VOLUME 7 EDITION 5





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By Lorne Stelmach

Last Friday's Big Night Out event will have a huge impact on a local organization.

The evening of entertainment held Jan. 29 at the P.W. Enns Centennial Concert Hall in Winkler drew about 300 people and raised \$8,900 for Big Brothers Big Sisters of Morden-Winkler.

Continued on page 4



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Comedian Matt Falk (left) and magician Chris Funk had audience members laughing and shaking their heads in wonder, respectively, at Big Brothers Big Sisters of Morden-Winkler's first annual Big Night Out fundraiser last Friday.

news > sports > opinion > community > people > entertainment > events > classifieds > careers > everything you need to know



Residents weigh-in on city square idea

"IT CERTAINLY

HIGHLIGHTS

WHAT SOME

OF THE ROAD-

BLOCKS ARE AND

THE NEEDS ARE."

WHAT SOME OF

By Lorne Stelmach

Having come to southern Manitoba from Austria two years ago, Florian Lassing settled in Morden because he felt this could be a special community with the kind of character he knew back home.

It was that hope which drew him

to one of two community consultations last Thursday on the idea of developing a city square downtown at Eighth St. and North Railway.

"When we moved to Morden two years ago, I said I wished there would be a traffic calming zone somewhere," Lassing commented at the forum sponsored by the Morden and District Chamber of Commerce.

"The park is great, the lake is wonderful ... Morden is such a

pretty town and it has so much potential. This will be one step further. We could create something that other places here don't have."

That, no doubt, is the sentiment shared by other proponents of the idea, but the concept so far has not been universally welcomed by all.

IMPACT FEARED

Concerns have been raised by some

in the community—particularly downtown merchants—about the impact on parking and traffic flow and making access difficult in what is already a busy area.

In fact, a petition has circulated among the business community, with about 75 per cent of those who were contacted coming out against the

idea.

Sandra Wiebe of Gables Realty said they fear the city square will really inconvenience businesses and customers alike.

"Our downtown finally has businesses and things are going well," she said. "That is a really busy intersection there, and it would divert traffic and kind of change the flow."

She noted conceptual ideas she saw at the forum showed nothing

much more than a permanent Corn and Apple Festival stage. In her view, there are many more pressing issues and projects for the city.

"I'm not opposed to a city square. I'm just opposed to it being there," said Wiebe.

"Confederation Park is underutilized," she said, adding that so is the Morden Park bowl area. "So why not go with what we have and improve



PHOTO BY LORNE STELMACH/VOICE

Local leaders were on hand at the Morden chamber's forum last week to discuss the idea of putting in a city square downtown.

what we have?"

For Wiebe, these discussions have also tapped into other ongoing issues for downtown merchants, such as the city leaving them with the burden of sidewalk snow clearing.

"We feel there has been a lack of listening to the businesses. The city wants businesses, but when it comes down to it, they don't listen to what our needs are."

WEIGHING IN

Margie Hildebrand, program and outreach co-ordinator at the Pembina Hills Arts Council, was also at the forum to weigh in on the matter.

"Since the arts centre is right next to this proposed site, I wanted to know how it would affect us."

Hildebrand also welcomed the chance to see "if there were things or opinions I could add that would may-

be improve things for the arts centre." In general, she thinks the idea has merit.

"It's kind of exciting," said Hildebrand, suggesting it could mean "more foot traffic to our area ... and more people might stop in when they are going past.

"I do like the idea. When you see some European cities, they have more squares ... it's kind of nice for pulling the public together.

"I was just concerned if there would be a decrease in parking around the arts centre ... that could decrease the traffic as well," Hildebrand added. "But if people could park right there, maybe they would come in sooner than if they parked down the street. I'm open to the idea."

Lassing, meanwhile, was thoroughly sold on the concept.

Continued on page 4









The South Central Regional Library branches in Winkler, Morden, Altona, and Miami each hosted a Family Literacy Pajama Party last Thursday night. In Winkler over 100 parents and kids came out to enjoy stories from guest readers like Regina Braun and Anna Phaffenrot (left) and Shan Pathner (right). PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Winkler council promises conservative budget

By Lorne Stelmach

Winkler residents can likely expect good news when the city introduces its 2016 budget this spring.

After city council held its annual planning session Friday, Mayor Martin Harder said the city is looking to hold the line on taxes.

"We ended up with a very conservative budget, taking into consideration the state of our region and the layoffs that have happened. We're trying not to add any tax burden to the citizens.

"We have people who are unemployed in the community. We haven't had that for awhile," Harder said. "We want to ensure we don't unduly put any more stress on individuals who are already struggling."

City council will introduce the new budget at its first meeting in March.

Last year, a \$15.1 million operating budget saw the city's mill rate set at 16.03, which was less than a one per cent increase and translated to a tax increase of about \$13 on a home assessed at \$225,000.

Harder said there were a number of key areas that their discussions focussed on at the planning session.

"A major area that we dealt with was our policing ... different aspects of how that will play out in the future," he said, adding only that the discussions led to an announcement that will be made shortly.

The development of the recreation complex expansion was also a priority in the discussions.

"We want to continue to work on our recreation," said Harder. "We feel that we are on the cusp of getting a facility design proposal back, so we are making some progress there.

"We want to continue to develop the

ski park area with other amenities," he added.

Aside from other ongoing projects, Harder said there was one area of new development that will also get more attention in the budget.

"We have some significant work to be done on the Eastview development for the commercial and industrial park. We will continue to work on that."



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> CITY SQUARE, FROM PG. 2

"I think it is a great idea. I think it will bring more business downtown ... bring more tourists to Morden as well," he suggested.

"Cities in Europe have developed from the inside out," he added. "Then slowly the community develops around it. So if you look in any European town, there's always a core place

"I think it is a great idea. I think it where people can meet. You have kind vill bring more business downtown of a meeting place downtown."

PROS AND CONS

Chamber president Chad Sheldon said they are looking for all that kind of feedback—both pros and cons—to simply get an idea whether the city square concept should even be ex-



PHOTO BY LORNE STELMACH/VOICE

Residents came out to share their thoughts on the idea of a downtown city square at a chamber-hosted forum Jan. 28. If you missed it, you have a chance to weigh-in at a second forum taking place at the Access Event Centre the evening of Tuesday, Feb. 9.

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plored further at this point.

"There's lot's of debate ... lots of discussion ... which is what we wanted today," he said.

The idea of a city square grew from general discussions about other downtown issues, including parking and promotion.

Initial feedback from the City of Morden was positive enough to at least explore it further, Sheldon said, so the community forum was set up to gather input. Another session will be held Feb. 9 from 4-8 p.m. at the Access Event Centre

Sheldon emphasized that chamber's hope was that residents would at least be open to consider and discuss the concept.

"I'm a little disappointed in some of the preconceived notions that are coming in. There were rumours out there about how things were going to be," he said.

"Most of the discussion today has been around the fact it's not a plan yet. We're looking for feedback, we're looking for ideas, and as soon as you "IT'S NOT A PLAN YET. WE'RE LOOKING FOR FEEDBACK, WE'RE LOOKING FOR IDEAS ..."

say that, we're getting all kinds of ideas, so it's great."

He agreed some of the key concerns being cited revolved around traffic flow, parking, and access.

"They were sort of going right into the operations of it ... traffic flow and parking ... how would that look? You can't block this, I need to park here ... so there's a lot of people moving forward on the design already," he observed.

"It certainly highlights what some of the roadblocks are and what some of the needs are. They're all valid."

Big Night Out raises \$8,900 for Big Bros

From Pg. 1

Featuring comedian Matt Falk and magician Chris Funk, the evening also included a live auction with \$10,000 worth of prizes.

Executive director Michael Penner said they had been aiming to bring in close to \$10,000 from this inaugural event, so they were pleased to get as close as they did.

"We feel really, really good about it. We were very happy with how many people came. Everything just went really well, and the entertainment was fantastic," he said Monday.

The funds are going to make a significant impact as the agency looks to hire a part-time caseworker who will help them to expand their mentorship programs.

The interview process is already underway, Penner said, and they hope to have someone in the position by the end of the month.

"It's a little less than a half time position, but it will really help us to expand the program," he said.

"The caseworker is important. We not only want more mentoring relationships, we also want healthy and "EVERYTHING JUST WENT REALLY WELL, AND THE ENTERTAINMENT WAS FANTASTIC."

resilient relationships," Penner added, stressing the caseworker's role in ensuring the ongoing success of the mentorships. "They just ensure that everything is going smoothly. If there's difficulties, then it's their job to help work through those issues."

With one major fundraiser behind them, the agency is now looking ahead to its next: Bowl for Kids' Sake takes place at Valley Bowling Lanes in Winkler on March 12.

"It's filling up fast actually, but there's still space available for anyone who wants to participate," Penner said.

Give Big Brothers a call at 204-325-9707 or check them out online at bigbrothersbigsisters.ca/mordenwinkler for more information.

Outgoing city manager reflects on five years of growth

By Lorne Stelmach

It wasn't like taking on the role of city manager in Winkler was that much of a stretch for Dave Burgess.

With much experience—including a stint as the mayor of Brandon—he was well equipped for the role when he came to Winkler five years ago.

Still, Burgess sees his time here as having been a tre-

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mendous learning experience for himself and an opportunity for personal growth.

"I definitely was interested in the challenge with the growth that Winkler was going through and continues to go through now," said Burgess as he worked his final day last month in preparation for his new position as city manager in Wetaskiwin, Alberta.

"With how fast things happen here and how progressive it's been,

it's been very rewarding and enjoyable."

Burgess said he has tremendously appreciated working with both the city staff and the community at large.

In particular he praised the City of Winkler employees for having "a really great work ethic ... that was one thing that really stood out to me right away."

He said it has been rewarding for him to have been involved in a great number of significant projects and successes for the city during his time here.

He singled out a highlight as being the new police building for "getting that one all finished and also paid for in cash, which was nice to be able to do.

"That wasn't high on the priority list. They thought it was going to be about eight years down the road because it was going to be a standalone facility that was going to be about \$8 million or so," he noted.

Instead, the city was able to "just expand on what we had here [at City Hall] ... it came in at \$4.2 million and was able to be paid for in cash."

There were a number of other projects he enjoyed being able to help see through to fruition, ranging from

the new skateboard park to the addition to the Winkler utilities building.

Even just the development of varirecreational projects and opportunities has been worthwhile, he add-

Burgess said council all along has been very interested in improvements to recreation and safety, both areas which he felt were



Dave Burgess





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Sethens > VIEWPOINTS > LETTERS

Sniping from the sidelines

ou may have noticed lately that some of my editorials have taken on a bit of an advocate's voice around certain issues and concerns.

I'm not sure why except perhaps the effect of low light in winter causes me to contemplate things that bother me more (aka: I get grumpy). Who knows, really?

At any rate, while the vast majority

of the feedback I receive from readers is very positive, every so often there will be a response that makes it clear someone thinks I am attacking them or their ideals. They make it clear in words I cannot publish



By Peter Cantelon

here that I should "mind my business."

With this in mind and being in an introspective mood, I began to ask

myself "are these things really none of my business?" and "should I leave well enough alone?"

After all, no one enjoys being attacked, least of all me. Maybe I should write on less inflammatory things like kittens and fair weather outings, etc.

But no. That is not me and I will continue to write about and advocate for people and issues I think need exposure and risk the odd (sometimes very odd) person's anger.

Still I should point out that I do not write these things lightly. I also have a realistic perspective of what I can change as I snipe from the sidelines.

While I firmly believe in the power of the written word and its ability to change hearts and minds there is something else I believe that is even stronger: the power of change when it comes from a person or people within a community.

It is easy for me to write about things from my office chair, but it takes real courage for a person at the heart of an issue or community to speak out. And when they do their words have the weight of a hundred editorials. Why? Because they are known and in relationship with people on the inside of the issue.

I can whine all I want about the Morden Redskins' name, for instance, and how I (and many others, including many First Nations) believe the name to be insulting and demeaning, but that will never change things.

You see, I don't regularly attend the games. I'm not an invested fan. I'm not related to a player ... I'm just some shmoe who doesn't like the name. I'm not invested. Change will only come when those who are invested in the team (or any issue for that matter) decide to say something; and that takes way more courage than what I do.

It is this way for all issues whether it be racism, intolerance, sexism, politics, etc.

If you want to change things for the better you need to get involved in the community and with the people or group you want to influence.

As Gandhi once said, you need to "be the change in the world you want to see."

At the end of the day, it is not enough to just yell at people. You need to enter into real, genuine relationship with them. When this happens not only will you have the opportunity to transform others, you will be transformed too.

letters

Plenty of other things to do for Morden before a city square

I attended the consultation in regards to the Morden City Square development. It was very elementary, getting "four stickers" to place on the large boards to agree or disagree. There was no accountability and the results could be easily manipulated. It appears, according to the drawing, the only reason for the "City Square" is to give the Corn & Apple Festival a permanent stage.

Eighth St. and Stephen is a very busy intersection with good traffic and pedestrian flow that benefits the vibrant businesses downtown. By incorporating a city square, it would create additional problems with access to businesses, parking, loading, unloading, and loitering issues.

The City of Morden could better spend our tax dollars on creating more activities for people rather than creating a place to hang out and do nothing.

