

PKF Lawyers, Manitoba's law firm. Providing trustworthy, expert, real-world results since 1924.

Ready to serve today, tomorrow, always.

pkflav

pkflawyers.com

The Carman-Dufferin TAINDARD

VOLUME 5 EDITION 46

THURSDAY, NOVEMBER 20. 2025

LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY

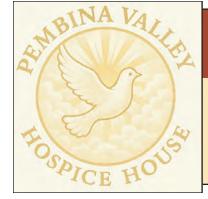




STANDARD PHOTO BY PAIGE BAXTER

Kynsley Kippen of Kynsley's Kreations displays her handcrafted coasters, candy cane ornaments, Christmas chain bracelets, rings and other charm-free bracelets at the Youth Makers Market at Boyne Regional Library on Saturday.

SERVING ELM CREEK, ROSEISLE, HOMEWOOD, GRAYSVILLE, MIAMI, ROLAND, STEPHENFIELD, NOTRE DAME, SPERLING



Pembina Valley Hospice House and Transitional Care House

We are proud to introduce the first Hospice House in Southern Manitoba, dedicated to providing compassionate care for individuals at the end of life and those awaiting placement in public nursing homes. Priority is given to palliative care clients, ensuring comfort, dignity, and support for both residents and their families.

This home also offers an important option for clients who wish to remain in their community while waiting for nursing home placement.

For more information, please contact us:

204-952-9273 info@heavenlycare.ca

Youth Makers Market draws eager holiday shoppers







STANDARD PHOTOS BY PAIGE BAXTER

Shoppers stopped in at the Youth Maker's Market on Saturday, where more than a dozen young creators showcased handmade goods ranging from 3D-printed figures to crochet, macramé and bath products. Every purchase earned visitors a chance to win Chamber Cash Bucks, sponsored by Community Futures Heartland.



carmandufferin.com



Tim Hortons cookies raising funds for Cheer Board Nov. 17-23

Tim Hortons' annual Holiday Smile Cookie campaign returns this week, and Carman volunteers are hoping residents will help turn festive treats into meaningful support for local families.

From Nov. 17 to 23, Holiday Smile Cookies will be sold at Tim Hortons restaurants across the region, including Carman, where 100 per cent of proceeds will be donated to the Carman and District Christmas Cheer Board. Local volunteers from CIBC, RBC, Newman Hand Insurance and Nakonechny and Power — along with members of the Cheer Board will also be helping decorate cookies throughout the week.

The funds will help provide hampers and support programs for households experiencing increased financial strain this holiday season.

Cheer Board representatives say being chosen as this year's beneficiary means more than a financial boost — it gives the organization muchneeded visibility during a time when many residents haven't yet shifted into holiday mode.

"Benefiting from the cookie campaign isn't just about the funds we receive when the week is done," a spokesperson said. "It will help bring awareness to our organization in general. Particularly in years such as this, with no snow and above normal temperatures, many of us — even myself — barely have Christmas on the radar. A week of social media posts about the Holiday Cookies and supporting your local cheer board is also a helpful aspect of the campaign."

This year's cookie is a white-chocolate sugar cookie with red and green sprinkles baked in, each hand-decorated with a "perfectly imperfect" white smile. At \$2 each (plus tax),



seasonal assistance for Carman-area families.

Although hamper requests have only just begun, Cheer Board volunteers say the need in the community remains steady.

"It is too early to speak to the need in detail," they noted. "However, for many years now we have provided approximately 150 hampers to our area. The funds from this fundraiser will help purchase the food required to fill those hampers."

They add that the impact of a single cookie purchase goes far beyond its \$2 price tag.

"Buying a single cookie may feel like a drop in the bucket; however, that cookie together with all the rest add up to thousands of dollars of groceries," the spokesperson said. "Purchasing a cookie for your child represents an opportunity to tell your child that our neighbours don't have what we do. Awareness of need around us is the first step toward making a difference in our community."

Nationwide, last year's Smile Cookie and Holiday Smile Cookie campaigns raised \$10.7 million for more than 900 charities, community groups and Tim Hortons Foundation Camps. The 2025 Holiday Smile Cookie program is expanding again, supporting 400 new charities across Canada in addition to long-time partners like the Tim Hortons Foundation Camps,



STANDARD PHOTO SUBMITTED

Cheerboard volunteers at the Carman Tim Hortons decorating Holiday Smile Cookies on Monday. The seasonal treat returns this week, with 100 per cent of proceeds supporting the Carman and District Christmas Cheer Board's annual hamper program and helping local families heading into the holiday season.

served youth.

Customers can buy cookies in-store, through the Tim Hortons app, or by downloading the large-order form online for bulk purchases. Delivery partners will also offer Holiday Smile Cookies throughout the week. A map of participating restaurants and their

supported charities can be found at timhortons.ca.

The Carman Cheer Board encourages residents to spread kindness early this holiday season — one smile at a time. Share your photos using #HolidaySmileCookie.

GIFT CERTIFICATES AVAILABLE





Elm Creek Mall in the Hall welcomes shoppers



Noreen and Brenda had scented soaps, jewelry, knitting (mitts, toques, jets hats, slippers), stuffed toys, Raggedy Anne dolls, sock monkeys, pot holders and oven mitts. If you missed them last weekend, they will be in Oakville on Nov. 29.



Monique Arseneault of Manitou brings all the holiday cheer with her Blissful Designs. She has a large assortment of gift ideas, including the cutest onsies for your little ones, jewellery, hair clips and scrunchies, coffee mugs. Email: blissful. designs@yahoo.com. She will be at the Morris and Altona craft sales.



Bonnie Sagriff of Niverville was there with Norwex promoting positive changes by reducing harmful chemicals. She had a large display of holiday gifting ideas including dryer balls, towels, odour eliminators, kitchen towel and cloth sets, mops, and more. You can reach her at 204-479-4657.



STANDARD PHOTOS BY LANA MEIER

Shoppers made their way through the Elm Creek Mall in the Hall on Saturday, browsing handmade goods and supporting local vendors at the annual craft sale. While turnout was steady, one vendor noted that shoppers often wait until the snow arrives before diving into holiday buying. Lunch was available in support of the school's band students, with Spenst pizza orders taken throughout the day. Pictured above is Deb's Doll Closet who sews doll clothes for 18" dolls. Her number is 204-805-4406.





Elsie's Baking had a large assortment of home baked pies, bread, cinnamon buns, tarts and more. If you need to order Christmas baking call 204-745-6355.



Lisa Salazar creates a variety of handmade items, but her favourite medium is acrylic painting. She sells wood art, canvas pieces and greeting cards featuring both original works and prints of her artwork. She can be reached at 204-751-0884.

Nearly 1,000 Manitobans have cut back on nicotine — now it's your turn

By Haley Cvar

Manitobans looking to quit smoking or vaping are being encouraged to take part in a free provincewide challenge aimed at helping residents break nicotine addiction ahead of the holiday season.

The Manitoba Lung Association is launching its Quit Nicotine for the Holidays Challenge on Nov. 15, offering a guided 30-day program through ManitobaQuits that combines expert advice, daily motivation and community support.

'Quitting isn't just about willpower — it's about support, strategy, and community," said Juliette Mucha, the association's president and CEO. "When people join this challenge,

they're not doing it alone. They're part of a movement of Manitobans choosing to breathe easier and live better."

Participants receive daily messages from certified quit coaches, access to proven craving-management strategies, coping tools, and an online support group of people quitting together. Weekly prize draws and a grand-prize giveaway are also part of the month-long program.

"Whether you've tried quitting before or are just ready to take the first step, this challenge gives you practical tools and encouragement to finally make it stick," said Hailey Coleman, a certified tobacco educator with the association.

Nearly 1,000 Manitobans have already reduced or quit nicotine through previous challenges. Testimonials highlight the value of having support during the process.

"Over the years, I tried to quit so many times but only made it a few days," one participant said. "With this group, I reached day 21 — and it amazed me how supportive everyone was."

Another participant said the program helped them quit long-term: "I quit a year and two months ago through this challenge, and I still join the group to stay quit."

Registration is now open at mb.lung.



ca/fallquitchallenge. Participation is free, and the program is open to anyone looking to quit smoking or vaping or support someone who is.

Holiday markets lined up in Carman and Oakville

For anyone who missed the Elm Creek Mall in the Hall this weekend, there are still plenty of chances to stock up on gifts — and maybe a little something for yourself.

Crafters, makers and home-based businesses will be setting up shop in Carman and Oakville over the next two Saturdays, offering everything from handmade jewelry and décor to baking, preserves and natural body products.

First up is the Carman Family Resource Centre and Carman Kinettes'

One-Stop Shop "in the Hall" craft and vendor sale on Saturday, Nov. 22, from 10 a.m. to 3 p.m. at the Carman Community Hall. Shoppers can browse about 60 tables of goods, all under one roof and just in time for the holidays. A home-style lunch will be available and a silver collection will be taken at the door.

The following weekend, Oakville's new community centre will host the 2025 Oakville Annual Christmas Market on Saturday, Nov. 29, from 10 a.m. to 3 p.m. at 625 3rd Ave. The event features more than 40 tables of handmade crafts, food and home-based vendors, with free admission and wheelchair accessibility. A canteen will offer homemade soups, stews and desserts for purchase, making it easy to turn shopping into a lunch outing.

Vendors at the Oakville market range from bath and body products to baking, décor and unique art pieces. Shoppers will find gluten-free treats, cold-process soaps, preserves, woodworking, stained glass, fused glass, candles, pottery, sewing and crochet, doll clothes, jewelry and specialty

cookies. Local entrepreneurs, including youth vendors, will also be on hand with their creations.

