


Empire-Advance

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SEPTEMBER 26, 2025 | EMPIRE: VOL 121 NO 6 / ADVANCE: VOL 140 NO 8 | PUBLISHING FRIDAYS



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VCI presents undergrad awards



Awards of Excellence in three grades include cash of \$150, \$100 and \$50 respectively. Gr. 11 Award of Excellence - Ethan Lau (2nd highest) and Abby Pearn (highest mark).



Gr. 9 Awards of Excellence: Sara Taylor (3rd) and Wyatt Talbot (2nd).

By Anne Davison
EMPIRE-ADVANCE

Virden Collegiate Institute Undergrad Awards are held each fall to reward the efforts of students. Teachers, family and friends gathered with students to celebrate on Sept. 18.

A special guest, Mr. Craig McIntosh, was introduced by Principal Mark Keown as the VCI Wall of Fame inductee (story pg 3). A number of past recipients of the Craig McIntosh Bursary attended to meet their benefactor.

Abby Pearn and Rebeka Penner were emcees for the evening. Teachers presented subject awards to dozens of students in 16 disciplines.

The pie auction is always fun. Eight lovely pies were paraded through the audience as auctioneer Chris Warkentin called for bids. Audience members spent between \$200 and \$600 to make their purchases. This VCI Parent Council initiative uses the funds to cover presentation costs and awards presented this night and to graduates in June. The Parent Council also helps fund other school projects such as last year's drive to see regulation basketball nets installed, which Mr. Keown pointed out.

Honour roll awards were presented to dozens of Gr. 9, 10 and 11 students, followed by top academic awards of excellence to the three students in each grade with highest averages.

Special awards included VCI Staff Choice, Bears, Arthur Harvey (Oak Lake), and Kola School and Piston Ring award to the Power Mech top student from Roger Branum Construction, as well as a High School Rodeo Academic award.



HOME GAME
FRIDAY, SEPTEMBER 26
VS. NIVERVILLE
NIGHTHAWKS
PUCK DROPS AT 7:30PM

Inside...



ALEXA SCOTT
WINS GOLD *P16*



FARMERS'
ADVOCATE *P9-12*



Orange Shirt Day

A message from the Town of Virden Mayor, Council, and Staff:

On September 30, 2025, Orange Shirt Day and the National Day for Truth and Reconciliation, we memorialize the children who never returned home and honour the survivors of residential schools, as well as their families and communities.

Today and every day, every child matters.

VIRDEN

VCI undergrad awards



Gr. 10 Awards of Excellence: Hayden Southam (3rd), Kaiya Walton (2nd) and Paige Rampton.



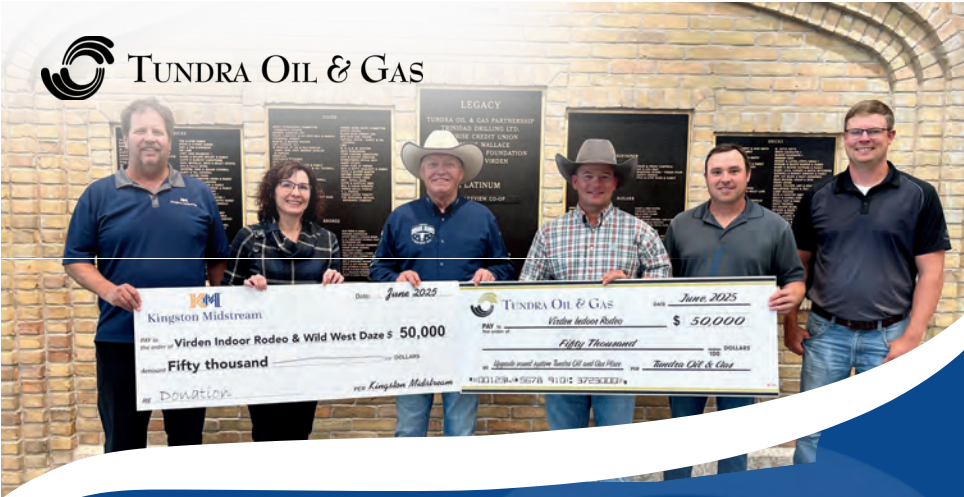
PHOTOS BY ANNE DAVISON
Piston Ring Top Power Mechanic Award toolbox goes to Easton Slimmon, presented by teacher Mr. Darren Denty.



Virden Staff Choice awards go to Slade Price (Gr. 9) and Lachlan Talbot (Gr. 10) for their contributions to a positive classroom environment. The recipients receive an award of \$75.



A pie for sale with auctioneer Chris Warkentin calling for bids.



BACKING OUR COMMUNITY

Virden Indoor Rodeo

Chris Masson, Avery Brigden, and Lonnie Brown (Tundra), Brad Slack and Dena Bechorik (Kingston), presenting to Virden Indoor Rodeo representative Steve Dryden



Kola School Award goes to most improved student from Kola - Rebeka Penner.



Owen Mytopher, Gr. 11 recipient of the Bears Award.

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TUNDRA OIL & GAS

Craig McIntosh Honoured on VCI Wall of Fame

By Anne Davison
EMPIRE-ADVANCE

A special guest attended Virden Collegiate Institute Undergrad Awards on Thursday evening. Entrepreneur and former Virden resident Craig McIntosh attended the awards evening where he received the VCI Wall of Fame distinction.

Mr. McIntosh graduated from VCI Class of 1981 and now lives in Winnipeg. He's taken a personal interest in the success of Virden collegiate students.

McIntosh became highly successful in the plastics industry, and now he yearly provides the Craig A. McIntosh Bursary of \$80,000 to VCI graduates.

The award is split between four graduates selected by McIntosh and his daughter Kaitlyn from a pool of students that VCI Principal Mark Keown and teacher Mrs. Deb Peters provide.

McIntosh spoke to the students and parents assembled at the undergrad awards evening and encouraged them to let VCI staff know about their goals and ambitions.

McIntosh said, "I encourage all of you who are just starting the journey through high school, when Mr. Keown and Mrs. Peters ask for information... don't be afraid to tell them your story and where you're at and what your goals and dreams and ambitions are."

He even encouraged the grade 9 students to engage, because goals that seem distant now can be achieved. And he should know. McIntosh has achieved success in the business world. With a Bachelor of Commerce (Honours) degree he also holds an Institute of Corporate Directors designation. In the role of executive chairman of Vista Plastics Solutions since March of 2011 to the present, and as CEO of Novus Profile Solutions, he now leads several plastics molding companies that produce commonly required materials like refrigerator gaskets, door sweeps, and PVC window parts.

But he didn't start out with a silver spoon in his mouth. He recounted beginnings that required determination and commitment on his part. He told the students:

"I'm a class of 81. My father was a clerk in the liquor store. I was one of five children that went through

school, so there wasn't money. I had student loans, which I also encouraged Mr. Keown and Mrs. Peters to talk to you guys about. It's not bad to graduate with some debt. It motivates you, trust me."

Giving back to his own collegiate started with a \$500 bursary, which in 2010 became a bursary of \$5,000 to a deserving graduate who was going on to post-secondary studies and needed financial support.

By 2021 McIntosh and his daughter Kaitlyn took it upon themselves to select the bursary recipient. After reviewing a list of names presented by the school, they selected not one, but three students to receive \$5,000 each.

In 2021, Kaitlyn took the time to connect with as many former recipients as she could contact. Through these conversations she learned that many of the recipients could not return to post-secondary for second and consecutive years for financial reasons.

Upon discovering this, McIntosh decided to extend the bursary to \$20,000 to be used over five years, and to award it to four deserving grads each year.

And so, the Craig McIntosh Bursary has changed the trajectory of many VCI graduates in recent years.

"That's my objective is to have you graduate post-secondary education so you can pursue your dreams..."

Again, he noted his ordinary Virden upbringing saying, "I'm a Virden graduate and I grew up on 11th Avenue and I have a cat..." With a brother and a niece and even grandnieces and nephews in the area, he's



PHOTO BY ANNE DAVISON

Principal Mark Keown (left) presents Craig McIntosh with the VCI Wall of Fame award.

drawn back to Oak Lake Beach and to Virden.

He concluded by admonishing the student body to share their story, their goals and ambitions with the staff "because that is what helps us make the decisions."

Side bar: Recent Craig A. McIntosh \$20,000 Bursary Recipients are: 2022 awards - Anisha Anderson, Xyrene Awarayan, Hope Mathison-Lindsey and Cory Winters; 2023 awards - Raphial Fehr, Connor Inkster, Dylan Southam; 2024 awards - Fiona Garcia, Mason Lamb, Dominique Lansing, Mavis Pederson and Amy Wu; 2025 awards - Ace Babiak, Tess Coulter, Preston Talbot and Julie Vachon.

Virden welcomes sixth medical doc

By Anne Davison
EMPIRE-ADVANCE

Dr. Sylvia Oranika, with her family, has moved to Virden, becoming the newest member of Virden's medical doctors.

She's been working here for about two months and although she's widely travelled and most recently lived in Winnipeg, our new doctor says she's liking living in Virden.

"I came from Winnipeg, but I'm enjoying the quiet and just how peaceful it is and how everywhere is close.... I don't have to do a long commute to work, so that's been great."

Dr. Oranika's family, her husband Ugo and their boys Kenny, 5, and Lotanna, 7, have also settled in.

"My family is loving it as well. All my kids are having a good time. They have friends already, so we're settling in quite nicely."

Ugo works from home in IT (information technology) and has already started into the sport of pickle ball. "It's keeping him busy between that and work and taking care of the kids at home. We almost have a full routine set up right now," says Oranika.

She loves the outdoors and says "I love taking walks. I love, you know, running. I don't get to do a lot of that now, just in between work and trying to settle in."

Another interest includes writing. "So as a hobby of mine, I just used to write short stories before, but I haven't gotten the time to get into all of that."

A doctor's life includes keeping abreast of new developments. She smiles and says the responsibility she feels to read professional journals competes with her love of reading novels and writing.

Originally from Nigeria, Dr. Oranika comes to Virden



PHOTO BY ANNE DAVISON

Dr. Sylvia Oranika, in her Virden Medical Clinic office, takes time after a busy day for a brief interview.

with an education that includes a Master of Public Health - from Liverpool, John Moores University; Windsor University School of Medicine - St. Kitts Medical School Doctor of Medicine 2010 - 2013 and recently, Family Medicine Residency at University of Manitoba to name a few of her credentials and broad range of medical experience.

Dr. Oranika joins Virden medical staff of five other doctors: Dr. Shady Attalla, Dr. Hani Daoud, Dr. Jennifer Hammell, Dr. Htwe Aung, Dr. Heba Farag and Nurse Practitioner Sylvia Irwin.



