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Voice

VOLUME 12 EDITION 4

THURSDAY,
JANUARY 28, 2021

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A job well done



Retiring worker Norman Peters reacts with joy to the T-shirt presented to him by Parkside Home Hardware's general manager John Heinrichs on Friday. The front of the shirt declared Peters as Parkside's longest employee after 36 years and four months of service. For the full story, see Pg. 3.

PHOTO BY ASHLEIGH VIVEIROS/VOICE

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Parkside bids farewell to longtime employee

By Ashleigh Viveiros

"I lasted longer than anybody," Norman Peters said with a big grin as he greeted old co-workers last week.

Parkside Home Hardware in Winkler served up cake in their staff room on Friday in celebration of both Peters' 59th birthday and his retirement from the store after 36+ years of service.

Peters, who has Down's Syndrome, started at Parkside in the '80s after returning home from a year-long life skills training program in Winnipeg.

His brother Ray Peters explained Norman wanted nothing more than to be like his siblings, who had moved out of their parents' home, got jobs, and started their adult lives.

"It was very important for him to do exactly what we had done," Ray said. "He wanted a job ... and he's always been a people person, so this gave him a chance to interact with people."

Those interactions weren't just good for Norman, but for the community as well.

"At that time especially, a lot of people wouldn't have been familiar with what Down's Syndrome was or that despite the fact that he was different that he could still have a meaningful part in society," said Ray. "I always say we learned more from him than he

did from us, and I think a lot of people feel that."

A full-time staffer at Parkside, Peters has spent the past four decades helping out on the building centre's yard, going along on deliveries, and doing an awful lot of cleaning both inside and out.

"Making sure everything was neat, that was always part of his daily routine," said general manager John Heinrichs.

Health issues have made those tasks more difficult for Peters in recent years, which is what finally led him to hang up his red Home Hardware jacket.

He will be keenly missed at store.

"He has been here longer than anybody.

He's been here every single day," said Heinrichs. "That's something we're going to be missing. It's going to leave a hole."

Parkside owner Henry Enns lauded Peters for his dedication to the job.

"You served many customers, and we appreciate all the work you did," he told Peters before the retirement cake was cut. "You kept everything clean on the yard ... somehow we'll have to now manage without you."

But perhaps not entirely. Enns told Peters that not only do they expect to still see him at the monthly staff pizza parties, but he hopes he'll be willing

"I LASTED LONGER THAN ANYBODY."



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Parkside Home Hardware Building Centre's Henry Enns presents Norman Peters with a plaque in recognition of his 36 years of service with the store (masks were removed briefly for photos). Peters hung up his red blazer on Friday.

to come in every once in awhile and help him shred office papers. "I don't want just anybody doing that."

Peters told Enns he'd give it some thought and let him know if he could fit that into his retirement plans.

Before diving into a piece of cake, Peters shared a few thoughts on his time at Parkside.

"I'll miss everything," he said, add-

ing that cleaning was his favourite task.

Now that he's retired, Peters said he's looking forward to being able to "come and go" as he pleases.

He has one message to everyone he's worked with over the years:

"I want to say thank you for everything."

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Business owners ask for a chance to reopen safely

By Lorne Stelmach

The easing of restrictions on some Manitoba businesses while others like fitness centres and restaurants have to remain closed has some questioning the rationale behind the province's reopening plans.

Among them is Kurtis Fox of Rise Athletics and Wellness in Winkler, who made the rounds last week promoting the Be Safe Be Fair Open MB campaign.

He spoke with over 30 local businesses that are among those still facing at least another three weeks of

closure, if not more.

"The general feeling is what is the plan?" said Fox, who also got the support of Winkler Mayor Martin Harder in promoting the campaign.

"Nobody's looking to fill their businesses with crowds. I've got nearly 8,000 square feet. I'm not looking to fill it," Fox said. "There's got to be some middle ground apart from just being empty. There's got to be something, especially with all of the precautions that can be in place."

"I feel sorry for these businesses ... if I look at a gym, for example, I think it's probably one of the cleanest plac-

"NOBODY'S LOOKING TO FILL THEIR BUSINESSES WITH CROWDS ... THERE'S GOT TO BE SOME MIDDLE GROUND APART FROM JUST BEING EMPTY."

es you could go," said Harder, who urges the government to take a fairer approach to restrictions on Manitoba businesses. "Put the necessary parameters in place ... they can deal with all the necessary parameters."

Fox said the frustration has built since the start of the pandemic with much of it revolving around a lack of communication from the province with certain sectors of the economy.

"We've been trying to communicate with both Public Health and the government for 10 months now ... even when we were open and kind of forecasting potentially another lockdown," he said of the fitness industry.

"We never stopped trying to communicate, but we were never able to get any contact," Fox said. "Now it's a case where there's still a lack of information about what's next."

Fox said the general feeling is businesses like his can do whatever is required of them to operate safely, but they are not being given a chance to do so.

"We all understand that there's a level of uncertainty still ... we're looking for some more specifics, for these industries that are remaining closed, more specific data [to back it up]," he stressed. "I strongly feel that we're being used as a messaging tool to help people buy in. I strongly feel that, with all the precautions ... many other jurisdictions now are coming forward and saying these public access places really aren't the main cause."

"People are more adherent and more compliant," Fox suggested. "There's no need to be at locked doors and zero capacity."

"I think if they set straight rules for everybody and then made sure that everybody complied with those rules, I think that's a standard that we need to get to," agreed Harder. "To have certain businesses shut down and others allowed to operate, that's not fair."

"You can set guidelines and you can treat everybody equally and then open up and allow people at least some opportunity to gain some revenue," he said. "To simply pull out the whip and start punishing ... sending the goons out to try and punish people is not the way to get compliance."

"They didn't even give them a chance to see if it would work."

TAKING A CAUTIOUS APPROACH

At a press conference on Monday, chief public health officer Dr. Brent Roussin stressed that a cautious approach to reopening is needed.

"Public Health is aware that many businesses and sectors are frustrated that they're still not able to open at this point," he said. "It comes down to the nature of this virus. We know this virus spreads with close contact, prolonged indoor contact, especially in crowded places."

As such, settings such as restaurants and gyms are considered high-risk, Roussin said, adding that it's "not a reflection on the efforts of that sector—it's a reflection on the virus."

"We have to recall that we were here before, we were here in October and early November, where we had things that were open and ... we saw our numbers climb," he continued. "We were in that exponential climb in November that was going to overrun our health-care system."

"If we go back to that level of opening we'll be right back on that trajectory. There's no reason to think things would work out differently this time. So that's why we're doing it very cautiously, because the more things that are open, the more interactions that occur, the more spread of this virus we're going to see."

—with files from Ashleigh Viveiros



FACEBOOK.COM/OPENMB2021

Rise Athletics and Wellness owner Kurtis Fox (left) and Winkler Mayor Martin Harder with the OpenMB signs area businesses have been putting up to show their support for a further relaxing of COVID-19 restrictions on Manitoba's business community.

A promotional graphic for a virtual event. It features a collage of images showing young girls working on laptops and tablets. The text includes "WISE Kid+Netic Energy", "goCODE GIRL! ALLEZ CODER LES FILLES", and "A FREE virtual event for girls in Grades 7-9 to explore computer science & computer engineering!". It also specifies the date "SATURDAY FEBRUARY 6 2021" and lists sponsors: actua, With funding from Canada, University of Manitoba, and OWL.

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Province eases back some COVID-19 restrictions

Revised public health orders to last three weeks

By Ashleigh Viveiros

The provincial government scaled back some COVID-19 restrictions in the latest public health orders announced last week.

Coming into effect Jan. 23 and lasting for three weeks, the orders update restrictions that have been enforced since November when the entire province went to red on the pandemic response system.

They reflect the gains Manitoba has made in the fight against the virus while acknowledging the need for caution, Dr. Brent Roussin, Manitoba's chief provincial public health officer, said last Thursday.

"Our collective progress in reducing the spread of COVID means we can undertake these very careful, very cautious reopenings at this point," he said. "But this has to be a gradual and cautious process. We do not want to be opening and then closing and then reopening again."

The revisions include changing gathering limits to allow households to host two designated people inside their homes and have outside visits with up to five people in addition to household members.

Funerals can now have up to 10 people in addition to the officiant under clear COVID-19 protection protocols.

On the retail front, the essential items list has been eliminated, allowing all stores to open.

"Stores will be able to sell any products if they maintain physical distancing between customers and occupancy limits of 25 per cent with a maximum of 250 people, whichever is lower," Roussin explained.

The new orders also allow for the operation of basic services that promote physical and mental health, non-regulated health services like pedorthists and reflexologists, and barber shops and hair stylists, with capacity limits.

Remaining closed are things like restaurants, entertainment centres, and fitness facilities.

These revisions apply to the Winni-

peg (except for Churchill), Southern Health-Santé Sud, Interlake-Eastern, and Prairie Mountain Health regions. High COVID-19 numbers in northern Manitoba means those communities remain under the earlier, stricter public health orders.

Roussin stressed that a total return to normal—allowing all closed businesses and sectors to reopen at once—would not be a wise course of action.

"We know businesses did whatever they could to make their places safe, but we could see in October and November, despite that, we were on a very bad trajectory. If we opened everything now to where we were in October, we would be back on that trajectory."

He urged Manitobans to continue following the fundamentals of physical distancing, hand hygiene, and staying home when ill.

"If we continue to focus on those fundamentals, then these sacrifices will pay off in the short-term so that we can start getting back and continue our progress on reopening."

"WE DON'T WANT A COVID COMBACK"

Premier Brian Pallister also appealed to Manitobans to continue to do their part in the battle against the virus.

"I know some of you will be disappointed today that you're only able to get together with two people [inside], because you have many friends and family that you'd like to see," he said.

But keeping the number of contacts per household down remains integral to stopping potential COVID-19 exposures from ballooning into the hundreds very quickly.

"We are going to be cautious in this. We don't want to have a COVID get-together. We don't want to have a COVID comeback," Pallister said, asking Manitobans to pick two—and only two—designated people outside their household to visit with in their homes. "On your honour, that's what I'm asking you to do now ... we're asking you to follow the rules because that's how we'll keep each other safe."

"Remember that in three weeks' time, if we do the right things, there may be an opportunity to make further progress on this front."

Salem residents get first dose



SUBMITTED PHOTO

A team of Public Health nurses stopped by Salem Home in Winkler last week to administer the first of the required two doses of the COVID-19 vaccine to all residents who wanted it. Tabor Home residents in Morden got their shots a couple days earlier. Salem CEO Sherry Janzen said the process went smoothly. "Residents are commenting, 'Is that all?' once they have received the vaccine shot," she said, noting nurses were standing by to observe everyone for adverse effects.

LUNCH ON THE POINT

My father loves the Gospel largely because its power transformed his life at an early age. He communicates the truths of his Salvation fluently and seeks to share it with others frequently. One such experience was seared into my mind as a young teenager. We were living on Vancouver Island and my father was working on Saturdays doing the electrical for a new building at a youth Bible camp. I was along to help for whatever skills I was suited. We took a lunch break and sat on "The Point," a rock bluff with beautiful open views to Maple Bay. A young man in his early 20's named Chris was there to help. He had arrived in the morning with a loud, fast sports car and it drew the attention of many. Chris came and sat for lunch with us and within a short time Dad introduced the Gospel. It was apparent that the Gospel was somewhat foreign to him, but He listened very intently and with real interest. I do not recall the exact conversation, but the Gospel always comes down to these 4 basic truths. 1) All have sinned (Romans 3:23), 2) The soul that sins, it shall die (Ezekiel 18:20), 3) Christ Jesus came into the world to save sinners (1 Timothy 1:15), and 4) Believe on the Lord Jesus Christ and thou shalt be saved (Acts 16:31). As our lunch time ended, Chris expressed appreciation for the talk and Dad ended with a kind warning that this message is urgent. "We never know when we will meet God," Dad said, "that car of yours is pretty fast. You could drive off the road and be ushered into eternity. Make sure you're ready to meet God!"

The following Saturday we arrived for another camp workday and by mid morning we had heard that Chris, driving at a high rate of speed from Victoria to Sooke, spun off the road and struck a large tree. The car immediately stopped but Chris did not – His soul went straight into Eternity. We do not know what decision Chris made with the message he heard the week previous. We hope we will see him in Heaven. For me as a boy of 13, it was a solemn reminder that Heaven and Hell are real, that Eternity is but a breath or heart beat away, and the Gospel is the only message that determines where you will spend it. The Gospel is urgent. 2 Cor 6:12b says "behold, now is the accepted time, behold now is the day of Salvation." "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in Him, should not perish but have everlasting life" John 3:16

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Winkler Morden Voice

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getheard

EDITORIAL > VIEWPOINTS > LETTERS

I survived painting the living room

My wife and I painted the living room, dining room, and front entry recently and lived to tell the tale.

I speak somewhat tongue-in-cheek but only somewhat. We don't really fight but if anything were to bring us to the edge it would be joint home renos.

To me this is something of a miracle. I grew up in a house where the standard form of communication was screaming. Even when there was no animosity.

"HOW WAS YOUR DAY?!"
"GREAT!!! WHAT'S FOR DINNER?!"
"I GUESS WE'LL FIND OUT WHEN YOU MAKE IT!!!"

I was raised by an Irish-Italian mum

who never did or said anything quietly. It was essentially a culture of guilt and aggression.

My wife is of Mennonite culture which I have decided, in my wisdom, is exceptionally passive-aggressive due to a strong heritage of pacifism.

Now I will say that both of us, over time, have somehow managed to break free of these things. I am not an (overly) aggressive person and my wife doesn't have a passive-aggressive bone in her body.

Still, as we row together over the calm lake that is marriage, ripples can appear on the smooth surface when we enter into an agreement to work together on home renos. If we are not careful and intensely self-aware those ripples can become waves.

Act 1: Where we discuss the painting
"I thought I would use an edging tool to cut in."

"Really? I think a brush would work better and give more control."

"I find brushes too messy."

