

The *Winkler* **•** *Morden*  
**Voice**

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**Sugar high**

Brothers Bennett and Jesse Reimer loaded up their egg-shaped cookies with plenty of sweet decorations at the Winkler Library's final day of spring break programming Friday. For more, see Pg. 11.

PHOTO BY ASHLEIGH VIVEIROS/VOICE

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Morden/Winkler & Area Residents

**Information session**

Are you interested in finding out more about the Boundary Trails Health Centre expansion project?

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# Winkler pickleball community invites council to partner in planning for the future

By Ashleigh Viveiros

North America's fastest-growing sport is alive and well in Winkler, and enthusiasts are asking city council to create a task force to see how we can get more courts built.

A delegation from the Winkler Pickleball Association appeared before council at its meeting March 28.

"Our purpose here is to make the City of Winkler aware that pickleball is a growing sport, especially in Winkler," said president John H. Klassen.

Pickleball is a cross between tennis, badminton, and ping-pong in that players use a hard paddle to lob a plastic ball with holes over a net. It can be played both indoors and out on badminton-sized courts with modified tennis nets.

The game was introduced in Winkler on a makeshift court in the Winkler Senior Centre parking lot in 2012. At the time, there were less than a dozen people coming together to play regularly.

Today the association offers multiple nights of pickleball each week and draws upwards of 125 players.

"It's growing," Klassen said of the number of regular players, "and we expect it to be doubled in a year or two. Pickleball is here to stay."

The association periodically holds

beginners clinics that fill up fast—one this week will see nearly 30 new players learn the sport.

And it's not just seniors leading the charge, as it was at the beginning; they have players of all ages.

"It's not a seniors game anymore," Klassen said, estimating about two-thirds of active players in town are under 50. It's also being played at the high schools. "There's not a sport like pickleball that you can pick up and play so easily. Within two, three nights you're able to play half decently."

When the weather cooperates, the association is able to play at outdoor courts in Lions Park. But the action for most of the year happens indoors in locations throughout the city, including several school gymnasiums and even the low-ceilinged Royal Hall at the arena.

Renting these spaces works but is not ideal.

"We get bumped out quite regularly," Klassen said, noting over the next 15 weeks they'll be bumped 16 times due to other events taking over those spaces. "It does create issues."

"Everything seems to be just a bit of a band-aid," he continued. "We need daytime places to play, especially for our seniors. We need weekend time to play, especially if we want to incorporate families. We would like to host tournaments. We'd like to have a place that we call home."

The association has been working with the recreation department to come up with ideas for more spaces for both indoor



SUPPLIED PHOTO

The Winkler Pickleball Association has about 125 people playing the sport regularly and expects those numbers to double in the year ahead. They're encouraging the City of Winkler to create more courts—both inside and out—to accommodate the growing interest in the sport.

and outdoor courts, but their ultimate dream would be to build a dedicated indoor pickleball facility with 8-10 courts.

Klassen is confident the grant funding is out there to help make this a reality, coupled with community support. They're asking the City of Winkler to come on board as they begin to explore possibilities.

"We want to form a partnership with the City of Winkler. We want to put together a committee ... a task force to brainstorm and find the best possible solutions for pickleball in the future as it grows in Winkler," Klassen said. "It's time to come up with a plan. The question is, is the City willing?"

Mayor Henry Siemens sent the association's request to the Community Services Committee, which oversees recreation, for further consideration.

After the meeting, the mayor noted council is certainly intrigued at the possibilities for growing this sport in Winkler, whether it's adding more outdoor courts, finding existing space for indoor ones (maybe at the Meridian Exhibition Centre or the soon-to-be renovated Centennial Arena), or even perhaps one day building dedicated indoor courts.

"This is a committed group of play-

ers," he said, noting Councillor Don Friesen, an avid pickleballer himself, shared with council that many make vacation destination decisions based on the availability of pickleball courts. "That certainly caught my attention," Siemens said. "It's something that might be good for the city to have more options."

And it's certainly a sport that seems to appeal to a wide variety of people, he added.

"Just the idea that you can have 17-year-olds and 71-year-olds playing a competitive game together, I think that part is really good to see. Communities are strengthened whenever we bring different groups of people together."

Klassen after the meeting said he's optimistic about what the association and city staff can come up with.

"We just wanted to get the conversation started," he said. "We can make do now, but we're not going to be able to make do for long. It's time to start planning and start applying for grants. It's something the city needs to start seriously looking at."

"And we're willing to do our part, we're willing to help. We want to partner with them on this."

"WE CAN MAKE DO NOW, BUT WE'RE NOT GOING TO BE ABLE TO MAKE DO FOR LONG"

A graphic for "Easter Blessings" featuring a portrait of Josh Guenter, MLA for Borderland. The text "Easter Blessings" is written in a large, blue, cursive font. Below it is a photograph of a basket of colorful Easter eggs. The name "Josh Guenter" and "MLA for Borderland" are printed in blue and red. At the bottom, the phone number "204.324.8957" is displayed in white on a blue background.

## Man killed in Hwy. 3 accident

By Voice staff

A Winnipeg man was killed after his semi-truck went off the road Monday morning.

On April 3 at approximately 9:30 a.m., Pembina Valley RCMP received a report of a semi-trailer having hit the ditch on Highway 3 about two kilometres north of Hwy. 14.

Police say the southbound semi-trailer being

driven by a 47-year-old man from Winnipeg lost control and entered the east ditch.

The man had exited his vehicle and was standing on the passenger side of it when a deck truck also lost control on the ice-covered road and entered the ditch, striking him.

The semi-truck driver succumbed to his injuries at the hospital. The 39-year-old male driver of the deck truck was not injured.

# Winkler asks SCRL to review its policies

By Ashleigh Viveiros

The City of Winkler is asking the South Central Regional Library (SCRL) to review its policies in light of complaints books in its collection contain inappropriate sexual content.

Delegations have appeared before SCRL's member municipalities in recent months to call for action in response to books accessible by minors that they say contain child pornography, instruct on sexual touching, and violate Canadian law.

They presented before Winkler city council in December and again at the city's financial plan presentation in March, requesting Winkler consider withholding funding from the public library.

"As the delegation's request was a matter of our funding the SCRL, we considered their complaint," Mayor Henry Siemens said in a letter council has sent to the library's board of directors.

"Winkler council has since spent some time reviewing their concerns. This research has led members of Winkler

council to become alarmed at the graphic sexual act depictions and descriptions contained in some children's books in the library," the letter continues. "We request that you review and adjust your policies through this lens as you consider how books that deal with issues around children and sex are displayed.

"We recognize that any exchange around this topic can quickly become emotionally charged, leading to fears of book banning," Siemens wrote. "We want to avoid that kind of conversation. We are asking for a respectful dialogue around policy.

"We assure you that this is not an

attempt to censor what books the library carries. To reiterate, we are troubled about where and how books on sexual topics (directed to children) are placed and displayed and ask the SCRL board to further review and amend your policies in this light."

In an interview last week, the mayor stressed the library is a valuable community resource and that council recognizes the SCRL board is the ultimate authority in drafting policies and procedures regarding what's on the shelves and how book complaints are handled.

"We want to be careful that we don't step into the library board's responsibility—they have the authority and the responsibility for the books in library," he said, noting council's involvement is limited to funding the facility, as per the Public Libraries Act, and providing a council member and citizen representative to serve on the board.

That said, council does wonder if some of the books in question here might be better placed in sections accessible only by adults (thereby keeping them available for parents who wish to take them out for their children for educational purposes), rather than in the children's non-fiction section.

"We want the board to take another look at that to see how that could be addressed," Siemens said. "It's not for us to tell them what to do, but we did ask them to take a look at that."

It should be noted that the idea of moving some of these books onto adult-only shelves has been brought up before—former Winkler mayor Martin Harder, attending council's financial plan presentation March 14 as a private citizen, voiced the same solution to council.

Karin Banman, who was on hand that night to question funding of the library in light of these complaints, indicated to council this would likely not be acceptable, since books they attest contain child pornography are not appropriate for adults to have access to either.

last week that the library's response to council will be forthcoming.

"I can say that we have already dedicated an extreme amount of time to review our policies and procedures and ensure that they're following not only our patron's needs but the Public Libraries Act as well," he said. "We are continually reviewing these policies."

## POLICIES HAVE BEEN REVIEWED

SCRL board chair Chad Collins said

Continued on page 5

"WE WANT THE BOARD TO TAKE ANOTHER LOOK ..."

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# Pembina Counselling Centre marking 30 years of service

## Anniversary celebration in Winkler April 13

By Lorne Stelmach

Pembina Counselling Centre is celebrating a pair of milestones this month.

It is the 30th anniversary of the founding of the organization as well as the 25th year of involvement for Paul Penner, so both are being recognized with a special event April 13.

It has especially been quite a journey for Penner, who recalled in his first year at the centre when they had just 431 appointments. In comparison, for 2023 they have budgeted for around 4,500 appointments.

"So that is huge growth ... we never had thought ... we just kept thinking we hoped we could keep the doors open," joked Penner, who has not only worked as a counsellor but also previously served as the centre's executive director and more recently its clinical director. "It's been steady,

gradual growth."

"The growth has been gradual, but I came on in 2019 just prior to the pandemic ... and in the last three years, we've had dramatic growth," said executive director Chris Derksen, who noted they went from about 2,200 appointments in 2020 to just shy of 4,000 by the end of 2022. "So that was dramatic. We went from three counsellors to seven, and we could probably hire another for this year."

Penner reflected back on their beginnings and particularly recalled early on getting key support from a prominent local businessman.

"They believed in what we were wanting to offer to the community, and he cut me a big cheque to help us have a bit of a buffer in our bank account, so that was huge.

"We believed the area would benefit from a professional counselling centre, values-based, and we wanted the



PHOTO BY LORNE STELMACH/VOICE

Pembina Counselling Centre executive director Chris Derksen (right) with Paul Penner, who is celebrating 25 years with the agency. The centre, meanwhile, turns 30 this year.

freedom to talk about whatever people wanted to talk about ... we really wanted to be responsive to whatever issues people had," he continued. "People did use the service, and it kept growing. Our calendar always got a little fuller. Over the years we had to add counselling hours, so we contracted with other professionals

and they came on board.

"When we think about the trust the community gave us, we value that very highly," said Penner, who went on to ponder the question of how do they know if they're making a difference?

Continued on page 7

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# “The whole idea of a public library is you choose whether you want to read it or not”

From Pg. 3

Collins noted it's a challenging discussion when it comes to considering removing any book from a public library's shelves.

“It's as touchy a subject as not moving the books,” he said. “We have obligations to freedom of speech. We have obligations to the wants and needs of our patrons.”

If someone takes issue with a book, they have the right to submit a complaint.

“There is policies in place to help individuals identify a title that they have concerns with,” Collins said. “They also have the ability to appeal that review as well, and that's very important in the process for us to understand where concerns may lie.”

But, in a public facility meant to service people of many different points of views and values, that doesn't necessarily mean a book will be removed from the collection. Censorship is something the library does not take lightly.

“There is a very dangerous area of obligation to all of the public [when deciding] to potentially censor somebody else's wants and needs versus another's,” Collins said.

He added that the board feels it has followed proper procedure in hearing complaints on this matter.

It has received and reviewed formal complaints for three books in the children's section. Two remain on the junior non-fiction shelves while a third was moved to the young adult non-fiction section as a result of the review.

Delegations have also presented to the library board on the broader issue of sexually explicit materials being accessible to youth and, last month, sent a petition with nearly 1,800 signatures to the library requesting action be taken regarding children's books containing what it says is inappropriate sexual content.

That petition will be given due consideration, Collins said.

“We have received communication from them that was to have been included in our last meeting,” he noted of the March meeting, which drew protesters. “That meeting was cut short due to a few individuals that decided to attend and disrupt the meeting.”

Collins said SCRL's collection policies are in line with other libraries across Canada and emphasized the books in question do not violate cur-

rent Canadian law.

“We go out of our way to make sure that we are including what is being asked for in our procurement [of materials],” he noted, adding that “placing books on shelves and categorizing them has to follow within a public standard across all public libraries.

“We've received legal advice that says that these books are in the public domain and, in the legal opinion, they are not considered pornographic,” Collins continued. “One statement I want to make extremely clear is SCRL does not condone child pornography or child grooming, and we would be the very first people in line to remove these books from our shelves if they were proven in a court of law to be illegal.”

Everyone has the option to simply not take out materials they aren't comfortable with, Collins pointed out.

“It is extremely important to reiterate that everybody has a choice within the library,” he said. “And it is the responsibility of parents to help guide their children.”

The last several months have been an incredibly challenging time for SCRL board members and the staff at its five branches across the region, Collins reflected.

“We are all appointed to this board. We're not elected to it. We all let our name stand knowing that we are all there for the greater good of our whole community,” he said. “And we want to recognize our staff in this situation. They're on the front line and they're dealing with things that nobody should have to deal with. The accusations, the slander, just the extreme pressure they're under is not only unfair to their workplace but it's disrespectful.

“I just want to reiterate that respectful communication is welcome. There is an avenue for people to voice their opinion, but there are policies and procedures in place that can't be bypassed.”

## A LIBRARIAN'S PERSPECTIVE

Cathy Ching, SCRL's director of library services, reflected on why it's so important even potentially contentious books remain not only on the library's shelves but accessible to the age groups they are written for.

“First of all, the books are educational,” she stressed. “Yes, they might have pictures, but they're all hand drawn, they're not photographs.

“The books as a whole are very valuable resources for the education

of children, parents, young adults,” Ching continued, noting that singling out select illustrations or passages is very much taking things out of context.

