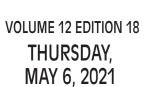


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One generous community

By Lorne Stelmach

The local United Way's next fundraising campaign isn't until fall, but that isn't stopping the community from getting a head start on supporting it.

Small amounts of money are steadily accumulating for the organization at Morklers in Morden, where an old coffee cup has been put to good use.

The cups were made years ago for the Morden and District United Way, which this year amalgamated with the Winkler organization to become United Way Pembina Valley.

Board member Terry Gibson was cleaning out the Morden office recently and decided to hand out the cups to various people who had either helped the United Way or previously been board members.

One made its way to longtime supporter Dave DeStoop at Morklers,

who left it out on the counter.

There was no sign requesting donations, but that didn't stop customers from tossing a few dollars and bills in regardless.

"I just left it on the counter and a week or so later some guy drops a bit of change in it," Destoop says. "Next thing you know, someone else is dropping a little money in it, and it's just kind of been growing."

He is happy to leave it out there now to keep collecting a bit of money for an organization which he recognizes is important to the community.

"United Way is always in need of money and it's a good cause to support," said DeStoop.

"It's a small gesture. It's a silent salesman; it just sits there, and we're grateful for people and appreciate anything that can be done for the United Way," he said.

"It's already a nice little sum in there



The local United Way's Terry Gibson (left) with Morkler's Dave DeStoop and the coffee mug that started gathering unexpected donations this spring.

... and hopefully it will grow and at Christmas time we'll have a nice little bit to put in the bank," said Gibson, who was surprised to learn of the success of the improptu donation mug. "It's really appreciated. People like Dave make our job easier and help make our community better."





Public Notice is hereby given that Enbridge Pipelines Inc. (Enbridge) intends to conduct the following Pesticide Program from May 01 2021 – November 15 2021 to control noxious weeds on Enbridge ROW's, temporary workspaces, stations and various facilities along the Enbridge Mainline and Bakken corridors.

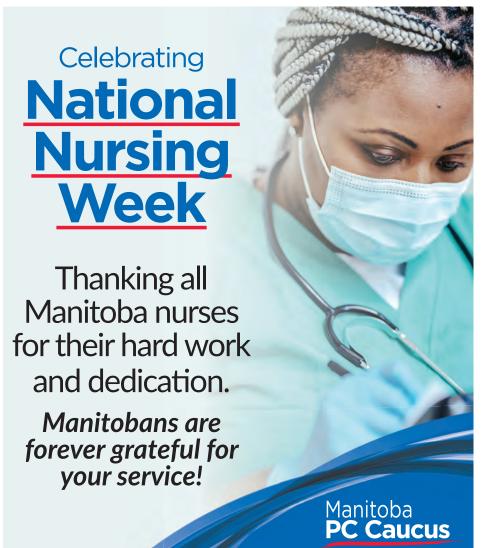
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Severe weather is coming—be aware, be safe

By Ashleigh Viveiros

The birds are chirping, the sun is shining, and the emergency warning sirens are sounding ...

Okay, that last one is a little less idyllic, but it's no less a sign of spring than the others.

Winkler and Morden's emergency sirens went off this Wednesday for Emergency Preparedness Week and as part of the Southern Emergency Response Committee's preparations for the summer.

This week's wails were a test, but SERC emergency coordinator Darin Driedger reminds residents that should they hear them sound off in the months ahead to heed them as the warnings they are.

"If you hear the outdoor sirens it means to shelter in place and to tune into a local radio station or, if there is internet, we'll try and post updates online through social media or municipal websites," he says. "There will be instructions on what's happening and what you should be doing.

"The key thing is get indoors if you hear a siren," Driedger stresses, explaining they only go off in cases of severe weather or emergencies where it's not safe to be outside. "The main thing is people need to react to it-don't just ignore it."

Driedger also points out that if you don't hear the siren from inside your home that's okaythey're meant primarily to alert people outside to take shelter. The sirens will continue sounding periodically until the danger has passed, so if you head outside unknowingly after the first blast you will catch subsequent ones.

