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# Supporting BTHC

From left: Morden Mayor Brandon Burley, BTHC Foundation executive director Shannon Samatte-Folkett, Stanley Reeve Ike Friesen, Winkler Mayor Henry Siemens, and foundation chair Ben Friesen at the hospital last week where the municipalities committed \$3.6 million to the expansion project. See Pg. 4.

PHOTO BY LORNE STELMACH/VOICE

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# United Way raises, distributes \$110,000

## Nineteen non-profits benefit from proceeds of 2022-2023 campaign

By Lorne Stelmach

United Way Pembina Valley closes the books on a successful year this month with the distribution of over \$110,000 from the 2022-23 campaign.

Nineteen local non-profits working across a variety of sectors will benefit from \$103,400 in support grants this spring. The United Way will also be distributing \$7,500 in scholarships and bursaries to graduates of Garden Valley Collegiate, Northlands Parkway Collegiate and Morden Collegiate.

The agency had been hoping to meet or exceed the nearly \$122,000 distributed in grants and scholarships the previous year, but directors were not at all disappointed.

"Even though we didn't raise as much as last year, we also didn't receive as many requests, so our ratio is about the same," noted president Chris Willsey.

They saw some encouraging developments with the campaign, he said, adding as well that there are always things to learn and improve upon in the year ahead.

"The most rewarding part of this campaign is we noticed a number of new donors. We found opportunity to get in front of some new faces, getting new donors," Willsey said.

"We tried to do things a bit differently than what we have in past years, and we learnt some good lessons from it," he continued. "One of the most important ones is, in raising money for the United Way, nothing replaces getting out in front of potential donors and making connections and having them understand what we do and more importantly how it's done and who we support in the communities."

"We were happy to see different applications as well this year to receive grants from the United Way," Willsey



SUPPLIED PHOTO

From left: United Way Pembina Valley board members Audrey Armstrong, Kim Nelson, Anna Wieler, and Chris Willsey announced last week that the agency is able to distribute \$110,000 in grants and scholarships this year.

added. "That tells us something about the shift in the social and community needs that are out there ... we always like to see new ones and find out about new emerging programs and services that are out there."

"There's opportunity out there for us to raise more, so we have to get out there."

The beneficiaries of United Way funding this year include:

- 500 Stephen Community Centre: \$9,900 to help with staffing costs.
- Big Brothers Big Sisters of the Pembina Valley: \$9,800 for mentoring programs.
- Cerebral Palsy Association of Manitoba: \$1,000 in support of the local sledge hockey program.
- Child and Family Services of Central Manitoba Foundation: \$6,300 for children to take part in extracurricular activities.
- Eden Mental Health Care Services: \$7,200 in support of the volunteer program.
- Gateway Resources: \$7,900 for new equipment for the kitchen and recycling programs.
- Genesis House: \$6,800 ongoing programming for the victims of domestic violence.
- Miami Recreation and Play Spaces: \$2,600 in support of free monthly community paint nights.
- Morden Activity Centre: \$1,500 for a clinical care recliner for the foot care clinics for seniors.
- Morden Community Handivan:

\$4,300 towards a new vehicle.

- Morden Parent & Child Resource Centre: \$2,200 for a new website and exterior signage to raise awareness about their programming.

- Morden's Multicultural Winterfest (Regional Connections): \$2,600 in support of the annual event, which this year expanded to include multiple pavilions.

- Morden Youth for Christ: \$8,700 for ongoing youth programming.

- Pembina Valley Pregnancy Care Centre: \$5,800 to pregnancy support services.

- Salem Home: \$7,800 to support the director of community engagement (volunteer program) position.

- Winkler Day Care Centre: \$2,400 towards an equipment shed revamp to accommodate a water bottle filling station.

- Winkler Family Resource Centre: \$3,100 towards its lending library and ongoing early childhood education programming.

- Winkler Food Cupboard: \$8,900 towards food costs.

- Winkler Senior Centre: \$4,600 towards the volunteer coordinator position.

"We'd like to thank everyone who made a donation to this year's campaign," stressed Willsey. "By working together, we're able to support a range of vital programs, services and projects that aim to make life better for so many people who call the Pembina Valley home."

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# Students weigh-in at WSD leadership forum

By Lorne Stelmach

There were some fun challenges as well as serious discussions as school trustees and administration met with students last Wednesday at Morden Collegiate.

A variety of student representatives from Grades 4 to 12 took part in the Western School Division's 2022 Student Leadership Forum.

Trustees led the table groups with a mixture of kids from different grades in each group and different topics that included mental health, community, welcoming and social aspects of school, technology and social media, and academics.

The forum offers a valuable perspective on what is and isn't working in the school system.

Board chairperson Brian Fransen sees it as helping "inform some of the decision making as we're going into the first year of our four-year plan-

ning cycle.

"It's really great to hear the feedback that they have on their current real-time experience in our education system so that we can make better decisions moving forward."

Students welcomed having the opportunity to be heard.

"Today was a really good experience," said Grade 11 student Mohammed Hamida. "It's really important to see their perspective about things. It was a good moment for everybody to communicate and interpret their ideas into the school."

"I think this is a really good step forward for the school. There's many ideas that were mentioned that people want to happen in school. Some of them are good, some of them are harder to implement, but overall it was really important to experience this," he said. "The most important thing as a group is for us to communicate and build up on our ideas."

"Today was a really special day. We talked about a lot of things, a lot of unique ideas, unique ways of seeing things," said Grade 12 student Saif Qureshi.

Given the growing diversity in the community, he particularly seized on the idea of having a cultural event in school.

"What I believe is that when new students come to our school, they kind of sometimes feel shy, they feel like we don't belong here ... I feel like a culture day would really bring them closer."

"Then I can see that person, then we can



PHOTOS BY LORNE STELMACH/VOICE

Western School Division trustees and administrators invited Gr. 4-12 students to share their thoughts on a variety of subjects last week at the annual Student Leadership Forum.

connect more," Qureshi continued. "Today was a really awesome opportunity to bring our ideas to different people."

Having hosted the table where the

focus was on technology and social media, Fransen noted hearing an interesting contrast to the negativity

Continued on page 5





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# 'Faspa in a Box' brings in over \$8K for Salem Home



SUPPLIED PHOTOS

The Salem Home Ladies Auxiliary's second annual Faspa in a Box fundraiser was a big success last weekend, with 145 faspa meals for two going out. That means over \$8,000 before expenses was raised towards the purchase of wheelchair accessible garden planters for the care home's residents to enjoy. The Salem Foundation's Susan Hildebrand says everyone at Salem sends "a big thank you to the community for their amazing support." Above: auxiliary members, foundation board members, and Salem staff hard at work putting together the boxes. Left: People were able to simply drive-up on Saturday to pick up the goodies.

## Correction

A story in last week's edition on the induction of Joe Wiwchar into the Canadian Baseball Hall of Fame included some incorrect information.

Wiwchar was cited for his involvement with the 1971 the South Central Beavers peewee squad who won a provincial title and a silver

medal at the western Canada championship.

The information posted on the hall of fame website listed Wiwchar as the coach, but he in fact was the team's manager.

The coach was Les Ehnes, a long-time and dedicated coach and volunteer.

## Morden, Stanley, and Winkler commit \$3.6M to BTHC expansion

By Lorne Stelmach

The expansion of Boundary Trails Health Centre got a \$3.6 million boost last week from three local municipalities.

The cities of Winkler and Morden along with the RM of Stanley announced a joint funding commitment which will see all three provide major contributions over a four year period beginning in 2024, based on \$110 per capita.

All three leaders cited how the expansion of the facility itself as well as the services will be an important contribution to the sustainability of the region for years to come.

"This is an exciting day for the RM of Stanley and our region," said Stanley Reeve Ike Friesen, who noted how the "expansion is adding significantly to our local community. All of this will provide care closer to home, mean-

Continued on page 5

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# Cruickshank joins the race for Tory nomination

By Lorne Stelmach

A fifth candidate joined the contest last week for the federal Conservative nomination in the Portage-Lisgar riding.

In announcing his candidacy, Winkler resident Don Cruickshank said in a news release that serving the residents of Portage-Lisgar is something he feels has been a calling for a long time. He declined a request for an interview.

"When we had our first child, my wife would read him books about Canada and on the page with an illustration of Parliament Hill she would tell him, 'Someday your Dad wants to work there,'" Cruickshank said in the release, recalling expressing his interest four years ago to Candice Bergen, whom he now hopes to replace in Ottawa. Bergen is not seeking re-election.

He joins a field of candidates that so far includes former Morden-Winkler MLA Cameron Friesen, former Elmwood-Transcona MP Lawrence Toet, and behind-the-scenes Conservative campaigners Liz Reimer of Morden and Branden Leslie of Portage.

Cruickshank hails from southern Manitoba and has spent the last 18 years in Winkler, so he feels he understands the rural lifestyle and the values held here.

He holds a bachelor's degree in political studies from the University of Manitoba and a master's degree in leadership and management from Briercrest Seminary.

He is in his fifth year as board chair for his

church and currently serves as the chair on the parent advisory council for his children's school and is a national prayer leader for Promise Keepers Canada.

As well, he is involved in mentoring youth at the local drop-in center, coaching local sports teams, co-leading a youth mission trip, and volunteering with the Winkler Youth Justice Committee on a special project.

Cruickshank also has experience campaigning for the Conservative Party of Canada, and he was an elected delegate representing Portage-Lisgar for the party's policy and bylaw convention in 2021.

Cruickshank said he wants to make life better for families in Portage-Lisgar, listing key priorities as including protecting core family values, eliminating the carbon tax, making life more affordable, good financial stewardship, and protecting freedom of speech, among others.

"It is time the common man and common woman gets back control of their life," Cruickshank said in his statement. "That is exactly what Pierre Poilievre's campaign is all about, and I fully stand with Pierre to ensure that is the very outcome residents of Portage-Lisgar will receive."

"Elected officials have the high-moral obligation to do what they say they will do and when they break their word it sows into mistrust of the government and undermines democracy," he concluded. "I believe that democracy works



SUPPLIED PHOTO

Winkler's Don Cruickshank, shown here with his wife and kids, has thrown his hat in the ring for the Conservative nomination in Portage-Lisgar.

best when it is transparent and all are invited to the table of participation. I think people want to know their representative in Ottawa is dedicated to giving them back control of their lives."

## BTHC Fdn. has raised \$6M of \$10M goal so far

From Pg. 4

ing less travel for the residents of our communities ... creating a place where people want to live, which means an area where businesses can thrive."

"We all focus on living and building and dreaming here, but we also want to be cared for where we are," said Morden Mayor Brandon Burley, who recalled his own children were born in Winnipeg because they were at risk without access here to a level two nursery, which is part of the expansion plans.

"The enhanced care and diagnostic and therapeutic services that will be provided right here in the Pembina Valley as a result of this contribution are wonderful," he said. "We're excited to be able to help assist this dream and help it become a reality because it will impact so many of our residents.

"It feels good to work together and to find projects and things that we can all identify as being important," Burley added. "This is a generational opportunity to do something good. It's not going to come back to us in the next 30 years. The vision, long term, for our region is I think shared ... that

vision is for growth and for co-operation, and this is a project that's going to be a forward-setting project."

"It's an exciting day to stand here together with our partners ... seeing the start of construction on this amazing facility," said Winkler Mayor Henry Siemens.

He acknowledged the contribution is a significant one for a region already facing other huge projects such as wastewater treatment.

