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Foundations kick off Pay It Forward



Campaign aims to inspire others to impact communities

By Lorne Stelmach

It can involve something as small as a cupcake but have a much bigger meaning.

It's the idea of pay it forward, and the local community foundations are promoting it as a simple way for people in Winkler and Morden to impact their communities and inspire others to do the same.

The Morden Area Foundation and the Winkler Community Foundation jointly kicked off May as Pay It Forward month Friday with a blitz to deliver cupcakes to area businesses.

It is an unexpected thing which can brighten someone's day, said Chris Hildebrand, president of the Winkler Community Foundation, and that is what Pay It Forward is all about.

"It doesn't have to be a large thing ... just something to make

PHOTO BY LORNE STELMACH/VOICE

Staff at the Winkler Co-op joined in to help kick off the Pay It Forward campaigns in Winkler and Morden Friday. The program is a joint initiative of the community foundations of each city.

Continued on page 3

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Voice honoured at provincial newspaper awards

By Ashleigh Viveiros

The *Winkler Morden Voice* came home from the Manitoba Community Newspapers Association's 97th annual Better Newspapers Competition with an armful of awards.

The competition recognizes the best community journalism has to offer from the MCNA's 49 member weekly community newspapers across the province.

The *Voice* was honoured with second place awards for Best in Class and Best Layout and Design and a third place award for Best Editorial Page in the 10,000+ circulation category.

Also, Peter Cantelon clinched first place in the Best Columnist category, freelance photographer Rick Hiebert earned a third place nod for Best Feature Photo for his shot of a pair of birds battling over a snack, and editor Ashleigh Viveiros took third for Best Health Story for her piece on a local teen living with endometriosis.

In advertising, graphic designer Tara Gionet took first for Best Advertisement and second place for Best In-House Advertisement.

Our sister papers, the *Selkirk Record* and the *Stonewall Teulon Tribune*, were also honoured at the event.

The *Tribune* received recognition in the Best Habitat Conservation Story, Best Sports Story, and the Better Communities categories.

The *Record* took home honours for



VOICE PHOTO BY CHRIS WILKS

The Winkler-Morden Voice joined staff from our sister papers the Selkirk Record and the Stonewall Teulon Tribune in celebrating 16 wins at the Manitoba Community Newspapers Association's awards ceremony last weekend. The Voice was honoured with eight awards, including a second place finish in Best in Class.

Best News Story, Best in Class, Best Layout and Design, Best Front Page, and the coveted Best All Round

Newspaper award.

The *Voice* would like to thank all our staff for their phenomenal work this

past year and our readers and advertisers for their ongoing support.

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Festival volunteers celebrated



PHOTO BY LORNE STELMACH/VOICE

Steve Hiebert of Personal Expressions Photography had a bird's eye view atop the ladder truck of the Morden fire department Sunday (May 1) to get what could very well be the biggest group photo ever taken in Morden. The Corn and Apple Festival wanted to mark its 50th anniversary this year with the image of volunteers past and present from over the last half century. Eighth St. between Stephen and North Railway was closed off for two hours for the occasion.

Campaign aims to inspire others to impact communities

From Pg. 1

people feel good and bring that feeling forward," she said, hoping their cupcake campaign would "make them aware of Pay It Forward and what it means and to encourage them to start their own campaign to Pay It Forward to their communities.

"The foundation is all about community. We work together with other organizations, with charitable groups, with businesses to make our community a better place to live, work and play," said Hildebrand. "We try to encourage other organizations through their own endeavours by granting and things like that, so we pay it forward that way.

"We feel this campaign really works together ... because we want to make our communities better and pay it forward does it," she continued.

"Paying it forward is such a huge thing.

"You can do a little thing ... buying someone coffee ... just helping somebody out. One year, we started it ... we brought groceries to people's cars.

"That just makes you more invested in the community ... doing little things

to help people make their communities better."

"The essence of all foundations is to take in someone's money, put it into an endowment, let that grow and then pass along the interest. So that alone is a pay it forward action," agreed Lynda MacLean, executive director of the Morden Area Foundation.

"Foundations want to look after their communities and make things better for their communities. That's, bottom line, what they want to do. So this program is just helping encourage everybody to be good to each other and think of others ... help make our communities better."

MacLean added she thinks it is great as well to have this happening as a regional initiative.

"I like the fact that it's the Winkler Foundation and the Morden Foundation working together," she said.

"Everybody in this area either works in one ... lives in another ... shops here and there ... so to have this campaign throughout the whole area, for me, is huge.

"You see it no matter where you go ... and we're all working together to be a great community and area."



SUBMITTED PHOTOS

Staff at Winkler Floor Fashions were among the fortunate workplaces that received a surprise delivery of cupcakes Friday as part of the Pay It Forward campaigns of the Winkler and Morden community foundations.

The two foundations encourage local businesses and residents to let them know what they are doing to pay it forward or what someone did for them.

You can share on Facebook or to hashtag #Payitforwardmay2016 or e-mail admin@winklercommunityfoundation.com or info@mordenfoundation.ca to share your Pay it Forward events and stories.

They hope that sharing pay it forward stories helps inspire others to keep the initiative going.

Ultimately, they see an initiative like this also helping their foundations continue their growth as well.

"We'd love to have our foundation grow," said Hildebrand.

"The interesting thing about a foundation is your gift never leaves ... it keeps giving back to the community."





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Get an eye exam for Vision Health Month

By Lorne Stelmach

May is Vision Health Month and a local optometrist wants to spread the word about why making eye exams a regular part of your preventive health care is so important.

"Everyone knows that eye exams detect how you're seeing, your visual performance, your eye health, but even beyond that there are some things that we can see when we look inside your eyes," said Dr. Brooks Barteaux of Focal Point Comprehensive Vision Care.

"For example, I saw a patient just yesterday who had a couple little hemorrhages in his retina in one eye. That was all, no other complaints, he felt he was in good general health," Barteaux said. "But we know that we shouldn't see retinal hemorrhages in a healthy person in general, so we sent him to his GP and found that his blood sugar was 21 ... he's walking around with raging diabetes. That was the first time he had ever thought about diabetes."

Studies show among Canadians who don't have regular eye exams, more than half chose to skip a visit

"IT IS AN IMPORTANT PART OF MAINTAINING YOUR OVERALL HEALTH."

with their optometrist because they believed they had good vision.

Even with good vision, though, eye exams can help detect eye diseases and underlying conditions that may show signs in the eyes including brain tumours, aneurysms, autoimmune disorders, thyroid disease, sickle cell disease, liver disease, multiple sclerosis, Parkinson's disease and a number of other neurological disorders.

"A comprehensive eye exam does much more than test your vision—it is an important part of maintaining your overall health," stressed Barteaux. "It doesn't happen every day, but there's certain disorders that we can pick up."

Eye exams provide optometrists a close-up look at your blood vessels, optic nerves, and many other com-



PHOTO BY LORNE STELMACH/VOICE

Dr. Brooks Barteaux of Focal Point Comprehensive Vision Care points out that regular eye exams are about more than just sight—they can also spot other diseases and conditions and are an important part of maintaining your overall health.

plex eye structures, all of which may contain clues to poor health.

Brain tumours, for example, can cause loss of peripheral vision or can damage the nerves that control eye muscle function, resulting in symptoms such as abnormal eye movements or double vision.

"It's on a weekly basis that we do pick things like that up. ... like multiple sclerosis ... worst case, certain types of cancer can maybe express through the eye as well. Luckily, those things aren't every day, but it does

happen," he said. "And it's relatively non-invasive testing, so there's not a big downside to doing it."

"Think of it as a physical for your eyes."

The Manitoba Association of Optometrists recommends adults have an eye exam every two years and annually for those over 65.

Children should have their first exam between six and nine months, their second eye exam between the ages of two and five, and then go annually once they start school.

JR Walkof science



PHOTO BY LORNE STELMACH

Jace Zacharias and Evan Hildebrand had a project called 'Snazzy Shooters' as their contribution to the JR Walkof science fair. Using a device with a pop bottle, they found more air pressure led to increased accuracy, having tried firing it at 30 psi then up to 50 and 60 psi. "It was fun ... I just like learning about different things," said Zacharias.



PHOTO BY LORNE STELMACH/VOICE

Stardessa Sawatzky and Abigail Neufeld were among the budding scientists taking part in the JR Walkof Grade 4 science fair Thursday, April 28. Their project on making needle crystals was a fun project to work on, and both said they really like science. "We really like the crystals and they're very easy to make," said Sawatzky.

Threatening Morden jogger leads to assault charge

By Lorne Stelmach

A man faces charges including assault as a result of an incident where a Morden resident was confronted and threatened.

Morden police received a 911 call around 4 a.m. April 27 by a man near the Thornview Grocery who said he was jogging on Thornhill Street when he heard someone yell something near him.

The man stopped, removed his earphones and felt a hand on his shoulder. He turned around, coming face to face with a male asking for money or a phone. When the victim advised he had neither, the suspect threw something on to the ground, clenched his fists and tried to pick a fight.

A 19-year-old Morden resident was arrested, and police then learned he suspect was on probation and wanted on a warrant for failing to attend for fingerprints in Brandon. The accused is charged with assault, two counts of breach of probation and breach of undertaking. He was released on a promise appear in court in June and in Brandon in May.

Winkler police this past week investigated what may have been attempted break-ins and thefts at an apartment building.

They were called April 21 by the owner who told officers it appeared someone had tampered with the main entrance doors to each of the suites.

Entry was not gained to any of the suites, and police had a discussion with the building owner to consider installing a surveillance camera.

- Morden police conducted another MPI sponsored distracted driving checkstop. April 27. Ten people were charged for using a cell phone or other electronic hand held device while driving.

- Winkler police are investigating a break, enter and theft from an outbuilding of a residential property on Highway 14 April 26. Stolen was a Honda XR70 dirt bike valued at about \$1,200.00.

- A 23-year-old Morden resident was charged April 30 for failing to appear in court in relation to an earlier sexual assault charge.

He was charged in January 2016 and released on a promise to appear in court in February, and the matter was remanded to March and then again to April with the man not showing. As a result, a warrant was issued for his arrest.

The accused was released again on a recognizance with conditions and is to appear in court in May.

- Winkler police were contacted April 27 by an resident reporting an unauthorized debit withdrawal on her bank account. The transaction occurred in Florida while the victim was here at home. It is not known at this time how the breach occurred.

- Morden police got a 911 call around 2:15 a.m. May 1 from someone reporting yelling and crying from a near-

by apartment. The caller said he could hear a female yelling at someone to get out and then saw a male leave the apartment and get into a vehicle.

Police arrived and spoke with the woman, who was sitting on the floor holding her left arm in pain. She told officers she was at the bar with her boyfriend and everything was fine until the end of the night. She returned home and the boyfriend asked for a vehicle key back which led to some pushing at the front door. The victim yelled at the accused to get out, but the accused pushed the victim several times until she fell backwards to the floor, injuring her left arm and wrist. The daughter of the accused was also

pushed by the accused as she tried to enter the residence.

Police attended the accused's residence and placed him under arrest for assault. The 41-year-old Morden resident is charged with assault causing bodily harm and will appear in court in June.

- Winkler police during the past week officers issued 21 provincial offence notices under the Highway Traffic Act. Of those, seven motorists were charged for driving an unregistered vehicle, two were charged for driving while disqualified and one was charged for driving without a licence.

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Why you should avoid the efficiency trap

It sounds silly, doesn't it, calling efficiency a trap? But hear me out and I will explain.

What is efficiency?

Well, put briefly, efficiency is a way of doing things that seeks to limit the energy put into the accomplishment of goals without compromising those said goals ... in fact, as efficiency seeks to streamline effort it also seeks to increase output.

On the surface it sounds good and we should all be striving toward various efficiencies in our life, whether they be found at work, at home, or in some volunteer or other capacity.

However the very work of finding efficiencies can become a bit of a destructive addiction if one is not careful.

The reason for this is that, while theoretically one should be able to reach peak efficiency in any system, in reality the real world and the human element keep the system changing, which means the peak is ever elusive.

Have you ever been about the busi-

ness of weeding your garden? Typically one starts with the most obvious weeds and you work your way down to the smallest until there are none left.

Have you ever noticed that if you don't draw a line you could find yourself weeding a relatively small patch for several hours per day? While this may lead to a very efficient garden it can virtually destroy the other systems of the household like dishes, maintenance, various cleaning, food preparation, relaxation, etc.

Another example is working out (which I try to avoid at all costs). Working out involves seeking to improve multiple parts of the human system. The problem is that you cannot reach peak efficiency in any one area without sacrificing something—peak efficiency in legs may involve sacrificing arms or vice versa. Seeking peak efficiency in all areas may be possible but at the expense of every other area of your life, turning you into something of a gym hermit. Balance is ideal in the long run.

The reality is that the seeking of efficiencies must always be balanced by the recognition that you will NEVER really reach the peak. This does not mean we should give up. It does mean we should develop a realistic expectation.

Ironically, in a work environment

the unrealistic pursuit of perfect efficiency can be the single most demoralizing attribute of a person's job.

It is one thing for employees to be motivated toward and compensated on the achievement of various efficiencies, but it is wholly another to be put in pursuit and measured against the perfect efficiency—this is a trap.

When the employee achieves efficiency in one area another area has suffered and any benefit is countered by negative repercussions elsewhere.

In such an environment the employee quickly comes to the conclusion that they will never achieve the goals set for them and so why bother at all? This leads to complacency, workplace depression, and ultimately high turnover.

In the home environment it can lead to feuding and revolt, driving some members to simply hide in their rooms or elsewhere while the efficiency-addicted members become maniacal and resentful. Not very healthy.

The trick to avoiding this trap is to recognize that operating at your peak generally means finding a reasonable plateau that all areas can reach at the same time...none of them necessarily at their peak, but all of them cumulatively higher than if any one were to be achieved.



