiting Interlake Friday and then the Winnipeg Thrashers Sunday.



STANDARD PHOTO BY RICK HIEBERT

Hawks goaltender Brody Peters makes a pad save on a shot from the Bruins' James Nicholls during Pembina Valley's 7-0 loss on Friday in Morden.

Marlins claim Hamiota boys' volleyball title

By Annaliese Meier

The Miami Marlins put together a dominant weekend on the court, capturing the boys' varsity volleyball title at the Hamiota Collegiate Invitational held Nov. 7-8.

Miami topped Pool 2 in round-robin play with three straight-set victories, opening with a 25-11, 25-10 win over

Ste. Rose and following with a 25-11, 24-26 result over Warren. The Marlins closed the pool with another strong performance, defeating Pinawa 25-11, 25-12 to advance into the playoff bracket as the top seed.

In Saturday's quarterfinal, Miami handled the Rossburn Raiders 25-12, 25-9, maintaining control from the

service line and in transition. The Marlins continued to roll in the semi-final, posting a 25-15, 25-12 win over the Virden Golden Bears to secure a spot in the championship match.

A rematch with Warren awaited in the final, where Miami held momentum and closed out the tournament with a composed 25-17, 25-15 victory.

The tournament was hosted by Hamiota Collegiate Institute, with Jerry Crampain and Carrie Ramsey serving as conveners.

Miami now turns its attention to league play and preparations for the upcoming zone championships.

Mudbugs split weekend set, edge Mitchell before falling in Grunthal

By Lana Meier

The Red River Mudbugs earned a 5-4 win over the Mitchell Mustangs on Friday night, before coming up short in Grunthal on Saturday in Hanover Tache Junior Hockey League action.

In front of the home crowd at St. Jean Arena on Friday, the Mudbugs controlled much of the opening 40 minutes, scoring four straight to build a 4-0 lead. Tyson Froese opened the scoring late in the first, while Griffin Hilderbrand struck

twice and Ethan Clace added another on the power play early in the second. Mitchell finally answered with a late power-play goal to cut the score to 4-1 heading into the third.

The Mustangs made it interesting, scoring three times in the third period — including a pair of power-play goals from Archer Ives — but Reece Fehr's tally at 11:39 stood up as the winner. Red River goaltender Connor Parago was busy throughout the night, turning away 37 shots for the victory.

On Saturday, the Mudbugs ran into a quick-striking Grunthal team, falling behind 5-1 in the opening period. The Red Wings scored five goals in a span of 14 minutes, including two from Carter Ritchot and singles from Michael Martens, Dylan Suttorp, and Brayden Dyck.

Red River clawed back with goals from Traeton Peters, Caleb Boulanger, and Gavin Hildebrandt, the latter on the power play midway through the third, but the early deficit proved too much to overcome.

Parago stopped every shot he faced before giving way to Tyler Blanchette, who finished the game in relief.

The Mudbugs return home Friday, Nov. 14, when they host Grunthal for a rematch at St. Jean Arena. Red River then travels to Ste. Anne on Saturday, Nov. 15 for a 6 p.m. puck drop.

Red River remains positioned in the middle of the HTJHL standings as the early-season schedule continues to tighten.

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- Operate and maintain painting equipment, including spray guns, in accordance with manufacturer guidelines and safety regulations. Cleaning to ensure optimal performance and longevity of equipment.
- Adhere to safety protocols and procedures to prevent accidents, injuries, and exposure to hazardous materials. Wear appropriate personal protective equipment (PPE), such as respirators, gloves, goggles, and protective clothing, when handling paints, solvents, or abrasive materials.
- Inspect painted surfaces for defects, runs, or inconsistencies and make necessary adjustments or touch-ups to ensure a uniform finish and meet quality standards.
- Maintain accurate records of work performed, including surface preparation, coating application, material usage, and equipment maintenance.
- Collaborate with supervisors, and fellow tradespeople to coordinate workflow, prioritize tasks, and meet project deadlines. Communicate effectively with team members to ensure smooth operation and successful completion of projects.

Requirements:

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RURAL MUNICIPALITY OF DUFFERIN PUBLIC NOTICE REGARDING THE AUDITOR'S REPORT

Pursuant to Section 194 of *The Municipal Act*, notice is given that the Consolidated Financial Statements for the year ended December 31, 2024, for the Rural Municipality of Dufferin are available for inspection by any person during the regular office hours of the Rural Municipality of Dufferin office at 12-2nd Ave SW, Carman or on our website at <https://carmandufferin.com/rmd-financial> under RMD Financial Reports. Dated at the Rural Municipality of Dufferin this 22nd day of October, A.D. 2025.