"Hmm ... well I guess you need to do it the way that works best for you..." (small ripples appear on surface of water).

In these moments there is a temptation to adopt a defensive posture and ask the age old question: "What's that supposed to mean?" This should be resisted by both parties as strongly as possible. A shaky peace is better than none.

My wife thinks we get testy with each other during renos because neither of us is overly confident in what we are doing, which leads to some defensive posturing. I think she is right.

Act 2: In which we attempt to hang a picture together

"You should hold the level on the side instead of the top."

"No, this is fine I think."

"There's no stud here."

"Let's use an anchor."

"Anchors are the worst. They always wreck the wall."

"I'm going to use it anyhow—I am pretty sure I can make it work."

"Well ... okay," (squints eyes suspiciously). "Are you sure?"

"Yeah, no problem. Go ahead."

Of course the key to ensuring these small events do not grow into big

Continued on page 8

Letters

An open letter to MP Candice Bergen re: MAGA hat

Dear Ms. Bergen,

It was with heavy hearts and burdened minds that we observed the picture of you wearing a camouflage MAGA [Make America Great Again] hat.

Even though recently you have said that the hat did not belong to you and that it was handed to you, you must have made the choice to place it on your head and allow a photo.

Of course, we all know what lies beneath our hats is unique, is symbolic. As mysterious as it is, it also tells us

who we are, gives us an identity, and tells us what our worldview is.

Are there other secrets tucked, disguised under the hat, like hate, white supremacy, racism? Is there more? Oh yes, exceptionalism and particularism? This is not easy to explain, Ms. Bergen, but we would dearly love to know who you are.

Only superhuman intelligence understands how one can denounce and strongly condemn violence and be horrified by it and still wear a MAGA hat.

In keeping with the humanitarian values that built this nation, we want to present you with an alternative hat to wear: one from the Canadian Foodgrains Bank. This one encourages us to practise generosity, justice, to feed the hungry, the poor, to promote tolerance, diversity and understanding.

For further inspiration we would all do well to listen to the story of a Cherokee grandfather teaching his grandson about life:

Continued on page 7

All columns and letters published on our Get Heard pages are the personal opinions of the submitting writers. They are not objective news articles, nor are they necessarily the viewpoint of the Winkler Morden Voice.

• GUEST COMMENTARY

Navigating going back to school during a pandemic

This year has been an unusual roller coaster for most of the world. With COVID-19 invading our lives, we have all had to adjust to this hard time—the feelings of fear, frustration, anxiety, grief, and confusion.

People have also had to deal with losing their jobs, not being able to work for a long period of time, getting used to wearing masks in stores and

for appointments, and, in general, just navigating through life with COVID among us.

I started high school upgrading classes at Regional Connections last year, just before COVID started. My first day was amazing and I loved it.

I was there for about two weeks when COVID hit us like a brick wall. School had ended, and soon we were doing our classes with our teacher on WhatsApp. It worked out well, but I had really missed being in class with my teacher and my classmates. It



By Presley Sherwood

was always fun, and we had a lot of good laughs. I really missed the atmosphere of our class, the one-on-one contact, and the connection between all of us.

Now that we are back in class, it has been a little overwhelming for me at times to get used to all of the changes. I am a little worried that school will end again, especially with having kids in school as well. It has been a challenge getting used to all these guidelines. However, I keep seeking the positive out of all this, even on the days that I feel as if there is nothing to be positive about.

I remind myself that there is still so much to be grateful for during this pandemic, and I will continue to enjoy life, as there will always be struggles

in this world of ours.

I believe we all need to be grateful for family, friends, the acts of kindness, and the sense of community during these hurdles. I will continue to see the positive in all of this and I strongly encourage others to as well, one day at a time.

We all have a choice at the end of the day: will we let fear overcome us? Or will we come together as a community and do this together?

Presley Sherwood is a student in the Regional Connections Literacy Program working toward earning credit for her mature student high school diploma. To learn more about the Literacy Program classes being offered, reach out to Regional Connections at 204-325-4059.

• FAITH FOCUS

The extraordinary power of words

I've been thinking a lot about the extraordinary power words have recently.

Recorded in the Bible, James, the brother of Jesus once gave these images about the power of words:

"We can make a large horse go wherever we want by means of a small bit in its mouth. And a small rudder makes a huge ship turn wherever the pilot choose to go, even though the winds are strong. In the same way, the tongue is a small thing that makes grand speeches. A tiny spark can set a great forest on fire."

Words can inspire nations, heal bro-



By Terry Dueck

ken hearts, make love real, defeat injustice, or calm a crying child. I think James is trying convince us that our words can determine the very direction of our life. Think about what that means. If you want to change the direction of your life, your home, a relationship, change your vocabulary!

What kind of words are you speaking these days? It seems like most of us have become experts on all sorts of topics on social media these days. Under stress and tension we are quicker to complaining, bitterness, sarcasm, and divisiveness. It takes real intentionality to choose kindness, hope, encouragement, and even wiser, not saying anything at all!

If I follow what James is teaching (check out James chapter three to read more), we become the words we speak. Speak words of kindness and you will train your heart to be hopeful and free. Speak constant words of negativity and you will train your

heart to be negative and sour. James goes on to say that our words brings blessings or curses, life or death.

I have the privilege and honour of helping people through the challenges of life and many of us, many of you, live with the weight of words that are spoken over you. Lies or mottos that have become a banner in your life. Words have power, and negative words carry that much more power to destroy.

An ancient Persian poet once said something similar to James: "The words we speak become the house we live in." What kind of home are you creating with your words? It's surprising how easy or common it is to speak with my family with the least amount of grace and kindness.

Maya Angelou wrote: "If you have only one smile in you, give it to the people you love. Don't be surly at home, then go out in the street and start grinning 'Good morning' at to-

tal strangers." But isn't that how it is? That often it's not my family or my inner circle of relationships that get the best of me or my words.

I wonder if our homes would have less conflict if the simple kindness and politeness we offer strangers, we'd choose to give to our spouses, siblings, and parents.

I want to encourage you as James teaches: be quick to listen, slow to speak, and choose your words wisely because your words have extraordinary power.

Your words can create life and death in your home and relationships. The words you speak hold the power to determine the very direction of your life.

Let's go and set the world on fire with kindness.

—Terry Dueck is the lead pastor at the Winkler MB Church

> LETTERS, FROM PG. 6

"A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves. One is evil—he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is good—he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

"The same fight is going on inside you, and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed."

Art Hildebrand,
Crystal City

Letter policy

The Voice welcomes letters from readers on local and regional issues and concerns.

Please keep your letters short (excessively long letters are unlikely to be published), on-topic, and respectful.

The Voice reserves the right to edit, condense, or reject any submission.

Please include your full name, address, and phone number for verification purposes. Your name and city will be published with your letter. We do not print anonymous letters.

Send your letters to us by e-mail at news@winklermordenvoice.ca.

High schools welcome students back to class



PHOTO BY CONNOR MATUSZEWSKI/VOICE

Local high school students returned to every-other-day in-class learning last week after two weeks of remote learning following the holiday break.

By Connor Matuszewski

After two weeks of online learning, high school students went back to the classroom last week.

To slow the spread of COVID-19, Manitoba's Gr. 7-12 students were mandated to learn online from Jan. 4-15.

On Jan. 18, half of the Garden Valley Collegiate student body returned to in-class learning, with the rest of the school returning for the first time on Jan. 19. Students continue to learn remotely every other day.

GVC principal Carrie Friesen says teachers were able to stay connected with their students through Teams (a video conferencing program) and phone calls, but nothing beats in-person interaction.

"The teachers are very excited that the students are back," she said. "We

always prefer to have our students in the school with us."

Students seem to feel the same way. While interviewing ninth grader Ethan Wiebe to get his opinion on online versus in-person learning, he noted, "There's nothing that compares to being at school learning."

Wiebe said he is glad he is back at school and with his classmates.

He noted that the problem with online school is that it's much harder to ask questions than it is in an actual classroom. In-person classes also don't come with as many potential technology problems.

"I don't have to worry about there being Wi-fi problem, but when you are online you have to worry about that," Wiebe said.

Connor Matuszewski is a Gr. 11 student at GVC

Northern Health leads Manitoba in new COVID cases

By Ashleigh Viveiros

Manitoba's COVID-19 death count surpassed 800 on Monday with five new deaths, bringing the tally to 804.

Public health officials announced 113 new cases of the virus at the start of the work week, the bulk of them in the Northern health region (58 new cases there versus 55 for the rest of the province).

At press time, Manitoba had a total of 3,542 active cases of COVID-19 and 24,464 recoveries. There were 272 people in hospital due to the virus, including 145 considered contagious. Thirty-six Manitobans were in intensive care due to COVID-19 (23 considered infectious).

Chief public health officer Dr. Brent Roussin said the hospitals are just starting to get to a point where some elective procedures are feasible once

again, but that gain could quickly be lost if the COVID-19 numbers start to rise at a fast pace.

"The health-care system isn't there right now for everyone because of the number of COVID cases in hospital," he said in explaining the province's cautious approach to easing some code red restrictions but not others. "We can't do things right now that are going to escalate the cases further ... we cannot overrun our health-care system."

In addition to stressing the usual fundamentals—staying home when sick, washing your hands frequently, keeping your distance from people outside your household—Roussin also reminded Manitobans to get tested if they are showing symptoms of the virus, even very mild ones.

"We continue to hear, in all settings, of people going to work, going to

school, going to day care while symptomatic," he said. "We have to avoid that if we want to continue our progress and open things up."

The Southern Health-Santé Sud health region started the week with 215 active cases of COVID-19, 4,250 recoveries, and 128 deaths.

Breaking it down further to the Pembina Valley area, the active cases on Monday included eight in Winkler, six in Morden, two in Stanley, 20 in Lorne/Louise/Pembina, four in Macdonald, 11 in Morris, nine in Altona, and 28 in Red River South. A total of 22 people have died of COVID-19 in these areas.

VACCINE UPDATE

On the vaccine front, the medical lead for the vaccine implementation task force announced that the province's push to get the vaccine to all personal care home residents in Manitoba is well ahead of schedule.

"This week, the [vaccination] teams will visit the remaining locations," Dr. Joss Reimer said. "This means that we will have immunized every eligible and consenting PCH resident in three weeks, which is fully a week ahead of the schedule that we had initially set."

The vaccination teams are scheduled to return with the second dose in a few weeks to complete the inoculation. They'll also be in touch with care homes to ensure new residents can be

"WE CAN'T DO THINGS RIGHT NOW THAT ARE GOING TO ESCALATE CASES FURTHER ..."

vaccinated moving forward.

Manitoba has administered a total of 29,751 doses of the vaccine thus far (out of 55,650 total doses delivered to the province), including 26,349 first doses and 3,402 second doses.

Vaccination centres are now open in Winnipeg, Brandon, and Thompson, though bookings for new appointments at the first two are on hold due to a disruption in the delivery of the Pfizer vaccine to Manitoba.

Due to the short supply, it's possible some booked vaccination appointments may have to be postponed.

"Right now we have enough in our freezer to provide either the appointments that are booked for next week and the week after or to provide the second dose to our personal care home residents," Reimer said, explaining they will have firmer plans on Friday after they get word from the federal government about the next shipment.

> CANTELON, FROM PG. 6

events is to stop, take a breath and discuss what is going on. It is a little like when you are on a walk and can smell the spring rain before it falls. You have a moment where you can acknowledge this and adapt by going back inside to get an umbrella or pretend it doesn't matter and come home later soaked and regretful.

People in relationships can usu-

ally tell when "something is in the air." When this happens it's important to acknowledge and adapt, but timing is important too—it's best not to point out your suggestion to not place the paint can on an unbalanced stool AFTER it tips over. This is self-evident. Just grab some cloths and keep your smile hidden until time passes and it can become a funny anecdote.

SCRL overcomes a challenging year

By Lorne Stelmach

While looking ahead to the prospect of being able to open again, the South Central Regional Library also sees some good having come from the past year's experiences of being under pandemic restrictions.

There were new ideas and new ways of doing things which were good learning experiences, observed director of library services Cathy Ching.

"Overall, we missed the people, and we missed the activities that we could do," Ching said last week. "But we can still offer a lot, and we're busy. We're moving forward, and all of our branches have great ideas on what we can do this year."

"I'm sure there will be people waiting at the doors," added board chairperson and Winkler councillor Marvin Plett.

The five branch libraries in Winkler, Morden, Altona, Miami, and Manitou were forced to close for two periods over the past year when tougher pandemic restrictions came into effect.

It meant having to find different ways of operating, and Ching said their staff overall coped with it all very well.

"Throughout the summer we were able to offer the summer reading program, and we had people in our buildings up to a certain capacity limits. Then again in November we were shut down.

"It mostly hampered our programming and our connection with our patrons, but the checkouts have not really decreased a lot compared to the previous year. We're only, in all five branches, about 49,000 items less circulated," Ching observed. "So our patrons have been great. They learned how to do holds from home, and we know how to get books out the door in bundles where they don't know what they're asking for.

"The staff have really miss their patrons, but they've been doing their jobs really well."

"I think the libraries have been very important to the communities. It's amazing really that the readership hasn't gone down," said Plett. "The first time around, we had a lot to learn about how to do the pickups and so on ... as soon as we were back in code orange, things went into a smooth transition."

Ching said seeing how well people adapted reinforced something she has long firmly believed.

"Everybody thinks reading is the way of the dinosaur ... yes, a lot of people have gone online and to devices, but I think they're tired of it. They like having a physical book in hand, and the kids love the picture books.

"Kids books have not slowed down at all," she said. "And we really stepped up our game. We catalogued all our puzzles, so puzzles can be checked out.

"It was a matter of you're home, so what are you going to do? It's been really exciting to see how people have adjusted," Ching said. "We have people who are doing YouTube videos like the 12 Christmas activities ... that's something that we never did before, use our social media, and it's really started to catch on for us."

"I think we'll continue to use our social media. It's been very helpful, and I think it will continue to help even when we are open again," suggested Plett.