"We were prepared for the request; it was still a significant request, and it was difficult to arrive at a place that we would have the money to do so," he said. "I was very pleased, from the very first conversations ... that there

### > STUDENT FORUM, FROM PG. 3

that is often aimed at the younger generation when it comes to these areas.

"They are aware of the strengths and weaknesses of technology. They know what's happening and what's impacting them," he suggested. "Are they all handling it properly, healthfully? Maybe not; some of them are, some of them aren't, but they are aware of

was a consistent vision from all three municipalities that this was a really important project and we needed to be at the table.

"We know that nothing can be done in isolation anymore. These projects are so big that they are simply impossible to do for any one region by themselves," said Siemens. "This is a significant contribution in a time and era when our budgets are already stressed. That is the significance that we place on this project, the importance that we feel this project has for our region's continued viability, for our region's continued growth."

The funding is a significant boost for the Boundary Trails Health Centre

Foundation and its goal of contributing \$10 million in local funds to the \$100 million renovation and expansion project.

"This puts us in over \$6 million now, so that's just fantastic ... once you get over that halfway mark," said foundation chair Ben Friesen.

"We know that, in the end, this expanded hospital will have many more valuable services available to the surrounding community," he said. "This encourages us as a foundation, knowing that the leaders of our communities are planning for the future. This shows great unity and commitment for our region."

what's going on, and that part of the discussion is a great launching point for some of the challenges that we have facing us."

Overall, the feedback gleaned from the students is invaluable.

"We use what comes from this in our strategic planning ... the fingerprints of the kids are on our board priorities plan," Fransen reiterated. "Our edu-

cation system is vital for our entire society, and if we make decisions about what goes on in our schools without actually including the people who are actively participating in that system, it would be silly. We need to have input from the people who are using our system so that we have a better system."



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# Where the 'nepo babies' roam

**A**s part of our irregular series on new words and phrases let's take a moment to talk about **Nepo Babies.**

Rising to the top of the outrage bog that is culture these days are nepo babies—this is the title for the children of privilege who then go on to leverage that privilege into value, usually some form of high income generating position in society.

Nepo is short for nepotism, which Oxford defines as “giving unfair advantages to your own family if you are in a position of power, especially by giving them jobs.”

I think they used to call this “the family business.”

The entire conversation is a little weird, and like most scream fests on the internet these days there is absolutely no nuance to the arguments and, should you be silly enough to offer an opinion, you are likely to be instantaneously roasted to death in the flames of a thousand angry responses.

*New York Magazine* gleefully dedicated an entire issue to the subject and listed Alexander Skarsgard, Zoe Kravitz, and Maya Hawke as examples. Typically the phrase is aimed at celebrities, as these are the easiest targets.

Prior to the term a lot of people, parents especially, simply assumed that giving your kids whatever help you could was actually a reasonable thing

to do. I mean, I always advised my kids to “take every possible advantage you have and use it within the realm of ethical and moral thinking. It’s one thing to open a door, it’s entirely another to stay in the room.”

There are some limits. If I were head of neurosurgery at a large hospital I would not just hire my child as a new neurosurgeon. BUT, if they were fully trained as a neurosurgeon, you can be sure I would give them every insight I could into getting the job.

“That’s NOT fair!” someone screams. “That is nepotism and they are now nepo babies!!!”

So we’re not supposed to lean into our advantages then? I mean, there are more than 8 billion people on the planet and logically this means there is one least advantaged person and one most advantaged person. The rest of us are on a spectrum where there are always people less advantaged than us and always people more advantaged.

Personally, I think the real issue has less to do with taking advantages when one can, and more to do with people who weirdly claim to have never had the advantages people point at. When actress Lily Rose Depp, famous child of Johnny Depp

and Vanessa Paradis, pushed back against claims she was a nepo baby because she had to “work as hard as anyone else” she was shouted down, and perhaps rightly so.

Denying obvious advantages is odd and easy to challenge. Why would you do it?

I mean, even if you happen to be Rory Gates, the son of billionaire Microsoft founder Bill Gates, and even if Bill says he’s giving his kids nothing and they have to make their own way ... I mean, you’re still Rory Gates. People are still going to offer you positions based on who your dad is. Advantage will follow you whether you like it or not.

Thankfully(?) most of us are not in this position. The advantages we offer our kids are things like a free rusted out 34-year-old Datsun car or telling them to send a resume to Corny J. Friesen because you know he’s looking for new potato truck drivers this fall. Hardly the stuff of nepo babies.

But who knows, maybe I can pull some strings and get one of my kids a Junior Column in this paper and they can live the same life of privilege I have had as a famous journalist? Stop laughing ... I can hear you ... cut it out!



**By Peter Cantelon**

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

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# RPGA looks back on a year of steady growth

By Lori Penner

The RPGA Planning District is reflecting on the growth they experienced in 2022.

According to year-end statistics, 188 building permits were issued throughout the year, up from 183 in 2021.

Community development officer Susan Stein says 101 of those permits were issued for projects in the Municipality of Rhineland, and 99 in the Town of Altona.

"The value of permits taken out also increased year-over-year, coming in at around \$34 million. The Town of Altona accounted for \$14 million, up from \$9 million in 2021, while values in the Municipality of Rhineland remained relatively level at \$19 million."

To break that down, Stein says they saw a decrease in residential permits in Rhineland, going from 48 homes in 2021 to 34 homes in 2022, and an increase in Altona from 44 homes in 2021 to 51 homes in 2022.

There was a significant increase in multi-family homes in Altona, including six-, eight- and eighteen-unit apartment buildings.

"Multi-family is generally a little cheaper to build, because of the inflation rate," Stein says. "If it's cheaper to build, then where is the money making the difference? It would be ei-

ther in the inflation rate in the cost of building, or it would be in a different area."

Going forward, Stein predicts that they're going to see a larger demand for three-bedroom units.

"With the immigration program, most of those newcomers are coming with families. So there is going to be a bigger demand for things like townhouses."

As for commercial/industrial builds or renovations, Rhineland stayed relatively equal to the past year while Altona saw an increase of almost \$2 million.

"The commercial on the Altona side would have been partly due to the Altona Farm Service expansion, and Bunge built a \$2 million maintenance shop," says Stein. "In Rhineland, the growth was mostly in residential development. We saw a couple of bigger permits at the Hutterite colony, where they added a barn, a shop, and some residential units.

"In Plum Coulee we saw a lot of residential builds. That included two condos, with about 25 units combined, a five plex nearly done on Main St., quite a few duplexes, and single homes going up. And on the east side of town they have a subdivision with about 20 lots that are filling up fast. And in Rosenfeld, it's the first time in years we're seeing some strong resi-



PHOTO BY LORI PENNER/VOICE

RPGA community development officer Susan Stein believes there will be steady growth in the planning district in 2023.

dential growth there."

Stein says she thought they would see a decline in development in 2022 because the price of lumber was so high.

"And there were a few permits withdrawn. But now some of the lumber has come down a bit, so they may pick those up again."

She noted a lot of discussion remains regarding commercial and industrial development in both municipalities. She predicts that, because of cost and demand, there will be a slowdown in

single-family homes, but probably an increase in multi-family, whether it be rentals or affordable housing.

"We're also seeing a lot more condos in the smaller communities like Plum Coulee, and in Altona, and more development going forward in Rosenfeld."

Overall, Stein believes figures will stay much the same for 2023.

"I don't think we're going to see a boom, but I think we'll stay steady, starting off slow and picking up if interest rates go down or stay steady."

## Development down across MSTW Planning District in 2022

By Lorne Stelmach

Development was down across the region last year mostly due to a drop in new housing starts.

It was pretty much a reduction by half, if not more, particularly in single housing starts in Winkler, Morden, and the RM of Stanley, but it was not unique to this region, suggested Glen Wieler, general manager of the MSTW (Morden Stanley Thompson Winkler) Planning District.

"It's not just the MSTW region. We're hearing that from everywhere," said Wieler. "I know rurally and in southern Manitoba especially, it's just a common trend."

"I think it's just the interest rates primarily," he suggested. "I think a couple years ago, when material costs were so volatile, nobody knew one day to the next, but interest rates were low. People kept spending, but now they're scared to borrow money, I guess. I think that's what it is for many people."

In 2022, Winkler saw permits for new single housing starts drop from 65 to 34 with a corresponding decline in the development value from \$13 million to \$6.5 million.

In Morden, the decrease was from 40 to 20, while the value dropped from \$8.1 million to \$5.3 million. The RM of Stanley recorded a decrease from 41 to 20 with the value down from \$11.7 million to \$4.5 million.

The numbers were different for multiple family developments.

In Winkler, those permits were up from three to six with an increase in value from \$3.2 million to \$9.3 million, although duplexes were down from 20 to 10 with a decline in value from \$6.3 million to \$3.2 million.

Morden stayed even at four multiple family developments, as did the value at around \$4 million, while duplexes dropped from 11 to six, as did the value from \$4.4 million to \$2.3 million.

"We're hearing more talk and seeing more multi-family happening, like four-plexes, eight-plexes, 12-plexes

and the like, so we're seeing more of that activity than in the past," said Wieler.

"A lot of that type of housing is rental units, which more people can afford," he noted. "Especially the newcomers who come here, they may have little to work with, so that's a way for them to start."

He sounded an optimistic tone though, noting it is encouraging to have some significant development activity happening in the area.

"This year, with the hospital project coming up, that's a big one in the area, and a school is hopefully starting this spring in Morden too ... so there's two substantial projects that are going to happen.

"That creates a lot of employment in this area," he said. "I think that definitely builds confidence ... that stuff is happening and is going to keep happening."

Here's a quick glance at overall development activity in the region in the past year:

- Winkler: building permits down overall from 262 to 184; development value down from \$52.8 million to \$41.6 million. New commercial down from 18 to 24 as well as value from \$9.3 million to \$5.1 million. New industrial up slightly from three to four along with value from \$931,000 to \$1.6 million.

- Morden: building permits down overall from 169 to 111; development value down from \$30.4 million to \$25.6 million. New commercial down from 11 to seven as well as value from \$7.9 million to \$1.7 million. New industrial up from zero to three with a value of \$4.6 million.

- RM of Stanley: building permits down overall from 155 to 113; development down from \$21.1 million to \$20 million. New commercial up from eight to 12 with increase in value from \$3.4 million to \$6.1 million.

- RM of Thompson: building permits up overall from 23 to 25; development value down from \$3.8 million to \$2.5 million.



# More local resources need to help addicts break free

In last week's *Voice*, we spoke with members of a local group of concerned citizens trying to spark a discussion about addictions in our community.

This week, we hear about the issue and its impact from a few different perspectives.

By Ashleigh Viveiros

Krista Rempel, the community development coordinator at Central Station in Winkler, says she's seen a sharp increase in the number of people coming to the community centre struggling with addictions.

"It used to be that we would get maybe a couple people walk in a year to talk about addictions," she says. "Now, since about last summer,

## "We start where people are at"

Stacey Brimson is a community addictions counsellor based out of Winkler, working in Southern Health-Santé Sud's Community Mental Health and Addiction Program (which today oversees local programs previously offered under the Addictions Foundation of Manitoba banner).

"I provide support to people who are wanting to make changes with their alcohol or other drug or gambling involvements," she explains. "I also offer support to people who are affected by a loved one's involvement with alcohol, drugs, or gambling."