By Peter Cantelon

New principals for Maple Leaf, MCI

Western School Division has announced several administrative changes for the 2016-2017 school year.

Mike Keith steps into the role of principal at Maple Leaf School, taking over for Cindy Wainikka.

Keith comes to the role with a wealth of experience; he is currently completing his fourth year as prin-

icipal of Minnewasta School and has previously served as a school administrator in schools in the Rolling River School Division.

Filling Keith's shoes at Minnewasta School will be Andrew Volk, who has served as the school's vice-principal for the past two years. He has also been the numeracy coach for École Morden Middle School. Prior

to that, Volk worked as a teacher in the Pembina Trails School Division and at the University of Winnipeg.

At Morden Collegiate, Tania Sigurdson has been appointed vice-principal. She is currently teaching at the high school in the RRTVA Backstage Theatre program.

> **Got something you want to get off your chest?**

Send your letters to the editor at news@winklermordenvoice.ca. Please include your name, address, and phone number for confirmation purposes. Anonymous letters will not be published.

Youth helping make variety show go

Event raising funds for 50th anniversary of festival

By Lorne Stelmach

It's a celebration of the past, but some of Morden's future generation will be the ones running the show.

Serving as both a celebration and fundraiser for the 50th anniversary of the Corn and Apple Festival, the May 14 variety show at the Kenmor Theatre will involve local high school students.

Under the direction of backstage theatre teacher Tania Sigurdson, about a dozen students will be planning and handling the technical components for the show including lighting and sound as well as preparing the program and tickets with it all counting towards completing their course.

Festival chairperson Lynda MacLean said organizers were "working toward getting more youth involved in the festival. We want to be proactive in involving youth

now in an attempt to have them remain involved as an adult. I thought that by involving the high school with this event would be a good start."

Sigurdson said it was a great opportunity for her backstage theatre students in many ways.

"It's great that Corn and Apple approached us ... that's really important to us at the school ... to connect them with the community," said Sigurdson.

"We thought sort of a walk down memory lane would be fun," she said in explaining the approach in planning the variety show.

"And it's a great chance to get that actual experience running an event as opposed to theoretical. Then two weeks after that, they run an event for the school all on their own," she noted. "It's great practical experience for them, and it's Corn and Apple and it's Morden, so it kind of belongs to them anyway."

"I am very excited to be working with these kids," said MacLean. "It's great to have them make the posters, tickets, programs for the show as well as ushering, lights, sound, power point, stage hands."

She noted another class under the guidance of Ashleigh Hoitink another has also been involved and was looking to create an app for the cell phone as part of their curriculum.

This app could be used closer to access such things as listings of all events, entertainment, maps, parking and more.

Meanwhile, Grade 12 student Baille Munro had her design chosen for the event poster.

Her work features a design that includes about a half dozen photos from past Corn and Apple Festivals.

"I think it came together pretty well. I wanted to incorporate images of the community into the poster," said

"IT'S GREAT PRACTICAL EXPERIENCE FOR THEM, AND IT'S CORN AND APPLE AND IT'S MORDEN, SO IT KIND OF BELONGS TO THEM ANYWAY."

Munro, who called this a great opportunity for her.

"I love doing stuff like this. It's what I'm going to do," she said. "This definitely helps me a lot. I loved making the poster, and it was fun to do."

And Sigurdson observed Munro's poster was chosen because "it was the strongest one that would sort of catch the eye as you walked by."

As for the variety show in general, MacLean said she

thought it would be fun and timely to kind of relive the past years and remember all of the people who have made it such a success.

"I'm a Corn and Apple freak anyway, so it's too much fun for me," she said with a chuckle.

"It was something I really wanted to do ... and we have to raise extra money because we have a few extra things.

"It's just to have fun ... and I think to honour the people from the last 50 years who started it, who have worked at it all these years."

In terms of the fundraising component, MacLean said they had also looked at the idea, as a 50th anniversary project, starting a fund within the Morden Area Foundation for the festival.

"Then we can have this fund to start paying for things for ourselves."

She said the show has been fun to plan with a number of people working on skits, songs and the layout of the night's performances including Brenda Sloan and Marlene Holeyka serving as the talent coordinators.

Various people will be doing songs on how it all began and the trials and



PHOTO BY LORNE STELMACH/VOICE

Morden backstage theatre teacher Tania Sigurdson with Grade 12 student Baille Munro, who had her design chosen for the event poster.

tribulations of making the festival happen.

For example, she said Marlene Holeyka's song "is about the corn and all the troubles we've had with it over the years."

One is being sung to the tune of Harper Valley PTA, while another is following the Beverly Hillbillies theme.

"Aside from the live acts, I am working on getting people together to make short video interviews of some of the older volunteers to tell some stories. These videos will be disbursed between acts.

There will also be other entertainment including Rick Wiebe and Jayme Giesbrecht as well as Jeannie Nickel and son Joel, while Ecole Morden Middle School students are preparing a skit.

The event will also be selling fundraising items including the Pandora apple charm, jugs of apple cider, 50/50 draws and Diana Perssons framed festival artwork - a 5x7 watercolor print with a black plastic frame featuring a collage of the Ferris wheel, hands holding corn cob, people on the street and the clock tower.

"I think this variety show is a fabulous project involving people from youth to seniors coming together to celebrate 50 years of Corn and Apple," said MacLean.

The doors will open at 6:45 p.m. with the show starting at 7:30 p.m., and sometime around 9:30 p.m. it will wrap up with a post-show party at the Morden Legion. Tickets are \$20 ahead of time or \$25 at the door and are available at the festival office or Thornview.

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Diversitas speaker hopes to dispel LGBTQ myths

By Lorne Stelmach

The next speaker in a local series aiming to build greater appreciation for the diversity in our society hopes to dispel some myths.

Jonathan Niemczak, president of Pride Winnipeg, will address the LGBTQ (lesbian, gay, bisexual, trans or questioning) community next Saturday, May 14 at the CFDC in Morden.

Niemczak said he wants to have a dialogue about some of the misconceptions some people have such as those about the lifestyles of LGBTQ people.

"And the other thing too is that this is all a big choice and you just kind of wake up one day and say 'yeah, I'm just going to be gay today ... that's the plan,'" he said.

"We're just trying to essentially show that we're just really just like anyone else. It's just we have a different sexual orientation or gender identity or we have different ways of expressing our gender."

Niemczak has been with Pride Winnipeg almost eight years including serving as president since 2012.

He has served with a number of other boards and initiatives in recent years including an LGBTQ chamber of commerce organization as well as the Pride Winnipeg festival.

He aims to offer a brief overview of the LGBTQ community including the rights movement and how the 'Pride' movement fits into it.

"Then I'll dive into some current is-

ues that are facing the community," he said.

"The goal at the end of the day is an understanding of our community ... and hopefully dispel some myths or some commonly held beliefs as well as maybe answer some questions that are very common. We always get asked why do you need a parade ... that kind of stuff.

"Then I'm also just kind of hoping that people kind of leave a little bit more enlightened, maybe a little bit more understanding of sort of why that we do what we do and the struggle that we are facing."

Niemczak said he feels there has been much progress in society and the community across the world in general.

"If we merely focus on developing nations ... there's still tons of work that needs to be done there," he allowed.

"If we're looking at countries like Canada, for example ... we've definitely come a long way over the last 50 years in terms of from the time that homosexuality was decriminalized," Niemczak added.

"In the last two or three decades, there's been some leaps and bounds. Manitoba and Winnipeg are definitely included in that as well in terms of a lot of progress ... more acceptance and inclusion ... generally the environment is getting better as a whole, though there are still areas that need to be improved."

He was reluctant to focus too much



SUBMITTED PHOTO

Johnathan Niemczak of Pride Winnipeg.

on a split between society in urban and rural Manitoba, though he allowed it is an issue to some extent.

"I really don't want to generalize and group the rural communities as a whole ... but when we do look at the more troubled areas, they do tend to be in rural Manitoba," he said.

"That's not to say that every rural area is not a great environment for LGBTQ folks ... I haven't had too much experience in the rural communities."

For LGBTQ people who come from rural Manitoba, he said it simply is

a matter that ideally they should be able to stay in and feel welcome in their home communities.

"I'm hoping to dispel the notion that the rural communities are these toxic environments," he added. "I'm hoping that through talks like this that we can show rural communities are just as welcoming as big urban city like Winnipeg."

For reasons like that, Niemczak said he welcomes any chance to have a dialogue at forums like the one coming up in Morden.

"I love community engagement. At Pride Winnipeg, we're all about that. Any opportunity we get to do presentations or do panel discussions, we always jump at the chance because we know that it's so important for us," he said.

"We often have to be the voice for people who often don't have a voice or aren't ready to become a voice for their community."

His presentation follows one by Dr. Idris Elbakri of the Manitoba Islamic Association last November.

The series continued in March with the Charlie Chaplin film *The Great Dictator*, which is a political satire that offered a stirring condemnation of fascism and anti-semitism.

Other subjects tentatively planned this year include a talk on First Nations in July, mental illness in September and feminism and women in November with speakers, dates and times to be determined.

A wake-up call she couldn't ignore

By Ashleigh Viveiros

A lot of young adults need a wake-up call to get them to start thinking about how they want to live their lives right.

For Plum Coulee's Amanda Legault it came in the form of a semi-truck that flattened her SUV and put her in the hospital for several months.

"I was driving to Altona to meet my sister-in-law and, though I don't really remember it, I T-boned a semi as I was going through the intersection," says Legault. "That's where it all began."

The accident—which took place in spring of 2009 when Legault was 21—and the lengthy recovery period that

followed put her life in perspective and set her on a new path.

"My whole life before that exact moment I got hit by a truck was kind of a ridiculous mess," she says, noting she had drifted away from her Christian faith as a teen and gotten involved in a life of drugs and drinking.

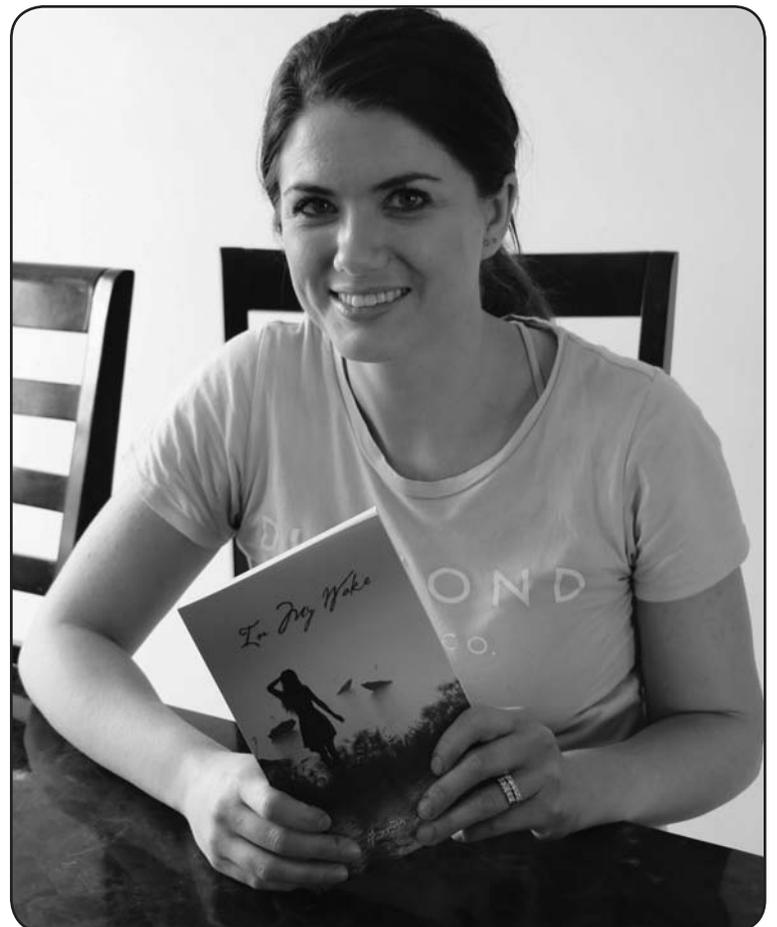
It was that faith, however, that she ultimately rediscovered and leaned on to get through the experience.

Her story is one she now feels called to share with others, which is why she penned *In My Wake*, a book about the accident and its aftermath now available for sale in local stores and online.

"I couldn't think of any books writ-

Plum Coulee's Amanda Legault with a copy of *In My Wake*, the memoir she penned outlining a horrific car accident she was in seven years ago and the impact it has had on her life.

PHOTO BY
ASHLEIGH
VIVEIROS/
VOICE



Continued on page 11

Menzies honoured with MTAM merit award

By Lorne Stelmach

A Morden massage therapist has been recognized for being a leader in her profession.

Linda Menzies, owner of the Morden Massage Therapy Centre, received a merit award last month from the Massage Therapy Association of Manitoba.

The award is one of the highest honours given by MTAM each year and is recognition for going above and beyond in advancing massage therapy in the province and for dedication to the profession.

Menzies said it is a real honour, knowing as a member of the organization's board of directors that there are many other deserving therapists practicing across Manitoba.

"I think what's honouring is to see the credentials that other therapists have and that they would choose to honour me with this award," she said.

"It makes me realize that ... the little things that we do every day do matter. In the end, it's maybe the little things that matter the most," she said.

"It's all those little things, the vol-

unteer time, that I appreciate getting noticed for ... at the end of the day, I think we all want to do that."

She said the time she dedicates to not only her profession but the community is simply a reflection of something that she applies to work and life.

"A rule that I have at my work that I implement into my life ... is every day do anything you can to make the next person's life just a little bit easier ... their day a little bit brighter.

"If we all do that, the world becomes a much better place, and the community becomes a much stronger community. It's all about helping your neighbour."

Menzies has been a registered massage therapist since 2007 and worked in the field for a number of years prior to that. She has served on the MTAM provincial board for about eight years.