That context, she emphasized, is that they are meant to educate children about their changing bodies through puberty and address sexual topics they may have questions about in an age-appropriate way.

“These books are well researched. They are in almost every public library in Canada and North America and across the world,” Ching said, adding as well that books like this have been in the SCRL collection for years. “They were not new to us.”

It's also important to note, she said, that children are supposed to be accompanied by an adult in the library, so parental oversight is expected when it comes to what kids are pulling off the shelves.

Meanwhile, in regards to how the library curates its collection, Ching stressed they look at the ever-changing needs of the community as a whole.

That's why, for example, so many foreign language books have been introduced in recent years, as we welcome more and more newcomers.

SCRL also has a robust Christian fiction section, cultivated over many

years in response to keen patron interest.

Along those lines, Ching noted they also have books that address puberty from more of a faith-based context.

The point is to have a wide range of materials accessible to people who may approach any given topic from a myriad of perspectives and values.

Not everyone will like or agree with every book on the shelves, Ching acknowledged, and it's certainly their right to feel that way.

“They can choose to walk by or they can choose to take the book home—the whole idea of a public library is you choose whether you want to read it or not.”

The amount of vitriol SCRL staff have faced on this topic in recent months has been disheartening.

“It's not all our libraries, but it has made my frontline staff very wary of who's coming in,” Ching said. “The misinformation and the assumptions ... they have told us we're disgusting, we're child groomers, we're pedophiles.

“We're moms and aunties and sisters and parents,” she said. “[Staff] try to be welcoming and open to everybody, and they are more than willing to have a conversation if somebody wants to talk to them—respectful conversation.”

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*The Voice*

# getheard

EDITORIAL > VIEWPOINTS > LETTERS



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## The greatest story every told

**M**y shelves are lined with books of all kinds: science fiction, fantasy, horror, history, mystery, inspirational, romance, and a few classics just to make me look smart. The ones near the bottom are crammed with children's books, many of the spines frayed from years of use by sticky little hands.

We love books because they tell a story—and who doesn't like a good story? They tell of heroes and villains. Of true love, either received or unrequited. They promise rags will turn to riches and good will conquer evil.

Since the beginning of time, we've been unable to resist the charm of a well-told tale. Stories grab our attention the way lectures and long-winded sermons never could. That may be why Jesus so often used parables to illustrate His thoughts. So many of His lessons began with, "There once was a man ..."

Author Steven James believes that stories, particularly fairy tales, endure through the ages because we all identify with them. "Because it's not just a tale," he writes, "it's The Tale, the one

woven into our DNA. The one whispered through centuries of scripture, the one about a Prince searching for His chosen bride."

The Tale, of course, is the Easter story. It's a redemption story. It's the tale of broken humanity, bruised and scarred by sin, and the Prince who, sparing no cost to Himself, takes our pain away.

We're all born with an emptiness we can't explain. A tiny ache in our hearts that never quite goes away no matter how many new cars we have parked in the driveway, how many friends we have, or how big our house is. There's a God-given void that can only be filled with the Source of all things, but we so often deny the Source, and only pursue the things.

We go to church on Easter Sunday, where the pastor tells us how we're supposed to feel: joyful, hopeful, peaceful. We shake his hand at the door. "Good service!" we say, and go home to our baked ham and our Easter egg hunts. And the pastor's message soon starts to fade in our memories as we once again worry about our unpaid bills, a grim medical diagnosis, our troubled marriage, the number on the scale, or our secret

little addictions.

But deep within us, that tiny spark of hope patiently waits to ignite. It's that unconscious knowledge that true joy can't be found in bright shiny palaces and honorable titles. Salvation lies in the heart of the Prince just over the next hill, who patiently waits for a signal—any signal—to let Him know we're ready to be rescued. All we have to do is ask.

But still, we flee. Like Cinderella at the Royal Ball, we don't feel we're worthy of the Prince. Yet He seeks her out, and reassures her that, yes, He adores her, and yes, He yearns to save her from her empty life. To take her from "tattered socks to glistening slippers."

This is The Tale we can't get enough of, because it is the tale we all dream of for ourselves. And it would be nice if we could go straight from Good Friday to Easter Sunday, and skip that dark Saturday altogether, but maybe it's the lonely wait that makes the Prince's return all the more sweet.

Just like any good story, the ending is a happy one: He brings her home to be His bride. And the honeymoon lasts forever.



**By Lori Penner**

### Letter policy

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

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

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

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

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• FAITH FOCUS

# A new season

**E**aster is an interesting part of our calendar. It is a "moveable" remembrance or celebration.

In an attempt in the early church to establish a date which would reflect accurately the time of Jesus' death and resurrection, coinciding with the Jewish Passover observance, it was

determined that the Sunday following the first full moon after spring has begun would be the date known as Easter Sunday.



By Randy Smart

In the Bible, the Gospels tell us of the life, death and resurrection of Jesus Christ. It was alluded to in the Old Testament in

## > PEMBINA COUNSELLING CENTRE, FROM PG. 4

"If we can connect with people, that's a good thing; if people can connect with themselves because we're connecting with them, and they're connecting things in their own mind ... and if they connect with others that they're in relationships, if they connect with God.

"We realized connection is everything. We want to connect with the people who come in ... we believe everyone's story is worth understanding, and there is always a story. They need to feel safe enough that they can tell that story, so we create that environment for them.

"When people come, they need to know that they're worth understanding and secondly that there is always a choice they can make that's good for them."

Penner reiterated how important the community support has been to them over the years.

"The community has always supported our vision and our mission," he said. "We've always been about 50 per cent funded by client income and 50 per cent by our donor support base, so as we've grown, that's had to grow.

"We have a great team, and all of us have bought into the brand that we want the community to experience when they visit us," he added.

Derksen observed that the pandemic period clearly had a significant impact on people and that it was a large part of what has boosted their numbers.

"I think the pandemic was a bit of

a trigger. A lot of people were and have been dealing anxiety from that and all of the issues surrounding it," he said. "I also think the stigma of going to someone for help to deal with struggles with mental health has been lifted ... that stigma, I think, was pretty heavy on people."

He sees a lot of potential for further growth and expansion of their programs and services.

"We want to have a sustainable model for operation ... balancing the income we get from both the clients as well as the donors and the demand for our services," Derksen said.

"We do have room to grow within what we have already in terms of our existing physical space, so we want to add more clinical hours. We have a waiting list of anywhere from four to six weeks at any given time.

"There's some programs we are in discussions about developing; we want to do more presentations and things of that nature to offer to the community," he said. "We would like to have a bit of that space to do more out in the community."

The April 13 celebration gets underway at 7:30 p.m. at the Winkler Mennonite Brethren Church. It will feature as guest speaker Dr. Syras Derksen, a clinical psychologist from Winnipeg who is the son of Wilma and Cliff Derksen. Dessert and coffee will be served.

Tickets are free, but you need to RSVP by calling 204-822-6622.

preparation for what would be revealed in the New Testament. For Christians this truth is essential to our belief.

The apostle Paul was skeptical of the claims about Jesus until he came to a personal moment of realization orchestrated by the Lord. He became a bold voice for absolute belief in Jesus Christ.

In 1 Corinthians 15:3,4 we read "For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures..." Paul went on to list for the record witnesses to the risen Lord and briefly acknowledged his own past as one who had been a persecutor of "the church of God."

We need occasions to stop and remember that we are loved by God and to consider again the incredible way that God demonstrated his love for us (Romans 5:8). Like exercise and fresh air assist us physically, meditation in the Scriptures, prayer, and songs of worship can give us a new awareness of God's love for us and invite us to understand eternal truths.

Some composers of classical music took seriously the message of Jesus as God's Son. We still value their musical expressions today. The "Messiah" by George Frideric Handel would be

one example. It was unveiled for public performance in Dublin, Ireland as an Easter offering on April 13, 1742.

Rev. John Newton published a series of sermons in time for Easter of 1785 based on the Messiah. Newton wrote that the "Messiah" speaks of Jesus' "person, grace and glory; his matchless love to sinners; his humiliation, sufferings and death; his ability and willingness to save to the uttermost; his kingdom and the present and future happiness of his willing people..."

Every season of the year is an appropriate time to consider our needs and the message of God's provision for all people through Jesus Christ. We may despair in the daily news of wars, shootings, political animosity, economic unrest, disagreement about moral values, and more.

Jesus said: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew 11:28-30).

Are you looking forward to a new season?

*Randy Smart has been a pastor in Southern Manitoba since 1979.*

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# get informed

## Holiday Mtn. wraps up an encouraging first year

By Lorne Stelmach

As the first season reached its end for the new owners and operators of the Holiday Mountain ski resort in La Riviere this week, they were feeling encouraged by the response.

There were many challenges to get the resort in shape to reopen at the beginning of the year, but they saw their efforts pay off.

"The response has been really good ... we're really hoping to build on that," said Abe Sawatzky, who stepped in this winter to oversee operations. "We're really happy with how things ended up. It was a lot of work ... and we're really grateful to the staff for the amount of work.

"We've been fortunate now that the weather has been on our side for the last weeks. It was extending our season to a point where it hasn't been typically to the end of March. We're reaping some of the rewards."

The resort had been shut down in advance of last winter in large part because of the drought conditions at the time, but new owners Paul and Renee Warkentin stepped up and took it over with great optimism about its potential. They hired Sawatzky to handle day-to-day operations.

For Sawatzky, who grew up in Winkler and recalled going often to Holiday Mountain, there was a strong desire to ensure they had everything in the best shape possible and to not over extend themselves this first sea-



FACEBOOK.COM/HOLIDAYMOUNTAIN

The Holiday Mountain ski resort in La Riviere opened under new ownership and management this winter after being closed for the 2021-2022 season. They wrapped up the season last weekend.

son.

"It was an evolving challenge, given that things had been dormant and shut down for a season, and it caused a whole slew of issues," he said. "With the late start, never mind getting everything up to snuff, it took us a lot longer, so we weren't to the standard that we expect from ourselves as far as the quality of the runs and everything."

"People were patient with us, and we didn't give up, and we feel like we got a pretty good product out there now. We've been getting some good feedback the last few weeks on the condition of the runs and everything."

And they have been blessed with some favorable weather and good conditions even leading up to spring break week as they prepared to end

the season.

"It was pretty mild, so the crowds came out, and we've seen some really good numbers," said Sawatzky.

He noted having had good snowfall though still doesn't negate the need to make snow.

"Manmade snow and natural snow are actually quite different," he explained. "As far as the moisture content, the natural snow is very light and fluffy and doesn't pack and groom well, so you really need to rely on the manmade stuff here ... we couldn't do without the manmade snow."

He looks forward to next season when they will be in a better position to resume a range of programs, activities, and events. This year their "focus was on making sure we have a good product before we make too many promises on the activities.

"We've been focusing on the hill and the conditions and just getting the resort into shape ... with our late start and staffing, it just wasn't feasible to do it all this first year," Sawatzky said. "Next year, once we have the ability to get ahead of the game, we're going to start to incorporate some of the bigger events and the programs for kids."

There were able to do some of that last weekend—Sunday included face painting, a scavenger hunt, an obstacle course, and more for families who came out for the final day of skiing.

## Morden nursing program to continue with second intake

By Voice staff

Assiniboine Community College (ACC) is offering a second intake for its Practical Nursing program in Morden.

The college last week announced the successful applicants will begin their studies at the rural rotating training site in downtown Morden in January 2025.

There's room for 25 students, with priority given to applicants who live within 100 kilometres of Morden and/or within the Southern Health Santé-Sud Region.

"This area of the province is growing, and we're proud to not only offer access to opportunities for students, but also to help answer the call for increasing healthcare needs," Assiniboine president Mark Frison said in a news release. "The college continues to be responsive to the labour market and community needs, and rural rotating nursing sites are an important way of achieving that. Thanks to the community, the province and the health region for the continued support in ensuring we can offer training to future nurses close to home."

Funding from the provincial govern-

ment in 2021 expanded Assiniboine's Portage la Prairie nursing site to welcome 35 new students each year and allowed for three additional rural rotating sites every two years.

In recent weeks, the college has announced rural rotating sites to begin in September 2024 in Virden and Otterburne, along with a one-time rural site in Neepawa set to begin January 2024.

The final rural rotating site for the 2024-25 academic year will be announced soon.

In addition to rural rotating sites, the college has permanent Practical

Nursing programs at its campuses in Brandon, Winnipeg, Dauphin, and Portage.

The Morden training site began training its first crop of nursing students in January. The full-time program lasts two years and includes work placements in the field in both years as part of the curriculum.

Applications for Morden's Practical Nursing site will be assessed and admitted on an ongoing basis.

Learn more at [assiniboine.net/nursing](http://assiniboine.net/nursing).



# Comforters for Ukraine

Manitou area quilters make dozens of blankets for shipment overseas

By Lorne Stelmach

A group of quilters in Manitou have been putting their skills to use to help out in places like war-torn Ukraine.

It started a year ago when Delores Christoff and her husband were watching the news about the war in Ukraine.

She likes to quilt and soon had the interest from another friend as well, so a few ladies from Manitou and surrounding communities got together last April to discuss how they could help out. They dubbed the effort Comforters for Ukraine.

"Four of us got together and we had a meeting and kind of set up a committee," shared Christoff. "Then I contacted the Manitou Legion to see about using their building. Nobody really had a house where we would be able to spread out.

"They let us use their building during the day ... that was their way to help. We've used their basement for a little bit of storage space. We've gone in there and worked sometimes for a week at a time ... it worked out really well."

They were soon getting donations of both funds and fabrics coming their way from individuals and places like Petkau Enterprises and Windygates

Community Club.