So, heading into summer, what are the weather risks in our area?

"Severe thunderstorms are obviously one that we see here from time to time," says Driedger. "And then Manitoba, according to Environment Canada, we get about seven to 10 tornadoes a season as well. So it's fairly rare but they can cause a lot of damage and destruction if they do happen."

Modern weather systems are pretty good about making sure people know well in advance of impending dangerous weather—as long you're paying attention.

"Environment Canada's good at giving, first of all, the weather watch, which is advance notice that severe weather is approaching or conditions are favourable," explains Driedger. "And then weather warnings show that the severe weather is either happening or it's imminent.

So know what the distinctions are, take them seriously.

"Certainly if there's a warning that's a time when there's no reason you should be outside at all. You have to, at that point, whether it's a thunderstorm warning or a tornado warning, certainly you have to find shelter right away."

It's not just tornadoes that are dangerous, Driedger notes-a bad thunderstorm could send hail, windblown de-

Continued on page 5





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COMMUNITY NEWS







Manitoba hog farmers making a meaningful impact in our communities

While the objective of the hog sector is to provide a high-quality, affordable protein to the world, hog farmers are passionate about supporting the well-being of the communities where they live and work. This is why every year, Manitoba Pork donates more than two tonnes of pork products to those in need. This includes organizations across the province like Samaritan House in Brandon, Ste. Anne Foodbank, Southeast Helping Hands, Agape Table in Winnipeg, Siloam Mission, Salvation Army, and the Christmas Cheer Board.

Ahead of the Easter weekend, Manitoba Pork partnered with H@ms Marketing Services Co-op to donate \$10,000 worth of pork products and financial support to Harvest Manitoba.

Food security is important to everyone, particularly during the COVID-19 pandemic, and hog farmers work hard to supply a healthy and affordable protein. Hog farmers are important and significant contributors to the communities they live in.

To learn more, visit manitobapork.com/community

SPONSORED CONTENT

Fire destroys Roland home

By Voice staff

Firefighters from the Roland and Carman Dufferin departments were called to a house fire in Roland Friday afternoon.

The house was fully engulfed when firefighters arrived and was ultimate-

ly a total loss, though firefighters were able to stop the blaze from spreading to neighbouring homes despite high winds.

The family was able to make it out with no injuries. The cause of the fire has yet to be determined.

Bottle drive raising funds for skate park gazebo

By Lorne Stelmach

Family and friends are raising funds for further improvements to the BSI Skate Park in memory of a young Mordenite who lost her battle with cancer.

They've launched a bottle drive to collect money towards constructing a gazebo at the park. The campaign coincides with May being Melanoma Awareness Month.

The effort further honours the memory of Annika Ginther, who loved to skateboard and lost her life to melanoma last year, and the girl's aunt Anna Treichel last week noted it speaks volumes that a group of youth are helping spearhead it.

"I think, since her passing, we've realized what genuine, caring friends Annika had at such a young age. The community has been unbelievable," said Treichel, who is sister to Annika's mother, Centennial Ginther.

"We like to think of ourselves as a group, and it's all in the teamwork to make it happen," said Sam Hildebrand, who is helping with the bottle drive alongside Eli Dias and Tanner Treichel, son to Anna and cousin to Annika.

"We had decided to raise some money for her and for her family just so that we could try to make an impact for her ... sadly, she passed away a couple weeks before we actually had our competition," noted Hildebrand of an event they had planned

"THE COMMUNITY HAS BEEN UNBELIEVABLE."

last year. "We want to put up a gazebo in her name at the skate park because she had skin cancer. We want to put it up just to make a little bit of a difference in the world."

The group are accepting donations of pop cans, beer cans, plastic milk jugs, plastic water bottles, and plastic pop bottles between now and June 26.