In that time, she has made representing rural Manitoba a priority.

"My goal was to make the rural therapists feel included and counted. I think we've made huge steps in that area."



SUBMITTED PHOTO

Linda Menzies of Morden Massage Therapy received a merit award from the Massage Therapy Association of Manitoba last month.

Campaign aims to stress safety in the workplace

By Lorne Stelmach

A campaign aimed at making work safety a habit had a local launch in Morden.

The North American Occupational Safety and Health initiative was being promoted across Canada and the U.S. with Decor Cabinets hosting an event here.

It was fitting to tout the campaign locally because this area as well as the rest of the province is building a good workplace safety and health record, representatives said at the Monday, May 2 event.

"When we look at the statistics for Manitoba for probably the last 10 years ... there's been a constant decline in the number of injuries happening in the workplace," noted Art Letkeman, representing the Made Safe Manitoba safety association for manufacturers.

"To me, that's a good sign. Safety is becoming more important, and people are working safer with less injuries. So that's definitely what we're looking for."

The message focussed on the idea of building a

culture of safety in the workplace where it becomes a routine habit.

Safe Work Manitoba is involved in a number of initiatives including the Young Workers Injury Prevention Strategy as well as the safe work certification program which is available to companies on a voluntary basis.

Geoff Ingalls, safety manager for Decor, commented on the idea of workplace safety needing to be an ongoing commitment from everyone from management to staff.

"It's what our employees are going to bring up that is going to help shape our safety."

Morden Mayor Ken Wiebe also reiterated the importance of maintaining a commitment to safety.

"You need to be vigilant," he said, adding that if you "look after the little things, the big things will look after themselves."

"It's a concerted effort just to make everyone aware of safety ... a specialized week where we're concentrating on safety in the workplace," said Letkeman.

"SAFETY IS BECOMING MORE IMPORTANT, AND PEOPLE ARE WORKING SAFER WITH LESS INJURIES."



PHOTO BY LORNE STELMACH/VOICE

Geoff Ingalls, safety manager for Decor Cabinets, addressed the importance of safety in the workplace.

PTM opens its doors next Saturday

Heritage museum kicks off season with Volunteer Search/Spring Tea

By Ashleigh Viveiros

The Pembina Threshermen's Museum throws its gates open for another season of living history next weekend.

The PTM kicks off the summer on Saturday, May 14, combining opening day with their annual Volunteer Search and Spring Tea.

Admission to the Hwy. 3 heritage village between Morden and Winkler is free from 11 a.m. to 3 p.m. that day, and director Kim Striemer hopes to see the grounds full.

"Our volunteer day is the day people can come down and check us out, see how they can get involved," she said, noting current volunteers will be on hand to answer any questions you may have about helping out at the museum.

The museum relies on its volunteers for any number of tasks, ranging from driving antique tractor in parades to grounds and equipment maintenance to kitchen helpers to dress-

ing up in vintage garb and strolling through the village.

"Whatever your interest or talent, we can use your help," Striemer said.

Even if volunteering isn't on your radar, May 14 is a great day to stop by the museum to tour the grounds and enjoy refreshments (including homemade waffles) in the dining hall for a nominal fee.

The day is just the first of many events planned for this summer.

Among them is Heritage Day on June 3 and the Steamer Birthday Party on June 18.

"It's 100 years old this year," Striemer said of PTM's working 1916 Case Steam Tractor. "How many people actually get to experience something like that in a lifetime?"

"Come have some birthday cake and help us celebrate."

The museum will also be celebrating some changes on the grounds this season.

The Braun Log House is slated to open in its new location by mid-summer, wheelchair accessible washrooms on the yard are also in the works, and volunteers are hard at work getting a new Ladies Shop set up in the General Store's back room.

"It will have hats and lace collars and gloves, purses," Striemer said.



VOICE FILE PHOTO

The Pembina Threshermen's Museum kicks off another season of living history with its Volunteer Search/Spring Tea opening day events on Saturday, May 14.

"I just want it to be pretty and delicate and old-fashioned," she added, noting one exciting display will feature a vintage wedding dress.

The museum has also spruced up and rearranged various returning displays—notably the stationary engines in the JD Shed—to keep things fresh for visitors.

"Turning up the steam in 2016 means taking what we've got and just really taking it up a notch," Striemer said.

Also new this year is the admission rate structure, which creates new reduced rates for seniors and youth.

"I am really excited that we've changed the prices," Striemer said,

adding that they did so in response to feedback from guests.

The admission rate for adults (which now begins at 16 years of age instead of 13) remains at \$7.50 for general admission but increases to \$10 for special event days. Meanwhile, youth 9-15 and seniors 65+ get in for \$5 for all events. Kids eight and under are free.

All this just scratches the surface of what's all going on at the museum this summer. For more details and a full run-down of events, check them out online at www.threshermens-museum.com or follow them on Facebook.

Coffeehouse a preview of what's to come for WAC

May 10 event at the zone featuring poetry as part of varied arts showcase

By Lorne Stelmach

The next coffeehouse night in Winkler will serve as a bit of a preview of what's to come and what will be possible with the Winkler Arts and Culture centre.

Organizer Steve Dueck said they hope it will become a venue for a wide variety of artistic events, so they were looking for the May 10 coffeehouse to reflect some more of that variety.

"Hopefully, we'll have a lot of coffeehouses, and it will be a place for

people to meet and share their arts in various forms," said Dueck.

"This event is intended to be a celebration of the arts ... a recognition that creativity is valuable in our lives. Everyone is welcome, and I hope that the community can continue to support the arts in Winkler."

The coffeehouse takes place at GVC's The Zone next Tuesday at 7 p.m. Admission is free, and there will be refreshments available.

Dueck noted they have done a few musical concerts and a blues event, so they wanted to change things up a bit this time, and he knew that poet Nathan Dueck was coming out from B.C. and thought that presented a good opportunity.

Dueck teaches at College of the Rockies and has published two books of poetry called *Kings(mere)* and

He'll.

"While his poetry is quite adventurous, he can hold an audience with his passion, humour and personal accessibility," said Dueck.

"It's always an entertaining and enlightening time hearing Nathan speak and share his poetry."

Another poet, Bre Neufeld, will also share some of her writing.

"She lives in Winkler, and it's wonderful that we can celebrate the artistic skills of local residents," added Dueck, stressing one of the goals for WAC is to be able to create a culture that retains and appreciates creative individuals.

In addition to poetry, other arts will be celebrated at the May 10 event as well.

A number of songwriters will share their songs including Gustavo Peters,

Jenessa Kehler, Theo Landry and the GVC songwriting class.

It wouldn't be a poetry night without some jazz, so Bert Johnson will be playing some jazz piano.

Other GVC students will be sharing their artistic abilities in the forms of film, drama and visual arts.

And as this is the final WAC event before the opening of the arts centre in June, they will be giving an update on the centre with visuals so residents can see what is happening inside the building.

"We're going to show a bit of photos of what's happening at the place and what's going to be happening. It's going to be a bit of a preview," said Dueck, adding everyone is anxious and excited to see the centre coming to fruition.

Budding young authors celebrated

School event aimed at encouraging more reading and writing

By Lorne Stelmach

It's ultimately about building literacy, but an event at Morden's early years schools is also about making it fun.

"And this is a celebration day. It's important to always be celebrating our successes," Darlene Keith, literacy coach for Western School Division, commented at the second annual young author's night at Maple Leaf School Thursday.

Held for the first time last year, the events at both the Maple Leaf and Minnewasta schools on a basic level support and encourage the development of their reading and writing skills.

The students read their stories to parents and others with Keith seeing it as a chance to show the results of their hard work from the past school year. It's also a good opportunity for parents to learn a little as well about how the schools are building literacy.

"They can use any of the writing that they've done throughout the year. It's just a way to demonstrate their growth in writing," said Keith.

It is important to emphasize that they are developing a lifelong literacy skill, she added.

"It's not just a school thing. It's a lifelong literacy type of activity and skill that they need to build on. It's

showing them the importance of writing and how reading and writing are closely connected," she said.

"We need to be able to read, need to be able to write, and if you can write it, you can read it.

"The purpose of writing for them needs to be obvious," she continued.

"They learn what an author is in school. It's important for them to realize that they are an author as well and what they write is important ... and the fact that they can get their message across ... whether it is a big story, a short story, if it's a piece of research or if it's in poster format ... a persuasive letter."

Keith feels the initiative has gone over well.

"The students were definitely looking forward to it this year. And this year, we definitely have community support behind us," she added, noting 3M contributed items to give away to students.

"We have the students excited to have it again this year and bringing in the adults.

"The other important fact with that is not only are they reading to adults from their family ... but as the adults travel around to the other kids in the classroom and travel around to the different classrooms ... to see how writing progresses."

And ultimately, Keith said their hope is the level of excitement this might provide the students about reading and writing will carry over outside of school and into their homes.

"It's a lot of fun ... and just to see how they connect to some of their stories



PHOTOS BY LORNE STELMACH/VOICE

Students at Maple Leaf School had the chance to read their own writing to interested parents and others April 28.



and how they got some of their ideas ... and even how the pictures go along with the writing," she said.

"We're hoping the students are being engaged with the writing ... and being able to share it."

> WAKE-UP CALL, FROM PG. 8

ten like this from the person's point of view, a real-life person going through it all," says Legault. "I really want people to think about if something happened to them today, are they really ready to go? Are they in a place where they're okay with themselves? Where they're okay with God?"

The book starts from the moments just before the collision and relates Legault's hazy memories of waking up in the hospital weeks later and then her long road back to normalcy.

"I had a broken neck and brain trauma and collapsed lungs ... I was pretty much a vegetable," she says. "After I was out of the coma I had to relearn everything ... walking, eating, potty-training—the whole thing. I had to learn how to be a person again."

Coming so close to death made Le-

gault reevaluate her life and commit to living it differently, both for herself and her then 18-month-old daughter.

"It put things into perspective and it fixed me," she says. "It made me realize little things that I would get all worked up about before are actually, like, 'Who cares?' A day from now or next week will I even remember this or care? Does it really matter?"

The title *In My Wake* reflects how Legault looks at the whole experience as a definitive before and after event in her life.

"For me, it's after I pretty much died, looking back on myself kind of going to my own wake and looking at my old life and wondering where do I go from here," she says. "I was asleep in my own hell, the path that I was on, all the dumb things I did.

"It's about waking up from that nightmare."

Today Legault is married and a mother of two. She works as an educational assistant in Winkler and remains involved in her church.

Since the book came out she's been sharing her story as a guest speaker and is looking forward to appearing on the Christian talk show *100 Huntley Street* in July.

Though she doesn't particularly love public speaking, she is enjoying getting her story of a life healed by God out there to people, Legault says.

"I think my audience is anyone who has got some kind of an obstacle in front of them and is just scared or hesitant or whatever," she says. "Don't let doubt stop you. You can overcome anything."

Legault hopes to hold a book reading in the area in the near future. In

the meantime, *In My Wake* is available at the Winkler Bible Book Shop, Olive Tree, several Winkler Co-op locations, Whitecap Coffee, Prairie Foods, and on Amazon.

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Fashion show a big boost for cancer resource centre

By Lorne Stelmach

It's annual fashion show serves a vital purpose as a fundraiser for the South Central Cancer Resource.

And the event held before a soldout crowd last Wednesday (April 27) at the Access Event Centre fittingly featured some volunteers who were not only supporting a good cause but may have also benefitted from the kinds of services provided by the SCCR centre.

"Nine of our models are cancer survivors, so that's always tremendous for us to see those people," commented organizer Sue Nelson.

"They're not professionals, they just get up there and have fun. But it's very inspiring to see them ... they've come through their cancer journey and they're looking alive and having fun. They're survivors, and that's tremendous for us to spotlight them."

In its fourth year, the spring fashion show has grown to become an important event for the SCCR centre.

Last year, it brought in about \$22,000, which more than doubled from the year before, and Nelson believed this

year's event dubbed the Spring Indulgence fashion show will have surpassed that the year before.

"We certainly did better than last year ... and I think we certainly exceeded that by a couple thousand ... though we're not sure exactly how much yet."

There were 400 tickets sold, which she said was pretty much their maximum capacity for the event and more than last year's sales.

"Those tickets sold out in the first 24 hours, and we had lots of people still looking for them after that," she noted.

"We're really, really thrilled with the response. It was just overwhelming to have people come out and support us like that. It was tremendous."

Nelson said people seemed to enjoy themselves, and even

the volunteer models were enjoying themselves, hamming it up a bit a number of times.

"I think that's what we try to go for ... a fun evening where people can enjoy themselves," said Nelson, who added they had great support as well

"NINE OF OUR MODELS ARE CANCER SURVIVORS ... AND THAT'S TREMENDOUS FOR US TO SPOTLIGHT THEM."



PHOTO BY LORNE STELMACH/VOICE

Volunteer models had fun on the catwalk for the Spring Indulgence fashion show in support of the South Central Cancer Resource Wednesday.

through sponsorships ranging from cash donations to prize contributions.

She also credited Dave Destoop of Total Sound for going above and beyond with the sound and technical end of things and Saban for putting the fashion show together ... and all at no cost to the SCCR.

"It's really heartwarming to see the response from the communities," said Nelson.

"And the support comes from across the whole region. It's not just Morden and Winkler. We cover a huge area ... all the way from Morris and Emerson to Crystal City and Mather."

The evening also put it all in perspective with short video clips of people telling their personal stories or testimonies on why it is important for people to support the SCCR centre.

Nelson said it ultimately was about things people can do to help those on a journey with cancer.

"We kind of wanted the message to people to be that they can make a difference. It was our theme ... make a difference."

"Every small thing makes a difference. Sometimes, people don't realize that ... sometimes they kind of discount that little donation or that little bit that they can do."

And Nelson, in conclusion, said they were thankful for the support which will go a long way to supporting their initiatives like the volunteer transportation program to assist cancer patients.