CLOSED

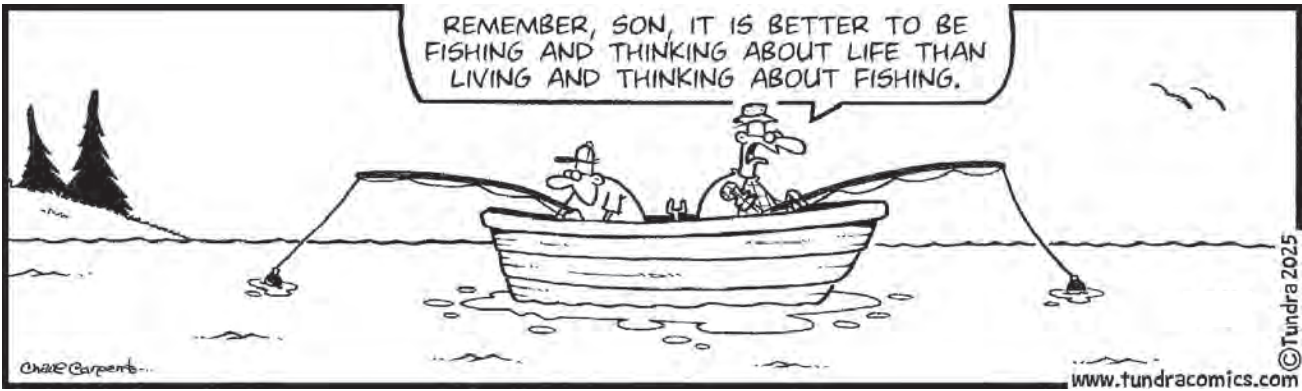
The Empire-Advance will be closed on Tuesday, September 30 for

National Day for Truth & Reconciliation



Tundra

By Chad Carpenter



Milestones

This past weekend was a bit of a milestone for me as Christine and I attended the 55th anniversary reunion of the University of Manitoba Agriculture Faculty Class of 1970. The short version of that would be U of M Aggies '70.

You do the math but the youngest students attending were 77 years old, sounds like fun eh?

In fact, it was fun, not because the Aggies '70 partied last weekend like many did back in the day, but fun to see how students, who were just kids when they went to U of M in the fall of 1966, made their way through varied lives.

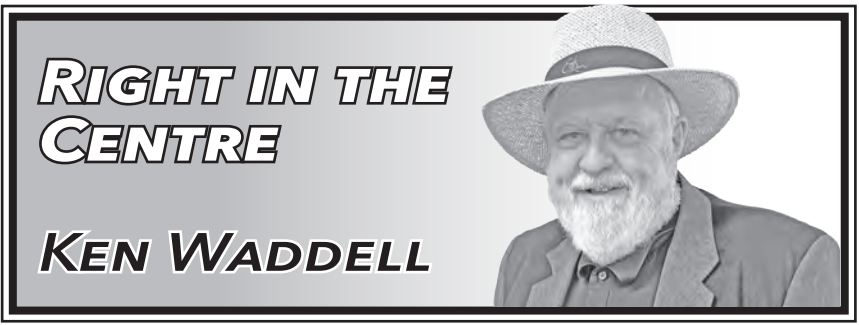
There were stories of marriage and kids, jobs and divorces. There were many jokes about fun things that happened and what disasters were avoided.

Aggie '70 Grads, about 35 in number, gathered in Winnipeg for two days of meals, visiting and touring the Agricultural Facility buildings at U of M.

Many of the grads worked their whole career in agriculture. Some farmed, and a few still do, even at 77 years of age. There were salesmen, a mortgage broker, grain marketers, retired civil servants in the group. Many, like myself, started out directly in the industry who went into other fields. I have been publishing now for 36 years, but my first actual newspaper experience was a manager with the U of M Manitoban newspaper. That stint was about two years while I was still in university.

Some of the Aggie '70 grads still live in Manitoba, but there are others all the way from the the Maritimes to BC and the United States.

So milestones are a good thing, markers of time and progress. My



wife and I will have known each other for 58 years as of October 31. We met on Halloween night when my buddies called upon a group of girls to "Trick or Treat" for Halloween. My wife had heard about me from a girl in her apartment and was very disappointed when she actually met me. We have been married now for 56 years (as of October 11) and she still ponders whether meeting me was a trick or a treat. Obviously she is either indecisive or an optimist as she is still with me.

As a country and community, we have another milestone coming up. November 11, 2025 will be 107 years since the end of WWI and this year it's 80 years since the end of WWII. Those wars were fought to maintain as much of the world within democratic freedom as possible. We are still free in North America but the battle is still real. There are politically minded people that seem intent on taking away freedoms of movement and speech.

Having been involved in publishing now for 59 years, I can see a constant degeneration of freedoms. Ironically, some who would claim to be fighters for freedom are doing their very best to destroy freedom.

At every turn, governments at all levels, either passively or actively restrict information about what they are up to and that is very sad to witness. There isn't enough advertising dollars

in the journalism world to pay enough journalists to cover all the news. It may not be intentional, but digging out information from all three layers of government seems to be getting more difficult. Newspapers, for example, can't always afford enough staff to cover school boards, municipal and town councils along with provincial and federal governments.

Some people will claim that "citizen journalists" are the answer, but there's a problem with some citizen journalism. They mainly use the internet and we have all sadly come to realize that one can put anything they want online but without verification or accountability.

Our family newspapers keep fighting the battle for advertising income so we can pay the printing bill, the staff and the transportation required to get the most reliable news we can gather for our readers.

Our newspapers have all marched past the 100 year mark and as a family, we are determined to keep that march going. We thank our readers and advertisers for your support as we attempt to make more milestones in the years ahead.

Disclaimer: The views expressed in this column are the writer's personal views and are not to be taken as being the view of the newspaper staff.

Homebodies

Rita Friesen



Not my best moments...

There are times when I wonder if perhaps I am more childish than childlike... We know what memories do, sometimes comfort, sometimes condemn. What may be meant to be light hearted may have deeper ramifications...

Remember when the movie 'Titanic' was first released? My granddaughters were utterly enthralled by it, as were many of their peers. Early in the movie there is a scene where the ocean liner is entering the harbour, and off to the side there is a small craft with a lone occupant. The girls allege that I told them, seriously, that was my uncle in the small boat, and he had missed the boarding and therefore was spared the sinking. They, being young girls, relayed this 'fact' to their friends. Truth be told, I do not recall telling that story! However, there are many things I don't remember... I do remember setting up a card table and the six year old blond asking what it was- to be fair she asked before I had it standing on its four legs! My reply? 'A bath tub.' She hunkered down, peering at it and asked how it worked!!

I can laugh at myself as well. A few years ago a set of grandchildren shared my home with me. At three of the a.m., Hoover and Miss Daisy needed to go out. Somehow the door locked behind us. I thought of ringing the doorbell, but that would certainly alert their two dogs and that would be a rude awakening. Or I could have stood under their bedroom window and called or thrown small stones, but that would have been a ruder awakening. So what did I do? It was late spring, not too cold, so the dogs and I curled up in the back seat of the car - it was in a garage - and threw the dog blanket kept in the car over us. I waited until I knew someone was awake before knocking. The grandchildren were not impressed! I was over 70 at that time.

Just a few weeks ago I had a sleepover at the same set of grandchildren's home. Now I was the guest. The household consists of a four year old and a baby, with another granddaughter and her six year old, visiting while I was there, down the hall from where I was bunked. Around 10:00, 10:30, I share a call with a friend. For fear of waking anyone, I threw the comforter over my head for the chat. I thought I got away with it, but my grandson checked in to let me know he was home and all was well. Busted! The laughter - at my expense - at the breakfast table was delightful. The deed was not unlike the tricks I played when reading after hours as a teen. This time I was a shade short of 80!

There is a standard question when meeting someone for the first time - where did you grow up? My answer is consistent. 'My early years were in Southern Manitoba'. I'm still working on the growing up part of life! Childish or childlike? A bit of both.

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Not just tractors

By Barry Lambkin
ELKHORN AUTO MUSEUM MANAGER

Case Corporation was a manufacturer of agricultural machinery and construction equipment. Founded in 1842 by Jerome Increase Case as the J. I. Case Threshing Machine Company, it operated under that name until 1928. For 66 years after that it was the J. I. Case Company and was often called simply Case. In the late 19th century, Case was one of America's largest builders of steam engines, producing self-propelled portable engines, traction engines and steam tractors. It was a major producer of threshing machines and other harvesting equipment. The company also produced various machinery for the U.S. military (combat engineer equipment for the USMC, full-tracked tractors and scoop loaders for the U.S. Army etc.). In the 20th century, Case was among the ten largest builders of farm tractors for many years. In the 1950s its construction equipment line became its primary focus, with agricultural business second.

Case is one of the best-known tractor makers yet is among the least-known automobile builders. It doesn't help that there are few survivors to spread the story of Case automobiles.

J.I. Case Threshing Machine Co. built cars in Racine, Wisconsin, from 1911 to 1927. And why not? Case already had a great reputation for building quality tractors and other farm implements, so why not use the same resources and reputation to make personal transportation for farmers and others alike? Before building cars, the company already had years of motorized transportation experience under its belt. Its first steam buggy was built in 1871 and by 1886, it was the world's largest manufacturer

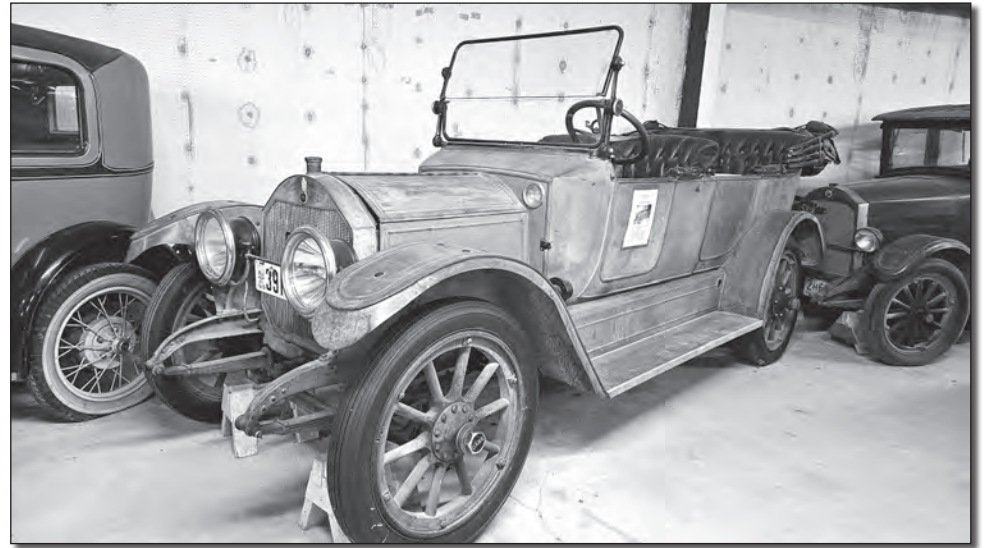
of steam engines. However, its automobiles received conventional gas engines.

Case took over the Pierce Motor Co., producers of the Pierce-Racine automobile, in 1910 and started building cars the following year. Perhaps to gain a stronger and more independent foothold in the automobile world, it later established the Case Motor Car Division as the company branch dedicated to automobiles.

Automobiles produced by Case during the period 1911-1925/1927 include: the Case Jay-Eye-See Brougham (named for Case's horse) and Case Touring-Y.

