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**Paralympian
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Leanne Taylor receives a bronze medal in women's PTWC during the Paralympic Games in Paris, France on Sept. 2, 2024. Taylor is the first Canadian woman ever to win a medal in Paralympic triathlon.

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Holiday Hoopla returns to Carman on Dec. 5

By Ty Dilello

The holidays are just around the corner, and the local Carman community is ready to come together and celebrate during the Carman and Community Chamber of Commerce's fourth annual Holiday Hoopla on Dec. 5.

The Chamber of Commerce hopes that all downtown businesses will be open late into the evening so everyone can shop locally.

"Last year's event was a great success, and I hope that we can build on the excitement," said Jodi Winkler of the Carman Chamber of Commerce.

On Dec. 5, participating businesses will be open until 8 p.m. with the opportunity for shoppers to enter to win \$1,000 in Chamber Bucks.

Many participating businesses will also be offering in-store specials to entice holiday shoppers.

The Carman Ford Holiday Shuttle will cruise the streets from 5 to 8 p.m. in a decked-out, music- and light-filled Ford vehicle. The shuttle will pick up shoppers who want to maintain their parking spot and help them explore participating businesses throughout town.

Every shuttle rider will receive an entry for a Special Prize to be drawn after the event. The shuttle encourages shoppers to branch out and visit all participating businesses, even those located a little further away.

Be sure to follow the Carman and Community Chamber of Commerce on social media for updates in the lead-up and on the day of the Holiday Hoopla festivities.

"With postal strike worries, there's no better time to remind shoppers that Carman has everything they need this holiday season," said Winkler. "Shoppers can enjoy local, hassle-free holiday shopping right here in our community. Let's make this year's event unforgettable for our business community."

Here is a list of participating businesses and the promotions that they plan to offer on Dec. 5 for Holiday Hoopla:

- Archway Dairy Solutions
- Birch and Honey Salon - Open until 5 p.m. and 20 percent off all hair products
- Boyne Regional Library - Huge selection of children/teen books on

sale for .25 cents each. Entry into the Chamber Bucks draw for every new children's toy or children's books donated in support of the Carman Christmas Cheer Board.

- Boyne River Bistro
- Breakaway Family Restaurant
- Carman Floristas - 15 percent off Christmas tree ornaments, complimentary apple cider and Christmas baking as well as an in-store draw to win a Christmas centrepiece valued at \$100.

Carman Ford - Operating the Holiday Shuttle from 5-8 p.m.

- Carman Home Hardware
- Carman MCC
- Carman Pharmacy
- Subway - Free cookie with every footlong sub purchased

Clean Water Pro - 15 percent off all in-store pond and dugout treatments

Cut of Class - 20 percent off AG products and buy one get one half off on Lanza hairspray and shine spray

Evensong - 30 percent off all holiday items including decor, mugs, holiday games, tea towels, and more

Hilltop Meats

Hometown Car Wash - Staff on site for gift card purchases from 12-8 p.m. Buy three platinum washes for \$54 and get one platinum wash for free.

JTran Beauty - 15 percent off skin-care products and will be open at Birch and Honey until 4 p.m.

Knockabouts - 15 percent off the en-



tire store and an in-store door prize

Paul's Place and Peace Lily Therapeutics will be hosting Crazy Lady and her Christmas Baking and the Carman Handi-Van (ride passes available for purchase)

The Prices Rite Dollar Shop - 20 percent off Ty plush toys and an extra entry to the Chamber Buck draw with the purchase of a tree ornament in support of animals in need

Red Apple

Rural Buds

The Prairie Poodle - Offering Santa Photos with your pet from 4:30 to 6:30 p.m.

Toews Printing - 10 percent off any gift cards purchased in-store

Shop local, shop late and enter to win.

Candlelight Vigil to honour and heal: remembering lives lost and spreading hope

By Lori Penner

December 6 marks a sombre anniversary commemorating the 14 young women who were tragically murdered at the École Polytechnique in Montreal in 1989. Communities across Canada observe this day as the National Day of Remembrance & Action to End Violence Against Women.

Julia McDonald has helped organize annual candlelight vigils in Carman for several years to honour this day. This year, the event takes on a deeply personal note.

This time, candles will also be lit for Amanda Clearwater, 30, her children Bethany, 6, Jayven, 4, and Isabella, 2 months, as well as Clearwater's foster cousin Myah Gratton, 17. All five were tragically murdered by Clearwater's common-law partner in Carman last February.

"It's especially poignant for us now because of the Clearwater family. We think it's important for people to recognize violence and its impact on families in our community," McDonald says. "We have been in contact with the Clearwater family to include their input on the event."

The candlelight vigil will be held on Dec. 6 at 5 p.m. at the Carman Memorial Hall.

"We'll have an opportunity to remember those we've lost, as well as the murdered and missing Indigenous women. Genesis House will also be there to speak about their services for those experiencing family violence. It's an opportunity to connect and gain information on local resources."

McDonald notes that some families of the Mon-

treau massacre victims prefer their loved ones' names not be mentioned, as they seek to move forward with their lives.

"That's why this year, we have chosen a more local focus, including murdered and missing Indigenous women."

"It's important to remember our local families who have been affected. It's crucial to know that people have our support and to be aware of the available resources. Often, women don't realize there are regional resources available," said McDonald.

The candle lighting symbolizes both remembrance and hope. Names will be spoken, and attendees will have opportunities to name names aloud or silently. There will also be a moment of silence.

"It's open to anyone who would like to attend. Following the vigil, there will be an opportunity to gather in the hall for refreshments, and Genesis House staff will share information about their support services."

Genesis House director Angela Braun emphasized the emotional significance of the day. "Every year, it's a meaningful and emotional day, but this year it's even more poignant. You always think it will happen somewhere else, but then it happens here. It's different when it's in your own neighbourhood."

Braun and her team will be available to talk after the vigil.

"We're here to help anyone at risk of violence in their relationship. Our agency is equipped to deal with a wide variety of

situations, and our staff is professional and confidential."

Now in their 40th year of service, Braun recalls that many initially thought Genesis House would solve all problems and soon close.

"This is a step in keeping people safe. It's part of the solution, but not all of it. That's where our transitional housing project comes in. We want women to know they don't have to stay in unsafe situations."

Candlelight Vigil

to observe
National Day of Remembrance
& Action to
End Violence against Women

Friday, December 6 5:00 pm

Carman Memorial Hall

Refreshments to follow

Everyone Welcome



Picture perfect hoar frost



STANDARD PHOTO BY PETER THIESSEN

Peter Thiessen and his wife Michele took a delightful morning walk with their four-legged family around the streets of Roland on Dec. 1. The temperature dropped to a low -15 degrees C. through the night, but warmed up to a high of -9. Help the Standard record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: news@carmanstandard.ca



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getheard

EDITORIAL > VIEWPOINTS > LETTERS

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Temporary GST/HST tax holiday bill passed

Liberals and NDP for, Conservatives and Bloc against

By Patricia Barrett

The federal Liberal government moved a step closer last week to delivering a temporary two-month GST/HST tax holiday to Canadians after securing the support of the federal NDP and moving legislation through the House of Commons.

Deputy prime minister and finance minister Chrystia Freeland introduced Bill C-78 on Nov. 27 to halt the GST/HST on certain products such as taxable food items, children's clothing and toys, video games and Christmas trees.

"We understand that it's a good thing to be there for Canadians to help them to address affordability issues and we brought in measures last Thursday that will do precisely that," Freeland told the media in French after an evening meeting on Nov. 27 with provincial and territorial leaders to discuss U.S. president-elect Donald Trump's threat to impose a 25 per cent tariff on Canadian goods. "So, I'm very happy it will now be possible to move forward with the GST suspension. I think that will really help Canadians with affordability, particularly during the holiday season."

The *Tax Break for All Canadians Act* passed three readings in the House of Commons, with third reading on Nov. 28. The house voted 176 in favour of the bill with 151 against it. Both the Bloc Quebecois and the Conservatives voted against it.

The bill is on its way to the Senate for three readings in that chamber before it can potentially come into effect. If passed, the tax-relief measure will take effect on Dec. 14 and end on Feb. 15, 2025.

In estimates provided to the CBC, the federal government said the GST/HST break would cost about \$1.6 billion in lost tax revenue.

The proposed tax holiday sparked a great deal of debate from opposition parties and critics.

The Conservatives contend the cut to the GST/HST is a political gimmick designed to prop up a flagging Liberal government, and that the measure will drive up inflation.

Conservative leader Pierre Poilievre said Canada has a "weakened" economy, border, military and prime minister, and that the Liberal leader is "desperate" for leverage.

"He's [prime minister Justin Trudeau] lost control but he's trying to hold on to power," said Poilievre before third reading of C-78 on Nov. 28. "And so he's come up with an irresponsible and inflationist six-billion-dollar tax trick that he will take away right before raising the carbon tax on

heat, housing, groceries and gas in just a few months."

The Liberal government first announced the temporary suspension of the GST/HST on Nov. 21, adding that that it would be followed by a \$250 "Working Canadians Rebate" cheque for those who made up to \$150,000 in 2023. Both measures would help Canadians continuing to struggle with the high cost of housing, food and gas. The federal NDP wanted the \$250 rebate cheque to be voted on as a separate bill, so the Liberals excluded the proposal from C-78.

According to the government's backgrounder released on Nov. 21, the GST/HST will be excluded from children's clothing and footwear, diapers, car seats, toys, video game consoles, controllers or physical game media, print newspapers, printed books and Christmas trees (natural or artificial).

The tax will also be suspended from food and beverages including wine, beer, cider and coolers (spirits excluded), carbonated beverages, candies, chips, popcorn, salted nuts, seeds, granola, dried fruit, juice bars, frozen yoghurt, ice cream, fruit bars, cakes, muffins, pies, pastries, cookies, brownies, pudding, prepared salads, sandwiches, cold cuts, food or beverages sold at restaurants, coffee shops, lunch counters, and bottled water.

Low-income Canadians who file an income tax return every year are eligible to receive a GST rebate.

This week, the way it was through the years

By Dennis Young

100 Years ago, 1924... The Carmania offers delivery of goods by phoning 113 and South End Grocery sells Del Monte raisins .35 for 2 lbs.

75 Years ago, 1949... Carman Baseball Club debates installing \$27,000 lights and the Collegiate awards

scholarships to Joanne Peterson (9), Irene Hardy (10), Orval Refvik (11) and Betty Woods (12).

50 Years ago, 1974... Eldon McEachern elected President of the Western Fairs Assn with Ken Draper as Secretary and Joe Knowles announces the 50,000th grad, Rob Franzman of Elm

Creek, from his Mb Hunter Safety Program.

25 Years ago, 1999... Kelly Hand named Canadian Yachting Assn Female Athlete of the Year and a Winnipeg film company shoots scenes at the St. Daniel school.

OUR SISTER PUBLICATIONS



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Flashback... 1969-70 Miami Pee Wee Champs

By Dennis Young

The Miami 10 and under won their league Championship after three years. Elm Creek received this trophy for the previous two years as Miami struggled. In fact, in 1967-68 Miami failed to score a goal or get a win.

Now at the older end of the Pee Wee age group, they won it all and recorded a 20-0 record to boot. Goalie Roger Kissick had seven shutouts and missed an 8th by 15 seconds.