"Our transportation costs are really a lot higher this year, and that's our major program. It looks like our transportation program alone is going to be \$40,000 more than it was last year."

"So it's really important for these kinds of fundraising events to keep our face out there ... so people know who we are and what we do ... and also to raise the money to cover those increased costs."

Spring Indulgence Fashion Show 2016

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You All Make a Huge Difference!

Coulee age-friendly project gaining steam

By Lorne Stelmach

They remain uncertain how big it will be, where it will be located, and even what it will cost.

But Plum Coulee is still well on its way towards a new age friendly community centre, as outlined at a recent community supper.

"We're very excited about the project. It's a much needed facility in Plum Coulee," explained committee member June Letkeman. "We have a young population, so we don't need a senior centre—we need an age friendly facility."

The planning committee held a fundraising supper and information evening April 18, with all of the proceeds going to the building fund.

Letkeman said there were around 70 people in attendance for the event, which raised close to \$15,000.

"This was our kickoff fundraiser for our new facility fund ... so we're very happy with that amount," she said, noting they had also recently received a \$2,500 grant from the Access Credit Union in Plum Coulee.

They are also looking to connect this project to the Canada 150 celebrations next year.

"It's going to be our Canada 150 project. We want to have it built by next year to celebrate Canada's 150th birthday," Letkeman said.

Planning for a new community centre began this past winter with a public meeting in November.

The committee had been looking at a number of options, one being to build a new facility on the current senior centre location, while another option would be to build behind the current town office. There was also the alternative of renovation of the town office, which could be available as a result of the municipal merger with the RM of Rhineland.

Two possible plans presented offered facilities that would be either in the range of 1,300 or 3,800 square feet, with the possible costs ranging up to about \$400,000.

By the end of that public meeting, the consensus clearly seemed to be that funding would be better put towards building new rather than reno-



SUBMITTED PHOTO

Upwards of 70 people came out last month for a benefit supper to raise funds for the Plum Coulee age-friendly facility. The evening raised nearly \$15,000 for the project.

vating existing space.

"Our dream is to build one the same size as what we have. It depends on how much money we can raise. If we raise less then we will just build smaller," Letkeman said.

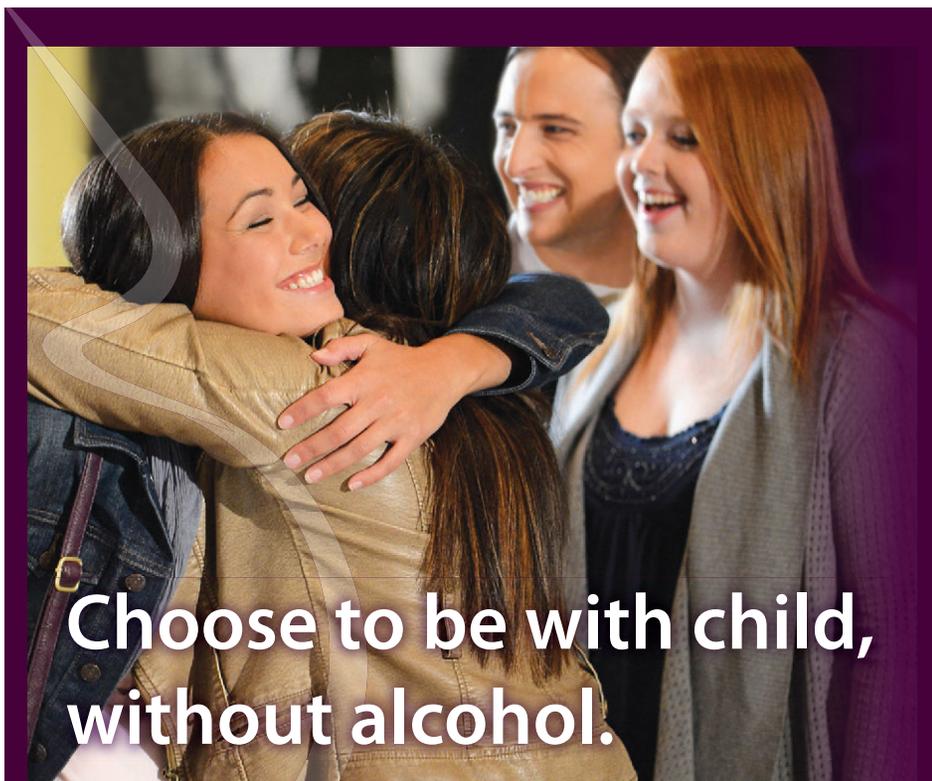
She said they only have a rough plan as of yet.

"We haven't really decided on the

location yet either ... we have some options."

In the meantime, Letkeman said there are more meetings ahead and much more planning to be done.

"This is just the beginning. We're hoping to have more fundraisers, and we have pledge cards available at the town office."



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Becoming Love conference in Winkler May 20-21

By Ashleigh Viveiros

The second annual Becoming Love conference takes over the Winkler Emmanuel Mennonite Church later this month, featuring the teachings of guest speaker and theologian Dr. Nick Gough.

Hosted by the School of the Kingdom discipleship program, the conference will feature a Friday evening session on May 20 and three sessions throughout the day on Saturday, May 21.

"It's a conference that's all about coming to an understanding of who we are," explains organizer Tyler Franz. "In understanding who we are and where we've been we come to understand where we're going and what our purpose is."

"PUT YOUR FAITH INTO ACTION AND ACTUALLY DO SOMETHING WITH IT."

"I think a lot of people are really unsure of their will and what they're supposed to do," he continues. "Understanding who we are really launches us into what we're called to do."

After each session led by Gough, who has a doctorate in theology and has been a pastor for many years, participants will head out into the community "to kind of bring love in



SUBMITTED PHOTOS

Tyler and Jenny Franz (below) of School of the Kingdom are excited to be hosting the second Becoming Love conference in Winkler later this month. Last year's event (above) saw hundreds take part.

action. To put your faith into action and actually do something with it," Franz says. "Stepping out of a place of comfort ... and going out into the street and hearing God's voice for people, praying for people ... learning how to share Jesus with people in public."

"It's basically being the church outside of the church," he adds.

The conference is free to attend. A full schedule will be available online at kingdomschool.ca.

Last year's inaugural conference was a big hit, with over 200 people from many different Christian denominations in the area coming out to take part.

They hope to grow that reach this year, Franz says.

"We really want people to know this is where they can receive their breakthrough," he says. "Whether you're looking to shake off fear, whether you're looking for a life that's full of joy, or whether you just need somewhere to give your heart back to the Lord ... the aim is a relationship with Jesus, no matter where you're at."

You can learn more about the conference at the website listed above or at the Becoming Love Facebook page.

GOING DEEPER

Franz and his wife Jenny run School of the Kingdom from a campus at Rock Lake.

The full-time program completed its first six-month session earlier this year and is gearing up to welcome a new crop of students this fall.

The program is a mix of classroom discipleship teaching and outreach projects which aims to strengthen students' relationship with God and equip them with tools to represent Him in the world, Franz says.

"We wanted to go deeper into the whole life of someone who's trying to be Christlike," he says. "We want to be a part of people learning to grow in their faith, in their relationships."

"We have seen amazing fruit," Franz says.

Learn more online at kingdom-school.ca.

Table Top Day

PHOTO BY LORNE STELMACH/VOICE

Players tried their hand at Fire Brigade among other games Saturday (April 30) as the Child and Family Services of Central Manitoba Foundation held its Table Top Day at The Zone of Garden Valley Collegiate. The cooperative firefighting game has players act as firefighters who have to extinguish fires ignited by an arsonist. They play together against the fires and the pyromaniac in a cooperative role playing game to find out which villager has gone criminal. The afternoon was a fundraiser in support of the Chance 2 Grow and Chance 2 Camp programs that help eligible families with the costs of participating in various activities and programs.



Engaging their young artistic minds

By Lorne Stelmach

The reward for Gerald Laroche is seeing kids' faces light up when they see their own artistic efforts come to fruition.

The veteran of close to 30 years of experience with the Artists in the Schools program in Manitoba was seeing it again this past week while working with students at Minnewasta School in Morden.

"I like seeing the students looking at ... in this case painting with water ... then all of sudden seeing how much light you can pull out of the painting ... how much depth," said Laroche, while working with Renee Klassen's class.

"Seeing what it looks like from the beginning and then when it starts to pop out towards the end ... it's great to see how surprised they are.

"It's fun to see the reactions. You see this glow on their faces."

"He certainly is encouraging them and giving them lots and lots of ideas," said Klassen, whose class was one of five from Grades 3 and 4 working with Laroche during the week of April 25 to 29.

Students had an opportunity to improve drawing skills and explore wa-

ter colour painting with Laroche, who brings many years of experience.

It is made possible through an Artist in the Schools grant from the Manitoba Arts Council.

The Artists in the Schools program brings together the unique vision and energy of artists and the creative potential of students and teachers to facilitate discovery, innovation and creative expression. There are over 60 artists in the 2016 Artists in the Schools directory.

Laroche is an internationally known musician and artist, giving workshops to both children and adults when not involved in music.

His paintings have been exhibited throughout Manitoba. Wildlife, the native people and their legends inspire much of his music and artwork. His paintings contain multiple images that bring together elements of the land, the people and their history, expressing something of the North's mystery and beauty.

"When I'm not touring, I'm usually in the schools, working with students," said Laroche.

"I never saw myself teaching art, but someone invited me to teach a cartooning course, and it just took off from there, and I really enjoyed work-



PHOTO BY LORNE STELMACH/VOICE

Artist Gerald Laroche gives instruction to students in Renee Klassen's class at Minnewasta School in Morden.

ing with the students.

"It's one of those things where the more I do it, the more I enjoy it," he explained.

Laroche said he enjoys getting the students engaged in the process such as "breaking down all the steps and then showing the students all kinds

of tricks on how to paint, how to approach painting or drawing ... various techniques and shortcuts.

"I think sometimes I learn more trying to figure out ways to teach it than if you're doing it by yourself," he add-

Continued on page 17

"As part of Manitoba's pork industry it is my job to protect our lakes and streams."

Tricia Schmalenberg, P.Eng
Environmental Manager,
Maple Leaf Agri-Farms

Tricia Schmalenberg

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Grand finale for Morden festival of the arts

Hannah Drudge receives Loreena McKennitt Award at hilites concert

By Lorne Stelmach

The 2016 Morden Festival of the Arts concluded with the hilites concert Sunday (May 1) at the Morden Alliance Church.

The finale of the 41st festival season featured a variety of performances including strings, vocal, French and English speech arts, sacred and piano selections that had been recommended by the adjudicators of each discipline.

They well represented some of the outstanding performances that came from the 545 festival entries this season.

A total of 65 awards were presented to festival participants, recognizing levels of achievement, and the following festival performers were adjudicator-recommended to go on to represent the Morden festival at the Provincial Music and Arts Festival at Brandon University, May 27-29:

- Strings: Preliminary - Thomas Kroeker, Kemper Hamm, alternate - Sam Regehr; junior - Ben Wiens; intermediate - Amy Lloyd, Aaron Sanders; advanced - Hannah Drudge, Micah Loewen; Canadian composers - junior - Mei Stoesz-Gouthro.
- Piano: preliminary - Joshua Hildebrand, Chloe Meilun; junior - Micah Loewen, Madeleine Meilun,



Some of the 65 award recipients honoured at the May 1 hilites concert of the 2016 Morden Festival of the Arts.

alternate J.J. Scherr; intermediate - Matthew Pahl, Amber Bezte; Canadian composers - Bethany Wiebe.

- Speech Arts: Poetry - grades 4 - 6 - Bijan Salimi; poetry - grades 7 - 9 - Kaylea Peters; poetry, grades 10 - 12 - William Labonte; prose - grades 10 - 12 - Payam Salimi

MCKENNITT AWARD

The Loreena McKennitt Award was presented to Hannah Drudge.

Presented to a festival participant judged to have reached a level of excellence in their musical studies and who plans to continue studies and pursue a possible career in the performing arts, the award has a very deserving recipient in Drudge.

Ever since this year's recipient can remember, she has been making music.



PHOTOS BY LORNE STELMACH/VOICE

The Loreena McKennitt Award was presented by festival representative Cara Baker to Hannah Drudge.

Continued on page 17



Max Dell employed a yummy prop - a Mr. Big bar - for his speech entitled Chocolate Maniac at the May 1 Morden Festival of the Arts hilites concert.



Hannah Driedger performing Winter Snow.



Sam Regehr performing She's Like A Swallow



Keeley Sheppard performing Over The Rainbow

Final book sale for long time librarian

Three day event an important annual event for local libraries

By Lorne Stelmach

It's the annual event that book lovers in the area look forward to each spring.

And long time head librarian Mary Toma has been the most familiar face greeting them each year at the South Central Regional Library annual book sale.

With this year's sale, which is set for May 12 to 14, being the last for Toma, there are some mixed feelings for her.

"It's a lot of work. There's a part of me that goes 'I don't have to do that again'," said Toma, who is being succeeded by Cathy Ching, but she has also always looked forward to the sale.

"People donate a lot of books, and you really find treasures all the time," said Toma. "It's very exciting. You open this box of books, and you never know what's going to be in there."

The sale begins next Thursday, May 12 from 6 to 9 p.m. then continues Friday, May 13 from noon to 9 p.m. and wraps up Saturday, May 14 from 10 a.m. to 2 p.m.

As always, and those familiar with

the show know this, be prepared for a big crowd and a lineup on opening night

"There's traditionally been a lineup that starts at least an hour before we open the doors," said Toma.

"But Saturday is the bag sale. If you can carry it, you can fill it. Bring your own bag ... and it's \$10 a bag."

A long running, well established event in area since 1993, the book sale is an important source of revenue for the library.