You can drop your donation off at 934 Parkhill Drive or contact Centennial Ginther for pick up at 204-362-1964. A pickup day is planned for May 29

The cost of the gazebo could be between \$20,000 and \$30,000. The group is about \$11,300 of the way there already thanks to funds raised last fall and a \$10,000 grant from the Morden Community Thrift Shop this spring.

"It's been overwhelming, and it's been very kind of the community to support this project," said Treichel, who noted that Annika had been pleased to hear about the efforts that were underway for skate park improvements.

"When I told her about what the kids were going to do, the week before she

Continued on page 8

Check out the Voice online at winklermordenvoice.ca



> SEVERE WEATHER, FROM PG. 3

bris, and lightning your way.

"A lot of people, I think, can become a little complacent when they hear lightning [as a danger], but Environment Canada always cautions that when you can hear thunder then you are at risk," he says. "Get inside, take shelter."

In this day and age of selfies and social media postings, it's tempting to head out for that perfect shot of a severe weather event, but Driedger urges people to resist.

"There are far too many people that think that they're okay being outside or trying to drive around to see what

they can see ... but I really have to emphasize that people should be inside, staying indoors."

Tornado chasing is an especially dangerous hobby. Should a tornado form, even a fair distance away. it doesn't take much for you to find yourself in its path.

"They're very unpredictable. It can be deceiving how quick they really are," Driedger savs. stressing the safest place to be during a tornado is indoors, away windows, and preferable in a basement. Tornadoes tend to hit in the late afternoon and early evening, so be especially mindful during those

While tornadoes are one extreme, even venturing out after, say, a violent wind storm to see what damage it left behind can be a hazard.

'You never know if you're going to be encountering downed power lines or other hazards," Driedger says."Typically utility workers, municipal crews, first responders will be out there surveying the damage and so you want to give them space. The more vehicles out there cluttering the roads can make their

Continued on page 9

Can you recognize the signs of hearing loss? Here are a few signs to look out for: Withdrawal or lack of contributions in social situations Turning up the volume on the TV Often asking others to repeat Unable to hear when spoken to from another room or behind their Frequent complaints that others are mumbling Difficulty holding conversations in loud places This May celebrate Better **Hearing Month** with a FREE Hearing Screening!* Call for your FREE, no-obligation hearing screening today! 1-855-849-6712 **₿Beltone**

Cookin' for a Cause



PHOTOS BY LORNE STELMACH/VOICE

Supporters of the Pembina Valley Pregnancy Care Centre came out in droves last Wednesday night to the agency's Cookin' for a Cause fundraiser. Instead of a sit-down meal, ticket holders picked up their dinner drive-thru style in Morden. Volunteers served over 425 meals and raised about \$13,000 for the agency. "Community interest was off the charts. We did not expect to have that many orders," said PVPCC executive director Linda Marek, who sends out thanks to everyone who made the event such a success.



The Winkler Morden Morden







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Setnember Septiments - VIEWPOINTS - LETTERS

Do we really care about mental health?

or decades Canada and other countries have been working on communicating the truth that mental health and well-being is just as important as physical health and well-being.

This important message has been due to the fact that there has long been a stigma attached to mental health. People have often struggled to believe in mental illness because, unlike a cut or a broken leg, you can't see it. The stigma has been so powerful that masses of people have been

gaslighted into thinking they do not even have the mental illness that is so clearly ravaging them. That somehow through sheer force of will-power and prayer it will all go away and that they must not be weak.



By Peter Cantelon

Of course, this is ridiculous. The symptoms and effects of mental illness are all around us and it is critical that a mental illness be taken as seriously as a physical illness; that treatment is widely and freely available.

This week is Mental Health Week and it is more important than ever, given the year we have had and what still lies ahead, that we all work together to take it seriously and improve availability and access to care.

Quiz Time! Do you know the name of Canada's Chief Public Health Officer? Dr. Theresa Tam. How about Manitoba's Chief Public Health Officer? Dr. Brent Roussin.

I bet you got both of those answers right.