Team members: Coach Garney Kissick, Manager George Jackson, Captain Brian Callum, Assistant Captains Dale Steppler and Jimmie Boyd, Roger Kissick, Chris Hink, Ken Rutter, Brian Atkinson, Les Douglas, Chris Warsaba, Ron Rankin, Brad Jackson, Jeff Brommell, Wayne Bezan, Larry Verniest, Mark Hamilton and Danny Sullivan. The league consisted of Miami, Elm Creek, St.



STANDARD PHOTO SUBMITTED

The Miami Pee Wee team accept their league Championship trophy.

Claude and Carman.

Not long after, the team travelled to Hallock, Minnesota, to face the Hallock All Stars, which they won 13-7.

Chris Hink: I certainly remember the highs and lows of Pee Wee hockey in Miami. In our winless

year, it should be pointed out that we were able to earn a hard-earned tie against our mothers. Patient and dedicated coaching helped us completely turn things around in 1970. Those three years in Pee Wee were the first of seven consecutive years where

Brian Callum, Dale Steppler, and I played on the same line. The bulk of this team went on to three consecutive runner-up finishes in provincial play (through 1974). Very positive small-town memories for sure.

letters to the editor

Hope for Manitoba

Last week, the Honourable Anita Neville, Lieutenant Governor of Manitoba, read the throne speech for the new session of the provincial legislature. This annual tradition lays out the government's priorities for the next twelve months. While the speech contained a number of goals that the provincial government has that will improve Manitobans' lives, the overwhelming theme, in particular for rural Manitobans, can be described in one word: hope.

As I travel the province meeting with producers, small business owners and everyday families, I hear about a new sense of hope and optimism about the future. Hope for the future of rural healthcare, hope that children get a high-quality education without having to leave their rural homes, hope that farmers and ranchers have a bigger say in how they sell their products and protect their land for future generations and hope that local governments gain the freedom to make decisions that they feel best reflects the priorities of

the citizens who elected them.

I believe their hope is justified. In the last year, in our goal of bringing ER wait times down, we announced a new doctor in Grandview and a nurse practitioner at the Gilbert Plains Medical Clinic, significantly improving rural accessibility. Our government opened 201 fully staffed beds in Winnipeg, Selkirk, Brandon and Dauphin as well as the Carberry ER, and we are moving forward on the design of the Eriksdale ER, and two new surgeons at the Selkirk Hospital will perform 800 new hip and knee surgeries a year. In fact, we are hiring a record number of doctors and retaining them at a higher rate than we have in years. When you add the expansion of the Nursing Re-entry Program, finally, rural and northern health care options are increasing.

When it comes to affordability, saving Manitobans 14 cents a litre every time they fill up has led to Manitoba having the lowest inflation in the country. This coming spring, our new tax credit will give homeowners up to \$1,500 in relief, and starting

in January, hydro rates will be frozen for all of 2025.

For producers, in the next year, we will make new investments in agriculture and manufacturing and increase support for small businesses. We will also open two new Manitoba Agricultural Services Corporation (MASC) offices in western Manitoba.

I am so proud to have been a tireless advocate for the reopening of the Dauphin jail. In last week's throne speech, Premier Kinew made it clear that our government will be moving to the design phase of a new Dauphin justice centre.

We made a number of commitments for the people of rural Manitoba, and under the leadership of a Premier who truly understands the needs and concerns of rural and northern communities, we are getting it done. I'm proud to be a rural Manitoban, and I am proud of the team of ministers working with communities across the province to offer hope for the future.

- Ron Kostyshyn
MLA for Dauphin
Minister of Agriculture

worship
with us > FAITH

True Hope

What does hope truly mean? We get caught up thinking that hope is somewhat uncertain. God's Word teaches us about a different hope that is confident because of a faithful God who always keeps His promises! The greatest evidence of this was the arrival of Jesus to save us from our sin. Jesus Christ was called Immanuel, which means God with us. Let us look at four ways this gives us HOPE.

Heart. Sin is a heart issue. It is about the nature we were born with but is also a propensity to rebel against God. When God sent Jesus to be born in Israel, the main purpose was for Christ to die for the sins of the world. For those who accept this gift of salvation, the heart issue is solved, enabling relationship with God, which is what we were created for.

Opportunity. One of the main questions we ask ourselves and others is 'Why am I here on Earth?' Purpose in life is often a mystery, but one that God wants us to discover. When we accept His gift of grace, then through Christ He gives us that purpose. We are to share His love, the opportunity for relationship with Him, and to do the good works He has prepared for us to do as a way of drawing others to God.

Perspective. Many of the people I went to high school with had the idea that Christianity eliminating all fun, but when we accept the gift Christ provides then God gives us a different perspective. We learn the truth that those who are enslaved to sin really have less enjoyment than those who accept the freedom that comes in Christ.

Encouragement. Often people who seek to live for God completely they feel all alone ... like there are no other genuine believers around. God reminds us that there are others. Through the Bible and the Church, we are given hope for companionship in life, and true life for eternity with many loved ones.

May this Christmas season remind you of the hope God wants to give.

Pastor Richard Heppner, Friends Community Church

PRSD holds budget consultation meeting at Elm Creek School

By Ty Dilello

On Nov. 21, the Prairie Rose School Division (PRSD) Board of Trustees hosted an in-person/virtual General Community 2025-2026 Operational Budget Consultation at Elm Creek School.

PRSD's Executive Assistant, Erika Penner, presented during the consultation meeting. The school division was looking for feedback on its direction and funding priorities.

The PRSD Pillars for their education are High-Quality Learning, Well-Being and Belonging, Excellence in Teaching and Leadership, and Communication and Collaboration. Parents attending the recent meeting noted that high-quality learning is at the forefront and that the future of AP programs in their schools is very important.

"We were pleased with the level of engagement from participants at our General Public Budget Consultation, however, we would have loved a larger gathering to more fully encapsulate the broad views of our communities," said Ashley Lachance, PRSD Board Chair. "The board looks at all of the feedback from our stakeholders and considers it throughout the budget process."

The PRSD Board raised taxes by 6 percent last budget season and used those revenues to fund additional EA hours (40 hours), a French Academic Achievement Leader (1.0 FTE), a vice principal (.5 FTE), an Occupational Therapist (.8 FTE), the purchase of one bus, additional Capital Projects, and



RECORD PHOTO SUBMITTED

The Prairie Rose School Division (PRSD) is currently getting feedback from the public on what things that they should be prioritizing with its upcoming budget. On Nov. 21, the PRSD's Board of Trustees held an in-person and virtual Operational Budget Consultation at Elm Creek School.

inflationary cost increases.

Whether taxes will be raised or not for this next budget season is still on the table.

"The board is always cognizant of the fact that increasing local taxation has an impact on the communities we serve," said Lachance. "Throughout the years, we have had challenging conversations surrounding the needs of our students while attending to the need to be fiscally responsible. The ability to raise the local tax levy was available last year, but there is no word yet on whether that will be afforded to school divisions moving forward."

PRSD has also held additional budget consultation meetings for Hutterian Colonies at Iberville Colony School on Nov. 10 and a Parent Advisory consultation at St. Francois Xavier Community School on Nov. 28.

The PRSD Board welcomes and encourages individuals to continue to fill out the budget questionnaires that are available on the school division's website and provide any feedback that will assist in the budgeting process. The deadline for submission is Dec. 12, 2024. The Board will then review all submissions received.

"We are hopeful that the new funding formula will be announced and that it will provide the parity that has been emphasized. The Board will complete a draft budget that will be presented to the public prior to getting passed."

Flashback...Kerr's Christmas Tree tradition

By Dennis Young

Most businesses are passed from father to son, but in Alastair Kerr's case, it was the other way around. Howie had been selling Christmas trees from his repair business at 3 and 13 with his dad's help for a few years. When Howie moved away in 1990, the prickly biz moved home to 2nd Avenue SW under Alastair's care.

Kerr would sell between 75 to 100 trees each Christmas.

"I just basically take enough for the people who order and then I get a few extra because there's always somebody who wants a tree later on," he said in this 2000 Carman Valley Leader interview. The trees come from a distributor in Winnipeg, and Kerr said he must place his orders early to ensure that what he wants will be available.

"You've got to give the distributor an idea of how many approximately you need early on," he continued. "You don't have to be exact if you take as many as you've ordered. And if someone wants something special, such as white pine, scotch pine, balsam, or spruce trees, you can be pretty sure to get what they want."

Kerr explained that the main difference between the trees requested is the kind of needles each one possesses.

"White pine has the long, soft needles; Scotch pine has sharp, short, hard needles, and Balsam needles aren't as long or as sharp."

He also takes special orders if someone wants a specific size of tree.

"You can get four to five (feet tall), five to six, six to seven, or seven to eight."

While he can usually fill orders, Kerr said the weather conditions where the trees are grown can sometimes create problems in that area.

"I had orders for six small ones, and I couldn't get them because there was frost in the hills that had damaged some of them," he said. Once Kerr gets the trees in, they are kept in his backyard, where they remain wrapped in their net packaging until they are sold.

Overall, Kerr said the social aspect is what he enjoys the most about selling trees.

"Seeing and meeting the people that come," he said. "It's basically the same ones pretty near every year. You get the odd new one, but basically, it's the same customers. Plus, it's something to do to make a little money before Xmas, lol".

Eventually, Alastair had to move to Riverview, so he used his daughter's Ol' Northlyn Inn B & B as his headquarters. That is until 2006 when he cut ties with tree sales.

Fern Kerr: He loved selling the trees and serving the community. Repeat customers and people being pleased with their trees for Christmas always made him happy.

Heather Giesbrecht Kerr: Dad enjoyed the time he spent on this venture. We would arrive to spend Christmas with Mom and Dad, and he would only have one or two trees left. Once, he told us that a customer wanted a 16-foot tree, and after several phone calls, he found that 16-foot tree for them. His



STANDARD PHOTO SUBMITTED

Carman's Alastair Kerr sold Christmas trees from his home for 16 years.

efforts were always to make customers happy so that they would have a "Merry Christmas."

Your FARM



Bare soil bad, covered soil good: regenerative agriculture proving itself worthy of pursuit

By Patricia Barrett

Mother Nature is giving the nod to regenerative agriculture, a rehabilitative approach to growing food crops that focuses on plant diversity.

The practices associated with regen ag are starting to gain ground because of benefits such as improved soil health, natural disease control, insect control, less reliance on fertilizers and pesticide and profitable yields.

Proponents of regen ag came to Stonewall last week armed with experiential knowledge, scientific data and photographs of the good, the bad and the ugly on agricultural fields. Blain Hjertaas from Saskatchewan and Paul Overby from North Dakota spoke about why farmers should jump aboard the regen ag movement.

Against a backdrop of increasing extreme climate events, soil compaction from decades of degenerative farming practices, the high cost of farming and a drawdown in interest from younger generations wanting to pursue farming as a career, regen ag is a way forward to prosperous farming and food security.

The speakers were sponsored by the East Interlake Watershed District in collaboration with the West Interlake Watershed District and the Manitoba Association of Watersheds. The three organizations hosted a free day-long regenerative agriculture workshop on Nov. 14, attracting 45 farmers to the Quarry Park Heritage Arts Center in Stonewall.

Blain Hjertaas has 50 years' experience farming, is semi-retired and works as an educator to help other farmers adopt regen ag practices. He said the regen ag approach is easier, more enjoyable and profitable. But with any deviation from standard practice, regen ag will earn you some notoriety.