"We put the word out that we were taking donations of fabric and we had boxes and boxes and boxes of fabric come in—it was almost overwhelming. It took us a about three days just go kind of get our heads around it," said Christoff. "We called a few other ladies we knew who stitched, and it just kind of took off from there.

"We had a couple of ladies come up three or four times from Morden, and they spent a day with us. We kind of took the summer off and then got back at it in the fall."

Over several months of cutting fabrics, sewing machines stitching, people tying, and a lot of community encouragement, the final result was 48 comforters were produced and sent on their way overseas.

They ended up taking them to MCC, as the global relief agency has the experience and knowledge to handle the shipping and determine where they would be most needed.

"They know what they're doing; they've been doing it for decades," said Christoff.

She is so pleased with the response and support that came their way from the community.

"Giving money is nice, but I think



SUPPLIED PHOTO

Manitou area quilters have been hard at work this past year with the Comforters for Ukraine project. Dozens of blankets have already been shipped, and organizers hope to make many more, this time for those in need in Turkey.

this gives it a bit more of a purpose, I think ... it was very very heartwarming to see the support.

"It was just very well received, and we were certainly encouraged to continue on to do quilts now for Turkey," Christoff noted. "We set up an account at the credit union here ... people have come into the credit union here and deposited straight into our bank account ... it's been very encouraging to see the support."

People can continue to support the project with donations of fabric and/or money.

"There's some stuff we have to buy, like the backing for the fabric ... we also have to buy the batting that goes between the layers."

For more information or if you want to help, contact Christoff at 204-242-2410 or Maureen Scott at 204-242-4049.

## Stretcher service launched in Morden-Winkler

By Voice staff

A new service that began in Morden-Winkler last week will help free up paramedics and ambulances for emergencies while still ensuring patients can get where they need to be.

On March 27, Health Minister Audrey Gordon announced the launch of dedicated stretcher services for Morden-Winkler, Brandon, and Selkirk to provide transportation for low-acuity patients.

Continued on page 10

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# Morden Elks hold 57th Jam Can

By Ashleigh Viveiros

The Morden Elk's annual Jam Can Bonspiel brought hundreds of kids to the ice at the Morden Curling Club last month.

The March 25 event kicked off spring break by inviting Gr. 1-7 students to rink to try their hand at the sport for free. About 320 kids took part.

While a few had curled before, most were first-timers, shares Elk Henry Penner.

"The majority of them are have never been on the ice or thrown a rock," he says, adding with a chuckle that "it's a bit of controlled chaos out there."

The bonspiel has been a time-honoured tradition in Morden for decades. Penner himself was at the inaugural event in 1967.

"I was in Grade 7 for the first one and we happened to have a bonspiel

thaw in the old arena, which had just natural ice," he recalls. "So there was like an inch of water over everything on that rink and here we had little Grade 1'ers pushing these big cans across the ice ... it was really quite a gong show.

"The term 'Jam Can' started up because the first rocks were actually just old jam cans or liter jugs," Penner adds. "They would pour water in there and put a wooden handle on it for us to throw."

Since then, generations of Morden kids have taken part in the event. It's been streamlined somewhat from a multi-day competition to just one day, but what hasn't changed is the amount of fun had by players and organizers alike.

"It's a little bit different now then is used to be, but it's always been kind of an amazing thing to me that these little teams that didn't know each oth-



SUPPLIED PHOTOS

The Morden Curling Club was packed March 25 for the annual Elks Jam Can Bonspiel, which introduced hundreds of kids to the sport. Below: A few of the teams with their medals.

er from a hole in a ground, by the end of the day, they get to know each other and to know the sport," says Penner.

For the Elks, it's another way for them to give back to the community.

"We're a service organization," Pen-

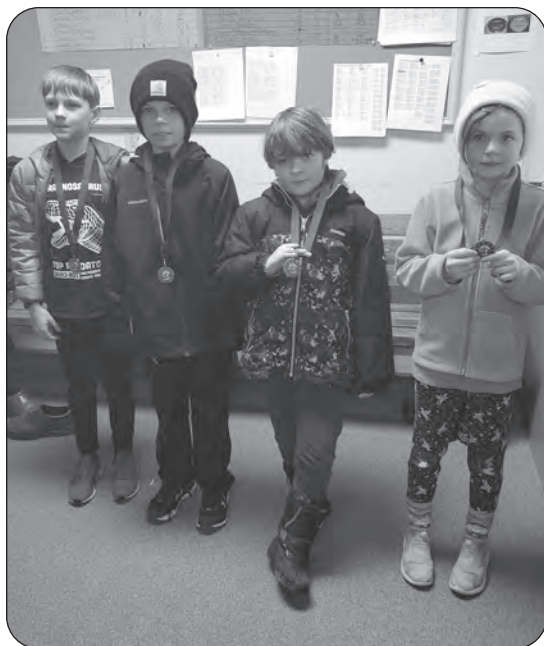
ner explains, noting they fundraise to support a variety of local projects and programs, including many youth-focused ones. "So working with children fits right in with it.

"We're just a bunch of guys that are doing trying to do good for the community and make the world a better place."

Jam Can 2023 winners included:

- A-side: Gold went to Zac Addison, Carys Jenner, and Charlie Dyck; silver to Sinead Convery, Samaritha Harder, Emma Muense, and Evelyn Rodriguez; and bronze to Fedir Voziko, Valentyna Vozikov, Oliver Ramp-ton-Reek, and Kezleigh Falk.

- B-side: Gold to Dublin Fehr, Kirin Donaldson, Gabriella Jerma, and Tessa Brett; silver to Bohdan Zhyvotoc-skyi, Carter Andrew, Ostap Patserniuk, and Keelie Albert; and bronze to Stella Tim, Sukhetskaya Polina, Ryder Verwey, and Priya Rowley.



## Notice of Environment Act Proposal

Manitoba Environment and Climate invites public comment on the following proposal:

**Winkler Meats Ltd. – Meat Processing and Slaughter Facility–FILE: 5861.10**

Winkler Meats Ltd. proposed to expand its meat processing and slaughter facility located at 270 George Avenue, in Winkler, Manitoba. The proposed expansion will increase the slaughter capacity of the facility from 26,000 to 182,000 hogs/year. Mitigation measures are in place to manage and control environmental impacts.

Anyone potentially affected by this proposal may contact Eshetu Beshada, Senior Environmental Engineer, in writing or by email at [Eshetu.Beshada@gov.mb.ca](mailto:Eshetu.Beshada@gov.mb.ca) no later than May 8, 2023. Further information is available from the Online Public Registry: [www.gov.mb.ca/sd/eal/registries](http://www.gov.mb.ca/sd/eal/registries)

Information submitted in response to this proposal is public and will be available to the proponent and placed on the public registry per Section 17 of The Environment Act.

Environmental Approvals Branch  
Manitoba Environment and Climate

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Winnipeg MB R3Y 0L6

Toll-Free: 1-800-282-8069 Fax: 204-945-5229

Website: [www.gov.mb.ca/sd/eal/registries](http://www.gov.mb.ca/sd/eal/registries)



## > STRETCHER SERVICE, FROM PG. 9

"Establishing a stretcher service in these communities to support stable patients going to appointments or between facilities will allow paramedics and ambulances to focus more efforts on providing life-saving care in the community," Gordon said.

While new to rural Manitoba, the low-acuity inter-facility transport (IFT) service is similar to a long-standing contracted service provided in Winnipeg that transports hospital inpatients and personal care home residents to medical appointments, diagnostic tests or treatment.

Brandon-area services were added in January, Selkirk launched in early February, and Morden-Winkler operations began last week, all contracted out to Patient Transport Services.

High-acuity (very sick or injured) patients will continue to be transported by ambulance in all situations where paramedic skills may be needed or a transfer to a more specialized centre is

required.

The province says adding IFT services in these three communities has already saved ambulances more than 300 trips and is expected to save approximately 3,600 trips in total each year.

"Historically, ambulances staffed by highly skilled paramedics have been used to transport patients to routine medical appointments, diagnostic or laboratory tests, or for treatment. This often takes a crew out of a community for an extended period of time, requiring other crews to be re-positioned to provide coverage," said Dr. Rob Grierson, chief medical officer for emergency response services, Shared Health. "With the move to a dedicated inter-facility transport resource, these services no longer need to draw upon our staffed ambulances, keeping them in the communities that rely upon their specialized training and skills in an emergency."

# Winkler transportation study open house on this Thursday

By Ashleigh Viveiros

If you've got thoughts on how Winkler can do a better job of getting people around town efficiently and sustainably, then an open house at Central Station this week is for you.

The City of Winkler is inviting the general public to the Main St. community centre on Thursday, April 6 from 7-9 p.m.

The drop-in gathering will give people the chance to weigh-in on the Transportation Feasibility Study council has tasked Landmark Planning & Design with carrying out.

"We're hearing more and more that there is a real need and we'd like to see what exactly that need is," Mayor Henry Siemens said.

Public transportation was a leading issue brought up in last fall's election by residents and community service groups who highlighted the rising number of one-car or no-car families who are struggling to get to around

town.

Siemens is hoping some of those people will come out this week to share their experiences.

"We find quite often that the people who have the greatest need many times also have the best suggestions and the best ideas," he said. "We're not going into this with any preconceived notions in terms of what the solution might be."

"We want to hear what the concerns are here, what the suggestions are, and then somehow work that towards what the solution is to create a made-in-Winkler, for-Winkler type solution."

**"WE WANT AS MANY VOICES AS POSSIBLE TO SPEAK TO THIS."**

Siemens notes the public open house is just one piece of the consultation puzzle: survey organizers have also been meeting this week with community groups and business leaders to discuss the issue.

If you can't make Thursday's meeting, Siemens noted they plan to provide other ways for residents to share



## Cookies at the library

Sisters Madeleine and Maegan Luzadas pause in their cookie decorating efforts at the Winkler Centennial Library on Friday. The event wrapped up a week of spring break activities that also included perler bead art, Lego Club, and spaghetti structure creations.

PHOTO BY ASHLEIGH VIVEIROS/VOICE

their thoughts, including on a survey to be posted on the City of Winkler website

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# arts&culture

## 'Sweet Dreams of Patsy Cline' comes to Winkler April 14

By Ashleigh Viveiros

The P.W. Enns Centennial Concert Hall will be filled with timeless tunes next week as The InClines: Sweet Dreams of Patsy Cline show takes



SUPPLIED PHOTO

Michelle Anseeuw performs the music of Patsy Cline at the Winkler concert hall April 14.

over the Winkler stage.

The April 14 tribute concert marks the group's return to the stage after a three-year hiatus following a tumultuous few years for lead singer Michelle Anseeuw.

What began as a pandemic-enforced absence from performing in public extended well beyond that as Anseeuw battled through a cancer diagnosis she received in late 2021.

"Even during COVID, I was always going to come back, but then cancer hit me," she shares. "I went through treatments through the last year and so that kind of set me back.

"There was a lot of nervousness, wondering if my voice was going to be the same, because chemo does things to your body ... it was probably the worst time of my life, not knowing what was going to come out of it."

Anseeuw's time on stage as a professional singer stretches back to her first concert in 2001 as part of what was then known as "InCLINEation: The Best of Patsy Cline."

But while performing has become a big part of her life in the years since, she decided to take 2022 to focus on her health so she could come back

stronger than ever

"I didn't use my voice that much

during that time period because I thought, no, I'm not going to wreck it, if I can help it. So I did let it rest last year and focused on my healing."

Since last fall, she's been working slowly on her comeback, and it's with a great deal of excitement—and perhaps a few nerves—that she'll be making her post-pandemic debut in Winkler next week.

"With the band that first rehearsal, after the first song I started crying because it was like we hadn't even left the stage," Anseeuw says. "It really was amazing ... [my band is] so awesome and so supportive. We just rock together."

Anseeuw is backed up by fellow Manitoba musicians Karl Ratchinsky, Ken Campbell, Wayne Lipischak, and Tony Wytinck and vocalists Neil Keep and Karen Keep, who together recreate the musical stylings of The Jordainaires, who sung with Cline on some of her biggest hits.

Anseeuw stresses this show is about paying tribute to Cline, not trying to do a straight impersonation of the mid-20th-century songstress known for songs like "I Fall to Pieces" and "Crazy."

"People had told me that I could sing Patsy and I just kind of went, yeah, but I don't want to be an impersonator," she recalls of the days she first started pulling the show together. "I'm coming at it as a tribute artist—paying tribute to the music of Patsy Cline."

So while her costumes match the time period of the songs she's sing-

ing as she and the show's narrator take audiences through Cline's short life (she died in a plane crash in 1963 at the age of 30), Anseeuw isn't playing Cline on stage so much as simply celebrating the impact she had while she was here.

"What she accomplished in that period of time, and how she pushed herself into being the star she was—she knew what she wanted right from the beginning—it's quite the story.

"I don't want to try to *be* her," Anseeuw says. "I want to be the person who can pay tribute to the artist she was and what she brought to people."

The InClines take the stage on Friday, April 14 at 7 p.m.

Ticket information is available at [winklerconcerthall.ca](http://winklerconcerthall.ca) or at the Meridian Exhibition Centre during business hours.

"HOW SHE PUSHED HERSELF INTO BEING THE STAR SHE WAS ... IT'S QUITE THE STORY."