Ching noted as well it was a blessing for them to have been able to still do their book sale, which is normally held in spring but had to be rescheduled to late October.

"We really lucked out with being able to hold the book sale," she said. "It definitely was different than other years ... but we got in just under the wire because after the weekend of the sale we went to code orange."

It is also a financial boost for the library, added Plett, who suggested they were coming out of the year all right in that respect.

"It was helpful to get some of the



PHOTO BY LORNE STELMACH/VOICE

SCRL board chair Marvin Plett and director of library services Cathy Ching says that while programming had to be adapted or cancelled due to COVID-19, the pandemic didn't have much effect on materials loans.

grants from the other levels of government for us to be able to continue operating," he noted. "We came through with a budget that was very stay-the-course. We realize we are all in times where it's difficult to make ends meet, so we are going to be very careful."

"Our local foundations have also been very supportive with the emergency community support funds as well," added Ching. "It's been really great to see our local foundations really step up."

As for the year ahead, the library is hosting a virtual pajama party this

week.

In lieu of the usual in-person Literacy Week celebrations, each branch has recorded staff reading stories to be shared on the SCRL YouTube channel starting Wednesday and going until Friday.

"There is a three-day window to check it out ... it is kind of exciting to see how it goes," said Ching, who also encouraged people to stay tuned to see what more might be in the works. "I think we have some new things coming."

IIU investigating fatal motor vehicle accident

Passenger dead after Morden crash

By Voice staff

The circumstances leading to a vehicle accident that resulted in the death of a man near Morden last Friday are under investigation.

The Independent Investigation Unit is looking into the fatal collision reported by the Morden Police Service around midnight Jan. 22.

The IIU reports that a Morden officer was attempting to make a traffic stop when the suspects fled. The officer pursued the vehicle but then ended the pursuit for safety reasons.

Police later located the vehicle flipped on its side in a field. The driver and a passenger were both found outside the vehicle and need-

ing medical attention. They were taken to hospital, where the passenger succumbed to his injuries.

The IIU assumes responsibility for investigations in any matter involving a fatality to ensure all procedures were followed and provide transparency involving police actions during these investigations. It investigates all serious incidents involving police officers in Manitoba, whether occurring on or off duty.

The investigation is ongoing, so no further details were provided.

Witnesses or other individuals who have information or video footage that may assist this investigation are asked to contact the IIU toll-free at 1-844-667-6060.

"IT MOSTLY HAMPERED OUR PROGRAMMING AND OUR CONNECTION WITH OUR PATRONS, BUT THE CHECKOUTS HAVE NOT REALLY DECREASED A LOT ..."

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NEWS > VIEWS > WINKLER > MORDEN > SURROUNDING AREAS

Class project successfully launches new business

By Ashleigh Viveiros

Two local high school students have turned their venture development course project into a viable business.

Garden Valley Collegiate Gr. 12 students Nadine Braun and Hailee Fast are the masterminds behind Oak &

Fern, a new online shop offering customized hand-painted wooden signs.

The pair came up with the idea last fall.

"I was just always interested in business so I've been taking as many business courses as I can," said Braun, going on to explain she didn't know

anyone else in the class and so teamed up with Fast, who also was flying solo.

Making and selling wooden signs as home decor was on both of their lists of potential business ideas, and so Oak & Fern quickly took shape.

The teens gathered their supplies, made a couple signs as prototypes, and then launched an Instagram page and website to get the word out.

The response was overwhelming.

"The plan for the course was to sell at least 10 of our products," said Braun. "We got over 30 orders just before Christmas. We had to stop taking new orders because we wouldn't have been able to finish them in time."

"It just started off with a couple teachers buying some, and our family and friends, and then with word of mouth we started getting other people finding us," she said. "We didn't think that it was going to grow this big."

The business is now approaching 200 followers on social media and have made and sold about 50 signs.

"It's been really rewarding seeing the response. It's been so positive," said Fast.

Braun is in charge of buying and staining the boards while Fast takes care of the sign-painting part of the business, putting her artistic skills to good use.

"Prior to this I'd been doing hand lettering and calligraphy for years already," she said. "I've done a few signs, but mostly working just on paper, so this is a new experience for me."

"We both really like it and we're

thinking of continuing it," said Braun.

A HOW-TO FOR ENTREPRENEURS

Business teacher Rhonda Kezema is over the moon to see her students find such success with their fledgling company.

"I'm so proud of these students, proud to see them taking the knowledge that they've learned and running with it," she said.

The venture development course—a relatively new class at GVC—sets out to teach budding entrepreneurs what they need to know to successfully launch a business.

"The main objective at the end of the course is that each student come out of it with a good understanding of what it takes to create a business plan, to get a business started," said Kezema, explaining that includes everything from prototype development to legal hurdles to marketing, and everything in between.

These are topics that generations past would have had to learn on the job or at college.

"They're definitely well-equipped with lots of good business background coming right out of high school now," said Kezema.

Fast agrees, noting the class as a whole was "a really good opportunity to learn how business works from the inside."

You can get in touch with Oak and Fern online at oakandfern.weebly.com or on social media.



SUPPLIED PHOTOS

Hailee Fast (left) and Nadine Braun with some of the hand-painted custom wood signs they make and sell through their Oak & Fern online store. The Gr. 12 students started the company as part of a business course at GVC.

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Ice sculpture workshop on Lake Minnewasta Feb. 20-21

By Lorne Stelmach

Lake Minnewasta is a hub for recreation in the winter, but for a weekend next month it will also be drawing artists.

The Pembina Hills Arts Council is hosting a two-day ice sculpture workshop Feb. 20-21 with a Winnipeg company noted for such projects as warming huts and icy creations at The Forks.

Sputnik Architecture came forward with the idea, and arts council programs and outreach co-ordinator Tricia Dyck felt it would be a perfect fit not only for them but for Morden in general given how it embraces winter activities.

"I think it would work perfectly with the city's vision," she said, noting how busy the lake has been this winter thanks in part to pandemic restrictions. "It's just fast becoming a more popular spot than it already is, and there's so much happening there, and the energy is dynamic. There's a good feeling, and there's lots of people participating.

"You're going to have to be able to embrace the cold, but it's going to be a full day of fun and work," Dyck said, explaining the workshop will take participants from start to finish in creating ice sculptures. "Right from the ice harvesting through to fusing the ice blocks together and then to the finishing of the sculpting."

With public health measures and physical spacing in mind, the workshop is being geared towards groups of no more than two to three people. The cost to register is \$200.

Participants will need to have some level of comfort with using power tools.

"This particular workshop will not be geared to children, although older children or teenagers might be able to be involved ... only those people who are comfortable using some of the tools like power tools," Dyck said. "Safety through all of this is going to be paramount."

Dyck noted the organizers were considering the idea of creating a mosasaur as if it is coming up out of the water, but they welcome other ideas from participants.

The workshop has attracted interest and good support from a number of local businesses, including main event sponsors Co-op and Decor Cabinets as well as sculpture sponsorship from Hive Development Group.

"We've had very positive business support so far," said Dyck. "The affirmation that I'm getting from those places that I am calling feels really good.

"People seem to be ready for this and are interested in supporting outdoor activities for the community," she added. "And they might be people who normally don't come through the doors of the gallery."

For more information or to register, contact PHAC at info@pembinahillsarts.com or 204-822-6026.

Representatives from Sputnik Architecture, the company behind such icy creations as this at The Forks in Winnipeg, are coming to Morden next month to teach an ice sculpture workshop.

SPUTNIKARCHITECTURE.COM



"YOU'RE GOING TO HAVE TO BE ABLE TO EMBRACE THE COLD, BUT IT'S GOING TO BE A FULL DAY OF FUN AND WORK."



Franz Hoepfner Wiens Law Office has moved to a new building located at 1 - 880 J 15th St. in Winkler.

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SUPPLIED PHOTO

Wayne and Maria McDonald, who run McDonald Farms near Cartwright, use a variety of conservation-minded farming practices in their stewardship of the land.

McDonald Farms earns PVWD Conservation Award

By Ashleigh Viveiros

A Cartwright area farm has been named the recipient of the 2021 Pembina Valley Watershed District Conservation Award.

The PVWD in partnership with Manitoba Department of Agriculture and Resource Development announced last week that McDonald Farms will receive the award later this year.

Wayne and Maria McDonald, the owners of the fourth-generation family farm, were lauded by Long/Badger Sub-District chair Troy Stozek for their commitment to conservation.

"Wayne and Maria manage their diverse, multi-species livestock farm in ways that align with nature and ecological processes," he said in announcing the award. "They have been diligently and purposefully rotating their 1000+ flock of sheep and beef cattle on their acres, sowing perennial grasses and legumes, and raising hogs and poultry on their pastures for many years. This has no doubt had tremendous positive impacts on soil

"I'M JUST A BIG BELIEVER IN TAKING CARE OF THE ENVIRONMENT."

health, including water infiltration, water holding capacity, mineral cycling and carbon sequestration. They have also implemented various water systems, including a small dam and remote livestock watering sites."

Wayne McDonald's father Jim began introducing holistic resource management practices to the farm in the early '90s. McDonald, who has a master's degree in conservation biology and animal behaviour, has carried on that tradition.

"I'm just a big believer in taking care of the environment," he said in an interview last week. "Sometimes envi-

Continued on page 13

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Health Canada trying to get word out about high local radon levels

By Lorne Stelmach

If ever there were a part of the country that needed to be aware of the risks of radon gas, Morden is it.

The radioactive gas is produced by the breakdown of uranium in the ground, and the area around Morden has been found to be rich in it due to the glacial till left behind here.

“Geologically, Morden seems to be at a bigger disadvantage along with some of the other communities along the escarpment,” regional radiation specialist Sandy Hutchison said recently as Health Canada promoted its message encouraging Canadians to take the time to test their homes for radon. “We see a large percentage of homes in the area that have elevated radon levels. Time and time again we see that Morden is one of the most radon prone regions in the country.”

You can’t see it, smell it or taste it, but radon can easily enter homes through cracks and gaps in the floors, walls, windows, and doors.

It exists at some level in all buildings, so it’s not a question of if you have radon but how much, and the only way to know for sure is to test for it.

The current Canadian guideline for radon is 200 becquerels per cubic meter (200 Bq/m³). A number of studies in recent years have shown a high per-

centage of tested homes in this area have levels that are far above that.

That’s a real concern considering radon is the top cause of lung cancer in non-smokers, leading to the deaths of over 3,200 Canadians each year.

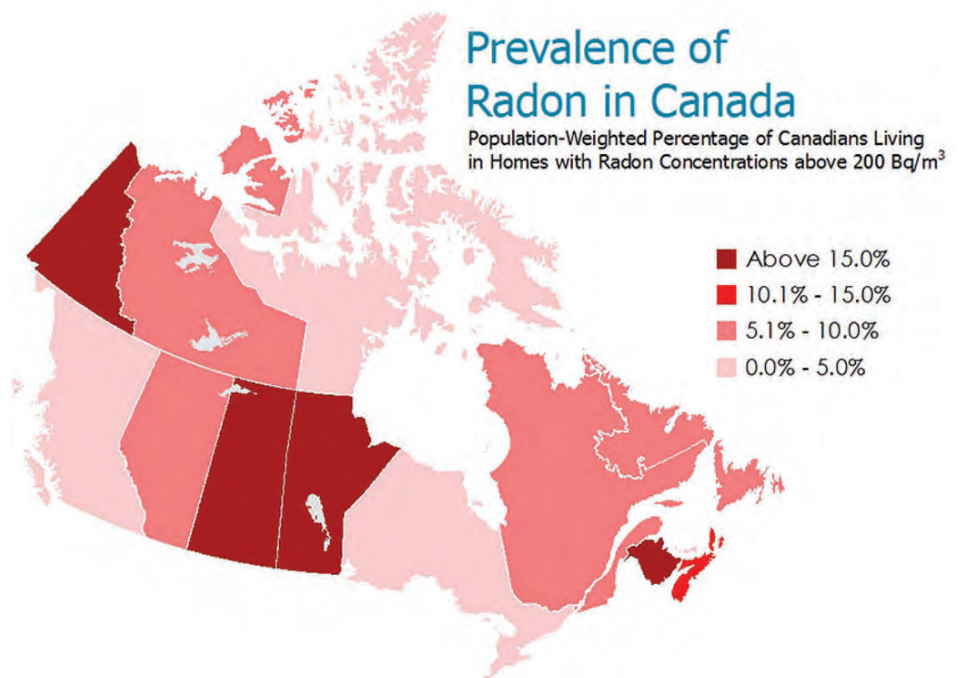
South Central Cancer Resource has been involved in promoting education and awareness around radon, and board member Gail Shimonek noted one study was done in 2019 to have more local homes tested.

“We did get a very good picture of what’s happening here. It’s a very high percentage,” she said, noting 78 per cent tested above the national guidelines for radon. “We’re doing whatever we can to help get the word out about radon gas and that people should be having their homes tested.”

A similar push a few years earlier to get tests kits out into the community saw over 90 per cent come back above national guidelines, noted Hutchison, so there is plenty of evidence to support the need for people in this region to not only test but also take measures to address the problem in their homes.

Mitigation of radon involves the installation of a depressurization system that operates around the clock to draw the gas out of the home.

“To most, it seems like a fairly simple idea ... but there are some technical as-



HEALTH CANADA

pects to it that you may not see,” said Hutchison, noting there are two major considerations. “You don’t want it to be too close to any air intakes or openings. Secondly, most of what you are going to be exhausting, particularly during winter, is warm air that’s full of a lot of moisture, and when that hits the outside air it’s potentially going to be freezing, so it’s very important that doesn’t happen in the wrong spot.”

One challenge for many homeowners is the potential cost that is involved to fix the problem.

“That’s a big thing right there. The cost is keeping people from mitigating,” Shimonek said. “So there is a fo-

cus now on how to help to bring down the cost of mitigation so that people who have high radon levels in their homes can afford to do something about it.”

“The cost can be a little bit shocking to some people,” agreed Hutchison. “There are initiatives to try to help with that ... it is an issue that we recognize, and I think there will be some good news to announce sooner than later.”