Ike's Case is a 1913 Case Touring Car. As I tell everyone that comes in, it is completely original except for the rubber on the tires! Possibly the only original one to exist and is one of 5 believed to be in North America. It has a 4-cylinder Case engine, 3 speed transmission and cone clutch. It is in excellent running condition and was even driven to Austin's 150 years of Case in 1989 by Lind McAuley. One of the admirers of the car was Helen Case Brigham, Great Grand Daughter of Jerome I. Case.

I am not sure how Ike came to have the car, originally it was owned by Frank Hyde of Elphinstone, MB. Legend has it, Mr. Hyde took his brother-in-law to the train station in the car, as he had joined the army in 1914. After he drove it home it snowed, and the car was put away for the winter. Sadly, the brother-in-law died in the war and the car was never driven again. Why Mr. Hyde never drove



Ike's Case is a 1913 Case Touring Car.

PHOTO BY BARRY LAMBKIN

it again is up for debate, unfortunately I cannot find anything in regard to that, or when Ike came to possess the car. Although he did just in time as plans were for the back seat to be cut out and turned into a tow truck!!!

Well friends, my time has come to an end for the season. I have thoroughly enjoyed telling you stories from the museum and of Ike himself. Many hours of snooping in file cabinets, perusing history books and genuine listening to tales from visitors and locals (past and present) has made it an enjoyable summer. There is so much more to see here, and I hope you take a drive next summer and spend an hour or so touring around. Thank you to the Museum Board and Restoration Committee for this opportunity and to the Virden Empire-Advance for asking me to do this!

My friend stopped in one day, looked around and told me, "You have the coolest office"! I sure do!

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Orange Shirt Day National Day for Truth and Reconciliation

To honour the children who never returned home, and survivors of residential schools, as well as their families and communities, the Town of Virden Office, Tundra Oil and Gas Place and the Virden Landfill will be closed on Tuesday, September 30.

Employment Opportunities Chief Administrative Officer

For more info or to apply to this opportunity, contact Jen Sklar at Harris Leadership Strategies at jen@harrisleadership.com, quoting "Project #26103"

Fall Cleanup September 22 to October 6, 2025

During the cleanup period, crews will pick up miscellaneous refuse (excluding industrial waste such as building demolition) not deemed to be normal household waste.

Leaves and grass must be in bags or boxed – pick-up of branches is meant for trimmings, not major cuttings.

To ensure pick-up, please call the Town Office or email info@virden.ca with a description of the items and pick-up location (boulevard or lane and pickup address).



Upcoming Council Meetings
October 7 and 21
Council Meetings start at 7:00 PM

Town of Virden Notice of Board of Revision

Pursuant to Section 41 of the Municipal Assessment Act, public notice is hereby given that the Assessment Rolls for the Town of Virden for 2026 have been deposited in the Town Office, 236 Wellington Street West, and are open for public inspection during normal business hours.

The public is also advised that the Board of Revision will sit at the Town of Virden Council Chambers at 232 Wellington Street West on Thursday, November 6th, 2025 at 7:00 p.m. to hear applications for revision of assessments.

Application for Revision

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

- Liability to taxation;
- Amount of an assessed value;
- Classification of property; or
- A refusal by an assessor to amend the assessment roll under subsection 13(2) of the Act.

Application Requirements

An application for revision must:

- Be made in writing;
- Set out the roll number and legal description of the property for which a revision is sought;
- State the grounds on which the application is based; and
- Be filed with the Secretary of the Board of Revision, 236 Wellington Street West, P.O. Box 310, Virden MB R0M 2C0 at least 15 days before the sitting of the Board (by **October 21, 2025**).

Dated this 26th day of September, 2025.

Rhonda Stewart, CMMA
Chief Administrative Officer

A 33-year-old and 28-year-old females charged with assault causing bodily harm

Westman RCMP Service Report for September 14 to September 20

Submitted
By WESTMAN RCMP

During this week, Westman RCMP received a total of 79 calls for service. Some of these calls for service were 30 traffic offences, five mischief, two wellbeing check, two mental health act, four assault, two false alarm, six fail to attend court, two suspicious person, one liquor act, two uttering threats against a person, and two Coroner's Act – Sudden Death.

On September 18, Westman RCMP were conducting patrols on Highway 2 in the RM of Pipestone, RCMP observed a vehicle traveling 135 km/hr in the 100 km/hr zone. The driver was fined \$508 for speeding.

On September 18, Westman RCMP were dispatched to a motor vehicle collision near the town of Kola. Upon arrival, a pickup truck had significant damage to the front right corner and had been dragged off the road. There was a semi tractor on a side road; damage to the front left corner. Driver of the pickup admitted to passing on a double solid line and that she knew it wasn't the right choice to make. Pickup truck driver stated that the semi tractor had its hazard lights on and was travelling very slow. Member confirmed that the signal lights on the semi-trailer were working properly. Ticket issued to pickup truck driver for Highway Traffic Act - Drive to left of dividing line which carries a fine of \$143.

On September 19, Westman RCMP with the assistance of Sioux Valley Dakota Nation First Nation Safety Officers completed a traffic enforcement check stop in the Rural Municipality of Sifton. Drivers coming through the

check stop were screened for proper license, registration and sobriety as per the regulations of the Manitoba Highway Traffic Act. The check stop resulted in 5 impaired drivers being taken off the roadways, 3 impaired by Cannabis, 1 impaired by Cocaine and 1 impaired by Alcohol. Numerous drivers were provided Traffic tickets and warnings for other Traffic offences. The enforcement took place from 11:00AM-1:30PM. Westman RCMP would like to remind all drivers to remain vigilant and help keep our Manitoba highways safe for all.

On September 20, Westman RCMP received a report of a domestic assault in the Settlement of Sioux Valley Dakota Nation. Members attended and spoke to both parties who admitted to assaulting each other. A 33-year-old female will appear in court in December on charges of Assault Causing Bodily Harm, and Assault with Weapon. A 28-year-old female will also appear in court in December on charges of Assault Causing Bodily Harm, and Assault with Weapon.

To report a complaint or non-emergent incident to RCMP please call 204-748-2135. For general inquiries or administrative requests including criminal record checks please call the administration line at 204-748-2046 Ext. 3. If you are reporting an emergency please call 911.

If you witness a crime and wish to remain anonymous, please contact Crime Stoppers at 1-800-222-8477. Crime stoppers is entirely confidential and completely anonymous. The tip line is not traceable and they do not subscribe to caller ID or call display.

HELEN DRYSDALE

OUT OF HELEN'S KITCHEN

Today, muffins are a staple in coffee shops, bakeries and breakfast tables. They are celebrated for their versatility and deliciousness. From classic blueberry, chocolate chip or lemon poppy seed there's a muffin for everyone! The word "muffin" first appeared in print in 1703 spelled moofin. It could have come from the French word "moufflet", meaning soft bread or from the German word "muffe," which refers to a small cake.

Though they may look similar, muffins and cupcakes are quite different. Muffins typically have less sugar and fat than cupcakes, which makes them denser and less sweet. Bake muffins in shiny muffin pans in the center rack in a preheated hot oven. When baking more than one pan of muffins, allow enough room around each pan and between the pans and the sides of the oven for the heat to circulate. Grease or lightly spray the bottoms only of muffin pan cups or use paper cups.

Do not use an electric mixer when beating the batter unless you want to make hockey pucks. Just mix the wet and dry ingredients separately, and then quickly and gently fold them together. To test for doneness, insert a wooden pick into center of one of the muffins in the pan. After baking, loosen and remove muffins as soon as you can handle them, transfer them to a rack to cool so they don't become soggy. For a special effect, before baking muffins, sprinkle them with a coarse sugar and cinnamon mixture. Happy baking!

Pear ginger muffins

These pear muffins are easy to make and are bursting with ginger and cinnamon flavor and a delightful streusel topping. These delicious muffins are great for an easy breakfast or an afternoon snack!

- | | |
|--|-----------------------------------|
| 2 cups flour | 2 tsp. baking soda |
| 1 1/2 tsp. ginger | 1 tsp. cinnamon |
| 1/4 tsp. cloves | 1/2 tsp. salt |
| 1/2 cup vegetable oil | 1/2 cup brown sugar, packed |
| 3 Tbsp. molasses | 1 large egg, beaten |
| 1 tsp. vanilla | 1 1/2 cups peeled and diced pears |
| 1 cup plain yogurt or milk with 1 tsp. vinegar added | |

Streusel topping:

- 1/4 cup butter, melted
- 1/3 cup flour
- 1/2 cup brown sugar
- 1/4 cup rolled oats
- 1/2 tsp cinnamon

Preheat oven to 375F and line 12 muffin cups with paper liners or lightly greased bottoms of each pan. Prepare the crumble toppings by combining with a fork the dry crumble ingredients in a medium bowl. Then, pour the melted butter into the mixture and with the fork combine the mixture into a crumbly topping. Set aside.

In a medium bowl combine flour, baking soda, ginger, cinnamon, cloves and salt. Set aside. In a large bowl combine oil, brown sugar, molasses and eggs. Mix in yogurt and vanilla. Gradually add the flour mixture into the wet mixture until just combined, careful not to over mix. Gently fold in chopped pears. Put the batter into the prepared muffin tins, filling them about 3/4 full. Top with crumble topping and bake, for 20-25 minutes until the crumble tops are golden and a toothpick inserted in the middle comes out clean. Remove from oven, place on wire rack to cool. Serve to your favourite people.



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Thank you!

Very Virden Christmas needs your help!

Submitted

BY VERY VIRDEN CHRISTMAS COMMITTEE

As the season begins to change, and everyone starts to prepare for a Manitoba winter, the Very Virden Christmas committee begins planning for another big, beautiful month of Christmas celebrations in the Virden area. We have already received many requests for events to be listed on our website, and we have begun speaking to sponsors of the event.

Ultimately, there are a lot of events happening and the Very Virden Christmas Committee, as hard as we try, can not cover all the work with out some help from the community. We are reaching out to all the wonderful people of Virden and asking for your help. We are looking for:

1) Volunteers looking to fundraise for the Light Village at Lions Camp-ground Dec. 10th – 13th. Even if you can only volunteer for one day, that is okay too.

2) Volunteers for the Kick-Off party.

3) Volunteers for the Santa Claus Parade Float

4) Volunteers for our Very Virden Christmas Committee

If you would like to join our team of volunteers, please contact Tara Davies at 204-851-4263 or email events.program@virden.ca.

We appreciate any and all your help and are always looking for new ideas and suggestions that we can do our best to make work.



Cadmus Delorme to address students in AUD Theatre

By Anne Davison
EMPIRE-ADVANCE

OneHoop is a ground-breaking consulting firm that embraces its Indigenous heritage. Representative and presenter, Cadmus Delorme will address an audience of Virden Collegiate students on Oct. 1 in the Aud Theatre.

Cadmus Delorme, the former Chief of Cowessess First Nation, has emerged as one of Canada's most compelling and influential speakers on reconciliation, leadership, and Indigenous issues. Information on the OneHoop website says that Delorme's unique ability to bridge worldviews through storytelling, humor, and authentic communication has established him as a powerful voice in Canada.

He comes with many achievements and most recently, Delorme, (B. Admin, M.P.A, ICD.D.) has been elected to serve as the new Chancellor of University of Regina for a three-year term that began July 1, 2025.