Brimson works mainly with adults dealing with addictions, though there is also a youth-focused counsellor on staff alongside her, working out of the Pathways Community Mental Health offices in downtown Winkler.

They assist people from across the Southern Health region.

"We start off with an intake assessment to kind of get an idea of where they're at, what their needs are, help them set some goals, and then work with them to meet those goals, whether it's harm reduction, or abstinence," explains Brimson. "We start where people are at."

Many people are looking for community-based support, which might include one-on-one counselling or a connection to an outpatient recovery program.

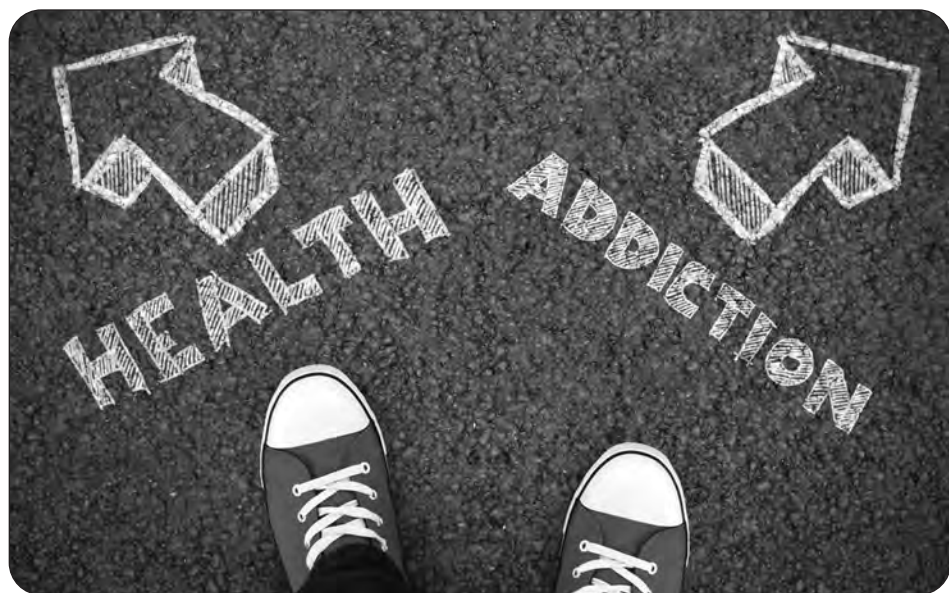
we've started having a pretty steady stream of people either self-identifying or being referred to us who are struggling."

Rempel is involved in the centre's Community Care program, which works to provide support for at-risk individuals and families. There, too, addictions has become a more common trend among clients. And not just alcohol but, increasingly, harder drugs.

"It's really hard to break the cycle ... and the problem is, in our area anyways, there's a lack of resources," Rempel says.

She's quick to point people in the direction of the supports that are offered here by Southern Health-Santé Sud's Community Mental Health and Addiction Program, which has an office in Winkler, the SMART Recovery program offered currently in Morden, or the various Alcoholics Anonymous support groups in the area. There's also several faith-based programs running locally, including those through the Winkler offices of Adult and Teen Challenge.

But simply accessing these programs



can be a challenge for some people.

"The problem is people who have addictions don't necessarily have transportation to go to these appointments," Rempel says, adding there's also a real need for more immediate forms of support.

"The biggest problem is that when they come in, in the moment, they're ready to make a decision [to change], but when they leave my office they

go home to drug dealers knocking on their door, because they know where they live. What do you do then when you don't have the coping skills to say no?"

Some clients have turned to virtual options—support groups who communicate online or through live sessions on applications like TikTok.

Continued on page 9

## "There is just more of it, more quantities now than we ever used to see"

Patrol Sergeant Brad Goertzen has spent much of his 17-year career with the Winkler Police Service specializing in drug investigations.

"I've seen drug-related calls for service and drug offenses gradually increasing ever since I began my career," he says.

Some of that increase is owed to improved investigative skills and tools police have at their disposal, Goertzen observes, but certainly not all of it.

"I would attribute it personally to the fact that there has been an increase in drug abuse in our community," he says. "There is just more of it, more quantities now than we ever used to see."

Meth, cocaine, and various opioids seem to be the drugs of choice in the area, but fentanyl, an extremely deadly opioid, has also reared its head.

"In the last couple of years we've seen an increase in fentanyl seizures," Goertzen says. "I'd say these have been relatively spaced out in small quantities. But with the extremely high risk of overdose associated with fentanyl, it is very concerning to see any amount. And so it's definitely something that we pay attention to."

Goertzen suspects fentanyl has played a role in the rise in overdose deaths seen across the region.

"In the past couple of years, I know probably close to 15 people that I became acquainted with through policing that have now passed away due to an overdose," he says, noting the transient nature of some of those individuals meant they had left the area before their deaths.

Winkler officers all carry Naloxone kits to administer to someone who has overdosed on an opioid, just in case they're first on the scene. The drug can reverse the

effects of an overdose.

Goertzen estimates they use them a handful of times a year, though he's been at many more scenes where paramedics have arrived ahead of officers and had to give someone a dose to keep them alive.

"I also know that we frequently find opioid users or even friends of opioid users in possession of their own Naloxone kits."

Such prevention certainly saves lives, but, for Goertzen, education remains one of the community's most powerful weapons in the battle against drugs.

"Personally, I take a lot of effort to educate my own children about it, the dangers of drug use, as they're getting older."

He urges parents to have candid conversations with their kids, and to not be afraid to reach out for help.

"If there are parents that have questions or concerns about maybe their child's behaviour, or maybe items that they've found in their home, or if they know that their child is using some sort of an illicit substance, they can call us anytime, and if somebody is around that is that is qualified to answer the questions, we'll gladly help out."

That said, Goertzen notes it's not just teenagers who fall into this lifestyle—it runs the gamut from youth to seniors.

"We deal with everything from young teenagers to people in their 50s and 60s that are involved in this lifestyle. There's no real demographic that's like specifically 'these are the age that people become involved in drug abuse or drug trafficking.'"

—Ashleigh Viveiros

Continued on page 9



# “I don’t think recovery is one size fits all ...”

From Pg. 8

“They get a lot of encouragement from that. So I don’t think recovery is one size fits all. You kind of have to figure out what works for the client. ... Rehab didn’t work for you? Okay. What do we do now?”

Rempel just wishes there were more options available.

“I think addictions medicine access is obviously number one,” she says, noting there’s been a gap there since the local physician specializing in the field left the area three years ago.

“We were, I think, pretty close to getting a RAAM, Rapid Access to Addictions Medicine, clinic here. I’m still holding out hope we’ll have access to that one day,” she says, noting, though, even that might not be enough to meet the growing needs. The one in Portage la Prairie is a busy place. “From what I hear, even if you were to bring people, drive them there, you might not get seen because the lines are two, three hours long and they only have a drop-in that’s a couple hours long.”

There is an emergency number people can call for help, but, again, it’s become clear to Rempel that more immediate local response programming is needed.

“If they don’t have access to something right now, in the moment they’ve chosen that they need help” that moment can be lost.

“Waiting a week, 24 hours, five minutes, things change rapidly when you are battling an addiction ... we need to be able to mobilize services the moment that someone decides that they want to recover.”

In the meantime, Rempel says they continue to try to get people on the path to recovery, however long that road might be.

“What we work towards here is just can we be sober more days than not? Can we set small goal? I don’t expect anybody to sit down and say, ‘Okay, I’m done.’ That typically doesn’t happen. We’re really looking at ... what are the other facets of your life that we can maybe shore up? How do we build a network around you to support you so that you feel as if tomorrow maybe I don’t need [that hit].”

## MAKING PEOPLE AWARE

The community has grown so fast in recent years, welcoming so many new people, but with that comes the

challenges of any larger urban centre: more drugs, more crime, more addicts.

“I think people in our community are aware of drug addictions but I don’t know that they’re completely aware of the extent of it,” Rempel says. “Part of that is because it’s increased so quickly.

And for addicts, our changing community is far less of a refuge than it may once have been.

“Unfortunately, even if you’re coming here because you’re trying to get away from your addictions, it doesn’t take long for you to figure out who the dealers are. And then as soon as you get connected to that world, they’re relentless.”

Rempel stresses that addressing the problem of drugs in the Pembina Valley is just one piece of a larger puzzle when it comes to supporting people who are struggling.

“I think just being trauma-informed is part of it, making the general public aware of things like mental health first aid, non-violent crisis intervention,” she says. “I think those are really good tools.”

A dose of understanding can also go along way.

“How do we deal with the problem? How do we support our community to take away the stigma of drug addiction and alcoholism so that we stop shaming people about it?”

“I don’t necessarily think anybody intends to shame someone ... I think it’s just a matter of sometimes we’re afraid of things we don’t know,” Rempel says.

“I think our community is supportive and loving and has rallied around a lot of causes,” she adds, but there is a real blind spot when it comes not just to addictions but also related issues, such as homelessness.

“A lot of people wouldn’t believe we have a big homeless problem, because we don’t see them. You don’t see a big tent encampment, but we do actually have quite a few people that are sleeping in the vestibules of businesses. They sleep in a tent in the park. Sleeping in dumpsters. It’s there.

“And the homelessness and the drug addiction, from our perspective, has gone very hand in hand,” Rempel continues. “What we’ve seen is most people walk in here and they aren’t saying they need help with their drug addiction. They’re saying ‘I need a place to sleep.’

“And the scariest piece of that to me is when they tell me they’d rather sleep on the street here in minus 40 than ever go to a shelter in Winnipeg, because they worry there they’ll be

robbed, they’ll be assaulted. So they’d rather sleep on the streets of our community than go and do that.”

Winkler doesn’t currently have emergency shelters or transitional housing for unhoused people, leaving them with few options.

Any solution to the housing problem needs to come with support for other issues, including addictions, Rempel stresses.

“We don’t just need a shelter where people can sleep. I mean, that would be huge and probably well-utilized, but how do we support them? How do we have addictions counselling there? How do we provide 24-hour security? We need a place that

we’re going to be proud of. That people can come to and they’re going to be safe. It’s a complex puzzle.

“I don’t think separating these issues is the answer, because we’re not talking about just addictions—we’re talking about homelessness, addictions, mental health—it’s all wrapped up together.”

**“WE NEED TO BE ABLE TO MOBILIZE SERVICES THE MOMENT THAT SOMEONE DECIDES THAT THEY WANT TO RECOVER.”**

## > GETTING HELP, FROM PG. 8

“Most times people do seem like they prefer to do community-based treatment, because they’re able to continue working and looking after their families,” Brimson observes. “And then if they’re finding that’s not enough, then I would look at a referral to a residential program.”

Unfortunately, no such program exists in the region right now. People have to go to Brandon, Winnipeg, or Ste Rose du Lac for residential rehab.

“It would be nice if we had a local one—that would be fantastic,” says Brimson, adding it would also be nice to see more longer-term residential treatment options offered in Manitoba, as well as transitional housing for people getting back on their feet after completing a program.

For addicts not sure where to turn to for help, Brimson urges them to call the Manitoba Addictions Helpline, which will point them in the right direction (online at mbaddictionhelp.ca or by phone/text to 1-855-662-6605).

“They can talk to you about the whole range of supports that are available, and then put you in contact with somebody.”

Southern Health also has a Rapid Access to Addictions Medicine (RAAM) clinic, but it’s located in Portage la Prairie.