Dr. Tam is a medical doctor with an expertise in pediatric infectious disease and Dr. Roussin is a medical doctor with an expertise in public health and preventive medicine.

Quiz Part 2: Do you know the name of Canada's Chief Mental Health Of-

ficer or Manitoba's? Canada's very first Chief Mental Health Officer is Denis Trottier. He's an accountant from KPMG with a bachelor of commerce. Apparently, Manitoba has a Chief Provincial Psychiatrist but I couldn't find a name anywhere and I'm not a bad researcher.

Some kudos are deserved to the current provincial government for creating the position of Minister of Mental Health, Wellness and Recovery, but we will wait on tangible actions to follow before lavishing more praise.

The point?

After decades of constant messaging about how mental health is just as important as physical health it still doesn't feel remotely close. Mental health continues to take a backseat in the pandemic as leadership triages physical well-being well ahead of mental well-being.

"Come on, Cantelon, the pandemic is a physical disease ... if it kills you then no mental health to worry about" some might argue. Of course, they

would be silly and simplistic to do so because one could easily point out that no mental health can very quickly lead to no physical life to worry about either.

Hey, maybe there is an army of highly qualified psychiatrists (and not simply an accountant, as great as they are) informing and shaping the pandemic response and we just aren't being told, but here's the thing: messaging matters and right now a lot of people are being told through actions and words that mental health is simply a lower priority than physical health, erasing decades of work to the contrary.

We need to do better. If mental health is as important as physical health then match the services dollar for dollar and caregiver to caregiver.

If the response is "that's just too costly" then we already know this whole message of mental health equality is a smokescreen and not worth the paper the platitudes are written on.

Happy Mental Health Week.

> GUEST COMMENTARY

Rootless in their souls

t is hard to imagine a better description of our current situation in Manitoba public education than that provided by Tom Green (1984 – a coincidence?) in The Formation of Conscience in an Age of Technology.

He wrote, "Our institutions must also be sufficiently resistant to change so that those whose conscience is merely technical and limited to skills of managing the political apparatus, but who are rootless in their souls, may not do irreparable harm." In short, people focussed on carrying out the how to miss the why and the what.

Simply put, Bill 64 leaves public schools in the hands of people who have no knowledge about, or in-



By John R. Wiens

vestment in, why we created them in the first place. People who are more adept at sponsoring the mechanisms of this government than at upholding an educational agenda. They do not seem to un-

derstand or care about the havoc they are creating and enabling.

Continued on page 7

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

• FAITH FOCUS

Love moves at another person's pace

ndy Stanley says, "Your parents' behaviour, not behaviour, not their advice, determined whether or not you want to be like them or with them when you can became old enough to choose."

If you are a parent right now, just pause for a moment. Your behav-

iours, as a mom or dad, will determine whether or not your children want to be like you, really, whether or not they like you. To build a loving home takes intentionality, not just with our words but in our actions.



By Terry Dueck

One of the key writers in the New Testament, Paul, has all these one another statements that are scattered throughout his letters: encourage one another, forgive one another, submit to one another. He is trying to describe or teach us how Jesus wants love to behave. Paul's most famous and most instruction explanation of how"Jesus love"behaves comes in his first letter to the church in Corinth. One of the first things he says, is that "love is patient." It makes me wonder what was going on in Paul's life that the first word that came to him was patience!

Think about all the times you have to wait in the home. You have to wait for everybody to be ready before you can leave. If you have little kids, you have to wait for them to find their shoes, then put on their shoes, then put their shoes on the right foot. Parents, you have to wait for teenagers to wake up in the morning. Teenagers, you have to wait forever for your parents to catch onto jokes-they just aren't up

on the latest memes. Grandparents, you have to wait for your adult children to come to the realization that maybe you really did know a thing or

Love is patient; maybe another way of putting it is that love chooses to move at another person's pace. There is a picture up on my mom's fridge of her holding hands with my daughter Keziah when she was much younger, and they're walking in a meadow. What happens when we refuse to move at another person's pace? We separate, we create distance. If you don't have patience for one another in your home, you will create distance physically, emotionally, relationally.