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Contest Deadline April 10<sup>th</sup>, 2023 at 12 noon

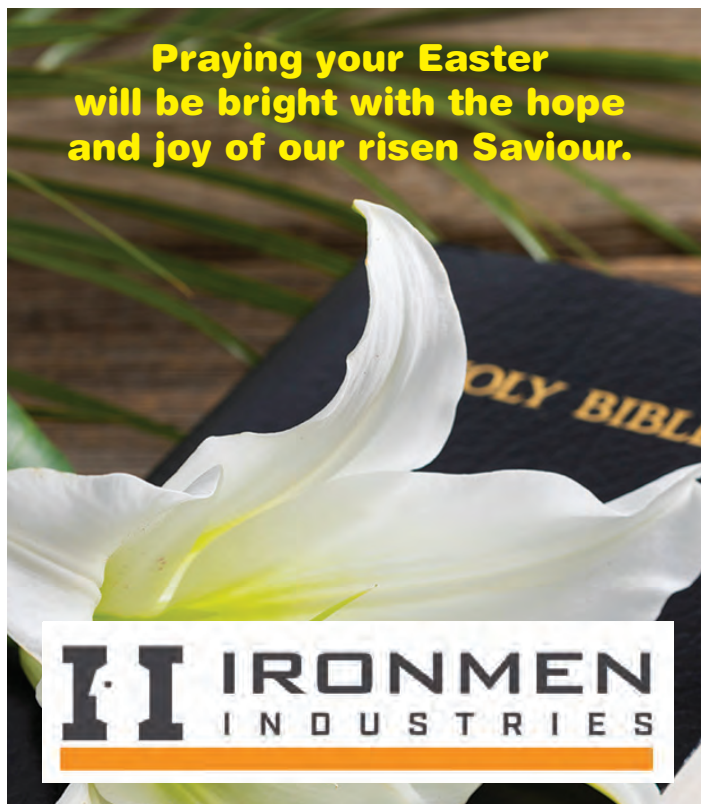
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Praying your Easter will be bright with the hope and joy of our risen Saviour.



Wishing you a Blessed Easter!



# How parents can pitch in to prevent bullying

Parents go to great lengths to protect their children. Keeping a watchful eye is a great way to protect kids when they're around the house, but parents may need to look for more subtle signs to determine if their children are being mistreated when they leave home.

The U.S. Department of Health and Human Services notes that roughly 20 percent of students between the ages of 12 and 18 experience bullying nationwide. Parents might once have written off bullying as part of growing up, but research has long since indicated that bullying can be very harmful to youngsters. The DHHS notes that research indicates that persistent bullying can lead to or exacerbate feelings of isolation, rejection, exclusion, and despair. Children who are persistently bullied also may experience new or worsening feelings of anxiety and depression. Parents can play a vital role in preventing bullying. Much of that role involves parents educating themselves about bullying, including what it is and what it's not and what are some warning signs that a child is involved in bullying.

What is bullying?

Bullying behavior is repeated or has the potential to be repeated over time. The imbalance of power associated with bullying involves the children who bully using some semblance of power they have over the children they're bullying to harm or control those youngsters. Their power may be physical strength, access to embarrassing information or popularity.

What isn't bullying?

Various types of aggressive behavior have the potential to be harmful,

but they do not fall under the umbrella of bullying. For example, Stopbullying.gov notes that children between the ages of three and five are learning how to coexist with one another, including how to share and cooperate. Children in these age groups may be aggressive if they don't get what they want, but their actions in such instances do not constitute bullying. More information about potentially harmful, non-bullying behaviors is available at Stopbullying.gov.

What are some signs a child is being bullied?

The DHHS notes that not all children who are being bullied exhibit warning signs. In addition, some signs might be more subtle than others. But some potential indicators that a child is being bullied include:

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. For example, children who are being bullied may come



- home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

What are some signs a child is bullying other children?

Parents also should be on the lookout for signs their children are bullying other youngsters. Such signs include:

- Kids get into physical or verbal altercations
- Children have friends who bully others
- Increasingly aggressive behavior
- Frequent trips to the principal's office or to detention
- Kids have extra money or new belongings but cannot explain how they got the cash or items
- Kids blame others for their problems
- An unwillingness to accept responsibility for their actions
- Kids are competitive and worry about their reputation or popularity

Parents have a vital role to play in preventing bullying so all youngsters feel safe and sound inside and outside of school.

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Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.  
*Ephesians 4:29 ESV*

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# TEDx Morden gets people thinking, talking

By Lorne Stelmach

The response to the first TED Talk event in Morden last week has the organizers feeling encouraged enough to consider doing it again.

There was good feedback following TEDx Morden, which featured five speakers last Thursday at the Kenmor Theatre.

"I felt it went really well," said Clare Agnew, executive director of the Morden Chamber of Commerce, which organized the event.

The ultimate goal was for it to be thought-provoking for people, Agnew noted.

"That's always the goal with TED Talks, I think, just to get people thinking about things or ideas they wouldn't have thought about before, and I do believe we achieved that goal.

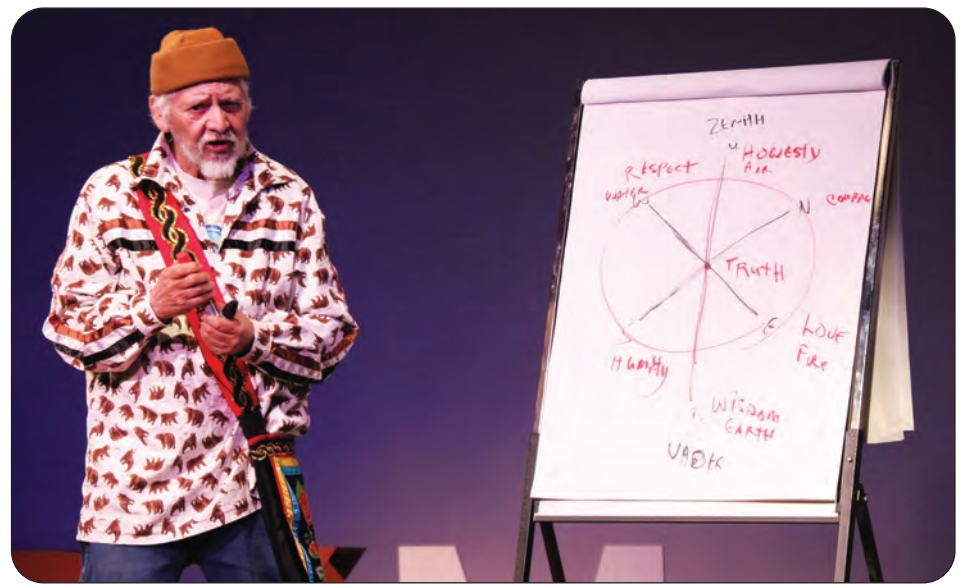
"And I think it's great if we can appeal to a different audience," she said, suggesting it may draw a different crowd than some of the chamber's other events. "It is a unique opportunity and something different."

The speakers offered quite varied presentations revolving around the theme Wind of Change.

David Daniels, a traditional knowledge holder and ritual leader from the Long Plains Reserve, began by speaking on their sacred laws and the importance of such human values as respect and honesty.

Following him was art historian and fine arts professional Tricia Dyck, who explored agriculture in art and highlighted the recurring symbolism of the plow.

Larry Davey, president and CEO of Access Credit Union, brought to the stage his experience from having



PHOTOS BY LORNE STELMACH/VOICE

David Daniels spoke at last week's TEDx Morden about Indigenous sacred laws and the importance of respect and honesty. Left: Tricia Dyck explored agriculture in art, including the symbolism of the plow.



worked in the financial services industry for more than 30 years.

Morden physiotherapist Rebecca Atkinson offered a presentation that touched on tai chi and the idea of creating a sense of self and community.

Marcus Wiebe told his story around the founding of the Dead Horse Cider Company, highlighting it as an example of how opportunities sometimes come from places you don't expect.

Agnew feels the speakers certainly lived up to the mission of TED Talks, which are meant to inspire and spark dialogue.

"We thought we would make it really diverse and try to touch on five different topics and make sure there were different options that people

would be interested in," she said. "I think the speakers all did an amazing job; it's not easy to stand up there and speak for 12 to 15 minutes without notes."

It's possible the community will see more such talks in the future.

"There's some really knowledgeable people in their fields in Morden with lots of ideas to share," Agnew said, noting she has already had some people express interest to be speakers.

"The more people understand what TED Talks are and that we can offer something like that in Morden, I think people will come forward."

You can find more information online at [www.tedxorden.ca](http://www.tedxorden.ca).

## Morden Festival of the Arts continues in April

By Lorne Stelmach

A busy month is ahead for the Morden Festival of the Arts with its final sessions in the lead-up to the finale concert.

It kicks off with the vocal and choral session April 13 at 9:15 a.m. and 2 p.m. at St. Paul's United Church.

There are 21 entries from K-12 students in a variety of musical classes. Eight choirs from Morden will perform throughout the day

The schedule includes:

- 9:15 a.m.—École Morden Middle School choirs, including the Gr. 5/6 noon choir, Gr. 7/8 noon choir, Gr. 8 classroom choir, and the jazz choir.

- 11:15 a.m.—a duet and solo performance.

- 11:30 a.m.—Sound FX and Vibe choirs from Morden Collegiate.

- 2 p.m.—Gr. 4 choir from Minnewasta followed by the voluntary choir from Maple Leaf School.

The afternoon then concludes with solo performances.

Adjudicating the choral sessions is David Sawatzky, the founder and artistic director of Steinbach's Exaudi Chamber Choir and president of the Manitoba Choral Association.

Next up will be the English and French speech arts April 18-20 at the Morden Alliance Church. The session times are 9:30 a.m. and 1:15 p.m. that week Tuesday and Wednesday and then 9:15 a.m. and 1:15 p.m. on the Thursday.

There are 119 entries in this session,

including nine speech choirs performing in French and English from ÉMMS and Maple Leaf School.

The adjudicator for this session is Joanne Mercier, a mezzo-soprano who was awarded the Royal Conservatory of Music's Gold Medal for her ARCT voice diploma and is an active performer with the Manitoba Opera Association, Gilbert and Sullivan Society, Winnipeg Philharmonic Choir, and Rainbow Stage.

Closing out the sessions will be band April 27 at 9 a.m. and 1 p.m. in the Morden Collegiate band room. Various Morden bands will be taking part under the direction of Justin Tan.

Adjudicator Darryl Ferguson is active as an adjudicator, guest conductor, clinician and freelance trumpet

player and private teacher and also serves as a sessional instructor and applied trumpet teacher at Canadian Mennonite University and is the conductor of the Rupertsland Brass Band.

The finale of the festival is the hilites concert Sunday, April 30 at 2 p.m. at Westside Community Church featuring performances recommended by the adjudicators of each discipline.

The show will also include award presentations, including the 2023 Loreena McKennitt Award.

All festival sessions are open to the public with a \$2 entry charge for adults to help offset expenses

More information is available online at [www.mordenfestivalofthearts.com](http://www.mordenfestivalofthearts.com).



A wild time in the WWE ring



PHOTOS BY RICK HIEBERT/VOICE

Left: WWE star Erick Rowan came with WWE for a match in Morden's Access Event Centre last week Thursday. Here, after defeating Kevin O'Doyle, Rowan ties up O'Doyle's manager with the broken ring turn buckle. Right: 1969 Rob Stardom leaps from the top rope to land a devastating blow to The Wanderer.

# Police board pleased with community survey response

By Lorne Stelmach

The Morden Police Service is setting out some key priorities for the next five years from the results of a recent community survey.

The survey had 478 responses, and the Morden police board was happy to receive the feedback.

"The community didn't disappoint, and we were very, very thankful," said chair Lee Bassett. "We were happy to have as many respondents as we did. We had more respond than the last time we did a survey."

The board had a strategic plan to guide local policing that covered the period from 2020-2022. It is now looking to put a new five-year plan in place for 2023-2028.

The results of the survey will be part of a process that will include further discussion with community consultation groups.

"The purpose of the survey was to garner a better understanding of the needs of the community," said Bassett, who noted the last policing survey was done in 2017 and that much has changed since then.

"It's really important that people take the time to make these comments and provide us feedback about where they think the Morden Police Service should focus in our community," she said. "It helps us identify our learning opportunities ... where are our areas for improvement, and of course what we are doing right."

Bassett said a few areas emerged as key concerns for people with it comes to local law enforcement.

"We found that distracted driving

remains a top concern for our community, as it was in the last survey," she said, noting a range of issues around poor driving overall were a priority.

"Most of the respondents answered that community policing was very important to them," Bassett continued. "That involves creating partnerships between the police and citizens to prevent crime and create safe environments."

"Also increasing our visibility throughout the community was in

their top five choices, so that's good. That's right in line with our vision and mission statement," she said. "Some of the comments and expectations of the community are to have the police force more visible and more involved, and I think that may be a symptom or an outcome of COVID."

Other areas cited as key concerns by respondents included drug related crime and theft as well as cyber crime.

"Technology is ingrained in everything we do ... so that's to be expect-

ed," said Bassett.

She said the board will now have further discussions around the results of the survey.

"The next step is to identify community stakeholders who are willing to participate in community conversations to discuss what the survey is telling us and how we can work with that information and what we can do to continue to keep Morden's community safe."

# Fdn. accepting grant applications

By Ashleigh Viveiros

If you're a local charity looking for funding for a program or project that will better our community, the Winkler Community Foundation wants to hear from you.

The foundation has put a call out for grant applications, and the deadline is coming up fast: April 15.

"We have just over \$52,000 in grants available for local charities," says executive director Myra Peters, noting they'll be distributing those funds in June.

That money is coming mainly from the foundation's Community Fund, though they also oversee other endowment funds that generate grants for things like local sports or health initiatives.

In a nutshell, they're looking for projects that serve to improve life in Winkler and the surrounding area.

"It's for the betterment of our com-

munity," Peters says, noting projects are weighed based on evidence of need in the community and range of impact.