He's been affiliated with the University of Regina



Cadmus Delorme.

PHOTO BY U OF R PHOTOGRAPHY

for more than 15 years as an undergraduate student (through First Nations University of Canada), Master's student, and most recently the Chair of the Board of Governors.

His extensive community involvement includes volunteer work with organizations such as the RCMP Heritage Centre and Eden Care Communities, as well as guiding Truth and Reconciliation Call to Action and Professional Develop-

ment throughout Canada.

OneHoop bills itself as a collective of Indigenous professionals, leading the way to a future where Indigenous values guide prosperity for all.

Virden Councillor Bruce Dunning says that while the council is bringing Delorme to town to address students at the Aud, at 10:30am Wednesday, there will be seats available for interested community members.

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GOODYEAR

FLBSD sees uptick in school enrollment

Fort la Bosse School Division Board of Trustees meetings

By Empire-Advance Staff
EMPIRE-ADVANCE

**Regular Meeting
of the Board of
Trustees**

The regular meeting of the Board of Trustees was held in the Division Office boardroom on Monday, Sept. 8, 2025 and called to order at 6:00pm. The agenda was approved as circulated. Minutes from the regular meeting dated Tuesday, Aug. 19, 2025 were approved. There was no business arising out of the previous meeting minutes.

Delegations and visitation

Tricia Hayward, Canupawakpa Dakota Nation Education Director, attended the meeting to present a proposal for student support services for students from Canupawakpa Dakota Nation attending in Division schools.

Communications and petitions requiring action: A letter of concern from Brock Koop with respect to bus route/driver shortages and related transportation issues was received and considered by the Board of Trustees.

Administrative reports

The Superintendent presented staffing resolutions to approve staffing adjustments for the 2025-2026 school year. An early update on student enrolment shows an increase of 26 students to 1,614.

The Secretary-Treasurer presented a motion to approve a provincial promissory note in the amount of \$111,400 to fund the costs of the Mary Montgomery Boiler Replacement project.

A motion was presented to approve the purchase of 20 Lenovo laptop computers for VCI.

The Board reviewed proposed amendments to policy G-10 Harassment. This policy amendment has been referred to the next meeting.

The Supervisor of Operations has posted the fuel tender for this year closing on Sept 20.

We have one route with no regular driver and are filling temporarily until a permanent driver can be placed (since resolved).

In maintenance, the Supervisor of Operations presented motions to approve payments for the summer

painting program, for accessibility upgrades at Oak Lake Community School and for a new stairwell and sidewalk at a secondary entrance at VCI.

New and unfinished business

The Board of Trustees received registration information for the upcoming Region 1 Fall Regional meeting to be held in Brandon on Oct. 18th. They also reviewed a call for nominations from MSBA for Executive positions as well as for resolutions to be considered at the annual general meeting.

In-camera: The Superintendent provided an update on personnel matters.

Resolutions:

The Board of Trustees approve a 0.25 FTE temporary increase for Deb Peters commencing Sept. 3, 2025 and concluding Oct. 6, 2025. Carried (Unanimous)

The Board...approve a 0.4 FTE temporary increase for Kim Barkley commencing Sept. 3, 2025 and concluding Oct. 6, 2025. Carried (Unanimous)

The Board approve Promissory Note No. LTPS0817 providing for the borrowing of \$111,400 for payment of the costs of various projects as listed on Schedule B. Carried (Unanimous)

The Board approve the purchase of 20 Lenovo laptop computers from Powerland in the amount of \$16,821.40 plus applicable taxes. Carried (Unanimous)

The Board approves the payment to Ernie McNabb invoice # 12 in the amount of \$6,443.21 taxes included for phase 2 summer painting. Carried (Unanimous)

The Board approves the payment to LRB Electric invoice # E17581 in the amount of \$7,968.09 taxes included for Accessibility upgrades to Oak Lake Community School. Carried (Unanimous)

The Board approves the payment to Roger Branum Construction invoice #2594 in the amount of \$14,542.50 taxes included for removal of old and replacement of new steel stairway. Carried (Unanimous)

The Board approves payment to Roger Branum Construction invoice # 2597 in the amount of \$8,925 taxes

included for new sidewalk/drain extension. Carried (Unanimous)

THAT we rise as a Board and sit as a Committee-of-the-Whole to consider a matter as outlined in: The Superintendent's Report. Carried (Unanimous)

THAT we rise as a Committee-of-the-Whole and sit as a Board to continue with the business on the agenda. Carried (Unanimous)

Adjourned at 9:48pm

Fort La Bosse School Division Inaugural Meeting Monday, Sept. 8

The inaugural meeting of the Board of Trustees was held in the Division Board Room on Monday, Sept. 8, 2025 at 7:30 p.m.

Present: Craig Russell, Becky Flannery, Nicole Chaske, Teresa Vandenberghe, Bonnie James, B. Pitz Superintendent of Schools, K. Reid Secretary-Treasurer, M. Johnston Supervisor of Operations; Regrets: Kayla Moore

Election of Board Chairperson – Craig Russell was nominated, accepted and acclaimed

Election of Vice-Chairperson - Becky Flannery was nominated, accepted and acclaimed 2025-2026 Board committee appointments were approved as recommended.

Signing officers for the division are Chairperson of the Board, and in the absence of the Chairperson, the Vice-Chairperson and the Secretary-Treasurer, and in the absence of the Secretary-Treasurer, the

Accounts Payable Administrator. Carried (Unanimous)

Meyers Norris Penny LLP be appointed auditor for the fiscal year ending June 30, 2026 with remuneration as agreed upon between the auditor and the division from time to time. Carried (Unanimous)

Mr. Glen Harasymchuk be appointed solicitor for the division for the 2025/2026 school year with remuneration on a fee for service basis. Carried (Unanimous)

Inaugural meeting adjourned.

MJHL SEASON HAS STARTED

MJHL HOCKEY DEREK HOLTOM

Here are some random thoughts on the opening weekend of the MJHL season.

The new-look Winnipeg Freeze, now the rebranded and historically named Winnipeg Monarchs, are still not good. They dropped their first game 7-1 to the Selkirk Steelers. I know there is hope the Winnipeg-based teams will be more competitive this year, but I have serious doubts teams that teams who reportedly charge far more than any other teams in the MJHL will ever ice a

competitive team.

I suspect by Christmas I'll be writing about how all the statistics in the league are skewed, with the goaltenders from the East Division posting record-low goals against averages and the top scorers from the league hailing from the East Division as well.

Maybe I'm wrong, but history tells me it's going to be another long season for the Winnipeg-based clubs.

As for Selkirk, they started last season 10-0 and they missed the playoffs. Their schedule to start this

year is very similar – no games scheduled against traditionally strong teams from their division such as Portage, Winkler or Steinbach until mid-October. I'll reserve judgement until then.

It was also encouraging to see Swan Valley and Wayway pickup convincing victories on opening night. These two franchises, which both joined the MJHL in 1999, have been battling one another just to make the playoffs the last few years. One weekend is just that, but the Swan Valley Stampeders already look better than they did a year ago. Having Head Coach and General Manager Josh Tripp in place before the start of the season should pay off for them this year.

The Wolverines have many familiar faces back,

and in a league where turnover is even more pronounced, and players are expected to leave mid-season for other leagues, having a solid returning core is huge.

The Neepawa Titans opened with a home loss to the Portage Terriers, who haven't really been as dominate in recent years as they've grown accustomed to. One wonders if this is the year they roar back to top spot?

As for the Northern Manitoba Blizzard, well nothing to report on them yet as they don't play until next weekend. They did some team building events on the weekend. Between that and some extra practice time, the Blizzard are hoping to start the season on a positive note on the road.

The trades keep coming fast and furious, starting with a pair of deals involving the Northern Manitoba Blizzard.

The Blizzard acquired netminder Dylan Mc-

Fadyen from the Steinbach Pistons for a player development fee (PDF). McFadyen played most of last year with Interlake in the under-18 AAA league, with one appearance with the WHL's Brandon Wheat Kings.

The Blizzard also shipped American forward Stefan Couloures to Kam River of the SIJHL for a PDF.

The Selkirk Steelers sent forward Ian Lavalee to the Winnipeg Monarchs for a PDF. Lavalee had 14 points in 37 games last season with the Steelers.

The Winnipeg Blues sent defenseman Mason Munday and forward Aydan Wang to the Winnipeg Monarchs for a PDF. Munday had 16 points with the Winnipeg Wild last year, while had 18 points with the 100 Mile House Wranglers in the SIJHL last year. It should also be pointed out the Blues and the Monarchs have the same ownership.

The Blues and Dauphin Kings also connected in a pair of separate deals. The

end result saw the Kings ship forwards Sage Dela Cruz and Nolan Masson to the Blues for a PDF. Dela Cruz, from Winnipeg, had 16 points last year in AAA with the Winnipeg Bruins, while Masson, from Ontario, had five points in 15 games last year with the Kings.

The Blues also sent forward Gibson Baker to Blind River of the NOJHL for a PDF.

The Neepawa Titans shipped forward Cole Swanson to Thunder Bay of the SIJHL for a PDF.

The Niverville Night-hawks sent defenseman Nathan Forster to the Winnipeg Monarchs for a PDF.

The Winkler Flyers sent netminder Justin Perreault to the Dauphin Kings for a PDF. Perrault had stellar numbers with the Winnipeg Wild last year – a 1.65 GAA, a .934 save percentage, and eight shutouts.

And the Flyers sent forward Haiden Friesen to Dryden of the SIJHL for a PDF.

Farmers' Advocate

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Rural win: MASC offices reopen in Virden, Shoal Lake

Local leaders call move a step toward stronger rural economies

By Dale Davison
FARMERS' ADVOCATE

Four years ago, the provincial government closed 21 Manitoba Agricultural Services Corporation (MASC) offices across Manitoba. Producers, agricultural organizations and local governments protested the move seeing it as a hardship for farmers and a move to centralization that would hurt rural centres such as Virden. A plan to reopen some of these offices was announced in January of this year, and as of last Friday the Virden and Shoal Lake locations were once again open for business.

John Plohman, chair of the board of directors for MASC, introduced Minister of Agriculture Ron Kostyshyn who said, "Farmers want to ensure they have tools to maintain and govern their farming operations. I know that MASC clients will welcome the convenience of having a local team available to help them with all their risk management, lending and other agriculture services. That also strengthens farm families, rural communities and our province as a whole."

Scott Phillips, a councillor for the RM Sifton and Vice President of the Association of Manitoba Municipalities (AMM) recalled the past closures of service branches across the province. Phillips



PHOTO BY DALE DAVISON

Above picture: Minister of Agriculture Ron Kostyshyn cuts the ribbon to officially open the MASC Virden office. He is joined by MASC vice chair Don Kostas, Virden Mayor Tina Williams, RM of Wallace-Woodworth Reeve Clayton Canart, Municipal and Northern Relations Minister Glen Simard and John Plohman, chair of the board of directors for MASC. Bottom picture: The new Manitoba Agricultural Services Corporation office in Virden is located at 297-Seventh Avenue South.

said, "Three words. Rural Economic Reconciliation. Years ago, branches were closed across the province. We're not going to point fingers, but it was a shame that so many agencies like this were closed. We've been very fortunate over the last half dozen or so years to be included in the conversations with the past government and this government on reopening some of these key centres in Manitoba. We've been involved. We were told 'no', I don't know how many

times, but 'no' just meant try harder and make a better plan." Calling Virden an ideal location in Western Manitoba Phillips said, "This really is the centre of it all."