“You don’t need an appointment. You show up during clinic hours and you can see a nurse, an addictions medicine physician, a counselor,” Brimson says. “So if you’re wanting opiate replacement treatment or you’re needing a taper or detox program, that would be a good place to start.”

Brimson is optimistic more local services will be available soon. At the end of last year, funding was announced for a Mobile Withdrawal Management Service (MWMS) team to support people wanting to detox.

“It’s mobile withdrawal management and stabilization service that supports participants 16 and up who are wanting to detox from a substance they are using within their own community,” she explains.

The team of health care workers, addictions counselors, and social service providers will be based out of the hospital in Portage but can be mobilized across the health authority as needed.

“They’re going to provide day-to-day services for up to 30 days of community-based care,” Brimson says. “The team will work seven days a week doing in-person, telephone, and virtual visits with participants regionwide. And participants will have access to after-hours support through the clinic crisis line.”

—Ashleigh Viveiros

Check out the Voice online at [www.winklormordenvoice.ca](http://www.winklormordenvoice.ca) or [altonavoiced.ca](http://altonavoiced.ca)



# Mentorship program for newcomers launches at NPC

By Ashleigh Viveiros

A new program at Northlands Parkway Collegiate aims to help recent immigrants better integrate into their new community.

Regional Connections' Settlement Workers in Schools launched its Youth Mentorship Program at the Winkler high school last month.

It's bringing together newcomer students with peers who have walked that same path, explains Allan Jones, SWIS coordinator.

"This is specifically for Gr. 9-12 students, and part of the reason for that is because in K-8, with a homeroom structure, kids end up with a social safety net and become integrated much more quickly than a high school student does."

In high school, that daily home room structure is gone, making it much harder for a new kid—especially one who may still be learning the language and how to navigate a new culture—to get to know people and feel welcome.

"The whole idea of the Youth Mentor Program is to be intentional about supporting newcomers," Jones said, explaining all of the mentors in the program are immigrants themselves, so they know what the new kids are going through.

The program, which currently has a handful of new immigrant students



PHOTO BY ASHLEIGH VIVEIROS/VOICE

The new Youth Mentorship Program at NPC is meeting weekly, bringing together newcomers with peer mentors who are immigrants themselves and can help them learn the ins and outs of life in Canada.

and about a dozen mentors, meets Wednesdays over the lunch hour. The plan is to also have them heading out into the community for group activities, including trips to the local cinema and a Winkler Flyers game.

"The goal is for them to make connections, because that's what they need," said SWIS staffer Tobey Lau. "We don't want them to be alone, sitting by themselves during the lunch hour. We want to help them meet people."

Regional Connections has been running this same program at W.C. Miller Collegiate in Altona for years now and they are in the midst of launching it at Morden Collegiate as well. They also hope to get it going at Garden Valley Collegiate in Winkler, if not this school year than next.

At the NPC group's weekly meeting last Wednesday, mentors Yelizavyeta Ponomarenko, Dasha Kipyachova, and David SingiSingi shared what got

them involved.

"I think we all know what it feels like to be the new kid and seeing people struggle," says Ponomarenko, whose family moved to Canada from Ukraine over a decade ago. "I really wanted to help those kids and help them understand they're not alone. That there's someone that understands them."

"It's a chance to give back to the community," added Kipyachova, who moved here from Kazakstan 11 years ago.

SingiSingi recalls the culture shock that he experienced when his family immigrated to Edmonton from Congo when he was a child.

"It was quite big public school and we didn't really know that much people. There was only one other person that could speak my language and it was overwhelming, it was hard to go and start conversations with people.

"So I wanted to give back to the

school and tell them we're here to help you, we're just here to have fun and help you get involved in school stuff. Everyone is here to help you."

That's welcome news to students Kehinde Jegede and Christian Hernandez, who moved here from Nigeria and Honduras last fall.

Hernandez, speaking through mentor and translator Delila Wiebe, said he joined for the chance to talk with other people and hopefully make some new friends.

Jegede hopes the group will help her learn a bit more and about the ins and outs of life in Canada.

"It's just going to help me a lot, learn more about [being a] Canadian and adapting to the system here," she said, noting she's enjoyed it here so far, but it has been a challenge as well. "It's so hard to adapt. That's the major reason I joined this group.

"They tell me what they did [to adapt] ... they just encourage me."

"EVERYONE IS HERE TO HELP YOU."

# Morden council has a plan for wastewater treatment

By Lorne Stelmach

The City of Morden believes it now has a solution for its wastewater woes.

Council met last week with both engineers and a representative of Manitoba Water Services Board, and it is moving forward with a plan from among a number of options that were on the table.

Specifics of the treatment strategy as well as its cost were not formally announced, with a few details still being hashed out, but Mayor Brandon Burley is confident they are at long last ready to move forward.

"A direction was set by council, so

we will have an application going in by the March 31 deadline," he said. "We think that it's a sustainable and an effective solution to the problem of wastewater in Morden.

"It's very good to have confidence that we have a direction that is sustainable, and we believe it is achievable," Burley said. "We feel confidence in the decision that we are making, so we will be excited to share that more fully with the public in the coming weeks."

Burley had earlier noted that council had been looking at three options for wastewater treatment and that it would be making a decision based

on not only capital cost but also long-term operating costs, environmental impact, and engineering assessment.

Time is of the essence, as he had also previously suggested the city currently had capacity for about three years worth of development.

"There's a four-year project build deadline from the province as well, so there are some deadlines to work with," said Burley. "That's the maximum allowable time period. We don't anticipate it will be that long. Obviously, we want to move on it a lot quicker than that."

The project recently got a financial boost with a provincial commitment

to help meet a significant portion of the increased costs.

Morden's project was one of eight—alongside the Winkler/Stanley wastewater project and the Pembina Valley Water Cooperative's water treatment plant expansion in Letellier—to share up to \$100 million in infrastructure funding announced earlier this month.

Exactly how much each project will receive has not yet been released, but Burley understood it to be a commitment of possibly up to \$19 million in matching funds in addition to earlier commitments of financial support.



# GA-20 is coming to Winkler

By Ashleigh Viveiros

GA-20 are at the forefront of a traditional blues revival, and they're bringing their show to Winkler next month.

The Boston-based trio of guitarists Matthew Stubbs and Pat Faherty and drummer Tim Carman have been wracking up the miles promoting their latest album, *Crackdown*, which released last fall.

Speaking to the *Voice* while en route to a gig in Georgia last week, Stubbs reflected that their third full-length release is blues through and through, but with a hint of something more.

"It's all original tunes, except for one Lloyd Price cover ["Just Because"]. Everything else we wrote," he says. "This album, it's definitely blues, but it has a couple other influences sneaking in there. There's a little bit of country in there, and some garage rock. All kinds of influences and stuff we were listening to when we were writing."

GA-20 gets its name from an old guitar amplifier manufactured by Gibson in the 1950s. It's a fitting moniker for a band inspired by the greats of the era.

"My father's a guitarist, so I grew up in a house listening to his band play," shares Stubbs. "He was a big blues fan, and an early rock and roll fan, so Bo Diddley and Chuck Berry and Muddy Waters."

"So when I started playing guitar when I was 13 or 14, I gravitated towards that. I've always loved blues music."

Stubbs went on to make a name for himself playing guitar with the leg-

endary Charlie Musselwhite. In 2018, he teamed up with Faherty, a fellow classic blues lover, to form GA-20.

"GA-20's kind of influenced from the Chicago blues style. When we started the band, that's kind of what we modeled our sound around," Stubbs says. "And since then it's kind of morphed into a little bit more diverse than just Chicago blues. But I don't think there's too many younger bands coming up that are modeling their sound after '50s and '60s [American] blues."

While the band has had plenty of studio time in recent years—they've got enough material for two more albums, one coming out next month—it's the live performances that really energize them.

"I think with blues, especially ... I always like it better live," Stubbs says. "It's about the interaction with the audience, seeing people react to what you're doing on stage and telling stories and stuff like that."

"And with blues, there's a lot of improv with your solos, so every night is a little bit different ... it's fun for me as a musician."

Blue-lovers should be prepared for a high energy show.

"I think a lot of times people hear blues and they think it's going to be slow and sad," Stubbs says. "There'll be none of that—it's definitely almost like a rock and roll show."

GA-20 performs on Thursday, March 2 at the P.W. Enns Centennial Concert Hall. The show starts at 7:30 p.m.

The evening also includes as special guests local electric blues band Link and the Moustaches featuring Link Neufeld, Steve Dueck, Scott Bell, and



GA20BAND.COM

GA-20's Pat Faherty, Tim Carman, and Matthew Stubbs perform at the Winkler concert hall March 2.

Gil Dudgeon.

Tickets are \$25 and available at [www.winklerconcerthall.ca](http://www.winklerconcerthall.ca) or during

business hours at the Meridian Exhibition Centre.

# Language Buddy volunteers needed

By Ashleigh Viveiros

Regional Connections Immigrant Services finds itself in desperate need of volunteers for its Language Buddies program.

Volunteer facilitator Shepherd Chiwandire says that demand for the agency's English classes are at an all-time high.

"Classes are full. We have people on wait lists right now."

With so many people actively working to hone their English skills, Chiwandire has requests from more immigrants than ever looking to be teamed up with a Language Buddy.

The program pairs newcomers with a native or more experienced English speaker to get together and practise conversing in a casual setting.

These meetings can be in person a handful of times a month—perhaps meeting for a weekly cup of coffee or a walk—or even via video conferencing or phone.

"We match people and bring them together here for an introduction," Chiwandire explains, noting volunteers receive an orientation session prior to that meeting. "After that, the two of them decide what works for their schedules to meet."

The program asks volunteers for a six-month commitment, though it's not unusual for these matches to morph into friendships lasting years.

"Most people go longer than six months, because there's a relationship being built," Chiwandire says. Often



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Continued on page 15





The members of the Southern Storm U13 volleyball team fired home hundreds of serves last Friday in a Serve-a-Thon fundraiser. The team includes (left, back row, from left) Lyla Smith, Kate Friesen, Hope Braun, Peyton Loewen, Nahla Peters Loewen, Donna Thomas, Alayna Henry, (front, from left) Atasha Breille Abila, Jasmine Manuel, Satali Braun Liu-Asomua, and Abigail Rempel. Missing from photo is Brylee Mateychuk.

PHOTOS BY EDWARD VINCENT  
ARCENEL/VOICE



# Southern Storm Serve-a-Thon proves to be a big hit

By Voice staff

The region's newest youth volleyball team hosted a Serve-a-Thon in the gym of W.C. Miller Collegiate in Altona last week.

The ladies of the Southern Storm 13U team took over the courts Friday night to earn money for every successful serve.

The top three servers included Abi-

gail Rempel with 47 in-bound serves out of 50, Atasha Breille Abila with 46, and Lyla Smith, also with 46.

Parent and fundraising organizer Rob Smith said on Monday they were still crunching the numbers to see how much they raised, but the event itself was clearly a big hit.

"It was fantastic. We had 11 or our 12 players out participating and had a pretty good crowd," he said. "There

was lots of excitement. The girls did a fantastic job serving."

Some of the players had as much as \$15 per serve pledged, Smith noted. There was also a successful silent auction with prizes supplied by generous local businesses.

The money raised will go to help cover team costs, including equipment, jerseys, and transportation into Winnipeg to compete in week-

end tournaments from now through spring.

The Storm, which are led by coaches Kathleen Braun-Liu-Asomua and Matalavai Liu-Asomua, played a series of exhibition games against a 14U team from Carman last weekend and they held their own.