A few ideas include:

- A swimming pool would create a place where people can be active year round.
- Safe walking/cycling paths around

the city, at the lake, and potentially a walking/cycling path to Winkler.

- The Canadian Fossil Discovery Centre needs to be "dug" out of the basement and given a better home.
- The City needs to take care of the city sidewalks, ensuring they are safe for all ages. Over the years, the City has refused to take care of our downtown sidewalks in the winter (each business owner is expected to take care of the sidewalk). It is interesting that there is \$500,000 in the 2016 bud-

Continued on page 7

Taking an icy plunge for Special Olympics

By Lorne Stelmach

A bit of friendly competition is pitting Morden's police and fire chiefs against each other for a worthy cause.

Police Chief Brad Neduzak and Fire Chief Andy Thiessen have a personal challenge on the go to see who can raise the most money for the first annual Morden Polar Plunge.

They and other participants will be taking a dip in icy water on Saturday, Feb. 13 at Morden's Winterfest in support of Special Olympics Manitoba.

"We're doing a little competition here to see who can raise more ... but we'll both take the plunge anyway," said Neduzak. "Whatever we can get, we certainly do appreciate it.

"Money is coming in, and there is good support so far, but of course we are always looking for more."

The Morden Police Service took part in a plunge last year in Winnipeg. This year they decided to bring it closer to

"Law enforcement have been big supporters across Canada of Special Olympics," noted Neduzak, who added that Morden Cst. Scott Edwards is on the executive for Manitoba Special Olympics.

Plungers, who must be at least 15 years old, are asked to raise a minimum of \$150 per individual or \$700 for a team of five.

Similar events are also taking place in Brandon and Winnipeg. The top fundraisers across the province will be eligible to take part in the "Ultimate Plunge" in Churchill this sum-

Morden police officers took an icy plunge last year in support of Special Olympics, and now they're bringing the Polar Plunge to Morden. **Participants** will take a leap into freezing water to raise funds for Special O athletes on Feb. 13 at Morden's Winterfest.



FILE PHOTO

If you'd like to learn more about taking the plunge or making a donation, check out the Special Olympics

Manitoba website at www.specialo-

"It's nice to see progress like this"

From Pg. 5

key priorities as well.

Burgess obviously came at a very busy time for the city.

"But that's the way I like it. I like to have it where you're just really striving to go for enhancements and improvements all the time," he said.

"It was never slow ... always a fast pace ... and you were just used to really pushing hard and keeping up with things ... I really like it like that. I find that to be a good challenge.

"We were able to do that and still keep at just about a one per cent increase in taxes every year ... well below inflation. So I think it was done financially prudently, too."

As for the future, Burgess said he has no doubt that Winkler will continue to enjoy significant growth and be able to manage it well.

"It's nice to see progress like this,"

"I'm very confident you'll continue to see Winkler grow quite rapidly. I know there's a lot of interest in expanding some of the businesses here.

"I'm sure it's well positioned to continue to grow, but I believe it's also well positioned infrastructure-wise to continue it," he said, adding that he sees key projects as being the new recreation complex as well as wastewater treatment.

"They're doing all the right things to be well positioned for the future."

As for his new job in Wetaskiwin, where he will be working with about 150 employees, being close to family will be the biggest perk.

"Probably the biggest bonus would have to be we have family members that are both north and south of that location. I'm very excited for the new challenge."

Burgess will leave behind some big

shoes to fill, but Mayor Martin Harder says council has already begun reviewing the applications for the city manager role and they will begin interviewing potential applicants immediately.

> LETTERS, FROM PG. 6

get for a city square when there is no money to keep our downtown sidewalks safe.

- Unlike box stores, the boutiques are mostly family run and extending hours of business would not be feasible.
- We have numerous places that need to be utilized better before we embark on a city square. Confederation Park is a wonderful downtown greenspace which has tons of potential, and our Morden Park is a great place to hold concerts and shows.
- Has the city made any efforts to purchase the old Arlington lot which the city officials had so many ideas for when they insisted on demolishing the Arlington?

In conclusion, I feel that the city square has been an idea that has escalated because the Corn & Apple Festival is celebrating

their 50th anniversary this year and needs a new stage, and the idea is to QUICKLY get something there in time for the festival.

This rushed approach is NOT a good approach! In order to make good decisions, it takes time and effort.

I would ask that the City evaluate what the real and more urgent needs in this community are prior to jumping into building a city square.

> Bevan and Sandra Wiebe, Morden

Letter policy

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

Please keep your letters short, on-topic, and respectful.

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Please include your name, ad-

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Send your letters to us by e-mail at news@winklermordenvoice.ca, or via mail to:

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MENGERS

SUBMITTED PHOTOS

Shelley Gray's Gr. 6 class at École Morden Middle School held a Poetry Coffeehouse last month to wrap up their studies on poetry by sharing some of their own creations. Above: **Artificial candles** and a warm beverage set the mood just right. Left: Nathan Penner and Nikita Evtushenko share their poems.

Kids share their stories at poetry coffeehouse

By Ashleigh Viveiros

Learning about poetry is a pretty normal thing for a language arts class to do, but École Morden Middle School Gr. 6 teacher Shelley Gray took her unit one step further to get the kids much more invested.

The class hosted their own Poetry Coffeehouse last month to wrap up several weeks of learning the ins and outs of poetry.

By the glow of artificial candlelight, the students read the poems they had written, each sharing a bit about their life experiences so far.

"It was just magic. They were very supportive of each other ... this is the first time I've seen kids get excited about a unit like poetry," Gray said.

"This was a piece where they actually get to see themselves in the curriculum," she added. "Kids are full of pride—you ask them about who they're related to or where they're from, they'll give you lots of information.

"I thought what perfect way to celebrate community and culture and

heritage and all of our backgrounds. This really was about celebrating our own stories and our own homes."

Using "slam poetry" as the format gave the students much more freedom than more structured types of poetry.

"It's blank verse, which means that they don't have to follow as many rigid rules, which works really well for a variety of learnings," Gray said. "We have an assortment, from EAL learners in our classroom to different levels of learning, and they all could find a place to write and make it their own."

In addition to learning a lot more about their classmates, the entire endeavour built the students' language skills on a number of levels.

"We work on a variety of literacy skills and poetry just happens to be a really great unit for developing language, a strong understanding of parts of speech," Gray said. "And our kids struggle with putting details into their writing sometimes, so touching on their own experiences and memories helps with that."

WSD looks at new ways to get kids engaged

By Lorne Stelmach

Western School Division has been rethinking how it can educate its students.

Morden schools have launched "learning and culture teams" to encourage teachers to take a new approach to getting kids engaged in learning.

WSD board chair Robyn Wiebe said she saw a good example in action recently when École Morden Middle School Gr. 6 teacher Shelley Gray's class hosted a poetry coffeehouse (see story above).

"It was amazing how they used their own personal lives to share with their class ... and still foster that English lesson," she said. "It's exciting because its personalized learning that brings kids closer to the curriculum in a more meaningful way and a more practical way ... and what that looks like for them in the future as they enter the workforce."

"I think it's looking at best practices," commented Andrew Volk, vice

principal at ÉMMS and a member of the learning team who spoke to trustees about the initiative at the Jan. 25 board meeting.

"It's looking at how do we honour the individual learner and make sure that we have experiences that are meeting the needs of students regardless of where they may be at."

Wiebe said this initiative goes back to a community consultation done about a year ago which led to the division setting out new priorities and looking at the big picture of how they are educating kids.

"We set lofty goals with some huge implications ... we didn't know what that would look like in teaching and learning," she said.

Administration and staff ran with it, though, and did a lot of in-depth work to move forward with the idea.

"They took a look at all of those priorities and targeted how to create learning from those," said Wiebe.

For example, what they call adventurous achievers "means trying stuff that's new and doing things differ-

ently ... and giving kids a chance to explore themselves.

"I think to create a new culture of learning within Western School Division is so exciting ... changing the way kids are learning and making it more exciting," said Wiebe.

Volk said they divided into two teams focussing on learning and culture and they went through a detailed process that looked at everything from building literacy and numeracy to project-based learning.

Putting it all into practice and applying it in the schools meant looking at "how to bring these ideas to life in the division and in our schools," he said.

"We took those board priorities ... shared them with teachers ... and we invited all of our teachers at the school level to be on a learning or culture team as well," he said. "So they are working on initiatives at the school level in the same kind of format"

Important aspects for them to consider also included looking at how

they can assess and track progress.

"They can be working on the outcomes through their own personal interest or passion," said Volk, commenting that the longer term quest is "how do we make sure we know students are leaving Gr. 12 from our system ready for life and a career and citizenship ... how do we know they are being successful?

"We're looking at improving teacher practices and teacher instruction ... and really looking at the big picture as a K-12 system at what's really important, what's really our objective for kids once they are out of the system and out in the world?"

Volk suggested it is working well so far and everyone involved has really embraced the initiative.

"I think it has some good momentum. I feel like there's a lot of alignment right now, so that's a good thing," he said. "I think it has been a really good way to kind of get everybody on the same page. We're all working on the same mission."

Lots of fun on tap for Winterfest Feb. 13

"I THINK WE

PLACE ..."

WOULD, MORE

THAN EVER, WANT

TO SHOW THAT WE

ARE A WELCOMING

By Lorne Stelmach

It must involve snow in some way if you are going to be celebrating winter in Manitoba.

So organizers of Morden's Winterfest are encouraging families and friends to get together to create

anything from simple snow people to elaborate structures on their front yards next week.

The Snow Sculpture/ Snowman Contest is being spearheaded by Sandra Wiebe of Gables Realty as a new feature of the eighth annual multicultural Winterfest.

"It's open to the general public ... and schools are getting involved in that as well.

That's all kind of in the lead up to the event," said festival organizer Lynette Froese.

'We're really hoping that people will get into this and that it will be something around town that will get people involved and aware."

If interested, have your snowy creation done by Friday, Feb. 12 in advance of the Feb. 13 festival. Then call Wiebe at 204-362-8582 with your address if you'd like your entry to be judged for a chance at winning a prize.

The winners will be announced during the festival taking place at the Access Event Centre-both inside and out—the very next day.

Winterfest 2016 will be similar to past years, but Froese said they always try to get something new and interesting.

An additional feature this year will be the Polar Plunge fundraiser for

Special Olympics organized through the local police ser-

As well, A Rocha will be offering both snow sculpting and snowshoeing events, while there will be a fitness kids zone inside in the play area.

Other big outdoor attractions include ever-popular horse drawn sleigh rides, demonstra-

tions from The Rendezvous volunteers, boot hockey, and a dino dig organized by the Canadian Fossil Discovery Centre.

Inside, our community's diversity will be the focus, with cultural groups setting up educational displays, free ethnic food to try, and entertainment. New this year indoors will be space for vendors to sell their wares.

The festival's aim is to involve as many of the cultural groups represented in the area as possible.

"It's to bring people together in our community ... to get to know those who have come here more recently ...



VOICE FILE PHOTOS Morden's eighth annual Multicultural Winterfest celebrates both the season and the community's diversity with a host of activities for the whole family at the Access **Event Cen**tre Feb. 13.



for us all to just share with each other," Froese said, stressing it is important for newcomers to feel welcome and involved in the community. "I think we would, more than ever, want to

show that we are a welcoming place for people."

For more about Winterfest, check out their Facebook page (Morden Multicultural Winterfest 2016).

Community Futures hosting e-commerce workshops

By Ashleigh Viveiros

If you've ever considered starting up your own home-based business using the poplar website Etsy, a workshop being held locally next week might be worth checking out.

Community Futures Heartland and Triple R are teaming up with the Women's Enterprise Centre of Manitoba for a pair of e-commerce workshops being held in Morris Feb. 9 and Morden Feb. 10.

Pat Sargeant from Women's Enterprise Centre will be at each workshop sharing basic information about registering a business name, tax considerations, and writing a business plan.

Participants will also learn about offline versus online selling, pricing, packaging and shipping, payment processing, branding, using social media to grow your business, and how to get started on Etsy.

"It's exceptionally valuable information," says Community Futures' Colleen Kyle, who notes that there is an increasing number of people looking to sell their creations online."It's kind of like a little underground economy, almost."

On hand at the Morden workshop to speak about their own experiences starting up online companies will be local Etsy entrepreneurs Heidi Friesen of Heidi-and-Seek Boutique and Kari Ann Friesen of the Playful Peanut line of baby gear.

"We wanted to have somebody in our area that can has actually been there, done that, had maybe some bumps along the way and how did they get over those bumps?"Kyle said.

Kari Ann Friesen started up the Playful Peanut alongside fellow stayat-home mom Amanda Hildebrand seven years ago.

"We didn't know anything about Etsy when we launched," she said, noting this workshop is her chance to pass along some of the information she wishes she'd had from the start.

She encourages anyone with an idea for a product and a willingness to put the work in that's needed to make it a success to go for it.

"But you have to be aware that nothing is an overnight success," Friesen said. "Anybody's that's an 'overnight success' is probably really five, ten years in the making ... it takes time."

The Morden workshop will take place next Wednesday from 6:30-8:30 p.m. in the Kinsmen Room at the Access Event Centre. Cost is \$10 per

Pre-register by calling 204-239-0135 or emailing land@cfheartland.com.