In one of the only instances that Paul speaks about parenting it's on this very topic, and he speaks directly to fathers. He says, "Fathers, do not aggravate your children, or they will become discouraged." Fathers, do not provoke, antagonize, exasperate. Fathers don't be push too hard on your kids or they will become discouraged,

lose motivation, they will check out, because they just can't keep up. Inspire your kids, yes! Motivate your kids to live to their full potential, of course! Push your kids to the point of exhaustion and frustration, no! Compare your kids to others and shame them, no! Love chooses to move at another person's pace, and if we don't, we create separation. Dads, I want encourage you in particular to be patient with your kids.

If you want to build patience, particularly in your home, I think a great place to start is focusing on being thankful. When we ask God to help us go from grumbling to gratitude for our family members, it gives us new eyes. Gratitude helps us to see clearly, to see past our frustration, see past our anger, see past our impatience. We see our family members, our kids, our spouse, our siblings, for who they truly are to us. Love is patient.

> *Terry Dueck is the lead* pastor at the Winkler MB Church

> WIENS, FROM PG. 6

Politicians, both rural and urban, are abandoning their constituencies. Their civil servants, selected on the basis of their management skills (technical conscience) and not their knowledge of education, keep check on their partisan politician bosses to ensure that they do not deviate from the prevailing script predetermined by the premier and the minister. And they are only willing to work with those who endorse their strategies. Together, they are on the verge of doing irreparable damage to the very roots that provide them with their current legitimacy and which they took an oath to defend and uphold.

It is an undisputed fact that extreme provincial controls undermine local institutions and local rights. In schools, this means closing "inefficient" schools—schools with enriched staffing to meet local needs which provide some semblance of equal educational opportunity. It means longer bus rides even for very young children, itself an equality issue. Bill 64 eliminates the moratorium on school closures and the mandate to keep one-way bus rides under an hour.

Bill 64 inevitably ends up with fewer teachers in rural communities, where they are often so much more than teachers, providing a host of other leadership functions. It means fewer

people such as those in schools and board offices having gainful local employment.

Control from urban centres means that rural values, solutions, and resource allocations lose their sway in public policies—removing locally elected trustees means that the rural roots just dry up faster.

By sheer numbers and efficiencies of scale, urban frameworks and prescriptions hold out no promise for local responses and initiatives. But singular, simple answers to multi-layered, complex problems also do not work in urban areas.

Winnipeg is a cosmopolitan city with very diverse neighbourhoods, a fact that most of us are very proud of. Our city council, to their credit, have not given up on making our city an inviting, affirming community for its original inhabitants and newcomers. However, making it all one jurisdiction for educational purposes is bound to make its efforts more chal-

As Maggie MacIntosh, Winnipeg Free Press education reporter, has repeatedly revealed, each school division has tailored very unique services to the needs of their diverse populations. It is hard to imagine that level of sophistication and responsiveness in a solitary system under the man-

agement of one director whose first responsibility is to the provincial government.

Decisions that have a great impact on the everyday lives of citizens ought to be made as close to these citizens as possible. Furthermore, these citizens ought to have relatively easy access to the decision makers and the processes of decision making that affect them so directly. I fear the alienation and senses of apathy, resentment and resignation that so often accompany shifts of power to higher and higher levels of a system of governance.

As power and authority shift to the upper levels of a system, those who occupy the lower levels often feel much less of a stake in the enterprise. This loss of ownership breeds a disinterest in the affairs of governing and, quite often, an unwillingness to take responsibility for the consequences of decision making.

Green concludes with "... Rootedness and vision ultimately [are] what [provide] both the only salvation there is of those institutions and the only fixed point for the guidance of persons engaged in public policy."

Bill 64 tears away at the moral, social, economic and political Rootedness that defines Manitoba, and our present government, in its soulless and rootless agenda, is threatening the souls of all of us!