Virden Mayor Tina Williams said, "The value of having a local office for our surrounding farm communities cannot be overstated."

RM of Wallace-Woodworth Reeve Clayton Canart agreed and added that he hopes this re-opening of an office so important to the

region will prove to be the first step in decentralizing other government services, bringing them closer to the people that use them.

Along with the Virden office, the Shoal Lake office is also reopening, and the two locations will serve 650 to 700 farmers and agricultural businesses in the surrounding regions. Each new service centre will be staffed by four full-time employees and a team of insurance adjusters.

The staff members of the new Virden office will

include Andrea Schneider, Samantha Bertram, Dan Boulanger, Lawrence Dan-

iel, Michelle Breedon, and team leader Barb Stam-buski.



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Farmers' Advocate

Tips for drying tough and damp canola

Submitted
MANITOBA CANOLA GROWERS

Aeration can be enough to dry tough canola to safe storage levels – as long as air has “capacity to dry”. Damp canola will require heated air drying. Safe levels for long-term storage of canola are grain moisture of eight per cent and grain temperature of less than 15°C. Canola is considered “tough” at moisture levels between 10 and 12.5 per cent and “damp” is anything above that, according to the Grain Grading Guide. To dry tough canola with aeration, the bin needs adequate airflow and that air needs “capacity to dry” – which means it has to be warm with low relative humidity (RH). (See the In-bin drying heading below.) Damp canola will require heated air drying and rigorous management to condition it for safe storage.

Grain dryers (heated-air drying)
Dry canola as soon as possible: While waiting, aerate con-

tinuously if possible and move damp canola back and forth between storage facilities to prevent spoilage. The combination of aeration and movement is ideal.

Have the right equipment: Continuous flow or re-circulating batch drying systems are preferable. They reduce the potential for seed damage from heating and allow for slightly higher drying temperatures. For very damp canola, growers may prefer to run the grain through twice at a lower temperature to prevent seed damage and reduce the risk of fires. Also, if the dryer has screens, make sure the screen size is small enough to hold canola. Another option is to add heat to a bin aeration system. Talk to your bin and fan supplier for details.

Watch drying temperatures: Check the maximum safe drying temperature for your system, then reduce it by 11°C when working with damp canola as opposed to tough. As moisture

content increases, it gets much easier to “cook” your canola in a heated air drying system.

Over dry canola slightly when using heated air: As grain cools when moved into storage, moisture content tends to rebound slightly. Over drying compensates for this. A general rule is to over dry by 0.1% for every point the grain is dried. For example, if canola is at 14% moisture and your target is 9%, over dry by 0.5 percentage points to 8.5%.

When returning warm, dried canola back to the bin, turn on the fans to cool it for safe storage. This could also allow for a bit more drying as drying can occur when cold air is introduced to a warm mass of grain.

In-bin drying with supplement heat
Natural air drying (NAD) using aeration fans works well as long as the fan provides adequate airflow and the air has capacity to

dry. The second requirement can be a challenge because cool fall air often has low or no capacity to dry anything. That is why more farmers are adding heaters to their aeration fans.

Increasing the temperature of the incoming air basically reduces the relative humidity (RH) of the incoming air, which increases the capacity of air to hold (and therefore remove) moisture. This increase its efficiency of drying the grain. For every 10°C increase in air temperature, the RH is cut in half.

A heater certified and designed for use with grain storage aeration fans can turn a “poor” drying day into a “good” drying day, and the capital investment is much smaller than it would be for a batch dryer set up. Generally, a poor drying day is when RH is 70 per cent or more, or the temperature is 10°C or less.

The general recommendation for adding supplemental heat to an aeration system is to increase air temperature to no more than

15-20°C – although the higher the fan’s airflow (cubic feet per minute) per bushel, the more heat you can add.

Airflow rates needs to be at least 1.0 cfm/bu for moisture removal. Insufficient air flow can result in a high moisture zone near the top of the bin that can initiate spoilage. The greater the depth of canola in the bin, the more fan capacity you will need to move air through it effectively. Large diameter bins that provide uniform air flow through a perforated floor may have an advantage when handling damp grain. If you suspect the air flow is insufficient, remove some canola to reduce the depth. Side benefits of removing some grain are that it disrupts any high moisture areas that are developing and it flattens the cone, which could help to make the air’s path more consistent throughout the bulk.

Continued on Page 12

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JOURNEY
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Meet
Erin Chisholm

Erin grew up on a farm south of Neepawa and currently makes MacGregor her home. She likes reading, spending time with her friends and family and has Nashville on her bucket list to visit one day soon! Erin spends part of her week in the Neepawa Journey Wealth office where a big part of her time is devoted to financial planning to help clients meet their financial goals. While some people think of financial planning as being only for retirement, this is definitely not the case! Erin helps clients with planning for their children’s financial needs, estate planning, insurance planning, and of course, planning for retirement. Call her today to get started!

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Farmers' Advocate



Don't have a cow, man!



PHOTO BY ROB WADDELL

In a pasture near Mountain Road, this large black bull seems to be a bit lonely as his cows have perhaps moved on. All he has to do is eat and sleep in his own part of the world as his work is likely done for the season. Late summer rains came in a timely fashion to keep the pastures green heading into the fall.

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Farmers' Advocate



Op-ed: Relationships matter

By Cam Dahl

GENERAL MANAGER, MANITOBA PORK COUNCIL

On Sept 17, the Office of the United States Trade Representative (USTR) began a 45-day public comment period on the effectiveness and impact of the Canada-U.S.-Mexico Agreement (CUSMA), and public hearings on CUSMA will be held in the U.S. this November. The process to review Canada's most important trade agreement has begun.

Our relationships with our partners, customers, and suppliers in the U.S. matter now more than ever. Recently, Manitoba Pork was on a mission to Iowa with Manitoba's Minister of Agriculture, Ron Kostyshyn. It was an opportunity to talk to Iowa's farm leaders and politicians about the value of our integrated market and the trade between us. We could not have received a warmer welcome. There is a strong understanding south of the border about the value of our trading relationship. The USTR and U.S. Congress will likely not give a lot of weight to comments from the Canadian pork sector, Canadian agriculture in general, or even our federal and provincial governments, but they will listen to the Governor of Iowa and elected representatives of Iowa's agriculture base.

Outreach should be a top priority

While it might look good on social media or on television for a Canadian politician, in a fit of pique, to pour out whiskey distilled in Manitoba over a disagreement with a multi-national company, or to threaten to turn off the lights in American states, this is not how strong positive relationships are built.

Relationships are built by showing up at state fairs as friends and neighbours. Canadians cannot afford to have potential allies in the U.S. and Mexico turned off by aggressive commentary coming from north of the 49th parallel. We need partnership not rhetoric.

For Canadian agriculture, this outreach should be the top priority for the industry, especially for the 90 percent of Canadian farmers who depend on international markets for their price discovery and sales. While we must look to diversify our markets, we cannot replace the U.S. as a destination. For example, Manitoba ships over 3 million live pigs to be finished in the U.S. every year. Today these exports are moving under the protection of CUSMA. If we were to lose that protection or have the integration between producers in the U.S. and Canada weakened, these animals would have no alternative markets and communities across our province would feel the economic impact.

We should have a plan in place

Canada's federal, provincial, and territorial agriculture ministers met in Winnipeg the second week

of September. I am hopeful that they discussed the development of a strategic outreach plan with our partners in the U.S. Not every Minister needs to visit every state capitol in the lower 48 states, but we should have a plan in place to have at least one agricultural delegation reach out to most of them before the 45-day comment period on the effectiveness of CUSMA expires.

Which brings me to my closing observation. The U.S. has started public consultations on the effectiveness of CUSMA. When are the Canadian consultations going to begin? The best time to start the development of a strategic pan-Canadian agricultural position on the key elements of the CUSMA would have been about 18 months ago. The second-best time to start this dialogue with the agriculture community is today. If this does not occur, Canada runs the risk that we will go into the critical part of the CUSMA review with both industry and governments divided. That could be a mistake that has far reaching consequences for farmers from coast to coast.

For agriculture, the overall goal going into the CUSMA review must be the preservation and expansion of the integrated North American market

Monitor the drying process for canola

Continued from Page 10

Temperature of the grain itself plays a role in the efficiency of NAD with supplemental heat. If the grain is already cool (less than 5°C), NAD with supplemental heat will initially add moisture to the grain. It will take some time before drying starts, but the bulk will warm up eventually and drying will be accomplished. If the grain is still warm, then NAD plus supplemental heat can work very well.

Make sure to have good ventilation at the top of the bin to allow warm, moist air to escape. Inadequate ventilation in the headspace will result in condensation on the top layers of grain.

For effective drying using supplemental heat, the bin needs to be turned frequently – every day to every few days. Without turning, it will take substantial time for the drying front to reach the top layers of the bin.

And finally, monitor regularly during and after the drying process. Cool the grain after drying, aiming for a safe storage temperature of less than 15°C. Note that blowing cool air on warm grain will remove some additional moisture, so drying may be complete when moisture is within one percentage point of the target.

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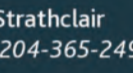
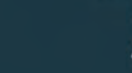
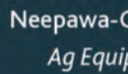
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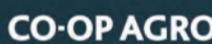

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Miniota News



Little Darling’s Formal Dance.

SUBMITTED PHOTO

Submitted

BY LINDA CLARK

Ken Reynolds of Dartmouth NS and Jack and Mary Reynolds and their daughter Jackie, of Kelowna, B.C. visited in the Miniota area last week. A graveside service was held on Sept. 20 at Miniota Cemetery to inter the ashes of Ken’s wife, Joan Reynolds. Several of Jack and Ken’s late sister Wilma Kreshewski’s family were also in attendance along

with other relatives from surrounding towns and Miniota friends.

The Miniota Discovery Learning Centre held their “Little Darling’s Formal Dance” this past Friday, Sept. 19. Children, parents and grandparents brought the total of attendees to 100 plus. The hall was tastefully decorated in a fall theme complete with a photo op booth. A dance designed for all ages complete with dance competitions, a candy bar, a child friendly

‘Char-Cutie table’ – of course a fun evening for our children. A 50/50 was held with the lucky winner Fynn Lelond taking home \$147. The proceeds from this family event go towards the daycare centre. Job well done MDLC Staff!

“In life, there’s always something you can find to be thankful for. If you can’t seem to pay your bills, I guess you can be thankful that you’re not one of your creditors!” -Author Unknown





Tanner Lewis
Financial Advisor
Keystone Wealth | Aviso Wealth

"SEPTEMBER CHECK-IN: A Key Time to Review Your Health Benefits and Workplace Perks"

September is a key month for many employees, offering the opportunity to review and make changes to workplace benefits such as health insurance, retirement savings plans, and other employer-provided perks. Taking the time to understand and optimize these offerings can significantly impact your financial stability and overall job satisfaction.