Snowmobilers lament warm weather

By Lorne Stelmach

While many of us are enjoying the unseasonably warm weather of recent weeks, local snowmobiling clubs have their fingers crossed for a fair bit more of the white stuff.

"We're hoping for some more snow. The groomers will not be operating until we get some more snow," said Ray Giesbrecht of the Border Valley Snow Goers last week.

The group maintain about 400 km. of designated snowmobile trails in an area that takes in Altona, Emerson, Gretna, Letellier, Morden, Morris, Plum Coulee, Rhineland, Reinfeld, and Winkler.

Giesbrecht said that conditions on the trails had "looked really, really

"THE GROOMERS WILL NOT BE OPERATING UNTIL WE GET SOME MORE SNOW."

good until now ... until the thaw.

"Basically, our trails are probably ridable for anyone who really, really wants to really badly, but I don't think the conditions are very good at all," he said. "I would say they went from being about nine out of ten to maybe a three out of ten."

It is likely much the same for the Pembina Valley Snowkickers (which could not be reached for comment), who maintain more than 500 km of designated snowmobile trails in the area west of Morden.

Provincial trail conditions are kept up-to-date and can be monitored through your local snowmobiling club's website or at the provincial association's site at www.snoman. mb.ca.

If the weather cooperates and you'd like to hit the trails, you need a valid Snopass to do so. Snopasses are \$150 and help cover the costs of maintaining the provincial trail system.

Want to snowmobile without a pass? The Louis Riel Day long weekend is your chance to do so.

Manitoba Liquor and Lotteries is sponsoring a Free Ride Weekend dubbed Sled Without Borders Feb. 13-15.

Snowmobile associations in Saskatchewan and Ontario are also opening up their trails for free those days. Visit the website above for more information.



• WINKLER CITY COUNCIL

Hwy. 32 work, assessment numbers good news for city

By Lorne Stelmach

The City of Winkler will give a tax break to the Buhler Active Living Centre for its first five years of operation.

Council approved the five year tax credit for the downtown assisted living project at its Jan. 26 meeting.

The financial assistance kicks in with a full 100 per cent credit on its first year of municipal taxes followed by an 80 per cent credit in its second year.

The rate then further declines to a 60 per cent credit in the third year followed by 40 per cent in the fourth year and 20 per cent in the fifth year.

OTHER BUSINESS

• Some road work will be done on Highway 32 in Winkler this spring.

Manitoba Infrastructure and Transportation advised the city recently that some surfacing will be done from Highway 14 to the CPR tracks in early spring. It was estimated the work could take up to two days to complete, meaning that section of Hwy. 32 would need to be closed during that time.

Detour information will be provided to the public in advance.

• Winkler's capacity to support its continued growth and development

came up as part of discussions at a recent planning committee meeting.

Discussion on a subdivision for the southwest corner of Winkler high-lighted the fact that the city's wastewater capacity is now virtually used up by current developments within the city boundaries.

A challenge highlighted in the committee report is that fringe development, though, seems to be popular because of the close proximity to city services while also being subject to lower RM of Stanley taxes.

Continued on page 11

New director of planning, engineering hired

Scott Toews steps into role Feb. 8

By Lorne Stelmach

It's a homecoming for the City of Winkler's new director of planning and engineering.

Former Winkler resident Scott Toews takes up the position starting Feb. 8.

Stepping into the role filled by Malli Aulakh since last May, Toews comes to new job after having served as a hydrotechnical engineer at Manitoba Hydro.

With a Masters degree in engineering specializing in water sciences, his experience with drainage and water management were among the factors in his favour, said Mayor Martin Harder.

"His expertise is around water and drainage ... I think we have something we need to learn in that area," he said. "And he has a lot of connections in regards to the other engineering requirements."

Being familiar with Winkler as well was a good bonus but certainly not a main consideration for the city.

"That's a part of it. I think he under-

stands the community," said Harder. "Equally as important obviously is the fact of the qualifications that he has. He's done extremely well in his educational pursuits."

Harder observed that while it is an interesting situation having the youngest person in the department—Toews is 28—being the one in charge, he did not see that being an issue.

"Certainly, from our perspective, he's already highly respected and just has the kind of character that it really shouldn't be an issue."

Toews was not available for comment.



Day care playing a waiting game with gov't

By Lorne Stelmach

The money is there to build it, but a new day care for Morden still awaits a commitment of funding to help operate the facility.

Directors of the Pembina Valley Child Care Centre Inc. are playing a waiting game with the Province of Manitoba.

"I'm waiting for confirmation that we can get an operating grant to actually keep the facility running. Then we could actually start to move forward," director Shuana Richards commented this past week.

As a non-profit facility, the day care will rely heavily on that operating grant, so Richards said they are holding off on construction until they are more certain about having their funding all in place

"That's about a third of our revenue," Richards said of the provincial funding. "We don't have a surplus of funds to pay everybody should we not receive that operating grant."

Planning for the new day care began last fall when the provincial government announced funding for 14 new or expanded child care centres in Manitoba.

Pembina Valley Child Care Centre Inc., which operates the Morden and Manitou day care centres, received \$240,000 to create a second Morden child care centre in Boundary Trails Place.

The City of Morden and the Morden Community Development Corporation are also contributing \$300,000 to the project, while Boundary Trails Place is donating \$60,000 and the Morden Elks have donated \$10,000 to build a playground.

It had been estimated previously the new facility could include 44 pre-school and eight infant spaces to help alleviate some of the need for child care spaces. Richards last week speculated it could possibly go up to 65 to 70 spaces in total.

Even at that, the new facility will be full from the get-go, as the day care currently has about 100 kids on the waiting list.

"We know that some families are not putting their name on our wait list, knowing that the list is so long," said Richards. "Right now, we are taking children ... it's from 2011, 2012 that they have been on the list."

Another priority for the centre now is to ensure they have enough trained staff in place.

"We have more than enough trained staff for our current site, but we need to get a few more so we now have more staff in training so we can make sure we will be meeting regulations," said Richards.

Despite the delay in getting started on the day care, Richard said they are still eyeing the former Morden Hospital building as a likely site.

"SOME FAMILIES ARE NOT PUTTING THEIR NAME ON OUR WAIT LIST, KNOWING THAT THE LIST IS SO LONG."

"We explored a few possibilities once we heard that we were getting some money. The most viable option for us still is to go into the old hospi-

"The drawings are there ... that will be our plan once we receive the operating grant," said Richards. "I don't think it will take too long once we are

able to get going because the structural part of the building is there."

Due to the upcoming provincial election, a media blackout is in place, so the government was unable to comment on how much longer the day care will have to wait to confirm

RRTVA starting up new piping program

By Lorne Stelmach

A new vocational program will be offered to students in the region this fall.

Western School Division is developing a piping and trades vocational program that will be based out of Morden and added to the options available through the Red River Technical Vocational Area.

Western board chair Robyn Wiebe said the program has been under discussion and consideration for a couple years.

She said they had identified a need in this area, and they see it being a good fit with some of the other trade offerings that are already part of the RRTVA.

"Knowing that we have construction and electrical and welding ... it's kind of one piece that had been missed," Wiebe suggested. "So we did some community consultations with the piping and trades sector and sat down with them in the fall. They were really anxious to see this ... and they say they would have places for kids to find employment."

Wiebe noted they had taken some school tours in Winnipeg to help shape the program here, but they are still ironing out details of the courses.

"There's lots of different piping opportunities ... it's not just plumbing, it's so much more," she said, saying it ties into a wide range of applications in the industrial sector.

A survey done at area high schools showed that student interest in the program is pretty high.

"We had a lot of interest. The numbers should be there," said Wiebe.

The program will be offered starting this fall.

The RRTVA is made up of school divisions all across southeastern and south central Manitoba, including WSD, Garden Valley School Division, Border Land School Division, Division scolaire franco-manitobaine, and the Red River Valley School Di-

"IT'S KIND OF ONE PIECE THAT HAD BEEN MISSED."

vision.

The main program schools involved are Garden Valley Collegiate in Winkler, Northlands Parkway Collegiate in Winkler, Morden Collegiate, Morris School, Roseau Valley School in Dominion City, W.C. Miller Collegiate in Altona, and Shevchenko School in Vita, offering programs ranging from the culinary arts and hairstyling to automotive technology and construction trades.

> WINKLER COUNCIL, FROM PG. 10

Meanwhile, the planning and engineering department has compiled a list of available lots and locations for development and looked at the capacity of the lagoon to support further development.

The report noted that, at this time, if all the approved potential subdivisions were to be developed, there would not be enough capacity to service all the lots.

• A provincial report showed Winkler has the fourth highest total municipal property assessment this year among Manitoba's cities.

The total 2016 assessment of \$622,566,480 places it below just Winnipeg, Brandon, and Steinbach among the 10 cities in the province. Morden ranked eighth at \$366,832,530.



Candlewick Players brings If the Good Lord's Willing and the Creek Don't Rise to the stages in Manitou and Morden this month.

The two act comedy takes over the Manitou Opera House as a Valentine's Dinner Theatre Feb. 12-14 and then hits the Kenmor Theatre in Morden sans food Feb. 19-20.

Funds from the performances goes to each venues' renovations projects—a new addition at the opera house and building upgrades such as improved lighting and flooring at the Kenmor.

Tickets are \$35 for the Manitou dinner theatre and available by reservation only by calling 204-825-8406. Tickets to the Kenmor show are \$20 in advance and \$25 at the door.

For show times and other information, go to candlewick.ca.

Chuck Fefchak strikes a pose as "Doc" for Candlewick Players' performance of If the Good Lord's Willing and the Creek Don't Rise, which runs at the Manitou Opera House as a dinner theatre and as a regular theatre performance at the Kenmor over the next few weeks.



Winkler Police are asking for the public's help in identifying two persons of interest in connection to a

Groceteria on Jan. 22. Police have released the surveillance footage of the pair (at right) and are asking anyone who recognizes them to contact the department at 204-325-9990 or by email at admin@ winklerpolice.ca.

robbery that took place at Hi-Way

Other items of note in the Winkler and Morden police reports include:

• A Winkler man is now facing more serious charges as a result of an altercation in Morden.

The 22-year-old was originally charged with assault causing bodily harm after several people were assaulted outside of Tim Hortons in Morden.

Police say the serious nature of this incident and the extent of injuries led them to upgrade the charges Feb. 1 to aggravated assault.

The accused is to appear in Morden Provincial Court Feb. 23.

• Morden Police are investigating





Winkler Police are asking the public for help in identifying these two persons of interest in relation to a robbery that took place at Hi-Way Groceteria Jan. 22. Call police at 204-325-9990 if you recognize them.

the theft of a significant amount of money and personal cheques from the Access Event Centre Jan. 24.

The money and cash were left unattended in a clear plastic bag believed to have been left behind in the Huron Windows Arena for a period of time between 9:30 and 11 p.m.

Anyone with information is asked to call the department at 204-822-4900, Crime Stoppers at 1-800-222-8477, or submit a tip online at www.manitobacrimestoppers.com or by texting "TIPMAN."

• On Jan. 26 a resident of Victoria St. in Winkler reported three chainsaws had been stolen from the locked covered box of his pickup truck.

The chainsaws are all of the make Huskvarna, (orange in color) and

have a combined replacement value estimated at \$3,000.

The theft remains under investiga-

• Winkler Police have arrested and charged three employees of a local restaurant for theft over \$5,000 following an investigation that began on Jan. 12.

Continued on page 15





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February is Heart & Stroke Awareness Month



Great tips for a healthy heart heart disc

Did you know that one Canadian dies every seven minutes from heart disease or stroke? February is Heart Month, and the Heart and Stroke Foundation will be taking this opportunity to encourage you to take care of your heart. How? By following these tips:

EAT HEALTHY

Dill, paprika, ginger — use herbs or garlic and red peppers to add more flavour to your meals, thus reducing your need for salt. You should also reduce the amount of fat you eat, especially saturated and trans fats, and make sure your menu contains fibre and lots of fruits and vegetables (4 to 10 servings per day).

Winkler Morden

Your Community

NEWSPAPER

Physical activity is good for your heart. Do you exercise enough? The Foundation recommends that adults do a minimum of 150 minutes of moderate (brisk walking, cycling, swimming) to high-intensity (aerobics, running, hockey) physical activity every week, for at least 10 minutes at a time. Combining exercise and a healthy diet also means you'll be bet-

LIMIT YOUR ALCOHOL INTAKE

overweight is a major risk factor for

heart disease.

Consuming a lot of alcohol may contribute to increased blood pressure and result in the development of

heart disease. So women, limit your intake to two glasses a day, and men, three glasses.

Lastly, avoid stressful situations as much as possible or develop good stress relieving techniques. You should also stop smoking, if applicable. To learn more about the best ways to take care of your heart, visit www. heartandstroke.com.



HEARTANDSTROKE.CA OR CALL 1-888-HSF-INFO (473-4636)









925 Skyline Dr, WINKLER, MB

(204) 325-8155





204-822-4774















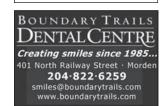














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LIVE WELL WITH











• HEALTH CORNER

Supplements: help or harm?

f vou walk down the aisles in most pharmacies you will find hundreds of dietary supplements and herbal remedies.

Canadians spend over \$1 billion per year on natural health products, but are there real benefits?