In the meantime, people can find more information through Health Canada and can go online to TakeActionOnRadon.ca to find a test kit or a local certified professional.

> CONSERVATION AWARD, FROM PG. 12

ronmental causes can overwhelm you, they can seem too big for one person to really have much of an impact. But I know that I can have a big impact on our land, so we really try to do everything we can on our land to do the best that we can for the environment, for the native animals, the native plants.”

Raising their animals on natural pasture grasses means the farm doesn’t need to use the pesticides or fertilizers required to grow grain to feed their livestock. They also never use chemical herbicides because the animals are able to graze a wide variety of native and tame weeds and forages.

The livestock, in turn, fertilize the soil naturally as they graze, allowing the farm to use artificial fertilizer sparingly.

“We haven’t used a chemical herbicide or pesticide in, honestly, I don’t even remember the last time, so it’s been decades,” said McDonald. “We only use artificial fertilizer

in a few specific cases. If we feel like a particular paddock could really use a particular nutrient we’ll target that, but we don’t do that every year—that’s just unnecessary.”

Water conservation projects are another element of the farm’s approach to its responsible stewardship of the land.

“We put in a summer pasture water line a long time ago ... [to minimize] the impact of animals trying to graze in slews or riparian areas,” explained McDonald. “We fenced out a whole bunch of riparian areas ... so the animals have no access to them at all, and we’re just letting those areas do their thing.”

Grass farming also protects streams and groundwater from agricultural runoff. The continuous carpet of roots year-round absorbs soluble nutrients and protects the soil from water and wind erosion.

While the McDonalds don’t do these things for the accolades, it’s certainly still an honour to be rec-

ognized for them.

“It’s nice to have your efforts recognized by your peers,” McDonald said, noting the award came quite unexpectedly, as they weren’t even aware they had been nominated. “We’ve been trying to practise a lot of con-

servation management techniques on our farm for quite a few years now, so it’s nice that people notice.”

McDonald Farms will be presented with the award at the Manitoba Association of Watersheds (MAW) Conference in December.



SUPPLIED PHOTO

McDonald Farms rotates its herds of sheep, cattle, and hogs through its various pastures each year. The benefits of grass-fed ranching to the environment are many and varied.

A Place for All

Inside the MCI community

At Mennonite Collegiate Institute we pride ourselves on creating a safe and inspiring learning environment to help raise the whole child.

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This year, we are excited to announce that new students who apply for the 2021-22 school year before March 15th, will share in \$25,000 of available tuition support. In addition, one lucky applicant will receive their first year of tuition for free. Once an application is received, our Director of Finance works closely with your family to create a financial plan uniquely suited to you.

You can learn more about MCI by attending our upcoming Live Virtual Open House on February 11th at 7:00 pm.

In the hour-long Open House, you will hear from staff about MCI programs, student life and tour our school - from the beautiful performing arts centre, down the halls of our academic wing and into the dormitory. The online session will also allow time to ask questions directly to MCI staff and students about the application process, student bursaries, extra-curricular activities, or any other areas of interest. We are excited to welcome you into our halls and to help you find your place within the MCI community.

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Brandon University builds connections

BRANDON, Man. - The past year has shown us all how important it is to stay connected with our families, our friends and our community.

Helping students build connections is something that Brandon University does best. A growing university with 3,500 students, BU embraces its prairie roots with a welcoming spirit and a commitment to delivering quality programs. Most BU classes have fewer than 20 students, allowing for a personalized education.

"Having small class sizes has helped me out the most," said student Elizabeth Glenn. "With professors working with you one-on-one you get to know each other, resulting in an amazing learning experience that helps you grow as a student and a person."

Attending a smaller university doesn't mean limiting your choices. The Faculties of Arts, Education, Health Studies, Science and the School of Music at BU offer a full slate of programming at the undergraduate and graduate level.

The connections extend beyond the university. BU's Co-operative Education program helps students develop their career skills by integrating study terms with full-time work terms at jobs related to their academic programs. Co-op students can earn while they learn!

Brandon University is also a great place for world-class research, even for undergraduate students. Right now, BU students are doing

research in fields such as cancer detection, quantum computing and Indigenous health and education.

Extracurricular activities, like the Student Leader program and more than 50 clubs and collectives, also encourage growth and friendships.

"Taking part in extra-curricular activities such as the Student Leader program has been a great way to interact with other students, especially during the pandemic," said student Hanna Sollner.

The success of BU's approach is reflected in its alumni. A survey of graduates has shown that 98 per cent would recommend Brandon University, while 93 per cent were prepared to excel in the workforce.

Academic advising, career planning, personal counselling and accessibility services support students every step of the way, and welcoming spots on campus, like the Indigenous Peoples' Centre, provide the comforts of home.

"Students appreciate that they don't have to move to a big city to get the education they're looking for," said Courtney Adams, BU's Director of Recruitment and Retention. "We've got everything they need right here."

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MSTW releases year-end permit report

Some sectors hit harder than others

By Lorne Stelmach

The pandemic appeared to have limited impact on development across the region in 2020.

The year-end building permit statistics of the MSTW (Morden Stanley Thompson and Winkler) Planning District show some categories of construction activity were certainly down, but others kept pace or even increased, and that was welcomed as a good indicator of the region's ability to weather the challenges.

"As a region we have done well in a year like this," said Winkler Mayor Martin Harder, who was not surprised some build numbers, particularly new housing starts, were down, considering the pandemic, but he pointed out even then the permit numbers weren't down by all that much in some sectors.

"I look at the building permits from this past year, and it was a little bit lower than it was the year before, but that's understandable. Still, when I look at it as a region as a whole, we still have well over 50 per cent of the building permits happening in Winkler. That in itself, it's gratifying to know that the community continues to grow.

"The renovation numbers are still strong as people found projects around the house to focus on," he added. "In [Winkler's] case, subdivisions are complete, there's new projects that are approved and will be going in. Come next spring hopefully the wheels are back on the bus."

"There was lots of activity still," agreed Glen Wieler, general manager of the MSTW Planning District.

"A lot of the activity shifted to residential improvements, people invest-



While the number of new home builds was down across the region, the MSTW Planning District saw the number of renovation permits go way up in 2020.

PHOTO BY LORNE STELMACH/VOICE

ing in their homes with decks, sheds, small additions, and things like that," he noted. "That was exciting to see.

"We've seen a lot of that through our entire district here, so it's not just one area. We saw that in all corners of MSTW," Wieler said, adding it was a similar case as well in the commercial sector.

Meanwhile, there were also a few significant projects such as the Meridian Exhibition Centre and the new golf course clubhouse and restaurant in Winkler.

"It was exciting to see those projects happening," said Wieler.

"I think it all shows that a lot of people are confident," he suggested. "That would be a big thing because they're investing money locally ... and that's a continual spinoff where everybody wins."

In Winkler, total building permits increased from 242 to 274, while the value of the development was down from \$49 million to \$40 million.

New single housing starts dropped from 73 to 54, while the value had a corresponding decline from \$16.2 to \$10.3 million, but new multi-family developments were up from five to eight while the value rose from \$6.1 to \$6.7 million. Duplex permits went from 14 to 15 with the value remaining steady at almost \$4.6 million.

Of note are the permits for residential improvements, which jumped from 63 to 90 and rose in value from \$1.6 million the year before to \$2.1 million in 2020.

In other areas, permits for new industrial development were down from seven to three with a drop in value from \$1.8 million to \$841,000, but new commercial development increased from nine to 15, although the value was down significantly from \$9.6 to \$1.8 million.

In Morden, total building permits increased from 114 to 139 with an increase in the development value from \$17.5 to \$18.1 million.

New single housing starts were up from 22 to 27, while the value was also up from \$4.5 to \$6.1 million.

New multi-family developments were down from four to two while the value also declined \$2.6 to \$1.4 million, while duplex permits were up from five to 13 with a rise in value from \$1.6 to \$4.7 million.

Permits for residential improvements also jumped in Morden from 35 to 45 while the value remained steady near the \$900,000 mark.

In other areas of note, permits for new commercial development increased from eight to 11, and the value was up \$2.8 to \$3.5 million.

In the RM of Stanley, total building permits also increased from 113 to 134, although the value of the development was down from \$16.5 to \$11 million.

New single housing starts went from 24 to 23, while the value dropped from \$5.9 to \$5.4 million. There was one multiple family development compared to zero the year previous. It was valued at \$245,000.

Stanley also saw increased demand for residential improvements with permits up from 27 to 39 while the value increased from \$930,000 to \$1.6 million.

In other areas of note, permits for new commercial development went from five to six while the value rose slightly to \$898,000.

In the RM of Thompson, total building permits rose slightly from 11 to 13 while the value of the development was up from \$685,000 to \$843,000.

—with files from
Ashleigh Viveiros

"THE RENOVATION NUMBERS ARE STILL STRONG AS PEOPLE FOUND PROJECTS AROUND THE HOUSE TO FOCUS ON."

Crisis shelter receives welcome financial boost

By Lorne Stelmach

Genesis House received a welcome financial boost last week from Valley Fiber.

The family crisis shelter was the beneficiary of a monthlong charitable campaign spearheaded by Valley Fiber that led to the organization receiving a total contribution of \$7,500.

The company brought in \$3,750 in donations through the month of December with the help of the promotional efforts of Golden West Broadcasting, and it is matching that amount for Genesis House.

"We wanted to be able to partner with a great local cause to be able to help do something for the good of the community," said director of marketing Viktor Karklins. "We were really excited to see how it turned out. That's a good amount of money that we were excited to help bring to a great cause in the community."

"The work they do is benefitting more than just Winkler, it's the surrounding communities, so we're glad to be able to support this kind of cause," added senior vice president Conley Kehler.

Genesis House executive director Ang Braun noted that with the financial support also comes increased awareness of the work the shelter does for families in crisis.

"It has let so many more people know about our service, and I

"THE WORK THEY DO IS BENEFITTING MORE THAN JUST WINKLER, IT'S THE SURROUNDING COMMUNITIES."



PHOTO BY LORNE STELMACH/VOICE

Valley Fiber's Conley Kehler presented Ang Braun of Genesis House with a donation last week. The company raised \$3,750 for the shelter before the holidays and then matched that amount for a total donation of \$7,500.

think that's one of the things we often overlook because we don't have a 'storefront,'" she said. "I think there's been a lot of spi-

noffs. Early in the new year, I'm still getting donations."

Winkler, Morden firefighters kept busy in 2020

By Lorne Stelmach

The impact of the pandemic may have slowed most things down in 2020, but the past year wasn't less busy for firefighters in Morden and Winkler.

The Winkler Fire Department had at least about the same number of calls as past years, while Morden Fire and Rescue recorded a 30 per cent increase in the past 12 months, according to their year-end statistics.

"Over the course of the year, it was very steady. There was never really much of a lull," said Chief Andy Thiessen in Morden.

"It did quiet down in the spring when everybody quickly shut down. We were quieter there for a month or so," he noted. "We ended the year horribly with multiple house fires and, of course, the passing of two people."

Winkler FD, thankfully, didn't end the year on such a somber note. Chief Richard Paetzold said they also saw a slowdown during the spring lockdown and had an increase overall in calls to the RM of Stanley.

Those calls included one at the regional landfill in June and another at Penner Waste in August followed then by a large bale fire in Osterwick that took about six days in total to completely bring to an end.

"The challenge of that was it was, I believe, 15,000 bales, and it was underneath a metal roof pole shed ... that was our struggle, we couldn't go underneath," Paetzold explained.

Winkler FD overall recorded 168 calls, which was just a one per cent increase from 2019.

There were 112 calls in the City of Winkler, representing two-thirds of their total and a nine per cent decrease. A majority of those calls included 38 for fires, 37 for false alarms, and 21 for accidents.

Calls to the RM of Stanley increased 22 per cent to 51 including 32 for fires and nine for accidents, and there were five mutual aid calls, which was up by three from the previous year.

These calls translated to 613 hours of service, which was an increase of 148 from 2019.

The report noted the past year saw the fewest

number of motor vehicle accident calls in a decade.

Continued on page 18

"IT DID QUIET DOWN IN THE SPRING WHEN EVERYBODY QUICKLY SHUT DOWN ..."

Miami farmers named among Top 100 Most Fascinating Manitobans



SUBMITTED PHOTO

Miami's Katie and Andre Stepler along with their children Brynn, Declan and Brayden were recently named to Ace Burpee's Top 100 Most Fascinating Manitobans of 2020.

By Becca Myskiw

Winnipeg radio host Ace Burpee's Top 100 Most Fascinating Manitobans of 2020 includes the Steplers from Miami.

Katie and Andre Stepler own and operate Stepler Farms Ltd., which is celebrating 100 years of farming in 2021. The farm has three entities: honeybees, grain and cattle. Andre and Katie Stepler look after the cattle and are the second largest producers of Charolais cows in the country.

Next to their names on Burpee's list, he wrote, "For their progressive thinking, environmental stewardship and contributions to their community. The pair were named Manitoba's Outstanding Young Farmers of the Year in 2020."

Andre Stepler said they had no idea they were on the list.

"One of our friends came across it on social media and brought it to our attention," he said, calling it a great surprise.

Getting Stepler Farms Ltd. recognition because of the list is great, but Stepler noted it also gives more insight into what they do and, by extension, recognition for the agricultural industry as a whole.

During the pandemic, Stepler said there's been a big focus on food, and it's shown people how important agriculture is, especially at a local level. That for him is the silver lining of COVID-19 as he and Katie spend a lot of time advocating for what they do.

They manage 600 pure bred cows, 100 commercial cows, and have two large sales every year.

Along with producing cattle and advocating for it, the Steplers compete for it. They won last year's provincial Outstanding Young Farmers competition, where they first submitted a 15-page essay on all aspects of their farm and then were judged for four days on how they conduct themselves and network.

On top of that, the pair was named Manitoba's Outstanding Young farmers of the Year.

Stepler said the family's increased exposure is great for the industry. He and his wife work hard to share the importance of agriculture and among their wins for 2020, making Burpee's list was "rewarding."