"When you start down a different journey than your neighbours, it's really good to have people to help you because the neighbours think you're an idiot. When we moved down this regenerative journey, and when you're the first one in your community, people ... will be talking about you in the coffee shop. And that isn't always easy to deal with. It's hard to be different."

Most of the farming done today is "degenerative farming," said Hjerta-



Blain Hjertaas spoke about five principles of regenerative agriculture and how working with Mother Nature rather than against her results in better outcomes, including improved soil health, water and carbon capture and money in farmers' pockets.

as. Degenerative farming practices include monoculture (growing one type of crop), using too much fertilizer and too many pesticides, failing to keep land covered with vegetation and disturbing the soil with activities such as tilling. Degenerative farming results in unhealthy, unsustainable soils.

The main challenge with regen ag is convincing farmers to change the way they farm, to work with nature, not against it as they've traditionally been doing, said Hjertaas.

In the 1970s when he started out, glyphosate [a controversial herbicide] and fertilizers (nitrogen and phosphorus) were becoming generally accepted. He used "truckloads" of fertilizer. He was growing more grain, but he was also spending more and more on fertilizer and said "we weren't getting ahead." He knew it wouldn't be sustainable in the long run.

After reading some literature on grazing in Africa, he sowed some of his grain land back to grass and leased some cows. With green on top feeding the soil and retaining moisture and herds moving through the field recycling nutrients, his soil started to recover.

"Over a few years I realized my soil was getting better as I did that," he said. "We're capturing sunshine with the leaves on the surface and pump-



STANDARD PHOTOS BY PATRICIA BARRETT

From left assistant coordinator Elyce Dirks, project coordinator Zoe Bailey and manager Armand Belanger from the East Interlake Watershed District and resource technician Derek Kaartinen from the West Interlake Watershed District. The watershed districts and the Manitoba Association of Watersheds invited guest speakers to Stonewall last week so that farmers in the region could hear about the regen ag movement and its success stories.

ing sugar down to the roots. The roots should be fuzzy. I was taught the roots should be white but that's not accurate. Those sugars are feeding the microbes and the microbes are creating aggregates [soil particles around organic matter]," he said. "That's how you get rid of soil compaction. That's how we take carbon from up here and put it down here. That's how you increase the organic matter of your soil and increase your soil resiliency."

Non-compacted soil can also absorb lots of water. In times of drought or too much precipitation, healthy soil can take a beating.

"How effective was a rainfall? Did you make the water go into your soil or did you let the water run off? The choice is ours by the way we manage our land. The goal on our farm is to capture every single raindrop," he said. "In 2014 we had heavy rainfall, but our farm held the water while others saw water run off the fields and ditches were full."

There are five basic principles in regen ag: (1) keep it green as long as possible so that plants can convert

sunshine (i.e., photosynthesis) into organic compounds (2) sow a diversity of plants to stave off disease and tamp down the use of pesticides and fertilizers, (3) keep armour on the soil surface to prevent water from evaporating (4) minimize soil disturbance through activities such as tilling, overgrazing, monoculture and overuse of pesticides and fertilizers, and (5) incorporate animals to promote soil fertility through the recycling of nutrients and spread of microorganisms, said Hjertaas.

Black soil is bad practice and a common sight across western Canada. It's vital to keep soil covered to prevent moisture loss.

"When I drive ... I look up and down the roads at this time of year, and do I see cover or do I see black dirt across most of western Canada? I see black dirt just about everywhere I go," said Hjertaas. "We've had an exceptionally warm fall ... and even yesterday we've got soil-water evaporation occurring on black soil. We can

> REGENERATIVE, FROM PG. 7

stop that by keeping armour or litter or whatever you want to call it on the surface of the soil."

A diversity of plants – e.g., sowing oats and flax together in one field or rye with hairy vetch – will prevent plants from competing for phosphorus at the same time, which occurs in monoculture crops. Different plants will work together "sharing nutrients and moisture," said Hjertaas. Plant diversity also keeps insect predation and disease at bay.

"Let's say I'm a flea beetle. If I flew into [a field sown with different plants], I'd be discouraged because it would be hard work to find something to eat. But if I fly into a canola field, I hit heaven. Everywhere I look I've got something to eat," he said. "What do we [farmers] do? We do 22 million acres of monoculture in canola and we spend a fortune trying to control flea beetles. Does that seem intelligent? We need to re-think how we do agriculture."

He has statistics that show crop losses to insects are getting worse. In the 1970s across North America, five to six per cent of crops were lost to insects. Since the 1970s the use of insecticides has increased by seven times. Farmers are now looking at 13 per cent loss of crops to insects.

"Are we making progress. How stupid can we be? Plus, we're killing bees, ourselves and probably killing all the predators – and that's probably the biggest issue of all," said Hjertaas. "Insecticides don't know which predator is good and which is bad; they kill everything. Guys are spraying their canola three times this spring. Diversity is your best friend."

Hjertaas said it's all well and fine being "green," but farmers have to make a profit with regen ag. He showed participants cost benefits of the practice.

One producer in northwestern Manitoba had planted rye and hairy vetch together, which resulted in "quite reasonable" yields and "no inputs into that crop" except seed. The vetch "provided nitrogen to the rye." Another producer near Brandon sowed oats and peas together, using no nitrogen and reduced phosphorus. Although he ended up with a higher oat yield than he'd get doing monoculture oats, his pea yield was not as good as doing monoculture peas. But the benefit was no spending on nitrogen.

Other regen ag practices such as integrating cover crops with animals resulted in higher yields. Bale grazing in the field resulted in 800 per cent more grass for one farmer, and strip graz-



Paul Overby from North Dakota is a data junkie who shared the results of various regen ag trials he's conducted on his farm, including poly cropping, no-till farming, cover crops and less fertilizer use to show that regen ag practices can be profitable.

ing using fencing to let fields recover resulted in improved soil health.

Paul Overby from North Dakota has been farming since 1993, is supervisor of a conservation district and a regen ag data junkie, who shared the results of various trials he's conducted on his own 1,800-acre farm. His trials include poly cropping (growing multiple plant species in one field), cover crops, reduced fertilizer use and no-till management.

No-till management prevents disturbance to the soil, which is beneficial for fungi growth, he said. Fungi work collaboratively with plants to bring them nutrients. He also has pasture land divided into paddocks and grows different grasses using rotational grazing with "no other treatments."

To reduce fertilizer inputs, he's mapped his fields using satellite imagery in order to identify where the high yielding areas are and to identify low productivity and saline areas on which he's planted various mixes of vegetation such as alfalfa and grasses.

"I think [mapping] is key to have an understanding of different dynamics in your field because if we're talking about reducing inputs, there are parts of the field where that's more critical," said Overby. "We manage our inputs based on this."

He started planting peas and sunflowers with wheat, barley and flax for diversity, to "constantly keep weeds off balance" and to make better use of water, especially in the fall.

He uses tools such as the United States Department of Agriculture's crop sequence calculator to determine how to space out his crop rotations, as well as ag tools from Manitoba.



Workshop participants from left Marla Riekman from Manitoba Agriculture, hobby farmers Gordon and Camille Sochaski and cattle farmer Sheldon Drury.

"I have a flax field that I want to rotate to something else next year. What do I put in? Do I put soybeans or sunflowers? I used the [USDA] calculator and it said sunflowers are probably best," said Overby. "Manitoba Agriculture Services Corporation also has a tool that tells you what crops you should plant in rotation and how they'll yield."

He has a mix of crops which include broad leaf crops, grass crops, cold season and warm season crops and late season crops. He'll have a number of years between sunflower, pea and canola plantings as all have issues with disease.

"Other things we're trying is balancing nitrogen and phosphorus requirements. I'm really big on using university research," he said. "What we're doing is giving our soils a break from adding fertilizer. We're letting the natural processes work in the soil instead of adding to it."

He'll do crop rotations then analyze nitrogen and phosphorus levels through leaf tissue analysis. It's important to determine whether there's adequate nitrogen and phosphorus to "carry the rest of the crop" when cutting back on fertilizers, he said.

He said he gets asked whether he's doing this regen ag "stuff" for fun or whether he's making a profit. In the long run, a farmer can't be sustainable if he's not profitable.

He said he has done multiple trials with cover crops such as vetch and corn with wheat and oats and it has resulted in no yield losses.

"It didn't hurt the yield and I did soil testing. Part of why I want a cover crop in there is to improve my soil health. In the control area where we didn't have cover crops, we saw a ranking of very poor [soil]. Right next

to it where we seeded a cover crop into the oats, all of sudden we've got [an average ranking]," he said. "These strips are next door to each other, 40 feet wide. It's not like this was in a different part of the field. This is the impact this cover crop had growing in the oats. It didn't get above average, where I would have liked to see it, but at least it moved up a couple of notches."

He's currently doing trials with peas and canola.

"We done a couple years of trials. The first year we started out with two five-acre strips in a 25-acre field. We planted the peas first then came in and planted canola on top of that," said Overby. "We have all these different plots in the field and we can start doing some analyses of what's working and what isn't. We took samples from every plot and got them analysed. It's not just yield I want, but quality of pea protein. In one year, it was hard to draw a conclusion, but we're okay."

He works with students from North Dakota State University's agriculture program and does "a lot of soil-health testing."

Other regen ag practices include the use of shelterbelts consisting of multiple species of trees rather than a single species such as a spruce tree, which is not native to the prairies. Having different trees won't result in their dying at roughly the same time and leaving farmers with miles of dead shelterbelts.

The workshop included a panel discussion on regen ag practices and shelterbelts with farmers Andrew Harris from Stonewall and Scott Beaton from Balmoral, as well as Blair English, an agronomy and agroforestry specialist.

Honouring a century of hard work and perseverance

The Wiebe family's roots run deep at the Rocking W Ranch

By Ashleigh Viveiros

The Manitoba Farm Family Recognition Program presented the Rocking W Ranch north of Morden-Winkler with its Century Farm designation this fall.

The honour comes when a farm family maintains continuous ownership of their land for 100 years or more.

"The actual centennial was in 2018," notes Dusty van der Steen, who grew up on the property. "The farm was founded in 1918 by my great, great grandfather, Peter B. Wiebe.

"They lived in Altona, so it was quite a thing for him to purchase a parcel of land all the way in the Burwalde district, northwest of Winkler. He purchased it for his son, Peter P. Wiebe, which was my dad's grandfather."

Peter P. Wiebe married Margaretha Thiessen in 1919 and the couple soon after made the 30-mile trek to settle in their new home.

"They loaded up a wagon and a team of horses with all their belongings and they drove from Altona to where our homestead is now," van

der Steen shares. "It took them most of the day. They arrived just in time to unload before dark."

Peter P. and Margaretha raised their family and farmed the land for decades, eventually passing ownership on to their son, Frank, who did the same with his own family, in turn passing it on to van der Steen's father, Rick Wiebe.

By that time, they had branched out from crop farming into raising horses, and it was eventually named the Rocking W Ranch. The ranch quickly became known for its quality of horses and a thriving PMU business (where urine is collected from pregnant mares to produce an estrogen supplement for menopausal women).

"As it went from one generation to the next, it was less and less crop farming," van der Steen says. "My dad didn't really do any crop farming, aside from making feed for the horses.

"People came from far and wide to not only buy horses from the farm, but to have them trained," she adds. "Dad was a cowboy at heart. Dad had plans to move out west to Alberta cowboy country when Grandpa and Grandma offered him the farm to keep him home."