John R. Wiens is dean emeritus at the faculty of education, University of Manitoba. A lifelong educator, he has served as a teacher, counsellor, work education coordinator, principal, school superintendent, and university professor.

Letter policy

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

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

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

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

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

Don Orchard honoured for his years of service

Part of Deerwood Wildlife Management Area to be renamed Don W. Orchard WMA

By Lorne Stelmach

A natural area on the escarpment which is now being renamed in his honour has been connected to Don Orchard's family for a long time.

The former MLA for what was then the Pembina riding grew up in the Deerwood Wildlife Management Area, a portion of which northeast of Miami will now be known as the Don W. Orchard Wildlife Management Area.

The strong connection to the land includes hearing about his grandfather hunting there back in the 1920s. Orchard also remembers hauling grain to the old Deerwood elevator during his own years as a farmer

The news that he will have his name attached to this beautiful slice of Manitoba made Orchard's day.



SUPPLIED PHOTO

Don Orchard, here with wife Jane, is humbled that part of the Deerwood Wildlife Management Area will be renamed in his honour.

PUBLIC NOTICE

Notice of dust control program

Homeowners along gravel provincial roads and main market roads in unorganized territories may apply to have dust control applied in front of their homesites at a cost of \$200 for a single application.

The formal application is available from your local Manitoba Infrastructure office. The deadline for these applications will be **no later than May 28, 2021.**

For more information, please contact one of the following Infrastructure offices:

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 204-346-6266
 Dauphin
 204-622-2061

 Swan River
 204-734-3413
 Portage la Prairie
 204-239-3292

 Brandon
 204-726-6800
 Thompson
 204-677-6540

 Boissevain
 204-534-2030
 The Pas
 204-627-8272



"I was surprised and pleasantly pleased with the honour," said Orchard, who now calls B.C. home but still has extended family in the Miami area.

The Manitoba government earlier this month announced it was naming eight Wildlife Management Areas (WMAs) after prominent Manitobans who have been instrumental in enhancing the province's wildlife resources.

An MLA for Pembina from 1977-1995, Orchard served in various cabinet posts in the Sterling Lyon and Gary Filmon governments, including highways, health, energy and mines, and Manitoba Hydro.

Prior to entering public service, he farmed within a few miles of the scenic part of the Pembina Valley that now bears his name.

"It's a tremendous little area. The ravines in there are awesome. It's such varied terrain, and the escarpment is really quite a unique place," said Orchard. "I farmed escarpment all my life. Most of my land was above or on the escarpment west of Miami.

"I had land with ravines on it, and people were wanting to pasture cattle on them, but I never did allow that because these ravines were pretty unique as wildlife habitat," he recalled. "I'm glad I never did accede to that desire to pasture them ... there's a lot of it that's not pastured, which is really good for wildlife preservation.

"There had been a pretty substantive effort for 30, 35 years in the escarpment to find out how we can preserve the land," Orchard said, noting that he took up zero tilling after his retirement in 1995, and that became part of the reasons they were cited for being named Conservation Farm Family of the year at that time.

He also credited the conservation efforts of

many people and organizations over the years, including the Deerwood Soil and Water Management Association.

"They weren't concentrating on wildlife preservation, but everything they did had a wildlife benefit to it,"

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suggested Orchard.

The first WMA in the province was established in southeast Manitoba in 1961. The system has since grown to encompass almost two million hectares of valuable wildlife habitat throughout the province.

Wildlife management areas play an important role in biodiversity conservation and provide for a variety of wildlife-related forms of recreation, including birding and wildlife watching, said Agriculture and Resource Development Minister Blaine Pedersen in announcing the plan to rename several such areas.

"Wildlife management areas exist for the better management, conservation and enhancement of the wildlife resource of the province," he said. "I am honoured to be naming these areas after individuals who have provided life-long dedication to the improvement of Manitoba's wildlife and wildlife habitat."