Market-goers can further support the Oakville Community Club by purchasing a \$5 raffle ticket, with proceeds directed back into the commu-

For more information about the Oakville Annual Christmas Market, contact organizer Erin Galbraith at 204-612-5793 or by email at galbraem@hotmail.com.

letters to the editor

Letters to the Editor: letters@expressweeklynews.ca

Flashback reflections from a former Carman resident

I had a chuckle when reading "The Way It Was" in the Nov. 5 edition of the Carman-Dufferin Standard. The final sentence in the 100 Years Ago -1925 section noted that "Halloween antics are cleaned up by students working alongside the constable."

I was in Olive Bowes' Grade VIII class in 1959 when our local constable, Fred Forrester, came into the classroom the morning after Halloween. He picked me and about three others, and away we went to the north end of town to set upright numerous outdoor toilets. After

about two hours, we were back in class. Nothing more was said.

In retrospect, as Miss Bowes accepted this as normal, I believe it was an annual rite of passage—although one that faded quickly as more homes got indoor plumbing. I don't know if I had been spotted or not, but I do know I was one of the guilty ones. Delivering the Winnipeg Free Press to every customer in the north end meant I knew every structure on every street and back lane. Good memories.

Also, in the Nov. 13 edition, I read the article about the Rex Café and Gin Wing Wah—though I knew him as Gin Wah. I frequented the Rex weekly over the years but came to know him well when I worked for Mike and Annie Dorfman from 1961 to 1964 before leaving Carman. The backs of Dorfman's Store and the Rex faced each other across the back lane, where we often crossed paths while doing chores.

One day he asked if I would go to a Carman Beavers hockey game with him, as he didn't want to go alone. Of course I did, and that led to more games and a good friendship. He was a very nice gentleman.

> - Sincerely, **Bob Smith**

Dear Editor,

Whether you are reading the Carman-Dufferin Standard on line or by paper, it is always an exciting part of the week! It truly is a locally owned history book for the community and surrounding area. You know by reading the paper what's happened , what's going on, and what's coming up, it keeps us in the loop.

A big shout out to Dennis Young,

reporter/photographer for the Carman-Dufferin Standard, his articles are well written and interesting to read. In particular, the most recent two part series on the Rex Cafe. Being able to connect with the Wha family recalling their life at the Rex Cafe and sharing their memories about Carman is remarkable. Well done!

" The Way It Was This Week" is another favourite to look forward to weekly.

Going back 100, 75, 50 and 25 years, brings back the memorable moments of Carman and area. You can tell by reading his articles how many hours of research and thought goes into writing them. Keep up the great work Dennis!

- Sandra and Mike Kippen

STANDARD





SALES & MARKETING **Brett Mitchell**



SALES & MARKETING Gwen Keller



REPORTER/PHOTOGRAPHER Dennis Young



REPORTER/PHOTOGRAPHER **Emily Antonio**



REPORTER/PHOTOGRAPHER Jennifer McFee





GRAPHIC DESIGNER Tara Gionet



GRAPHIC DESIGNER



CLASSIFIED ADMINISTRATOR



DISTRIBUTION Christy Brown

The Carman-Dufferin Standard is published Thursdays and distributed as a free publication through Canada Post to 3,457 homes by BigandColourful Printing and Publishing

The newspaper is supported solely by advertising dollars. If you enjoy the paper and would like to see it grow and prosper, visit any of the advertisers and businesses in our rural communities. Keep your dollars working at home and shop local

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.

Printed in Canada by Prolific Printing. Republishing without permission is strictly prohibited

Funded by the Government of Canada Canada



Intense solar activity brings bright auroras

Manitobans are experiencing an unusually active stretch of solar weather this week, with widespread northern lights and renewed attention to a rare spaceweather event.

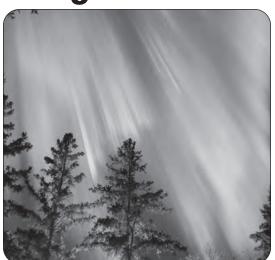
A series of powerful coronal mass ejections (CMEs) has struck Earth in recent days, generating geomagnetic storms strong enough to push auroras far south across Manitoba. Sightings have even been reported as far away as

The sun is nearing the peak of Solar Cycle 25, an 11-year period of heightened sunspots and erup-

tions. While solar maximums are expected, scientists say the intensity and rapid succession of this week's CMEs make this surge especially uncommon.

Solar storms can also affect radio communications, GPS and, in severe cases, electrical grids. Manitoba Hydro has been monitoring conditions but reports no issues.

Clear skies have given residents excellent viewing conditions, with vivid greens, purples and reds lighting up rural areas. With active sunspot regions still present, forecasters say more auroras are possible in the days ahead.



STANDARD PHOTO BY WESTYN STANLEY Brilliant northern lights.

Carman Christmas parade plans stalled

Carman's Santa Claus Parade will not be returning this year after the Carman and Community Chamber of Commerce was unable to secure enough interest from groups willing to enter floats.

Executive director Jodi Winkler said

the chamber reached out to past participants and community organizations but did not receive the response needed to move ahead with planning the annual event.

"We truly appreciate your willingness to participate and help bring holiday spirit to our community," Winkler posted on the chamber's website. The planning committee says it will

revisit the idea of reviving the parade in 2026, hoping to reignite a longstanding seasonal tradition that once drew families downtown to kick off the holidays.

The way it was this week in: Nov. 19, 1925

By Dennis Young

100 Years Ago — 1925... Nine farmers agree to sow test plots for durum wheat; Bill Smith takes over the barbershop in the Ryall basement; The Leader subscriptions are \$2 per year; skips can enter a curling team with a third but the club assigns the lead and second; P & B Cash Store opens in town with Tom Miller as manager; UGG has elevators in Carman, Homewood, Roland, Graysville, Stephenfield and Barnsley.

75 Years Ago — 1950... Warren Hartley Studios offers 24-hour film developing; Shilson's Grocery sells

Head Office: 1-204-467-5836

Libby beans for 20 cents per 20-oz tin; Doyle's Funeral Home buys a Buick Roadmaster hearse; Alex Carcary retires as fire chief after 30 years; J. Boughan operates Carman Laundry with 48-hour service; get your Presto-logs made from sunflower seed hulls from Roy Swark.

50 Years Ago — 1975... Charlie Mc-Cullough wins his 6th consecutive World Flax title; Department of Highways staff deliver government mail during strike; 380 attend the Sperling Fowl Supper; Carman Chamber president Don Jefkins approached about a possible day care facility; Last's Esso at Jordan sells Yamaha snowmobiles; a 1975 Dodge D100 pickup goes for \$5,450 at Laycock Motors; Fred Salter is the DCU manager.

25 Years Ago — 2000... 3,000 hogs suffocated at Sperling's Cottonwood Pork Ltd.; Carman and District Healthcare Foundation reaches \$50,000 in donations; the position of development officer is vacant after the RM pulled its funding, says president Cliff Holliston; Carman Area Foundation reaches its one-year mark and \$100,000; school divisions warned to prepare for teacher shortages due to

OUR SISTER PUBLICATIONS



> Get in touch with us

News tips: 1-204-250-6322 or news@carmanstandard.ca Classified & Announcements: 1-204-467-5836

www.carmanstandard.ca **Advertising Deadline:** Monday 4:00 pm prior to Thursday Publication

Carman Dufferin Standard Box 39, Stonewall, MB, R0C 2Z0

Carman Mennonite Church adopts new name

After more than 70 years in the community, Carman Mennonite Church is preparing to step into a new era with a new name and renewed sense of mis-

The congregation has officially approved a name change to Carman Christian Fellowship, a shift Pastor Rev. Desmond P. Penner says reflects both the church's independence and its desire to welcome people from all backgrounds.

"It aims to show our community that this place is a place of fellowship for everyone — not just Mennonites," Penner said. "And that our fellowship revolves around Christ."

The idea of renaming the church emerged in early 2025 after the congrebers noted that the church had recently and renewed mission. separated from the Mennonite General Conference, prompting discussion about whether the long-standing name

"With a new pastor hired, the church set out to define its vision and mission moving forward," Penner said. "Since we left the Mennonite conference, members suggested that maybe the name should change. Becoming an independent congregation offered the perfect opportunity to reflect on what we valued.'

The church board held several discussions before bringing the proposal to the congregation for a vote. Once the change was approved, members submitted suggestions. The board narrowed the list, and the final decision again went to the congregation.

"The members are happy with the change and believe it suits our congregation," Penner said.

The church's roots stretch back to the 1950s. Until 1953, the group operated as a mission station with leadership from the Bergthaler Church of Manitoba. In 1954 it became known as the Graysville-Carman congregation, and by 1962 the Carman portion carried the name Carman Bergthaler Mennonite Church.

After the Bergthaler Church of Manitoba decentralized and dissolved its corporation, the congregation adopted the name Carman Mennonite Church, which it has carried for several decades.

While the congregation is no longer affiliated with Mennonite conferences, Penner said its statements of faith remain firmly rooted in traditional Anabaptism.

Penner said the new name — Carman Christian Fellowship — is meant to highlight the congregation's commitment to biblical teaching, community, and accessibility.

"We believe that the Bible is true,



gation hired a new pastor and began Pastor Rev. Desmond P. Penner stands beside the newly installed Carman clarifying its vision and mission. Mem- Christian Fellowship sign, marking the congregation's transition to its new name

> that God sent his son to redeem us through his death and resurrection, and that we are commissioned to bring that good news to the nations," he said.

> "Our goal is to show the love of Jesus to all who seek him, and in turn, serve our community in whatever way necessary."

> The church hopes the new name will help newcomers and those exploring faith feel more comfortable attending.

> "That would be the hope, yes," Penner said. "We are praying that those seeking a loving community would see us as an option."

> New signage has already been installed, and the church will begin using its updated communications and

website on Jan. 1.

Penner hopes the wider community will receive the change positively.

"We hope that the community sees it as a good and positive change — and sees us living the life Christ called us to," he said. "We want to make Jesus known to our community."