In addition to the PMU work, Rick Wiebe also started a thriving horse auction business that brought in horses from all over Canada and the United States.

In 2018, Wiebe started the process to apply for the century farm recognition not long after they reached the milestone, but he had to put it on the backburner after being diagnosed with cancer. He died in 2020.

In her father's memory, van der Steen picked up where he left off and completed the nec-



Peter P. Wiebe and his wife Margaretha farmed the land for decades before passing it on to their son Frank, who later passed it on to his son, Rick. Rick passed away in 2020 before he could complete the application for Century Farm status. His daughter Dusty van der Steen finished it this year.



STANDARD PHOTOS SUBMITTED

The descendants of Peter P. Wiebe gathered at the family farm north of Morden-Winkler earlier this month to celebrate receiving a Century Farm designation from the Manitoba Farm Family Recognition Program. From left: Dusty van der Steen with son Layne, Marjorie Hildebrand, and Bruce Hildebrand.

essary research for the application.

"I felt like it was important to not only honour my dad through finishing it, but also my forefathers that lived there as well," she says. "They homesteaded in a time that wasn't easy. And the fact that it's been in our family all this time is an achievement."

The ranch continues to be run today by Wiebe's widow, Barb, as a horse boarding facility, with van der Steen active there as well with her competitive barrel racing events.

The roots she feels when she sets foot on the property run deep.

"It'll always feel like home to me," she says.

"As a genealogist, I have developed a sense of how important knowing your history is—what it is, how it affects you," says van der Steen who also runs Rural Roots Genealogy, offering her sleuthing services to others looking to unearth their family's stories. "It can be quite profound—how it all started, all of life's trials, how my ancestors persevered here and how the land that we live on sustained them through each generation. They were so blessed, even though things were tough at times."

There were plenty of good times as well, shares Marjorie Hildebrand, van der Steen's great aunt.

Hildebrand, 94, was the youngest of Peter P. Wiebe's four children who grew up on the property.

"I was born in the house that's still standing, but it's very old now," she says, reflecting that a stiff wind one day is liable to blow over some of the

original buildings still standing today.

Reflecting back on her childhood, Hildebrand says they all worked hard to keep the farm running.

"I grew up helping. I had to take care of the chicken population and picking up eggs and putting feed out for them."

They lived two miles away from the nearest school, which made getting there a bit of a challenge, especially in the winter.

"We were taken by horse and buggy, or horse and sleigh," Hildebrand recalls.

"There were three families in the area that got together to get the children to school—we had one family supplying the horses, one the wagon or the sleigh, and the other family the feed for the horses."

She left the property when she got married, but remembers those years fondly. Hildebrand, another avid historian in the family, penned a book *The Oak Tree* in the '90s about the Wiebe history in the area to ensure it wouldn't be forgotten by future generations.

"I felt that we needed to gather stories about what had happened during the years that we lived in Burwalde," Hildebrand says. "My mother was still alive and my two older sisters also were a good source of information. So before they would be all gone, I felt that I could maybe put something together, and so that's how it all started."

Hildebrand, who was among the family members in attendance



Questions to ask when shopping for a wedding reception venue

Engaged couples make plenty of decisions when planning their weddings, and some may be more significant than others. Choosing a wedding reception venue is among the most important decisions couples will make.

The reception venue is where couples and guests will spend the majority of the day, and no two venues are the same. As couples begin shopping for a place to host their reception, they can ask them-

selves and venue representatives a multitude of questions to narrow down their options and ultimately make the best decision for them.

What are we looking for in a venue?

Some couples may know precisely what they want their receptions to be like, while others may not have the slightest idea. Of course, some couples may be somewhere in the middle. Prior to beginning the process of choosing a ve-

nue, couples can identify what they're looking for. Is a venue with outdoor entertaining space a priority? Do you want to hold the ceremony and reception at the same venue? How many guests will the venue need to accommodate? Answering these questions and others can help couples narrow down their search.

How much can we afford?

Budget is a significant variable when shopping for a wedding venue. Some venues offer multiple spaces that can accommodate couples with a wide range of budgets, while others are singular spaces suited to receptions within a specified size. Itemizing a budget and determining how much can be allotted to a reception venue can serve as a guideline when couples begin searching for sites.

Is our date available?

Once couples know what they want and what they can afford, they can prepare a number of questions that are worth asking at every venue they visit. Perhaps the most important, at least for those couples who have already chosen a wedding date, is the availability of the

site on that date. If couples have not yet chosen a date, they can ask for a list of available dates at each venue they visit and perhaps use that knowledge to pick a day, particularly if they prefer a given venue.

Who will cater the meal?

Some venues do their own catering, while others may have working relationships with outside caterers. And some venues rent only the spaces and require couples to hire their own caterers and arrange all the details on their own. If a venue caters the meal, ask if they accommodate people with various restrictions, such as food allergies and gluten intolerances.



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How many hours are included in the rental agreement?

It's important that couples know what they're getting, including how much time they get in each space they consider. The online wedding resource The Knot notes a standard wedding reception is five hours, the first of which is generally designated as cocktail hour.

What is the payment structure?

Identifying the payment structure, include down payment due date and when the final payment must be made, is important as well. This knowledge can allow couples to map out their expenses, the most significant of which is typically the reception venue.

These are just some of the questions couples can ask as they plan their wedding receptions.



Morden-Winkler MLA Carrie Hiebert presents Dusty van der Steen with a certificate designating the Rocking W Ranch/Rick Wiebe Family Farm as a Century Farm.

Thanksgiving weekend to celebrate the Century Farm designation, is pleased van der Steen picked up the torch left behind by her late father.

"I was very happy that Dusty made that effort to continue the

work that her dad had started," she says. "That was a wonderful gesture on her part. It's nice to have this recognition for the property."



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Manitoba's inaugural Sunflower Day a success

By Ty Dilello

The inaugural Sunflower Day in Manitoba, held at the Carman Community Hall on Nov. 26, proved to be a resounding success. It brought together farmers, agronomists, and industry professionals to focus on the latest in sunflower agronomy.

The event featured expert-led presentations from top organizations, including North Dakota State University, Manitoba Agriculture, the Manitoba Crop Alliance, and Manitoba Agricultural Services Cooperation.

The day began with a warm welcome from Callum Morrison, followed by a presentation from Jon Low, an Insurance Specialist with Manitoba Agricultural Services Corporation (MASC). Afterward, Michael Wunsch, a North Dakota State University plant pathologist, delivered a comprehensive presentation on sclerotinia in sunflowers.

Following lunch, attendees were given an update by Morgan Cott from Manitoba Crop Alliance. The afternoon continued with an agronomy panel discussion featuring a diverse group of experts: Callum Morrison (Provincial Crop Production Extension Specialist), Kim Brown (Provincial Weeds Specialist), John Gavloski (Provincial Entomology Specialist), and Dennis Lange (Provincial Pulse



STANDARD PHOTOS SUBMITTED

A glimpse from the agronomy panel discussion at the inaugural Sunflower Day event at the Carman Community Hall on Nov. 26. Left photo, left to right: Kim Brown (Weed Specialist, Manitoba Agriculture), Dennis Lange (Pulse and Soybean Specialist, Manitoba Agriculture), John Gavloski (Entomologist, Manitoba Agriculture). Callum Morrison (Crop Production Extension Specialist, Manitoba Agriculture).

Specialist and Sunflower Farmer). The panellists addressed a range of questions posed by the audience, offering practical advice and expert perspectives on sunflower crop management, as well as emerging issues with herbicide-resistant waterhemp and Palmer amaranth.

Next, Page Klug presented on the challenges posed by red-winged blackbirds and starlings in sunflowers, discussing potential control measures. Provincial Farm Management Specialist Darren Bond then provided an in-depth look at farm profitability, highlighting the importance of financial sustainability in agriculture.

The day concluded with a presentation by Ali Moneo on sunflower markets, discussing market trends and opportunities for sunflower growers.

Attendees of the Sunflower Day event gained valuable insights on best management practices for sunflower production, pest management, and the latest research in crop development. Industry sponsors R-Way Ag, Winfield, Gowan, and FMC were also in attendance and played a key role in making the event possible, showcasing their support for the growth and innovation of Manitoba's sunflower industry.

Event organizer and MC Callum Morrison, the Crop Production Extension Specialist for the Central Region with Manitoba Agriculture, expressed his excitement about the event's success and announced plans to bring Sunflower Day back in 2025.

"The day proved to be a valuable platform for networking, knowledge exchange, and discussions on the future of sunflower farming in Manitoba, positioning the event as a promising addition to the province's agricultural calendar," said Callum Morrison.

Morrison notes that in the future, producers will need to be increasingly more vigilant about herbicide-resistant weeds as it will pose a significant challenge to crop management.

"Sunflowers have relatively few in-crop herbicide options, and their

wide row spacings create a lot of bare soil, providing ideal conditions for weeds to germinate and compete for space, light, and nutrients," said Morrison. "With the increasing risk of herbicide resistance, producers will likely need to explore alternative, non-chemical weed control measures, such as inter-row tillage, to help manage weed populations. Additionally, ensuring effective weed control during non-sunflower years will be crucial to keeping weed seedbanks low and preventing weed pressure from escalating in subsequent growing seasons. By combining integrated weed management practices, farmers can maintain productive sunflower crops and reduce the reliance on a single type of control."

At the end of the Sunflower Day meetings, it was announced that three upcoming "Central Region Crop Meetings" will take place in February 2025. The dates and locations are Feb. 18 in Carman, Feb. 19 in Altona, and Feb. 21 in Holland. These meetings will provide further opportunities for local farmers and industry professionals to engage with experts and stay up to date on the latest crop management strategies.

MANITOBA FORAGE SEED ASSOCIATION

2025 MB Forage Seed Producer Forum & AGM January 9, 2025 Victoria Inn, Winnipeg

The Manitoba Forage Seed Association invites you to their Annual Forage Seed Conference and AGM. A range of topics will be covered dealing with various aspects of growing and managing forage and turf seed crops. This year's conference is featuring:

- Highlights from EMILI's Innovation Farms
 - Herbicide & Fungicide Options
- Peace Region Production & Research Update
 - Seed Production Research in Minnesota
 - Precision Planting Solutions

Annual General Meeting

Notice is hereby given that the AGM of the members of the Manitoba Forage Seed Association Inc. will be held on January 9, 2025, at 10:30 am at the Victoria Inn, Wpg. Member is defined as an individual or entity who has paid a levy fee for the sale of Forage seed crops between the period of July 1, 2021 - June 30, 2024.

The Board of Directors will be proposing amendments to By-Law No. 1/2005 at the AGM for discussion. A vote to approve the amendments will be held immediately following discussions. Limited copies of the proposed amendments will be available at the AGM.

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The Carman-Dufferin
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Here comes Santa Paws: PVHS launches holiday giving campaign



STANDARD PHOTO BY LORNE STELMACH

Shelter manager Jennifer Young and shelter administrator Emily Bueckert with some kittens who will be among the animals benefiting from this year's PVHS Santa Paws donation drive.

By Lorne Stelmach

The Pembina Valley Humane Society is again calling on the local communities to keep them in mind for gift giving this holiday season.

The organization is holding its Santa Paws campaign for a fourth straight year with the goal of helping meet its needs for dog and cat food and other supplies.

There's a wide range of everyday kinds of supplies that are needed at the shelter in Morden, and the support can take some of the cost burden off by providing some of these supplies for at least part of the year. They can then use other funds to pay for animals to be spayed and neutered and other treatment and care costs.