They play in their first official tournament this weekend.



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# Your FARM



## Egg farming a sustainable, stable way to diversify, says one local farmer

By Lorne Stelmach

Jason Thiessen is a third generation farmer growing crops such as grain, millet, and sunflowers.

He's now also a first generation egg farmer, with hopes his children will become the second generation.

His family operates Schoen Eggs in the Schoenwiese area, and he has no regrets about having added it to their operation over a decade ago.

"We felt it would be good for our family. It gives you a bit more stability, and it's just sustainable, I think, not driven so much by markets or weather.

"We still are grain farming. We just adapted where we added this to our existing farm," Thiessen added.

"Diversification is probably the word that we often think of in terms of why we would go this route."

Thiessen and his wife Esther decided to diversify their operation in 2010, and it was through the quota draw that Manitoba Egg Farmers offered that they began the process of becoming egg farmers.

The decision of course brought with it a substantial investment and a willingness to learn.

"Like all livestock, there is different level of commitment compared to grain farming, so another challenge is to make sure we are available 24/7 to ensure that things run smoothly so the hens are cared for properly," Thiessen said. "Grain farming is very intense during certain seasons, whereas this is a 24/7 commitment. You don't get those off-seasons. It's every day; it's night and day.

"We have had to learn a lot ... it's been constantly growing and learning. But at the same time, I think the industry is really good that way. We get a lot of support, something

we maybe don't really experience as much in the grain farming end of things.

"When we first started, we did not know much about egg farming. So the support we received from the board, industry partners as well as other egg farmers has been a great asset for us.

"We learnt everything from how

**"WE HAVE HAD TO LEARN A LOT ... IT'S BEEN CONSTANTLY GROWING AND LEARNING."**



SUPPLIED PHOTO

Jason Thiessen and his family have operated Schoen Eggs in the Schoenwiese area for the past 13 years.

many eggs a hen lays in a year to the importance of good nutrition by monitoring and assessing biweekly the health of the hen in order to make necessary adjustments in the nutrition. We do this in partnership with the nutritionist and feed provider."

Thiessen particularly cited the importance of the whole area of animal health and welfare.

"That has been something that, maybe before we got into it, we didn't really see it. We didn't understand all the different types of systems in the

egg industry.

"It's something that we have to deal with every day. It's not just the birds and how they're housed. It's temperature, water quality, the bird health. We have a nutritionist come to check the birds to make sure they're getting the right diet.

"The environmental conditions in the barn are very critical for the animal health," Thiessen noted. "When we first started, we were packing the

Continued on page 15



SUPPLIED PHOTO

It's a round-the-clock job to be an egg farmer, Thiessen shares. "We are available 24/7 to ensure that things run smoothly so the hens are cared for properly."

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# Your FARM



## > EGG FARMING, FROM PG. 13

eggs by hand. Since then, we have added a packer, a misting system and a controller which monitors the level of water, feed, temperature in the barn as well as in the egg cooler.

"Our latest addition has been the grain mill. Because we are grain farmers, we decided to use some of the grain we grow, like corn, in the diet for our hens."

Some of the challenges, especially during spring and fall, include maintaining tighter bio-security protocols to ensure the safety of the hens from viruses that can be fatal.

"Every day we check that the hens are content and that their behaviour is normal. We check the water and feed level in the controller as well as

**"THERE'S A STEADY GROWTH IN TERMS OF EGGS BEING CONSUMED."**

the temperature of the barn and cooler, and then we begin sorting and packing the eggs."

They are always keen on adopting new technology for better farm management, so their egg barn has an enriched housing system, and their egg facility has consistently attained a superior rating under the national on-farm food safety and animal care programs over the years

"It gives the birds more freedom to move, access to water all the time and feed and also a nesting area ... this is something that is working well for us and seems to be the way of the future," said Thiessen.

He also noted an example of how they benefit now from technology improvements.

"We can find out the conditions in the barn just with apps on our phone. That has been a good thing," he said. "For

the most part, we always have been able to adapt and keep learning and keep moving forward."

As egg farmers, they take pride in what they provide to our province.

"Eggs are a nutritious and affordable food. Here in Manitoba, 99 per cent of the eggs in the store come from our own province," Thiessen said. "Supply management ensures that, as farmers, we get a fair return for our investment, and it also makes sure the consumer pays a fair price, levelling the volatile changes in the economy.

"I think there's a steady growth in terms of eggs being consumed."



SUPPLIED PHOTO

## > BUDDIES, FROM PG. 11

matches will decide to continue to meet as friends but the volunteer may get a new official mentee within the program so they can help more people.

Language Buddies of all ages are needed across the entire region—Winkler, Morden, Altona, Carman, Morris, and all the surrounding communities.

If one-on-one language mentoring isn't your cup of tea, there are also regular conversation groups happening at locations in Winkler (brand new starting this past Monday), Morden, and Altona. Volunteers are needed in all three locations.

"We would love for people who speak English and are wanting to be part of the conversation and wanting help newcomers to sharpen their English skills, to come be part of those groups," Chiwandire says.

If you'd like to help out, call 204-325-4059 or email [info@regionalconnections.ca](mailto:info@regionalconnections.ca). More details about volunteering can also be found online at [regionalconnections.ca](http://regionalconnections.ca)

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# Client numbers on the rise at Winkler Food Cupboard

By Ashleigh Viveiros

The Winkler and District Food Cupboard has seen the need for its services grow exponentially this past year.

Board president Milt Olfert shares their average number of households a week climbed from 72 in the fall of 2021 to a whopping 123 a year later.

"We really noticed the numbers increasing last September, October," he said, noting the weekly totals reached a height of 155 households at one point. "We're seeing about 130 households a week now."

As of January, the agency, which operates out of the Central Station Community Centre, had about 643 active households on its roster (that is, families who have made use of their services at least once in the last six months)—way up from the 464 active households they had on record in March 2022.

The people walking through their doors run the gamut from single people to large families, young adults to seniors.

"We have some regulars that come every month," Olfert said. "We're also seeing a lot of new immigrants coming in. Some will only come for a couple of times and then they get established and we don't see them again."

"And then we have people who are maybe struggling a little bit right now. They've lost their job and they just need to get that bit of help to keep going."

Whether it's for long-term or short-

term use, the food cupboard is there for anyone who needs it.

"I feel it's part of our responsibility to society to take care of those that need help," Olfert stressed. "Our mandate is not to judge—it's to help."

The rising number of people seeking that help, coupled with skyrocketing food costs, has obviously had an impact on the food cupboard's bottom line.

In 2022, the agency's expenses totalled just over \$238,000 (up from about \$191,000 in 2021), including approximately \$17,623 a month on food costs.

"Our grocery bill went up \$70,000 from 2021 to 2022," Olfert said. "That's a combination of food costs and more clients."

With revenue of \$203,000, they're looking at a deficit of over \$35,000 for the year—their first deficit in years, and perhaps ever.

The food cupboard's volunteer board of directors are doing everything they can to defray costs.

"As our numbers went up and cost of groceries went up, we got really involved with food rescue with Cop, Wal-mart, and Superstore, and that has really helped with allowing us to give out more groceries," Olfert said. Rescued food also comes in from Sunny Day, Shoppers Drug Mart, and through the Second Harvest food rescue program.

Every week, dozens of boxes of food with slightly damaged packaging or nearing best-before dates (but still



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Winkler and District Food Cupboard chair Milt Olfert says they've seen their weekly client numbers grow from about 72 households in the fall of 2021 to 123 a year later. They've hit heights of 155 households some weeks.

edible and safe) are picked up from local stores.

"Some weeks it is a crazy amount—we don't know what we're going to do with it all," Olfert said, noting they receive a wide variety of items as stores seek to get to being as close to a zero waste operation as possible. "We never know what it will be. It's Christmas every week with what we're getting."

"But at the end of the day, it all gets used. None gets thrown away ... we've been able to help organizations like Café 545 [the free meal program at Central Station], school breakfast programs, Genesis House, Many Hands, and food banks in Altona and Carman, too. So we're not just taking care of our own—we're spreading things out and becoming a bit more regional with food rescue."

All that rescued food is a big help, but it doesn't make that much of a dent when it comes to the cost of all the staples the food cupboard needs to have in stock every week. They still spend thousands of dollars on things like flour, sugar, cereal, meat, fresh produce, and more.

"So our costs are still going up because we still want to supply those items," Olfert said, "but with the food rescue the grocery basket we're able to give grows larger."

It's community support that keeps the food cupboard going, and on that front they continue to be very lucky.

"We have been so thrilled with how well the community has been to us with donating food through the different drives," Olfert said, sharing

they received upwards of 30,000 pounds of food from last fall's Farm Credit Canada food drive, and nearly another 10,000 pounds from the living nativity play in Winkler Park, which accepted non-perishables as admission.

They've also received generous donations from some of our community's youngest members.

"An 11-year-old had a birthday party and she asked her friends to bring food, and they all showed up with bags of food for the food cupboard," Olfert shared. "That kind of thing is amazing to see."

People can drop off unexpired food at Central Station or in one of the bins at the local grocery stores. Monetary donations are also very much welcome and needed.

"As our costs go up, we have to up our donations," Olfert said, stressing "we're very thankful for this community, and the support we've had from our volunteers."

They're also grateful for their partnership with Central Station, who help out with client registration each week and also work to connect people in need with the other resources available to them.

The Winkler and District Food Cupboard is open Wednesdays from 9-11 a.m. or 3-5 p.m. For more information on getting help or donating, call 204-325-0257.

**"IT'S PART OF OUR RESPONSIBILITY TO SOCIETY TO TAKE CARE OF THOSE THAT NEED HELP."**



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Food cupboard volunteers hard at work before opening last Wednesday. The facility is set up like a store to give clients more choice than ever before.



# Conflict vs. bullying: what's the difference?

Conflict and bullying aren't the same things. One describes a healthy dialogue between two parties, while the other represents an intent to harm someone else. Learning to deal with conflict healthily can give you essential social skills. It can also help you better identify bullying.

## WHAT'S CONFLICT?

Conflict is a normal part of life and happens when two people respectfully disagree. The two parties have equal power in the relationship, and each has a chance to express their views.

Even though there may be negative emotions and hurtful words exchanged, both people are looking for a solution and don't want to harm each other. Each person takes responsibility for their actions and modifies their behaviour if they feel they've made the other person feel bad. Conflict can often lead to two people learning to solve problems and overcome challenges.

## WHAT'S BULLYING?

Unlike conflict, the goal of bullying is to hurt, harm, insult or humiliate another person and make them feel bad about themselves. The actions are unwanted and unwarranted, and the bullied person has little power to stop them. Bullying can result in physical and emotional harm.

Bullying happens when one person uses their power to control another. Power can mean the bully is bigger, stronger, older or more popular than the person they're bullying. Moreover, bullies aren't trying to resolve anything and show no remorse if they hurt someone else. There's no interest in a relationship with the other person.

This Pink Shirt Day, February 22, stand up to bullying when you see it. Don't be afraid to share your views and express your opinions constructively. Not all conflict is bad.



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There was plenty of fun to be had both inside and out at Altona's Winter Carnival last weekend. Clockwise from above: Barb Dupuis, Elaine Friesen, Ellen Friesen, and Cathy Wall of the Altona Hospital Auxiliary served up soup and pie for lunch; warming up with free hot chocolate at the Buffalo Creek Nature Park, where the outdoor activities took place; pond hockey with the W.C. Miller Collegiate Aces; trying out the ice cycles; Ryder Houle at the face painting station; Ashlen Hayden on the rink ice; Justice and Ariana Cruickshank try their hand at crockicurl.