As the church enters this next phase, Penner said the doors remain open to all.

"We just want to encourage the community to come by and say hello," he said. "Sunday services start at 10 a.m., and Wednesday prayer meetings are at 7 p.m. We're really looking forward to getting to know everyone."

worship with us > FAITH

The Keyboard as a Way of Faith

I recently bought a new laptop, my old one was still running Windows 10 and would no longer be supported or updated. This was important as I use my laptop everyday, whether for work or browsing the internet.

=The thing about laptops, computers, cell phones, is that they all have a keyboard with certain keys that have special functions. I have never paid close attention to these keys, I just used them. However, this morning I paused to reflect on how some of these keys are represented in my daily walk of faith.

There is the delete key. There are many times in my life that I wish I could delete certain situations. Whether it was a mistake, or words I said. I am grateful that our God also uses the delete key to clear everything so I can start over.

The Spacebar reminds me of how there are times when I need to make space in my life. It may mean making space for others, even if I don't feel like I have the time. It may also mean to make space in my life to sit quietly and be alone with God.

The Shift key allows me to go from lower case to CAPITAL LET-TERS. Here too, there are times when I need to make a shift in my thinking and opinions and move forward in a new way.

The Enter key reminds me as I walk into situations it is important to go with a positive attitude and to remember that I am never alone, for God always enters every situation with me.

You can probably come up with more analogies for each of the keys on your keyboard. I encourage you, the next time you send a text, an email, or just using the keys on your keyboard to browse the internet, to reflect on how each key can have a special meaning in your life.

Pastor Trudy Thorarinson Grace-St. John's Anglican / Lutheran Church

Carman bowlers celebrated



STANDARD PHOTO SUBMITTED

Fans met Carman bowlers Peggy Soutar, Bev Williams and Sandi McEachern as they returned from the National Girls Bantam Championships with their coach, John Harrison.

Retired colonel shares military journey and words of wisdom at Remembrance Day service

By E. Antonio

To Colonel Dwayne Lemon, Remembrance Day means honouring the lives and sacrifices of all soldiers — young and old, past, present and future.

Lemon served more than 30 years as a dentist with the Canadian Armed Forces, providing care to Canadian soldiers and allies around the world. Now retired and living in Ottawa, he returned to Carman at the invitation of his father — a veteran with more than 30 years of service — to serve as guest of honour at the community's Remembrance Day service on Nov. 11. Between himself, his father and his wife, Lemon said they share more than 90 years of combined military service.

"What an honour it has been to do those years," he said.

Lemon began his post-secondary studies at the University of Winnipeg before enrolling in dental school at the University of Manitoba. Shortly after, he joined the military to take advantage of a sponsored education.

"I never saw myself joining the military before starting dental school, but it's safe to say I had no idea how I was going to afford it," he said. "Dental school is very expensive so I thought it was a pretty good deal — and I am so glad I did it."

After graduating, Lemon was stationed in Germa-



Retired Canadian Armed Forces dentist Dwayne Lemon works with an assistant to treat a patient during a dental emergency.

Carman Family Resource Centre
& Carman Kinettes

Craft and Vendor Sale
Saturday, November 22, 2025
10 am - 3 pm
Carman Community Hall
Shop from 60 tables, all under
one roof, just in time for the holidays!
Home-style lunch available.
Silver collection at the door

ny for five years, then Halifax for two and Quebec City for three before being deployed to Bosnia for six months, providing care to what he describes as "Canada's most cherished possessions."

He later completed a post-graduate degree in Fort Bragg, North Carolina, where he met his wife, who was serving as a military Certified Registered Nurse Anesthetist. He then worked in Trenton, Ont., where he oversaw a clinic, before eventually being posted to Ottawa. There, he served in several senior roles, including commanding all 26 Canadian military dental clinics, serving as Corps Chief of the Royal Canadian Dental Corps, and ultimately retiring in 2020 as a deputy commander of health services.

Lemon said his career was deeply fulfilling, offering challenges and opportunities not found in private practice.

"I remember being in Bosnia and some young soldier had a toothache," he said. "It was 2 in the morning and I only had 30 minutes between one mission and the other to make his life a little bit better by relieving the discomfort he was having. It's a small thing, but anything I could do to help make their life a little bit better feels so rewarding."

While Lemon can only speak to military dentistry, he said the biggest differences are its focus on preventative care and the fact all services are provided free of charge.

"From a military perspective, our main goal is to make the patient dentally fit," he explained. "We want to make it so if they were deployed the chances of them having a medical emergency are lessened. Those who have had a toothache know how much it can affect day-to-day life — and we can't risk that with our soldiers who are already risking their lives for others."

Despite serving in remote regions of the world, Lemon said military personnel receive the same standard of care they would expect at home. In Bosnia, he provided dental services to more than 3,000 patients from the back of a two-and-a-half-tonne truck equipped with x-ray, sterilization units, drills and filling materials.

"From a dental perspective, it was amazing the level of care we could provide," he said. "We were able to do it all in the back of that truck — fillings, root canals, you name it. But most importantly, most soldiers always wanted a good cleaning."

In Latvia, where 2,000 Canadians are currently deployed, there is a full dental clinic built into a trailer. "Once you walk through those doors, it looks ex-

actly like a dental clinic you would find in downtown Winnipeg — because that's exactly what it's intended to be," Lemon added.

Now retired, Lemon said life is less hectic but still rewarding. He volunteers weekly at the Perley Health Centre in Ottawa — a re-





STANDARD PHOTOS SUBMITTED

Colonel Dwayne Lemon was the guest of honour at Carman's Remembrance Day service on Nov. 11. Lemon (left) stands with his father, Don, during Carman's Remembrance Day service.

tirement and health facility for veterans — where he bartends and connects with residents and their families.

"You get to chat with the veterans and their families who come to the bar in this retirement home and make their life a little bit brighter — and they make my life a bit brighter too," he said.

As he prepared for his speech in Carman, Lemon wondered what message to deliver after five years away from military service. He ultimately chose to speak about the future of remembrance — and how it must extend beyond the Second World War and Korean War generations.

"What is going to happen to Remembrance Day once there are no more World War II or Korean War veterans?"he asked. "Will people look at young soldiers the same way as they did the older ones? I want to encourage people to think about that. What does it mean to be a veteran today? Have they considered the young soldier currently fighting in Latvia? He — and other soldiers — are just as deserving of their thoughts and prayers as the World War II veteran."

He hopes his message encouraged at least one listener to broaden their understanding of whom to honour and thank.

"I went into it with trepidation, not knowing exactly what to say, and I came away thinking that perhaps people could listen and hear the message of the young soldiers and veterans — and look at Remembrance Day from a different perspective."

Reflecting on his own career, Lemon said he would offer his younger self a simple piece of advice: embrace every opportunity.

"Enjoy the moments and the challenges the military will throw at you," he said. "Dentistry is a challenge in itself, but combined with the military experience, look at it as an opportunity. Know you can make a difference to an individual by providing a level of care that will impact their days, their week — and their mission."

Hawks host Hockey Fights Cancer game in Carman

The Pembina Valley Hawks U17 AAA hockey team is gearing up for a special night in support of cancer awareness and care. On Saturday, Nov. 22, the Hawks will host their annual Hockey Fights Cancer game at the Carman Arena. Doors open at 5 p.m., with puck drop set for 6:30 p.m. against the Westman Ice Bandits.

There will be no admission fee — instead, fans are encouraged to make donations in support of Manitoba Camp Quality, a camp for children affected by cancer, and the Boundary Trails Cancer Foundation, which serves families across the Pembina Valley and neighbouring communities.

The Hawks launched their U17 AAA program in the 2024-25 season and chose the Carman Arena as their home base. In their inaugural year, the team raised more than \$6,000 for the same two beneficiaries through their Hockey Fights Cancer event, supported by the sale of Mary Reimer's popular chocolate moustaches.

Organizer Pamela Hartmann said this year's fundraiser is again deeply rooted in community generosity.

"This entire event is organized by our Hawks parents and coaches," Hartmann said. "Everyone knows someone who has fought, is fighting or will fight cancer. The connections are very personal.

The Hawks are also participating in the Manitoba Moose's sponsored Hockey Fights Cancer program, which provides "I Fight For" signs, lavender hockey tape and signed items to 40 minor hockey teams across the province. Money raised and forwarded to True North Sports + Entertainment goes toward the Moose's contribution to Camp Quality. Once the Hawks reach a certain fundrais-

ing threshold, all players receive complimentary tickets to a Moose game. Any remaining funds will be directed to the Boundary Trails Cancer Foundation

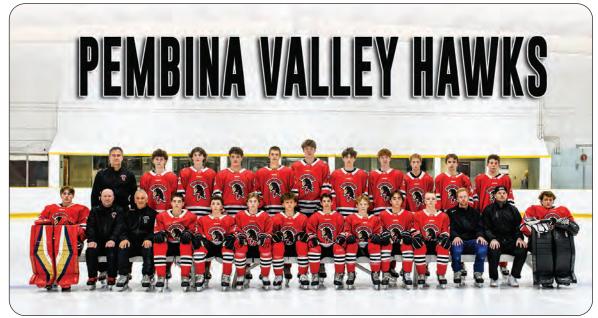
Each of the team's 20 players has filled out an "I Fight For" sign, with a group photo to be taken ahead of the

Fans attending the Nov. 22 matchup can take part in a silent auction before and during the game, with draws held in the final period so winners can take their prizes home that night. Reimer's well-known chocolate moustaches will once again be available for \$2 each, with all proceeds going to cancer support.

Hartmann said the goal is simple: to bring the community together for a cause that affects nearly every family.

"Everything about this event comes from a good place to fight cancer," she said. "We hope the stands are full and the spirit of giving is strong."