"It started during CO-VID ... we were thinking it would be nice to get all of our supplies at once so we weren't asking so often, and it was also trying to do something for the holiday season," said Tanya Rempel, sponsorship chairperson for the humane society.

"It's ended up being a huge fundraiser for us and has really reduced how often we're asking for supplies throughout

the year, and it really cuts back on how much we're buying too, so more donations can go to animals and less on supplies."

They are open to receiving not only cans of wet cat and dog food as well as clumping cat litter and even laundry and cleaning supplies.

"We've almost always met our goals," said Rempel, who noted they last year collected 75 bags of litter, which served their needs until Oc-

tober. Kitten food ran out earlier, and Rempel noted that is a significant need.

"The biggest thing we need for food is kitten food because we have a lot of kittens coming in," she said.

"It's also a lot of cleaning supplies that people might not think of ... we go through a lot of gloves," she added. "And we go through a lot of laundry in a day.

Monetary donations are also most welcome.

For more information on how you can get involved and support the humane society, head to pvhsociety.ca.

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Einarson's new book tells the stories behind the stories

By Lorne Stelmach

John Einarson changed his focus for his newest book.

The Winnipeg-born music historian, broadcaster, author and one-time Morden teacher has written more than 20 music biographies, but his most recent creation is much more about himself and his process.

Words And Music is telling the stories behind compiling the stories about such artists as John Kay, Ian & Sylvia Tyson, The Guess Who, The Byrds, Flying Burrito Brothers, Arthur Lee & Love and Buffalo Springfield.

"In other books, I'm writing about a subject, whether it's Randy Bachman or Neil Young or Steppenwolf or Ian and Sylvia," said Einarson, who talked about the book last Tuesday at the Morden library. "But this book looks at each one of those books. Each chapter in the book is that particular book, but it looks at the back story.

"I've been using the analogy that it's like an iceberg—the tip of the iceberg is kind of the book ... but there's everything going on underneath that you don't see," he said. "Each of them looks at how I go about doing what I want to do and talking also about the process of writing biographies and the dos and don'ts."

It was an interesting process for him to go beneath the surface, expanding on the stories that grace the pages of his books, revealing untold narratives and personal experiences.

For example, in doing a book on The Byrds, Einarson met David Crosby for an interview and chatted with him for two and a half hours backstage before a show.

"And I made him cry. I made David Crosby cry ... I took him back to The Byrds days, and he admitted he was a jerk," said Einarson, recalling how Crosby treated band member Gene Clark. "Gene has since died, and Crosby was tearing up, recalling how mean he was to him ... so those are the kinds of stories you don't get in the actual book itself."

In working on a book about Ian and Sylvia Tyson, he got invited to Gordon Lightfoot's house, which Einarson described as a mansion but

"very funky" inside.

"There was an old couch in the foyer with the stuffing coming out," he recalled.

"He was really gracious because he acknowledged that Ian and Sylvia really kickstarted his career because they were the first to record his song *Early Morning Rain* ... it still annoyed him though that when Ian and Sylvia recorded it, they added an A minor chord," he added. "So he played *Early Morning Rain* to me ... my favourite Gordon Lightfoot song ... and every time he came to that chord, he kind of glared at me and then didn't play it."

There are many other stories like how he ended up helping a member of The Eagles unload some furniture and when an interview about Buffalo Springfield was arranged for a Sunday morning, but Einarson was told to have a case of beer with him.

Ian and Sylvia meanwhile both decided they would be good with doing a book but thought the other would not agree to it. And another time had Einarson sitting up with Neil Young on his ranch in northern California until 2 a.m.

"And I went on tour with John Kay and Steppenwolf," said Einarson, who recalled the crowd having lots of Vietnam war vets and aging hippies. "Yet you see them weeping when John Kay is playing *Born to be Wild* or *Magic Carpet Ride*."

And then there's the account of how one guy came up after a show and told Kay that he had saved his life.

"He explained how we were pinned down in a foxhole, and we had a cassette player, and it was playing *Steppenwolf* ... so he said we took it and threw into another foxhole, and all the enemy fire went there, and we were able to run away."

In the end, Einarson feels *Words and Music* is a good addition to his collection of books.

"It's me telling these stories like how I had to

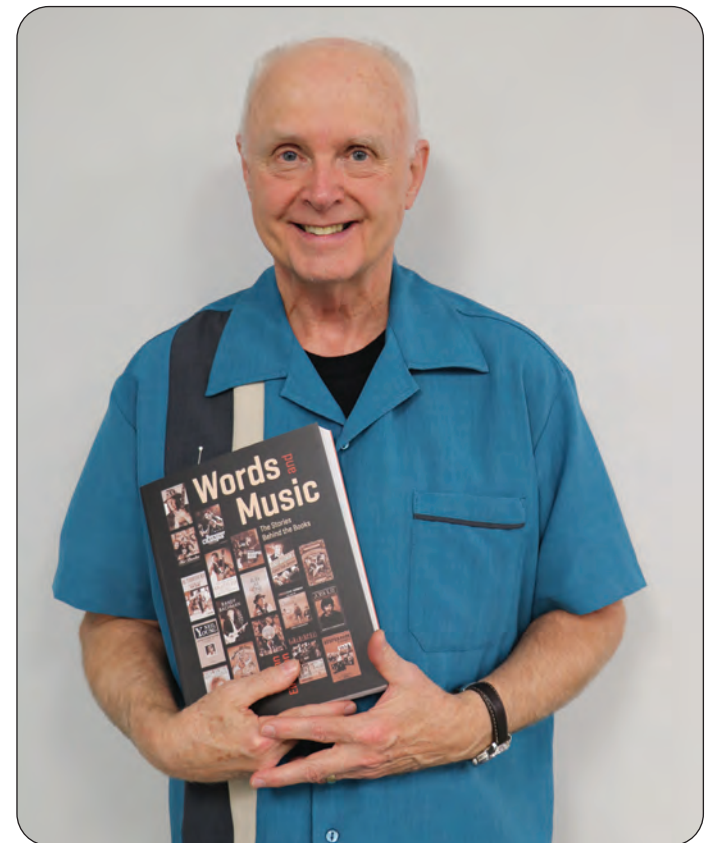


PHOTO BY LORNE STELMACH/VOICE

Author John Einarson was at the Morden library last week to read from his new book, *Words and Music*.

convince Randy Bachman to agree to do a biography because he felt it would mean his career is over," said Einarson. "There's more of me in this book than any of my other books."

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Sat. Dec. 7 Third annual Christmas Craft & Bake Sale 1:00pm-4:00pm
Boyne Towers Carman

Tues. Dec. 10 Roland School Holiday Concert 6:30pm

Tues. Dec. 11 Ecole Carman Elementary School Holiday Concert 6:30pm
Carman Collegiate

Wed. Dec. 18 Elm Creek School Holiday Concert 6:30pm

Wed. Dec. 18 Miami School - *Beauty and the Beast* 6:00pm
(\$35/adults - \$25/students - Tickets must be purchased by Dec. 9)

Thurs. Dec. 19 Miami School - *Beauty and the Beast* 7:00pm
(\$35/adults - \$25/students - Tickets at the door)

Fri. Dec. 20 Miami School - *Beauty and the Beast* 7:00pm
(\$35/adults - \$25/students - Tickets at the door)

COUNTDOWN to Christmas

Holiday shopping tips you can't afford to miss

The festive and fun nature of the holiday season can make it easy to forget the benefits of being frugal. Many people go overboard on holiday spending, making this time of year costly for consumers.

Shoppers who want to spend less and stick to a budget for holiday entertaining and gifting can keep these budgeting tips in mind.

- Set a value to gift recipients. It may sound harsh, but certain people on holiday shopping lists may be assigned a higher value than others. For example, you wouldn't necessarily spend the same amount on a gift for a child's teacher as you would for a grandmother. Putting a dollar figure next to each name on the shopping list helps you identify your expected spending and where you can cut back, if necessary.

- Establish your overall budget. Once you have an idea of your potential holiday expenditures, set a firm budget. Avoid the temp-

tation of impulse buys, which can make it easy to go over budget.

- Begin shopping early. Start scouring ads and looking for deals prior. Keep a running list of gift ideas and when the price is right, purchase those items.

- Price check "perfect gifts." If you've spotted the perfect gift for someone but it's beyond budget, see if you can find a better price elsewhere, says Better Money Habits. There are apps that allow users to scan barcodes and check items across various retailers. Many stores also have price-match policies that can save shoppers money.

- Look for deals all of the time. Many people get hung up on perceived deep discounts from Black Friday and Cyber Monday offers. However, industry experts say there often isn't a huge difference in markdowns between these promotions and those during other sales. Some retailers even increase prices on goods only to mark them down for Black Friday

to make it appear that there is a discount. Only by knowing the average price for items can you know if a sale is legitimate.

- Sign up for store rewards. If you don't want your regular email inbox inundated with offers, set up a separate email account for in-store and online shopping. Then you can sign up for the rewards programs at checkout. Utilize the coupon codes and advertisements for sales to save money without having your primary email data shared with other marketers.

- Track spending carefully. If you don't know how much you're spending, then you cannot possibly stick to a budget. After each purchase, keep a running tally of all holiday spending to see how far you are from the finish line.

The holidays can be expensive, but with smart budgeting and dedication to savvy shopping, it's possible to stay out of financial trouble.



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Oak Bluff's Taylor wins bronze medal at 2024 Paralympics

By Ty Dilello

Oak Bluff's Leanne Taylor is back in town after recently winning a bronze medal for Team Canada at the 2024 Paralympic Games in Paris, France.

Taylor moved to Canada from England when she was 10 and grew up in Wasaga Beach, Ontario. Wasaga Beach is a small community just north of Toronto with lots of outdoor activities, which Taylor does in her spare time, such as hiking, skiing, swimming, biking, and playing volleyball.

Taylor moved to Winnipeg in 2015 after finishing her undergraduate degree from Western University to work as a sales representative for a local pharmaceutical company, Medicare Inc., which she still works for today as a Compliance Officer. Taylor moved from Winnipeg to Oak Bluff in 2021 and still lives there today.

Taylor was paralyzed from the waist down in a mountain biking accident on Bison Butte Trail in southwest Winnipeg in 2018. She broke her back in the 11th thoracic vertebrae.

From there, Taylor wanted to get involved in the Paralympics as quickly as possible, as she comes from an athletic background. She started getting into paratriathlon, a sprint race consisting of 750 m swimming, 20 km cycling, and 5 km running stages.

"I was injured in 2018, so qualifying for the 2020 Tokyo Paralympics was a long shot, but my chances improved with the delay in the games due to COVID-19, which allowed me more time to get stronger and catch up to the competition," said Taylor. "Unfortunately, I missed qualifying by just one spot, which was tough, but it motivated me to work even harder."

In September, Taylor's motivation propelled her to qualify for Team Canada at the 2024 Paralympics in Paris, France.

"To make it to the 2024 Paralympics and represent Canada was such an honour," said Taylor. "Since I've been



injured, I've always dreamed of competing at that level, and being there in Paris as part of Team Canada, with 26 members of my family and friends watching, made it all worth it."

Taylor competed in the Paratriathlon (PWTC) event at the Paralympics and won a bronze medal for Canada with a time of 1:12:11, narrowly edging out a Spanish competitor by seven seconds.