"Between 1993 and 2015, we have raised \$214,729 for the libraries," Toma noted. "Last year was \$19,647. Our highest year was 2013 when we broke \$20,000."

"PEOPLE DONATE A LOT OF BOOKS ... AND YOU NEVER KNOW WHAT'S GOING TO BE IN THERE."

The money brought in each year is put to good use each year to boost and improve upon its collection, Toma added.

"It allows us to add to our acquisitions ... and even just helps with the running of the library overall," she said.

"To me, the more important factor is that it gets books into the hands of people,"

Toma continued.

"We have book addicts who come every year and stock up ... and we're pleased to do that for them," she said. "For me, personally, it's when you see a family come in and you can tell they don't have an excessive amount of money. And one of the kids comes up to mom and says can I have this book?"



PHOTO BY LORNE STELMACH/VOICE

Long time head librarian Mary Toma (right) joined other volunteers in sorting and pricing books in preparation for the annual South Central Regional Library book sale set for May 12 to 14 at the Access Event Centre in Morden.

And mom looks ... the book is a dollar ... and mom says sure. And the look on the child's face says this is mine.

"So it's the literacy aspect of it that's most important to me," said Toma. "I can't imagine how people manage to live in today's society if they can't read."

And as for the books, Toma said there is always something for everyone and every taste.

"You pick any topic you want. We have children's books, we have adult books ... we have hardcover fiction, we have paperback ... we have science fiction ... horror ... we have antique books. We have coffee table books," she said.

"Pick a topic ... any topic ... and we've got something on it."

As always, it's success is attributable to the community supporting it year after year.

"Most of it is the generosity of the people in the area who donate books to the book sale. I think we have more this year than we had last year ... at least it seems like it," Toma concluded.

"We may not charge a great deal for our books ... in some cases, we charge it over and over again because people take it home, read it then donate it back to the book sale."

> ARTISTIC MINDS, FROM PG. 15

ed, calling it a win-win venture for all involved.

"You don't actually think about it ... break it down. Whereas this way, when you're breaking it down, sometimes it gives you new ideas on how to create something or how to teach it."

Klassen said it is a wonderful opportunity for the students.

"Every kid has a different gift, and for some of our kids, art is their gift. So this is a chance for the kids who don't shine in some of those other subject areas to shine," she suggested.

"It's a lot of fun ... even kids who don't necessarily find art exciting ... this gives them a professional teacher.

"It's a little bit of a break from routine, and yet they're still learning lots of different things, which is good for them.

"I think it's been a good experience for all of our kids," she concluded, adding "I'm learning a little bit too ... I might be a better art teacher by next year too."

> FESTIVAL OF THE ARTS, FROM PG. 16

She plays violin and piano at a Grade 10 level and has participated in the Morden Festival of the Arts for many years, and this will be her third year attending the Manitoba provincial festival.

While her musical tastes are diverse, ranging from Palestrina to Tchaikovsky to Vaughan Williams to Chris Thile, her greatest love is playing orchestral music.

She has played for three years in the Winnipeg Youth Orchestras, and through the WYO has had the opportunity to appear twice onstage with the Winnipeg Symphony Orchestra.

While she now commutes frequently to Winnipeg for Youth Orchestra and violin lessons

with WSO member Elation Pauls, it is local string ensembles which first taught her to play with other musicians and her mother taught her to love the violin.

She has been the concertmaster of the Post Road Strings for three years, which has given her invaluable experience as well as many solo opportunities.

She also loves to teach and has been a student teacher at Cadenza Summer Music Week and has assisted in beginner group classes in addition to private teaching.

Drudge also loves to sing and has participated in Homeshool Harmony Choir and Central

Manitoba Youth Choir, and she is one half of the sister-duo Mockingbird.

She takes piano lessons from Loren Hiebert and has completed many RCM theory and history exams. She will be completing her RCM grade 10 violin exam in June and plans to pursue music further after high school, hopefully combining her love of orchestral performance and of music history.

She is currently homeschooled in grade 11, and whenever she is not working at academics or music she can be found taking pictures, reading the news, and spending time with her family.

Arts council turning things around

Growing optimism after year of transition, says chairperson

By Lorne Stelmach

Upheaval marked the past year for the Pembina Hills Arts Council.

It was a year of transition with staffing changes as well as renovations which had the gallery space closed for a good part of the year.

And after having recorded deficits the past few years, there was belt tightening to help turn things around, and the annual meeting April 30 heard a positive message that things are looking up for 2016.

"After three or four years of deficits ... last year we ended the year with a surplus ... so we're gaining ground that way," said arts council chairperson Bill Potter.

"As we end up with surpluses, it enables us to put on more programs, put on more events," he added.

"We've got new staff, we've got new ideas, and our program director has lots of plans. We hope if those come to fruition, it will put us in a better spot."

The past year saw the arts council lose both its executive director Amanda Nicholls and then program director Caroline Lynch.

Krista Walters came on as new administrative coordinator and long time artist and member Margie Hildebrand became program and outreach co-ordinator with both positions being reworked a bit for

both operational and financial reasons, noted Potter.

"We redefined the positions in order to save some money," he said. "And it worked ... we ended up with a surplus ... but we're always struggling."

That financial outlook also came out looking a little better with the arts council showing a \$5,300 surplus on revenues of about \$110,800 and expenses of around \$105,500.

"We operate on a very skinny budget," said Potter. "The majority of our funding comes through grants from the province and the city, and they've flatlined ... they've been the same dollars ... and of course our costs don't stay the same."

He added however they got a break from the City of Morden.

"The city has come to bat and forgiven our rent for last year and this year. We cover our utilities, but they forgave our rent, which has enabled us to get back on our feet financially."

Renovations meant the gallery was closed early in the year, but it still managed to get in six featured exhibitions.

And the council instituted a new model for gift shop that changed it from a consignment-based system to one where artists rent their display space.

The gallery now has over 10 artists renting and managing their own display spaces, which directors believe allows it to be better managed while requiring less resources to operate.

Potter said they have been able to put increasing emphasis again on outreach and varied public events such as the popular art bar painting parties and musical events.



PHOTO BY LORNE STELMACH/VOICE
Bill Potter, chairperson of the Pembina Hills Arts Council, at the April 30 annual meeting.

"We want to concentrate on outreach ... get involved with schools, get involved with community groups, partner with organizations to help them plan their events and put on their events," he said.

"Arts and culture is such a wide field," he said, noting they have done a number of events with the Back Forty Festival. "It's helped them with exposure, and it's helped us."

He added they are also interested in working with Winkler Arts and Culture as well.

"We've put out our hand to them ... perhaps do some joint things with them. We can easily work together and still be independent."



PHOTO BY LORNE STELMACH/VOICE
Executive director Wendy Klassen standing in the doorway of what will be her office in the Winkler Arts and Culture centre with space for a small gallery area behind her.

Art centre plans taking shape

Executive director sees so much potential with facility

By Lorne Stelmach

Wendy Klassen sees so much potential as she walks through the former Winkler water treatment building.

As she envisions what will soon be the Winkler Arts and Culture centre, the executive director is also excited to see so much room as well.

"There's lots of room for art," she said while leading local media representatives on a tour of the facility recently.

"And there's so much local art talent ... and half of it we don't see ... because there's people who have so much talent but they don't do anything with it.

"So now that this is here ... they'll go 'well, maybe I should step out of my box and enter my art,'" said Klassen. "I'm excited to see people's talent that we haven't seen yet."

Klassen said work continues to progress well with phase one of construction on track for completion by the end of June for a planned opening in July.

The large open main central space is starting to

look much more complete with a low half wall providing some separation from the front entrance area, where plans call for a coffee bar.

Up to the north side of the building across from what will be Klassen's office is what will serve as a smaller gallery space.

Once the project can proceed to the next phase of construction, a second larger gallery space will go into a back room where there might also be space for such features as equipment and installations for pottery, Klassen suggested.

In the meantime, Klassen is getting busy making plans for some programs and activities including art classes.

"We want to have our first exhibit hopefully in July, and then we're going to have a special exhibit for the Harvest Festival," she noted.

"There's basically a lot of cool events that we have planned ... as many classes as we can for starters ... obviously next year there will be more classes, more events ... see how much we can fit in this year.

"I'm very excited about it," said Klassen, adding especially so now that they are seeing the building really starting to take shape.

"I love that they're keeping bits of the old because that has history," she said. "It looks great."

Residents urged to be prepared

Generators encouraged as part of emergency preparations

By Lorne Stelmach

Local officials are urging area residents to think about whether they would be ready for it an extreme weather event happens here.

There are many possible scenarios where the power could be out for an extended period of time, and help may not be readily available.

"You need to be prepared to be on your own for a longer period of time," area emergency co-ordinator Chris Kalansky observed as May 1 to 7 marked emergency preparedness week.

As part of the information campaign, the Southern Emergency Response Committee (SERC) held a media event at a Winkler residence to show a back up generator that could be used in the event of a sustained power outage.

Kalansky also went through a few key points people need to be aware of particularly in the event of a larger scale emergency.

He stressed a main factor is that people need to be prepared to take care of themselves for the first 72 hours.

"We know it's going to take a while to get a bunch of resources out to deal with the incident itself and start as-

sisting people. So the general population needs to be ready to support themselves," he said.

That means ensuring that you know the risks in your area.

"In the Pembina Valley here, we face a variety of things. We face severe weather events, whether it be severe wind events, tornados, blizzards, ice storms ... as well as hazardous materials and other man-made incidents," he noted.

"Once you know that, you have to have your own plan," continued Kalansky.

"Does your family have an emergency plan? Are they ready to take care of themselves? Do you have alternate meeting places? Do you have contacts

with people outside the region so that if something happens to you and you have to evacuate that someone else knows how to get hold of you?"

It is also vital then to have a prepared emergency kit ready for such a situation.

"You want to have sort of a go kit ... have some basic supplies. You want

some water for yourselves, some food, some warm clothing," he said.

"Some essential things you can have in a knapsack or bag that you can put into your car and flee the area if need be or be ready to shelter in place."

Each year for emergency preparedness week, there is an added focus on particular aspects, and this year they want people to think about the issue of power loss.

At the very least, you need to have some "very basic things ... have a

"YOU NEED TO BE PREPARED TO BE ON YOUR OWN FOR A LONGER PERIOD OF TIME."



PHOTO BY LORNE STELMACH/VOICE

Chris Kalansky, emergency co-ordinator for the Southern Emergency Response Committee, shows an example of a residential backup generator which residents are encouraged to consider for their homes.

candle and a safe holder and some matches so you have some basic lighting, a little bit of heat," said Kalansky, adding a basic flashlight to be able to get around in the dark is another important item.

"You want to have a battery operated radio. It seems today like a lot of devices are plug-in ... there aren't a lot of battery operated radios. So if there's a power outage, how are you going to listen to your local radio stations for updates?"

They also encourage people to consider having an emergency backup generator, which can be setup with a bypass switch set up by Manitoba Hydro.

"What this allows you to do is to hook up to your power supply with a generator in case of a power outage," said Kalansky. "You can activate the

generator, and this will activate most of the devices in your house.

"If you're going to be out of power for a couple days, then this allows you to power your house, gets your lights going, your TV, some of the basic appliances.

"You don't need to have this running 24/7," he added. "You can actually extend the life of that generator for several days if need be."

People can get more information online at www.getprepared.ca.

Meanwhile, also as part of emergency preparedness week, Kalansky noted both Morden and Winkler were testing their emergency sirens Friday at noon.

"We do that twice a year just to ensure our systems are operating properly."



Penner Waste supports arts centre

SUBMITTED PHOTO

Barb Penner of Penner Waste recently presented Ray Derksen (left) and Wes Hildebrand of Winkler Arts and Culture with a donation of \$2,500 for the renovation of the former utilities building on Park St. into the city's first arts and cultural centre. Work on the new facility is nearing completion. WA+C hopes to open the doors to the community by the end of June.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

ALH Motor Speedway racing returns May 15

By Lorne Stelmach

Some young racers will get their shot at the ALH Motor Speedway this spring and summer.

In addition to the usual array of classes, the track near Morden this year will have a new category called slingshots.

"They've never really raced here in Canada before. They race down in the States, and we've got a bunch of local cars ... local drivers who are racing the bigger cars, and these are for kids," track owner Al Hildebrand said recently as they geared up for the opening day of racing May 15.

"They're a miniature of a regular race car. They got the roll cage ... they've got everything in there. It's an open wheel just like the big cars, the midwest mods," he said.

"The good part of it is the kids usually come there maybe to watch their dad ... some of the very involved racers have these and bring them along with them.

"We had them last year as a demon-

stration. We had them out at the track, and they did a few laps. Now we've actually put them on our schedule," said Hildebrand. "It's a good chance for some kids to get involved and to see it."

**VOICE FILE
PHOTO BY
RICK HIEBERT**

Otherwise, Hildebrand said the racing schedule at ALH will be much the same as in past years with a range of Wisconsin classes, including modifieds, pure and street stocks, four-cylinders, and lightning sprints

"This year, we have the super trucks back again," he added.

With opening day fast approaching, they are working to get the track in tip-top shape.

"One of our big learning curves early on was to be able to keep the dust down," said Hildebrand. "I know



our first two years we had a problem with dust ... the track was new, it was fresh."

He said they were going to be working with the track a bit differently this year.

"What we normally did presented some issues halfway through the season. We're going to start out with a different type of program for packing it and see if can alleviate some of the concerns we have later."

Now in their sixth year, ALH Motor Speedway gets racing action underway Sundays starting at 4 p.m. through to the end of August.

It kicks off May 15 with pure stocks, street stocks, midwest mods, A-mods, 4-cylinder and slingshots. May 22 then will include the super trucks,

with the slingshots back on May 29.

Hildebrand noted many of the racers who compete here follow a circuit that hits Winnipeg Thursday nights and then goes across the border Fridays and Saturdays before stopping here on the way back home.