Preference is given to applications which support capital projects; encourage more efficient use of community resources; address the underlying causes of problems in our society rather than dealing only with symptoms; consultation with other agencies and planning groups and those which promote coordination, cooperation and sharing among organizations and the elimination of duplicate services; promote volunteer participation; and demonstrate evidence of community support and organization initiative.

If you're unsure whether your project qualifies for a grant, Peters urges you to reach out to her and she can walk you through the application process.

"I always encourage applicants to

talk to me first," she says. "Give me a call and let's talk it through, because I'd rather have an application come in strong."

Peters can be reached at 204-362-9292. You can also learn more and fill out the application online at [winklercommunityfoundation.com](http://winklercommunityfoundation.com).

The foundation has certainly come a long way in how much it's able to grant out each year. Just a decade or so ago, they were distributing closer to \$24,000 a year from the Community Fund.

Now that the fund has reached the \$1 million mark, the amount they're able to give back to the community is only going to grow.

"Which is really exciting to see," Peters says. "My goal is to one day be able to fully fund many projects each granting season. Right now we look to at least partially support as many projects as we can."

# ACAN hosting Active Transportation Day April 15

By Lori Penner

Most of us think nothing of hopping in our car for a short trip uptown, but the organizers of an upcoming event are hoping to give you a new perspective on how to get around.

The Altona Community Action Network (ACAN) is hosting Active Transportation Day—Creating Space for People on Saturday, April 15.

ACAN member Jonah Langelotz says the afternoon will be filled with activities that encourage alternatives to driving.

“Besides this being an annual ACAN event attached to Earth Day, this is also the coming together of a couple of other projects,” he says. “One of them is the Communities for Climate project that I’m managing in Altona.

“Some of the workshops the Green Action Centre was offering to communities and schools were things like learning to bike and a maintenance workshop. We thought about how we can get the most out of those kinds of things for our community, and that part of it should be a broader conversation about how to make riding your bike or walking or other modes of transportation beside just driving more accessible and appealing to people. So that’s how we got into thinking about the big picture and the idea of active transportation.”

Several ACAN partners are leading

the day’s events, including Leanne Perry who works for Winnipeg Trails.

“She’s bringing some plain bicycles that are user friendly and easy to ride and teaching people how to ride and interact with vehicles and maybe those who don’t know how to bike at all.”

The parking lot at The Community Exchange on Main St. will be lined with bike racks to create space and to give parking priority to bikes rather than cars.

Snacks and drinks will also be available inside, where volunteers from the Green Action Centre will have bikes hooked up to blenders to make smoothies. The afternoon will also feature several activities for families with children to enjoy.

A panel discussion will include Perry and special guests such as Anders Swanson of Winnipeg Trails.

“They have done work in other rural communities,” Langelotz says. “Both have been involved in advocacy to make biking an act of transportation more accessible for quite a while Winnipeg.”

Another presenter is Kayla Dawson. She works for the City of Selkirk in charge of sustainability and active transportation.

“Selkirk has an active transportation plan. And that’s one of the things we’re hoping might come out of this event,” noted Langelotz

Langelotz says that as the community grows, there should be more places for people to bike.

“That goes for walking too, or whether you’re in a wheelchair. There are all kinds of different ways of moving, and many can’t drive. That’s where the conversation becomes about accessibility, not just activity. So, in some ways, accessible transportation is really kind of at the heart of this conversation, too.”

He notes that biking is a more affordable transportation option.

“Plus it’s better for your health, and in some instances faster than a car. The hope is that this event will get people thinking about all this and talking about it.”

The day will include lots of opportunities for feedback.

“An ACAN member is creating a large interactive map for people to engage with at the event,” Langelotz says. “They can mark their favourite places in town to walk or ride their bike and different routes they enjoy. They can mark where they work and where they live, so they can get some kind of practical information from others on what their experience is and share more information on what they’d like to see or what would make them more comfortable moving forward to walk or use their bikes.”

This feedback will be used by Mike

Hiebert from the Earth Team, who is putting a proposal together for Town Council to encourage an active transportation plan for the community.

The hope, Langelotz says, is that an expert will come out and help them with long term planning and visioning on how to connect and link up some of the trails, or to identify and improve certain areas that are problem spots for bikes and bring in some signage.

“There is lots of funding available for projects like this,” he says. “Mike has talked to other towns and municipalities who have done stuff like this. It becomes a centerpiece and an attraction that could be very functional, and that research shows is beneficial and a lot more economic in the long run than things like road repairs.”

Active Transportation Day will wrap up with a Community Bike Ride.

“We’ll all get on our bikes and ride around town and celebrate being able to move on the road that also rightfully belongs to people on bikes,” Langelotz says. “It will be sort of a parade of sorts.”

The route for the ride has yet to be chosen.

The day gets underway at 1 p.m. and wraps up with the ride starting at 3:30 p.m. Head to [altonacan.ca](http://altonacan.ca) for more information.

## Altona man charged again after second police drug bust

By Voice staff

A multi-month police drug investigation in Altona led to the second arrest of the same man last week.

Altona Police Service officers were joined by members of the Regional Tactical Support Team last Tuesday evening in executing a search warrant at an apartment complex in southwest Altona.

The warrant stemmed from a drug trafficking investigation that began in late 2022, shares Chief Dan Defer.

On Dec. 31, police searched this same apartment suite and arrested a 25-year-old Altona man. He was

charged with trafficking methamphetamine, trafficking Alprazolam, possession of psilocybin, possession of codeine, and possession of hydromorphone.

The investigation continued and culminated with last week’s second search of the apartment, resulting in the same man being arrested once again.

He is facing new charges of trafficking methamphetamine and possession of cocaine, psilocybin, codeine, hydromorphone, and counterfeit currency.

He remained in custody last week.



PHOTO BY LORNE STELMACH/VOICE

There was lots of fun and games last week at the City of Morden’s annual Spring Break Day Camp. “We had a lot of different crafts, and we were doing a lot of group games together,” said Morden recreation programmer Brookelynn Wolfe. “We had a dance instructor come to teach the kids some dance, and we were at the Canadian Fossil Discovery Centre as well. We had 16 kids all five days, so it was completely full for the week.”

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# sports & recreation

## Flyers-Pistons playoff goes to game seven

By Ashleigh Viveiros

The Winkler Flyers bounced back in a big way in their playoff series against the Steinbach Pistons last week, forcing a final game seven on the road Tuesday.

After winning game one but then losing game two in the first week of the series, the Flyers found themselves on the wrong side of the scoreboard in games three and four as well.

The Pistons took the March 28 match 3-1 on home ice. Mike Svenson scored Winkler's lone goal at the end of the second period. Malachi Klassen made 28 saves in net off 31 shots. His teammates fired 38 the other way.

It was another close one the next night in Winkler, but it still swung Steinbach's way.

The Pistons managed to score the game's only goal early in the second. Winkler wasn't able to make good on its 23 scoring chances. Klassen made 28 saves in net off 29 shots.

After a couple days of rest, the Flyers shook those losses off and went on to crush the Pistons in game five.

Goals from Zach Nicolas and Xyon Kiemeney tied the game at 1-1 and 2-2 in the first period.

Period two was all Winkler, with goals fired home by Mike Svenson, Nicholas McKeen, Brody Beauchemin, and Dalton Andrew to give the Flyers a solid 6-2 lead heading into the final period.

Steinbach managed one more but Andrew's second of the night widened the gap once more en route to the 7-3 win for Winkler.

Klassen stood tall in net once again for the Flyers, making 33 saves as Steinbach outshot Winkler 36-27.

Sunday night's game six saw Win-



**PHOTOS BY RICK HIEBERT/VOICE**  
Winkler goalie Malachi Klassen shuts the door on the wrap-around scoring attempt by Steinbach's Nicholas Mikan in game four, which the Pistons took 1-0. Right: Dalton Andrew looks to avoid Steinbach's Warren Clark. Andrew two nights later would lead the Flyers' comeback with two goals and an assist in their 7-3 win in game five.

kler tie the series at three games each with a 3-1 win in front of a hometown crowd.

The Flyers got a goal each period courtesy of Gavin Waltz in the first, Nicolas in the second, and Logan Fillion in the third. Steinbach scored late in the first.

The Pistons once again led in shots on goal, 33-29, with Klassen making 32 saves in net for Winkler.

And so it all comes down to game seven in Steinbach on Tuesday. Results were not available at press time.

In the East Division's other playoff series, the Portage Terriers knocked



the Niverville Nighthawks out of the running four games to one. They'll play the winner of the Pistons-Flyers series in the semi-finals.

In the West Division, the Dauphin

Kings are up 3-2 over the Swan Valley Stampeders and the Virden Oil Capitals are leading their series against the OCN Blizzard 4-2.

The **Voice**

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# Morden native helps lead Toronto Six to victory

By Lorne Stelmach

A Mordenite played a pivotal role recently in helping her team bring home the women's hockey championship.

Taylor Woods scored the game-tying goal to force overtime, where the Toronto Six then scored the winner at 4:23 for a 4-3 victory over the Minnesota Whitecaps.

It finished off a strong season for Toronto, which finished second in the seven-team Premier Hockey Federation and became the first Canadian team to appear in and win the championship.

"I'm excited to get my day with the cup now too and to celebrate with my friends and family back home," said Woods last week.

"It's amazing. It's three seasons in the making pretty much," she said, suggesting they felt at the start of the season that this team had the poten-

tial to go the distance. "We had a really talented roster ... and we could really focus on how we can improve, how can we be a better playoff team.

"As soon as we found our game, I think we were pretty much unstoppable," said Woods, citing the importance of having such an experienced roster. "It makes a huge difference. Having players that have experience with each other and knowing the cohesion of the group ... we weren't having to find new chemistry; it was sort of going on what we had already.

"Having had some adversity ... we were thinking, okay, what do we need to do ... it was going back to the white board," she said. "And it was just the commitment, the commitment to the team and just doing your job."

Formerly the National Women's Hockey League, the Premier Hockey Federation was founded in 2015 with four teams and has since grown to include seven: the Boston Pride, Buffalo Beauts, Connecticut Whale, Metropolitan Riveters, Minnesota Whitecaps, Montreal Force, and Toronto Six.

The Six were previously 0-3 in the playoffs, and they had been down a game to Connecticut in the best-of-three semifinal series before rallying from a two-goal deficit to win in overtime. That momentum carried Toronto into a decisive 3-0 win in game three to set the stage for the final.

The championship adds to an already strong resume for Woods, who was a member of gold medal-winning Team Canada at the U-18 World Championships in 2012.

After an outstanding four years at Cornell University, where she served



SUPPLIED PHOTO BY KATE FRESE

The Toronto Six, featuring Morden's own Taylor Woods, won the women's hockey championship last month.

as an alternate captain in her senior season, Woods was then was a mainstay in the lineup of the Markham/Brampton Thunder of the Canadian Women's Hockey League starting in 2016. She won the Clarkson Cup with Markham in 2018.

Woods thinks connecting for the tying goal was a reflection of one of her strengths on the ice.

"I think I know plays that are going to happen like three or five seconds ahead of time," she suggested. "On the game tying goal there, as soon as I saw that turnover, I knew I had to get there for any rebounds.

Woods believes she can be strong both defensively and offensively.

"And I've heard too that even though I'm small, I'm a little vicious and strong on the puck, so people maybe don't like to battle me in the corners."

The league offers a high level of

hockey, she observed, as the only professional women's league right now, although it is believed there may be a second one next year.

"It's attracting more people, a lot of players coming from NCAA hockey ... it's getting word of mouth," Woods said. "We have more exposure, and we have just more respect."

She is keeping her options open at this point for next season, but she sees a good future for the women's game.

"Most of the players are going to be making a livable wage ... that's the goal that we have had since day one," said Woods. "I'm keeping my ears open day by day.

"I've loved my time with the Toronto Six. It's an option for sure ... if we could keep that core group and say hey, we're the team to beat, come and get us."

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# Winkler's Tristan Peters takes part in MLB training camp

By Lorne Stelmach

Tristan Peters has gotten a glimpse of what it would be like to see an ultimate dream come true.

The Winkler native earned an invite to the Major League Baseball spring training camp of the Tampa Bay Rays, and Peters was aiming to just enjoy every moment of the experience.

"It's really surreal being at this point, especially when I look back to where I started," said Peters, who anticipated he might end up with Tampa Bay's AA team in Montgomery, Alabama. "It feels great, and it was a lot of fun. I got to meet some major leaguers, talk with them and see how they think, how they play the game.

"It's been an awesome experience.

Major league camp is a dream come true," he said. "They're all incredible players ... and it's cool to see where I could possibly be in the future, and it gives me more motivation as well."

Rated as the 20th best prospect in the Rays' organization by MLB Pipeline, Peters was selected in the seventh round of the 2021 draft by the Milwaukee Brewers. After two seasons in the Brewers' organization, he was dealt to the San Francisco Giants last

August. He completed the 2022 campaign with the Giants' AA Richmond Flying Squirrels before being dealt to the Rays in November.

In 124 games, split between high-A and AA in the Brewers and Giants organizations, Peters batted .279 with a .363 on-base percentage in 2022 and had eight home runs, nine triples, 60 walks and 18 stolen bases.