"Competing in Paris was absolutely surreal. The energy, the crowd, and just being surrounded by so many amazing athletes was unforgettable. Winning the bronze medal was the icing on the cake. It was always my goal to qualify for Paris, but it only recently became my goal to podium after some significant gains I made this past offseason. To achieve that is something I'll never forget, and to be able to do it in such an iconic city with all my family and friends watching who helped me get there was beyond amazing."

A few weeks ago, Taylor was honoured at the Manitoba Legislature by Midland MLA Lauren Stone.

"I was really touched to be honoured at the legislature. That was my first time meeting Lauren Stone. She is such a kind person, and you can



STANDARD PHOTOS SUBMITTED

Oak Bluff's Leanne Taylor won a bronze medal at the 2024 Paralympics that were held in Paris, France, in early September. Left photo, Taylor is pictured with Midland MLA Lauren Stone after a recent visit to the Manitoba Legislature.



really tell she cares. It's amazing to feel that kind of support and encouragement from your community. It reminded me just how many people have been cheering me on throughout my journey."

Taylor also just got back from Philadelphia after completing her first marathon, which is something she wants to keep doing and push herself.

Beyond that, she's been giving lots of talks in the local community in Oak Bluff and Sanford with various organizations, schools, and charities.

"I'm looking forward to continuing to share my story and make sure that every little boy and girl out there knows that regardless of their ability or disability if they work hard, they can do really great things."



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sports & recreation

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Myrtle's Anderson participates at recent U18 Hockey Nationals

By Ty Dilello

Myrtle's Jessica Anderson recently returned from New Brunswick, where she skated for Team Manitoba at the 2024 U18 Women's National Championship.

The Grade 12 Carman Collegiate student has been playing hockey since she was very young, thanks to her older siblings.

"My Dad had gotten me and my sisters into hockey at a very young age," said Anderson. "I got skates thrown on my feet at the age of four, and we learned to skate in our barn, which we put ice into every winter."

"I would say that it was pretty helpful having older siblings who played the game of hockey as well. It was very useful having Caitlin and Hailey to look up to as there were many things that they were able to pass on to me and hear about their experience of the game. As the youngest sibling, I got an opportunity to play with my sister Caitlin for two years with the Pembina Valley Hawks, which was truly an unforgettable experience. This has allowed us to challenge and push each other on the ice to be our best."

Anderson has spent the past four seasons playing for the Pembina Valley Hawks in the Manitoba Female Midget Hockey League. Last season, she scored 28 points in 46 games for the Hawks. In the 2024-25 season, she is currently second on her team in scoring with 10 points in 13 games.

The Hawks currently sit in fifth place in the league standings with a record of 5-8-0.

"The start of this year with the Pembina Valley Hawks has been a tough go," said Anderson. "The team hasn't been getting the outcomes that



we want, but it's still I would say fairly early in the season. I would say our team is still improving each week at practice. We have recently been executing the plays that we have been working on which is super awesome to see. I believe that our team has great potential, and that will soon be shown in the scores of the games."

Anderson was also selected to play on Team Manitoba at the 2024 U18 Women's National Champi-

onship that ran from Nov. 3-9 in Quispamsis, New Brunswick. Although Team Manitoba put up a 1-2 record and missed playoffs, Anderson says that the week at Nationals was an experience that she'll never forget.

"I was super grateful and glad to be able to represent my province. Not everyone gets an opportunity to do that, so I am very thankful for that. We had a very strong team that became closely connected within the first days of arriving. Getting the chance to play with the top female hockey players in Manitoba was exhilarating. Our team played amazingly throughout the whole week, although we didn't get the outcome that we wanted. I believe we put our efforts into each game, and our coaches were pleased with that."

After this season, Anderson will graduate from Carman Collegiate and has committed to playing university hockey next season with the University of Saskatchewan Huskies. She is very much looking forward to this experience.

"I had kind of always had an eye for the USask Huskies. I had the opportunity to go for a tour there, and when I stepped into the rink facility, I knew that I could see myself playing in this arena. The campus is also unique as there is actually a farm right in the center of it, which I thought was super cool. Coming from a farming background, this made me feel right at home being on the campus. Steve Kook, who is the coach of the USask Huskies, really opened the door for me and welcomed me in. After my day visit and seeing everything, my mind had been set and I just knew that this was the right place for me."

Calvert and Kang capture titles at DEKALB Superspiel

By Ty Dilello

The DEKALB Superspiel, Manitoba's biggest World Curling Tour event of the season, was played this past weekend at the Morris Curling Club.

From Nov. 21-24, 20 women's teams and 20 men's teams gave the local curling fans quite the show. Teams came to Morris from all over, including the many provinces of Canada, the United States, Japan, and South Korea.

On the women's side of the event, South Korea's Bobae Kang defeated South Korea's Eunjung Kim 4-1 in Sunday night's championship final. Kang earned \$10,000 for the

victory.

Winnipeg's Kristy Watling did the best of any Manitoba teams in the field on the ladies' side as they reached the semi-finals before falling to Kang.

Braden Calvert of Winnipeg (Corey Chambers, Kyle Kurz, Brendan Bilawka) took home the men's title in Morris with a 7-4 victory in the final over Winnipeg's Brett Walter to also win the \$10,000 grand prize.

In addition to Calvert and Walter, two other Manitoba teams reached the playoffs in Winnipeg's Hayden Forrester and Virden's Jace Freeman.



STANDARD PHOTO SUBMITTED

On Nov. 24, Winnipeg's Braden Calvert and his team of Corey Chambers, Kyle Kurz and Brendan Bilawka captured the \$10,000 grand prize for winning the 2024 DEKALB Superspiel at the Morris Curling Club. Calvert defeated Winnipeg's Brett Walter in the championship final by a 7-4 scoreline.

sports & recreation

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Former Swiss NHLer Fischer recalls days as Carman exchange student

By Ty Dilello

Switzerland hockey legend Patrick Fischer was once an exchange student at Carman Collegiate in the early 1990s.

Fischer was born and raised in Zug, a Swiss city of 30,000 people in the middle of the country where German is the primary language. He started playing hockey for the EV Zug program and spent much of his hockey career there in his hometown.

In the early 1990s, Fischer's father went to work for an American company in Tennessee, so the family temporarily moved to the United States.

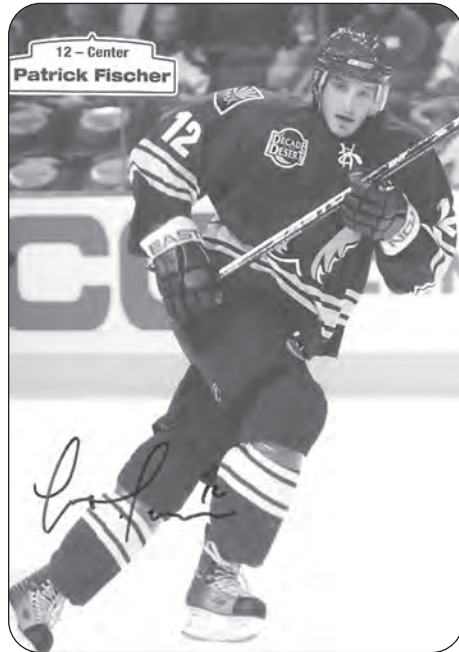
"We were looking for a way that I could keep playing ice hockey because, at that time, there was no hockey in Tennessee," said Fischer. "That's why I came to Manitoba since we had a connection to Bob Leslie, who was a former coach in Switzerland."

Bob Leslie was a Manitoba-born hockey coach who had previously coached the professional Zug team in Switzerland before settling in Carman and coaching the Carman Cougars high school team.

Coming from Switzerland to a small rural Manitoba town as a 16-year-old, Fischer had fond memories of his time in Carman.

"It was beautiful," said Fischer. "I felt really at home and had a great family with the Leslie's, where I could live. I was able to make friends quickly and I loved the whole spirit of the school, and I didn't mind living in a small town."

Fischer started for the Carman Cougars high school hockey team during the 1991-92 season in a great year that



Swiss hockey legend Patrick Fischer was once a 16-year-old playing hockey and living in Carman as an exchange student in 1991.

saw them ultimately fall in the league finals.

"It was a lot of fun, and we had a lot of fans at our small rink. We had a lot of good games, but we came up short in the finals."

Fischer returned to Switzerland after that year and became one of the all-time Swiss hockey greats. He was a long-time fixture on historic Swiss teams such as Zug, Lugano, and HC Davos. He also played for the Swiss National Team at two Olympics and countless World Hockey Championships.

"The big moments for me that stand out are the Swiss championship titles



STANDARD PHOTOS SUBMITTED

The Carman Cougars, including Patrick Fischer, lost the league finals in 1991-92. Front row left to right, Keith Doerksen, Boe Leslie, Bob Leslie, Shaun Veldman, Ernie Sutherland, Matt Sanderson, Sean Webb. Middle Row: Ian Blair, Warren Picton, Brian Frederickson, Troy Turner, Jeff McAulay, Darren Pritchard, Ryan Sotheran, Patrick Fischer, Grant Kennedy, Bob Turner, Bill McKetiak; Back row: Glen Hansen, Gord Montgomery, Dallas Krahn, Kris Friesen, Warren Nordquist and Mark Boyachek.

in Lugano (1999) and Davos (2002). I think I was lucky to play in great organizations and meeting great people. I'm happy to have done that in my career in Switzerland."

Towards the end of Fischer's career, he decided to take up an offer to play a season in the NHL with the Phoenix Coyotes in 2006-07. His coach that season was none other than the legendary Wayne Gretzky.

"Being already 31 years old, I got into the NHL late, but it was obviously a dream come true. I was playing for the Coyotes coached by Wayne

Gretzky, so it was like the perfect ending for my career."

Fischer retired from hockey and has coached the Swiss Men's National Team since 2015.

The 49-year-old Fischer is now good friends with current Winnipeg Jets forward Nino Niederreiter, who he coaches on the Swiss National Team.

"I know him very well since I've coached him for the past ten years now. I really respect him as a player and as a great human being, and I'm happy that he's scoring goals now for the Jets."

Beavers continue to stumble in recent SEMHL play

By Ty Dilello

The Carman Beavers have dropped another pair of games this week, continuing their decline in the SEMHL playoff race. They are now 2-4-1, good for seventh place in the ten-team South Eastern Manitoba Hockey League (SEMHL).

On Nov. 27, the Beavers fell to the Winkler Royals 5-4 in overtime. Fraser Mirrlees had two goals for Carman, while Marcus Sekundiak and Mikol Sartor had the other team's goals. Luke Zacharias stopped 38 shots in goal for the loss.

A few nights later on Nov. 30, the

Beavers got whacked 10-1 by the Springfield Winterhawks in a very lacklustre effort. Carman's Marcus Sekundiak broke Springfield's shutout bid in the game's final minutes to get on the board with a goal when the game was already 10-0. Luke Zacharias and Daniel Wen-

man combined for 38 saves in the Beavers' net in the loss.

The Carman Beavers are back in action on Dec. 7 on the road against the Morden Bombers. The puck drops at 8 p.m.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Elm Creek captures first boys' provincial volleyball championship

By Ty Dilello

The Elm Creek School was victorious with an undefeated run to capture the 2024 Manitoba High School Athletics Association (MHSAA) Provincial "A" Boys Volleyball Championship banner in Glenboro from Nov. 28-30.