For most of the products sold there is little evidence of any benefit. All Health Canada requires to license a natural health product is evidence of traditional use, not studies showing benefit, unless the company makes a specific claim of treating a specific disease. This evidence can come from textbooks over 100 years old!

On many of these products you will see vague claims. For example, a bottle of evening primrose oil claims:

"helping to support female hormone balance and overall health and well-being." This claim is not testable, therefore cannot be proved or disproved.

In contrast to the company's claim,



By Dr. Dan Hunt

the National Institutes of Health states in its review of the oil:"There is not enough evidence to support the use of evening primrose oil for any health condition."

To investigate how lax the regulations around natural health products in Canada are, the show CBC Marketplace applied for a license to sell a natural product called Nighton. It was purported to treat fever, pain and inflammation in children.

The only evidence they offered as proof of its effectiveness was a page photocopied from a homeopathic textbook from the year 1902.

Sure enough, CBC was granted a license to sell their fake product. Even today, after the product was revealed to be a test, it remains approved by Health Canada.

So when you are shopping for natural health products, be aware that simply because it is licensed for sale does not mean that it is effective.

In addition to lack of effectiveness, there is also the question of safety. One might assume that because a

product is natural it must be safe. This is of course not true. Think of poison ivy, rattlesnake venom, or poisonous mushrooms—all of these are natural, all unsafe.

In the realm of natural supplements there have also been many cases of harm. In the U.S., the FDA banned ephedra containing supplements in 2004 due to side effects such as heart attack, stroke, and sudden death. Despite the ban in the U.S., ephedra is still available for purchase in Canada.

Compare these regulations to that of pharmaceuticals. To obtain a license a drug must pass through small studies in healthy people testing for safety, then small trials checking effectiveness, then larger trials to confirm effectiveness.

These studies must show that a drug is both safe and effective in treating the condition it claims to treat.

Even after safety and effectiveness are tested in controlled studies there is still post-marketing surveillance, in

Continued on page 18

> POLICE REPORT, FROM PG. 13

The investigation determined that the employees, who varied in rank at the restaurant, colluded to plan and carry out the thefts of cash, splitting the proceeds between them.

In addition to the charges of theft, one woman was charged with break, enter, and commit theft as well as breaching an undertaking.

The second and third woman involved were each additionally charged with possession of proceeds obtained by crime for the cash still in their possession when arrested.

• In the early morning hours of Jan. 27, Winkler officers received a call from a resident of Royal Crescent advising that a female was banging on his front door yelling at him to open

When he refused to let her in, she broke a front window on the house

Officers attended to find the suspect

was no longer there, and confirmed the broken widow. The investigation continues.

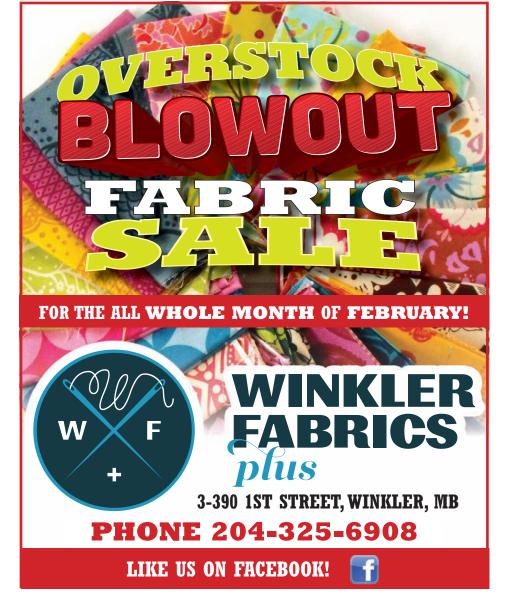
• On Jan. 30, a 39-year-old Morden man was remanded into custody following a curfew check.

He had been placed on a recognizance Aug. 13 in Kenora with conditions to abide by a curfew of 10 p.m. to 6 a.m. and not to possess or consume any unlawful drugs unless with a valid prescription.

A curfew check at the accused's residence at 10:06 p.m. found no one to be home. Police located him at the Traveller's Inn. When he noticed the police, he tried to leave but was arrested for breaching his curfew.

Subsequent to his arrest, a search revealed a small plastic bag of cocaine in his wallet inside his back pocket.

The accused was remanded into custody in Winnipeg to appear in court at a later date.









PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Members of the 13th Field Battery took over the Pembina Valley Provincial Park last weekend to run through winter warfare exercises. The unit spent two nights sleeping in tents or improvised snow shelters as they reconnoitered the area and made plans for an early morning attack and rescue Sunday morning.

Reservists train for winter warfare at local park

By Ashleigh Viveiros

As far as ways to spend a weekend morning go, this was a new one for me.

Last Sunday I found myself held hostage by a group of unspecified enemies of our nation and then rescued by the Canadian military—all right here in the Pembina Valley.

February 10-14, 2016
Selkirk Recreation
Complex

Wed: 8:30 am, 12:15 pm, 4 pm, 7:45 pm
Sat: 9 am, 2 pm, 6 pm
Sun: 9 am, 2 pm.

Wednesday - Opening Ceremony 7:15 pm
Sat: 9 am, 2 pm.

Sun: 9 am, 2 pm.

Wednesday - Opening Ceremony 7:15 pm
Sat: 9 am, 2 pm.

Sun: 9 am, 2 pm.

Thurs-fri: 8:30 am distribution of the complex

Wednesday - Opening Ceremony 7:15 pm
Sat: 9 am, 2 pm.

Sun: 9 am, 2 pm.

FREE
with curling
in the Last Shot Saloon 9 pm - 1 am
Saturday: Asham Stompers Dance group in the Last Shot Saloon 4:30 - 5:30 pm.

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Saturday: Asham Stompers Dance group i

Maybe I should backtrack a bit to provide some context for all that ...

Members of the Canadian Armed Forces' 13th Field Battery took over the Pembina Valley Provincial Park last weekend for three days of winter warfare exercises.

The team of a dozen reservist soldiers arrived in the valley on Friday, led by Winkler's own Captain Mark Wilson.

"These types of exercises are key," he said from his post in the command tent. "This is what we do. This is why people join the army."

Making sure our nation's soldiers are able to operate as efficiently in winter conditions as in summer is paramount, Wilson says.

"This weekend is pretty vital because we're trying to train them in arctic operations." He

shakes his head, then, at the fact they happened to pick what was quite possibly the warmest January weekend in years. "Clearly the weather's not cooperating, but just getting out in the tents, with the snowshoes and the toboggans and all the rest of it, that's challenging."

Wilson's unit—whose members hail from all over southern Manitoba, including Brandon, Winnipeg, and Portage la Prairie—have trained in the Morden area in the past, but this is the first time such a large-scale exercise was held in the provincial park.

"My commanding officer wanted to get off of Department of National Defence land," Wilson says. The men have trained so much at Shilo

Continued on page 18

Winkler's Mark Wilson. a captain with the Canadian Armed Forces and commander of the 13th Field Battery, orchestrated the training exercises for his unit in the Pembina Valley Provincial Park last weekend.

PHOTO BY ASHLEIGH VIVEIROS/ VOICE



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\$37,500 **OR MORE**

For more details, or to use our online heating calculator visit hydro.mb.ca/heating



"WE'RE OUT HERE

CAMPING, RUNNING

EXERCISES, BEING IN

CHARGE OF MILLION

WHERE ELSE WOULD

DOLLAR EQUIPMENT ...

YOU GET TO DO THIS?"

> WINTER WARFARE, FROM PG. 16

that they know the area blindfolded. "That takes away a lot of the challenge. But you come here and they get a map and they have to actually plot it out, use a compass."

The men camped just outside the park's entrance Friday night before moving into the 440 acre snowed-in wooded area the next day to gather information on the terrain and enemy movements.

"Saturday morning they launched out, set up their bivouac site at the [park's observation] tower, and then from there they had a patrol base

and they sent out patrols at different times," Wilson explains, adding that the men took turns standing watch through the night, just as they would in a real-life scenario with enemy combatants nearby.

"All day they do those reconnaissances and then that information shapes what happens next," he goes on. "Based on the

information they brought back ... Saturday night they received orders to do an attack Sunday morning."

The men rehearsed the planned attack in a snowy field near Lookout Point Saturday evening, and then were up at dawn Sunday morning to execute it.

That's when I showed up and was informed of my role as the hostage, which basically involved my standing on the enemy side of the field waiting to be rescued.

Dressed in winter camouflage, the line of soldiers advancing on us from the fog-draped tree line were pretty hard to spot until they got closer and, one by one, started hitting the ground to take cover from the enemy fire.

As no live ammo was used, the shots exchanged consisted of soldiers on both sides yelling out "bang, bang" and "rat-a-tat-tat" while their commanders issued orders to advance or provide cover.

Admittedly, that did make the whole thing seem like an elaborate game of pretend, but it was undercut with the reality that one day these men could very well be executing these same manoeuvres with real bullets whizzing by overhead.

Indeed, more than half of the unit

have served rotations in Afghanistan over the last decade, including Wilson himself.

"The reserves are a part-time component of the Army ... but we're trained to the same standard" as full-time forces, he explains. "In Afghanistan there were cases where I think there were up to 30 per cent of the rotations were

reservists. So it's a pretty big piece and it can be at all levels—all the way down from the private right up to colonels."

Reservists meet about twice month for training exercises that can range from an evening to an entire weekend to 10-day stints, depending on the time of year.

They're also among the first out when Manitoba suffers a natural disaster.

"Absolutely, domestic response is a big part of it," Wilson says. "The armory in Portage now has been used a couple of times for flood fighting. And we've had guys out from our unit ... fighting forest fires. They all volun-



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Soldiers pantomime providing cover for their comrades during a training exercise Sunday (no live ammo was used).



PHOTO BY ASHLEIGH VIVEIROS/VOICE

From left: Sgt. Dave Lamirande and MBdr. Christopher Ross say training and working part-time as Army reservists is a pretty cool way to spend a weekend.

teer for that."

The opportunity to give back to their province and country is the driving force behind why all these guys were out there sleeping in tents and eating army rations last weekend.

Looking beyond that very real sense of duty, though, the reality is part-time jobs don't get much cooler than this, Master Bombardier Christopher Ross pointed out after successfully completing the mission. Ross has been a member of the reserves for over a decade.

"This is a great break from our regular jobs," he says. "We may say that we're soldiers right now—and when we put on the uniform we are—but we've got guys that are contractors, electricians, an accountant. I'm going to school to be a teacher, he's going in for social work. It's a large group of people all coming from different walks of life and we meet together and we become Batman for the weekend"

Sergeant Dave Lamirande, a nineyear member of the Armed Forces, agrees.

"It offers a lot of different opportunities that a civilian job wouldn't allow you to do," he says. "We're out here camping in the provincial park, running exercises, being in charge of million dollar equipment ... where else would you get to do this?"

Wilson says he hopes to bring his unit back to our area for more largescale training exercises in the future.

> SUPPLEMENTS, FROM PG. 15

which unexpected side effects are reported to Health Canada. If too many side effects are reported, the drug will be pulled from the market.

The other issue with natural products is conflict of interest. Often the person selling you the product is also the person recommending you use it. This is akin to getting car buying suggestions from a Ford salesman.

To avoid this conflict in conventional medical care, your doctor will suggest a drug and your pharmacist will sell it.

Contrary to popular belief, doctors make no money from writing prescriptions—whether you walk out of the office with a prescription

or not, your doctor is paid the same amount.

If you are interested in using natural products, I would suggest you get information from a reputable third party, not the seller of the products.

One of the best websites detailing the scientific evidence for natural products is the National Institutes of Health's site at nccih.nih.gov/ health. Other evidence-based websites include: www.quackwatch.org and www.sciencebasedmedicine.

If you have further questions about supplements, contact your family doctor or pharmacist, as they can help you sort fact from fiction.



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Royals down Redskins in SO The Winkler Reebok PHO-

Royals' Marlin Froese scores over the glove of the Morden Redskins' **Reed Peters** to clinch the win in the shoot out decision. Below: Morden's Tyler Peers tries to control the speed of Craig Cornelson.

> **TOS BY RICK HIEBERT**

By Ashleigh Viveiros

The Winkler Royals wrapped up their regular season SEMHL schedule on a high point last Sunday.

Facing off at home against the Morden Redskins, the Royals battled their way to a 4-3 shootout win to wrap the season with an 11-8 record.

The Redskins had a 2-1 lead after the first period, which saw Keith Bially and Ryan Funk score for Morden at 9:40 and 12:54 and then Marlin Froese get Winkler on the board at 14:22.

After a scoreless period two, Winkler tipped the scales with goals from Mark Hildebrand two minutes in and Tristan Loewen at 14:55. Morden got the tying goal less than a minute later, though, courtesy of Tyler Peers, sending the game into overtime.

The extra period proved fruitless and so the game came down to the shootout, wherein Morden's shooters all missed the mark while Winkler's Steve Doell and Marlin Froese got the two the Royals needed for the win.

Reed Peters took the loss in net for Morden, making 40 saves, while Matt Krahn manned Winkler's net, making 53 saves.

Morden, meanwhile, had been on the winning side of another shootout two days earlier.

On Jan. 28, the Redskins downed the Altona Maroons 1-0. Peters turned away 29 shots on net that game as Morden outshot Altona 33-

With that, Morden's record is 10-8-0-1 for 21 points, tying them in third place with Altona, who has two games in hand over them.