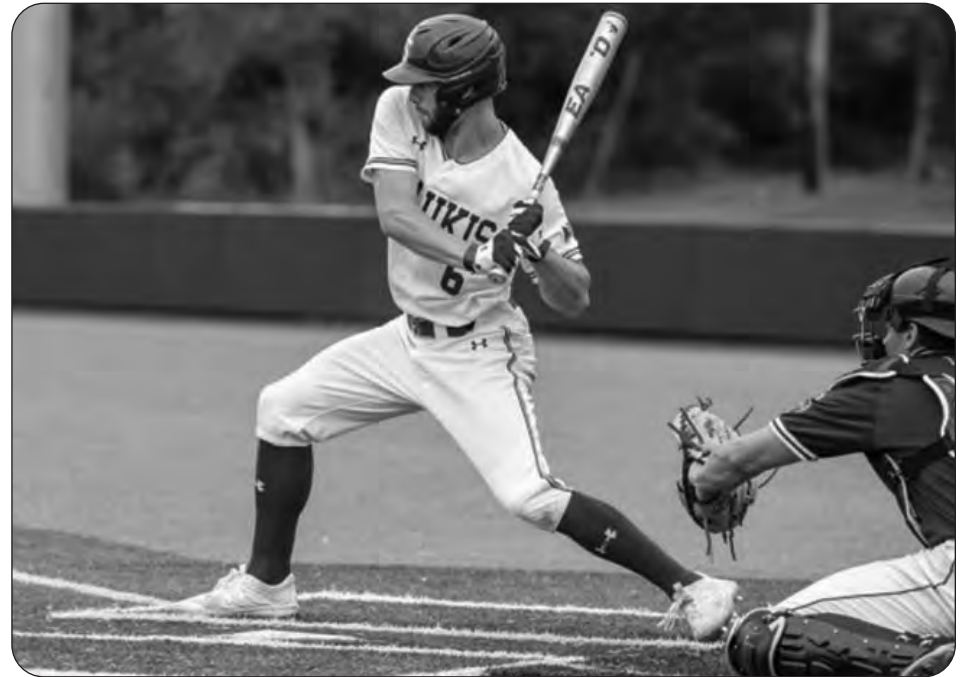
As a teenager, the speedy left-handed hitter honed his skills with Team Manitoba.

He played one game for the Western Canadian Baseball League's Okotoks Dawgs in 2018 before enjoying a breakout campaign with them in 2019. He topped the league that season with a .397 batting average, belted 12 home runs and stole 13 bases in 52 games. For

his efforts, he was named the circuit's Canadian Rookie of the Year and playoff MVP.

Peters then began his collegiate career with the Chandler-Gilbert Community College Coyotes in 2019. The following year, he received all-American honours when he batted .354 with 13 stolen bases in a pandemic-shortened season.

In 2021, he moved on to the Southern



SUPPLIED PHOTO

Tristan Peters joined the Tampa Bay Rays at their spring training camp.

**"IT'S COOL TO SEE WHERE I COULD POSSIBLY BE IN THE FUTURE ..."**

Illinois Salukis at the NCAA division one level. In 60 games that year, he batted .355 and topped the Missouri Valley conference in hits with 77 including 20 doubles and 46 walks. His performance earned him first-team All-Canadian honours and All-Missouri Valley conference second team honours.

Peters is grateful for all of the support over the years that has helped him get to where he is now.

"My dad of course taught me how to hit in the beginning ... and I've had a lot of great coaches over the years ... they were very encouraging and still are," he said, adding he is thankful for the support of his wife especially.

He saw the spring training camp as another opportunity for growth.

"I was approaching it like just getting ready for the new season and getting to know people ... just trying to feel comfortable

"My focus kind of shifted a little bit, just kind of trying to improve myself. They also told me at the beginning of spring training don't worry about your performance here; we've seen what you can do.

"There's some players above me who I've just got to try to outplay ... it's going well, and I feel confident going into this season," said Peters. "I think I'm ready to take it to the next level. I've still got a bit of a ways to go. I'm just trying to really improve myself this year especially. I'm trying to just stay calm and not get too frustrated if things don't go my way."

# Hawks knock Twisters out of MMJHL playoffs

By Lorne Stelmach

The Pembina Valley Twisters saw their MMJHL season

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come to an end in sudden death overtime Saturday.

The sixth-ranked Twisters took third-place Charleswood to the limit in the best of seven quarterfinal, but the Hawks ended it 9:36 into overtime for the 3-2 victory.

The Twisters had seized the advantage in the series last Tuesday with a 3-2 double overtime victory in game five, but the Hawks then forced the deciding game with a 5-0 shutout victory in game six last Thursday.

Game five almost got away from Pembina Valley as they held a 2-0 lead in the third period on goals by Jacob Carels and Merek Degraeve, but the Hawks knotted it with two goals within a minute late in the final frame.

It took until the 10:17 mark of the second overtime before Derek Wiebe connected for the winning goal. Shots on goal were 49-40 in favour of Pembina Valley, with Logan Enns getting the win in net on 38 saves.

Charleswood goaltender Evan Van Laeken got

the 29 save shutout in game six. The Hawks put it away with three third period goals, including a shorthanded empty-net goal.

Shots on goal were 35-29 in favour of the Hawks. Enns made 31 saves.

Slade Sothern connected on a powerplay to give the Twisters a 1-0 lead in the first period of game seven.

The Hawks scored twice to take the lead in the second, but Wiebe connected 45 seconds into the third period to force overtime where the Hawks ended it.

Shots on goal were 46-38 in favour of Pembina Valley, with Enns finishing with 35 saves.

Top-ranked St. James bested eighth-place St. Boniface in five games and will now take on seventh-place Transcona, who upset second-ranked River East in five games.

Charleswood will face fourth-place St. Vital, which edged fifth-ranked Fort Garry Fort Rouge in seven games.

# Winkler's Hamm earns bronze at junior nationals

By Lorne Stelmach

A national curling championship just barely eluded Winkler's Reece Hamm this past week.

Playing third for the Manitoba 1 team skipped by Jordon McDonald out of Winnipeg, Hamm saw his four-some finish atop the round robin with a perfect 8-0 record at the Canadian U21 junior men's national championship in Rouyn-Noranda, Quebec.

Unfortunately, they were then edged 7-6 by Northern Ontario 1 in the play-off round, but they rebounded to beat Ontario 2 7-4 to earn the bronze medal.

"We played, I think, the best we've played all year," Hamm said on Monday. "We had a tremendous round robin, going 8-0. I think we kind of stood out from the other teams.

"Unfortunately, when you have one bad game in the playoffs then it takes you out of it ... but we are happy with a 9-1 record and a bronze medal."

They came into the championship with confidence in their second season together for three of them, welcoming a new lead this year.

"I would say we just came here to curl our best," Hamm said. "We came here knowing we had a good shot from last year. We finished fourth, and we knew some of the teams that



**SUPPLIED PHOTO**  
Team Manitoba—skip Jordan McDonald, third Reece Hamm (of Winkler), second Elias Huminicki, lead Cameron Olafson, fifth Tanner Graham, and coach Blaine Malo—came in third in the Canadian U21 Junior Men's National Championships.

we're coming here ... teams that were going to be strong.

"We knew if we curled our game, we would have a really good shot at it ... playing to our strengths and playing to other team's weaknesses is the way that we go.

"If you miss a shot in one end, you're maybe looking at giving up three or giving up four ... so you have to stay on your A game all the time," said Hamm. "This is by far the most competitive junior curling event in all of Canada. The teams here are all so

"WE PLAYED, I THINK, THE BEST WE'VE PLAYED ALL YEAR. WE HAD A TREMENDOUS ROUND ROBIN, GOING 8-0."

good, they would rival, I would say, some of the men's teams."

It caps off what has been a successful junior curling career for Hamm.

He skipped his own team to first place in 2020 and then joined the McDonald team and finished second in both 2021 and 2022.

This was his last year of eligibility, while the remainder of the McDonald team has one year left together.

"I'm going to be rooting for them next year ... I would definitely be following along for sure," said Hamm.

There's no question he will continue curling but he's uncertain about his plans as he contemplates moving up into the men's game.

"Everything is sort of up in the air right now. We'll see what happens when the time comes."

# Tough end to the season for St. Malo Warriors



PHOTOS BY RAYME THOMSON/VOICE

The Selkirk Fishermen defeated the St. Malo Warriors to win the Capital Regional Junior Hockey League championship on Saturday night. The Warriors' Teagan Fillion of St. Jean Baptiste takes a face off against a fishermen player while the Warriors Aidan Peters of Morden drives to the net against the Selkirk Fishermen.

# Gretna's Hal Winkler was a hockey pioneer

By Ty Dilello

It's been nearly a century since Gretna's Hal Winkler donned the goalie pads for NHL teams such as the New York Rangers and Boston Bruins in the league's primitive years.

Winkler was born on March 20, 1894, in Gretna. Enoch's father worked as a translator for the German-speaking Mennonite immigrants who had come to Manitoba. He was also a farmer, implement dealer, realtor, insurance agent, MLA, and even the mayor of Gretna at one time. The house that Winkler was born at (590 Hespeler Avenue) in Gretna is today known as the "Winkler House", a municipally designated historic site.

Winkler moved to Winnipeg with his family when he was about 15. He played junior hockey in Winnipeg for teams such as the Winnipeg Hockey Club, Winnipeg Monarchs and Winnipeg Ypres. Before joining the pro hockey ranks, he later played senior hockey with the Brandon Hockey Club, Moose Jaw Maple Leafs, and Saskatoon Crescents.

The 5'9" Winkler started his professional hockey career with the Edmonton Eskimos of the Western Canada Hockey League (WCHL) in 1921. He was named to the league's All-Star Team that first season. Winkler played for the Eskimos in the 1923 Stanley Cup final, where they fell in a best-of-three series to the NHL's Ottawa Senators in the days where the NHL champion would meet the WCHL champ for the Stanley Cup. Winkler was phenomenal in the Cup finals, and it should be noted he only allowed three goals in the two games. Winkler would later play for the Calgary Tigers before moving on to the NHL.

A funny story about Winkler's time in the Western League comes from when Winkler and the Edmonton Eskimos would venture to Regina. In those days, visiting teams were reluctant to play in the Regina Arena. A brick wall was at the arena's south end, just a couple of feet behind the goal. At the top of this brick wall were three or four rows of seats, usually occupied by very young and exceptionally devoted supporters of the Regina Capitals. These charming children used to spit upon visiting hockey players who made the error of skating behind the goal. Also, the dear children used to drop water bombs



Hal Winkler, right.

on the visiting players.

The favourite target of those kids in the south-end gallery of the Regina Arena was Hal Winkler. His visits to Regina were awaited expectantly. You see, Winkler, even as a young goalie, was bald and his head would gleam as it reflected the arena's overhead lights and the kids in the gallery would hoot and holler with joy.

Those charming children in the south-end gallery of the Regina Arena inspired Winkler to make a change. On his third visit to Regina of the season, Winkler skated onto the ice wearing a large woollen toque atop his head. After the anthem, Winkler turned and thumbed his nose at the children in the Regina peanut gallery. The kids never gave Winkler any trouble after that.

In 1926, Winkler moved on to the NHL's expansion New York Rangers at the advanced age of 32. On Nov. 16, 1926, Winkler became the first goalie in NHL history to earn a shutout in his first career game when the Rangers defeated the Montreal Maroons 1-0. It was also the first-ever game for the New York Rangers franchise. Winkler was later traded that year to the Boston Bruins for \$5,000, a great deal of money for the time. Winkler led the club to the 1927 Stanley Cup finals with the Bruins, where they fell to the Ottawa Senators in four games.

During the following 1927-28 season, Winkler played 44 games for the Bruins, posting a 1.51 goals-against average and a staggering 15 shutouts. Today, Winkler's 15 shutouts in one season are still good for second all-time, even though the NHL regular



VOICE PHOTOS SUBMITTED

Gretna's Hal Winkler was a pioneer netminder in the sport of hockey.

season has doubled in games since Winkler's playing days.

Unfortunately, this big feat was the beginning of the end for Winkler as his age started to show on the ice. The writing was on the wall when the Bruins called up future Hockey Hall of Famer, Tiny Thompson, to tend goal in 1928-29. Winkler was soon dispatched to the minors, where he closed out his career, retiring in 1931.

Winkler's problem was that he was simply born too soon. He could have had a great NHL career, possibly one worthy of a Hockey Hall of Fame induction, had he not entered the NHL at such an advanced age.

Winkler finished with a 35-26-14 record in 75 NHL games with 21 shutouts. The Boston Bruins won the Stanley Cup in 1928-29 (the year they replaced Winkler with Thompson). And in 1958, when the Stanley Cup was redone to the size it is today, Winkler's name was added to the Cup as a member of the Bruins, even though he spent most of the season in the minors.

When Winkler was through with hockey, he returned to Winnipeg and operated a mink ranch for many years in Charleswood. Hal stayed out of the game once he retired from hockey, as it was reported that he had only been to a Winnipeg arena once in his first fifteen years of retirement.

Hal Winkler passed away at Winnipeg General Hospital on May 30, 1956, at the age of 62.

Winkler's name no longer gets talked about in hockey circles. But one day, perhaps we will see a sign outside of Gretna saying "Home of Hal Winkler" with a picture of the former NHL netminder of the 1920s. It would be a nice touch for a forgotten hockey pioneer.

*Ty Dilello is the author of Mosienko: The Man Who Caught Lightning In A Bottle. He is an accredited writer with the International Ice Hockey Federation (IIHF), historian for the Manitoba Hockey Hall of Fame, and is a member of the Society for International Hockey Research (SIHR).*

News or sports tip? E-mail [news@winklermordenvoice.ca](mailto:news@winklermordenvoice.ca) or call 204-325-6888

# Classifieds

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The *Winkler* *Morden*  
**Voice**

**PUBLIC NOTICE**



**R.M. of ROLAND  
PUBLIC NOTICE -  
2023 FINANCIAL PLAN**

Pursuant to Section  
162(2) of The Municipal Act  
The Council of the Rural Municipality  
of Roland will hold a Public Hearing to  
present the 2023 Financial Plan:

**Thursday April 20, 2023**

**7:00 p.m.**

**Roland Memorial Hall**

Interested persons may make  
representation, ask questions, or  
register an objection to the Plan.  
Copies of the Financial Plan will be  
available for review from the  
Municipal Office after April 12, 2023.