"The varsity boys volleyball team did not disappoint this weekend in Glenboro at provincials," said Elm Creek Cobras coach Rick Scott. "They worked as a team to knock out each and every opponent."

The Elm Creek Cobras went a perfect 4-0 in the round-robin after convincing victories over Ste. Rose, Glenboro, MCI and Mel Johnson.

The round-robin victories led them to Saturday's playoffs, where Elm Creek played last year's defending champions Alonsa/McCreary and came away with a straight sets victory in the quarterfinal. The Miami Marlins were next on the list, and they met in an epic semifinal match.

The Elm Creek Cobras lost the first set but proved that a match isn't finished until a team wins two sets. The team was down in the second set but battled back to win a close second set and then 15-12 in the third set, which vaulted them into the championship final.

From there, Elm Creek was matched up to play the number one-ranked Hamiota Huskies in the finals. The first set was very close, but Elm Creek pulled through and won 29-27. The second set saw the Cobras jump out in front and stay strong, finishing with a big hit from the middle by Taylor Neufeld, making them MHSAA provincial champions.



STANDARD PHOTO BY REID MILLER

The Elm Creek Cobras volleyball team captured its first-ever MHSAA Provincial "A" Boys Volleyball Championship defeating Hamiota in straight sets in Glenboro.

The players who made up the provincial champion Elm Creek Cobras team are Jullian Benthem, Beckton Brewer, Klaten Dawydiuk, Nikolas Dawydiuk, Anderson Dyck, Parker Enns, Lachlan Janzen, Jaron Johnston, Nixon Jones, Reid Miller, Taylor Neufeld, and Dominic Veldman.

At the tournament's end, Klaten Dawydiuk and Jaron Johnston were named Provincial All-Stars,

while Taylor Neufeld was named the Provincials MVP.

"The boys had a great weekend of volleyball and should be very proud of themselves as this is the first-ever provincial volleyball banner won for the Cobras," said Scott.

Carman Cougars have successful Hockey Fights Cancer night

By Ty Dilello

On Nov. 25, the Carman Cougars high school hockey team held a successful Hockey Fights Cancer night, raising \$2,500 for South Central Cancer Care.

Although the Cougars lost the game to the NPC Nighthawks by a 3-2 score in a shootout, it was still a fantastic evening for everyone in attendance.

The Cougars followed it up in their next game on Nov. 29 with a big 6-3 road victory over the W.C. Miller Aces.

The season has also been going well for the Cougars. They're currently 8-2-1, which is good for second place in the MHSAA Zone 4 league.

"With our team this year we definitely hope to be there at the end for both league playoffs and provincials," said Cougars' coach Michael Hetherington. "That's obviously a lot easier said than done. We still have a lot of work to do overall as a team if we



STANDARD PHOTO BY MICHAEL HETHERINGTON

The Carman Cougars high school hockey team had a successful Hockey Fights Cancer night on Nov. 25, raising \$2,500 for South Central Cancer Care by selling chocolate mustaches at the game for \$2.50 apiece. The Cougars players and the NPC Nighthawks had a spirited photo after the game.

want to get there, but we've definitely put ourselves in a good place so far in the standings to have that success."

The Cougars are back in action this week with a pair of games. They play a road game on Dec. 3 against the NPC Nighthawks in Winkler (7:30

p.m.) and then a home game on Dec. 4 against the GVC Zodiacs (7:30 p.m.)

"As a coaching staff, we're going to do our best to help our players get to the top and grow, but the drive to win is ultimately up to them," said Hetherington. "The rest of the coach-

ing staff and I are very excited to continue the year and see what our guys can do. When they're playing to their potential, they're a really fun team to watch and hard to beat."

Hawks double up on Chiefs, get frozen by Ice

By Ashleigh Viveiros

The Pembina Valley Hawks female U18 team crushed the Yellowhead Chiefs but then fell to the Winnipeg Ice last weekend.

Friday night's home game against Yellowhead saw the ladies double up on the visitors 6-3.

Jessica Anderson was responsible for half those goals, while Abigail Brigg, Emma Durand, and Casey O'Brien scored as well.

Madison Froese had a 39-save night in net as the Chief outshot the Hawks 38-26.

Things didn't go so well the next

night against the Ice in Winnipeg.

Goalie Kasia Rakowski found herself hammered with 42 shots, while her teammates sent just 17 the other way, all unsuccessful.

The Ice managed to get four of their shots past Rakowski for a 4-0 shutout win.

It brings the Hawks' record to 6-10, good for 12 points and sixth place in the standings.

This weekend the Hawks take on the Interlake Lightning in Morden Friday at 7:45 p.m.

Rookie of the year



STANDARD PHOTO SUBMITTED

Last week, Elm Creek's Logan Deurbrouck won the Robert Whitlaw Memorial Award, the Rookie of the Year Award for the Winnipeg High School Hockey League as a PCI (Portage) Trojans member. It was presented to him at the Winnipeg Pinnacle Club at Princess Auto Field during the Winnipeg High School Football League Varsity Awards Banquet.

"It was exciting to be at the Awards Banquet in general," said Deurbrouck, "but when they listed the finalists for the Rookie of the Year Award, my excitement and nerves both shot up even more, so to summarize receiving this award, it was an exciting moment that I was glad to share with my parents, teammates and coaches who were at the event."

Male U18 Hawks split weekend games

By Ashleigh Viveiros

The Pembina Valley Hawks U18 men's team split their games over the weekend.

Friday night saw them fall 3-2 in a heated overtime battle with the Wheat Kings in Brandon.

A goal from Adrien McIntosh had the Hawks up 1-0 in the second period, but the home team managed two in quick succession midway through the third and looked poised to win it right up until Haiden Friesen evened things out with a Pembina Valley goal at the 18:14 mark.

Brandon scored 18 seconds into the extra period to win the night.

Ryler Gates was between the pipes for the Hawks. He made 39 saves off the 41 shots sent his way. His teammates fired 24 at the Brandon goalie.

Two nights later the Yellowhead Chiefs came to Morden.

The Hawks had a firm handle on things through the first two periods, with goals from Cole Secord (in the first) and Ryder Wolfe and Tegan Fehr (in the second) giving them a comfortable 3-0 lead heading into the final 20 minutes.

Yellowhead chipped away at that lead with goals at 8:50 and 13:08, but didn't get any closer to closing the gap, giving the win to the home team 3-2.

The Chiefs outshot the Hawks 36-23. Karsen Dyck made 21 saves in goal for Pembina Valley.

The Hawks are currently in eighth place with a 10-8-2-0-1 record and 23 points.

This weekend they hit the road to play the Southwest Cougars Saturday and Sunday. They're also on the road next week Wednesday, Dec. 11, in Winnipeg to play the Wild.

Twisters continue to plummet

By Ty Dilello

The Pembina Valley Twisters junior hockey club had another tough week as they lost in their only game. The Morris-based MMJHL team is now 3-16-1, which is good for last place in the league standings.

On Nov. 29, the Twisters got blasted 7-0 by the River East Royal Knights in a very forgettable game as it was the first time the team has been shutout this season. Darion Penner stopped 29 shots in the Twisters' goal in the loss.

"We strayed away from our game

again, but we're bound to figure things out eventually," said Twisters' head coach Braeden Beernaerts.

The Twisters are back in action with a pair of games this week. They're at home on Dec. 6 to play the Transcona Railer Express at 8 p.m. And are on the road on Dec. 8 to do battle with the St. Boniface Riels at 3 p.m.

"Our defensive zone play needs to be better, and we're going to keep working on it," said Beernaerts. "And then from there, hopefully, that can spring some offence."

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Winkler Flyers down Blizzard 4-1 in MJHL

By Ashleigh Viveiros

The Winkler Flyers added a couple of wins and one loss to their MJHL record this past week.

Last Tuesday's game on the road in Waywayseecappo got off to a slow start, scoringwise.

Neither team made any headway through the entirety of the first period and most of the second. Winkler's Blake Matheson finally broke the deadlock with a goal at 17:38.

The Wolverines returned the favour four minutes into the third, making

for a 1-1 tie that held through to the end of regulation.

In the resulting overtime, it was the Flyers' Isaac Deveau who put an end to things, scoring at 3:42 to give Winkler the win 2-1.

The Flyers won the shot battle 44-29, with Liam Ernst in net for the duration, making 28 saves.

The team found themselves on the other things a few nights later in Selkirk against the Steelers.

This game also went into overtime after the Steelers managed to come from behind in the final minutes.

Winkler was up 3-2 thanks to goals from Nicholas Mckee and Jared Grenier, but two late goals from Selkirk sent things into extra minutes for a decision. The Steelers scored 1:56 in to win it 4-3.

Ernst made 33 saves this game, off 37 shots. His teammates sent 47 the other way.

Winkler bounced back Sunday with a 4-1 victory against the visiting Winnipeg Blizzard.

Outshooting Winnipeg 40-26, Winkler's Brady Craik, Brody Beauchemin, Will Lyons, and Mckee had

scoring honours, while Rylan Benner made 25 saves in net, giving up the Blizzard's lone goal midway through the second period.

The Flyers are currently in second place in the MGEU East Division with a record of 17-6-2, good for 36 points. They trail the Steinbach Pistons in first place by just three points.

This weekend, the Flyers host the Niverville Nighthawks on Sunday. Puck drops at 7:30 p.m. at the Winkler Icon Arena.

take a break > GAMES

SUDOKU

	3					6	7		
		8		5					2
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Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

V	B	B	V	S	L	T	W	R	T		
P	M	V	B	V	E	C	V	N	O	E	V
S	V	L	V	G	V	H	V	L	B	E	B
I	B	B	R	V	L	S	L	V	L	V	T
E	C	N	V	F	S	I	R	P	F	V	H
A	T	I	C	U	P	P	M	A	O	B	T
V	A	F	O	F	H	T	O	R	O	B	T
S	E	T	C	A	T	D	B	V	A	B	V
D	U	V	N	V	L	H	S	V	B	V	V
B	B	E	V	A	K	O	V	H	R	A	P
R	V	A	R	P	T	S	B	S	T	A	B

Crossword Answer

X CROSSWORD

CLUES ACROSS

- 1. Bar bills
- 5. Recipe measurement (abbr.)
- 8. Swiss river
- 11. Czech Republic capital
- 13. "Officially known as"
- 14. A French abbot
- 15. Having a strong sharp smell or taste
- 16. Local area network
- 17. Data transmission speed measure
- 18. Embarrass
- 20. When you hope to get there
- 21. This (Spanish)
- 22. Gives up
- 25. Churchgoer
- 30. Current
- 31. Slang for gun
- 32. Small drum
- 33. Vanished union bigwig
- 38. Rocker's tool of the trade
- 41. Dearth
- 43. 2024 Olympics host
- 45. Excess blood in the vessels
- 48. Afrikaans
- 49. Agreement between provider and customer
- 50. Spiritual leader of a Jewish congregation
- 55. Ancient Syrian city
- 56. Witch
- 57. Celebrations
- 59. Long period of time
- 60. A team's best pitcher
- 61. Current unit
- 62. One-time aerospace company
- 63. French/Belgian river
- 64. Swedish rock group

CLUES DOWN

- 1. Yearly tonnage (abbr.)
- 2. Genus of clams
- 3. Remark
- 4. Actor LaBeouf
- 5. Ohio town

1	2	3	4		5	6	7		8	9	10			
11				12		13			14					
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59					60					61				
62					63							64		

- 6. Olympic sport
- 7. Cure
- 8. Behave in a way that belittles
- 9. Shares a boundary with
- 10. Give advice
- 12. Promotional materials
- 14. Assist or encourage, usually in some wrongdoing
- 19. "Agatha All Along" actress Kathryn
- 23. Small piece
- 24. King of Camelot
- 25. Parts per thousand (abbr.)
- 26. Small Milky Way constellation
- 27. One who challenges authority (abbr.)
- 28. Equal (prefix)
- 29. Shawl
- 34. S. American wood sorrel relative
- 35. The end
- 36. Supervises interstate commerce
- 37. Yes vote
- 39. Officer of high rank
- 40. Church office
- 41. Tire pressure measurement
- 42. From a distance
- 44. Photographs
- 45. Industrial process
- 46. Nobel Prize-winning physicist
- 47. Map out
- 48. Mammary gland part of female mammal
- 51. Honorable title (Turkish)
- 52. Spongelike cake leavened with yeast
- 53. Speak incessantly
- 54. Poetry term
- 58. Relaxing space

get inspired

> MEAL IDEAS



Holiday Wreath Popcorn Treats and Cranberry Popcorn Balls

heavy saucepan, combine sugar, cranberry sauce, orange peel, cranberry juice, corn syrup, vinegar and salt. Bring to boil; lower heat and cook to 250 F on candy thermometer. Mixture will bubble in pan so watch to keep from boiling over.