Winkler, meanwhile, is in second place with 22 points, while Carman has a death grip on first place with a 16-3 record and 32 points.

Morden has their final game of the season on Saturday at 8 p.m. at home against the Notre Dame Hawks.



Zodiacs down Redhawks, Aces on the court

On the ice, Thunder post 5-4 SO win

The Garden Valley Collegiate girls varsity basketball team nearly doubled up on the visiting W.C. Miller Aces last Thursday night.

The Zodiacs took the game 65-34, with Talia Peters proving a stand-out star with multiple two and threepoint baskets for her team.

Earlier in the week, the ladies also downed the Redhawks 52-11.

The Zodiacs boys team, meanwhile, also posted a pair of wins, besting the Redhawks 89-18 and the Aces 75-22.

Also in Zone 4 AAA varsity basketball action, the Morden Thunder boys fell to Sanford 75-58 while the girls lost 54-20.

In Zone 4 boys hockey, the Northlands Parkway Collegiate Nighthawks fell to the Mavericks 3-1 (with Dustin Wall doing scoring honours for Winkler), the Zodiacs bowed to the Mustangs 12-2 (GVC goals from Noah Friesen and Tj Matuszewski), and the Thunder battled the Mavericks to a 5-4 shootout victory (Morden goals scored by Evan Wuerch, Brayden Jonasson, Joey Baker, and Finley Wheeler, with Jonasson getting the winning goal in the shootout).

Flyers win four straight on the road

By Ashleigh Viveiros

The Winkler Flyers wrapped up January on fire with four straight wins.

After making short work of the Selkirk Steelers 8-3 on Jan. 26, the team headed further north to take on the Swan Valley Stampeders on Friday.

The two teams were evenly matched, with Winkler only just getting the edge on shots in the first two periods.

By the second intermission, though, the Stampeders had come from behind to take a 3-2 lead (Winkler goals by Kurt Sonne in the first and Cam Whyte at the top of the second).

Lawson McDonald changed all that in the final two minutes of the third period when he fired home not one but two shots to give his team a 4-3

Overall, Winkler outshot Swan Valley 32-29. Nathan Warren got the win in net, making 26 saves.

Winkler went one better the next night in Waywayseecappo against the

Whyte drew first blood midway through the opening frame, only to have the Wolverines get the tying goal at the 18:18 mark.

Period two saw the home team pull ahead a minute in, but then Winkler's offensive line came to life, with Sonne tying things up at 3:53, Tristan Keck scoring an unassisted goal at 9:32 to pull the Flyers into the lead, and then Whyte making it a 4-2 game in the period's final seconds.

Though Wayway tried close the gap with an early third period goal, that was their last gasp, while Winkler's Scott Gall bolstered their lead to 5-3—a score that held through to the

Warren manned Winkler's net once again, making 21 saves as his team won the shot war 28-24.

A rematch the very next day had similar results, this time with Winkler downing the Wolverines 6-3.

Thomas Mansbridge and Sonne made it 2-1 in the opening period, Williamson's goal made it 3-2 after two periods, and then Scott Gall, Jason Cohan, and Williamson once again made it a 6-3 victory in the third.

Connor Slipp stepped between the posts this game, making 34 saves as Winkler outshot Waywayseecappo 39-27.

Winkler is now 33-11-3 for 69 points, sitting in third place in the MJHL. They trail the second place Steinbach Pistons by eight points and the first place Portage Terriers by 19 points. The fourth place Winnipeg Blues are a fair ways back with 56 points.

Coming up this weekend, Winkler hosts Swan Valley Friday and Virden Saturday.



PHOTO BY RICK HIEBERT

GVC star Talia Peters drives the baseline towards the net in the Zodiacs varsity girls team's 65-34 thrashing of the visiting W.C. Miller Aces last Thursday night.

Manitaha	Ша	ماد	~	Ct	0 10 4	4:6	~~	Central Plains	38	21	11	2	48	128	99
Manitoba	Пι	JUK	Ŀу	3 l	alli	ШЦ	ys	Kenora	37	18	17	2	38	138	148
MANITOBA JUNIOR			•				•	Southwest	38	18	18	1	38	125	129
HOCKEY LEAGUE	GP	W	L	0TL	PTS	GF	GA	Brandon	37	18	18	0	37	106	115
Portage Terriers	51	43	6	2	88	225	105	Parkland	37	16	17	0	36	136	150
Steinbach Pistons	49	37	9	3	77	199	119	Interlake	37	8	29	0	16	94	185
Winkler Flyers	47	33	11	3	69	201	123	Pembina Valley	37	6	28	1	15	74	173
Winnipeg Blues	49	25	18	6	56	178	145	Norman	37	3	32	2	8	100	228
Virden Oil Capitals	46	27	18	1	55	156	108		٠.	·	-	-	·		
Swan Valley Stampeders	48	20	23	5	45	141	165	AAA BANTAM							
OCN Blizzard	50	21	27	2	44	150	184	HOCKEY LEAGUE	GP	W	L	0TL	PTS	GF	GA
Selkirk Steelers	47	20	25	2	42	167	195	Brandon Wheat Kings	30	26	4	0	52	187	46
Dauphin Kings	46	16	27	3	35	138	185	Central Plains Capitals	30	19	10	1	39	156	131
Waywayseecappo Wolverines	48	13	31	4	30	124	205	Yellowhead Chiefs	29	14	10	3	33	126	114
Neepawa Natives	47	9	37	1	19	99	244	Parkland Rangers	28	16	12	0	32	145	142
								Pembina Valley PV Hawks	29	10	14	3	25	136	151
MANITOBA MAJOR JUNIO								Southwest Cougars	30	10	19	1	21	95	112
HOCKEY LEAGUE	GP	W	L	0TL	PTS	GF	GA	Norman Wolves	32	1	31	0	2	51	319
Raiders Jr. Hockey Club	35	26	7	2	54	134	92	MANITOBA FEMALE MIDG	T A A .						
Charleswood Hawks	34	22	7	5	49	135	91	HOCKEY LEAGUE	GP	۹ W	L	т	OTW	ОТІ	Pts
Pembina Valley Twisters	34	20	10	4	44	144	112		GP 23	w 18	1	-	01W 2		42
St. Vital Victorias	34	20	12	2	42	129	114	Yellowhead Chiefs			-	-	_	2	
St. James Canucks	36	20	15	1	41	136	127	PV Hawks	24	17	4	-	2	1	39
Stonewall Jets	33	17	14	2	36	124	107	Westman Wildcats	25	16			1	4	38
River East Royal Knights	35	15	18	2	32	103	118	Central Plains	23	14	6	-	2	1	33
St. Boniface Riels	36	14	19	3	31	116	142	Winnipeg Avros	26	9	11	-	4	2	28
Transcona Railer Express	34	13	19	2	28	118	145	Eastman Selects	23	6	15	-	1	1	15
Ft.Garry/Ft.Rouge Twins	35	6	27	2	14	83	174	Norman Wild	23	3	19	-	-	1	7
SOUTH EASTERN MANITOBA							HIGH SCHOOL HOCKEY	GP	W	L	0TL	PTS	GF	GA	
HOCKEY LEAGUE	GP	W	L	0TL	PTS	GF	GA	Prairie Mountain Mustangs		19	0	0	38	145	38
Carman	19	16	3	0	32	105	57	Morden Thunder	21	14	5	1	30	113	64
Winkler	19	11	8	0	22	66	71	Portage Collegiate							
Morden	19	10	8	0	21	68	66	Institute Trojans	20	14	6	0	28	89	60
Altona	17	10	6	0	21	68	53	Morris Mavericks	22	11	8	1	25	97	77
Portage	18	10	8	0	20	83	84	W.C. Miller Aces (Altona)	20	11	7	1	24	81	72
Notre Dame	19	6	8	5	17	74	84	Carman Cougars	19	8	11	0	16	49	73
Warren	19	2	14	1	7	79	12 8	Northlands Parkway Colleg	iate						
AAA MIDGET								Nighthawks (Winkler)	20	6	13	0	13	52	91
HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF	GA	Garden Valley Collegiate							
Eastman	38	35	0	1	73	195	78	Zodiacs (Winkler)	21	5	15	0	11	51	136
Wild	37	30	5	1	62	152	68	Cartwright/Nellie McClung/							
Yellowhead	37	24	7	i	54	128	88	Pilot Mound Tigers	22	4	15	2	11	31	97
Thrashers	36	26	9	i	53	173	88	STATS AS OF TUESDAY, Fe	bruar	y 2					
				•		170									

Hawks in pitched battle in the standings

By Lorne Stelmach

Right in the thick of the fight for top spot in the Manitoba AAA Female Midget Hockey League, the Pembina Valley Hawks need wins to keep pace.

That is especially so when facing teams lower down in the standings, and the Hawks did that with a pair of shutout wins Saturday and Sunday over the Norman Wild in Thompson.

The 6-0 and 3-0 victories made it three straight wins for Pembina Valley following a 7-0 blanking of the Interlake Lightning the previous weekend

The Hawks have a solid 19-4-1 record for 39 points, but they remain in second place to the powerhouse Yellowhead Chiefs, who keep winning and have built a 20-1-2 record for 42 points.

It remains crowded near the top of the standings, though, with the Westman Wildcats just one point back at 38 on a record of 17-4-4. Further back are the Central Plains Capitals at 33 and Winnipeg Avros at 28, while bringing up the rear are the Eastman Selects at 15, Norman at seven points, and then the winless Interlake Lightning.

The Hawks' netminders were not busy but still offered up steady performances in net against the Wild. Taylor Reimer earned the shutout Saturday with 11 saves and then it was Halle Oswald's turn Sunday with 21

The defensive corps also backed it

up with blocked shots, creating openings for their netminder and doing well to get the puck out of the defensive zone.

Captain Jenai Buchanan and Mackenzie Hutchinson each had a pair of goals and three point nights Saturday, with other goals coming from Chelsea Dearsley and Chloe Penner.

Sage McElroy-Scott and Lindsay

Michiels contributed a pair of assists each as the Hawks put it away with a dominant third period, outshooting the Wild 23-2 and scoring three times.

It was McElroy-Scott who then came up with a pair of goals Sunday, with the other marker coming from Makenzie McCallum.

The team's jockeying for position is hitting the home stretch.

The final four begin for the Hawks with a road game Saturday against Eastman and then a big Sunday afternoon match against Westman in Pilot Mound.

The following weekend then wraps it up with a pair of Morden home games against Norman and Central Plains.

Guts not enough for a Hawks win

By Lorne Stelmach

A gutsy effort in the end didn't turn up a win for the Pembina Valley Hawks.

Short of players on both offense and defence, the Hawks were backed up this past week by another heroic effort in net by Aaron Brunn.

The Central Plains Capitals did escape with a 3-2 shootout win Saturday over Pembina Valley, but coach Rylan Price could only give his squad kudos.

"Every one stuck to it ... and we almost stole one there. Aaron made a lot of saves," said Price, whose tired team then didn't have enough left in the tank in falling 5-1 to the Winnipeg Wild Sunday afternoon.

"We were up against a really, really strong team ... tired from the day before with a short bench ... they just outskated us. They were on the puck

every time."

Brunn made 50 saves in Portage Saturday for the Hawks, who got a pair of goals from Wyatt Sabourin and tried to hang on to a 2-1 lead going into the third period.

The Selects were able to tie it with five minutes left. After overtime settled nothing, it went to a shootout with Central Plains taking it 2-1 on three shooters.

Pembina Valley trailed 2-0 and 3-0 at the intermissions Sunday against the second place Wild.

Troy Lehmann got the lone goal with just over five minutes left for the Hawks, who could not generate much pressure, being outshot 43-14. Matthew Thiessen took the loss in net this time with 38 saves.

The Hawks remain in 11th place in the 12 team Manitoba AAA Midget Hockey League at 6-28-0-1-2 for 15 points That puts them one point back of Interlake and seven points up on the Norman North Stars, who head south to Morden for a pair of games this Friday and Saturday.

"It looks like a team that we should be able to do well against and hopefully come home with a couple of wins," said Price.

A three game homestand weekend concludes with the Hawks hosting Kenora Sunday afternoon.

"We have good battles with them," commented Price, who praised his team for their continued perseverance.

"They're still quite positive in the dressing room," he said. "They're a great group of kids ... and they're staying with it."

Twisters falter against St. James, Charleswood

By Lorne Stelmach

The Pembina Valley Twisters have faltered a bit heading into the final stretch run of their Manitoba Major Junior Hockey League season.

Dropping into third place, the Twisters came out of the weekend with a three game losing streak after falling 4-3 to the St. Boniface Riels Friday and 5-3 to the Charleswood Hawks Sunday.

A run of three unanswered first period goals helped propel St. Boniface to the win, but the winner was a heartbreaker, coming with just 12 seconds remaining in regulation time.

Scoring for the Twisters were Bryce Dusik with his seventh goal of the season, Matt Mazinke with his fifth, and Colin Grenier with his second on a powerplay.

Pembina Valley outshot the Riels 32-21. Gavin Klassen and Morgan Wall split net duties.

On Sunday, Pembina Valley fell behind 3-2 and 4-2 at the intermissions, pulling within one when Matthew Hadley scored with just under two minutes left, but then an empty net goal sealed the win for Charleswood.