PHOTOS BY  
LORI PENNER/VOICE





# sports & recreation



PHOTO BY RICK HIEBERT/VOICE

The Winkler Royals' Brett Harder uses his body to protect the puck during this scoring attempt in game two of their SEMHL playoff series against the Portage Islanders. Portage, who ranked first in the regular season, won it 3-1, following up on their 9-5 game one victory the night before.

By Ashleigh Viveiros

The first round of South Eastern Manitoba Hockey playoffs got underway last weekend.

The Winkler Royals find themselves down two games against the Portage Islanders, who won the opener 9-4 Friday night and then took game two 4-1 on Saturday.

The Morden Bombers' series against the Ile Des Chenes Northstars got off to a better start for the home team, with Morden taking game one 6-2.

Game two was in Ile des Chenes Tuesday night. Results were not available at press time.

The Red River Wild narrowly lost their game one against the Ste Anne Aces 4-3 on Saturday and then won in game two 4-1 Monday night. Game three is Wednesday.

And the fourth playoff series saw the Warren Mercs beat the Notre Dame Hawks 6-1 in their game one.

All the series continue through this week and into the weekend. Head to [semhl.net](http://semhl.net) for the full sched-

ule.

The SEMHL handed a few more year-end awards out over the weekend.

Mike Rey and Adam Hughesman of the Morden Bombers were the Scoring Champions for the 2023-2023 season. Both contributed 42 points, Rey with 25 goals and 17 assists and Hughesman with 19 goals and 23 assists.

An in Winkler, Mitch Doell of the Royals was voted the most sportsmanlike player.

## Flyers fall to Pistons, make short work of Nighthawks

By Ashleigh Viveiros

The Winkler Flyers found themselves on either end of the win-loss column last week.

On Wednesday, they fell to the visiting Steinbach Pistons 3-2.

Dalton Andrew opened scoring three minutes into the first and Trent Penner closed it in the third period's eighth minute. In between, Steinbach scored once in the first and twice in the second for the win.

Aidan Comeau made 22 saves in net for Winkler as the Flyers outshot the Pistons 34-25.

The tables turned the two nights later in Niverville against the Nighthawks.

Down 1-0 after 20 minutes, Winkler's offensive lines lit up the scoreboard with three goals in quick succession in the back end of the second period. Doing the honours was Mike Svenson with one and Andrew with two.

Niverville managed to tie the game in the third, but then Zach Nicolas scored the winning goal with 24 seconds left on the clock.

Malachi Klassen was in net for Winkler this game, making 33 saves off 36 shots. His teammates fired

27 the other way.

With a record now of 28-11-5-1 for 62 points, Winkler remains in third place in the MJHL MGEU East Division standings behind Portage in first (70 points) and Steinbach in second (66 points). The Terriers and the Pistons have both clinched a spot in the playoffs.

This weekend, Winkler heads into Portage to play the Terriers Saturday before returning home to host Swan Valley Sunday.



# Female Hawks taking on the Avros in playoffs

By Lorne Stelmach

The female U18 Pembina Valley Hawks are now taking on the Winnipeg Avros in the opening round of the playoffs.

The best-of-three Manitoba Female U18 AAA Hockey League quarter-final kicked off Tuesday in Winnipeg. Results were not available at press time.

Game two was set for Friday in Winnipeg. Game three, if necessary, will be Feb. 24, also in Winnipeg.

The Hawks finished in sixth place with a record of 9-18-1 for 19 points, while the Avros were in third at 21-6-1 for 43 points. Winnipeg won all four times the two teams faced off against each other in the regular season.

The final weekend of the regular season saw mixed results for the Hawks as they were doubled up 4-2 by Eastman Friday but then saw their offense come to life for a 7-4 win over Yellowhead Sunday.

The Selects had period leads of 2-1 and 3-1 on the Hawks Friday, with Ava Dalebozik and Caitlin Anderson scoring for Pembina Valley. Kasia Rakowski made 23 saves, while the Hawks were mostly stymied on 37 shots on goal.

Jessica Anderson had a hat trick and a four point night against Yellowhead. Caitlin Anderson contributed a

Marissa Fehr of the Pembina Valley Hawks escapes the defensive efforts of Yellowhead's Nadia Nickel Sunday afternoon in Morden. The Hawks beat the Chiefs 7-4.



PHOTO BY RICK HIEBERT/VOICE

goal and three assists for the Hawks. Dalebozik, Gracie Carels, and Erica Fijala also scored.

Kaylee Franz made 36 saves as Yel-

lowhead outshot the Hawks 40-29.

The league's other playoff series pit Westman (who ranked first in the regular season) against Central Plains

(eighth), the Winnipeg Ice (second place) against Interlake (seventh), and Yellowhead (fourth place) against Eastman (fifth).

# Male Hawks head into final three games in third place

By Lorne Stelmach

The male U18 Pembina Valley Hawks earned three of a possible four points in a weekend doubleheader with the Yellowhead Chiefs.

The Hawks edged the Chiefs 3-2 Saturday but then fell 4-3 in a shootout Sunday. Both games were in Shoal Lake.

Raiden LeGall made the difference

in game one with 45 saves as Pembina Valley was outshot 47-25. Liam Goertzen had a pair for the Hawks, while Sebastien Hicks scored the go-ahead goal with 1:20 left in the game.

Bryson Yaschyshyn was then even busier in net for the Hawks the next night as Pembina Valley was outshot 55-34.

Cedrik Robidoux, Jayden Penner,

and Marek Miller all scored for the Hawks, who had the game tied at 2-2 after 40 minutes.

Following the overtime session, the shootout went scoreless until the Chiefs connected on their third shot to gain the extra point.

Pembina Valley remains in third place at 28-7-6 for 62 points. They trail Brandon and the Winnipeg Bruins by

five and four points while sitting just three ahead of the Winnipeg Wild.

The Hawks now have just three regular season games remaining starting with a home and home doubleheader with the 11th place Kenora Thistles Saturday and Sunday.

The season finale then has the Wild hosting Pembina Valley in Winnipeg Wednesday.

# Local youth athletes off to the Winter Games

By Voice staff

Team Manitoba will have more than a few local faces at the 2023 Canada Winter Games taking place in Prince Edward Island Feb. 18 to March 5.

The team, made up of 207 youth athletes from across the province, includes 15 locals representing Manitoba in a variety of sports, including:

- Cross country skiing: Isaiah Van-

den Berg (RM of Stanley) William Vanden Berg (Winkler) Hezekiah Hoepfner (Thornhill), Kate Sawatsky (Altona), Gideon Hoepfner (Stanley), Mia Sawatsky (Altona), Naomi Wiens (Morden), and Benjamin Wiens (Morden).

- Curling: Altona's Gillian Hildebrand, Piper Stoesz, Dayna Wahl, Anna Ginters, and coach Keith Stoesz.

- Figure skating: Alison Convery

(Morden) and Jorja Best (Carman). Best, at age 11, is the youngest member of Team Manitoba.

In addition to the hundreds of athletes, Team Manitoba also includes 68 coaches, managers, and technical support staff, and 22 mission staff.

From our area that includes Andrew Vanden Berg (Winkler) going along with the large local cross country skiing group for technical support and

Morden's Elizabeth Derraugh, who is going as a manager of the speed skating team.

At a press conference in Winnipeg last week, speed skater Sofia Bieber (Winnipeg) was announced as the Team 'Toba flag bearer for the opening ceremonies taking place this weekend.



# Shannondale hosts cross country ski provincials

By Lorne Stelmach

The weekend offered an opportunity to showcase the region as a destination for cross country skiing in southern Manitoba.

The Boundary Trails Nordic Club hosted the Cross Country Ski Association of Manitoba's 2023 provincial championship at Shannondale Ski Area near Thornhill.

The club last hosted perhaps over a decade ago, so it was a great chance to promote what is available here in the region and the local skiing community.

"It was an absolutely amazing opportunity, and it was part of the push to showcase Shannondale especially and that the trails that are there and that they're race-worthy trails," said Andrew Vanden Berg, who served as race director and is involved in coaching the club's junior development team.

The event offered two days of racing starting Saturday with a mass start 10 km skate race, while the younger skiers had one, three, and five kilometre

racers. Sunday then offered a classic race.

There were over 86 competitors on Saturday and another 82 on Sunday.

"Most of the racers and athletes would have been fairly well seasoned racers. We did offer a recreational race, and we had a few participants," said Vanden Berg. "They were all smiles as well, so it was great to introduce some new folks to the racing scene."

"Overall, it a huge turnout for our ski community, and we're very pleased with the numbers who showed up," he said. "We had athletes travelling in, some from as far away as Kenora, and obviously Winnipeg has a big ski community, so a lot of folks came out from there. We had representation from about 10 different ski clubs in Manitoba."

Vanden Berg was pleased with how local competitors from this region fared at the event, with both adult and youth teams competing.

"We were quite successful. There were many podium finishes," he said. "I'm quite happy with our athletes and how they all performed. It was a



SUPPLIED PHOTO BY JEFF SCOTT

The Shannondale Ski Area near Thornhill hosted the Cross Country Ski Association of Manitoba's 2023 provincials last weekend.

very exciting time for them."

In the end, he said it was just nice to be able to do this again post-pandemic.

"It was kind of exciting to regroup and to gather together and see faces we haven't seen for awhile. The ski community may be small, but it's a fun community to be part of."

"The event seemed to be a hit with everybody ... and Mother Nature sure went easy on us. When you're hosting an outdoor event, weather is always such a big factor ... the weather was

great, and the sun was shining."

And Vanden Berg especially felt Shannondale itself left quite a favourable impression.

"As far as ski venues or ski trails in the province, it would probably rank up there pretty high ... Shannondale definitely tests you well," he said. "David Lumgair has put 30 plus year of work into those trails, and I think to have a provincial event there was pretty special for David and pretty special for our club as well."

# Rocky week for Pembina Valley Twisters in MMJHL

By Lorne Stelmach

The week began well but ended on a very sour note for the Pembina Valley Twisters.

A 5-4 win over the Stonewall Jets last Tuesday was followed by a 5-3 loss to the St. James Canucks Friday and then a 9-2 thrashing Sunday by the Charleswood Hawks.

Pembina Valley held period leads of 2-1 and 3-2 on Stonewall before two

goals less than two minutes apart in the third cemented the win.

Scoring that night was Kyle VanDenyze (with two), Derek Wiebe, Nico Vigier, and Riley Goertzen with his team-leading 22nd of the season.

Matt Grysiuk made 30 saves as the Twisters held a 40-34 edge in shots on goal.

Grysiuk helped keep Pembina Valley in the game against the league -lead-

ing Canucks, who outshot the Twisters 50-27 and held period leads of 1-0 and 4-3. Derek Wiebe, Mike Heppner, and Slade Sotheran all scored in the defeat.

Things fell apart for the Twisters in the second period Sunday as the Hawks fired five unanswered second period goals and then added four more in the third period.

Scoring that night was Brett Bergman and Merek Degraeve while Gry-

siuk made 38 saves in net off 37 shots. His teammates had 47 shots on goal.

Pembina Valley slipped to sixth place at 15-13-3-3 for 36 points, which is one behind Charleswood and six back of Fort Garry Fort Rouge while two up on Transcona and eight ahead of St. Boniface.