Other name changes include:

- the Lake Francis WMA will be renamed the Dr. Frank Baldwin WMA;
- a portion of the Little Saskatchewan WMA will become the Roy Greer WMA;
- the Parkland WMA's Horod Unit will become the Kenneth H. Wark WMA;
- the Frank W. Boyd Unit of Pierson WMA will become its own WMA;
- the Thalberg Bush WMA will be renamed the John T. Williams WMA;
- the Edward A. Poyser Unit of Whitemud WMA will become its own WMA; and
- the Washow Bay WMA will be renamed the David G. Tomasson WMA.

For more information on Wildlife Management Areas in Manitoba, visit www.gov.mb.ca/fish-wildlife/wildlife/wma/index.html.

> SKATE PARK, FROM PG. 4

passed away, she said, 'Auntie, that is really so nice of those boys'," Treichel recalled. "We just want to keep Annika's memory alive because she was 14 years of age, got her first skateboard, wanted to come to a skate park.

"We don't ever want to forget her ... we know that lots of kids in the community love this skate park, and we just want to see that they are protected in any way that we can help them,"Treichel continued."We, as a family, did not know the severity of [melanoma]. I think now that we we've been affected, we told Annika we didn't want another family to experience what we have had to experience."

Treichel said they would like to be able to keep supporting the skate park and want it to be an amenity for the whole community to enjoy, just as Annika would have

"I just remember her on her skateboard, her dog pulling her all around town. She made friends wherever she went ... she was fun, she was a vibrant girl."

Plans are also in place for a skateboard and scooter fundraising event at the park June 26 starting at 11 a.m. (rain date is June 27). For more information, email afacomp2021@gmail.com, sign up at Velocity, or follow @ afaskatescootcomp on Instagram.

Know a senior living alone? Give them a call

By Ashleigh Viveiros

The pandemic has been an isolating time for us all, but perhaps no more so than for those who live alone.

In honour of Let No One Be Alone Week May 2-8, the Manitoba Association of Senior Centres and its members are once again shining a spotlight on the negative impacts of loneliness.

The Winkler Senior Centre has been part of promoting the annual awareness week for the better part of a de-

Resource coordinator Cathleen Bergen stresses that seniors, especially, are at great risk for social isolation as they age.

"There are studies that show social isolation is a bigger health risk to seniors than physical inactivity and obesity," she said, going on to note that "older adults with low levels of social support are more likely to be mistreated, exploited, or suffer from

"People do so much better if there is

a support network around them," Bergen added. "Those seniors who are left pretty much alone have a much harder time. They have higher risks of so many different health issues: depression, cognitive decline, high blood pressure ..."

Even before the pandemic, a high percentage of older adults reported feeling lonely; the events of the past year certainly haven't helped improve things.

"We have noticed some of our seniors, since the pandemic started, we've seen their health decline," Bergen said.

So what can you to do help? Simply reach out to someone in your life liv-

"Give them a call, do a video chat, if they have it, text them, send them an email," Bergen said, noting WSC have been making a lot of phone calls in recent months to local seniors to try and stay connected and ensure they're getting the help they need through the worst of the lockdowns."It doesn't

have to be something that has to take a lot of time. It's just a simple thing like giving them a quick call or dropping off a card or going for a walk with them. "Get them in-



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Winkler Senior Centre resource coordinator Cathleen Bergen encourages people to reach out to the seniors in their lives. May 2-8 is Let No One Be Alone Week.

volved in planning stuff," she continued."Let's say you want to plant your garden and Mom was someone who did a lot of gardening, give her a call and ask her for advice ... get them involved in your life, if you can."

Care packages can also be great mood boosters. WSC recently delivered Safe at Home gift baskets filled with activities to seniors throughout the city, much to the delight of recipi-

"People loved them," Bergen said.

While the senior centre wasn't able to

host an event for Let Know One Be Alone Week this year due to pandemic restrictions, Bergen is excited to note their patio officially opened on Monday, May 3, taking over the entire back parking lot. It will be open from 9-11 a.m. and 2-3:15 p.m. daily, weather and health regulations allowing.