Start by evaluating your health insurance options. Carefully compare the available plans, considering premiums, deductibles, copays, and out-of-pocket maximums. Think about your current health needs and any anticipated medical expenses in the coming year. If you have dependents, include their needs in your assessment. Take advantage of Health Savings Accounts (HSAs) or Flexible Spending Accounts (FSAs), if available. These allow you to set aside pre-tax dollars for qualified medical expenses, offering tax advantages. Be sure to review the rules and contribution limits to avoid penalties or unused funds.

Next, focus on your retirement savings. Many employers offer Registered Retirement Savings Plan (RRSP) matching programs, which contribute to your retirement account based on how much you invest. Not contributing enough to receive the full match means leaving free money on the table. Review your contribution levels and consider increasing them if your budget allows. Also, reassess your investment choices within the plan to ensure they align with your long-term goals and risk tolerance.

In addition to health and retirement benefits, employers often offer a range of other perks. These may include life and disability insurance, employee assistance programs, wellness incentives, and tuition reimbursement. Each of these can provide real value. For example, life and disability insurance offer essential protection for your family, while tuition reimbursement can support your career growth without additional debt. Wellness programs might offer gym discounts or health coaching, which can improve your well-being and productivity.

To make the most of these benefits, review the materials your employer provides, such as benefit guides or plan summaries. Attend informational meetings or webinars, and don't hesitate to reach out to HR or your benefits administrator with questions.

Remember, benefits planning isn't a one-time task. Life events like marriage, having children, or health changes should prompt a reevaluation of your selections. Staying proactive and informed ensures your benefits continue to meet your evolving needs.

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Council says yes to bridge and Fire Dept. projects

New RCMP leader introduced; long-serving CAO recognized at RM of Wallace-Woodworth Sept. 16 council meeting

By Dale Davison
EMPIRE-ADVANCE

Representatives for Samson Developments joined the meeting to present the preliminary design report on the Cemetery Road bridge replacement project. The delegation reported on the status of investigations into the requirements for the site as well as the permitting process. They also presented three design options for the bridge and gave recommendations regarding the project.

Council passed a resolution approving the 40-foot (12-meter) concrete bridge to replace the current bridge on Cemetery Road, pending confirmation of hydraulic suitability, as recommended by Samson Developments.

Woodworth Fire Department

The department's res-

cue truck is being replaced and a letter of support for their grant applications was approved. A resolution to issue charitable receipts for donations was also passed.

A plan to replace a department pumper truck is underway and the RM of Wallace-Woodworth will apply for a grant from the Manitoba GRO program to support the replacement. The RM will commit from its budget toward the cost of this project if funds become available.

Road renamed

Before Parrish & Heimbecker acquired 10 Louis Dreyfus Company locations across western Canada in 2019, the access road to their facility on Hwy. 1 was named Louis Dreyfus Road. Council gave second and third reading to a bylaw changing the name of the access road to Parrish &

Heimbecker Road. The bylaw was passed.

Council also approved payment to Manitoba Infrastructure Traffic Engineering of \$2,226.00 for the installation of new Parrish & Heimbecker RD advance signs and a street name sign.

Other business

Ducks Unlimited Canada gave notice that they will sign no break-no drain agreements for the lands located at SE/SW 2-12-24 W1 and SW 18-11-25.

New R.C.M.P. Commander Sgt. Amy Doan attended the meeting to introduce herself to council and present the RCMP report.

Council announced a celebration to honour former CAO Garth Mitchell's 45 years of service to the RM of Wallace-Woodworth and the Village of Elkhorn to be held on September 25.



NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES TOWN OF VIRDEN

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 21st day of October, 2025, at the hour of 06:30 PM, at Town of Virden, 236 Wellington Street West, Virden, MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
38700	LOTS 8 AND 9 PLAN 941 BLTO EXC FIRSTLY: OUT OF SAID LOT 8 SWLY 45 FEET SECONDLY: OUT OF SAID LOT 9 NELY 36 FEET THIRDLY: OUT OF SAID LOTS 8 AND 9 NWLY 16 FEET IN SE 1/4 22-10-26 WPM - 252 CHESTER ST W	L -\$35,100 B -\$110,900	\$ 6,462.67
88700	LOT 2 BLOCK 138 PLAN 67 BLTO EXC FIRSTLY: THE SWLY 38 FEET AND SECONDLY: THE NWLY 125 FEET IN NW 1/4 22-10-26 WPM - 440 CARLTON STREET W	L -\$78,200 B -\$0	\$ 10,572.55

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

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

Dated this 12 day of September, 2025.

Managed by:



Rhonda Stewart
Chief Administrative Officer
TOWN OF VIRDEN
Phone: (204) 748-2440
Fax: (204) 748-2501

News associations respond to CUPW / Canada Post halting of delivery of unaddressed community newspapers

Submitted

BY NEWS MEDIA

On September 16, 2025, multiple news publishing associations sent the below letter to CUPW and Canada Post to outline our extreme disappointment with community and ethnic newspapers being treated as 'junk mail'.

Dear Ms. Simpson and Mr. Ettinger,

On behalf of the members of the Alberta Weekly Newspapers Association, B.C. & Yukon Community News Media Association, Hebdom Québec, Manitoba Community Newspapers Association, National Ethnic Press and Media Council of Canada, News Media Canada, Ontario Community Newspapers Association, and Saskatchewan Weekly Newspapers Association, we are writing to express our extreme disappointment in both Canada Post and CUPW.

Both of you are treating unaddressed community and ethnic newspapers like "junk mail".

Mr. Ettinger, your decision to no longer exempt community newspapers with commercial inserts from Canada Post's Consumers' Choice program, effectively treats fact-based, fact-check Canadian journalistic con-

Community newspapers are **NOT** junk mail.



Community newspapers are trusted local voices that keep Canadians informed, connected and engaged. They are local businesses that report news that matters most to the communities they serve. CUPW and Canada Post need to ensure that the processing/delivery of unaddressed community newspapers resumes immediately.

newsmediacanada.ca

News Media Canada
Medios d'Info Canada

tent as "junk mail". You made that decision without proper stakeholder consultation or economic/social impact analysis.

Ms. Simpson, your recent decision to neither process nor deliver unaddressed flyers (Neighbourhood Mail) — whether intended or not — is holding community newspaper publishers hostage and is depriving Canadians of fact-based, fact-checked community news.

Community and ethnic newspapers keep Canadians informed, engaged, and connected in hundreds of communities across Canada. Many are small businesses, owned by local entrepreneurs, who are struggling just to keep the lights on and make payroll in the face of the loss of advertising to American Big Tech companies.

Let us be clear: community newspapers, with or without commercial inserts, are not "junk mail"; they are a vital source of information for Canadians. Our members are good paying customers of Canada Post, and we resent this shabby treatment. As you work out your differences, we hope both sides will bargain in good faith, and we call on the two of you to ensure that the processing and delivery of unaddressed community newspapers — with or without commercial inserts — resumes immediately.

Thank you for your urgent attention to this matter.



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SPORTS

OIL CAP BEAT WOLVERINES IN HOME OPENER

By Robin Wark
EMPIRE-ADVANCE

On the opening weekend of the Manitoba Junior Hockey League regular season, the Virden Oil Capitals split their home-and-home series with the Waywayseecappo Wolverines.

On Sept. 19, the host Wolverines won 4-2. The Oil Capitals rebounded to win their home opener, 3-1, over the Wolverines the next day.

"I liked a lot of our game," Virden head coach Tyson Ramsey said. "Friday we looked a little nervous at times but still had a chance late in the game to earn points in a tough place to play. Saturday we were much better. We played a fast, physical game and I thought we really managed the puck well late in the game."

The Oil Capitals host the Niverville Nighthawks on Sept. 26. The Nighthawks' roster includes Pipestone's Luke Mackenzie. The next day, the Virden squad heads to Winnipeg to play the Monarchs, who were formerly named the Freeze.

Oil Caps 3, Wolverines 1

In front of a home crowd of 1,102, the Oil Capitals had a strong start. Hometown captain Ty Plaisier lit the lamp in the first period.

"I was pumped," he said. "The atmosphere and energy in the building was unbelievable. It felt great to solidify our first win of the year in front of the home crowd."

Plaisier would finish the weekend with three points. Newcomer Cohen Lewko of Sanford scored his first junior goal to increase the Oil Caps' lead to 2-0 before the end of the first frame.

In the third period, Aidan Herring scored on the power play to pull Waywayseecappo within one, 2-1. Oil Capitals newcomer London Hoilett put the puck into an empty net to cap the scoring.

With a goal and an assist, Hoilett was named the first star of the game. New Virden goalie Braxton Burdeny made 30 saves and earned the second star. Virden's own Bryce Bryant, who recently joined the team from the Western Hockey League's Swift Current Broncos, was the third star



PHOTO BY VIRDEN OIL CAPS

Virden Oil Caps at the home opener on Saturday, September 20.

with an assist.

Waywayseecappo goalie Mariko Bercier stopped 27 shots. Manson's Kurt Rookes collected an assist for the Wolverines.

Wolverines 4, Oil Caps 2

Special teams played a factor in the Oil Capitals' season opening contest in Waywayseecappo. The Wolverines were three-for-five on the power play. The Virden team was one-for-four. The Oil Caps outshot their opponents by 10, 36-26.

The contest was knotted at 1-1 after the first period. The Wolverines' Sebastien Hicks had a powerplay marker to open the scoring. Rookes had one of the assists on the goal. Hoilett scored his first goal as an Oil Capital to tie the game.

In the second period, Cole Hunter put Waywayseecappo back on top, 2-1. On a powerplay, Brooks Siemens of the Oil Capitals knotted the score. He would finish the night with

two points and be named the third star. At the 13:48 mark, just about two minutes after Siemens' goal, Mikey Thomas put the Wolverines ahead for good with a powerplay marker.

Ben Roulette scored on the powerplay in the third for Waywayseecappo to close out the scoring. Rookes had an assist on the goal. Hicks was the first star and Roulette the second.

Burdeny stopped 22 of the 26 shots he faced. Jase Wareham made 34 saves for the Wolverines.

Worthington Added

On Sept. 22, the Oil Capitals announced that forward Colten Worthington was joining them from the WHL's Saskatoon Blades. The 18-year-old from Brandon had two goals and five points in 48 games as a rookie last season.

TIMES FLIES WHEN YOU'RE HAVING FUN

By Robin Wark
EMPIRE-ADVANCE

It was only supposed to be a handful of articles ...

Back in early 2005, I was the editor of the Sooke (B.C.) News Mirror newspaper. Through friends and family, I heard about a few Virden-area athletes who were playing sports in the post-secondary ranks and offered to do some articles for the Virden Empire-Advance. Now, 20 years later, I am pleased to still be contributing to my hometown newspaper.