Other goals for the Twisters came from Chad Millar and Bryce Dusik.

Wall took the loss in net with 30 saves as shots on goal overall were even at 35 each.

Pembina Valley's record drops to 20-10-4 for 44 points, which leaves them in third place behind the Raiders at 54 and Charleswood at 49. Chasing the Twisters are the St. Vital Victorias at 42 points and St. James Canucks at 41.

It is the Canucks who head south this Friday to meet the Twisters for Pembina Valley's only game this week before visiting the Fort Garry Fort Rouge Twins Feb. 9.



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Agriculture

Kostyshyn says pilot project provides opportunities

By Harry Siemens

Despite the recently introduced additional 11-step program to apply for a permit to build a new hog barn in Manitoba in certain areas, it will still take renewed confidence from the financial institutions and other investors to make it happen.

Manitoba Ag Minister Ron Kostyshyn says a pilot project introduced last April offers the opportunity to build the barns required to meet the needs of the province's processors while still safeguarding the environment.

Kostyshyn, speaking to reporters as part of Manitoba Ag Days in Brandon, said in partnership with Manitoba Conservation and Manitoba's hog producers, the Pig Production Special Pilot Project Evaluation Protocol calls for a two cell manure storage system in place of the anaerobic digester philosophy to deal with nitrogen and phosphorus and other environmental safeguards.

"We've seen some noticeable changes," he says. "Concentration levels have been reduced in order to apply and there's always the buffer zone of applications in designated areas from waterways and opportunities."

Kostyshyn thinks the most significant change is the concentration level and the number of acres required to distribute the manure in appropri-

Also significant is working with Manitoba hog producers and the agronomists of the world for proper soil testing monitoring of the phosphorus and nitrogen levels, keeping it all in sync to minimize oversatura-

Kostyshyn says there is a recognition that environmental sustainability is possible and, in talking with producers, there is an interest in building new barns under the pilot project. The next challenge is attracting the investment required to do so.

"We've had conversations with the Manitoba hog industries and they are out looking, researching for investors as barns, and putting in more hog operations," he says. "The realities as we all know that a lot of the hog barn infrastructure is getting up

in age and the industry is talking to us, to investors, as to my understanding. So we're hoping to see that continues to happen."

Kostyshyn says price guarantees are always the driving force at the end of the day for the investors so that they get a fair return on their investments.

"Whether we will have more barns is I think just a matter of the hog industry working with other agencies to make it become a reality indefinitely," he says. "With COOL in the background, I think that opens up another opportunity of movement of hogs whole, or processed here in the province."

When asked about the state of the hog industry in Manitoba over the last four years, he calls it a moving

"We know supply and demand plays into that, obviously. With the COOL somewhat being on the radar screen right now, will that accelerate the price for hog production or hog prices in the province of Manitoba? I'm hoping it does," says Kostyshyn. "Also we have to maintain the operations of the HyLife's and Maple Leafs when we move into further hog production in Manitoba. We continue to work with labour forces, with employees down at Maple Leaf, but there is also a shortage of hog numbers to process.

"At the end of the day, we appreciate the hog industry and we as government will do anything we can to work with it and provide some financial stability in the long run."

Communication down south is key

By Harry Siemens

Manitoba Pork chair George Matheson says the repeal of Country of Origin Labelling in the United States will have a negligible impact on hog markets in that country.

A delegation representing Manitoba Pork met with U.S. political and farm leaders and fellow farmers to discuss wide ranging issues of mutual concern in Des Moines as part of Iowa Pork Congress 2016.

Matheson says a key issue was the repeal of COOL and what impact it might have on Manitoba weanling exports south.

"Number one, we thanked them for supporting us in getting the matter resolved in regards to COOL,"he says. "We also did advise them that there would be no expectations of a sudden increase in exports from Manitoba just because COOL is repealed. We will probably stay at roughly three

Matheson says Manitoba exports dropped from four million weanlings before the COOL fiasco, so it's unlikely that now that it's settled that number would increase so as to depress the U.S. market.

"I took part in a seminar by a pork economist who felt that possibly in Ontario where they're lacking slaughter space, they may start moving more hogs south, being a little easier to do

Continued on page 24



Beware of getting full value

By Harry Siemens

In the business, I'm in, I get to be privy to all kinds of story ideas, personal stories, happenings, and

I had breakfast with a farmer in Southern Manitoba who tells me that when getting payment for a number of deliveries to a supposedly reputable grain handling company, nearly \$20,000 was missing.

Then in asking, checking, and rechecking, he finds out there are two loads missing in their earlier deliveries that the total cheque didn't in-

This isn't the only time I've heard this: another farmer from another part of the province told me the

same kind of story. Once he checked back and proved his point, I'm thinking he, too, got paid.

Is this a common occurrence, is my question. For farmers, such an error can add up to thousands of dollars

If I recall correctly, the first farmer called to ask me what he should do about the inaccuracies of his grain handler and whether he should go public with it.

While not giving names of farmers, grain handlers, or geographical areas they farm in, I'm going public simply to, firstly, ask whether other farmers are finding similar discrepancies, and, secondly, to give a heads up to producers to make sure you keep checking that you're getting

paid what's coming to you.

If companies are skimming—and I use a big "IF"—then we need to make each other aware of this.

Shifting gears, at Keystone Agricultural Producers' 32nd annual meeting in Winnipeg last week, the delegate body passed 19 resolutions, including a call to the federal government for a universal producer payment security program for all commodities.

Whether this covers the two producer stories I just told you about, I'm not sure. I think it has more to do with making sure the company you deliver to is good for cheques it issues, and doesn't go bankrupt after

Continued on page 24

> COMMUNICATION, FROM PG. 23

so with the repeal of COOL," he says. "That would increase U.S. slaughter by no more than one per cent so he didn't think it would pressure prices too much and in fact that flow of hogs may not happen. Perhaps Ontario, as they've done in the past, will find space in Quebec."

Matheson says no one on either side of the border wanted to see the retaliatory tariffs promised by Canada and Mexico had the U.S. Congress not repealed the provisions of COOL for pork and beef.

Also at the pork congress last month was Manitoba Pork executive committee member Rick Preject.

Preject, a hog producer from Notre Dame, says that by keeping the lines of communication open among Manitoba and mid-western U.S. pork producers a lot of the misconceptions and misunderstandings that can lead to problems can be avoided.

"We had a breakfast meeting with a number of people from the Minnesota Pork committee and etceteras and some government officials. They had many questions ranging from health, to COOL, transportation and such, a pretty broad general discussion.

They're interested in understanding some of the risk there might be with Canadian hogs going down there, the risk of what our supply is going to be doing in the future, especially with COOL for pork and beef repealed.

"Again, it's a matter of explaining

what we're doing, how we're doing it, why we're doing it and taking away all the rumors and demystify the whole thing of pork production in western Canada so they can fully understand what we're doing, where we're coming from."

> SIEMENS SAYS, FROM PG. 23

you making a number of deliveries.

Often, a farmer will haul in a number of loads before the company will make settlement. In the case of the second farmer in my earlier scenario, they had hauled in a bunch of loads on a forward contracting program and finally when they went to sell some time later, the payment for two earlier loads was missing.

Other KAP resolutions included one addressing poor rural cell-phone service. Rural Manitobans, said many

delegates, pay the same price for cell service as others in the province, but receive substandard service due to a lack of towers or poor signals.

I say amen to that. I travel lots and one knows exactly where not to attempt a call because there is no service. Very often it's still in a well-populated area. Very frustrating.

KAP delegates also called for Manitoba Hydro upgrades that will meet the needs of modern agriculture at a reasonable cost.

Some used the example of a farmer who couldn't use his welder to fix farm equipment while his children had the computer turned on.

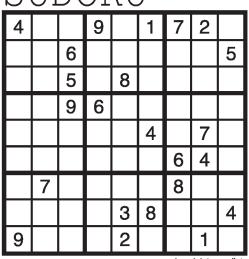
Now that is even more frustrating, I believe, than poor cell phone service.

Also at the meeting, the delegates acclaimed Dan Mazier KAP as president for a second term.

Justin Jenner, a Minnedosa farmer, and Glenn Young, a producer from Cypress River, were both acclaimed as vice-presidents.

take a break > GAMES

SUDOKU

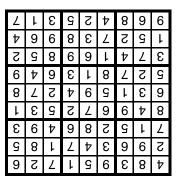


Fun By The Numbers

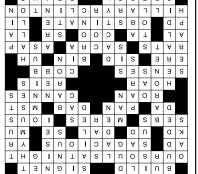
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put vour sudoku savvy to the test!

Here's How It Works:

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



Sudoku Answer

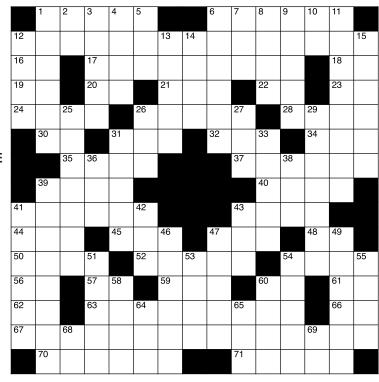


Crossword Answer

CLUES ACROSS

- 1. Construct
- 6. Seal
- 12. Last from Kent Haruf
- 16. A public promotion
- 17. Acutely insightful and wise
- 18. Yemeni rival
- __ Lang (country singer)
- 20. Blue Hen school
- 21. Decaliter
- 22. Point midway between S and E
- 23. 12th Greek letter
- 24. One point S of SE
- **26. Pools**
- 28. Notes of hand
- 30. Algerian dinar
- 31. Metal cooking vessel
- 32. Short poking stroke
- 34. Mountain Standard Time 35. Dark hairs mixed with light
- 37. Hosts film festival
- 39. Frost
- 40. Former moneys of Brazil
- 41. Bodily perceptions
- 43. Baseball great Ty
- 44. Before
- 45. Caesar, comedian
- 47. Containerful
- 48. Expression of uncertainty
- 50. Tells on
- 52. Bones
- 54. As fast as can be done (abbr.)
- 56. Singer Jolson
- 57. Atomic #73
- 59. Pigeon sound
- 60. Jr's. father
- **61.6th tone**
- 62. Debt settled (abbr.)
- 63. Contrary
- 66. Chinese tennis star Na
- 67. 44th First Lady
- 70. Methyl phenol
- 71. Avid applause
- **CLUES DOWN** 1. Started growth
- 2. Biblical Sumerian city

CROSSWO



- 3. Where Alexander defeated **Darius III**
- 4. Something to be borne or conveyed
- 5. Removed earth
- 6. Traveled by water
- 7. Hirobumi ___, Japan
- 8. Antelopes
- 9. Japanese emigrant's offspring
- 10. For instance 11. T cell glands
- 12. Acorn trees
- 13. Burdened
- 14. Wound deformity
- 15. Has faith in
- 25. Title of honor
- 26. Someone
- 27. Pouch 29. Comprehensive
- 31. Separates with an instrument

- 33. Noble
- 36. US, Latin America, Canada
- 38. Snoot
- 39. About heraldry
- 41. Angel
- 42. Female sibling
- 43. Former OSS
- 46. Stressed-unstressed-unstressed
- 47. An imperfectly broken mustang
- 49. Call out
- 51. A long scarf
- 53. Coconut fiber
- 54. Scene of sports & events
- 55. Bodily suffering
- 58. Cloths
- 60. A way to agitate
- 64. No seats available 65. Linen liturgical vestment
- 68. Atomic #103
- 69. Home screen

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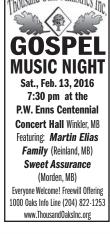
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Life-Lease Suites, 55+ Virden Kin Place, Mb. MFS Enterprises. Newly renovated, heated parking, behospital and side shopping. For more information contact John 1-204-851-1042.

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#32 meat grinder \$45; barn lantern \$25; oil lamp \$45; big farm picture \$29; antique mirror \$19.95; Speed Queen Mangle \$75: Bion Aire Humidifier \$45: new galvanized pails \$22: ladies dress \$20: fire extinguisher \$25: new ceiling fan \$35; 25 ft. cord \$3; sewing machine \$20; new pocket watch \$15, 4th St. Winkler 204-362-0127.

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- 2 bedroom apartment (couples) Hot meals available
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RENTALS

1 BDRM **SUITES** Available in Morden.

Rent includes fr. st. water heat. common room for gatherings. Suitable for retired or semi-retired

Call Cindy at 362-7151 or toll free at 1-866-449-0254 for more info.

NOTICES



R.M. OF STANLEY **PUBLIC NOTICE REGARDING THE 2016** 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 2016 at a Public Hearing in the Council Chambers of the Municipality on Thursday, February 25, 2016 at 11:00 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 2016 Financial Plan will be available for review at the Municipal Office at 23111 PTH 14W in the Rural Municipality of Stanley.