"It's definitely a humbling thing for Katie and I to be recognized," he said. "Probably the biggest part of it is just the recognition of agriculture in an urban setting like that."

> FIRE STATS, FROM PG. 17

Paetzold said the department was well prepared to deal with the impact of pandemic restrictions on staffing and training.

"We already had a platoon system in place ... the department split up into four platoons for training," he said, noting some calls that don't require a full crew for example only had two platoons respond on a rotating basis.

"We had a lot of this in place, so it has worked out well. We've always trained in our separate platoons, so you're never all training together," Paetzold said, noting code red has precluded any training in person in recent months. "The only thing is the camaraderie from being together is kind of lost. We connect at least once a week on Zoom."

AVERAGE YEAR FOR MORDEN FD

Meanwhile, Morden Fire and Rescue responded to 79 calls in Morden and 46 in the RM of Stanley in 2020.

Fire alarms (37 calls), collisions (27), and vegetation (12) and structure fires (nine) topped the list.

Thiessen saw it as a relatively average year in terms of the statistics, with the breakdown between Morden and Stanley pretty close to normal.

"The RM calls were down a little bit from what we might expect because the grass fire season was not as crazy as it can be," he said.

Winkler, by comparison, covers an area of the RM that includes a number of growing villages, so the vol-

ume and variety of calls they see is likely different because "you get the population density that we don't have here," Thiessen noted.

As in Winkler, the main impact of the pandemic restrictions for the Morden department was on their training. Overall, Morden's firefighters amassed a total of 1,931 training hours in 2020, which was significantly lower from previous years due to COVID-19 restrictions.

Members also accumulated 2,928 unpaid volunteer hours in 2020, half of what members posted the year before.

Of those hours, 311 were at various community events which this year included a number of pandemic related events such as the Fire Friday pizza deliveries and the emergency services parade.

The remaining 2,617 hours includ-

ed administration work, in-house vehicle maintenance, cleaning and maintaining firefighting equipment, maintaining the outdoor rink by the courthouse and various meetings.

"In the summer, we were able to work around our drills because we were outside and could space ourselves," said Thiessen. "Now, under code red, we haven't had a drill now since the end of October."

"We were quite busy in December, so the drills were practical drills unfortunately. We had our fair share of activity."

He also noted they have continued to find ways to carry on with public education the best they can with it all being online.

"We still want to be in the community, but it's a little tougher to do when you can't do it in person."

The *Winkler Morden*
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arts & culture

Up close and personal with stained glass art

By Lorne Stelmach

Stained glass has obviously evolved over time, but the skill and artistry involved remains at the heart of it.

That idea came through as noted stained glass expert Brian McMillan offered a Zoom presentation last week to kick off the Pembina Hills Arts Council's 2021 monthly art talk series.

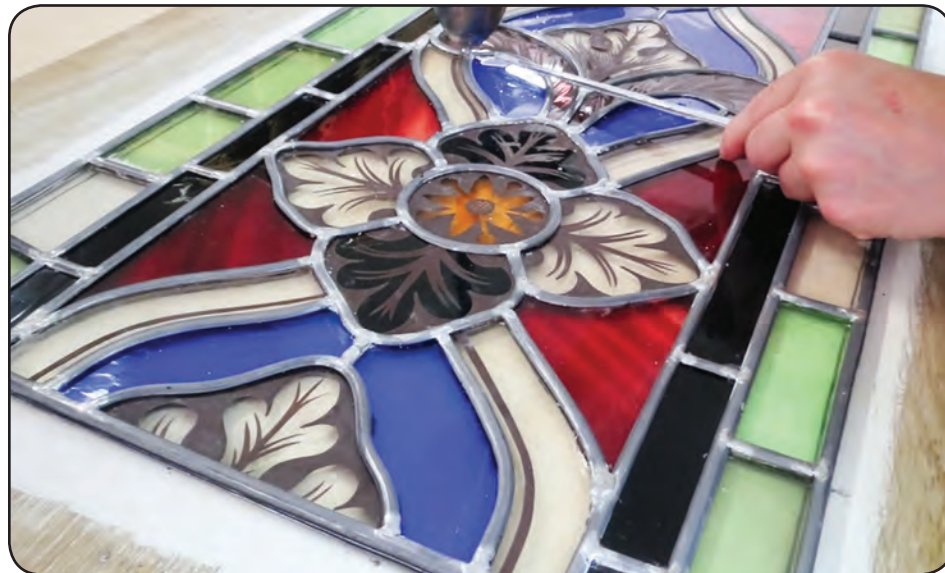
McMillan, who has run a number of workshops for the arts council in the past and spearheaded Prairie Studio Glass studio in Winnipeg, covered the origins of stained glass as well as some basics of how it is done and notable practitioners through history.

It is called stained glass because glass originally was available in a very limited number of colours, generally red, blue and clear, McMillan noted, but it was discovered by applying silver stain to the back of the glass and firing it at a high temperature they could achieve a gold colour.

"Someone else discovered that if they could use a brush and apply crushed dark glass and lead mixed with gum arabic and fire it again on the front of the glass, it would again become permanent on the glass," he said. "This allowed for even greater detail to be added to the glass."

First introduced in the 7th century, stained glass flourished in the gothic cathedrals from the 12th to the 17th centuries as building techniques allowed for larger window openings.

"As you can imagine, a lot of the early buildings had fairly small window openings because architectural technology didn't really allow them to do anything other than that," McMillan said. "Once they had flying buttress-



An artist applies lead to a stained glass window. Brian McMillan went over some of the techniques and history of stained glass art in PHAC's monthly art talk last week.

es and figured out how to do arched windows and keystones at the top ... they could make much larger window openings.

"So that became important. Now that they've got all this light pouring into the room, to be able to alter that light so that it wasn't blinding and so it wasn't distracting for the parishioners," he added. "Stained glass also offered the opportunity to educate the parishioners, who generally were illiterate and couldn't read stories from the Bible."

Techniques came to vary, as originally in Germany and France it was done as blown glass while in England they opted for spinning the glass.

"Of course, it's made in a very high tech environment these days," McMillan said. "In those days, of course, it was really very dependent on the skill level of the artist who was blowing the glass sheet."

In terms of the process, even today, you start off with a small sketch or a cartoon for the design.

"We'll do a small drawing of a window, colour it in generally, although often we won't colour so that when a client comes in to look at it, you can have a discussion about colours."

The tools though have changed a lot over the years, said McMillan, explaining the work in medieval times

may have involved two hot pokers to heat and break the glass to roughly the shape they wanted. They would then use pliers to work it down closer to the pattern.

That made it very difficult to get it

precise, and a lot of glass could be wasted.

"Now we have cutters that have wheels on them so we have a lot better control over what we're doing and our success rate has increased dramatically."

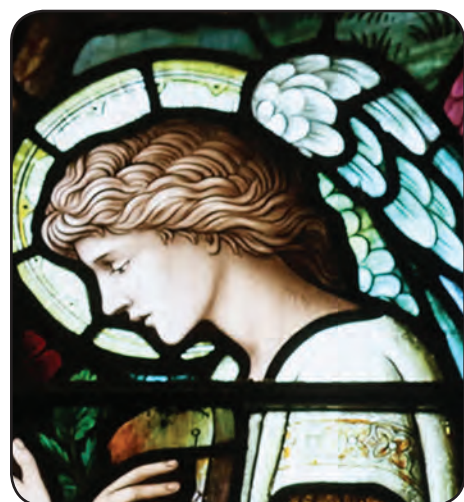
The assembly of the windows then involved extruding lead when it's in a molten state and soldering iron to solder all the joints.

"This is really one of the more challenging parts of building a window, putting it together with the lead came and doing it in a graceful way so you don't stop and start in a lot of spots," McMillan said, adding not getting that right can make the window less strong and take away from its integrity as well as being visually distracting.

He touched on a few other historical aspects of making stained glass windows.

"Stained glass has very much been a group project, especially in the medieval days," he noted.

Continued on page 20



An example of an early stained glass window as more detail began to come into play.

Letting go of 2020



SUBMITTED PHOTO BY BOB EDIGER

Bob Ediger found one farmer's way of letting go of 2020. The aerial photo was taken on Hwy. 3 at Homewood.

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Support for MAF

BSI insurance supported the Morden Area Foundation last week with a \$500 donation. "It's just one way BSI Insurance can give back to the community we live in," said Garrett Last, who made the presentation to foundation chairperson Allison Braun. "Morden Area Foundation has the resources to make sure donations are going to what is needed most in our community," he added. Foundation executive director Lynda Lambert welcomed the gift. "I just think it's great," she said. "Every amount makes a difference."

PHOTO BY LORNE STELMACH/VOICE

Deadline nears for Gordon Wiebe Scholarships

By Ashleigh Viveiros

The countdown is on to the Winkler Community Foundation's Gordon Wiebe Scholarships Program deadline.

The foundation put out a call last week for applications for the projected \$79,000 it has to give out for 2021.

Scholarships and marketing coordinator Julia Blais says they expect about 32 local students will benefit from this funding, including a minimum of 11 new recipients (the remainder are recurring award winners from past years).

"We'll be doing one Make it A Reality Award, about six awards to students of GVSD, and then also a few Ongoing Education Support scholarships as well," she says.

The Make It Reality Award is a \$20,000 scholarship (\$5,000/year for up to four years of study), the Ongoing Education Support awards are \$2,000 each for up to three years, and the GVSD Awards are one-time scholarships of \$2,000 each.

Blais explains that these awards are open to all Winkler area young adults (age 17-30) planning to pursue post-secondary education at an accredited institution in the fall.

She stresses that award recipients are chosen less for their academic chops than their community involvement.

"When people hear scholarship they

"WE'RE TRYING TO FIND STUDENTS WHO WERE INVOLVED IN THE COMMUNITY OR HAVE DEMONSTRATED LEADERSHIP SKILLS ..."

might think, 'My marks are probably not good enough' or 'My GPA isn't high enough' but that's not exactly what we're looking for," says Blais. "We're trying to find students who were involved in the community or have demonstrated leadership skills through their extracurricular activities or sports or different volunteer opportunities they've been involved in."

These awards, especially the Make It a Reality and the Ongoing Education

ones, have the potential to change a person's life, taking a lot of the pressure off when it comes to the financial challenges of post-secondary education.

"From the students that we've heard back from, it has completely changed their post-secondary education," Blais says. "Some of them have changed their career paths because they were able to do so with the money from the scholarship.

"It's so awesome to see that we were

able to push these students further to continue their education, whereas if they hadn't received a scholarship they may not have been able to do so."

GVSD and NPC students can apply for the GVSD Awards directly through their high school by April 30.

Applications for the other awards are available online at winklercommunityfoundation.com or by contacting Blais at 431-775-3448. The deadline for those is Feb. 28.

> STAINED GLASS ART, FROM PG. 19

"They would have someone who would do the design, another person would cut out the glass, a third person would do the painting on the glass, a fourth person would do the assembly of the glass and then quite often a fifth person would do all the cementing and the grunt work afterwards.

"That's still pretty much the same these days, although quite often it's a little bit more of a one person proj-

ect."

Another aspect that remains true to this day is to give consideration to how much it will weigh.

"Stained glass and lead has a fair amount of weight to it," he explained. "Stained glass windows are never done in one huge complete piece. Generally speaking, you don't want to build a stained glass window component that is over roughly two feet by two feet; three feet by three feet is

pushing it."

After noting the work of such notable stained glass artisans as William Morris, Harry Clarke, and Louis Tiffany, McMillan offered a few suggestions of places people who are interested in stained glass should try to see, with one in particular standing out.

"Chartres Cathedral [in France] is absolutely spectacular ... the windows are absolutely gorgeous."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

MJHL committed to a safe return to play

By Voice staff

The Manitoba Junior Hockey League last Friday outlined its hopes for a safe return to hockey.

"The updated public health order continues to restrict organized sport training activities and the use of recreational facilities at this time," read a statement from MJHL commissioner Kevin Saurette. "The MJHL remains prepared to return to team activities safely, responsibly and in a very protected environment as demonstrated throughout the summer and fall."

The MJHL said it is committed to exhausting all options and will continue to engage with governing bodies and public health authorities to search out a balanced, responsible and necessary pathway forward.

"The physical, mental, developmental and

The MJHL, which includes the Winkler Flyers, haven't played a game since November when the province went to code red. The league hopes to resume the season as soon as the province allows.

VOICE FILE
PHOTO



social well-being of our athletes needs to be given strong support and consideration as we continue to push ahead through these very challenging times," Saurette said. "The MJHL exists to provide each player with an elite hockey development experience while enhancing Manitoba communities in the spirit

of sports excellence and goodwill. It has been very difficult for all involved not being able to fulfill this mission during these last few months.

"As we preach to our players...we will give it everything we have until the final buzzer sounds. The clock is ticking, and we are behind."

Manitoba U18 Hockey League sends letter to government, pleading with them to open up sports

By Voice staff

The Manitoba U18 AAA Hockey League has issued an open letter to government officials, pleading with them to reopen recreation facilities, gyms and fitness centres.

The letter was sent out last Thursday and posted on the league's website.

"We remain committed to restarting our season, and to giving the young men who play in our league the opportunity to continue their mental, physical, and social development," the league said in a statement

Here is that letter in full, signed by league commissioner Levi A. Taylor:

"Dear Mr. Pallister, Ms. Stefanson, and Dr. Roussin,

The hockey community is concerned about the mental, physical, and social health of the citizens of this province. We are particularly concerned about the well being of children and youth in Manitoba.

Physical activity and social interaction contribute to the health of individuals and are essential for healthy growth and development of children and youth. Physical activity helps prevent and reduce the effects of depression, stress, and anxiety. It increases energy levels, helps maintain a healthy body, and improves sleep quality. Social interaction contributes to the development of interpersonal skills, relationships, and emotional capacity.