Over the past two decades, many things have changed. The newspaper has had different staff members and owners. I have transitioned from working full-time for newspapers to various roles at a book company and now to marketing and communications positions. Many of the young athletes whose playing exploits I wrote about have now become coaches and organizers, such as Brad Cole, Jamie Hodson, Brett Braybrook, Karissa Kirkup, and Ryan Mathieson. What has not changed over the years is the talent and hard work that young people from the Empire-Advance coverage area have shown and how much I enjoy being able to help tell their stories.

I could not do this without the support of many. First and foremost, I greatly appreciate the support of my family. My parents, Rick and Barb, stressed the importance of reading and writing. They also encouraged my interest in sports. Over the years, my amazing wife, Jill, has taken countless messages from players and coaches. She has patiently listened to me talk about leagues and teams far away from our home. Our daughters, Georgia and Lila, grew up with me writing stories on a laptop while they were snuggled next to me watching Mickey Mouse Clubhouse or Liv and Maddie.

I have appreciated all of the support of the Empire-Advance owners and staff - past and present. Dianne Hanson, the late Eva Waines, and the late Marlain Shoemaker were huge supporters. When I was in university, I had the amazing opportunity to learn from the late Torben Laursen while working at other Virden newspapers. That experience and the trust he placed in me was invaluable.

It would be impossible for me to thank Garth Mitchell enough for all of his help over the years on coverage of various teams and players. He also has always been great about pointing me in the right direction in tracking down sources. Braybrook, Hodson, Tyler Mitchell, and Jeff Peel have also been a huge help year after year. I really appreciate all of John Patmore's and Dallas and Terri Williamson's assistance the past few summers while I covered Reston baseball.

One of the highlights of my time writing about area athletes was documenting the pursuit of the Olympic dream by Virden-based pairs skaters Paige Lawrence and Rudi Swiegers and their coach Patty Hole. It was inspiring to watch from Canada as they competed in Sochi, Russia in 2014. Hole has been so generous with her time over the years when I have tried to highlight the various skaters who have trained locally. I greatly appreciate it.

When the Winnipeg Saints moved to Virden in 2012 and became the Oil Capitals, I was fortunate to be asked to do some articles on them as they got on their feet. I wrote a few stories each season before starting in 2017 to cover the team on a weekly basis. I learned a lot about hockey from former Oil Caps head coach Troy Leslie and appreciated his willingness to answer many questions. Current head coach Tyson Ramsey has also handled my question barages with patience - and candour. I appreciate that and

how he and all of the Oil Caps staff members and players have helped tell the organization's story.

The late Dorothy Hunter always took time to say nice things about my articles. I appreciated her encouragement and that of my second parents, Denis and Sandra Lesage, over the years.

I couldn't possibly name everyone over the past 20 years who have taken time to answer my questions, point me in the right direction, and provide feedback. It has been an honour to write about many people from the Virden area. I hope I have the opportunity to do so for many more years to come.

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SPORTS

JIM-BOB HELPS SCOTT REGAIN SPEED SKATING CONSISTENCY

By Robin Wark
EMPIRE-ADVANCE

speed skating journey.

The daughter of Virden's Malcolm and Judy Scott adopted Jim-Bob, a Rhodesian Ridgeback mix, in 2023. The Olympian had been battling back from an injury and dealing with feelings of sadness and loneliness.

"Jim-Bob has helped bring consistency back into my life by always reminding me that he has needs as well," Scott said. "As well, no matter how my day is going, he is always happy to see me and that has helped me greatly."

In Beijing in 2022, Scott made her Olympic debut. She was Canada's top female long track speed skater in the 1,000-metre event. She placed 12th. Also in 2022, while racing in Norway, Scott sustained a hip injury that would take almost two and a half years to resolve.

"I was unable to use my left leg as normal for almost a year and I did experience nerve pain from that," she said. "During my injury, I wasn't able to train and compete to my full ability, which led me to feel quite sad and lonely."

In 2023, a friend mentioned to Scott that a local Calgary brewery was holding a dog adoption event. Scott said, "since I had been feeling lonely, not being able to train, I decided to go down to see the dogs, not thinking of adopting at the time. However, I met Jim-Bob at the event and he stole my heart, and I adopted him right away."

She named her pooch after the youngest son in

A furry friend has helped former Virden resident Alexa Scott in her

the TV family drama The Waltons. Scott watched the show with her mom after school while growing up. Her parents have also adopted a dog. They have named him John-Boy after the eldest son in the series.

Last season, Scott delivered an impressive five-medal performance at the Canada Cup Final in Quebec City. She won gold in two 1000m races as well as the 1500m. Scott also earned bronze in the first 500m event and silver in the second.

"I was very happy with the consistency of my races at that event as I have had a hip injury for the last few years that kept me from being consistent," she said.

Scott is looking to build on that success this coming season. The 2026 Winter Olympics will be held in Milan and Cortina d'Ampezzo, Italy.

"I am looking forward to the intense competition this season, as the Olympic Games are approaching in February, everyone around the world is getting into the best shape so this season racing will be extra exciting," she said.

Scott grew up in Virden until she was 10. Her family



PHOTO BY E. ORLOWSKY.

Alexa Scott poses with Jim-Bob, who has had an impact on the speed skater's career and life.

then moved to Clandeboye. Her parents later returned to Virden. Scott is now based in Calgary. She is studying economics at the University of Calgary. Scott also serves as an assistant coach for an adult speed skating group at the Olympic Oval. She greatly appreciates her parents' support.

"My parents are always a huge help to my career," Scott said. "Olympic sport in Canada pays very poorly, and it has become especially difficult to find personal sponsors in the current economic state. So without my mom and dad's support, it would be impossible to do this full time."

HOCKEY NOTES: VETS LEAD OIL CAPS, COUGARS COMPETE IN VIRDEN

By Robin Wark
EMPIRE-ADVANCE

experienced junior hockey veterans.

In the summer, the Manitoba Junior Hockey League team named hometown defenceman Ty Plaisier as their captain. Last week, the team announced that its assistant captains would be Marshall Light, Noel Englot, and London Hoilett.

"Our leadership group are all guys that work really hard, have a team first attitude and are veteran players at the junior hockey level," Virden head coach Tyson Ramsey said. "They lead by example and understand when to use their voice. They are excellent role models for our younger players."

All four captains were born in 2005 and are in their final junior campaigns. Plaisier is in his fourth junior season in a career split between the Oil Caps and the Western Hockey League's Regina Pats. Light is also in his fourth season. The Moosomin product won a Saskatchewan Junior Hockey League title with the Battlefords North Stars before joining the Oil Caps in the 2023-2024 season. Englot, who hails from Candiag, Sask., is in his third season with the Oil Caps. Winnipeg's Hoilett joins the Virden team after three WHL campaigns split between Calgary and Vancouver.

Cougars vs. Bears

Before the Oil Caps' home opener on Sept. 20, the U18 AAA Southwest Cougars took on the Estevan (Sask.) Bears in an exhibition contest at the Tundra Oil & Gas Place on Sept. 20. Cougars head coach Tanner Lewis, a Virden product, appreciated the opportunities playing in Virden provided.

"I liked being able to have a different home environment for our players playing in Virden," he said. "The ability to showcase our team and U18 AAA hockey to another market is always a bonus too."

"With league rules stating that we must have games on Flo Hockey, Virden is the only rink that can accommodate that, so it is not fair to other towns if we'd only have an

out of Souris home game in Virden, so it's something we don't get to do anymore."

The Cougars fell 8-1 to Estevan. Lewis said:

"I thought we had a really good start and first period to the game. We were moving our feet well, putting pucks behind their D, and winning loose puck battles. For the most part, we did a good job keeping them to the outside of the rink in our own end. We ended the period 1-1."

"For the most part, the second was well played too. They got the lead on their power play, which was lethal, and an odd-man rush. In the third period, their skill took over. They're a really good team. Well organized in their details of the game and have some players with some high-end skill. The score got lopsided in the last 10 minutes of the game, so the final score wasn't indicative of our play, but it also showed what we need to work on going forward."

This year's Cougar squad includes Virden products Eric Berger, Jake Beaty, and Coleton Koop as well as Reston's Jamie Williamson.

Junior A Players

The Virden Oil Capitals had four local athletes on their opening day roster. They were Virden's Bryce Bryant, Hudson Davidson, and Plaisier, and Oak Lake Beach's Tyson Draper. Other area players are also competing at the Junior A level. These include the below.

Elkhorn's Foxx McColl is playing his final junior season with the Coastal Tsunami of the Pacific Junior Hockey League. The Tsunami is based in Gibsons, B.C., where CBC's The Beachcombers was set. The team joined the PJHL in 2024 as an expansion franchise.

Kurt Rookes of Manson is back with the Manitoba Junior Hockey League's Waywayseecappo Wolverines. He spent last season in the Western Hockey League with the Swift Current Broncos and the campaign before that with the WHL's Wenatchee Wild. Rookes was a rookie with the Wolverines in 2022-2023.

Luke MacKenzie from Pipestone is back with the Niverville Nighthawks of the MJHL. The forward posted 20 points in 57 games for them last season.

Virden's Connor Hoemsen is a rookie with the Saskatchewan Junior Hockey League's La Ronge Ice Wolves. He was recently traded to the team from the Flin Flon Bombers.

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Thank-you

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The family of Alma Stowe sincerely thanks all who supported us with visits, cards, flowers, food, and kindness. Special thanks to those who gave guidance, music, and care — you have helped ease our loss.



Coming Events

GRAND TRUNK NOSTALGIA CLUB

40th Annual Vintage & Collectible Sale
SAT, Sept 27, 2025
10AM – 5PM

Manitoba's Biggest Indoor Fall Vintage & Collectibles Sale with over 180 tables
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Coming Events

The Isabella Community has cancelled their Roast Beef Supper which was advertised for Sunday, October 19th. Our apologies to our regular attendees.

Help Wanted



EMPLOYMENT OPPORTUNITIES COMMUNITY ECONOMIC DEVELOPMENT AND RECREATION MANAGER

The R.M. of Wallace-Woodworth is seeking a dynamic and community-oriented professional to join our team as the **Community Economic Development & Recreation Manager**. This full-time management position plays a key role in implementing the R.M.'s 2025–2030 Strategic Plan by fostering economic growth, supporting business development, leading communications strategies, and enhancing recreational services. The successful candidate will oversee the development of a Recreation Plan, expand municipal programming, support local organizations and community committees, and improve engagement through strategic marketing and communication efforts.

Key Responsibilities

- Develop and implement an Economic Development Strategy aligned with the Strategic Plan
- Support Council-appointed Community Development Steering Committees
- Promote business investment readiness and support local business retention
- Lead the development of a municipal Recreation Plan and expand community programming
- Assist in tourism initiatives, land-use planning, and infrastructure readiness
- Research, apply for, and manage grants to support municipal initiatives
- Provide regular updates and strategic recommendations to Council

Qualifications

- Post-secondary education in Economic Development, Business, Recreation Management or related field
- Familiarity with rural economic development and recreation planning
- Experience in a similar role with grant writing, project coordination, and stakeholder engagement
- Completion of (or commitment to complete) the EDAM Community Edge program
- Valid driver's license and willingness to travel regionally

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Interested candidates should submit a resume with 3 references by:
E-mail: info@wallace-woodworth.com

Mail/Drop-off: R.M. of Wallace-Woodworth Municipal Office
154023 PR 257 Box 2200 (Corner of 83 Hwy & PR 257) Virden, MB R0M 2C0

We appreciate your interest in this position.
Applications will be accepted until the position is filled.
However, only those applicants chosen for an interview will be contacted.