Pembina Valley hits the road this weekend with visits to Transcona Friday and Fort Garry Fort Rouge Sunday.

## > WINTER GAMES, FROM PG. 20

"I'm so honoured to represent Manitoba as the flagbearer for the 2023 Canada Winter Games. When I first heard, I was like, 'Wow, they picked me?'" said Bieber. "The Canada Games are different than any other competition. We're representing our province together as a team, more than just ourselves. This is our moment."

Sport, Culture and Heritage Minister Obby Khan sent Team Toba on its way with well wishes.

"As a former professional athlete I know the hard work and dedication

you have put in to represent your province. You have earned the right to wear the buffalo, and will make Manitoba proud."

"This is such a special achievement for each of these athletes. The Canada Games are a key milestone on the high-performance pathway, but this is just one step of many great things ahead," said Chef de Mission Drew Todd. "Alongside my incredible mission staff, we are doing all we can to help our athletes succeed, and we are confident they will perform at their best on the national stage."



PHOTO BY LANA MEIER/VOICE

The Pembina Valley Twisters beat the Stonewall Jets 5-4 last week.



# Locals skate their personal bests at Skate Canada Challenge

By Lorne Stelmach

A Morden figure skater is enjoying one of her best years yet in the sport, including competing at the national level.

Alison Convery recently took to the ice at the Skate Canada Challenge in Regina, and the 14-year-old was pleased with her performance.

Not only did she score a personal best, but Convery also achieved a score that earned her a spot at the 2023 Canada Winter Games in Prince Edward Island.

Convery placed 43rd in the pre-novice women category at the event which also saw the pre-novice pairs team of Jorja Best and Wyatt James from Carman place 18th overall in their event.

Fellow Morden skater Ky-Lynn Jenner, who also earned a personal best score at the Skate Manitoba sectionals, was named as the alternate for the Canada Games.

"I was really excited to have the chance to compete," said Convery. "I

worked really hard to get to this position, so it is nice to see that my work is paying off.

The dedication is paying off for Convery, who started in the Canskate program when she was in Kindergarten and was then asked to join the junior figure skating program in Grade 1.

Now in Grade 9, she sees her perseverance paying off, and she gave credit to her coaches, including Brooklyn Parker, who will also be part of the Team Manitoba staff at the Canada Winter Games.

"She's coached me for a long time, and she's been a great coach," said Convery.

She loves having the opportunity now to go to the Canada Winter Games as well.

"This is a dream come true," she said. "I'm really excited, and I'm really proud to be chosen for the games because there's lots of people who were hoping to have a chance."

She hopes to keep skating as long as possible.

"I definitely want to keep skating at least until the end of high school, I hope," said Convery.

Tasha Roberts, president of the Morden Figure Skating Club, said they are very proud of both Convery and Jenner for their achievements.

"This is a very exciting opportunity and is truly a special achievement. We are very proud of both."

She added Parker was also well deserving of the opportunity to be part of the coaching staff at the Canada Games.

"Brooklyn has coached with the Morden Figure Skating Club for the past eight years, and we are very excited for her to have this opportunity."

**SUPPLIED PHOTO**

Morden's Alison Convery, right, earned a spot at the Canada Winter Games this month with her showing at the Skate Canada Challenge in Regina in January. Fellow Morden Figure Skating Club member Ky-Lynn Jenner (left) is the alternate for the Games.



# Winkler Curling Club hosts Men's Bonspiel



**SUBMITTED PHOTOS**

The Winkler Curling Club hosted its 2023 Men's Bonspiel Feb. 9-12. Twenty-three teams vied for supremacy in the three-event competition, which included a split third event. Clockwise from above, left: 1st Event winners Emerson Klimpke, Reese Hamm, Tim Johnson, and Jayden Rutter (defeating Team Mutcheson 10-8); 2nd Event winners Randy Suderman, Rick Suderman, John Sawatzky, and Jon Doell (defeating Team Driedger 9-8); 3rd Event winners Nathan Reimer, Matt Fehr, Justin Froese, and Derek Froese (defeating Danny Pappel 5-4); and 3rd Event winners Jeff Hildebrand, Terry Holliston, Mike Oberg, and Vaughn Mayert (defeating Wally Thiessen 6-1).









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**BOOK YOUR 2023 BLANKET CLASSIFIED ADS NOW** in the 32 Weekly Manitoba Community Newspapers! **NEED SEASONAL DRIVERS?** Having an AGM, online meeting or conference? Let people know in the Blanket Classifieds! Call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

**EMPLOYMENT**

**BORDER LAND SCHOOL DIVISION**  
Life Long Learning

Border Land School Division invites applicants for a  
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Term will commence May 1, 2023 and end June 30, 2023  
FOR DETAILS VISIT WWW.BLSD.CA

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Suite Rental - Large condo style apartment with common area. On-site laundry, 1 bdrm. plus utility room. 15 minutes from Winkler & Carman. Best deal in southern MB! \$500/mo. Roland, MB. 204-615-0676. pgrift@shaw.ca

**PERSONALS**  
39 year old Christian farmer near Lloydminster, SK looking for a Christian lady who would like marriage, family and farm-life. Please reply with a photo, phone number and info about yourself to: Christian Farmer, Box 39 Stonewall, MB. R0C 2Z0.

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**WANTED: PART-TIME ADMINISTRATOR/SECRETARY**  
**FOR THE NEUBERGTHAL HERITAGE FOUNDATION**  
The village of Neuberghthal is a National Historic Site near Altona, Manitoba. Schedule flexible, work mostly from home, proximity to the village is essential. Terms, salary to be negotiated. For detailed job description and qualifications, and contact info, go to www.neuberghthalheritagefoundation.com

**FARMLAND TENDER**

**FARM LAND FOR SALE BY TENDER**  
**RM OF DUFFERIN**

Completed tender and a \$10,000.00 deposit are invited to be received up to 12 NOON on February 23rd, 2023, for the land described below, at:

**PKF Lawyers - 71 Main St. S, Box 1240, Carman, MB R0G 0J0**  
**Attn: Mona Brown/Tammy Bisschop Ph: 204-745-2028**  
**mbrown@pkflawyers.com tbisschop@pkflawyers.com**

**LAND FOR SALE: (no buildings)**  
N ½ of the NE ¼ and the N ½ of the E ½ of the NW ¼ of 11-6-3 WPM 120 acres  
(Status of Title No. 2555276/4)

**Conditions of Tender:**

1. Financing must be pre-approved.
2. Tender to be submitted on the form prepared by PKF Lawyers. **To obtain tender form or more info., contact Tammy Bisschop or Mona Brown at 204-745-2028.**
3. Tender must be accompanied by a certified cheque, payable to PKF Lawyers (in trust), in the amount of \$10,000.00. Deposit of tenders not accepted will be returned to the Tenderers.
4. Highest tender or any tender will not necessarily be accepted.
5. Vacant possession and the due date of the balance of tender price shall be March 17, 2023.
6. The maker of any tender relies entirely upon his/her personal inspection and knowledge of the land, independent of the representations made by the Vendor, or the Solicitor and Agent of the Vendor. The land will be sold "as is", and the Tenderer is solely responsible to determine the value and quality of the land.

**Reporter/Photographer Wanted**

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

**Qualifications:**

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

**Please forward your resumé along with three writing and photography samples to:**  
Lana Meier  
Email: news@stonewallteulontribune.ca



**PUBLIC NOTICE**

*Morden*  
**PUBLIC HEARING NOTICE**  
**CITY OF MORDEN**  
**2023 FINANCIAL PLAN**

Pursuant to Section 162(2) of The Municipal Act, Council of the City of Morden invites all ratepayers of the City of Morden to a Public Hearing in respect to the 2023 Financial Plan (Budget) for the City of Morden. The purpose of the Public Hearing is to allow any interested persons to make a representation, ask questions or register an objection to the Financial Plan. A presentation of the Financial Plan will be made in Council Chambers at the City of Morden Civic Centre, 100-195 Stephen Street, Morden, Manitoba on **Monday, February 27, 2023 at 7:00 P.M.** Copies of the Financial Plan will be made available to the public on February 17, 2023. Additional information and other documents concerning the matter and the procedures to be followed at the hearing will be available for review at the municipal office at this time.

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www.mcna.com



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mcsherry@mymts.net



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Closes Feb. 22 @ 7:00PM

**Tataryn Estate Auction**  
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**CITY OF WINKLER POLICE BOARD PUBLIC NOTICE**

The Winkler Police Board quarterly meetings will be held on **April 12, July 12, October 11, 2023** and **December 13, 2024** at 12:30 p.m.

Meetings are open to the public and will be held at City Hall in the Council Chambers, 185 Main Street, Winkler, MB. Anyone wishing to come forward with a delegation is asked to contact the City of Winkler Administration Office a minimum of one day prior to the meeting.

**EMPLOYMENT**

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1240 sq. ft., 1 bdrm with a den. Heated garage parking is available. Rent includes all utilities, yard care, snow removal and more.

**Email Cindy at [cindyek@mts.net](mailto:cindyek@mts.net) or call 204-362-7151 for more information.**

**WANTED**

**WANTED**  
A purebred West Highland Terrier puppy. Will consider non-purebred if available.

**Contact Dennis**  
**204-745-8811 Carman.**

**COMING EVENTS**

**Fundraiser**  
Valley Mennonite Academy Chortitz  
**Dine-in and Take-out**  
**Soup & Pulled Pork & Pie**  
**Sat., Feb. 18 4:30 - 7:00 PM**  
**Sommerfeld Mennonite Church**  
189 2nd St., Winkler, MB

Proceeds go to General Operating Fund of the School

VMA is non-government funded all donations are greatly appreciated

Singing by Students of VMA

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# Classifieds Announcements

The *Winkler Morden* Voice

Book Your Classified Ad Today - Call 467-5836

**OBITUARY**



## Anne Toews (nee Dyck) 1930 - 2023

Anne Toews passed away peacefully on Wednesday, February 1, 2023 at Boundary Trails Health Centre at the age of 92.

Anne was born on July 17, 1930 to Jacob J. and Maria (Enns) Dyck. In 1950 she married Jacob Toews and together they raised six children. They lived and farmed at Bergfeld for many years. Anne was actively involved with the farm and always had a large, lovely garden. In 1993, Anne and Jacob retired to Morden. They made new friends and enjoyed their smaller yard and garden and continued to enjoy travelling and camping with family and friends. Anne's faith was important to her, she was a member of the Bergfeld and Morden EMM Churches. Jacob's passing in 2010 was a huge loss, however, she moved forward in life with quiet

courage. She first moved into a condo in Vista Terrace and was able to maintain her love of gardening with plants on the balcony. In 2019 she moved to Homestead South where she was well supported and able to live comfortably until her admission to Boundary Trails Health Centre on January 9, 2023. In these years her greatest joys were the time spent with family and with her close friend Vi Schroeder.

Anne will be deeply missed by her family. She is survived by her children: Gerald (Linda), Carol (Wayne Benedet), Bob (Karen), Melvin (Jerri-Ann), Reg (Jen), Sheldon (Maureen Polischuk) as well as 20 grandchildren, 14 great-grandchildren and two great-great grandchildren.

She was predeceased by her husband Jacob, a daughter-in-law and all of her siblings.

Memorial service was held at 2:00 p.m. on Tuesday, February 7, 2023 at the Morden EMMC with interment prior at the Eigenhof Cemetery.