**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

*The Carman-Dufferin*  
**STANDARD**

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Mobile Scooter with cab in good condition. Call 204-325-8190.

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**NOTICES**

URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See [www.mcna.com](http://www.mcna.com) under the "Types of Advertising" tab for more details.

SPRING HIRING??? Need Class 1 Drivers? BOOK YOUR 2023 BLANKET CLASSIFIED ADS NOW in the 32 Weekly Manitoba Community Newspapers to get your messaging to be seen all over the province! Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at (204) 947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. [www.mcna.com](http://www.mcna.com)

**EMPLOYMENT**



Border Land School Division invites applicants for a

**PART-TIME  
CLEANER**

FOR ÉCOLE ELMWOOD SCHOOL  
IN ALTONA, MB

FOR DETAILS VISIT [WWW.BLSD.CA](http://WWW.BLSD.CA)

**EMPLOYMENT**



Border Land School Division invites applicants for a

**TERM MIDDLE YEARS  
TEACHER (0.5 FTE)**

FOR ÉCOLE WEST PARK SCHOOL  
IN ALTONA, MB

FOR DETAILS VISIT [WWW.BLSD.CA](http://WWW.BLSD.CA)

**EMPLOYMENT**



Border Land School Division invites applicants for a

**1.0 FTE PERMANENT  
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FRENCH LANGUAGE  
COACH/COORDINATOR**

FOR DETAILS VISIT [WWW.BLSD.CA](http://WWW.BLSD.CA)

**EMPLOYMENT**



La division scolaire de Border Land invite les candidatures pour combler le poste pour un

**PERMANENT DE  
COORDONNATEUR  
DIVISIONNAIRE DE LA LANGUE  
EN IMMERSION FRANÇAIS**

POUR DE PLUS AMPLES RENSEIGNEMENTS VISITEZ : [WWW.BLSD.CA](http://WWW.BLSD.CA)

**PUBLIC NOTICE**



The Public Water System Annual  
Report 2022 is now available  
online at [www.winkler.ca](http://www.winkler.ca).

Paper Copies of the report are  
available, free of charge, at:

City Hall, 185 Main Street,  
Winkler, Manitoba, R6W 1B4.

**CAREERS**



**MAINTENANCE MECHANIC/MILLWRIGHT**

Bunge Altona has an opening for a Maintenance Mechanic/Millwright. Work involves process equipment installation, maintenance and repair, lubrication, steel fabrication and welding.

Preference will be given to those candidates holding a valid provincial Millwright or Industrial Mechanic ticket. Candidates who do not hold a valid ticket will be expected to enrol in the apprenticeship program to obtain their ticket as soon as possible.

Overtime and on-call duties are required. The successful applicant will possess excellent written and verbal communication skills, trouble shooting skills, and be a team player.

The following would be considered an asset for this position:

- Experience in grain handling, processing, or manufacturing facility
- Experience in industrial equipment maintenance and repair
- Ability to read blueprints and technical documents
- Pressure or structural welding tickets and related experience

This is a regular full time position providing an excellent wage and benefits package. Bunge is committed to providing a safe, healthy, and rewarding workplace for all employees.

A job description for this position can be found online on the Bunge website: <https://jobs.bunge.com/>. enter "Altona" in the field "Search by Location". Click on "Maintenance Worker" to read the description. Applications should be made online with an attached resume.

**Bunge Canada is an equal opportunity employer.**

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## HEALTH

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**TODD**  
250-864-3521

## NOTICE TO CREDITORS

### NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF JOHN "J" ENNS, also known as JOHN ENNS, also known as JOHN (JACKIE) ENNS late of the City of Morden, in the Province of Manitoba, Deceased.

ALL CLAIMS against the above Estate duly verified by Statutory Declaration must be sent to the undersigned at P.O. Box 1150, 1-655 Main Street, Winkler Manitoba, R6W 4B2, on or before Friday, May 5th, 2023. Dated at Winkler, Manitoba, this 31st day of March, 2023.

DOELL LAW OFFICE  
per: Christopher G. Doell  
Solicitor for the Administrator

## SUMMER EMPLOYMENT

### Summer Job Positions 2023

The Emerson Centennial Park and Roseau Crossing Heritage Park are now accepting applications for the following positions:

Swimming Instructors  
Life Guards  
Assistant Life Guards  
Pool Assistants

We offer competitive wages and training reimbursement. Must be available to work days, evenings and weekends. Applicants have the option of applying to the Emerson Centennial Park (Emerson, MB) and/or the Roseau Crossing Heritage Park (Dominion City, MB). Please state your preference in your application

Please send a cover letter and resume with certificates by **April 14, 2023** to: Emerson-Franklin Recreation and Wellness Box 66, Dominion City, MB ROA 0H0  
Email: kath@emersonfranklin.com

## SENIOR RENTALS

### OAK WEST ESTATES HAS 1 SUITE AVAILABLE.

Oak West has one suite available. 1240 sq. ft. 1 bdrm with a den, 2 bath and a walk-in closet. Open spacious floor plan. Heated garage available. **Call Cindy at 204-362-7151 or email: cindy@jacobmanagement.com for more information.**

## SENIOR RENTALS

### Garden Park Estates has one suite available.

1 bdrm with a den, 1085 sq. ft. 1 1/2 bath. Open spacious floor plan, in suite laundry hook ups, indoor heated garage parking available, and more. **Email Cindy at cindyek@mts.net or call 204-362-7151 for more information.**

## TENDER



Homestead Consumers Co-op Ltd.  
**FOR SALE BY TENDER**  
**Bulk Food Bins**  
**LOCATION:**  
**Carman Food Store**

Conditions:

1. The bins must be removed by May 5th and at the buyer's expense.
2. Tenders can be mailed, addressed to the undersigned, and the envelope clearly marked **Tender for Carman Bulk Bins**. Tenders may also be emailed to the following address: chris.theoret@homestead.crs
3. Tender closes on **Friday April 28th at 5:00 PM.**
4. Item(s) sold as is.
5. Management reserves the right to award this tender in whole or in part.
6. Highest or any tender not necessarily accepted.
7. All applicable taxes will be added to tender bid.

Please scan the QR code below or visit [www.homesteadco-op.crs](http://www.homesteadco-op.crs) for photos and more details.

Chris Theoret,  
Business to Consumer Operations Manager  
Homestead Consumers Co-op Ltd.  
P.O. Box 70  
Portage la Prairie,  
Manitoba R1N 3B3  
Ph: (204) 856-2130  
Fax (204) 856-2152



## TENDER



Homestead Consumers Co-op Ltd.  
**FOR SALE BY TENDER**  
**Commercial Dishwasher**  
**LOCATION:**  
**Carman Food Store**

Conditions:

1. The dishwasher must be removed by May 5th and at the buyer's expense.
2. Tenders can be mailed, addressed to the undersigned, and the envelope clearly marked **Tender for Dishwasher**. Tenders may also be emailed to the following address: chris.theoret@homestead.crs
3. Tender closes on **Friday April 28th at 5:00 PM.**
4. Item(s) sold as is.
5. Management reserves the right to award this tender in whole or in part.
6. Highest or any tender not necessarily accepted.
7. All applicable taxes will be added to tender bid.

Please scan the QR code below or visit [www.homesteadco-op.crs](http://www.homesteadco-op.crs) for photos and more details.

Chris Theoret,  
Business to Consumer Operations Manager  
Homestead Consumers Co-op Ltd.  
P.O. Box 70  
Portage la Prairie,  
Manitoba R1N 3B3  
Ph: (204) 856-2130  
Fax (204) 856-2152



## FARMLAND FOR SALE BY TENDER

### FARM LAND FOR SALE BY TENDER

Sealed, written tenders for property in the RM of ARMSTRONG described below will be received by:

McCulloch Mooney Johnston Selby LLP  
Box 1670, 14 Main Street S.  
Carman, Manitoba R0G 0J0

#### PROPERTY

- SW 1/4 29-20-2 EPM  
Being Approx. 159.33 Acres
- Section 6-21-2 EPM  
Being Approx. 654 Acres
- SW 1/4 32-20-2 EPM  
Exc Sly 1320 feet perp  
Being Approx. 82 Acres
- SE 1/4 32-20-2 EPM  
Being Approx. 162 Acres
- NE 1/4 30-20-2 EPM  
Being Approx. 155.89 Acres
- NW 1/4 29-20-2 EPM  
Being Approx. 162 Acres
- NE 1/4 29-20-2 EPM  
Being Approx. 162 Acres

#### CONDITIONS OF TENDER

1. Interested parties must rely on their own inspection and knowledge of the property.
2. Tenders may be placed and accepted on one or any number or all parcels of land.
3. Tenders must be received on or before 2:30 pm on April 28, 2023.
4. Tenders must be accompanied by a **\$10,000.00** cheque payable to **MMJS LLP** in Trust as a deposit. Deposit cheques accompanying unacceptable bids will be returned.
5. Highest or any tender not necessarily accepted.

#### TERMS AND CONDITIONS OF SALE

1. The bidder whose tender is accepted will be required to complete an agreement covering terms and conditions of sale.
2. In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing which shall be **June 1, 2023**, or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the accepted tender is not paid within the set time limit the deposit may be forfeited as liquidated damages and not as a penalty.
3. Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
4. Successful bidder will be responsible for real property taxes commencing January 1, 2023.
5. The purchaser shall be responsible for payment of GST or shall self-assess for GST.

For further information contact  
Scott W. Johnston at:  
Ph: 204-745-2546  
Fax: 204-745-3963  
email: scott@mmjlaw.com

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**PUBLIC NOTICE**



**NOTICE OF TENDER**  
RURAL MUNICIPALITY OF MORRIS  
SPERLING FIREHALL BUILDING  
ADDITION & RENOVATION

Sealed tenders will be received by the Rural Municipality of Morris through email to Seth Klassen, sklassen@steckley.ca, or in hard copy at the office of STECKLEY Consulting Engineers Inc., 1-915 Navigator Drive, Winkler, MB up to 11:00 am local time on Tuesday, April 18th, 2023 for the following work:

640 ft<sup>2</sup> Firehall Addition and  
1,600ft<sup>2</sup> Renovation

Tender documents are available on Merx.com

*The lowest or any Tender  
not necessarily accepted.*

Trevor Dackow, Fire Chief  
Rural Municipality of Morris

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**General Labourer**  
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Email to [office@derksengroup.mb.ca](mailto:office@derksengroup.mb.ca)  
PHONE 204-324-5564

**EMPLOYMENT**

## BORDER REDI MIX INC.

**Experienced Class 3  
Cement Truck Driver.**  
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PHONE 204-324-8589

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# take a break

> GAMES

## SUDOKU

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

Level: Intermediate

**Fun By The Numbers**

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

**Here's How It Works:**

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

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

Sudoku Answer

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

Crossword Answer

# X CROSSWORD

**CLUES ACROSS**

- Colas
  - Single-celled animals
  - The rear car of a train
  - Endangered
  - It cools your home
  - Helper
  - "The First State"
  - More aged
  - Partner to cheese
  - Type of wrap
  - From a distance
  - Satisfies
  - "Dallas Buyers' Club" actor Jared
  - God of battle (Scandinavian)
  - Cooking utensil
  - Soviet Socialist Republic
  - Able to perform
  - Big man on campus
  - Second epoch of the Tertiary period
  - Porticos
  - Alban and Peter are two
  - Gets up
  - Humble request for help
  - One-thousandth of an inch (abbr.)
  - Unhappy
  - Hint or indication
  - A way to plead
  - Digits
  - Broadway actress Daisy
  - Jewish calendar month
  - Author Gore
  - Peacock network
  - White poplar
  - Promotional material
  - A period of calm
  - Take too much
  - Emit energy
  - Something you can take
  - Mended with yarn
  - Inconsistent
- CLUES DOWN**
- Calm down

	1	2	3	4	5	6		7	8	9	10	11	12		
13								14						15	
16			17					18						19	
20		21				22				23		24			
25						26				27		28			
29						30				31		32		33	
			34	35						36		37			
38	39									40					
41						42				43					
44					45	46			47				48	49	50
51				52		53		54				55			
56					57			58				59			
60					61	62				63				64	
65		66								67				68	
										69					
										70					

- One quintillion bytes (abbr.)
- California white oak
- One who pretends
- Hang glide
- Distinctive practice
- Mariner
- Peaks
- Queens ballplayer
- Geological times
- Twofold
- Atomic #13
- Tranquillizing
- Metric weight unit
- Indicates
- Unwanted rodent
- Partly cooked with hot water
- One who can be recommended
- Resembles a bag or pouch
- Midway between south and southeast
- Sets up for a photo
- After B
- Decorated tea urn
- Island
- Car mechanics group
- Wordplay joke
- Cut a rug
- Prickly plant
- Speech in praise of a deceased person
- European buzzard
- Influential linguist
- West African languages
- Siskel's partner
- Skinny
- Oblong pulpit
- Consumed
- Small, mischievous sprite
- Powerful lawyer
- Indicates position



# Announcements Classifieds

The *Winkler Morden* Voice

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## HIP/KNEE Replacement?

Other medical conditions causing TROUBLE WALKING or DRESSING?

The Disability Tax Credit allows for \$2,500 yearly tax credit and up to \$30,000 Lump sum refund.