STANDARD PHOTO SUBMITTED

The Pembina Valley Hawks U17 AAA team will host their annual Hockey Fights Cancer game on Saturday, Nov. 22 at the Carman Arena. Doors open at 5 p.m. with puck drop at 6:30 p.m. against the Westman Ice Bandits. Admission is by donation, with all proceeds supporting Manitoba Camp Quality and Boundary Trails Cancer. Back row: Rheal Legall (assistant coach), Sam Mitchell (La Salle), Jaxon Lister (Oak Bluff), Alexander Hartmann (Elm Creek), Kaleb Peters (Winkler), Brody Kervel (Morden), Keenan Legall (Morden), Ben Cowan (Morden), Graham Friesen (Winkler), Noah Prejet (Notre Dame), Cole Prejet (Notre Dame). Front row: Alex Jones (Domain), Ryan Hutton (head coach), Komnino Sofillas (assistant coach), Jaxon Baete (Holland), Rome Loewen (Winkler), Easton Hutton (Morden), Danny Brick (La Salle), Levi Hill (Morden), Easton Holman (Crystal City), Hayden Tkachyk (Elm Creek), Ezra Peters (Winkler), Tim Morison (assistant and goaltending coach), Cole Doty (strength coach) and Carson O'Connor





We will remember





Carman residents gathered at the Legion on Tuesday to honour Canada's fallen and mark the 80th anniversary of the end of the Second World War in Europe, first commemorated on May 8, 1945. The colour party marched in to open the ceremony, setting a solemn tone for the wreath laying that followed as community members paid tribute to local veterans.

Members of the Carman Scouts delivered a moving reading of In Flanders Fields, while Carl Heaman-Warne offered a lively musical piece. Col. (ret.) Dwayne Lemon, OMM, MSC, CD, DMD, shared personal reflections from his years of service, bringing the ceremony to a thoughtful close and reminding those gathered of the enduring importance of remembrance.









We would like to recognize the businesses who donated, either cash or an auction item.

A special thanks to all of those who supported our 32nd annual Carman Curl for Cancer.





"I'VE NEVER RE-

FARMING TO BE

A JOB — IT'S A

PASSION."

ALLY CONSIDERED









Three generations of farmers celebrate 50th and first harvest

A Graysville family has marked two incredible achievements this fall — a 50th annual harvest and a first annual harvest — and they completed it together.

For Glen McIntosh, this harvest season was especially meaningful. After years of waiting, he finally got to share the field with his grandson,

Adrian, for the very first time.

Both Glen and Adrian come from a long line of farmers. Glen's parents — Adrian's greatgrandparents — began farming in 1954. Glen completed his first harvest in 1976, right after finishing high school, and hasn't missed a season since.

He fondly remembers that first harvest,

recalling how slow and labour-intensive the process was in those early days, when their cornfield was just starting out.

"It's quite a bit easier with the GPS and all the equipment nowadays, like how the dryers run more efficiently than they did 50 years ago," he said.

Over the decades, crop yields have more than doubled, and Glen has worked nearly every machine on the farm. This year, he ran the combine while Adrian took control of the grain cart — a proud passing of the torch between generations.

"It's nice to have family members. I already farm with my two sons, so the more family that get involved, it's kind of neat to see the different gen-

> erations all working together," Glen said.

For Adrian, joining the harvest was both exciting and humbling. Having recently graduated high school, he had time before starting university in January and figured it was the perfect opportunity to make this his first harvest season.

"I've always been interested in farming ever since my first tractor ride as a kid. I've helped out

around the farm before, but this is my first year truly following in their footsteps," he said.

He enjoyed his experience out on the field, despite the fatigue from long days. He battled his tiredness by listening to music, podcasts and tips his grandpa had to offer.

"I learned how busy it can be at times because timing is a huge thing



STANDARD PHOTO SUBMITTED

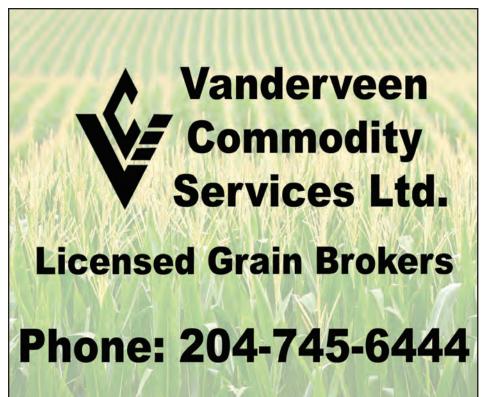
Three generations of McIntoshes took part in this year's harvest near Graysville, marking both a 50th and a first harvest for the family. Pictured left to right: Glen McIntosh and his grandson Adrian McIntosh.

when you have to take into consideration weather and other factors — like how long it takes for a truck to reach a field, then dealing with muddy spots. There are so many different things you have to watch out for that could slow harvest down or speed it up."

Looking ahead, Adrian hopes to work more efficiently next year and reduce grain spills. His long-term goal is to build a career in agriculture after completing his agriculture degree at the University of Manitoba.

As for Glen, he plans to slowly wind down his career and eventually pass the torch completely to his two sons and Adrian.

"I've never really considered farming to be a job — it's a passion. When you like something, you can't really consider it work," he said. "As the boys take over, I'm slowly getting pushed out the door, but I know it's in good hands."





We're dispelling myths about gambling for Manitobans.



Read more by scanning the QR code or visit MBLL.ca/ESG













Linear Grain purchases Fannystelle grain elevator from Bunge

By Haley Cvar

A long-time local grain company has expanded its footprint in southern Manitoba with the acquisition of the Fannystelle grain elevator.

Linear Grain Inc., based in Carman, confirmed this week it has purchased the elevator from Bunge. The transaction closed Nov. 5 and operations are already underway under Linear Grain ownership, with both existing employees retained to ensure continuity of service.

President and merchandising manager Ryan McKnight said the acquisition aligns with the company's long-term growth plans and strengthens delivery and marketing options for producers.

"We have been wanting to expand our storage capacity over the past few years in Carman and have plans to do so in the future," McKnight said. "When this opportunity came up, we were very interested. We have also been looking to get on the CPKC rail line for many years, and this gave us that opportunity. This will add additional marketing options for us and for the customers we purchase grain from."

Linear Grain currently ships on the CN through Central Manitoba Railway and also has access to BNSF. McKnight said adding CPKC broadens the company's ability to reach new markets and offer additional program flexibility.

The Fannystelle location will work closely with the company's Carman facility.

"This location being close to Carman will allow us to share company resources, equipment and staff very easily," McKnight said. "The catchment area will allow us to purchase from further north and along Highway 2 from new customers we are currently either not working with or seldom working with. We'll leverage each facility's advantages, including which commodities are handled where, and offer flexibility and farm pickup options to keep grain moving."

Both staff members previously employed at the elevator have been retained, including the new facility operations manager who brings 24 years of experience in the grain industry and 10 years working at Fannystelle.

Linear Grain expects to add an additional employee as operations ramp up.

"The elevator is currently in good shape and we will repair, maintain and replace equipment as needed," McKnight added. "We will likely add storage capacity and look at increasing receiving and shipping capacity. There is room on the site for expansion."

McKnight emphasized that local ownership remains central to Linear Grain's identity and approach.

"Local service means the owners and decision makers live and work here and care deeply about our communities," he said. "My family has deep roots in this region going back six generations. When you do business with a company like Linear Grain, you can get hold of the decision makers and build working relationships that you might not be able to with a larger or foreign corporation. If our company continues to be successful, we are investing money back into our business locally, donating to community causes and keeping jobs and economic benefits in the region."

McKnight said maintaining a competitive grain handling sector means ensuring space for privately owned Manitoba companies.

"The agricultural commodities business is dominated by large multinational organizations," he said. "To continue to have a vibrant and competitive marketplace, it's important that local entrepreneurs can compete and add value—rather than the industry continuing to consolidate."

For McKnight, the move also comes with personal connection to the community.

"We have many customers in the Fannystelle area that we have purchased grain from for many years. We look forward to cultivating more business in the area and have an additional tool with the Fannystelle elevator to meet their needs," he said.

Producers interested in receiving Linear Grain's bid texts and emails may contact the Carman office.



STANDARD PHOTO SUBMITTED

Ryan McKnight, president and merchandising manager of Linear Grain Inc., at the Fannystelle grain elevator following the company's Nov. 5 purchase from Bunge.



JOIN US FOR THE NOVEMBER CONSIGNMENT SALES 2025

November OFFSITE Consignment Sale. Viewing: November 17th -21st 9PM to 5PM. Bidding starts: Nov 20, 2025 at 10:00AM Lots start closing on Nov 26, 2025 at 10:00AM. Pick up days: Friday November 27th & 28th from 9AM to 5PM

November ONSITE Consignment Sale. Viewing: November 17th -21st 9PM to 5PM. Bidding starts: Nov 20, 2025 at 10:00AM Lots start closing on Nov 27, 2025 at 10:00AM. Pick up days: Friday November 28th & 29th from 9AM to 5PM

November ONSITE Week 3 Consignment Sale. Viewing: Nov. 24th -27th 9PM to 5PM. Bidding starts: Nov 27 2025 at 10:00AM Lots start closing on Dec 3, 2025 at 10:00AM. Pick up days: Thursday December 3rd & 4th from 9AM to 5PM Ashern Auction Mart First Annual Online Equipment Sale . Viewing: April 20 to 24th 9PM to 5PM



Bidding starts: April 23, 2026 at 10:00AM. Lots start closing on April 29, 2026 at 10:00AM Pick up days: Thursday. April 30th & Friday. May 1st from 9AM to 5PM.

If you require help or do not have internet access please call the office at (204) 434–6519.