Sharla Murray, CLGM, CMAA
Chief Administrative Officer
Rural Municipality of Dufferin

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OBITUARY



Shirley Ethel Harrison (nee Coates)
June 17, 1936 – November 2, 2025

It is with sadness that we announce the peaceful passing of Shirley Ethel Harrison (nee Coates) on November 2, 2025 in Leduc Salem Manor at the age of 89 years.

Shirley will be remembered by sons Rick (Kerri) and Brian (Colleen) and daughter Lori (Charlie), as well as her loving grandchildren, nieces, nephews, relatives and friends. Shirley is also survived by her sister-in-law Doreen and brother-in-law Doug (Eleanor).

Shirley was predeceased by her husband Wes, parents Bill and Lena Coates, brother Walter, sisters Louella and Olive, niece Darlene and grandson Dylan.

Wes and Shirley were school sweethearts from Graysville, Manitoba, married in 1957 and celebrated 63

happy years together making Alberta home with Wes's work, travelling the world and raising a family. Shirley was a devoted wife, mother, grandma, and loved to contribute to the church and community. In retirement Shirley and Wes enjoyed years camping with kids and grandkids, spending many years returning to her favorite July 1st celebrations in Cold Lake. Shirley was an avid gardener growing bountiful gardens and flowers, having many sweet pea and lilac flowers on the kitchen table with wonderful colors and fragrances. Shirley strongly believed in community service with her commitment to United Church Women and congregational committees. Shirley volunteered many years for the Heart and Stroke Foundation.

A memorial service will be held Friday, November 14, 2025 officiated by Lynne Sanderson at Doyle Funeral Chapel in Carman, Manitoba.

Those wishing to send condolences are welcome to leave a note on the Serenity Funeral Home webpage www.serenity.ca. The November 14th service will be recorded and posted on the DoYLES Funeral Home webpage, www.doylesfuneralhome.ca. Interment will be at the Harrison Family plot at Riverside Cemetery, Graysville, Manitoba.

Memorial donations may be made to Cross Cancer Institute, c/o Alberta Cancer Foundation, 11560 University Ave, Edmonton, AB T6G 1Z2.

OBITUARY



Barry McNaughton
Born: October 22nd, 1940
Died: November 9, 2025

Barry McNaughton passed away on Sunday, November 9, 2025 at the Portage District General Hospital, aged 85.

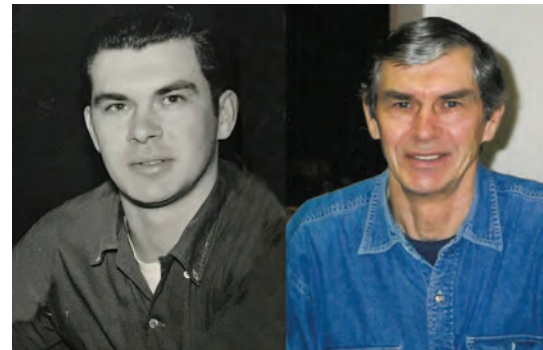
He will be loved and remembered by his wife of 61 years Muriel (née Dickey); daughter Kim (Chad) Sheppard; grandchildren Taylor and Teagan Sheppard.

Interment of ashes will take place at the Miami Cemetery, Miami, MB. followed by a funeral service at the Knox United Church in Oakville, MB. Luncheon to follow at the Oakville Community Centre. Service date and times to be announced.

The service will be live streamed and may be viewed by registering on the obituary page www.mckenzieportagefuneralchapel.com.

A tree will be planted and cared for by McKenzies Portage Funeral chapel, www.mckenzieportagefuneralchapel.com.

OBITUARY



Richard Sydney Glufka

Surrounded by family, Richard Sydney Glufka passed away on November 2nd in Carman, Manitoba at the age of 88.

"Syd" as he was known throughout his life was born in Carman to parents Florence Margaret Nichol and Edmond 'Michael' Glufka on April 2, 1937. The first of three siblings and only boy, Syd played an active role in life on his parent's mixed farm near Elm Creek. He loved riding horses, swimming in the dug-out and playing

baseball. After completing high school in Elm Creek Syd moved to Winnipeg to experience working in the city. In 1960 he met the love of his life, Alice Marie Rey from St. Claude at a local dance. Syd and Alice were soon married and began their family with twins, Richard and Michael, born in 1962. During these early years of married life Syd worked as a farm hand in a variety of communities. Syd moved back to Carman where he welcomed a third son, Roger, into the family in 1963. Looking for more consistent employment, Syd started work as an agent with the National Elevator Company in 1965. The family moved to the small hamlet of Lajord, Saskatchewan. His first daughter, Rosita, was born in 1965 followed by Steven in 1966. The family was complete when Roberta was born in 1968.