Apply NOW; quickest refund Nationwide! Providing assistance during Covid.

Expert Help: 204-453-5372

McSherry Auctions  
12 Patterson Dr.,  
Stonewall, MB  
Online Timed Auctions  
@ iCollector.com

Estate & Moving  
Closes Wed. April 12 @ 7:00PM

Estate & Moving  
Closes Wed. April 19 @ 7:00PM

\*Booking On Site  
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Manitoba's Biggest  
Spring Antiques, Vintage  
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## DEVOTION

### Devotion

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## PUBLIC NOTICE



Winkler Co-op

# ANNUAL GENERAL MEETING 2023

THIS IS YOUR CO-OP.

Serving Winkler, Morden, Plum Coulee, Lowe Farm, Rosetown and surrounding area.

WINKLER CO-OP ANNUAL GENERAL MEETING

Tuesday  
April 18, 2023

7:00 p.m. Call to Order

Buhler Active Living Centre  
650 S. Railway Ave, Winkler

All members of Winkler Consumers Co-operative Ltd. are invited.

## WINKLER CO-OP AGM

The purpose is to consider:

1. Financial Statements
2. Report of Board of Directors
3. Auditors Report
4. Appointment of external auditors
5. Election of Directors
6. By-law changes
7. Any other business authorized by the by-laws to be transacted at the Annual Meeting of Members

[winklercoop.com](http://winklercoop.com)

## EMPLOYMENT



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[cyndie@aubinnurseries.ca](mailto:cyndie@aubinnurseries.ca)  
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## COMING EVENTS

Friday, April 21 | 4:45 - 7pm

# YFC FISH FRY FUNDRAISER

Christian Life Center

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# Announcements Classifieds The Voice Winkler Morden

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**Online Patient Support Group**

Saturday  
April 22, 2023  
10:30AM CST

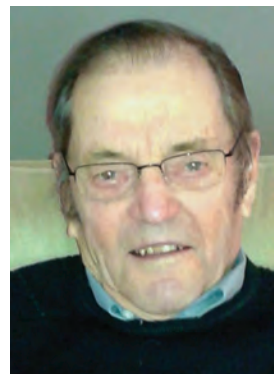
Topic:  
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sclerodermamanitoba.com  
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**OBITUARY**

**Arnold Ludwig Krueger**  
1928 – 2023



With great sadness we announce the peaceful passing of Arnold Krueger at Boundary Trails Health Centre with his family by his side.

He is survived by his wife of 65 years, Louise; children, Donna (Dominic), Paul and Diane; four grandchildren, Christopher (Ellen), and Jennifer Young, Tobias and Logan Hyrich-Krueger, his sisters, Ida (Conrad deceased) Anderson and Caroline (Carmen) Hunter and many nieces and nephews. He was predeceased by his parents, Emil and Olga Krueger, his brother, Norman and sister-in-law, Ileen and many other relatives and friends.

Arnold was born December 23, 1928 in Morden, MB and lived south of Thornhill on the family farm. He attended Alexandria School and at a young age, started farming grain and cattle. He enjoyed hockey games and the Toronto Blue Jays. His love of fishing resulted in many Master Angler Awards. Arnold and Louise retired to Morden in 2014 where he enjoyed his small garden and going to the coffee shops.

Cremation has taken place and no formal service will be held.

The family extends heartfelt thanks to Dr. K. Martin and the caring staff at Boundary Trails Health Centre and CancerCare Manitoba.

Donations may be made in Arnold's memory to the BTHC Foundation or the Salvation Army.

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



**OBITUARY**

**Herman Antone Doerksen**  
1931 - 2023



Herman passed away peacefully on March 25, 2023 at the Tabor Home in Morden, Manitoba.

He was born to Heinrich Doerksen and Katherina (Klippenstein) Doerksen on April 2, 1931.

Herman is survived by his wife of 68 years, Mae; four children, John, Gary, Connie, Martin and his brother, Tony. He will also be missed by his 10 grandchildren and five great-grandchildren.

Herman was predeceased by his son, Doug, his sister and seven brothers.

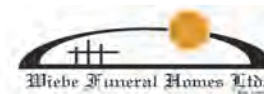
Upon retirement, Herman and Mae moved from Ontario to his family's homestead in Thompson Municipality, where they spent 35 years and then resided in Morden. Herman was very passionate about his family, friends and music. He

taught himself to play a variety of instruments and was very talented. His ability to share music with others, gave him great joy. He played with the Polka Dots and also Guys and Gals, who performed at several senior living facilities around Morden.

There will be a celebration of life at a later date.

In lieu of flowers, a donation may be made in Herman's memory to Tabor Home Inc. or the Morden Legion Branch 11.

Wiebe Funeral Chapel, Morden  
In care of arrangements  
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## SALES CAREER OPPORTUNITY

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

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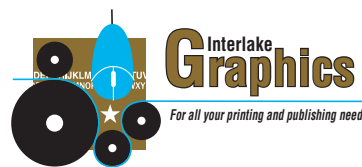
This opportunity involves building relationships and representing our newspapers to new and existing customers.

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

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> MEAL IDEAS



## Carrot Cake with Cream Cheese Frosting

decorating the finished cake.

3. Whisk together the flour, baking powder, cinnamon, nutmeg, and 1 teaspoon salt in a medium bowl.

4. Whisk together the eggs and granulated sugar in a large bowl until smooth, about 1 minute. Whisk in the oil until well combined. Add the grated carrots, vanilla and 1 cup chopped pecans, and mix well. Add the dry ingredients, and stir until just combined. Divide the batter evenly between the prepared pans.

5. Bake until a toothpick inserted in the center comes out clean and the cakes are nicely browned, about 30 minutes. Let cool on a cooling rack for 10 minutes. Loosen the edges with a spatula, turn the cakes out and let cool completely, right-side up, on the cooling rack, about 2 hours. Remove the parchment before frosting.

6. For the frosting: Beat the cream cheese and butter in the bowl of a stand mixer fitted with a paddle attachment, scraping down the side as necessary, until smooth, about 2 minutes. Add the confectioners' sugar, vanilla and 1/2 teaspoon salt; gradually increase the mixer speed to medium-high, and beat until the sugar is incorporated and the frosting is fluffy and smooth, about 3 minutes. With the mixer on medium-high, add the cream a few drops at a time until it's all incorporated. Continue beating for 1 more minute until the frosting is slightly lighter in color and creamy.

7. To assemble: Place one of the cake layers on a serving plate, and spread 1 cup of the frosting over the top. Top with the other layer, and use the remaining frosting to frost the top and sides of the cake. Arrange the 12 whole pecans on top of the cake like the numbers on a clock face, and sprinkle the remaining chopped pecans in between.

- Serves 10  
 Cooking spray  
 2 cups pecan halves  
 2 1/2 cups all-purpose flour  
 1 tablespoon plus 1 teaspoon baking powder  
 1 1/2 teaspoons cinnamon  
 1/2 teaspoon freshly grated nutmeg  
 Kosher salt  
 4 large eggs  
 2 cups granulated sugar  
 1 cup vegetable oil  
 3 cups finely grated carrots (about 1 pound carrots)  
 2 teaspoons pure vanilla extract

- Frosting:  
 1 pound cream cheese, cut into cubes, at room temperature  
 2 1/2 cups confectioners' sugar  
 1 teaspoon pure vanilla extract  
 Kosher salt  
 1/4 cup heavy cream, cold

- For the cake: Preheat the oven to 350 F. Line two 9-inch round cake pans with parchment and lightly coat with cooking spray.
- Spread the pecans on a rimmed baking sheet and toast until light brown and fragrant, 7 minutes. Set aside 12 pecan halves to decorate the remaining pecans. Set aside 1 cup of the chopped pecans to use in the batter; reserve the rest for



## Mini Banana Rice Pancakes

Prep time: 15 minutes  
 Cook time: 20 minutes  
 Servings: 2

- 1 cup Minute Brown Rice & Quinoa  
 1 1/4 cups all-purpose flour  
 1 teaspoon baking powder  
 1/2 teaspoon baking soda  
 1/4 teaspoon salt  
 1 cup milk  
 2 teaspoons freshly squeezed lemon juice  
 2 bananas, divided  
 1 egg, beaten  
 1/4 cup pure maple syrup, divided  
 4 teaspoons butter, melted  
 2 tablespoons vegetable oil, divided  
 1/8 teaspoon ground cinnamon  
 Heat rice and quinoa according to package directions.

In large bowl, whisk flour, baking powder, baking soda and salt.

In medium bowl, whisk milk and lemon juice. Let stand 5 minutes.

Mash 1/2 banana. Transfer to milk mixture. Add egg and 1 teaspoon maple syrup; stir to combine. Stir in melted butter.

Pour milk mixture over flour mixture. Whisk just until combined; do not overmix. Fold in rice and quinoa. Let batter rest 10-15 minutes.

Preheat large nonstick skillet over medium heat; brush with 1 teaspoon oil. Once skillet is hot, reduce heat to medium-low. In batches, adding oil as necessary, scoop 1 tablespoon batter per pancake into skillet and cook 3-4 minutes, or until bubbles start to form. Flip and cook 1-2 minutes until golden on bottom.

Slice remaining half and full bananas. Serve pancakes with remaining maple syrup, banana slices and cinnamon.

## Achieve your goals with a registered personal trainer

By Julie Germaine Coram

Have you set your health and fitness goals but need help achieving them? Do you find your motivation falling away because of a lack of results or confusion about where to focus your energy?

If this sounds familiar, personal training may be right for you! An experienced coach can outline the steps to realize your goals quickly and efficiently. This article will cover how personal training can get you where you want to be sooner.

Personal trainers can help you set realistic goals and create a timeframe to make getting into shape a positive journey. Often individuals want to use extreme measurements to lose weight quickly, setting themselves up for disappointment and relapse. A good trainer will establish healthy benchmarks to strive for and direct you, so you avoid hitting training plateaus.

Taking advantage of the knowledge and experience of a personal trainer gives you a huge advantage. They can identify the best program for your body and work with you to fit exercise into your busy schedule. None of us has time to waste, so a streamlined program will allow you more time with family and ensure you don't burn out from overtraining.

Injuries also cost you time and create setbacks, so having a registered personal trainer show you proper form and technique is incredibly valuable.

It's great to have a person you trust to share your concerns with, who is in tune with your personal situation, and can adjust your program according to your feedback.

Finally, some coaches can pro-



Health and Wellness  
 Fitness expert

Julie Germaine

vide guidance regarding nutrition – because what you eat will have an enormous impact on how you feel, look, and function. So getting a diet plan to provide your body with all the necessary nutrients will benefit you big time!

If you're ready to reach your fitness goals and overcome obstacles, please reach out to me. It's always you who has to take the first step, and you who needs to be dedicated to achieving results, but working with a personal trainer who supports you and pushes you is an important common denominator in those who find success in becoming their best, healthiest self.

Coach Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. She has helped tens of thousands of men and women improve their health since 2005. Improve your health with coach Julie: [juliegermaine.com](http://juliegermaine.com) or book a free diet consult: [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)



## Hearty Bacon and Egg Breakfast

- Prep time: 5 minutes  
 Cook time: 30 minutes  
 Servings: 12  
 Nonstick cooking spray  
 1 1/2 bags Minute Rice & Quinoa  
 9 eggs, lightly beaten  
 5 bacon slices, cooked and crumbled  
 3/4 cup shredded cheddar cheese  
 1/2 teaspoon salt

black pepper, to taste  
 Preheat oven to 325 F. Coat 12-cup muffin pan with nonstick cooking spray.  
 Prepare rice and quinoa according to package directions.  
 In medium bowl, combine rice and quinoa, eggs, bacon, cheese, salt and pepper, to taste.  
 Divide batter between prepared cups and bake 18-20 minutes, or until eggs are just set.



## We want to make sure everyone impacted by Parkinson's knows that you can turn to us for support, wherever you are on your journey.

### Symptoms of Parkinson's

Parkinson's is commonly characterized by its motor symptoms. But many people experience other changes that are often not identified as symptoms of the disease. These are known as non-motor symptoms and are often left untreated. Below, you will find information outlining both types of symptoms, how to identify symptoms you may not realize are linked to Parkinson's, and how to manage them.

### Motor symptoms

Parkinson's is characterized by:

- Slowness of movement
- Rigidity
- Tremor
- Postural instability

### Non-motor symptoms

Non-motor symptoms can impact your quality of life and can be experienced prior to motor symptoms. You may not realize that these symptoms are linked to Parkinson's disease. As a result, many non-motor symptoms often go untreated.

### Depression may be an early symptom of Parkinson's

Depression is one of the most common, and most disabling, non-motor symptoms of Parkinson's disease. As many as 50 per cent of people with Parkinson's experience the symptoms of clinical depression at some stage of the disease. Some people experience depression up to a decade or more before experiencing any motor symptoms of Parkinson's.

Clinical depression and anxiety are underdiagnosed symptoms of Parkinson's. Researchers believe that depression and anxiety in Parkinson's disease may be due to chemical and physical changes in the area of the brain that affect mood as well as movement. These changes are caused by the disease itself.

- drooling
- change in taste and smell
- choking and swallowing difficulties
- nausea and vomiting
- constipation
- uncontrolled loss of stool
- bladder dysfunction
- unexplained changes in weight
- dementia and cognitive impairment
- hallucinations
- sexual dysfunction
- orthostatic hypotension
- excessive daytime sleepiness
- insomnia
- REM sleep behaviour disorder
- restless leg syndrome
- leg swelling
- excessive sweating
- double vision
- delusions and impulse control disorders

### Other non-motor symptoms

Non-motor symptoms can vary substantially from patient to patient and can include:

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