Call today if you would like to consign your items! Office (204) 434-6519 • Brad Kehler (204) 346-2440 Darryl Enns (204) 216-0931 • Ed Pylypjuk (204) 392-8442 ITEMS ARE SOLD AS YOU SEE THEM, Call Now to Consign in Upcoming Auctions.

SDOPTS&recreation of the state of the state

Cobras clinch provincial berth after strong varsity girls volleyball qualifier

The Elm Creek Cobras varsity girls volleyball team is headed to the provincial championship after a solid performance at the Provincial Round 1 Qualifier held Nov. 15, where they finished second behind the Morweena Raptors.

Morweena topped the round robin with three straight wins to secure the first automatic berth. The Cobras also earned a spot at provincials after placing second in the round robin and winning a tight playoff match to claim the final qualifier position. All matches followed a best-of-three format with a two-point advantage required to take each set.

Elm Creek opened its day with a commanding 25-13, 25-14 win over the Dufferin Christian Stingers. The Cobras then continued their momentum by defeating the Real-Berard Jaguars 25-21, 25-11. In their third roundrobin matchup, Elm Creek pushed the undefeated Morweena squad but fell 25-12, 27-25.

That set up a playoff rematch between Elm Creek and Real-Berard for the second provincial berth. The Cobras delivered in straight sets, earning a 25-18, 25-23 victory to punch their ticket to the championship weekend.

On the Morweena side, the Raptors varsity girls volleyball team was dominant throughout the day. They opened with a 25-8, 25-20 win over Real-Berard, added a 25-16, 25-21 win against Dufferin Christian, and capped the round robin with a 25-12, 27-25 win against Elm Creek to finish undefeated.

Dufferin Christian dropped all three of its matches.

Rivers Collegiate will host the varsity girls volleyball Provincial Championship from Nov. 27–29 at Brandon University. Teams set to compete include the Morweena Raptors, Ste. Rose Celtics, Reston Tigers, Gilbert Plains Trojans, Rivers Rams, Grand Rapids Wolverines, Elm Creek Cobras, Hamiota Huskies, Miami Marlins and Wawanesa Warriors.



STANDARD PHOTOS BY LANA MEIER

Cobras players erupt on court moments after securing the winning point Saturday, celebrating their hard-fought victory and a berth at provincials.













SPATERATION OUTSIDE > OUTSIDE > OUTSIDE DOWN

Elm Creek's Emma Hudson named Manitoba athlete of the week



PHOTO SUBMITTED

Elm Creek's Emma Hudson has been named the Dairy Farmers of Manitoba Athlete of the Week, recognized for her leadership, academic excellence and multi-sport success.

By Annaliese Meier

Elm Creek School standout Emma Hudson has been named the Dairy Farmers of Manitoba Athlete of the Week, recognizing her exceptional playmaking ability, leadership and multi-sport commitment.

Hudson, the setter and captain of the Cobras Varsity Girls volleyball team, has helped guide Elm Creek to two tournament wins and two second-place finishes this season. She was also selected as a tournament all-star at the Shaftesbury event. Known for her court awareness and smart ball distribution, she consistently creates scoring opportunities and anchors the team's defence with relentless energy.

Beyond volleyball, Hudson is a versatile athlete who has also competed in basketball, badminton, track and field, and football throughout her high school career. She maintains a 95 per cent academic average and serves on the school's student council, earning praise for both her work ethic and her leadership.

The provincial recognition was officially awarded Nov. 12, 2025.

Marlins sweep the field to secure Top 10 provincial berth

By Lana Meier

The Miami Marlins varsity boys made the most of home court advantage on Nov. 15, powering through their Provincial Round 1 qualifier without dropping a set to earn a spot at the Provincial Top 10 weekend.

Playing in a best-of-three roundrobin format, the Marlins set the tone early with a decisive 25-15, 25-15 win over the Pinawa Panthers. They followed with another strong outing against the Ste. Rose Celtics, rolling to a 25-15, 25-6 victory.

Miami capped its undefeated run with a composed 25-14, 25-22 win over the Fisher Branch Cougars, locking up first place and the automatic berth to provincials.

Fisher Branch claimed the second available provincial spot after finishing 2-1 in the round robin, defeating Ste. Rose 25-13, 25-20 and Pinawa 25-10, 25-13. The Cougars sealed their qualification with a convincing 25-8, 25-15 victory over Ste. Rose in the playoff final.

The Marlins now advance to the Top 10 Provincial Weekend, carrying confidence from a flawless opening stage.

The Provincial Top 10 weekend from Nov. 27–29 at Rivers Collegiate will include the Glenboro Panthers, Fisher Branch Cougars, Hamiota Huskies, Morweena Raptors, Miami Marlins, Baldur/Cartwright Co-op Cougars, Wawanesa Warriors, Riverton Patriots, Rivers Rams and Chemawawin Eagles.

Marlins punch ticket to provincials

By Lana Meier

The Miami Marlins are headed to the Varsity Girls' Top 10 Provincial Weekend after grinding through a demanding Provincial Round 1 qualifier hosted in Glenboro on Nov. 15.

With all matches played in a bestof-three format, the Marlins opened the day against the undefeated Hamiota Huskies, pushing them to the brink before falling 17-25, 25-12, 15-17. Hamiota went on to finish first in the round robin and claim the first automatic berth. Miami responded with a commanding performance in their second match, defeating the Wanipigow Stingers 25-13, 25-14 to stay firmly in the hunt. They then battled host Glenboro in their third match, earning a tight 25-15, 23-25, 15-12 victory to secure a spot in the playoff for the second and final provincial qualifier.

Facing Glenboro again with a berth on the line, the Marlins stayed composed and controlled key stretches of the rematch, dispatching the Panthers 25-21, 25-20 to clinch their place among Manitoba's top varsity teams

The win propels Miami to the Provincial Top 10 weekend, where they'll look to carry their momentum and strong play into the next stage.

The varsity girls Provincial Championship, hosted by Rivers Collegiate will take place from Nov. 27–29 at Brandon University in Brandon. The 10-team field includes Morweena, Ste. Rose, Reston, Gilbert Plains, Rivers, Grand Rapids, Elm Creek, Hamiota, Miami and Wawanesa.

Hawks split weekend with Avros, Capitals

By Lorne Stelmach

It was a weekend of mixed results for the female U18 Pembina Valley Hawks.

Pembina Valley first fell 6-2 Friday at home to the fourth-place Winnipeg Avros but rebounded then for a 2-0 shutout of the Central Plains Capitals Sunday.

The Hawks trailed 2-0 and 3-0 at the intermissions before trying to get back into the game in the final frame, closing the gap to 3-1 and 4-2.

Payton Manness and Casey O'Brien scored for Pembina Valley, while Madison Froese made 29 saves as the Avros held a 35-31 edge in shots on goal.

A pair of first-period goals were all the Hawks needed Sunday as Froese earned the 20-save shutout. Pembina Valley fired 30 shots on goal and got markers from Claire Boyd and Bree Pearce. The Hawks remain in seventh place at 4-5-0-1 for nine points, but they are just one behind Yellowhead and Central Plains and two points away from the Avros, with Westman just three points ahead in third place.

Pembina Valley has just one game this week when they host Yellowhead Saturday evening.

Team Hayward falls just short in Brandon final

By Haley Cvar

Team Hayward of Carman made a strong run at the Brandon Sunlife Junior Challenge from Nov. 13 to 16, going undefeated through roundrobin play before falling just short in the championship game. The Carman rink posted a 3–0 record in the preliminary round to secure a playoff berth with steady, consistent play. They advanced to Sunday's final, where they dropped a tight

5–4 decision to Team Dundas. Team Hayward now shifts its focus to the DEKALB Superspiel in Morris, scheduled for Nov. 27 to 30.

Hawks finish strong after tough start to week

By Lorne Stelmach

The male U18 Pembina Valley Hawks had an up and down go of it last week against two of the top teams in the league.

It began last Wednesday with a 7-2 loss in Winnipeg against the thirdplace Bruins but then ended on a high note Sunday with a 5-4 overtime victory in Winnipeg against the secondplace Thrashers. In between those two games was a 4-0 shutout of the Interlake Lightning in Teulon.

Four unanswered second-period goals had the Bruins take firm control of a game that they had led 2-1 after 20 minutes.

Carson Hiebert and Caden Mc-Mahon scored the lone goals for the Hawks, who were outshot 40-29. Goalie Koen Bleznuk gave up five goals on 18 shots before being replaced by Brody Peters, who gave up

two goals on 22 shots.

Peters then had a 29-save shutout against Interlake as the Hawks fired 45 shots on the Lightning goal. Mc-Mahon led the way with a pair of goals while the other markers came from Ocean Fehr and Mason Leite.

Cole Secord was the hero with his 11th goal of the season three minutes into overtime against the Thrashers.

Hiebert, Fehr, McMahon, and Paxton White scored in regulation time for Pembina Valley, who were outshot 43-38, but Peters had a solid game in net with 39 saves.

The Hawks sit in fifth place at 11-6-0-1 for 23 points, which has them in a log jam in points with the third-place Bruins, fourth-place Brandon Wheat Kings, sixth-place Parkland and seventh-place Southwest.

The lone game this week for Pembina Valley is Saturday when they visit



STANDARD PHOTO BY JO-ANNE PROCTER

Pembina Valley Hawks' Ocean Fehr opened the scoring for his team in their 4-0 victory over the Interlake Lightning in Teulon on Nov. 14.

Notre Dame comes up just short in tight battle with Springfield

By Annaliese Meier

The Notre Dame Hawks pushed one of the SEMHL's top teams to the limit Friday night but ultimately fell 3-2 to the Springfield Winterhawks in a close, back-and-forth matchup.

Notre Dame struck first late in the opening period when Nikita Pecheritsyn found the back of the net at 18:42, converting a setup from Zander Carels. But Springfield answered quickly, tying the game just 40 seconds later to send the teams into the Nicolas Vigier and captain Jeff Michfirst intermission locked 1-1.