In contrast, the continued prohibition of social interaction and limitation of permitted physical activities has caused immeasurable harm to the

children of this province. They are socially isolated, increasingly depressed, and at greater risk of physical and emotional abuse. A recent survey by Hockey Canada found that 45 per cent of parents are concerned about the mental health of their children.

Organized sport plays an important role in coordinating and facilitating physical activity and social interaction for children and youth. Since mid-November, however, restrictions have been in place that prohibit organized sport. Recreation facilities, gyms, and fitness centers have all been closed.

The Manitoba U18 AAA Hockey League calls on you to reopen recreation facilities, gyms, and fitness centers for use by children and youth. It can be done safely, and it must be done now to curtail the harms inflicted.

In the fall, the hockey community, under the direction and leadership of Hockey Manitoba, developed comprehensive plans to safely start our season. Across the province, facilities, associations, leagues, and teams all implemented protocols to mitigate risk. We made the use of Manitoba's COVID screening tool compulsory for all participants before every on and off-ice activity, contract tracing was added, mask use was made mandatory, arrival and departure time for participants and spectators was limited, social distancing was enforced, dressing rooms were sanitized frequently, travel was reduced, bus capacities were limited, spectators were limited and then prohibited, off-ice warm ups were restricted, and handshakes were eliminated.

From the top down, the hockey community

worked together to provide a safe environment for our children to participate in physical activity, continue in their social development, and ensure their mental health needs were met.

At the U-18 level, we did not have a single positive case. As a whole, the number of positive cases in minor hockey was limited. These events did not contribute to outbreaks and they were not super-spreaders.

We are committed to implementing the same protocols, to prohibiting spectators, and to ensuring the safety of our communities and members. We are asking you to work with us to immediately reopen facilities for children and youth, and to permit them to participate in organized sport. The mental and physical health of our children requires your immediate action."

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A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

A young entrepreneur starting out?

Please share your story ideas at news@winklermordenvoice.ca Phone 204-332-3456

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Diabetes Canada calls on government for national strategy plan

By Sydney Lockhart

Canada is a country that takes pride in its free health care, but millions of diabetic Canadians are paying hundreds or thousands of dollars a month just to stay alive.

"I recently calculated how much it costs for me monthly to live with the disease and that's not even including the juice or the sugar that I need when I go low or other little necessity things like that. I believe it was almost over a thousand dollars per month," said Type 1 diabetic Alex Melsted.

Diabetes Canada is urging Canadians to reach out to their local MPs and ask them to push for implementation of a Diabetes 360 plan in the upcoming federal 2021 budget.

"With more word spread and people talking about it and raising awareness that will definitely help," said Melsted.

This plan looks at all aspects of diabetes, Type 1 and 2. It would financially help diabetics and help the prevention of Type 2 making newer technologies more widely available to help manage the disease better.

Continuous glucose monitors are machines that constantly check blood sugar levels and warn users when their sugar is becoming irregular. With this technology available widespread



SUBMITTED PHOTO
Alex Melsted with her medical supplies to manage her type 1 diabetes, she calculated an average cost of 1000 dollars per month on health care expenses.

to diabetics, it would help manage blood sugar levels and prevent trips to the hospital from extreme high or low sugars

"Canada is one of the few countries that doesn't have a coordinated ap-

proach to preventing it and managing it if you have it, preventing complications," said president and CEO of Diabetes Canada Laura Syron.

One hundred years ago in 1921, Sir Frederick G. Banting and his team

discovered insulin at the University of Toronto, a discovery that has since saved millions of lives.

"We need our campaign to say it's great to celebrate the discovery of insulin, absolutely we should honor that and be proud Canadians, but that shouldn't turn us away from the fact that we haven't done a good job on diabetes," said Syron.

The discovery itself has helped manage and regulate blood sugars however, there is no cure for diabetes, but there is research currently being done using stem cells that has been promising in studies using mice.

"People with diabetes, if left untreated or not managed well, is the leading cause of blindness in adults, it leads to kidney failure and you must go on dialysis, it leads to foot ulcers and amputations, it leads to 40 per cent of heart attacks and 30 per cent of strokes," said Syron.

She said Canadians should educate themselves about the effects of diabetes because the chances of knowing someone who is diabetic or developing it yourself is high.

To learn more about the Diabetes 360 campaign, or to donate to Diabetes Canada, go to diabetes.ca.

AMM reaching out virtually to its members

By Lorne Stelmach

Two local leaders were part of a series of virtual meetings recently with some of their counterparts from across the region.

The Association of Manitoba Municipalities (AMM) kicked off its annual round of municipal visits by meeting virtually with several municipalities in the central district.

The AMM makes it a priority to meet one on one with each of its member municipalities at least once during each four year election cycle, and it was important to continue with that despite the pandemic restrictions, suggested local representatives.

"It was a great opportunity to meet with these municipalities within our district," said Morden councillor and central district director Nancy Penner. "Each municipality is dealing with

some common issues ... but each one is also unique."

"It's a good sounding board ... if you hear from two or three municipalities who are in the same boat, that tells you something," said RM of Stanley Reeve Morris Olafson, who is also a central district director. "And as an individual council, you can't get to talk to the right cabinet minister on a very timely fashion, whereas the AMM is in contact with them on a regular basis."

The AMM delegation held Zoom meetings with the municipalities of Portage la Prairie, Dufferin, Pembina, Louise, North Norfolk and Victoria. Participating along with Olafson and Penner were AMM president Kam Blight, vice presidents Brad Saluk and Chris Ewen and executive director Denys Volkov.

Given the AMM represents all 137

municipalities in Manitoba, it is vital to maintain this dialogue in order for it to present a strong united front to the province on the various issues they are facing, said Olafson.

"Each one has got some different concerns," he said, citing the examples of a few of the municipalities looking for federal support for a proposed natural gas project while others expressed concerns about policing costs. They also share common concerns, whether it be about infrastructure support or other provincial issues.

"The provincial government's plan to phase out education property taxes featured prominently in our meetings," he noted. "Naturally, this will significantly impact our members, and we look forward to learning more about this initiative.

"As far as infrastructure support ...

it just takes a long time, and there is some frustration on some municipalities' parts ... but it's always a waiting game," Olafson said.

"Delays associated with approving municipal projects under the Investing in Canada Infrastructure Program continues to be a major concern," agreed Penner. "Municipalities are anxious to proceed with growth projects that will benefit Manitoba."

AMM officials said these kinds of meetings will continue to be important moving forward.

"As we begin a new year, it is vital that the AMM continues to meet one on one with its members to discuss their challenges and opportunities," said Blight. "Municipal Manitoba has remained on the front lines of the pandemic and we are uniquely positioned to lead our province's economic recovery."

get inspired

> MEAL IDEAS



Walnut Meatless Meatballs

1/4 cup Parmesan cheese
1 tablespoon Italian seasoning
2 tablespoons chopped Italian parsley
1 egg, beaten

Preheat oven to 375 F and line baking sheet with parchment paper.

In small skillet over medium heat, heat oil. Add onion and garlic; saute 1 minute. Add tomato paste and cook 1 minute. Transfer to food processor with walnuts, rice, roasted red peppers, breadcrumbs, Parmesan, Italian seasoning, parsley and egg. Pulse until combined but not mushy.

Form into eight equal balls and place on prepared baking sheet. Cook 12 minutes, or until firm to touch. Serve with sauce of choice.

Total time: 42 minutes

Servings: 4

1 tablespoon olive oil
1/4 cup minced onion
1 teaspoon minced garlic
1 tablespoon tomato paste
1/2 cup California Walnuts, chopped
1/4 cup cooked brown rice
1/4 cup chopped roasted red peppers
1/4 cup panko breadcrumbs



Pizza with Plant-Based Walnut Crumble

Spread remaining dough pieces with pesto, remaining cheese, remaining Walnut Sausage Crumble and tomatoes.

Bake 8 minutes, or until pizza edges are golden brown. Garnish with basil leaves and shaved Parmesan.

Total time: 38 minutes

Servings: 4

Walnut Sausage Crumble:

1 cup California Walnuts
1/2 cup cannellini beans, rinsed and drained

1 tablespoon coconut aminos
1 tablespoon olive oil
2 teaspoons fennel seeds
2 teaspoons Italian seasoning
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon smoked paprika
1/4 teaspoon celery salt

Walnut Sausage Pizza:

1 pound pizza dough
6 tablespoons pizza sauce
2/3 cup mozzarella cheese, divided
Walnut Sausage Crumble, divided
6 tablespoons pesto
1/4 cup sliced small tomatoes
fresh basil leaves
shaved Parmesan cheese

To make Walnut Sausage Crumble: In food processor, pulse walnuts, cannellini beans, coconut aminos, olive oil, fennel seeds, seasoning, onion powder, garlic powder, paprika and salt to sausage like consistency.

To make Walnut Sausage Pizza: Preheat oven to 500 F and line two large baking sheets with parchment paper. Divide dough into four pieces and roll out into thin ovals; place on baking sheets.

Spread two dough pieces with equal amounts pizza sauce, 1/3 cup mozzarella cheese and half of Walnut Sausage Crumble.



Sesame Ginger Tempeh Power Bowls with Quinoa and Sweet Potatoes

Pickled Pink Onions:
1/4 cup white wine vinegar
2 teaspoons white sugar
1/4 teaspoon salt
1/2 small red onion, peeled and thinly sliced

Sesame Ginger Vinaigrette:
2 tablespoons vegetable oil
2 teaspoons sesame oil
2 teaspoons grated fresh ginger
2 teaspoons rice wine vinegar
2 teaspoons soy sauce
2 teaspoons toasted sesame seeds

Sweet Potatoes:
1 tablespoon olive oil
1 large sweet potato, peeled and cut into 1/2-inch slices

Tempeh:
1 package (8 ounces) Lightlife Original Tempeh
1 teaspoon vegetable oil
2 tablespoons soy sauce
2 cups baby spinach or kale
2 cups cooked tri-color quinoa, at room temperature

1/2 ripe avocado, cubed
1/2 cup canned chickpeas, rinsed and drained

No motivation? Five proven ways to overcome lack of motivation

Have you stuck to your New Year Resolution to be healthier in 2021? Every single one of us has moments where we feel like relaxing on the couch during downtime, rather than pursuing dreams or taking steps toward self-improvement. The trick is to know what to do when these moments strike so you can push forward and accomplish amazing things!

1. Spend 5 minutes on visualization. This is somewhat like meditation, however rather than a clear mind the goal is to let your imagination run wild! Find a quiet, comfortable place to relax. Think about your goals, and how you will feel once you achieve them. Take in the pride as if it's really happened. Then, turn the situation around to force yourself to accept the regret that comes with giving up. This is definitely NOT how you want to feel, and it's a good way to give yourself a kick in the butt to get to work to avoid this outcome.

2. Use the momentum. I truly believe that once you get the ball rolling, it's so much easier to keep it going, so force yourself to just start... NOW! Even if you drag yourself through that first week of workouts, it's better than doing nothing, and each day I guarantee it will get easier, and you will get better!

3. Surround yourself with inspiring people. Fitness coaches are here to motivate you and help you remember all those reasons you started in the first place, so invest in your health and improve your chance of success by getting professional help from the get-go. As I mentioned earlier, we ALL start to burn out at some point. Make sure you have a program to fall back on so you don't fall off the wagon altogether. I'd love to help you

6 red grape cherry tomatoes, halved
6 yellow grape cherry tomatoes, halved
1/2 cup pea shoots

To make pickled pink onions: In small pot, bring white wine vinegar, sugar and salt to boil. Add onions and toss to coat 15 seconds. Turn off heat and let sit 20 minutes, stirring occasionally, until onions are soft and bright pink. Set aside.

To make sesame ginger vinaigrette: In small bowl, stir vegetable and sesame oils with ginger, rice wine vinegar, soy sauce and sesame seeds. Pour into two small ramekins. Set aside.

To make sweet potatoes: In large nonstick skillet over medium heat, heat olive oil. Add sweet potato slices and cook, turning occasionally, 15-17 minutes, adjusting heat as necessary until tender when pierced with knife. Remove to cutting board and cut each slice into quarters. Wipe out skillet.

To make tempeh: Cut tempeh crosswise into eight triangles. In nonstick skillet over medium-low heat, heat vegetable oil. Cook tempeh with soy sauce



Health and Wellness Fitness expert Julie Germaine

and welcome you to schedule a free consultation with me at www.juliegermaine.com

4. Take baby steps. Your finish line may seem really far away and impossible to reach, but if you set markers along the way, you will have those milestones to celebrate. Boosting your confidence by reaching smaller goals will give you faith that you can really do this.

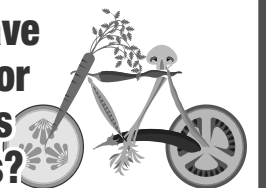
5. Allow yourself REST. If you're tired, take a break, guilt-free. This doesn't mean you've failed, it simply means you were going hard and needed a breather. Keeping positive about this detour will go a long way toward helping you feel happy with yourself and preparing you to work hard again.

I wish you the very best year, and would love to help you achieve your fitness goals! Please visit my website for information on my virtual personal training and nutrition programs, including my 30 Day VIP Fat Loss Challenge and one-on-one live video workouts! www.juliegermaine.com

until golden brown and warm, 2-3 minutes per side. Remove tempeh from pan and add baby spinach or kale; stir 1-2 minutes just until wilted.

To assemble bowls: On bottoms of two shallow bowls or plates, spread cooked quinoa. Top with piles of warm sweet potatoes, pickled pink onions, sauteed spinach or kale, avocado, chickpeas, grape tomatoes and pea shoots. Top with tempeh and serve with sesame ginger vinaigrette.

Do you have a Health or Wellness Business?



Call The Winkler Morden Voice at 204-467-5836 to advertise

EMPLOYMENT



**City of Morden
Seasonal Employment**

The CITY OF MORDEN invites applications for the following seasonal employment opportunities. **All positions may require availability for weekend and evening shifts.**

Deadline for applications is February 26, 2021. Interested applicants are invited to submit a resume together with required certificates and two references by email (listed below).