He suggested they seem to be well enough established now that interest has been increasing, and he is hopeful for a good season.

"There seems to be a lot of interest ... maybe even more so this year ... a lot of new cars. There's a lot more people getting involved with it," he said. "I think we've got some of the best racing around here."

People can keep up-to-date through the track's website at www.alhmotorspeedway.com.

Winkler Flyers college-bound

Three more Winkler Flyers have found homes for their first post-junior hockey season.

Former Winkler forward Kurt Sonne has committed to play for the Northland College Lumberjacks (NCAA Div III) based in Ashland, Wisconsin.

Sonne played his 20-year-old season with the Flyers, finishing the year with the second most assists on the team. Overall, Sonne recorded 47 points (nine goals and 38 assists) in 56 regular season games.

"We have been recruiting Kurt for

quite some time and he's exactly the type of player, but more importantly the type of person our young locker room needs right now," said Northland College head coach Seamus Gregory. "He's had a tremendous year in Winkler and we feel the sky is limit for Kurt as he continues to improve as he gets a little older."

Also inking a deal with a college team is fellow Winkler forward Jordan Williamson.

Williamson has signed-on to play for the Curry College Colonels (NCAA Div III) in Milton, Massa-

chusetts next year.

The Okotoks, Alberta native recorded 33 points (17 goals and 16 assists) for Winkler in all 60 regular season games this season.

Williamson will be studying business management at Curry College.

Finally, Tristan Keck has committed to the University of Nebraska-Omaha Mavericks (NCAA Div I).

Keck spent four years with the Flyers, including three as assistant captain. In addition to earning MJHL and CJHL Rookie of the Year honours his first year out, in his third

year he was named league MVP and he was a league All-Star for three seasons.

In 212 regular season games played, Keck recorded 244 points (131 goals, 113 assists). He also had 21 points in 25 playoff games.

These three forwards bring the number of Winkler Flyers making college commitments to four—Tyler Jubenvill, signed with Bemidji State (NCAA Div I) earlier last month.

Cyclists getting pumped in Morden Park

By Lorne Stelmach

Cyclists looking for a bit of a challenge now should make their way to Morden Park.

Construction recently wrapped up on a new bike pump track in a section of the park.

A volunteer who helped out with the development of the track observed a great thing about it is that anyone can use it.

"It can challenge riders at any skill level," said Jeff Scott.

"The features aren't too aggressive ... your tires for the most part are always on the ground. So anybody from a young age all the way to an older age can ride at the same time, they can ride together," he noted.

"And one of the fun things about riding a bike is of course chasing your buddies around ... that's just an exciting part of this.

"Anybody doing it will see their skills develop over time, and that's also very rewarding for a rider ... you can see your own progression," added Scott. "It provides a good foundation and skill set that can take you to trail riding or any other type of riding you might do."

Clare Agnew, director of community services for the City of Morden, agreed it is a nice feature that it offers a fun new fitness option for all Morden residents.

The project fits in well with the city's interest in providing varied activities and spaces for fitness and active living, she continued.

"The pump track compliments this quite nicely," she said, adding it is "offering a facility Morden did



SUBMITTED PHOTO

Pump tracks have grown in popularity and generally include a full series of rollers to steep berm corners that link the entire track as a circuit.

not currently have, while costing really very little investment."

Pump tracks have grown in popularity since the early 2000s.

They generally include a full series of rollers to steep berm corners that link the entire track as a circuit.

The Morden pump track was designed to allow a cyclist to maintain speed around the track by using upper and lower body strength and movement, instead of pedaling.

This provides a thrilling ride over the hills and curves and also a great full-body workout.

Agnew noted the pump track includes elements for off-road cyclists of all ages and skill levels, making it a fun way for families to enjoy cycling in a traffic-free environment and to enhance their cycling skills and fitness.

The project components were built with the help of volunteers with the city particularly citing the efforts of Jeff Scott, Jason Knight, BJ Heide and Cole Hildebrand.

There was also in-kind donation by Capital Landscaping with the remaining cost covered by the City of Morden.

Rules and guidelines for using the Morden pump track include the following:

- This is an unsupervised bike park that is available for use between dawn and dusk.
 - Helmets and other protective equipment are strongly recommended.
 - Do not alter the park features.
 - Check for debris and other hazards before using the park features.
 - Respect the park and your fellow riders.
 - Do not use the track when it is wet and/or muddy.
 - The City of Morden is not responsible for any property left behind.
 - This park is for bicycles; no motorized or remote control vehicles are permitted.
 - Ensure your bicycle is in good working order prior to using the bike park.
- The City of Morden will host a ribbon cutting event at the park on Wednesday, May 25 at 6:30 p.m. with demonstrations.

Carman wins zone high school badminton title

By Lorne Stelmach

Carman captured the overall team title at the Zone 4 high school varsity badminton championships last Wednesday at Northlands Parkway Collegiate in Winkler.

Following Carman at 45 points were St. Jean in second with 40 points, Northlands Parkway of Winkler in third with 34 points and Garden Valley in fourth with 30 points.

The first and second place finisher in each of the five individual categories qualify for the provincial championships May 6 and 7 at Northlands Parkway, Garden Valley Collegiate and Emerado Centennial School in Winkler.

The top competitors were as follows:

- Girls singles - 1) Lexi Tetrault, St. Jean 2) Logan Loeppky, Sanford 3) Georgia Dalke, MCI
- Boys singles - 1) Donovan Fehr, Northlands Parkway 2) Emiel Klaassen, Dufferin Christian 3) Marcus Neufeld, Northlands Parkway
- Girls doubles - 1) Shelby Orchard and Phoebe Riddell, Miami 2) Kaylee Dixon and Danielle Vermette, St. Jean 3) Ellery Dueck and Kiertien Bueckert, Westpark
- Boys doubles - 1) Travis Klassen and Richard Scholl, Garden Valley 2) Bailey Last and Kevin Dunn, Carman 3) Patrick Collette and Wyatt Sabourin, St. Jean

- Mixed doubles - 1) Shaylin Olson and Carter Janzen, Carman 2) Kelly Klassen and Matt Fehr, W.C. Miller 3) Kim Waldner and Austin Waldner, Rosenort

HIGH SCHOOL BALL

Meanwhile, the Winkler teams had mixed results in zone four high school girls fastball.

Last Wednesday (April 27), Northlands Parkway clobbered Mennonite Collegiate Institute 18 to 3 while Garden Valley was doubled up by Morden 6-3. Other games saw Portage Collegiate beat W.C. Miller 5-2 while Sanford trounced Carman 11-3.

In action Monday, Portage Collegiate handily defeated Garden Valley 13-4, while Northlands Parkway was shutout 13-0 by Sanford. Carman clobbered MCI 19-4, while a result for W.C. Miller at Morden was not available.

Both Winkler teams then fared much better in zone four high school baseball games Thursday (April 28).

The Garden Valley boys took a doubleheader over MCI of Gretna with wins of 3-1 and 3-2, while Northlands Parkway Collegiate earned victories of 6-1 and 9-6 over W.C. Miller.

Earlier though on Tuesday (April 26), NPC dropped a pair to MCI by scores of 7-3 and 5-0.

Then in games Monday, Northlands Parkway took a pair over Morden with wins of 2-0 and 9-2, while



PHOTO BY RICK HIEBERT

A member of the Morden Thunder girls fastpitch team slides into the base to beat the throw in zone four high school action Wednesday. The Thunder came out on top 6-3 in this matchup against the Winkler rival Zodiacs of Garden Valley Collegiate.

Portage Collegiate swept their doubleheader with MCI by scores of 14-4 and 10-6.

Local gymnast tops in Manitoba

Earns first all-round in age category at provincials

By Lorne Stelmach

A Winkler gymnast is one of the best in the province.

Kaelan Bergman, who trains and competes with the Morden Magics, came home from the recent regional stream provincial championship as the best all-round in her 15 to 17 age category.

She took the title with second place finishes in vault, bars and beam and a first in floor for a total score of 33.950 out of 40.

The success for the 15-year-old came about not only through her physical prowess but also her mental will and discipline though.

"There's frustration that happens sometime ... then to be at the top of the podium is amazing," said Bergman.

"The day before, I had a practice, and I was really frustrated with myself because I couldn't stick anything," she noted.

"I got home ... didn't really want to talk to anybody ... so I just went in my room, but before I went to bed I totally felt that I should just be happy about tomorrow because it is the competition of the year ... just have fun with it.

"It ended up going really well. It was an amazing feeling. I can't really describe it."

For Bergman, it marks a milestone reached after seven years of dedication to gymnastics.

She started in Grade 3 and is now in her eighth year, and Bergman's commitment to it hasn't faded yet.

She likes that it is different from most competitive sports with much more of a focus on the individual performance, but it is also the variety that it offers.

"I like that it's not like a normal sport," she said.

"There's so many different things that you can do ... like vault and beam and bars and floor.

"And I love expressing myself, and it's a really good way to do that. I would say floor exercises would be my best ... that's the best way to do it."

She remains dedicated to the time she needs to commit to training in order to succeed and do her best.

"There's a lot of hours that go into it.

"I'm usually there for about six hours a week. It's in the evenings, and it takes up a lot of time ... it runs into school sports and homework and stuff as well ... so it's really time consuming, but I try to make it work the best I can," she said.

"The season usually from September to about April. I try to be there as much as I can. I really love it."

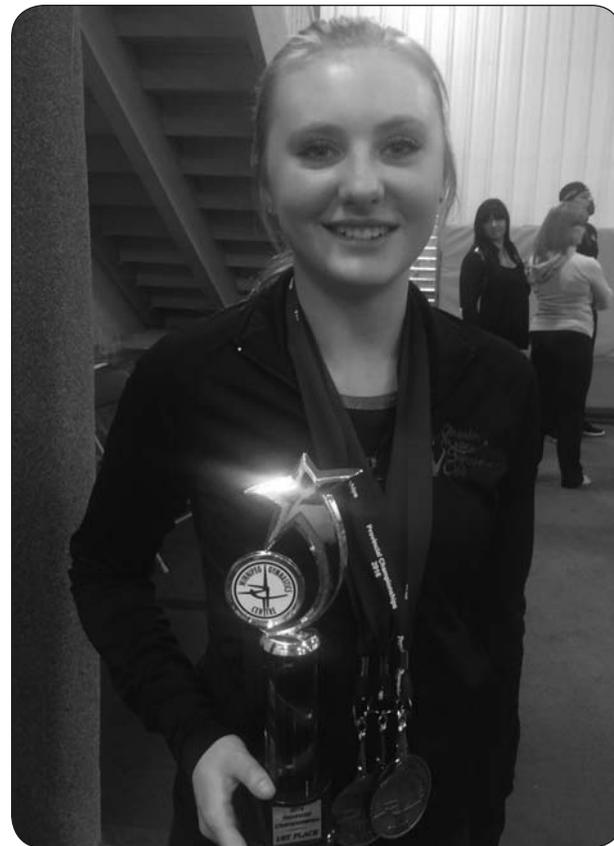
Her title this year follows having placed second all-round in her category provincially last year, and she had also earned a bronze medal on uneven bars at the Manitoba Games.

Now she looks ahead to advancing further next year.

"I'm hoping to move up a level," she concluded.

"I think I'm going to try to keep with it until I grad-

"THERE'S FRUSTRATION THAT HAPPENS SOMETIME ... THEN TO BE AT THE TOP OF THE PODIUM IS AMAZING."



SUBMITTED PHOTO

Kaelan Bergman proudly displaying her trophy earned at the recent provincial gymnastic championship.

uate. I'm going to try to do it for two more years."

MORE MAGIC

Other local members also did well at the same competition.

Jenna Penner was second overall in the 14 age category with seconds across the board aside from a fifth in floor.

Placing third overall in their categories were Riley Takvam in intermediate 12, Molly Clyde in intermediate 10 and Emma Klassen in intermediate 8 and 9.

Rocking W Barrel Series starts Tues.

By Ashleigh Viveiros

The Rocking W Barrel Series returns for its seventh season next week.

The popular barrel racing competition runs every Tuesday night at 7 p.m. from May 10 to June 21, with finals slated for Saturday, June 25.

Anyone interested in coming down to watch is more than welcome (admission is free), and the event is always looking for new competitors, says organizer Dusty Wiebe.

"It seems like it's getting to be more and more every year ... it really has grown more than I ever thought it would," she says, noting last year they averaged over 60 competitors a week.

"Locally this is pretty much the only event of this type," Wiebe points out. "The local fairs will have their gymkhanas, but it's not the same ... there's nowhere else locally where they can win prizes like this."

The series includes open, youth, select (50 years and up), and peewee divisions, with prize saddles, buckles, custom tack, cash payouts, and more up for grabs thanks to the event's many generous sponsors.

"It's can really be for any experience level. Whether you're trail riding and you'd like to get into barrel racing, it doesn't matter—just come out and have fun with wherever you're at with it," Wiebe says.

Riders must be members of the Manitoba Rodeo Association to take part.