After the Hawks killed an early second-period penalty, Springfield capitalized on another opportunity moments later, taking a 2-1 lead on a power-play goal from Dobie Unrau at 00:44. Notre Dame continued to grind and was rewarded with a late equalizer. With under a minute left in the frame, Eli Carels buried a pass from

iels to pull the Hawks even at 2-2.

The game's turning point came early in the third. Springfield's Owen Blocker scored just 30 seconds into the period, pushing the visitors ahead 3-2. Despite several pushes from Notre Dame, including a late powerplay chance, they couldn't find the tying goal.

Goaltender Christopher Lesage was

busy throughout the night, making 35 saves to keep the Hawks within striking distance. Notre Dame finished 0-for-5 on the power play but held Springfield to 1-for-3.

The Hawks, now 2-3 on the season and sitting fourth in the SEMHL standings, will look to bounce back when they return home to host the Morden Bombers on Saturday, Dec. 6 at 8 p.m.

Islanders surge past Beavers with six unanswered goals

By Annaliese Meier

The Carman Beavers opened strong but couldn't hold off a red-hot Portage Islanders squad, falling 7-1 in SEMHL action Friday night.

Carman struck first at 15:26 of the opening period when captain Tyler Park finished off a setup from Eric Klassen and Dan Nychuk. But Portage answered before intermission, with Kian Calder converting at 18:11

to make it 1-1 heading into the break.

The Islanders seized control in the second period. Jared Roy scored the eventual game-winner on the power play at 8:06, finishing a feed from Calder and Riley Zimmerman. Johl Swedlo added to the lead at 15:35, and Liam Grossman made it 4-1 with a late marker at 19:34 as Portage carried all the momentum into the third.

Portage continued to pour it on in the final frame, scoring three times in just over three minutes. Calder netted his second of the night at 4:24, and Chance Dickenson followed up with back-to-back goals at 7:14 and 7:33 to put the game out of reach.

Beavers goaltender Luke Zacharias made 36 saves before giving way to Dan Wenham for the final seven minutes. Portage's Jacob Gnidziejko earned the win with a 32-save performance, allowing just the single firstperiod goal.

Carman finished 0-for-3 on the power play, while the Islanders went 1-for-5.

The Beavers will look to regroup on the road when they visit Winkler on Sunday, Nov. 23 at 7:30 p.m.

S.E.M.H.L. SCHEDULE • S.E.M.H.L. SCHEDULE • S.E.M.H.L. SCHEDULE • S.E.M.H.L. SCHEDULE •



CARMAN BEAVERS AT **VINKLER ROYALS**

SUN., NOV 23 AT 7:30 P.M. WINKLER CENTENNIAL ARENA

Check semhl.net for the full schedule!



Twisters drop back-to-back games to Jets and undefeated Riels

By Annaliese Meier

The Pembina Valley Twisters endured a difficult two-game stretch in Manitoba Major Junior Hockey League action last week, falling 5-3 to the Stonewall Jets on Thursday before dropping a 5-1 decision to the league-leading St. Boniface Riels on Friday.

The Jets rode a fast start at Stonewall Veterans Memorial Arena, striking three times in a seven-minute span of the first period. Brody Stovin opened the scoring at 10:06 before captain Karson King and Rylan Slatcher added goals to make it 3-0.

Pembina Valley answered late in the frame when Ayden Lazarenko buried a power-play marker—his first of the season—off feeds from Vlad Stepic and Dominic Rooney.

Stonewall restored its three-goal cushion in the second on a tally by Cohen Cheung, who later earned third-star honours.

The Twisters pushed back in the third as Lucas Thomas and defenceman Rhett Peters scored less than three minutes apart to cut the deficit to 4-3. But King sealed the win with an empty-netter in the final minute, capping a two-goal night.

Everett Winters stopped 23 shots for the Jets, while Pembina Valley's Rowan Cherkas made 30 saves in the loss. Stonewall outshot the Twisters 35-26.

The league-leading Riels wasted no time at the Morris MultiPlex, scoring twice in the opening eight minutes. Reeve Sukut struck 34 seconds into the game before captain Cole Davis made it 2-0.

St. Boniface extended the lead in the second on a goal by Jack Bilous, who added another in the third to put the game out of reach. Defenceman Zachary Domenico later scored shorthanded to round out the Riels' offence.

Lucas Thomas provided the lone reply for Pembina Valley midway through the third, converting a setup from rookie blueliner Trent Spence.

Twisters goaltender Riley Brown made 27 saves before giving way to Cherkas in the final minutes. Owen LaRocque earned the win with a 26-save performance.



STANDARD PHOTO BY LANA MEIER

Twisters goaltender Rowan Cherkas tracks the play and makes a save through traffic during Manitoba Major Junior Hockey League action last week. Cherkas combined for 30 stops in the loss to Stonewall before appearing late in Friday's game against St. Boniface.

UPCOMING GAMES:

The Twisters (1-12-1) continue their schedule on Nov. 21 when they visit

the St. James Jr. Canucks. They return home Nov. 23 to host the St. Vital Jr. Victorias.

Morris curling leaders honoured at the Legislature

By Siobhan Maas

Chris and Lorne Hamblin were recognized at the Manitoba Legislature this month for their years of dedication to bringing world-class curling to southern Manitoba.

MLA for Midland Lauren Stone honoured the couple for their work with the annual DEKALB Superspiel held at the Morris Cargill Curling Training Centre, acknowledging their overseas coaching with Switzerland and China as well as the DEKALB and some of its history during the legislative session.

Her remarks included an introduction of Mathew Norris as the new chair of DEKALB and named all attendees present in the gallery at the Legislature that day, many of whom played significant roles over the years in making the Superspiel a world-class event.

"Lauren called us about a month ago," shared Chris Hamblin. "She wanted to acknowledge the work we have done for the DEKALB. We were surprised to be recognized and very happy to use this opportunity to raise awareness about the upcoming event"

The Hamblins were presented with a certificate thanking them for their

many years of service and dedication to the sport of curling in Manitoba and worldwide.

The DEKALB Superspiel is the only World Curling Tour event in Manitoba and offers one of the higher purses outside the Grand Slam events.

"The event provides an opportunity for curlers to compete against other top curling teams," explained Hamblin. "It is especially important to give local curlers the chance to test themselves against curlers from outside the province and country without the expense of leaving the province."

Over the years, the event has made Morris a destination for many elite, international competitors in conjunction with the benefits of the club's high-quality ice and the training centre owning Canada's only Rock Thrower.

"We are proud that the Morris Curling Club has been able to host such a prestigious event," Hamblin said. "We love having the opportunity to showcase our community, the hospitality from all our volunteers, and believe the economic impact is in the hundreds of thousands each year."

For the Hamblins, the DEKALB has created lasting connections.

"We have met many wonderful



MORRIS CURLING CLUB PHOTO

Chris and Lorne Hamblin were honoured by Midland MLA Lauren Stone (centre) at the Manitoba Legislature this month for their dedication to the sport of curling.

people throughout the years. This includes sponsors that have become friends, volunteers that we wouldn't otherwise have met, teams from all over the world."

The 18th annual Dekalb Superspiel

takes place in Morris Nov. 27-30 with curling teams from New Zealand, Canada, the United States, the Philippines, China, and Korea competing.

Announcements Classifieds

STANDARD

Book Your Classified Ad Today - Call 204-467-5836 news@carmanstandard.ca

SCRAP METAL

Buyer for all farmyard scrap, machinery and autos. No item too large! Best prices paid. Phone Alf at 204-461-1649.

ANTIQUES

Antique 48-49 Field Marshall tractor. As is, but restorable. Good rubber. Previous modifications removable. Asking \$2000.00. Bob 204-642-2787.

MISCELLANEOUS

For sale - 10 yrd. Miskin Field Scraper, \$12,500; 2 pressure vessel semi trailer tanks, \$7500 each; 2 - 2500 new tanks, fibreglass, comes with mounts, \$25,000 ea.; 1 Berming hammer, 8000 lb., \$15,000; 1 tree shear, \$17,500, as new; 1 -9000 lb. grapple, hyd., \$12,000; used culverts, 18" to 66"; 2 service decks, 1 ton - \$1700 & 5 ton - \$3500; Howard hover craft, 14" x 28", body only, \$4500.

Wanted - groups of 16" x 245 or 265 tires; '94 Chev 4x4, 3/4 ton pick up; Case 1845 skidsteer; musical - bagpipes, guitars, amps, bangos. Call 431-737-6441.

PROPERTY FOR SALE

Have 20 acres & 1,500 sq. ft. house for sale, 3 miles West of Brandon. Immediate possession. Should be worth \$650,000. Will take cows on trade. 204-723-0083

WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both nonrestricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

WANTED

WANTED/BUYING 1950's-80's Scandinavian, Danish, Canadian Mid-Century Modern Furniture (Teak, Walnut, Rosewood), ceramics, lighting, textiles, stereo or design. Contact Daniel at TEXT/PHONE: 204-918-1607.

WANTED: Looking for 1970-1971 Barracudas and 1969-1970 Charger's in any condition. Running or not. TOP PRICE PAID for 6 pack or Hemi car. Call 306-221-5908.

> **ADVERTISE YOUR** ITEMS FOR SALE IN THE STANDARD

NOTICES

URGENT PRESS RE-LEASES - Have a newsworthy item to announce? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www. mcna.com under the "Types of Advertising" tab for more details.