Pour mixture slowly onto hot popcorn and mix until well-coated. Let stand 5 minutes, or until mixture can easily be formed into balls. Butter hands and form into 3-inch balls.

To make holiday wreath popcorn treats: Spray large mixing bowl lightly with nonstick cooking spray and place popcorn inside.

In medium saucepan, melt butter over low heat. Stir in marshmallows and gelatin dessert powder until marshmallows are melted and mixture is smooth. Pour over popcorn and mix well until coated.

Spray hands with nonstick cooking spray and press firmly to form popcorn mixture into 9-inch logs then bend to form "wreaths." Place "wreaths" on wax paper. Press candy pieces and jelly beans onto wreath to decorate; add "ribbon" cut from fruit leather.

- Yield: 8 wreaths and 18 balls
- Cranberry Popcorn Balls:**
 2 cups sugar
 1 cup whole berry cranberry sauce, slightly mashed
 1 tablespoon grated orange peel
 1/2 cup cranberry juice
 1/2 cup light corn syrup
 1 teaspoon vinegar
 1/2 teaspoon salt
 5 quarts unsalted popped popcorn
- Holiday Wreath Popcorn Treats:**
 Nonstick cooking spray
 3 quarts popped popcorn
 4 tablespoons (1/2 stick) butter or margarine
 3 cups miniature marshmallows
 3 tablespoons (1/2 of 3-ounce box) lime gelatin dessert mix
 small red candies
 jelly beans
 red fruit leather
- To make cranberry popcorn balls: In



Turkey Spinach Orzo

- 1/2 cup grated Parmesan cheese
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- salt, to taste
- pepper, to taste

In large skillet over medium heat, brown turkey and spinach with butter. Add chicken stock and orzo; cover and cook 10 minutes.

Turn off heat and mix in Parmesan cheese, garlic powder and onion powder. Season with salt and pepper, to taste.

- Recipe courtesy of "Cookin' Savvy"
 Servings: 4-6
 2 cups leftover chopped turkey
 1 1/2 cups frozen spinach
 2 tablespoons butter
 2 cups chicken stock
 2 cups orzo

Pumpkin Chiffon Pie



- 1 teaspoon cinnamon
 - 1/2 teaspoon ginger
 - 1/2 teaspoon cloves
 - 1/2 teaspoon salt
 - 1/2 cup sugar
 - 1 beaten egg
 - 3/4 cup milk
 - 1 cup whipped topping, plus additional for serving (optional)
 - 1 graham cracker pie shell
- In saucepan, mix gelatin, pumpkin, cinnamon, ginger, cloves, salt and sugar. Whisk in egg and milk. Bring to boil over medium heat while stirring.

- Recipe courtesy of "Cookin' Savvy"
 Servings: 8-10
 1 envelope unflavored gelatin
 1 can pumpkin

Set aside and let slightly cool then whisk in 1 cup whipped topping. Pour into pie shell. Refrigerate overnight.

Serve with additional whipped topping, if desired.

Understanding health buzzwords

By Fitness Expert Julie Germaine Coram

It's fantastic that, overall, people are becoming more health conscious and aware of how the choices they make in their foods affect their quality of life. Many companies have caught on to this and added labeling to help consumers choose the right product for their nutritional needs. However, a dark side to the spotlight on eating well is how some food producers have allowed their marketing teams to create confusing, often deceptive, buzzwords. Let me break down the good and the bad of what some of the most popular labels really mean to you.

Organic: You've noticed this label and the higher price tag in many cases. In Canada, organic products are non-GMO, meaning that they are grown with the use of any genetically engineered products, including synthetic growth hormones or antibiotics, artificial additives or preservatives. Read carefully because I didn't say pesticide-free since organic farmers can use natural pesticides to control pests in their crops, in some cases, which many still have environmental impacts to consider. A few downfalls to choosing organic food are that sometimes foods spoil more quickly and are not necessarily more nutritious than available frozen versions, which were packaged and preserved at their peak quality.

Non-GMO: Products that do not contain any genetically modified organisms. The long-term effects of consuming GMOs cannot be known yet. However, this tag does not speak to the use of chemicals related to the food.

Gluten-Free: Products labelled certified Gluten-Free are made with careful planning to avoid contamination of the product with gluten, a protein found in wheat, barley, and rye, which is required for people who live with celiac disease or



Fitness Expert Julie Germaine Coram

a sensitivity to this protein. To improve the texture and taste of these products, they are sometimes higher in sugar or fat.

Grass-Fed: This term refers to whether an animal was grass-fed or ate a combination of grass, grain or corn, which could mean meats have different nutrient profiles. Various terms are used, and it's often unclear from the many similar terms which guarantee short- or long-term dietary habits, and if the government follows up on such claims in any way.

Are you interested in articles on this topic? Reach out to me with your comments and questions at info@juliegermaine.com, or if you want to discuss your individual nutrition questions, fitness goals and struggles with me, visit my website www.juliegermaine.com or schedule a consultation by visiting: www.calendly.com/juliegermaine

Coach Julie Germaine Coram is dedicated to long-life health! She is an active mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fitness Specialist. She has helped many thousands of people worldwide improve their health since 2005.

Easy Crab Rangoon



- Servings: 12
 Nonstick cooking spray
 12 wonton wrappers
 4 ounces cream cheese, softened

- 4 ounces lump crabmeat
 - 1 scallion, sliced thin, green and white parts separated
 - 1 teaspoon fresh ginger, grated
 - 1 teaspoon soy sauce
- Heat oven to 350 F.

Spray muffin pan with nonstick cooking spray. Press wonton wrappers into muffin cups. Lightly spray wrappers with nonstick cooking spray and bake until lightly browned, 6-9 minutes. Let cool slightly.

In medium bowl, beat cream cheese until smooth. Combine with crabmeat, scallion whites, ginger and soy sauce. Fill each wonton wrapper with filling. Bake until filling is heated through, 6-8 minutes.

Sprinkle with scallion greens. Serve warm.

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Ashern Auction Mart – 204-768-2360

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

FARM LAND FOR SALE BY TENDER

RM OF ROLAND

Completed tenders and a \$10,000.00 deposit per parcel are invited to be received up to 2:00PM on the 13th day of December 2024, for the land described below, at:

PKF Lawyers

71 Main St. S, Box 1240, Carman, MB R0G 0J0

Attn: **Mona Brown/Meghan Bennet** Ph: 204-745-2028

mbrown@pkflawyers.com mbennet@pkflawyers.com

LAND FOR SALE:

Either or both of the following:

OPTION NO. 1: (142.67 acres)

Title No. 3002200/4

PARCEL 1: THE SE 1/4 12-5-5 WPM EXC FIRSTLY: RAILWAY SS PLAN 559 MLTO SECONDLY: PUBLIC ROAD PLAN 1800 MLTO THIRDLY: PUBLIC ROAD PLAN 1165 MLTO FOURTHLY: ALL THAT PORTION WHICH LIES TO THE NORTH OF THE NLY LIMIT OF THE LAND TAKEN FOR STATION GROUNDS AS SHOWN ON RAILWAY SS PLAN 559 MLTO; AND TO THE SOUTH OF A LINE DRAWN PARALLEL WITH AND PERP DISTANT 197 FEET NLY FROM THE SAID NLY LIMIT; AND TO THE EAST OF A LINE DRAWN PARALLEL WITH AND PERP DISTANT 230 FEET WLY FROM THE ELY LIMIT OF SAID QUARTER SECTION. AND FIFTHLY: PLAN 42226 MLTO
PARCEL 2: ALL THAT PORTION OF THE SE 1/4 OF SECTION 12-5-5 WPM TAKEN FOR THE RIGHT-OF-WAY OF THE CANADIAN NATIONAL RAILWAY COMPANY SS PLAN 559 MLTO EXC FIRSTLY: ROAD PLAN 63196 MLTO AND SECONDLY: ALL MINES AND MINERALS AS RESERVED IN TRANSFER 1140749 MLTO

OPTION NO. 2: (158.68 acres)

Title No. 2995436/4

PARCEL 1: THE SW 1/4 OF SECTION 12-5-5 WPM EXC FIRSTLY: THE NLY 1320 FEET PERP SECONLY: PUBLIC DRAIN PLAN 179 MLTO THIRDLY: RAILWAY RIGHT-OF-WAY PLAN 93 MLTO AND FOURTHLY: PUBLIC ROAD PLAN 611 MLTO (W DIV)
PARCEL 2: ALL THAT PORTION OF THE SW 1/4 OF SECTION 12-5-5 WPM TAKEN FOR THE RIGHT-OF-WAY OF THE CANADIAN NATIONAL RAILWAY COMPANY SS PLAN 559 MLTO EXC ALL MINES AND MINERALS AS RESERVED IN TRANSFER 1140749 MLTO

Title No. 2927515/4

THE NLY 1320 FEET PERP OF THE SW 1/4 OF SECTION 12-5-5 WPM EXC PUBLIC ROAD PLAN 611 MLTO (W DIV)

OPTION NO. 3:

ALL 301.35 ACRES

Conditions of Tender:

1. Financing must be pre-approved.
2. Tender to be submitted on the form prepared by PKF Lawyers. **To obtain tender form or more, contact Meghan Bennet or Mona Brown at 204-745-2028.**
3. Tender must be accompanied by a certified cheque, payable to PKF Lawyers (in trust), in the amount of \$10,000.00 per parcel. Deposit, of tenders not accepted, will be returned to the Tenderers.
4. Highest or any tender will not necessarily be accepted.
5. Vacant possession shall be the 20th day of December 2024. Tax adjustment shall be the 31st day of December 2024.
6. The maker of any tender relies entirely upon his/her personal inspection and knowledge of the land, independent of the representations made by the Vendor or the Solicitor and Agent of the Vendor. The land will be sold "as is" and the Tenderer is solely responsible to determine the value and quality of the land.

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Christmas is a special time of year to give generously to the charitable organizations close to your heart. Its a special time when prosperity and sharing love and open hearts prevail. It is the time of year with the most opportunity to give to the charitable organizations who help the sick, children, seniors, people who are alone and for those that are in need.

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