Wanting to be closer to his parents, in 1974 Syd took employment as a technician with the University of Manitoba Soil Science Department. He traveled throughout rural Manitoba, setting up test plots for researchers, collecting soil and grain samples. He loved watching crops grow and seeing the seasonal changes in the landscape. Syd was a life-long learner. He would often watch student presentations on agricultural research and used this knowledge to ensure his own garden prospered. He was an avid reader of the newspaper, geography and nature texts and horse magazines. The position at the university meant a return to Manitoba. Being a small-town boy at heart, Syd and Alice first moved their young family to Niverville. After a few years of commuting, Syd found it easier to relocate to Winnipeg. In 1979 the family moved to Fort Richmond in the south end of Winnipeg. This allowed his family to spend more time with their grandparents who had also relocated to Winnipeg as had Syd's sisters, Andrea and Noreen.

Syd retired from the university in 1996. He found retirement hard as he enjoyed being busy. Syd was a quiet, private man and very hard working man. He took a few odd jobs to stay active and then decided to leave the busy city. Syd and Alice moved back to Carman in 2002 where Syd maintained an immaculate yard, complete with fruit trees, a small vegetable garden and lots of flowers. In Carman, Syd was a devoted curler spending many hours at the rink every winter. Syd's happy place was at "the farm" as the family was fond of calling the 10 acres west of Elm Creek left to Syd by his late mother. Syd and Alice spent most of the summers at "the farm", the original yard site by the creek. Syd had a small trailer brought in and he and Alice would live there from spring until fall. Syd spent hours maintaining the grounds where he planted hundreds of trees, had rows and rows of flowers and grew the biggest pumpkins around. One of his potatoes could feed a family of six easily they were so big.

Syd is survived by his wife of 65 years Alice Marie Glufka; sister Andrea Coyle of Kelowna; children, Richard, Roger (Heather), Rosita (Larry), Steven (Marianne) and Roberta (Dave); grandchildren Willow (Jude), Aven, Corbin and Rachel.

He is predeceased by his parents, Florence and Michael Glufka, sister Noreen Murray and son Michael Glufka.

Syd spent his last year at the Boyne Lodge in Carman, residing in the same wing as his wife Alice. Syd enjoyed being with his wife watching TV and looking at the birds and trees along the Boyne River. He especially enjoyed visiting with his children and their families, talking about how well or not well the Bombers and Jets were doing. The Glufka family is extremely grateful for the care and support of the staff at Boyne Lodge as well as Syd's amazing neighbors on Bishop Bay.

In lieu of flowers, donations can be made to a charity of your choice: The Boyne Lodge (Box 1644 Carman, MB R0G 0J0) or The Parkinson's society.

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

FARMLAND FOR SALE BY TENDER

Sealed bids for the purchase of the following parcels of land, located in the **RM of Norfolk Treherne, Manitoba**, will be received up to **5:00 pm on November 28, 2025**

at the offices of Junior Thevenot

Box 306 Somerset, MB R0G 2L0

Re: RM Norfolk Treherne

juniorthevenot@royallepage.ca

Please confirm receipt if sent by mail

Parcel Number	Legal Description	Acres
1	DESC NW 24-8-8W	157.55
2	DESC SW 24-8-8W	78.78

The following will apply to all tenders:

Interested parties must rely on their own inspection and knowledge of the property or for additional information contact listing agent **Junior Thevenot at 204-825-8378**.

- o Interested parties can offer on any or all parcels.
- o The highest or any tender not necessarily accepted.
- o Purchaser will be responsible for real property taxes commencing January 1, 2026.

All offers are to be submitted in sealed envelopes accompanied by a certified cheque or bank draft payable to **"Royal LePage Riverbend Realty in Trust"** of **\$10,000 per parcel**. Successful bidder will be notified by **December 8, 2025**. Cheques will be returned in respect to tenders that are not accepted by **December 8, 2025 or sooner**.

Successful bidders will be asked to enter into a formal Purchase agreement. The purchaser(s) shall be responsible for payment of GST or shall self-assess for GST.

Buyers should clearly state their order of preference of tender parcels. Tenders will be held in confidence and not be released to the public.

Any questions regarding these parcels or this tender can be directed to: **Junior Thevenot**
REALTOR at **204-825-8378 (cell)**
juniorthevenot@royallepage.ca



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

**News
Tips?
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Call the
Standard
204-
467-5836**

get inspired

> MEAL IDEAS



Whipped Ricotta Toast with Prosciutto di Parma and Hot Honey

hot honey
6 slices (3 ounces) Prosciutto di Parma PDO

In toaster oven, toast bread to desired doneness. Set aside.

In large bowl, with electric mixer, beat ricotta until whipped and creamy, about 2 minutes. Add salt and pepper, to taste.

Spoon ricotta onto each toast evenly. Drizzle each with hot honey, as desired. Top each with two slices prosciutto.