> **SHOP LOCAL SUPPORT OUR LOCAL BUSINESSES**

NOTICES

Have an On-line business and want to promote it? NEED CLASS 1 DRIVERS OR SEASONAL STAFF? SELLING LAND? HAV-ING AN EVENT? Let us help you book a blanket classified ad! Advertise! You will be seen in the MCNA Member Newspapers, in over 368,000+ homes in Manitoba. Please call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. Take advantage of our great pricing! MCNA -Manitoba Community Newspapers Association, www.mcna.com

FINANCIAL SERVICES

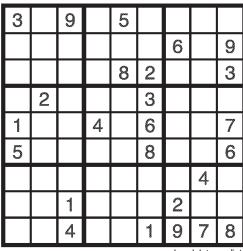
Private mortgage lender. All real estate types considered. No Deal direct with lender and get quick approval. (403) 543-0927 www.firstandsecond mortgages.ca

FIND THE RIGHT **PERSON FOR** THE POSITION **EMPLOYMENT/ CAREERS AD** in STANDARD 204-467-5836

HEALTH

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

take a break > GAMES

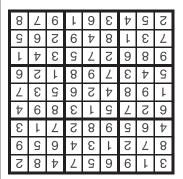


Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put vour sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row. column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!



Sudoku Answer



Crossword Answer

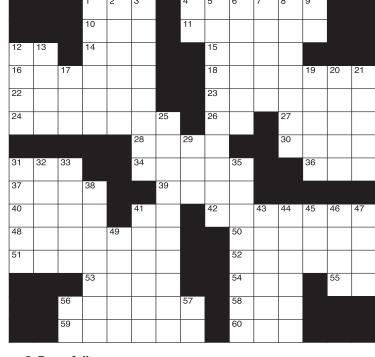
CROSSWOR

CLUES ACROSS

- 1. Popular broadcast network
- 4. Train line
- 10. Go quickly
- 11. Straightforward
- 12. Canadian province
- 14. Swiss river
- 15. It can be straight or curved
- 16. Edit
- 18. Utter repeatedly
- 22. Gotten up
- 23. Sea vessel
- 24. Agents of one's demise
- 26. Not out
- 27. Something to scratch
- 28. A round water pot
- 30. Slang for cylindrical green fruit
- 31. Promotions
- 34. Masses of matter
- 36. Soviet Socialist Republic
- 37. Nightstand item
- 39. The content of cognition
- 40. Arab ruler
- 41. Northern U.S. state
- 42. Chewed in small bites
- 48. Hawaiian island
- 50. More thin
- 51. Of one
- 52. Rigid bracelet or anklet
- 53. Barbary sheep
- 54. Not even
- 55. Atomic #106
- 56. Haggle
- 58. Boxing's GOAT
- 59. Division of a group into opposing factions
- 60. Vietnamese offensive

CLUES DOWN

- 1. Horse-drawn carriage
- 2. Prejudices



- 3. Peacefully
- 4. University athletic official
- 5. Soldiers
- 6. Large mollusk
- 7. Take out again
- 8. Sour or bitter in taste
- 9. Songwriter Tunstall
- 12. Husk of wheat
- 13. Flexible covering in some birds
- 17. Energy
- 19. Night monkey genus
- 20. Small nails
- 21. Colorless volatile liquid
- 25. In a way, changes integrity
- 29. Mark Wahlberg's stuffed animal
- 31. Remember it
- 32. "Good Will Hunting" lead

- 33. Pleasant facial expression
- 35. Sea vessel
- 38. Lacking poetic beauty
- 41. Tall, swift and slender dog
- 43. Sports personality Michelle
- 44. Robber
- 45. Liquefied natural gas
- 46. Snakelike fish
- 47. Sediment at bottom of a liauid
- 49. Crimean seaport
- **56. Bad grades**
- **57. Popular S. Korean rapper**

Online McSherry Auctions

Firearms, Ammo & Accessories Nov 25th @ 7 PM

Estate & Moving Nov 26th @ 7 PM

Collectible Coin & Paper Money Nov 27th @ 7 PM

McSherryAuction.com 204-467-1858 or 204-886-7027 mcsherryltd@gmail.com



Book Your Classified Ad Today - Call 467-5836

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

WALINGA INC.

Job Posting Job Title:

Painter Division / Team: Carman, MB

Department: Aftermarket Parts & Service

Job Brief: The Painter is responsible for producing a high-quality, durable paint finish on various industrial surfaces and equipment.

Role Responsibilities:

- Prepare surfaces for painting by cleaning, sanding and scraping to remove dirt, rust, old paint, or contaminants. Ensure surfaces are smooth, dry, and free of defects before applying
- Select and mix appropriate paints, primers, and coatings based on surface type, substrate material, environmental conditions, and project requirements. Consult technical data sheets and specifications for compatibility and application instructions.
- Apply coatings using various methods, including spray guns and brushes to achieve desired thickness, coverage, and finish. Employ proper painting techniques to ensure even application and adherence to safety and quality standards.
- 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:

- 2+ proven work experience as an industrial painter
- Good knowledge of the methods and standard practices of automotive painting
- Experience using tools and equipment common to industrial paint facility
- Knowledge of relative safety standards and ability to report unsafe conditions.
- Willingness to use protective gear
- Ability to give attention to detail
- Safe handling of chemicals, GHS program
- Decision making capability problem solving
- Attain precise standards, follow work instruction
- Read and Interpret product information
- Ability to work in fast-paced work environment
- Ability to work independently and in a group
- Physical requirements:
- Work in various positions (flat and vertical planes, overhead)
- Lift from floor to waist, waist to shoulder and above shoulder height; a minimum of 20 lbs
- Work in various temperatures, cold and heat
- · Ability to work with or around chemicals

Academic and Trades Qualifications:

• High school diploma or one year of equivalent work experience.

If interested in this position, please email hr@walinga.com

Remember Your STANDA **Loved Ones** with an Announcement in the





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, CMMA Chief Administrative Officer Rural Municipality of Dufferin



On behalf of the L.U.D. of Haywood, we wish to acknowledge with grateful thanks, the financial support from the Carman Area Foundation and the R.M. of Grey Council towards the purchase of six picnic tables for the Haywood Park. We also acknowledge the thoughtful collaboration of our volunteers in helping with the financial planning and delivery of the tables. Your financial support demonstrates a commitment to providing the highest quality of service towards developing strong communities.

L.U.D of Haywood Committee: Roland Poirier, Chairman Doug Middleton, Councilor Ward 3 Ray D'Heilly, Member Jean Souque, Member

Jill Stafford, Secretary

News Tips? Story Ideas?

call the Tribune 204-467-5836



Power Builder Advertising WORKS!

- GET SEEN by over 360,000 Manitoba Homes!
- Use your LOGO!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$339.00 (includes 45 lines of space)
- The ads blanket the province and run in MCNA's 31 Manitoba community newspapers
- Very cost effective means of getting vour message out to the widest possible audience

Contact this newspaper NOW or MCNA at 204.947.1691 or email classified@mcna.com

www.mcna.com

BATTERIES FOR EVERYTHING! 50,000 BATTERIES IN STOCK

*Auto *Farm *Truck *Construction *ATV *Motorcycle *Golf Carts *Rechargeables *Tools *Computers *Medical *All phones *Chargers *Marine *RV & more Shipping/Delivery avail.

THE BATTERY MAN 1390 St. James St. Winnipeg

TF 1-877-775-8271 www.batteryman.ca

PERSON FOR THE POSITION with an EMPLOYMENT/ CAREERS AD in

STANDARD 204-467-5836



BUYING ALL COIN COLLECTIONS Big & Small.

Also Numismatics, Rare Coins, Sets, Gold & Silver coins, Nuggets, Sterling sets, Old money, ROYAL CANADIAN MINT, FRANKLIN MINT, US MINT. Silver Dollars. World sets etc.

CALL TODD NOW! Ph: 204 - 904 - 9705 I COME TO YOU!



FARMERS AND RANCHERS

Plan to attend the Bred Cow and heifer sale

November 29th, 2025 at 1:00 pm at the **Ashern Auction Mart**

Open Consignment Bred Cow and Heifer Sale 100 Bred heifers for **Randy Kehler**

50 Charolais/tan heifers sourced from Olson Farms, large frame, good bodied heifers, bred to Hamco Red Angus bull, 70lb BW with low birthweight Epds

50 Black Sim/Angus sourced from Joe Bouchard, bred to D & N Livestock black angus bull, 70lb BW with low birthweight Epds

Start calving the end of March 2026 Bull pulled September 15, 2025

Full Herd Health Program including Bovi Gold Fp

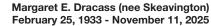
Still taking bookings for more bred cows and heifers at this sale

For further information contact: Ashern Auction Mart – 204-768-2360 Kirk - 204-768-0019 Scott - 587-280-0612 Licence #1128

Announcements Classifieds



Book Your Classified Ad Today - Call 204-467-5836 news@carmanstandard.ca



Sadly, we announce the passing of our mother Margaret at Carman Memorial Hospital.

She will be missed by her children, Vicki, Brian, Diane (Bob) and Mark; grandchildren Paul (Amanda), David (Gillian) and Kevin; great-grandchildren Juliana, Ben and Jack. Also remembered by her sister-in-law Dawn and brother-in-law Bruce (Elise) and many nieces and nephews.

Mom was predeceased by her parents Robert and Maude, her husband George and son-in-law Harold, her brother John and sisters Melva and Wilma.

Mom was born on her parents' farm near Sperling, MB. She was a teacher at Baldur for one year. Mom and Dad were married on November 1, 1952 and raised their four children on the Dracass

family farm near Sperling.

Mom worked as a nurse's aide at the Carman Memorial Hospital from 1970-1975 but due to health issues, she retired and spent many years doing volunteer work with the Sperling and Carman United Churches, Carman Health Auxiliary and M.C.C. The family celebrated 100 years on the Dracass family farm in 1991. Mom was part of the Sperling girls' softball team 1947-1952 and was inducted into the Manitoba Softball Hall of Fame in 2009.

Mom moved to Carman in 2002 and made many new friends at 5th. Ave. Apartments.

Due to her health, she spent the last three months in Carman Hospital.