BEACH/CAMPGROUND

Campground Office/Camp Store (May - August)

· Provide excellent customer service, handling retail sales, registering guests, general cleaning duties through-out the campground and store, basic computer knowledge is necessary.

Gate Staff/ Activities Assistant (June - August)

· Provide excellent customer service, handle cash, keep records, perform general cleaning duties and assist with various campground activities.

Paddle Club Attendant (July - August & weekends in May)

· Administer the paddle club rentals, run the lifejacket lending program.
· Must have or obtain Respect in Sport certification, Child Abuse Registry and Criminal Record Check
· First Aid CPR certification is an asset.

Please submit your resume by email:

bthiessen@mymorden.ca
111-D Gilmour St, Morden, MB R6M 1N9

RECREATION

Summer Programmer (May - August)

· Takes the lead in planning and leading summer camps. Assists with swimming lessons registration.
· Requires experience working with children, organizational abilities and current Criminal Record Check and Child Abuse Registry Check.

Summer Program Assistants (July - August)

· Assists summer programmer in delivering summer programs including Park Days and Sports Camp.
· Requires experience working with children and current Criminal Record Check and Child Abuse Registry Check.

Swim Instructors (July - August)

· Instructs Red Cross Swimming Lessons at Lake Minnewasta
· Required certifications and documents: Current WSI Certificate - LSI preferred, Standard First Aid with CPR/AED Level C, Current Criminal Record Check and Child Abuse Registry Check.
· NLS or Red Cross Lifeguard Certification is an asset

Volunteer Assistant Swim Instructors

· Assists certified instructors with younger classes.
· Minimum completion of Red Cross Swim Level 9.

Lifeguards (July - August)

· Monitor the beach, use first aid skills and rescue training as needed, and educate the public on water safety.
· Required certifications and documents: NLS or Red Cross Lifeguard, Standard First Aid with CPR/AED Level C, Current Criminal Record Check and Child Abuse Registry Check.

Assistant Lifeguards (July - August)

· Assist trained lifeguards with monitoring the beach, help with rescues, and educate the public on water safety.
· Required certifications and documents: Red Cross Assistant Lifeguard (course will be scheduled), Standard First Aid with CPR/AED Level C required, Current Criminal Record Check and Child Abuse Registry Check.

Please submit your resume by email:

sduck@mymorden.ca
111-D Gilmour St, Morden, MB R6M 1N9

CAMPGROUND MAINTENANCE

Campground Maintenance Personnel (April - August)

· Requires ability to operate small tools, power equipment, tractors and mowers.
· Assists with maintenance of campground facilities, beach and lake areas, landscaping, sanitation, general cleaning duties and general labor.

Please submit your resume by email:

tharsant@mymorden.ca
111-D Gilmour St, Morden, MB R6M 1N9

PARKS & URBAN FORESTRY

Parks/Boulevard Maintenance (May - August)

· Assist in all Urban Forestry activities (Planting, Pruning, Inventory, Treatments, Removals).
· Assist in all Horticulture activities (Annual Flowers, Shrub Beds, and Turf).
· Assist in all Pest Management activities (Adult trapping and mosquito larva control, gophers).
· Assist in all Parks and Greenspace activities.
· Ensure proper operation, maintenance of small tools and equipment.

Baseball Diamond Maintenance (May - August)

· Assist in all turf maintenance activities.
· Assist in all diamond maintenance activities.
· Assist in all diamond repair and renovation activities.
· Flexibility to work during tournament weekends.
· Ensure proper operation, maintenance of small tools and equipment.
Successful candidates will enjoy working outdoors in all conditions, can perform physical work and have the ability to work with a variety of maintenance tools and equipment.

Please submit your resume by email:

sdias@mymorden.ca
111-D Gilmour St, Morden, MB R6M 1N9

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Do you want to put your pick-up truck to work? Roadex is seeking 1-ton owners to transport RV's throughout N. America. Class of license required depends on province. Subsidized health and dental insurance, competitive rates, fuel discounts. Driver must have valid passport, be able to cross the border, pass a drug test and must be 21 years or older. For more information about us, please visit our website at roadexservices.com. To apply please email resume and a current driver's abstract to recruiting@roadexservices.com.

MISCELLANEOUS

Re-opening? Need sales? Advertise it in the 37 MB Weekly newspapers and get noticed! Each week our blanket classifieds could be helping YOU get noticed in over 340,000 homes! It's AFFORDABLE and it's a great way to increase and connect with our 37 weekly member newspapers. For as little as \$189 + GST, get your important messaging out! Call 204-467-5836 or email classified@mcna.com for details. MCNA - Manitoba Community Newspapers Association 204-947-1691. www.mcna.com

NOTICES

Urgent press releases or media advisories service. Have something to announce? A cancellation? A change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information, or email classified@mcna.com for details. www.mcna.com.

HEALTH

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

ANNOUNCEMENTS

The Fourth Commandment in the Bible has not been abolished and never will be in this time. The true Christian has this law written in his or her heart. Therefore, let us "Remember the Sabbath day, to keep, it holy. Six days shalt thou labour and do all thy work: but the seventh day is the Sabbath of the Lord thy God: in it thou shalt not do any work..." Exodus 20 vs 8, 9, 10a (King James Version). Please visit our website: www.clda.ca

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PUBLIC NOTICE

**R.M. OF STANLEY
PUBLIC NOTICE
REGARDING THE 2021
FINANCIAL PLAN**

Public Notice is hereby given pursuant to Subsection 162(2) of The Municipal Act that the Council of the R.M. of Stanley intends to present its Financial Plan for the fiscal year 2021 at a Public Hearing in the Council Chambers of the Municipality on Thursday, February 4, 2021 at 9:30 a.m. Council will hear any person who wishes to make a representation, ask questions, or register an objection to the Financial Plan, as provided. Copies of the 2021 Financial Plan will be available for review prior to the Hearing at the Municipal Office at 23111 PTH 14W in the Rural Municipality of Stanley.



NOTICE OF TENDER

**NOTICE OF TENDER
MUNICIPALITY OF PEMBINA
MANITOBA
CAMPGROUND SERVICING AND
WASHROOM BUILDING**



Sealed Tenders will be received by the Municipality of Pembina at the office of STECKLEY Consulting Engineers Inc., 1-915 Navigator Road, Winkler, MB R6W 0L7 up to **2:00 pm local time on Wednesday February 10th, 2021** for the following work:

**Servicing with Sewer, Water, and Electrical
for 4 new campsites
Proposed Sewer Dump Station
624 Square Foot Washroom Building and Sidewalk**

Each Tender must be accompanied by a Bid Bond and Consent of Surety or Contractor must agree to increased holdback.

Tender Documents are available on Dropbox. Contact STECKLEY for an emailed invitation to access Dropbox. Phone: 204.325.5114 Email: ksteckley@steckley.ca

The Lowest or any Tender not necessarily accepted.

Wes Unrau, CAO
Municipality of Pembina



CALL: 325-6888

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

McSherry Auctions

12 Patterson Dr. Stonewall, MB

Online Timed Auctions @ iCollector.com

Estate & Moving Closes Wed February 3 @ 7:00 PM

Estate & Moving Closes Wed February 10 @ 7:00 PM

Consignments Welcome!

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2 plus 1 bedroom Condo available

February 1.

\$915.00

per month

plus utilities

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The Winkler Morden Voice

CALL: 325-6888

VOLUNTEERS NEEDED

MORDEN COMMUNITY THRIFT STORE IS IN NEED OF

VOLUNTEERS

Days/Hours Flexible

Cashiers, Clothing, Sorting, Linens, Toys, Shoes, Sports, Testing/Fixing, etc.

Application forms can be picked up at 220 North Railway, Morden

Call 204 822 3435 for more information

CAREERS



Prairie Spirit School Division invites applications for three bilingual Français Classroom Teacher positions for the 2021-22 school year. School, grades and subjects to be determined.

- 1) Competition #2021-02 - 1.0 FTE Middle Years – Teacher General;
- 2) Competition #2021-03 - 1.0 FTE Middle Years – Teacher General;
- 3) Competition #2021-04 - .50 FTE High School – Teacher General.

For more information, contact the Superintendent of Education, Cheryl Mangin 1-204-836-2147 or email cmangin@prspirit.org. Please email cover letter, CV and three references in a single pdf document quoting competition number above to: pssd@prspirit.org. Closing date is February 15, 2021 or until a suitable candidate pool is established. For more details visit: www.prairiespirit.mb.ca.

PUBLIC NOTICE

LIQUOR LICENCE APPLICATION PUBLIC NOTICE

DEAD HORSE CIDER COMPANY INC.

operating as DEAD HORSE CIDER COMPANY
at 15062 Road 22W, Winkler, Manitoba
has applied for UNIQUE HOSPITALITY VENUE LIQUOR SERVICE LICENSE PATIO AREA UNDER UNIQUE HOSPITALITY VENUE LIQUOR SERVICE LICENCE

to serve liquor from: MONDAY TO SUNDAY 11:00 A.M. TO 11:00 P.M.
1:00 P.M. TO 11:00 P.M. REMEMBRANCE DAY

Citizen and community input is an important part of the application process.

Please contact the Liquor, Gaming and Cannabis Authority of Manitoba at 204-927-5300, if you have any questions about this application.

Please contact your municipality if you have questions about zoning bylaws and requirements.

If you want to make a formal objection to this application, please send us your objections in writing by 4:30 p.m.

14 DAYS FOLLOWING THE PUBLICATION OF THIS ADVERTISEMENT

You can email, mail or fax your objection. Please include your contact information.

Email: objection@LGCAmb.ca

Mail: LGCA Objections
1055 Milt Stegall Drive
Winnipeg, MB R3G 0Z6

Fax: (204) 927-5385

- We respond to all formal objections and will work to resolve objections before issuing a licence.
- A copy of the objection, including the name of the person who submits the objection, will be provided to the licence applicant.
- Each person who submits an objection will be advised in writing of the outcome to the licence application.

COMMERCIAL SPACE

3600 SQ. FT. OF COMMERCIAL SPACE IN MORDEN

across from the new McDonald's location. Lots of front windows, washrooms and 2 entrances, back lane access with back door for loading. Call Brian at 204-362-0745 to see and for more info.

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See more at info. & pics at www.billklassen.com

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CAREERS

TABOR HOME INC. IS HIRING:

Director of Resident Care

Type of Position: Registered Nurse / RPN

Job Type: Full-Time (1.0 FTE), Permanent

Please email your resume and Tabor Home application to info@taborhome.ca or mail to:

TABOR HOME INC.

Attention: CEO

450 Loren Drive, Morden, MB R6M 0E2

Please visit our website at www.taborhome.ca for a detailed listing of the other available positions such as Health Care Aides, LPN's, RN's, RPN's and Visitation Hosts. You will also find details on qualifications, documentation required, how to apply and access to the Tabor Home application form.

Book Your Classified Ad Today - Call 325-6888 or Email ads@winklermordenvoice.ca

Classifieds

Book Your Classified Ad Today - Call 325-6888

SENIOR RENTALS

Oak West Estates

in Morden has **2 bdrm/2bthrm suites available**. Everything is on one level, indoor heated parking is available, common rooms for socializing and gatherings (when safe), lunches are available 5 days per week. Suites are spacious with open concept, walk-in pantry, utility room is ready for you to bring your own washer and dryer, fridge, stove and dishwasher are provided. All suites have an outside entrance and are connected inside through common hallways. All suites have a patio and a small flower bed. Rent includes maintenance, snow removal, yard care, and all utilities. **Call or e mail Cindy at 204-362-7151 or cindyek@mts.net.**

SENIOR RENTALS

Garden Park Estates in Winkler has suites available.

Everything is on one level, indoor heated parking is available, common rooms for socializing and gatherings (when safe), lunches are available 5 days per week, hairdresser salon is in the building. Suites are spacious with open concept, walk-in pantry, utility room is ready for you to bring your own washer and dryer, fridge, stove and dishwasher are provided. All suites have an outside entrance and are connected inside through common hallways. All suites have a patio and a small flower bed. Rent includes maintenance, snow removal, yard care, and all utilities. **Call or email Cindy at 204-362-7151 or cindyek@mts.net.**

CAREERS

Employment Opportunity

MMJS LAW OFFICES

McCulloch Mooney Johnston Selby LLP

YOUR LOCAL LAWYERS

The law firm of McCulloch Mooney Johnston LLP is accepting applications for the following position:

Full time Legal Secretary

The full time position will be Monday to Friday, 40 hours per week.

The successful applicant will be based out of either or Morden or Carman offices. Previous legal secretary or paralegal experience is an asset. Experience with Microsoft Windows, P.C. Law or other accounting software preferred. This position will primarily focus on Real Estate.