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From the prairies to the highlands 204 - part 4

By Gerry Nolan
RIVERS BANNER

For our trip we started off in the lowlands and that is where we are at as our excursion continues. On this day we were off to Hunterston Castle. Upon arrival we were met by our hosts and were split into 2 groups for the tour. There were 10 Hunter clan members among us, and we were all excited to see what lay before us.

The Castle was built in the 1300's with the intention of protecting the south and west coasts of Scotland from Viking invasion. It is still owned by the descendants of the original family.

The tower remains the same as when it was built and is set in 40 acres of land in west Kilbride, North Ayrshire.

In the 12 century, King David the first, invited Norman Knights to take up land in Scotland. Among those were the Hunters who were settled to provide hunting services to King David. The knight Aylmer was made Hunter Royal in 1160. It is a hereditary title that has been passed down for years.

In 1271, Alexander 111 gave the Hunters a charter for additional land in north Ayrshire. Because of the Latin name Venater was given to them. The name Venatar translated into English is Hunter, hence the

clan name.

The family suffered financial problems in the early 1800s, but the problem was resolved by Eleanora Hunter who married her cousin Robert Caldwell. Robert assumed the name Hunter and together they improved the estate and built the present Hunterston House which has been used in the production of Outlander.

Donald Caldwell who is married to Dr. Devon Caldwell [nee Corney] is a descendant of the Hunters. Devon's mother is Leith Corney, [nee Hunter]. Donald did not change his name to Hunter, in case you did not know. Should Donald change his name from Caldwell to Hunter? Survey says, no.

The old castle was something to behold and was one of the most favourite places I went to. The castle is stunningly beautiful and very well kept. I was so thrilled to be in a place I had only ever dreamed of, but here I was, in a castle that went well beyond all I had hoped. Something that caught my attention was the fact, this castle was built for smaller people. There was not a lot of head room in places, and the stairway was not very wide. One must remember that hundreds of years ago men were not 6 feet plus tall, more like 5 and a half foot tall.

There were some narrow windows where they could shoot out to protect

themselves from the attack of the enemy. In each room was a fireplace for heat. I can see why men wore the kilts to keep warm as Scotland tends to be a cool, damp place to live.

The rooms were not very big but were very homey and comfortable. The stairs going upstairs was worn on the edge as was the wall from all the years of wear from the occupants coming downstairs. We saw a lot of weapons of the day with one in particular being a very large and long sword. It would take a very fit warrior to swing that sword for very long before being totally exhausted. There was also a suit of armor which looked very small, another idea of the size of men back in the day. Our host told us that 5 to 10 minutes swinging that sword and thrusting at your target would exhaust you, so the kill had to be done quickly.

What I write does not do justice to this majestic castle!

The Hunter Clan Crest is beauti-



PHOTO BY CELIA NOLAN

The Hunters, from the prairies, at Hunterston Castle, built in the early 1800s by Robert and Eleanora Hunter.

ful. Written on the top is the motto, Cursum Perficio, which translates "I will complete the course. I will finish the race".

Next week I will complete the history of the Hunter Clan and so until then, make your plans to travel to Scotland!

The healing power of loving yourself

By Ev Nolan
EMPIRE-ADVANCE

If there is one thing I have learned on my own wellness journey, it is that self love is not just a fluffy idea you find online or in inspirational quotes. It is real, powerful, and maybe the most underrated wellness tool we have. When you start to treat yourself with the same kindness you would give to a friend, something shifts, your body, mind, and spirit all breathe a little easier.

For me, self love began in the smallest ways. Choosing to rest without guilt. Pouring a cup of peppermint tea and enjoying it instead of rushing on to the next task. Talking to myself like I would to someone I care about instead of being my own worst critic. And let me tell you those small shifts add up in the most surprising ways. Your mind listens to what you tell it and directly affects the functioning of your body. Suddenly, my stomach feels calmer, my sleep is deeper, and even my mood has more balance. It is like giving yourself a backstage pass to holistic wellness.

Self love also changes how we move through stressful times.

Instead of crumbling under pressure, you have a solid base to stand on. I used to think being "tough" meant ignoring my own needs, but now I see that true strength is honouring them. Saying no when I am overwhelmed, taking breaks without apologizing, or choosing uplifting people over toxic ones are all little love notes to myself. I have come to love a fun game called Supercow. When I need a break from work, I switch to Supercow, and it totally relaxes me, and I am ready for what is coming next. And funny enough when I show myself that respect or "allowance," the world follows suit.

Mentally, the difference is like night and day. Do you know that voice in your head that loves to point out every mistake you make? With self love, that voice loses its power. Instead of spiralling in comparison or self-doubt, I catch myself celebrating the wins, even the tiny ones. I have noticed that creativity flows more freely when I am not weighed down by harsh thoughts. I have learned and still learning, to be kinder to myself. My husband sometimes tells me not to talk about his wife like that, as a joke. But it sticks. Suddenly, problem-solving feels easier,

setbacks sting less, and I can laugh at my own missteps instead of tearing myself down.

Then there is the spiritual side of self love, and this one is my favourite. When I take time to slow down, I can hear that little inner whisper, intuition, soul, call it what you will. Whether it is during a quiet walk, playing a game, or even sitting on my deck, I feel connected to something bigger than myself. It is like the universe gives you a wink and says, "You are on the right track."

The best part? Self love is contagious. When you treat yourself with kindness, others notice. Kids, friends, partners all start to mirror that energy. Before long, it is not just about your own wellness but about creating a ripple of compassion around you.

So, if you are wondering where to start, keep it simple. Rest when you are tired. Eat food that makes your body happy. Say no without guilt. Dance in your kitchen just because. Self love is not a destination but a daily practice. And the more you practice, the more you realize that loving yourself is not simply good for the soul, it is one of the best medicines out there for you and everyone around you.

Hockey season

By Gerry Nolan
EMPIRE-ADVANCE

Even though as I write this it is still summer, hockey leagues are gearing up for another season. The NHL pre-season has started as well. Tryouts in Junior hockey are complete, the teams selected and most of the leagues fired up this weekend. It seems hockey just starts earlier and earlier with every passing season. The dream for some is the NHL even though only about 42 percent are Canadian players.

The Junior leagues around the prairies are up and going as well as AAA rosters are set, let the games begin.

I am sure the players who made the teams are excited and raring to go. But, what about the players who did not make the team they were trying out for? How are they doing

these days?

Even though players have made junior and AAA teams, nothing is really final yet. When the NHL starts to cut players and send them back to their junior teams there is a ripple, domino effect down in the Juniors and AAA teams.

The Brandon Wheat Kings just recently had 3 players sent back to them from NHL camps. Brandon had their team selected, so with 3 coming back that means 3 are leaving the wheat kings to go to the MJHL or AAA teams. Those MJHL teams and AAA teams may have to cut some of their players. You make the team and then suddenly you are sent down to, where? How is the well being of these young players? Good question, right?

A friend of mine has a son who made the MJHL team. They had a billet for him, and

he was starting school in his new environment. The domino effect started. He was released by the team and now will be playing AAA midget this year. To say he was disappointed is an understatement. They, the family, thought the season was set and were excited for their son's opportunity in the MJHL.

Hockey can be ruthless and gut retching. This is difficult for these young athletes. I just hope these players have a great season. Enjoy the game and the places you play and the friends that you have and will surely make along the way. Make some lifelong friends and enjoy the journey.

Doug Gilmour stated at the Hamiota Sports dinner, you either have the gift, or you do not. There is a lot more to life than hockey! Play the game and have some fun with it and enjoy each day you are on the ice.

Help students adjust to a new school

Submitted

BY METRO CREATIVE

Students typically attend multiple schools over the course of their academic careers. Preschool, elementary school, middle school, and high school are all normal pitstops on students' academic journeys.

Moving to a new school can pose a challenge for students. Whether they are beginning a new school at the start of a school year, or switching schools mid-year, the transition may be marked by a variety of emotions. The following tips can help students adjust to a new school.

Discuss stress and uncertainty with kids. Parents can be honest with children and note that not every scenario is simple. Uncertainty is a part of life, and feelings that arise because of it can be acknowledged. Parents can demonstrate that it's alright to feel stressed about the uncertainty of a new school and unsettled about changes that are coming. But ultimately everyone will work together as a family to help ease the transition.

Familiarize oneself with the new school. Learning about and touring a new school can assuage a lot of the fears a student may have. School campus tours and opportunities to shadow students can help them feel more comfortable on the first day.

Connect with other students. If possible, students should try to meet up with some of their potential peers. Some schools host meet-and-greet events where incoming students can hang out with others in a friendly environment. Seeing one or two familiar faces the first day of school can help students who are apprehensive.

Focus on what can be controlled. One of the best ways that adults can help students feel more positive about a new school is by focusing their attention on what they can control, says Pearson. Gathering familiar supplies, setting up a schedule or enrolling in a favourite subject or extracurricular activity are some ways students can exert control to boost their confidence.

Work with the teacher. Parents can meet with a student's teacher or teachers about what they can do to foster a smooth transition, particularly if their child is coming into the school in the middle of the school year.

Show an interest in the school. Parents should be active participants in their children's educations. That means attending school functions that celebrate students and joining parent-teacher organizations. Asking about new courses or extracurricular activities also can help students who may begin to mirror the enthusiasm their parents are showing.

Adjusting to a new school takes some time, but it is not an insurmountable task.



PHOTO BY METRO CREATIVE



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Lions Club Donations

Part 7



PHOTO BY CASSY HUME

Virden Lions Club member Bryan Hayward presenting a donation to SW Judo, accepted by Michael Bergman on May 28. Over the next few weeks we will be showing all the wonderful donations made by the Virden Lions Club to different organizations.

PUBLIC NOTICE

Rural Municipality of Pipestone Board of Revision

PUBLIC NOTICE is hereby given that the assessment rolls for the Rural Municipality of Pipestone for 2026 have been deposited in the office of the said Rural Municipality of Pipestone, 401 Third Avenue, Reston, Manitoba, and are open for public inspection. The Board of Revision will sit to hear applications for revision of assessment on Thursday, November 13, 2025, commencing at 2:00 p.m. in the Rural Municipality of Pipestone Council Chambers, 401 3rd Avenue, Reston, Manitoba. Any person who believes that an assessment ought to be revised may make application in accordance with sections 42 and 43 of The Municipal Assessment Act which, in part, are as follows:

42 (1) Application for Revision
A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to; a) liability to taxation; b) amount of an assessed value; c) classification of property; or d) a refusal by an assessor to amend the assessment roll under subsection 13(2).

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

**The deadline for filing applications against the 2026 assessment rolls is
4:00 p.m., Tuesday, October 28th, 2025**

**The Board shall not consider applications which do not comply with the above.
Dated at Reston this 4th day of September 2025**

**Rural Municipality of Pipestone
Board of Revision Rural Municipality of Pipestone
P.O. Box 99, Reston, MB R0M 1X0**



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