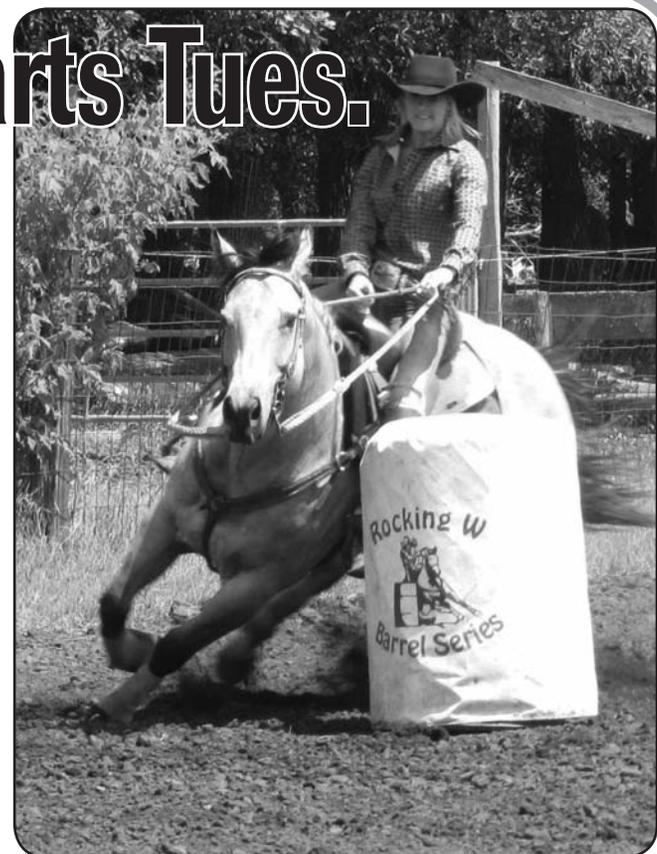
"Other than that, it's open to anyone," says Wiebe, who notes participation in the series makes riders eligible to compete in the MBRA finals.

The series runs out of the Rocking W Ranch, which is located a mile and a half west of the Winkler Bible Camp on Road 16N.

If you've never checked out a barrel racing event before, come down and enjoy an evening.

"I think anybody that has an interest in horses would enjoy it," Wiebe says. "It's a fast-paced and it's something that's local that we don't get to see a lot of around here anymore."

More information on the series can be found on its Facebook page at Rocking W Barrel Racing Productions or by emailing Wiebe at crossd-quarterhorses@outlook.com.



FILE PHOTO

The Rocking W Barrel Series offers weekly barrel racing action May 10 to June 21.

Agriculture

Helping farmers in the field

By Harry Siemens

Jason Voogt started Field 2 Field Agronomy this year after spending more than 20 years in the business, now providing independent crop consulting services.

"It has actually been going quite well," says Voogt. "It is something I've wanted to do for some time. It really is. I've worked with line companies for so many years in an agronomy role, whether as an in-field agronomist or as a manager for an agronomy team."

Voogt says he has always found himself wanting to go back into working hands-on with the grower in the field, because that's where his passions really lie.

While working with Cargill in recent years, he also whet his appetite in on-farm practical research.

"I had some personal struggles in the last year, dealing with a couple of hip replacements that I had to see through. That kind of derailed a lot of my dreams for a while at least," Voogt says. "There was a period there where I wasn't so sure whether I needed to kind of take a step back into a more regional support role, which I ended up doing there with Richardson for over a year."

"Once I got through the hip replacements and could see the recovery



VOICE SUBMITTED PHOTO

Jason Voogt started Field 2 Field Agronomy this year after 20 years in the industry to provide independent crop consulting services.

heading in the right direction, it really felt that why can't I do this again? Why can't I get back into the field?"

In January, Voogt made the decision to start his own business and Field 2

Field Agronomy was born.

While a new venture, Voogt is bringing his many years of experience to the table for customers.

"I've built up this history of working

in the area and business for over 20 years," he says. "I know a lot of growers and have many industry contacts,

Continued on page 24



Calling on CFIA to listen to common sense

Sometimes one has to wonder aloud why some government agencies do what they do without taking into consideration the impact it will have on those in question.

Case in point: the PED virus outbreak, which has killed millions of

hogs in the U.S. and then spread to Canada at a farm in Ontario.

The Canadian hog industry and government agencies worked feverishly to contain the virus as much as possible.

While five or so cases broke in Manitoba, the biosecurity system implemented by the industry for just such a case kicked in and stubbornly refused to let it get the best of them.

In the U.S., they didn't take it seriously enough, while in Canada we learned from their mistakes and,

as of today, in the Prairies we have no known cases thanks to that hard work.

To keep it that way, over the last nine months, the pork boards in western Canada along with the Canadian Pork Council (CPC) have pleaded with the federal government to not force Canadian livestock trailers returning to Canada from hauling pigs into the U.S. to be washed in potentially contaminated wash facilities down south.

"Unfortunately, our requests and

those of the veterinary community and three Western Chief Provincial Veterinarians have fallen on deaf ears," says the Manitoba Pork Council, citing a May 2 decision to force transporters to comply with a decades-old border regulation. "This move to enforce this outdated federal regulation has the potential to not only create a significant level of animal suffering but also economic and emotional hardship on our pro-

Continued on page 24

Spring planting well underway

By Harry Siemens

For the most part, the green fields along side of highways and provincial roads aren't fields that farmers seeded this spring but, rather, winter cereals.

Some farmers like to plant winter wheat and some fall rye if the field conditions are such that they can plant them before Sept. 15 the previous fall. That is the day Manitoba Crop Insurance Corporation sets for when farmers can collect crop insurance should the crop not turn it well the following spring.

There is a part two to the so-called insurance and that is if the crop doesn't come through the winter in good enough shape the farmer simply replants spring wheat into the same field.

With the specialised equipment, new and better plant varieties, crop

protection products, and ever-increasing technology, farmers like to time their seeding plans to make the harvest a little easier.

If the winter wheat works, it means a little earlier harvest of that crop stretching out the total fall harvest time.

The green fields now out there are thanks to an exceptionally mild winter giving ample growing conditions to the crops planted in Manitoba and Saskatchewan last fall, allowing them to come through the winter with minimal winter kill.

Jake Davidson, the executive director of Winter Cereals Canada, says data collected from probes located in fields across Manitoba and Saskatchewan indicate none of those fields had significant cold stress and in only one field did temperatures even come close.

Davidson says StatsCan says Mani-

toba farmers planted about 200,000 acres, while Saskatchewan farmers planted between 30,000-40,000 acres more.

While those early green fields were planted last fall, farmers are busy planting this spring, too,

Jason Voogt of Field 2 Field Agronomy thinks about 10-15 per cent has gone in already in our part of southern Manitoba.

"It is the traditional progression—Winkler-Roland area first, then gradually moving north," says Voogt. "This doesn't always happen that way, but extra rain a few weeks ago kept activity down in the heavier soils. First fields to go in are wheat and oats for the most part. The odd person has finished his cereals, while some there is corn going in and some canola fields are ready for those crops, too."

Further north, at Rivers, Ron Krahn says it's pretty dry and they will be

looking for rain fairly soon.

"Talk after church was about canola seeding decisions and moisture concerns," he says.

Steinbach area farmer Korey Peters says last weekend they had a few wet spots, but things were overall off to a good start.

"We have about 400 acre of wheat in the ground. Hoping to have a good week and get into canola and corn in a couple days."

Landon Friesen of Manitou says it's been so far so good this spring. He's finishing peas now and back into wheat, and will maybe entertain some canola at the end of next week.

Dieter Schwarz, a professional agronomist covering the Prairies and beyond for Pride Seeds as their market development agronomist, says things are nicely starting in his area, too.

> HELPING FARMERS, FROM PG. 23

so that makes it good having the relationships with suppliers to fall back on, and I have the clientele."

He initially targeted about 30,000 acres within the Elm Creek, Carman, Winkler-Morden area, ending up with about 28,000 acres. He's also working on several different small research projects.

"The challenge this year will be to execute on all of that and find out where the balance is between the agronomy and the on-farm research," says Voogt. "Both go hand in hand and complement each other very well."

There are two parts to the services Voogt offers. One is a comprehensive program, very similar to what he ran in the past with Cargill. Here the grower signs up on a per acre and gets fertilizer application rates, field planning, variety selection advice, and so on.

"The very intense in-field work helping him on emergence, checking fields for weeds, diseases, insects, control options if necessary,"

Voogt says. "Part of that are the follow ups and efficacy—did things work when we sprayed them? Where are things at now?"

He says because this is an unbiased objective program, he doesn't sell any product or rep for any supply company. If it makes sense for the grower not to take action, he will recommend that.

"The other option is more or less the in-field portion, the scouting from emergence right through harvest and everything that falls in between," Voogt says. "I try to make sure the grower understands it is not just about the weeds, diseases, and insects that we're monitoring, but also crop health, assessing damage if there's frost, hail events and helping him with those decisions, too. Peace of mind, just that extra set of eyes we're trying to offer in those respects."

Voogt scouts just about every crop, except potatoes.

> SIEMENS SAYS, FROM PG. 23

ducers and their families."

When the virus first began circulating in the U.S., swine transporters returning to Canada from deliveries to U.S. farms were allowed to have their trailers washed and disinfected in disease-free, certified Canadian facilities, rather than be washed in American facilities in regions where PED had become rampant.

"Along with other strict biosecurity measures, this washing protocol has kept the PED virus at bay even though Manitoba continues to ship almost three million weanlings to U.S. finishing farms each year," MPC stresses.

Going back to the old regulations is just asking for trouble.

"Apart from the logistics of trying to find wash stations in the United States that don't use recycled water and also are prepared to take trailers that have some bedding in them, it's not easy to find stations like that," says an irate MPC general manager Andrew Dickson. "They're out of the way so it will require having to drive to these other wash stations in the United States at

some distance and worse we have no assurance that these wash stations aren't infected anyway."

Dickson says U.S. trailers, we have to assume, have the disease on board and they're being washed at these stations, so the disease-free status of the interior of the Canadian trailers will be compromised.

"We're encouraging the industry at this time to re-wash all the trailers coming back from the U.S., treat them as having been contaminated by this disease at the wash stations in the United States," he says.

On behalf of all Canadian swine producers, Manitoba Pork is calling upon the federal Minister of Agriculture Lawrence MacAulay to intervene and have CFIA commit in the next four weeks to working collaboratively with industry representatives to reduce the risk of this fatal virus devastating Canada's swine herd.

In the meantime, here's hoping this move by the CFIA and the federal government doesn't cause another huge PED outbreak in Canada.

The *Winkler Morden*
Voice

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NOTICES

Winkler Minor Soccer Fall Season Registration

Grades **K-8** **May 17 & May 18** at **Winkler Arena** **6 - 8 PM**

\$35 per player

Late registration fee in effect after registration dates

www.winklerminorsoccer.org

NOTICES

UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING



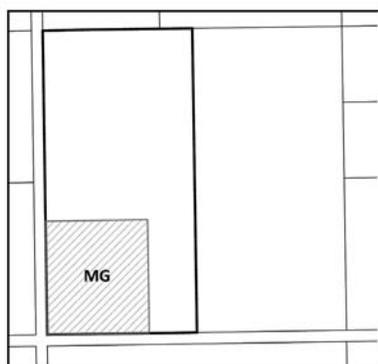
On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter:

THE RURAL MUNICIPALITY OF STANLEY BY-LAW 9-16 Being an AMENDMENT to the R.M. OF STANLEY ZONING BY-LAW 20-08, AS AMENDED.

HEARING LOCATION: R.M. of Stanley Council Chamber 23111 PTH 14W, SW 7-3-4W
DATE & TIME: May 26, 2016 at 9:05 a.m.
GENERAL INTENT: 1.) To re-zone a parcel of land in the RM of Stanley. "AR-2" Agricultural Restricted Urban Buffer Zone
From: "MG" Industrial General Part of the W½ of SW¼ 14-3-4 W
To: "MG" Industrial General
AREA: 2.) To amend Sections 1-17 OPERATIVE AND INTERPRETIVE CLAUSES, 7.4 Industrial Use Classes, 7) Processing Use, to include "permanent asphalt plants".

FOR INFORMATION CONTACT: Dale Toews, Chief Administrative Officer Rural Municipality of Stanley 23111 PTH 14W Phone: (204) 325-4101

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



GARAGE SALE

Shanzenfeld - Wide Garage Sales on May 12, 6 - 9; May 13, 10 - 9; May 14, 10 - 12. Large Plant (Perennial) Sale at 17 Hespeler Ave. E. Evelyn 204-325-4687.

Thursday to Friday May 12-13: 10 a.m. to 8 p.m.; Saturday, May 14: 9 a.m. to 1 p.m. 134 Ash Bay, Winkler.

PLANT SALE

Perennial Plant Sale - 125 Maple Street, Morden. Thursday, May 19, 10 a.m. - 8 p.m.; Friday, May 20, 10 a.m. - 8 p.m.; Saturday, May 21, 10 a.m. - 4 p.m.

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CAREERS



Chief Executive Officer

The Pembina Valley Water Co-op, with its office located in Altona, Manitoba, is seeking a Chief Executive Officer with exceptional leadership and communication skills. The successful candidate will have the ability to actively pursue opportunities on behalf of PVWC through enhancing existing infrastructure and developing additional water sources in the region. For more details and to view the job description, see www.pvwc.ca.

Consideration will be given to individuals with experience in managing both administrative and operational facets of a growing public or private sector organization. The position requires strong business and political acumen, a sound understanding of and commitment to financial and operational efficiency and the capability to support the Board of Directors in making prudent, forward-looking decisions.

Individuals interested in this outstanding career opportunity should forward their resume IN CONFIDENCE to ATTENTION: Human Resources Officer, City of Morden 100-195 Stephen Street, Morden, MB R6M 1K8 mneufeld@mordenmb.com

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Fri. May 6 • 5 - 7:30 p.m.