COMING EVENTS

SOUP & **DESSERT** LUNCH

Fri., Feb. 12/16

Zion Lutheran Church 144 7th St., Morden, MB 11:30 am - 1:00 pm \$7.00 per person Proceeds to missions



UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF **PUBLIC HEARING**

On the date and at the time and location shown below. a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter: THE CITY OF MORDEN BY-LAW 02-2016 Being an AMENDMENT to the CITY OF MORDEN ZONING

BY-LAW 22-2008, AS AMENDED HEARING Morden Civic Centre LOCATION: 195 Stephen St., Morden, MB DATE & Monday, February 29, 2016 TIME: @ 7:00pm

FROM: "CH" Commercial Highway &

"CR" Community Reserve "I" Institutional

ARFA: Lots 16 - 19, Block 2 - 3 Eagle Drive Plan 1854 Roll #331180, 331200,

331170, 331010, 331190

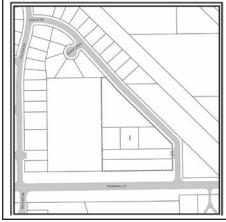
FOR INFORMATION CONTACT:

TO:

Morden. Martin Sandhurst, City Planner 133 7th Street, Morden, MB. R6M 1V3 Phone: (204) 822-4434

A copy of the above proposal and supporting material may be inspected at the location noted above during office hours. Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

Please note that if you would like to make a presentation at the Public Hearing you can register to do so at the time of the hearing. If you would like to provide a letter of support or opposition to the proposal you can submit a signed letter at the Civic Center, or in nerson at the Public Hearing.



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CAREERS

SALE OF STRUCTURE BY PUBLIC TENDER WINKLER CONSUMERS CO-OPERATIVE LTD.

Take Notice that tenders are invited for the purchase of the Houses (2) described below and will be received until 3:00 p.m. local time on Feb 20th 2016 at the Winkler Consumers Co-operative Ltd. Office, 370 Main St, Winkler Mb.

Description of Houses:

House #1. House located at 215 1st St. Morden Mb. This is house is to be moved no later than March 26th 2016. House will be sold as is, where is, There is no minimum tender amount.

House #2. House located at 223 1st St. Morden Mb. This is house is to be moved no later than March 26th 2016. House will be sold as is, where is.

There is no minimum tender amount.

Houses will be sold individually, not as a package.

Tenders must be submitted in the prescribed form available at winklercoop.com

The successful purchaser will be required to assume the role of Prime Contractor, for the work completed.

The successful purchaser will be required to pay the amount tendered plus applicable taxes.

For further information regarding this sale and a copy of the prescribed form of tender, email Tenders@winklercoop.com or contact:

Evan Toews Operations Manager Winkler Consumers Cooperative Ltd. Box 1120, Winkler Manitoba R6W 4B2 204-325-9595

CAREERS





Mennonite Collegiate Institute, located in Gretna, Manitoba, is searching

Our mission is to educate young people in an Anabaptist - Christian context, seeking to develop each student's God - given potential, providing a practice ground for maturing faith in Jesus Christ, in thought, love and action.

Our principal must be passionate about our mission, provide effective leadership, promote a vision for Christian education and build community - both within the school and its supporting constituency. We are seeking a person with a strong calling to serve within this dynamic context.

MCI continues to build upon a strong heritage of Christian education, which began in 1889. Our current enrolment includes 127 students in Grades 7-12. Approximately one-half live on campus in the school's residence.

To find out more about this exciting position or to submit a resume, please contact the search committee at searchteam@mciblues.net. Applications close March 31st, 2016.



WEEDERS

Kroeker Farms Limited, a Winkler MB. based agribusiness will have part-time openings in our organic department beginning mid – June to mid - August to pull weeds in our organic crops, including onions, potatoes and other field crops.

Desired Requirements:

- Enthusiastic persons willing to take responsibility
- Positive team players
- Ability to focus

Wage rate is \$11.00/hour

Please send or email your resume to, drop off your application attention to:

Ed Klassen

Human Resources Manager (204) 325 - 4333 777 Circle K Drive

Winkler, MB R6W 0K7

Email: edwin@kroekers.com

Deadline for applications -March 1st. 2016

> We thank all applicants for their interest. Only those candidates to be interviewed will be contacted

CARD OF THANKS

Thank-you to everyone who supported us during the difficult time of the loss of our dear daughter, granddaughter and sister, Lauren Faith Rodgers on November 23, 2015. Thankyou to everyone: who comforted us with prayers, hugs and visits; who brought food and made meals; who sent flowers; who made donations to PVHS; who called and sent cards. Special thank-yous to Rev. Grahme Spear, Kylie Wilson and Shauna Sheldon of Floral Scents. We never knew how many people really care.

-Sincerely, Chris Sawatzky and family,

Grant Stambuski and Francie Last Stambuski

AUCTION



click on Feb. 15 auction. Click on register to bid online, and you are ready to purchase toys, name your price.

Closes 7 pm - Feb. 15.



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Dr. Christopher J. Turner, N.D. and staff at the Winnipeg Naturopathic Clinic are pleased to announce that Dr Iill Kazuk, N.D. has joined the clinic and is now accepting new patients.

WINNIPEG NATUROPATHIC CLINIC

459 William Ave. Winnipeg, MB R3A oJ5 (204) 956-1555

onathic medicine is a disting Naturopathic medicine is a distinimary health care profession that emphasizes prevention, reatment and optimal health through the use of therapeutic methods and substances which encourage the person's inherent elf-healing process.

McSherry Auction Moving & Estate

Saturday, February 6 @ 10:00 am Stonewall MB #12 Patterson Drive

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OBITUARY



Abram M Wiebe

1927-2016 On Monday, January 25, 2016 at Boundary Trails Health Centre, Abe Wiebe aged 88 years of Morden, MB passed away.

Abe was born on April 25, 1927 in Roswell, New Mexico, born to parents, Bernhard Wiebe and Margaretha Wiebe. Siblings include Katherine, Bernhard, Dave, Margaret, Helena, Anne and Mary. Abe married Annie Dyck on July 1, 1951 at the Glencross Church. Abe was a farmer but had many jobs outside of the farm, he worked at the Morden Creamery, Domtar, Dept. of Highways, Morden Research Station and lastly, at Pembina Mountain Clays for 25 years until he retired at age 64. Abe lived first for the Lord, then his family and of course as many of you know, he lived to hunt and fish.

Abe is survived by his wife, Annie and their five children, Gordon and wife, Nettie Wiebe, Dale and husband, Don Weber, Linda and husband, Ken Bergman, Harvey and wife, Eve Wiebe, Melvin and wife, Rhonda Wiebe. Abe is also survived by 11 grandchildren and nine great grandchildren. Memorial service was held at 2:00 p.m. on Saturday, January 30, 2016 at the Glencross

Mennonite Church with interment prior to the service at the Church Cemetery.

If friends so desire, donations may be made in Abe's memory to Samaritan's Purse 20 Hopewell Way NE, Calgary, AB T3J 5H5.

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



OBITUARY



Maria (Mary) Redekop (nee Rempel) 1941 - 2016

Mary Redekop was born March 1, 1941 in Nuevo Horizonte (New Horizon), Mexico to Gerhard H. and Maria (nee Blatz) Rempel. She was the third of 11 children. She was 16 years old when they had an eventful move to Altona, Manitoba, Canada. While living in Altona she had an experience that confirmed her need of a saviour and asked Jesus to save her July 6, 1957. They lived in Altona for three months, then moved to Madison, Ontario for two years, then Aylmer, Ontario from 1959 to 1961. She was always an eager worker and she worked at a mink farm to help the family. In 1961 they moved to Winkler, Manitoba. Mom worked at the Winkler

Bethel Hospital. At the age of 21, she took a step of obedience and was baptized at the Old Colony Church in Reinfeld.

In January 1965, Mary met John H. Redekop on Main St. in Winkler. Dad knew when he saw her, that she would be his wife. They were married September 12, 1965 in the Reinfeld Old Colony Church. They lived in Winkler and had their first son in 1966, they then moved to Mount Salem, then Luton, Ontario for greener pastures. It was there that they were blessed with four more children. Sadly, they had to experience the loss of a newborn child. They moved to Plum Coulee in 1976 to be closer to Mom's family, after a short stay there, they moved to Reinfeld where they built a new house. During this time, they were blessed with two more children.

Mom was a very hard worker and had a very busy life. She had a wide variety of jobs, including hoeing beets with her children, picking strawberries, being a janitor for Garden Valley School Division, general worker for Winkler Woodcraft, babysitter and housekeeper for neighbours, grading potatoes for Goertzen Farms all while doing an amazing job raising her family. Amongst all of this, they loved to travel to go visit family.

Of all her accomplishments that she could be proud of, she was the most proud of her grandchildren and one great-grandchild, they were her pride and joy. Mom's faith in her Lord Jesus Christ saturated her life and it was evident in all that she did, especially raising her children and passing it on to the grandchildren. Regardless of circumstances, she always had a positive outlook and loved to laugh, that continued throughout her illness. She was our cheerleader and a ray of sunshine in our lives, and our world is a little darker now that she is gone.

Mom's prayer was answered to her January 21, 2016 when she could meet her loving Saviour and entered the gates of heaven and is walking on streets of gold. We can only imagine her reunion with her daughter, Elisabeth Redekop; her brother, George Rempel; three sisters, Nancy Malmquist, Tina Goertzen and Susan Klassen and her parents, Gerhard and Maria Rempel. She will be severely, ridiculously, insanely, ganz schantlich, ganz marshich, and grasslich missed by her husband, her children, grandchildren, great-grandchild, brothers, sisters, extended family and many friends.

She is survived by her husband, John H. Redekop; her children Abe (Betty) Redekop, Cory, Joshua, Janel and Chelsea, David (Pamela) Redekop, Luke, Mark and Matthew, Neta (Duane) Fehr, Hailey and Jordan, Anne (Mark) Hamm, Tina (Shawn) Chase, Vanessa, Amelia, and Macey, Lisa (Dan) Wiebe, Reiley, Claudia and Madeline, and one great-grandchild, Kelton; three sisters, Anna (Frank) Loewen, Helen (Ben) Thiessen, Betty (Earl) Dodds and three brothers, George (Betty) Rempel, Abe (Tina) Rempel and Peter (Justina) Rempel.

Memorial service was held at 2:00 p.m. on Monday, January 25, 2016 at Winkler Bergthaler Mennonite Church with a private family interment prior at Reinfeld Cemetery.

If friends so desire, donations may be made in Mary's memory to the Winkler Bible Camp Children's Sponsorship Program.

> Wiebe Funeral Home, Winkler In care of arrangements wiebefuneralhomes.com



OBITUARY



John (Johnny) Letkeman 1937 - 2016

Johnny Letkeman, aged 78 years of Winkler, MB passed away at supper time on Thursday, January 21, 2016 at Boundary Trails Health Centre.

He worked in retail for 45 years which included Sirluck & Janzen, Red & White stores in Winkler, IGA in St. Boniface and the last 32 years at Winkler Co-op. Johnny loved to read, bike, would often bike to Morden and go for walks. After retirement, he enjoyed going for coffee or breakfast with friends. In his younger years he loved to play baseball, hockey and bowled in a 5 and 10 pin bowling league. He enjoyed photography. He also taught Sunday School at the Bethel Church and in earlier years worked with the boys club program at the MB Church in Winkler. John and Edna

were involved in drama presentations and did some travelling.

John had a heart valve replaced on October 30, 2015 and never really recovered from the surgery. He was admitted to Boundary Trails on January 20, 2016 and passed away on Thursday, January 21, 2016 of bleeding in the brain.

He is survived by his wife, Edna (nee Boehlig); daughter, Pauline (Rob) and son, Chris, brother, Eugene, wife, Edna and brother-in-law, Bernie Wiebe, niece, Gayle (Nabil), nephews, Grant (Janice), Curt (Candice), Terry (Marla) and their families, in-laws, Ernie and Annie Boehlig and brother-in-law, Art (Frieda) and nephews, Matt (Danielle), Darryl and niece, Michelle.

John was predeceased by son, Kenneth (stillborn); his parents, Cornelius and Annie Letkeman; sister, Marge, nephews, Glen and Greg Wiebe.

Funeral service was held on Wednesday, January 27, 2016 at 11:00 a.m. at Winkler Mennonite Church with interment at Westridge Memorial Gardens.

Donations in John's memory can be made to the Gideon Memorial Bible Plan.

Thank you to the staff at Boundary Trails Health Centre, St. Boniface Hospital and Health Sciences Center, Wiebe Funeral Home of Winkler, the pallbearers, ushers, caterers, musicians, pastors and others who played a role in the celebration of John's life. Thank you, God Bless. Edna Letkeman and family.

> Wiebe Funeral Home, Winkler In care of arrangements wiebefuneralhomes.com



OBITUARY



Helen Goossen (nee Braun) 1924 - 2016

Helen Goossen, 92, of Manitou, MB passed away Thursday, January 21, 2016 at Pembina-Manitou Health Centre.

Helen was born January 16, 1924 to Peter and Katherina Braun of Altona. Helen came from a family of 14 children, two of which died in infancy. She was predeceased by her remaining seven sisters and four brothers.