The successful candidate must possess the following:

- Excellent people and communication skills
- Initiative and have excellent computer, interpersonal and organizational skills
- Ability to work in a fast paced and high pressure environment
- Ability to multi-task and prioritize competing deadlines
- Strong attention to detail
- Strong work ethic
- Ability to work independently as well as in a team environment

Competitive salary and benefits will be available to the successful candidate. Start date is as soon as possible. Please forward a resume by email to elaine@mmjslaw.com or to 308 Stephen Street, Morden R6M 1V1 **prior to February 5, 2021** if interested in the position.

take a break

> GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer



CROSSWORD

CLUES ACROSS

1. Gather a harvest
5. Federal Republic of Germany
8. Bravo! Bravo! Bravo!
11. "The Little Mermaid"
13. The common gibbon
14. Volcanic island in Fiji
15. Mother of Perseus
16. Egg cells
17. Teams' best pitchers
18. Credit associations
20. Advance
21. Hair styling products
22. Benign tumors
25. Arriving early
30. Called it a career
31. __ Paulo, city
32. Avoid with trickery
33. Easter egg
38. Veterans battleground
41. Lack of success
43. Thing that causes disgust
45. Deep, continuing sound
47. Ancient kingdom near Dead Sea
49. You might put it in a fire
50. Partner to "oohed"
55. Actor Idris
56. Slippery
57. Plant of the bean family
59. One point north of northeast
60. Patti Hearst's captors
61. Places to hang clothes
62. Midwife
63. Of she
64. S. Korean statesman

CLUES DOWN

1. Cool!
2. Amounts of time
3. Aboriginal people of Japan
4. Popular veggies
5. Wedding accessory
6. Deep, narrow gorges

1	2	3	4		5	6	7		8	9	10			
11				12		13			14					
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47	48						49			50	51	52	53	54
55							56			57				58
59							60			61				
62							63					64		

7. Dry cereal
8. Competitions that require speed
9. Cain and __
10. Snake sound
12. Type of amino acid (abbr.)
14. Pattern of notes in Indian music
19. Satisfy
23. Misfire
24. Nearsightedness
25. Indicates before
26. Increase motor speed
27. When you hope to get there
28. Indicates position
29. Where rockers perform
34. Substitute
35. __ juris: of one's own right
36. Earliest form of modern human in Europe: __-magnon

37. Adult female bird
39. Do away with
40. Lens
41. Flattened appendage
42. Post or pillar in Greek temple
44. A medieval citizen of Hungary
45. Spiritual leader of a Jewish congregation
46. Abba __, Israeli politician
47. Sew
48. Evergreen trees and shrubs having oily one-seeded fruits
51. Swiss river
52. Grayish-white
53. A way to illustrate
54. College basketball superpower
58. Midway between south and southeast

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CARD OF THANKS

A big thank you for all the caring, baking, and phone calls from friends and neighbors, during the loss of our dear Grandson Robert. For all food donations, cards, money donations, prayers for our family. And thanks to Doyles for their caring.

-The McMillans

Remember Your Loved Ones
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OBITUARY

Catherine Joyce Orchard



Catherine was born March 27, 1928 in Miami Cottage Hospital Miami, Manitoba. She was the eldest of five daughters born to Gordon Wesley Madill and Fanny Elizabeth (Acaster) Madill of Altamont Manitoba. She grew up in Altamont and attended school there until grade 11. Miss Mary Armitage was one of her favourite teachers. After completing her grade 11, she started teaching on permit, her first school being at Greenway MB. Catherine then finished her grade 12 at United College in Winnipeg in 1947 and attended the Manitoba Normal School in Tuxedo Winnipeg (formerly the School for the Deaf) joining the class of 1947-1948 with the honour of graduating from the school's first year of full operation. The school was the first residential teacher training institution in Canada and Mom made many life-long friends during her training at Normal School. She attended as many Class D

teachers' reunions as possible over the years. In 1948-49 she taught at Sylvan School northeast of Altamont. She and Eddie married on September 23, 1949 and they took over the Orchard family farm and raised their family. Gordon was born in 1951 and Patricia in 1953. Ed and Catherine celebrated their 65th wedding anniversary September 23, 2014. After Dad passed away February 15, 2015, Mom stayed in her own home on the farm until she entered the hospital January 14, until her passing on January 19.

In 1967, Mom returned to teaching as a part time relief for the principal in Miami Elementary. Here is the way Mom outlined her teaching positions in the 56th Manitoba Normal School Reunion 2004 yearbook: "1967-68 - Principal relief in Miami. 1969-1980 - Teaching Principal grade IV-VI Altamont. 1980-1991 - grade V and resource in Miami Elementary. 1991-2001 - retired but subbed. Drove to Winnipeg for nine years - received Bachelor of Arts Degree in 1977." Mom and daughter Patricia shared teaching grade 5 in Miami Elementary in 2001 her last year of teaching. In 2005, Mom was particularly proud to have her permit teaching experiences published in Dr. Louisa Loeb's book called Manitoba Permit Teachers of World War II.

Catherine was artistic and painted t-shirts, wooden boxes, stones, ceramic tiles - on just about anything that struck her fancy. She loved to knit and always had a sweater or ear-band on the go for her grandchildren. She and Edward also curled throughout the winter months in their younger years and liked to bonspiel with neighbours and good friends Ruby and Jim Simpson. Catherine watched curling on TV and referred to all the Manitoba and Canadian players by their first names. Catherine played ringette with the Miami Ring Dingers on the sisters - daughter line of Doreen Storey, June Stockford and Pat Stepler. As well, Catherine and Eddie were Altamont Cub and Scout leaders for over 10 years and were both proud members of the Altamont Legion. They attended both WW2 Liberation Anniversary celebrations in Holland. Catherine and Eddie loved to travel especially to Portugal returning there several times. They spent a portion of the winter months in Victoria, BC every year. Catherine made delicious homemade fudge from Great Grandma Madill's recipe and beat the fudge by hand until it was smooth and the best fudge ever - always a special treat at Christmas time. Catherine was an independent, fiercely proud woman who was ever so proud of her children, grandchildren, and great-grandchildren.

Catherine entered the hospital January 14, 2021 and passed away January 19 at Boundary Trails Hospital two months short of her 93rd birthday. She leaves to mourn her passing son Gordon (Karen), daughter Patricia (Dan) Stepler as well as six grandsons: David (Linda) Orchard, Evan Orchard, Ian (Sandy) Stepler, Geoff (Sarah) Stepler, Adam (Amber) Stepler, and Andre (Katie) Stepler. She also leaves 16 great-grandchildren: Lila, Fiona, Lincoln and Etta Orchard; Lori, Michael, April, Charlie, and Lea Stepler; Benjamin and Penny Stepler; Louise and Rosa Stepler; and Brynn, Brayden and Declan Stepler. Catherine is survived by two sisters Ruth Haines and June Stockford as well as sister-in-law Nora (Orchard) McConnell. Catherine was predeceased by parents Gordon and Fanny Madill, sisters Isabelle (in childhood), and Doreen Storey; infant great-grandson Garrett Stepler; brothers-in-law Ron McConnell, Tom Storey, Geordie Haines, and Murray Stockford; brother and sisters-in-law Warder Orchard, Muriel Orchard and Marge Orchard; Wilma and Duncan Stewart, Amy and Gordon Armstrong, Alma and Art Dixon, and Rose and Norval Brooks.

The family would like to express their appreciation to the ambulance staff, doctors and the nursing staff at Boundary Trails Hospital for their compassion and care during Mom's short stay. A private family service will be held at a later date.

In lieu of flowers, donations may be made to the Altamont Community Hall Renovation project or to a charity of their choosing.

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

OBITUARY

David (Dave) Orville Kinsman 1953 - 2021



It is with heavy hearts that we announce the passing of Dave, Dad, Grandpa (Papa) of Darlingford, MB born in Morden, MB on August 28, 1953. Dave passed peacefully with his wife by his side on Wednesday, January 20, 2021 at Boundary Trails Health Centre.

He is survived by his beautiful family and friends: his wife and love of his life, Sarah; his children, Kellie (Derek), Michael (Tara), Monique (Evan), Michelle (Barry Jr.) and Kevin (Jen); brother, Harvey (Marilyn); Aunt Lois and grandchildren, Rylan, Gracelyn, Ethan, Hank, Mikayla, MaKenah, Makinley and Keagan. Dave will be cherished by his extended family, aunts, uncles, cousins and great friends, John Maskerine, Jim Bulloch, Ken Bryan and Joe Carrier of Thompson, MB and many others.

He was predeceased by his mother, Nora who passed two days after giving birth to him in the Iron Lung, his father, Orville, brother, Jim, sister, Laurie, Uncle Gordon (Digger) and partner in crime, Rodney Swayze (Sneezy).

May he rest easy knowing he was so loved beyond words.

A celebration of his life will take place in August 2021. Donations may be made in Dave's memory to the charity of your choice.

Wiebe Funeral Chapel, Morden
In care of arrangements
wiebefuneralhomes.com



FARMLAND TENDER

FARM LAND FOR SALE BY TENDER

Sealed, written tenders for property in the Municipality of Pembina described below will be received by:
AVS Law LLP
200 - 600 St. Anne's Rd.
Winnipeg, Manitoba R2M 2S2

PROPERTY

- Parcel 1: NW ¼ 5-2-7 WPM, EXCEPTING FIRSTLY - ALL MINES AND MINERALS AS RESERVED IN THE ORIGINAL GRANT FROM THE CROWN, SECONDLY - ALL THAT PORTION WHICH LIES SOUTH AND WEST OF THE SOUTHWEST LIMIT OF PUBLIC ROAD PLAN 657 MLTO, THIRDLY - PUBLIC ROAD PLAN 657 MLTO (approx. 15 cult. acres with shale pit)
- Parcel 2: THAT PORTION OF NW1/4 8-2-7 WPM LYING SOUTH AND EAST OF PUBLIC ROAD PLAN 657 MLTO EXCEPTING THEREOUT - PUBLIC ROAD PLAN 380 MLTO (NOW CLOSED) SHOWN COLOURED GREEN ON PLAN 657 MLTO (approx. 2.5 cult. acres)
- Parcel 3: THAT PORTION OF SE ¼ 8-2-7 WPM LYING EAST OF THE ELY LIMIT OF PUBLIC ROAD PLAN 657 MLTO. (approx. 42 cult acres)

CONDITIONS OF TENDER:

- Interested parties must rely on their own inspection and knowledge of the property.
- Tenders may be placed and accepted on one or more of the above described parcels of land. Offers to subdivide will be considered.
- Tenders must be received on or before 2:00 p.m. on February 18, 2021. A deposit cheque in the amount of \$10,000.00, payable to "AVS Law LLP Trust", must accompany each Tender. Deposit cheques accompanying unacceptable bids will be returned.
- Highest or any tender not necessarily accepted.

TERMS AND CONDITIONS OF SALE

- The bidder whose tender is accepted will be required to complete an agreement covering terms and conditions of sale.
- In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing which shall be March 15, 2021 or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the accepted tender is not paid within the set time limit the deposit may be forfeited as liquidated damages and not as a penalty.
- Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
- Successful bidder will be responsible for real property taxes commencing January 1, 2022.
- The purchaser shall be responsible for payment of GST or shall self-assess for GST.

For further information contact S. Tristan Smith at:
Ph: 204-254-3511
Fax: 204-257-5139
email: tristan@avdkslaw.ca

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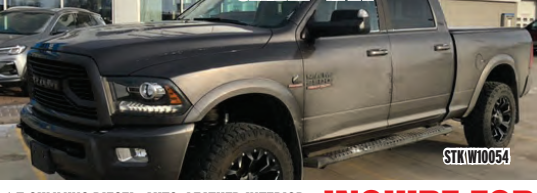


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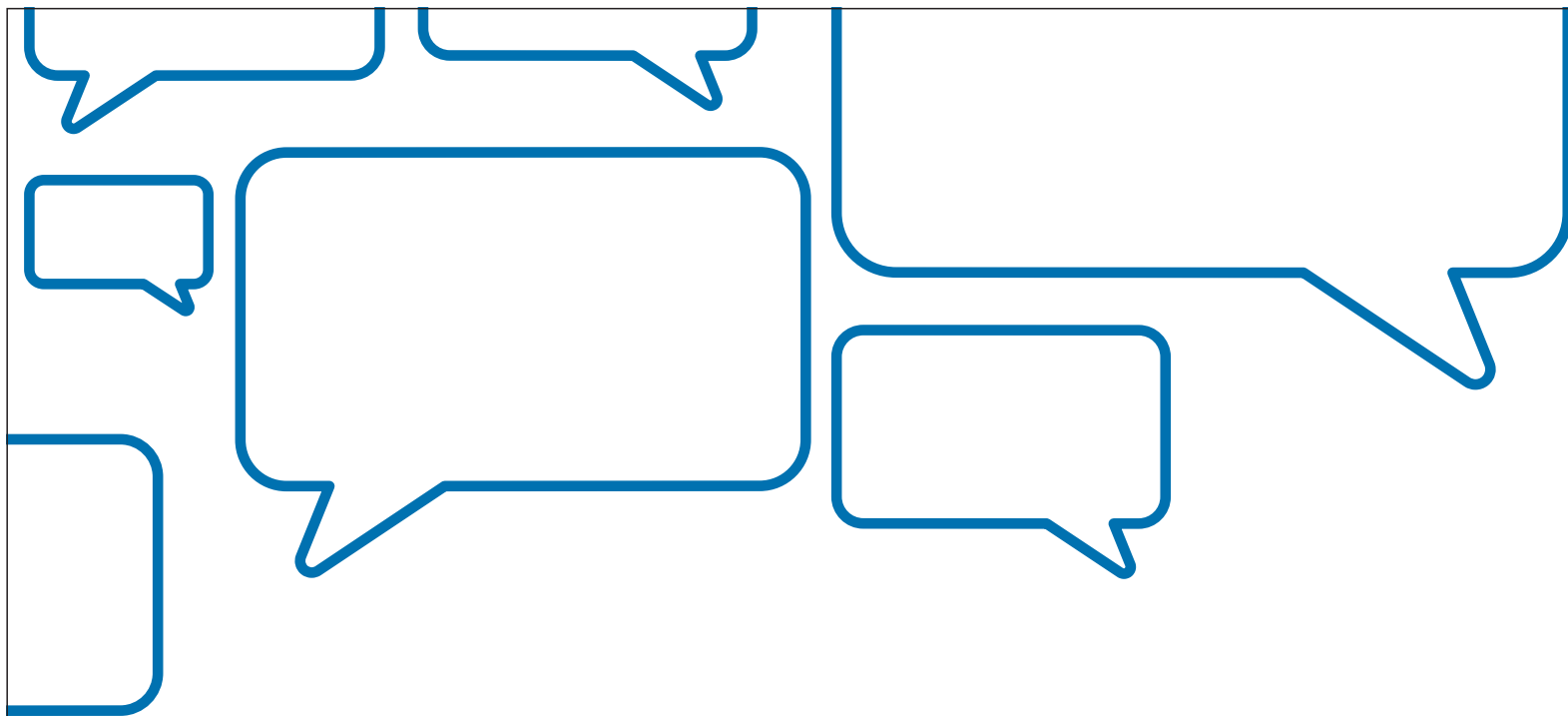
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*Nationwide survey conducted by CMHA in partnership with UBC researchers (Dec. 2020).

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the conversation.



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