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May 11th, 12th, & 13th 10:00 am to 8:00 pm

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COMING EVENTS

Manitoba Motorcycle Ride for Dad - Fighting Prostate Cancer. Saturday, May 28, 2016, 10 a.m. Official start Polo Park Shopping Centre. Register online: ridefordad.ca/Manitoba

HEALTH

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COMING EVENTS



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Thursday, May 12
6 - 9 pm
Friday, May 13
noon - 9 pm
Saturday, May 14
10am - 2 pm
(Saturday: \$10.00/bag -
Please bring your own bag)

COMING EVENTS

Garage and Bake Sale Kenya Fundraiser

146 & 156 Aspen Bay (off Pineview Dr.) Winkler
Thurs., May 12 • 1-8 pm
Friday, May 13 • 1-8pm
Saturday, May 14 • 9 am - 12 pm
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CAREERS



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IN MEMORIAM



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"MANNEQUIN BLUE MOUNTAIN" MEALY SAGE

NAME:

"Mannequin Blue Mountain" mealy sage

LATIN NAME:

Salvia farinacea "Mannequin Blue Mountain"

FAMILY: Labiacées

POSSIBLE COLOURS:

Blue-violet with a touch of white

HEIGHT: 50 cm

SPREAD: 50 cm

EXPOSURE: Sun

PLANTING: Cool, well-drained soil

FLOWERING: From June to September

SPECIFIC MAINTENANCE AND CARE

Producers have already won several awards for this variety because it is the most drought-tolerant cultivar currently available on the market. To prolong flowering, which is continuous throughout the summer, remove dead flowers; the results will surprise you. Ideally, this carnation should be grown in cool, well-drained soil, but it can tolerate many soil types, from clayey to sandy. Various tests have



The new "Mannequin Blue Mountain" mealy sage annual will soon become a favourite with connoisseurs because of its abundant flowering.

also found that this flower continues to bloom well even when the weather turns cool in early fall.

INTERESTING FACT

This compact, durable carnation with a contemporary look has many advantages: it attracts pollinators, especially butterflies; its flowers are edible and their pink colour adds a beautiful, decorative touch to your dishes; it looks great in container arrangements as well as flower beds; and it produces big pink flowers on strong stems.

"JOLT PINK" BEARDED CARNATION

NAME:

"Jolt Pink" bearded carnation

LATIN NAME:

Dianthus barbatus "Jolt Pink"

FAMILY: Caryophyllaceae

POSSIBLE COLOURS: Pink

HEIGHT: 40 to 50 cm

SPREAD: 30-35 cm

EXPOSURE: Sun

PLANTING: Rich, cool, well-drained soil

FLOWERING: From June to September

SPECIFIC MAINTENANCE AND CARE

Producers have already won several awards for this variety because it is the most drought-tolerant cultivar currently available on the market. To prolong flowering, which is continuous throughout the summer, remove dead flowers; the results will surprise you. Ideally, this carnation should be grown in cool, well-drained soil, but it can tolerate many soil types, from clayey to sandy. Various tests have also found that this flower continues to bloom well even when the weather turns cool in early fall.



The "Jolt Pink" bearded carnation impresses with its big pink flowers throughout the summer.

INTERESTING FACT

This compact, durable carnation with a contemporary look has many advantages: it attracts pollinators, especially butterflies; its flowers are edible and their pink colour adds a beautiful, decorative touch to your dishes; it looks great in container arrangements as well as flower beds; and it produces big pink flowers on strong stems.

CHECK INSIDE FOR TIPS FOR YOUR HOME & GARDEN!

Understanding hardiness zones

Hardiness zones are geographical areas in which a given category of plant can successfully be grown. The concept was first developed by the United States Department of Agriculture (USDA), and countries around the world have since adapted the system to their own territories. But while hardiness zones can be quite useful, both for the casual gardener and the agricultural world, the model is far from perfect.

Hardiness zones are largely decided on a given plant's ability to survive in each zone's lowest winter temperature, without factoring in summertime data or snow cover. As a result, two areas that have similar winter temperatures but vastly different amounts of snow — or summers that have nothing in common — can end up in the same zone. With so

many variable factors, hardiness zones aren't always true to reality.

Furthermore, climate change is an unpredictable force that modifies weather conditions around the world, which means that hardiness zones are always evolving. In 2012, the USDA updated its map of hardiness zones in the U.S. to reflect the warmer weather of the previous three decades, but even this newer data will likely be obsolete before long.

The bottom line is that hardiness zones are useful tools when it comes to choosing plants adapted to a certain area, but they should be taken with a grain of salt. Find out what your area's hardiness zone is, and do your own research to see how accurate — or not — the assessment actually is.



Turn heads with an upside-down garden

Growing plants upside-down in hanging containers is nothing new, but the idea gains in popularity every summer thanks to its many benefits, both for the gardener and the plants themselves. Many enthusiasts swear by this technique, which produces a hearty harvest with minimal effort and space required.

The two most common species grown upside-down are tomatoes and cucumbers, but other vegetables like eggplants, beans and peppers are also suited to this

type of gardening. A variety of herbs and flowers also produce great results in a hanging garden.

THE UPSIDE OF UPSIDE-DOWN GARDENING

Hanging gardens are much easier to maintain than traditional ones. Since the plants are at eye level, there's no need to bend over for watering or picking fruit. And you can say "goodbye" to tilling and weeding, as neither are required. Plus, plants grown using this space-saving technique tend to be more vigorous and have better, stronger roots. Furthermore, their fruits don't touch the soil, which reduces the risk of rotting and pest attacks.

TRY IT FOR YOURSELF

Are you ready to grow your own upside-down veggies, flowers or herbs? All you need is a large container, a mix of soil and fertilizer and something to hang it all up with. Drill a hole around five cm in diameter in the bottom of the container. Stick the plant's stem through the hole, from the inside of the pot, and cover the roots with soil. Hang it up somewhere that receives enough sunlight, and *voila!* You're all set for gardening success.



Tomatoes are a great choice for an upside-down garden.

Beautiful, versatile container gardening

You don't need a huge yard or a ton of fancy equipment to start indulging your green thumb. Container gardening is a simple, beginner-friendly way to grow your own fruits, veggies, herbs and flowers at home, in even the tiniest of outdoor spaces.

WHO CAN BENEFIT FROM CONTAINER GARDENING?

The beauty of using containers to create an at-home garden is how accessible it is. Potted plants are an especially good solution for people with little or no ground space available, such as those living in apartment complexes with only a small balcony to work with. People with limited physical abilities can also benefit, as raised flowerbeds or pots on tables make gardening possible for the wheelchair-bound and people with mobility issues.

WHAT TO GROW

There is a huge selection of garden plants suited to containers. Vegetables such as tomatoes, cucumbers, eggplants, onions and peas thrive in larger pots, while a variety of herbs can be successfully grown in even the tiniest containers. It's a great way to keep a fresh supply of kitchen staples like parsley, basil, rosemary and thyme on hand at all times. For a more decorative container garden, annuals are your best bet, as they provide colourful blooms all summer long. Popular choices for potted flowers include begonias, marigolds, petunias and zinnias.

Get creative with your container garden. Old household objects can be recycled into unique-looking plant homes, and your local home improvement store is chock-full of containers that will give your garden a unique flair.



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How to discourage cats from visiting your yard

Does it seem as though all the neighbourhood cats have turned your backyard into their very own meeting place? Are you faced with the problem of cats eating your plants or using your flowerbeds as giant litter boxes? Here are some tips that will help you keep cats away from your yard without hurting them.

- Sprinkle your garden with citrus peel or pepper, or cover the soil with a thin layer of coffee grounds or human hair. Cats don't like these smells.
- Set up some aluminum plates that will bang together in the wind.
- Cover the soil with rough mulch, branches or small stones.
- Plant types of vegetation that cats hate, such as garlic, onion, lemon thyme, geraniums or lavender.
- Install a sprinkler system with a motion detector —cats hate getting wet.
- Protect seedlings by covering them with chicken wire or a trellis.

You could also create a "cat zone." Organize a small corner of your yard especially for your four-legged visitors by planting some catnip well away from your flower-

beds. This perennial is easy to grow and attracts cats, who love to lick, chew and rub against it. As a last resort, you could use a repellent containing piperine and oil of black pepper, which is readily available in stores. This kind of product should be used with care, and you should always follow the manufacturer's instructions to the letter.



The all-important tools of a gardener

Some gardening tools are indispensable, whether you're caring for flower beds or growing vegetables. These basic tools make your work easier and your gardening experience more enjoyable.

The three hand tools that are essential for on-the-knees gardening are a small trowel, rake, and a five-pronged fork. The trowel is used for planting young plants and can also be used to aerate the soil and remove weeds. The five-pronged fork has the advantage of being able to pass easily between flowers when loosening and breaking up the soil. With its narrow head, usually no wider than 20 cm, the small rake is practical for removing leaves and other debris from flower beds and vegetable gardens.

Two different types of shovel are necessary for bigger, stand-up jobs: a round and a square one. The rounded spade facilitates the task of turning soil and digging deep into the ground in order to plant a tree or rose bush, for example. The square, or garden spade, is used to divide perennials without damaging their roots. A rake, hoe, and large lawn rake are other useful tools for the gardener.

Before you purchase any of these tools, be sure to consider exactly what you will be using them for. Another consideration to take into account is your comfort. If you suffer from back pain, ergonomic tools and



those with longer handles will make your work easier. Lightweight tools that are as durable as heavier ones are also available on the market. Once you're at the store, and before making a final decision, be sure to try the tools, imitating the movements that you'll use at home. If you can heft the tool properly, you'll be able to garden with comfort and ease.

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Four renovation projects to do OUTSIDE

For some people, summer is synonymous with vacations, travelling, and getting away from it all. For others, it is the perfect time of year to do some renovations. Here are four projects to do outside your home during the summer months.

1. Redo the roof

Whether you entrust this project to a roofing company or you do it yourself, replacing a roof is a more enjoyable task on a sunny, dry day. However, be sure to avoid roof work during a heat wave, as you could easily end up with heat stroke. If necessary, take this opportunity to change the rain gutters.

2. Change the siding

Whether you use vinyl panels, brick, stone, stucco, natural wood, engineered, or composite wood, replacing or restoring your home's siding is a major project. Installing

a new veneer usually requires more than a day of work, making it a great project for a summer vacation.

3. Landscape the yard

Make the most of summer by landscaping your backyard. Let yourself get swept away by the current outdoor living trend. Create an enjoyable living area, right out back, with a solarium, pool, spa, fence, outdoor kitchen and living area, play modules for the children, flowers and shrubs, vegetable garden, and water garden.

4. Repaint wood structures

Rejuvenate your property by painting or staining wood structures, such as the garage, door and window frames, deck, railings, steps, above ground pool decks, and carport. To let the paint or stain dry properly, do these jobs on a day when it's not too hot, too humid, nor too sunny.



Four renovation projects to do INSIDE

You've decided to forgo the road vacation in order to stay home and get some big jobs done around the house? Here are the top four indoor renovations to do, while the weather is warm. A handy tip: keep plenty of cool drinks on hand and set up a comfy outdoor living area, complete with lounging furniture, lighting, and an awning for rainy days.

1. Renovate the kitchen

Renovating the kitchen can be a long, complex process, even more so because it is a key room in the home. Renovating your kitchen during the summer has its advantages: you can prepare meals outdoors on the barbecue and use the backyard as a dining area.

2. Redo the floors

Even though sanding and varnishing techniques have greatly improved over the years, these jobs can still disrupt the entire household. With warm summer weather, it is possible to air out the room quickly after the

work is done. Just be sure to leave the window screens in place to keep dust and other particles from coming indoors.

3. Repaint

Summer is a good time to undertake painting jobs (except during humid periods). Not only can you air out the rooms as you work, but you can begin the job very early in the morning and finish later because of the long daylight hours. In other words, you'll be more productive — unless you succumb to the temptation of taking a dip in your pool on such a beautiful day!

4. Change doors and windows

Whether your goal is to improve the style or the energy efficiency of your home, changing the doors and windows is definitely a summer project. Warm weather is a distinct advantage, as installation can require multiple comings and goings from the outdoors.

10 EASY STEPS TO SPRUCE UP YOUR HOME BEFORE SUMMER

SPRING IS THE BEST TIME TO PREPARE YOUR HOME FOR THE GORGEOUS SUMMER WEATHER TO COME. FOLLOW THESE 10 STEPS TO MAKE SURE YOU CATCH ALL THE DETAILS.

1 VACUUM EVERYWHERE. Dust is hiding in all kinds of little nooks and crannies. Move your furniture in order to give your entire home a thorough cleaning. No time to clean the curtains? Take them to the cleaners.

2 TAKE CARE OF YOUR FABRICS. Your goal here is to get rid of dust mites. Your first job? Carpets and rugs need to be shaken out and cleaned. Your fabrics absorb body oils and germs as well, so wash it all and vacuum the mattress.

3 REARRANGE YOUR FURNITURE. Ready for a change? Buy some new decorative accessories and rearrange your furniture. If that's not enough, make the most of this new season to change the colour of the walls and do some renovations.

4 REORGANIZE YOUR CLOSETS. Are shoes, boots and coats piling up at the front door? Put away all that winter gear and give away any items you no longer wear. Do the same with all your closets. The idea is to optimize space throughout the house.

5 CLEAN YOUR WINDOWS. First of all, make sure you have the right products for cleaning windows properly. If necessary, stock up at your local hardware store. A sunny day is the perfect time to get started, and don't forget to open your windows to let in all that gorgeous fresh air.

6 INSPECT THE OUTSIDE OF YOUR HOME. If you didn't get around to cleaning the leaves out of your gutters last fall, now's the time to get it over with. Next, check your roof, siding, windows and foundations. Contact a professional as soon as possible if you see anything problematic.

7 REJUVENATE YOUR LAWN. Rake your lawn to remove all the debris and then aerate it, as the surface has probably been compacted by rain or snow. If you don't have an aerator you can always rent one. This is also the time to reseed any bare patches of lawn.

8 TRIM YOUR TREES AND SHRUBS. Remove dead, broken or damaged branches with a pair of pruning shears. This will maximize flowering over the summer.

9 CLEAN YOUR FLOWERBEDS. Get out the rake and remove any dead leaves. Next, cut back old perennial shoots to ground level and spread some fertilizer. Your last task is to spread some mulch around your plants. After all this hard work, your flowerbeds will be a joy to behold.

10 CLEAN UP YOUR ENTRANCE. Stairs, walkways, porches and paths should all be cleaned. You can then check to see if any sections are damaged, broken or have missing parts. Call in the right people to do the necessary repairs.



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