Our family is grateful for the good care, kindness and support mom received from Dr. Adri Botha, the home care staff and the staff at Homestead South. We would also like to thank Dr. Kim and the Boundary Trails Health Centre staff for their care of mom in the last weeks of her life.

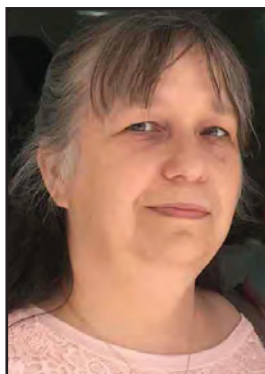
In lieu of flowers, donations may be made in Anne's memory to the Turtle Mountain Bible Camp.

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



**OBITUARY**

## Susan Dyck (nee Bueckert) 1971 - 2023



Susan Dyck, 51, of Horndean, MB. passed away Thursday, February 9, 2023 at Boundary Trails Health Centre.

She is survived by her husband, Isaac; four children, Brittany, Ryan, Michael, Kyle; her mother, three sisters, six brothers and their families. She was predeceased by her father and one child pre-birth.

Funeral service was held at 2:00 p.m. on Tuesday, February 14, 2023 at the Zion Mennonite Church in Schanzenfeld with burial at the church cemetery.

Donations may be made in Susan's memory to the Zion Mennonite Church.

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



**OBITUARY**



## Sara Dyck (nee Friessen) 1929 - 2023

On Sunday, February 5, 2023 at Salem Home in Winkler, MB, Sara Dyck, 93 passed away peacefully in her sleep.

Sara was born November 15, 1929 in Mexico. She met the love of her life, Wilhelm Dyck and they were married in June 1950 and moved to Ontario. Later on, they moved to Manitoba and lived there for a few years. Then they moved back to Ontario for a few years and then back again to Manitoba.

Sara will be deeply missed by her family: Margaret (Henry) Peters, Nancy Reddekopp, Sara Dyck, John (Margaret) Dyck, Anna (John) Unrau and daughter-in-law, Anna Dyck (Bill), Jake (Liz) Dyck, Mary (John) Redekop, Susan (Abe) Redekop, Helen Niekaley, Kathy (Pete) Harder as well as 80 grandchildren and great-grandchildren

and great-great-grandchildren.

She was predeceased by her husband, Wilhelm April 24, 2003; her son, Bill Dyck May 2, 2022; and son-in-law, Jacob Reddekopp.

Funeral service was held at 2:00 p.m. on Thursday, February 9, 2023 at the Winkler Sommerfeld Mennonite Church with interment at the Rosenbach Cemetery.

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



# SALES CAREER OPPORTUNITY

## Big and Colourful Printing & Publishing

is looking for a dynamic, highly motivated person to become part of our advertising sales team in the Interlake area.

The successful candidate will thrive in a fast paced sales environment where a competitive nature, strong work ethic and excellent customer service skills are required and rewarded.

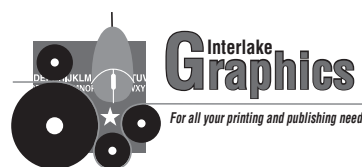
This opportunity involves building relationships and representing our newspapers to new and existing customers.

Qualifications: The successful candidate must be professional, dependable, energetic, goal-oriented, self-starter, can work within deadlines, well organized and friendly.

Customer service, sales experience and passion is a must.

- Strong computer skills, including Microsoft Office
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# get inspired

> MEAL IDEAS



## Crunchy Salad Pizza on Cauliflower Crust

salt, to taste  
freshly ground black pepper, to taste  
1 ounce fresh goat cheese, crumbled  
Heat oven to 400 F. Place frozen crust on large, parchment-lined baking sheet and brush top lightly with 2 teaspoons olive oil. Bake until crust is lightly golden, about 10 minutes. Transfer to cutting board and cut into quarters.

Using mandolin, peeler or large, sharp knife and cutting board, thinly slice carrots, fennel, bell pepper and onion. Transfer to mixing bowl and add grapes and 1/2 cup chickpeas. Add parsley, pesto and 1 tablespoon olive oil; toss well. Season with salt and pepper, to taste.

Using fork, coarsely mash remaining chickpeas and remaining oil; spread among pieces of crust. Mound grape-vegetable mixture on top. Dot with goat cheese and serve.

Nutritional information per serving: 490 calories; 9 g protein; 66 g carbohydrates; 22 g fat (40% calories from fat); 4 g saturated fat (7% calories from saturated fat); 30 mg cholesterol; 380 mg sodium; 4 g fiber.

Prep time: 20 minutes  
Cook time: 10 minutes  
Servings: 4

1 frozen cauliflower pizza crust (11 ounces)

1 tablespoon, plus 4 teaspoons, extra-virgin olive oil, divided

2 medium carrots, peeled and trimmed  
1 medium fennel bulb, quartered and trimmed

1 medium yellow bell pepper, halved and trimmed

1/2 medium red onion

16 black California grapes, halved

1 cup canned or cooked chickpeas, drained and rinsed, divided

2 tablespoons finely chopped fresh parsley

2 tablespoons pesto



## Roasted Salmon and Grapes with Pistachios Over Fresh Greens

Pat fish dry and place skin side down in pan. Brush fillets lightly with 1 tablespoon olive oil and sprinkle with salt and pepper, to taste. Pour wine in pan, scatter grapes around and sprinkle pistachios and parsley on fish.

Roast salmon 7 minutes for medium-rare; 8 minutes for medium.

In large bowl, toss spinach, onion, remaining oil and vinegar. Season with salt and pepper, to taste; toss again and divide among four plates.

Place fish on top of greens. Spoon roasted grapes around fish.

Nutritional information per serving: 360 calories; 31 g protein; 12 g carbohydrates; 19 g fat (48% calories from fat); 3 g saturated fat (8% calories from saturated fat); 65 mg cholesterol; 105 mg sodium; 2 g fiber.

Prep time: 15 minutes  
Cook time: 7-8 minutes  
Servings: 4

4 wild sockeye or coho salmon fillets (about 5 ounces each)

3 tablespoons extra-virgin olive oil, divided

salt, to taste

freshly ground black pepper, to taste

1/3 cup dry white wine

1 cup green California grapes

1/4 cup shelled, unsalted pistachios, coarsely chopped

2 tablespoons finely chopped Italian parsley

5 ounces baby spinach

1/4 red onion, thinly sliced

1 tablespoon white wine vinegar

Heat oven to 400 F. Lightly oil shallow, 9-by-13-inch baking dish.

# Expert patient here to help!



Susie Schwartz

By Susie Schwartz

So your throat gets itchy and your legs don't work and you have no energy and your 'daily constitutional' is weekly at best. You've been to your GP who sent you to a specialist and then another and another and still no answers. My advice?

Don't give in.

The above symptoms sit randomly in that sentence with no obvious links to each other. But in my case, they are linked, and it took about seven years and a female hormone specialist to suggest a possible explanation: Histamine intolerance.

Huh?

Yup, not her area of expertise, but Dr. Ladybits had heard that sometimes, oestrogen supplementation can exacerbate a histamine intolerance wreaking havoc on one's health. What is a histamine intolerance, you ask? Well it's when the body stores or intakes too much histamine (usually from food sources) causing body-wide allergies. She suggested I research the problem and make some dietary changes and

see if it helped. It did.

Over the last year I've gotten lazy with my eating in this department. (Try being Diabetic, gluten-free, dairy free, low-fodmap, low histamine and vegetarian with gastroparesis. It is no 'picnic'.) And guess what? My symptoms have gotten worse again. I also just found a histamine intolerance blood test through an online lab that confirms I have it. What does this mean? Power. (And a lot of blueberries. But hey, who needs spinach and nuts and avacados and all those 'healthy' food options, anyway? Sigh.) At least now I can do something to feel better.

My point is, I had given in to feeling awful all the time, thinking it was hopeless. And then Dr. Ladybits took a long shot and suggested something most people have never heard of and even more don't believe to be a thing. (She wasn't even sure herself.) So keep asking questions and do your own research on the scary web. (But be smart. Only reputable sites. If you are the type to get wound up and worried and jump to the 2% worst case scenario, ask a loved-one or friend to do some digging for you. Maybe they might even see some possibilities through their fresh eyes.

So don't give in to the non-answers and vague explanations like, 'It's probably the diabetes'. Sometimes it's not, and there is help to be had.

Going to eat some blueberries.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalmiss\_stress, and at www.lesshealthstress.com where you can sign up for 'Convos with Carlos - 1 Care, 1 Quote, 1 Question' to get weekly support to your inbox.

## Warm-Spiced Chickpeas and Couscous with Grapes and Arugula

Prep time: 10 minutes  
Cook time: 20 minutes  
Servings: 4

2 tablespoons extra-virgin olive oil

1 small onion, chopped

1 1/2 teaspoons ground cumin

1/2 teaspoon kosher salt, plus additional, to taste, divided

1/8 teaspoon ground allspice

1 cup Israeli pearl couscous

3/4 teaspoon ground turmeric

1 1/2 cups water

1 can (15 ounces) no-salt-added chickpeas, drained

1 cup red California grapes, halved

2 tablespoons chopped fresh cilantro or parsley

freshly ground black pepper, to taste

4 cups lightly packed baby arugula

lemon wedges

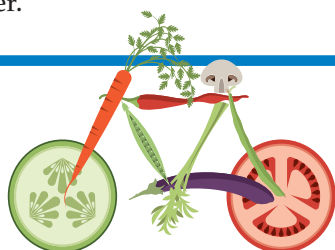
In large saucepan over medium heat, heat oil. Add onion, cumin, 1/2 teaspoon salt and allspice; cook, stirring, until onion is softened, about 3 minutes. Add couscous and stir 1 minute to toast lightly. Add turmeric and water; bring to boil. Reduce heat, cover and simmer until couscous is tender, about 15 minutes.

Stir chickpeas, grapes and cilantro into couscous then season with salt and pepper, to taste. Transfer couscous-grape mixture to large bowl, add arugula and toss well. Serve warm or at room temperature with lemon wedges.

Nutritional information per serving: 370 calories; 12 g protein; 61 g carbohydrates; 9 g fat (17% calories from fat); 1 g saturated fat (2% calories from saturated fat); 0 mg cholesterol; 160 mg sodium; 8 g fiber.



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### 2018 Honda CR-V LX

62,500 KMS,  
STOCK #182953



LOCAL, ONE OWNER,  
OFF LEASE,  
**\*\*LOW KM'S\*\***

**\$32,988**

### 2020 Honda Odyssey EX

43,179 KMS,  
STOCK #R04626



MANITOBA VEHICLE,  
EXTENDED WARRANTY,  
**\*\*LOW KM'S\*\***

**CALL FOR PRICE**

### 2020 Kia Sorento LX+

27,218 KMS,  
STOCK #200917



MANITOBA VEHICLE  
**\*LOW KM'S\***,  
ONE OWNER,  
NO DAMAGE REPORT

~~\$35,988~~  
**REDUCED**  
**\$34,988**

### 2019 Honda HR-V Sport

38,000 KMS,  
STOCK #193139



MANITOBA VEHICLE,  
NO DAMAGE REPORTS,  
**\*\*LOW KM'S\*\***

~~\$32,988~~  
**REDUCED**  
**\$32,988**



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\*Honda Loyalty Program, \*\*Lease Rate, \*\*\*Vehicles not exactly as pictured.