Helen grew up on a farm five miles east of Altona (Eigengrund). She learned to work hard from early childhood on milking cows, gathering eggs, gardening. At harvest she and sister, Mary and brother, Jack would help their dad grease up the threshing machine. Helen loved sports; playing soccer and baseball were her specialties. Even after school she played baseball with

neighbouring teams. Her place was pitcher, catcher or first base. Helen's Dad led her to the Lord when she was 12 years old on Easter Sunday after explaining the reason that Jesus was crucified and that He rose again so that through Him we could have eternal life. Helen met Jacob (Jake) Goossen on September 23, 1939 when her older sister, Teenie married Jake's oldest brother, Henry Goossen. It would be another six years before they would marry on July 7, 1945. The Lord blessed them with seven children. Helen and Jake farmed all their married lives until 1997 in the Manitou area. In January 1991 they moved off the farm into their newly built home in Manitou. Helen and Jake were active in their church and community, even serving as youth sponsors when they were in their 50's. Their home was always a place of hospitality and laughter. Helen's zest for life and fun-loving nature endeared her to many. Helen loved to play piano and sing. She often sang in duets and trios. Jake would often accompany mom on his mandolin. They instilled in their children a love and appreciation for music. Following Jake's death in 1998 Helen continued to live in Manitou until 2005 when she moved to Oak West Estates in Morden where she lived for 10 years. She was actively involved in church and community. She loved to visit and encourage people. Helen found great solace and strength in her faith in Jesus Christ. She loved the Scriptures and her Bible is well-worn and marked. She was a great prayer warrior. She loved and prayed daily for her children, grandchildren and great-grandchildren. She was also very generous in donating to many Christian organizations. Camp work was dear to her heart she and Jake helped out many summers at Winkler Bible Camp and Simonhouse Bible Camp. During the last several years, Helen was diagnosed with early onset dementia and in September 2015 she moved to her last earthly sojourn at Pembina-Manitou Health Centre. Although her dementia more and more scattered her thoughts making communication more difficult, she retained a clarity in her prayer life and her love for her family and others remained strong. Helen's sociable and light-hearted nature continued to show through even as her illness progressed.

Helen was predeceased by husband, Jake in 1998 and by one grandson in 2001. Helen is survived by her seven children: Carolyn, Ted (Mary), Milli (Don) Stewart, Debra (Don) Riley, Gareth (Gayle), Eldon (Gwen) and Iris (Gerald) Buller. She is also survived by 16 grandchildren (spouses) and 16 great-grandchildren. "Precious in the eyes of the Lord is the death of His saints." Psalm 116:15

Funeral service was held at 11:00 a.m. on Tuesday, January 26, 2016 at Westside Community Church in Morden with interment at the Manitou Cemetery.

If friends so desire, donations may be made in Helen's memory to either the Pembina-Manitou Health Centre or Mennonite Brethren Missions

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



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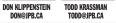














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SCOTT









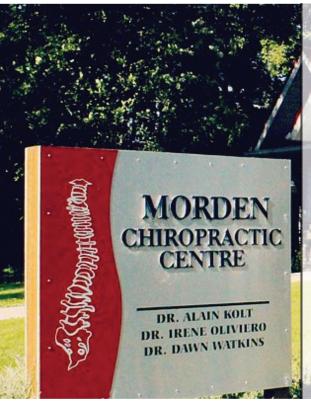
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Let our family take care of your family

Drs. Al Kolt and Dawn Watkins of Morden Chiropractic Centre are proud to announce the newest member of their chiropractic family: Dr. Mackenzie Kolt.

Their son, Dr. Mackenzie, was born and raised in Morden and is returning to continue the family service of chiropractic care to the community and surrounding area.

Dr. Mackenzie says seeing his parents at work helping others is what got him interested in following in their footsteps.

"Being holistic and providing health care that involves using your hands and through nutrition and exercise is everything that I want to do for people, because that's how I see a person staying healthy," he says. "I just really want to help people out and provide them with the best care that I can."

Dr. Mackenzie joins his parents and Drs. Irene Oliviero and Joe Hawkins in offering pain relief, corrective, maintenance, performance, and wellness care.

Contact Morden Chiropractic Centre at 204-822-5403 or check out their website at www.mordenchiropractic.com





OUR SERVICES:

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Going above and beyond

It's an industry that comes with a great deal of responsibility.

For Municipal Waste Management, though, the level of commitment required is something they fully embrace and welcome.

"We really feel like our service that we have to offer is structured in a way that really goes above and beyond," said general manager Tim Oliver.

Based in Souris, Municipal Waste Management has been serving communities, businesses, and industrial customers across south and western Manitoba for over 20 years.

It currently provides waste collection for the municipalities of Arthur, Albert, Blanshard, Brenda, Edward, Glenwood, Oakland, Roblin, Sifton, South Cypress, and Winchester as well as the towns of Cartwright, Deloraine, Glenboro, Oak Lake, Souris, Waskada, Wawanesa, and Virden.

That list now includes the City of Morden, as the company has taken on the community's new three stream curbside collection of waste, recycling, and compost.

"We really work with the municipalities in whatever direction they want to go," Oliver said. "We structure our program according to what they want to provide for their residents."

When they come into a community, Municipal Waste Management places a lot of importance on being flexible and sensitive to the needs of residents.

"We look at these things all the time ... and

we evaluate them ... we see that there's a need for it so we present it. That's how we aim to structure our service," Oliver said, pointing in example to the company's offering of smaller carts for Mordenites who felt the original ones were just too large for their needs.

Municipal Waste Management also offers a service for the disabled, he noted, where "we will actually pull the cart from their home to the curb, dump the cart and return the cart."

The new three stream system in Morden utilizes a fully automated compacting truck, making for a more efficient pick-up program.

"We can do approximately 120 carts per hour with this service," said Oliver. "It also logs all the carts as well so we can monitor it."

Municipal Waste Management is currently located in Morden's incubator mall, manned by local staff. They're looking to set up a more permanent shop somewhere in the city in the near future.

"Right now we're going to be running two trucks out of that shop," Oliver said. "The one truck will run five days a week, while the other one will run one day a week once the composting kicks in."

Seniors or persons with mobility challenges can register for the curbside assistance program by calling 204-483-3986.

You can also sign up for free collection day reminders via phone, text, or email through the Municipal Waste Management Facebook page.



Locals Alan
Hanks and Jean
Chevrier man
Municipal Waste
Management's
new shop in
Morden's
incubator mall.
The company is
now handling the
city's waste/
recycling/
compost pick-up.

First Pick-up in Morden - January 2016





www.mwmltd.ca



NEVER MISS A COLLECTION DAY!

Municipal Waste Management offers a free phone/text/email REMINDER SERVICE, which is currently available on their Facebook site at: bit.ly/mordenreminders



The landfill is a critical part of our business. It serves as a location for us to dispose of our waste. We expect employees and customers to respect the regulations for the material that is disposed of in the landfill.



SERVING THE PUBLIC

Please feel free to give us a call if you have any questions regarding the disposal of your waste. We can give you advice related to the location where certain waste should be taken, and when purchasing a bin, we make sure that you pick the right equipment for the task at hand.

204-483-3986

Apothecary of Morden: building relationships

Caring for her patients is about much more than just dispensing medications for Dr. Lisa Zaretzky-Arnold.

For the pharmacist and owner of Apothecary of Morden, it is much more about developing and maintaining a relationship with them.

She sees that as particularly vital in areas that are getting more emphasis now such as weight loss management, which is quickly becoming viewed as a chronic illness.

"Chronic illnesses need regular management, and that is the piece that many people who struggle with weight are missing," said Zaretzky-Arnold, stressing the importance of both proper diagnosis and ongoing coaching and supports.

Zaretzky-Arnold wants to help people approach weight loss with a different mind-

To do that, she aims to serve as an ongoing resource to assist people "during the weight loss ... and then as they learn to maintain that weight.

"A lot of people are great at losing weight, but keeping it off, that is huge," she said. "Being able to maintain a healthier weight that you are comfortable with ... that helps with other disease management."

Travel medicine is another area where a visit with Dr. Lisa can save you major headaches later on.

There are any number of complications and challenges that can arise when travelling, and Zaretzky-Arnold can "help guide people as they go on their trip of a lifetime to make sure they protect themselves from the potential illnesses they can get."

That includes, in part, getting the proper vaccinations and travel medications.

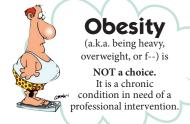
"And sometimes it's just advising them how they can change habits to protect themselves," Zaretzky-Arnold said.

Their current state of health is always an important factor. Someone perfectly healthy may be less affected by milder illnesses like Traveller's Diarrhea, whereas someone who has diabetes or high blood pressure could become quite ill."

A popular idea for some people is adventure travel or high-altitude destinations, and there can be particular risks associated with that kind of trip, Zaretzky-Arnold

"I've been helping quite a few people plan those trips, and you can safely then plan all the wonderful things you want to do while you're away."

INK ABOUT TH



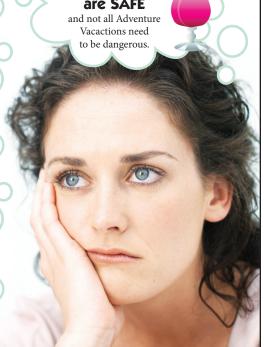






The government and insurance companies

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E: drrossmoore@shaw.ca "Protecting two of your most valuable assets"





Dr. Stephen Mazur B.Sc., O.D.

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From their offices at 385 Mountain Ave., Nowlan and Moore's professional staff strive to provide patients with the highest level of friendly service and precise ocular assessments to ensure you receive first class health care for your eyes.

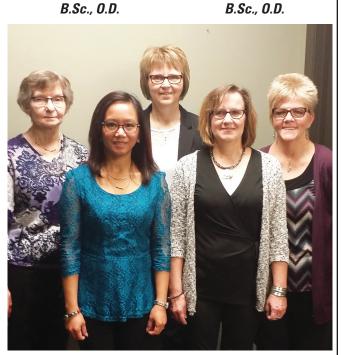
"We pride ourselves on having a caring attitude," says Dr. Moore. "It doesn't matter if it's a child who can't read or a senior that's struggling with cataracts—we care, and we're here to

Regular eye exams for both adults

and children are integral, Moore says, as many ocular conditions can be controlled with early diagnosis.

Nowlan and Moore offers a great selection of eyewear, including designer brands as well as frames to fit every budget. Staff can help you find the right selection of frames and lenses to suit any lifestyle need.

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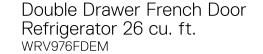
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- orici. This off in the Amasubotitute models qualify.

 Offer exclusions include: Countertop Microwaves. See sales associate for details.

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5-Temperature Option Drawer with Soft-Close and Thaw Setting: The temperature controlled drawer offers five custom settings. The Thaw setting provides an ideal environment to thaw frozen food at just the right temperature

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‡ Compared to Whirlpool® dishwashers without TotalCoverage Spray Arm.



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all month long!

The Winkler Morden Voice Thursday, February 4, 2016 **5**

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Midwest Sales: your exclusive Mag1 dealer

Midwest Sales is Manitoba's exclusive dealer of Mag1 products, supplying you with bulk and packaged oil, antifreeze, lubricants, tire repair supplies, and much more.

Mike and Sara Peters purchased the 75-year-old company over a year ago and moved it to their hometown of Winkler last summer.

The business caters to the automotive, manufacturing, and farming sectors. Free delivery is part of the service package and takes them to customers within about a 200-mile radius.

Mag1 meets or exceeds all SAE and API standards and is a hugely popular brand of oil in the United States. Midwest Sales is working hard to get the word out in Manitoba.

"They're the largest private blender and packager of oils in North America," says Mike Peters. "It's a very high-quality oil."

By purchasing the oil directly, Midwest Sales is able to pass those savings onto its customers.

"We pick it up by the oil tanker-full ourselves, so there are fewer people involved in the marketing process," says Sara Peters. "That means we can be incredibly competitive while offering a quality product."

In addition to its Winkler storefront, Midwest Sales delivers products in bulk to customers across Southern Manitoba and Eastern Saskatchewan.

Stop by Midwest Sales at 529 Pembina Ave. E (the former Denray Tire location) or give them a call at 204-325-0301.



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Winkler, MB

ph. 204-362-2278 email rick.forester@mymts.net

Forester Cabinetry goes the extra mile

If you're seeking a local cabinetry shop that will go the distance for you as a customer, look no further than Forester Cabinetry and Construction.

The Winkler company prides itself on helping clients turn dreams into reality with custom cabinets and countertops for kitchens, bedrooms, and bathrooms, interior doors and moldings, office furniture, and more.

"Everything that we do, from the smallest projects to the largest ones, are usually completely custom for each job," said owner Rick Waldner, stressing that they fit the scope of the project to meet your needs and budget. "We don't have a standard price list where we can price something in five minutes. We

design the job and price it that way. Estimates are always free, though."

When it comes to transforming your kitchen, Forester Cabinetry offers the full Floform line of products created by Canada's largest countertop manufacturer.

"We also build a lot of custom flat-lay countertops in-house," Waldner said, noting he and his team represent decades of experience in the construction industry.

From their shop and showroom at 520 Cargill Road, the company uses the latest millwork design technology to get the job done.

"What makes our work stand out is we always go the extra mile," Waldner said. He feels it's important customers know exactly what they're getting for their hard-earned dollars.

"I like to educate people on what is behind the cabinet door. A lot of people see a nice looking kitchen but they don't realize what they bought.

"The beauty should go a lot deeper than just the cabinet fronts. There's a lot of ways that you can get a lesser product without even knowing it. So we educate our customers on how we actually produce our product."

Get in touch with Forester Cabinetry at 204-362-2278, stop by their website at www. forestercabinetry.ca, or check out their page on Facebook ("Forester cabinetry and construction") for examples of recent projects.

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- RackMatic® offers 3 height levels, for 9 possible rack positions.
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