Yield: 3 toasts (6 halves)
3 large slices thick-cut sourdough bread
1 container (16 ounces) whole milk ricotta cheese
salt, to taste
pepper, to taste



Grana Padano and Nutmeg Cheese Puffs

Add flour and stir using wooden spoon over low heat until mixture doesn't stick to bottom of pan. Add 1 cup cheese and stir 1 minute. Remove from heat.

Put mixture in mixing bowl and add eggs one by one until mixture is smooth. Add black pepper and nutmeg, to taste.

Let mixture cool and form dough into small, round parcels.

Fry parcels in hot canola oil, about 325 F, until golden.

Dust with remaining cheese and serve.

Servings: 4
1 3/4 cups milk
1 cup unsalted butter
1 teaspoon salt
1 2/3 cups flour
1 cup, plus 1 tablespoon, grated Grana Padano PDO cheese, divided
6 medium eggs
black pepper, to taste
nutmeg, to taste
canola oil, for frying
In pan, boil milk, butter and salt until butter is dissolved.



Truffle Mushroom Pizza

portobello, button or shiitake), minced

1 tablespoon picked thyme
2 cups heavy cream
2 tablespoons cornstarch
4 tablespoons water
2 tablespoons truffle oil
salt, to taste
pepper, to taste

Pizza:

1 pizza dough
grated or fresh mozzarella cheese
mushrooms
spinach (optional)
cooked sausage (optional)

To make cream sauce: In saucepan

Recipe courtesy of Chef Trimmell Hawkins, Current
Cream Sauce:
Oil or butter, for sauteeing
1/4 cup onions, small diced
3 garlic cloves, minced
1/2 cup mushrooms (such as baby

Expert patient here to help!



Susie Schwartz

NOVEMBER IS DIABETES AWARENESS MONTH

Before you tune out, have a look at this: according to Diabetes Canada, 5,804,740 people in Canada — or about 15 per cent — have diabetes, some of whom are undiagnosed. By 2034, that number is projected to rise to 7,303,620, or roughly 16 per cent of Canadians. About 95 per cent of cases are type 2.

Before I go further, I promise this isn't all bad news. I'm going to put tools in your hands to help.

Why should you care about the stats? Well, first off, look around. Do you see 15 people? One of you will either have or develop diabetes. So it's you, or someone you love.

Why else? Diabetes is the leading cause of blindness in Canada, and it's also a major cause of heart and kidney disease. It affects nerves and muscles, causing pain and dysmotility, and it even affects the bladder. (No one told me that until it happened!)

Having had type 1 diabetes since age nine, I can attest to the nastiness of this disease.

So what can you do? Recognize that lifestyle factors make an enormous difference when it comes to type 2 diabetes — and even small

changes can have a positive impact. These small moves count toward prevention and better control if you already have the disease.

Here's a reminder of some things you probably already know can make a difference:

Park farther away from the door of a public place, like a grocery store. Steps really do count. Pay attention to how much unhealthy fat you eat — and cut some out. (Just noticing doesn't count. Nice try.) If you have a few pounds to lose, lose them. Picture a pound of butter. Now imagine carrying even five or 10 fewer of those. That extra weight makes your pancreas work too hard.

Here are some less obvious choices: increase your fibre intake, especially at mealtime. Start your meals with fibrous foods — think a starter salad or a few mouthfuls of vegetables before you hit the rice or potatoes. Fibre helps create a smaller spike in blood glucose, making your pancreas work less hard. When you start with vegetables, this effect is even stronger. (Follow @glucosegoddess on social media for more info.)

When eating a high-carb meal like pasta, drizzle on some olive or avocado oil. Healthy fats slow down sugar absorption, easing the load on your pancreas. Want your insulin to work more efficiently? Do a few squats (use a wall if you're unsteady) or go for a short walk after your meal. This burns off sugar and makes you more sensitive to insulin.

I really don't want you to get diabetes — or its complications. Please, spread the word.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @authorsusieschwartz, and at www.lesshealthstress.com. (Email: info@lesshealthstress.com) The 2nd edition of her book, 'Help the Doctor Help You!' is available now on Amazon.

over medium heat, add oil or butter. Saute onions until translucent then add garlic and mushrooms. Cook until mushrooms release moisture and begin to caramelize.

Stir in picked thyme and cook 1 minute to release oils.

Add heavy cream and bring to gentle simmer. Let it reduce slightly, 5-7 minutes.

In small bowl, mix cornstarch and water to make slurry. Slowly whisk into simmering cream sauce until it

reaches desired consistency.

Remove from heat and stir in truffle oil. Taste and adjust seasoning with salt and pepper.

To prepare pizza: Preheat Current Model P Smart Pizza Oven to 850 F. While oven heats up, roll dough out to 8-12 inches and add desired amount of cream sauce.

Top with mozzarella, mushrooms, spinach and sausage, as desired. Once oven is hot, cook pizza 2 minutes until bubbly.