She was a kind and caring person who was interested in all our lives. We want to thank

the many relatives and friends for their visits, phone calls and letters to Mom over the years. A special thank you to Betty Park and Paul and Doris Verhaeghe.

Thank you to the staff at Carman Memorial Hospital for your wonderful care of our mother during her stay and to Mike who drives the Carman Handi Van.

Donations may be made to Carman Health Auxiliary or the Carman Handi Van.

A private family graveside service has taken place at Sperling Cemetery and a celebration of life will be held in the spring.

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

OBITUARY

Violet Morgan

Violet "Vi" Morgan, 97, passed away peacefully surrounded by family.

She was a beloved mother to Carol, Allen, Roy, Linda, Ferne, Jack, and Nellie, and was blessed with many grandchildren and great-grandchildren who brought her immense joy.

Vi will be remembered for her warmth, strength, and the love she shared so generously with all who knew her. Her legacy lives on in

Private interment took place in Greenwood Cemetery, Carman.

Ronald Victor Janzen

It is with deep sadness we announce the sudden passing of Ron Janzen on November 5, 2025 at the Carman Memorial Hospital.

Ron is survived by his wife Kim; sister Irene (Bruce) Finkel and their daughter Cathy (Bart) Robinson; brother-in-law Darryl (Nola) Sylvester and their family.

Ron was predeceased by his parents Frank and Annie and his brothers Harvey and Ernie.

Ron farmed together with his brother Ernie for many years. In his semi-retirement he returned to farming and worked seasonally for farmers as long as it didn't interfere with riding his motorcycle. Many trips were made to Arizona to ride their smooth roads. Covid shut down many things, but a new coffee shop sprung up in Ron's shop that saw a few neighbours and friends drop in. He loved to visit!

Ron, you'll be greatly missed by your family and friends.

Our sincere thank you to the Paramedic Team of Ryan and Thomas and to the Medical Team of doctors and nurses at the Carman Memorial Hospital for their quick response and excellent care. Ron had requested that there be no service and a private interment will take place.

In lieu of flowers, donations may be made to the Carman Area Foundation Inc. Box 160, Carman, MB. R0G 0J0.

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

OBITUARY

Dennis Elgin Armstrong June 28, 1942 - November 15, 2025

It is with great sadness that we announce the passing of our brother, husband, father and grandfather.

Dad's survived by his wife, Alexis; children: Chris, Lisa (Craig), Shauna (Chad), Erin (Ainsley) and grandchildren; sisters Betty (Vic), Barb (Met) and sister-in-law Elaine, as well as numerous nieces and nephews.

Dad was predeceased by his parents, Kelly and Frances; brother, Jim; and granddaughter, Lauren.

Dad spent his entire life farming. Dad loved farming but his passion was cattle, Dad helped establish and grow the Simmental breed in Manitoba.

Dad loved being outside working or just puttering. He enjoyed

his big garden and took great care tending it.

Just this last May, Dad and Alexis moved off their farm into Carman but Dad could still see the fields and putter in the big yard.

Dad passed away at Carman Hospital after a stroke. We would like to thank the staff of BTHC and especially Carman Hospital for the kind, compassionate care.

The service will be held in the chapel at Doyle's Funeral Home on Thursday, November 20th at 11:00 a.m.

> Dovle's Funeral Home in care of arrangements www.dovlesfuneralhome.ca

Your memory will live forever Engraved within our hearts



If you would like to support

The Carman-Dufferin

Congratulate your loved ones with an announcement in the Carman Standard. \$60 will help record the history & pay for your local newspaper

Shop Local - Stay Local. To purchase an advertisement or announcement call or text Gwen Dyck at 204-823-0535 or email ads@carmanstandard.ca



Call 204-467-5836





Prep time: 8 minutes Cook time: 2 minutes Servings: 1

- 1 Minute Cilantro & Lime Jasmine Rice Cup
- 1/4 cup canned pinto beans, drained and rinsed
- 1/4 cup fresh or canned corn
- 1/4 cup prepared salsa
- 1/2 teaspoon ancho chili powder

Rice and Beans Burrito Bowl

(optional)

- 1 cup shredded lettuce
- 1 tablespoon sour cream
- 1/2 avocado, sliced (optional)
- 1/2 tablespoon cilantro, chopped (optional)

tortilla chips

Heat rice according to package direc-

In medium, microwave-safe bowl, combine beans, corn, salsa and chili powder, if desired.

Microwave on high 1 minute.

Mix in rice. Place lettuce in bowl and top with rice and beans mixture. Garnish with sour cream, avocado and chopped cilantro, if desired.

Serve with tortilla chips.



Prep time: 10 minutes Cook time: 10 minutes

Servings: 4

2 cups Minute Instant Jasmine Rice

- 1/4 cup canola oil, divided
- 8 cups baby spinach
- 2 cloves garlic, minced
- 1 tablespoon grated fresh ginger
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 teaspoons soy sauce
- 4 teaspoons rice wine vinegar
- 1 cup bean sprouts
- 1 cup matchstick carrots

Quick Bibimbap

- 1 cup prepared kimchi, chopped
- 4 eggs, fried
- 4 teaspoons Sriracha
- 4 teaspoons sesame seeds, toasted
- Prepare rice according to package di-

In large skillet over medium heat, heat 2 tablespoons oil. Saute spinach, garlic, ginger, salt and pepper 3-5 minutes, or until spinach is wilted. Transfer to bowl and keep warm.

Wipe out skillet. Heat remaining oil over medium-high heat. Stir-fry rice 3-5 minutes, or until slightly crisp. Stir in soy sauce and vinegar.

Divide rice among four bowls. Top each serving with bean sprouts, carrots, kimchi and one fried egg. Drizzle with Sriracha and sprinkle with sesa-



Recipe courtesy of "Cookin' Savvy" Servings: 4-6

- 3 medium or large cucumbers
- 2-3 vine tomatoes
- 1/2 cup chopped red onion (optional) Dressing:
- 1/3 cup apple cider vinegar 1/2 cup olive oil
- 1/4 cup sugar
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon fresh minced dill
- 1 tablespoon mayo

Cucumber and Tomato Salad

salt, to taste

pepper, to taste

1/4 cup shredded Parmesan cheese Peel and slice cucumbers. Deseed, if desired. Coarsely chop into bite-size pieces. Slice and chop tomatoes. Place cucumbers and tomatoes in large bowl with chopped onions, if desired.

To make dressing: In separate bowl, mix apple cider vinegar, olive oil, sugar, onion powder, garlic powder, dill and mayo. Season with salt and pepper, to taste. Pour over cucumber mixture and mix well.

Top with shredded Parmesan cheese and serve.

Ask the Money Lady

Dear Money Lady: My husband started day trading this year and it turned into a disaster. He is retired and took a course on investing - but that didn't seem to matter, we have lost over \$200,000. I am so upset! Marissa P.

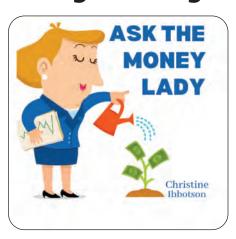
Oh dear, Marissa. I feel your pain. Many retirees have done the same thing. The economic market right now is shaky - we all know that. Our neighbours to the south have forever changed the landscape of how we view the United States. But with this backdrop, I must caution those that are entering retirement or already in it, about managing their investments and ultimately impacting their long-term plans.

Please remember, you cannot predict the market and you do not know how long you will live. This has always been the constant elephant in the room situation that many retirees tend to forget. You should never base your financial decisions on stock market performance or your own lifespan, yet I get many emails like this one, that do just that.

Longevity is real. Canadians are living longer. Currently we have 1.5 million Canadians over 85 today, and it is projected that in the next 25 years we will have 4.3 million. So, believing that you are unlikely to live past 80 with a plan to take larger withdrawals from your savings, obviously is not a good idea. The reality is many retirees plan to invest on their own, since they have the time to learn how to do it efficiently and they no longer want to pay an advisor for what they think they can do themselves. While I agree in theory, I also must caution those retirees that plan to do this. The gravity of managing investments during retirement can become overwhelming. There is no runway for mistakes in this new arena and errors will have long lasting reprocussions since a loss can not be replaced with working income.

Here are the three killers of every would-be investor, young or old: market timing, panic selling and chasing returns. Let's face it, everyone does these things when investing, but doing this with your retirement savings could lead to dire consequences. Panic selling is fueled by fear and greed, the two emotions that never leave even the most experienced traders. Market timing is the buying or selling in the market based on predictions of

future market movements, and



chasing returns is buying based on past performances. All pitfalls that can result in poor choices and fundamental errors when investing.

Paper trading to learn the basics is imperative when you begin investing on your own. Please do not jump in, thinking you can learn as you go. Creating a formal financial plan is also important. This is a written financial plan that outlines where you are today and what you will need monetarily as you age. Without having this written frame work, you will be a wandering geralist, not knowing how to invest wisely and not planning for specific life events that only you will know about. Remember, that revenue streams are your key to ensuring a retirement with money. Economists unanoumosly agree that you must have a minimum of 5 revenue streams in retirement to ensure you do not outlive your money. So, think creatively, like a banker. Use your investment assets to create viable, low risk revenue streams and consider other alternatives to create income. It is up to you to ensure you retire with dignity and monetary certantity.

Why not come out to one of my Vibrant Living Events that I offer FREE across the country – remember, knowledge is power and everyone should have the opportunity to age with confidence and purpose – no matter how many birthdays you've

Good Luck and Best Wishes,

Money Lady

Written by Christine Ibbotson, Author, Finance Writer and Syndicated Money Coach on BNN Bloomberg. Christine is also part of the everyday lineup on CTV Your Morning in every province. No AI. Follow Christine on Instagram @askthemoneylady, or on Facebook (Christine Ibbotson) and join me at our Vibrant Living speakers events.