"That's a great opportunity to actually meet a senior who might be alone," Bergen said. "Meet them there for a cup of coffee or come have coffee with your friends."

Corrections

Our story last week on the Discovery Nature Sanctuary's grassland project accidentally swapped the funding percentages around.

DNS received about \$6,700 in Conservation Trust funding, which covers 25 per cent of the project—not the 75 per cent stated in the story.

We regret the mix-up and any confusion it may have caused.

Also last week, our story on the Morden Community Thrift Shop's spring grant distribution stated that they have donated over \$2 million to the community over the past eight years.

The non-profit store's board reached out to us after the story went to print to clarify that it is, in fact, over \$3 million that they've been able to give back in that

This spring the store is distributing \$300,250 to 24 community organizations and projects.

> SEVERE WEATHER, FROM PG. 5

jobs harder."

In advance of hunkering down in your home for however long it takes for a storm and its aftermath to pass, make sure you have an emergency kit stocked and easily accessible.

"One of the key things for severe weather is to have a battery operated radio just in case the cell phone system is out," Driedger says. "And then simple things like flashlights, water, candles.

"Have that kit, know where it is, make sure it's ready to go."



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SECTION POR PROUNDING AREAS

Pandemic taking its toll on our mental health

By Lorne Stelmach

Our health and well-being can be directly related to our ability to be connected, so the pandemic then has taken a toll on us in many ways.

That was the focus last Wednesday as the City of Morden and Southern Health-Santé Sud virtually hosted the 22nd annual Healthy Communities Conference.

The daylong conference with the theme of Wired for Connection: The Pathway to Resilience also served as a kickoff to Mental Health Week, and the keynote speakers touched on not only the dangers of our isolation right now but how we can respond to it.

"This is a time of incredible stress and distress that creates pain ... none of us are on our best game," said Carolyn Klassen, a therapist at Conexus Counselling in Winnipeg.

"This is hard; it's hard on top of hard," she said. "Who am I when I can't do the things that I know are meaningful, when I cannot be with the people I need ... so we're feeling lost.

"We still need to acknowledge that it's not the way that we want it to be. It's supposed to be distressing. It's a normal reaction by a normal person to an abnormal situation because we're human."

Klassen recounted the experiences of her uncle Arvid Loewen, who set a record for cycling across Canada in just over 13 days and later for cycling the most kilometres in 30 days.

The beginning third of such a journey is exciting, but then it is "in the middle third where it gets really hard ... he

Jeremiah 23: 21, 22

21 - I have not sent these prophets, yet they ran; I have not spoken to them, yet they prophesied.

22 - But if they had stood in my council, and had caused my people to hear, my words, then they should have turned them from their evil ways, and from the evil of their doings.



would say his mental strength gives out far before his physical strength."

We are all in that kind of hard time right now amidst the third wave of COVID-19.

"That is hard that we can do nothing about, but the hard that we can do something about is the choice that we have to respond to it," said Klassen.

"The impact on our health is very real. As we're stopping the spread of the virus, we're also stopping something that is essential to our health and well-being," she said. "So it is essential to figure out how to deal with that very normal distress that we're feeling and to figure out what we can do to deal with those effects ... to work towards healing."

Klassen went on to cite the importance of self compassion and suggested there were three components to it, starting with self kindness.

"The challenge for me is to really talk to myself the way other people talk to me when I am struggling."

The second factor she described as having the mindfulness "to really be aware of what is going on."

A third key component is to recognize our common humanity.

"Maybe it's not so weird that I find this hard," she said. "Common humanity lets us share our suffering with other people."

TAKE TIME FOR YOURSELF

The second keynote speaker also

addressed mindfulness and cited the idea of power pausing—taking a time out to try to get to what it is that you really need at any given moment.

"We have become so disconnected from ourselves," said Jeanette Bronée, CEO and founder of Path for Life.

As part of her presentation, entitled Rethinking Self-Care to Foster Connection and Build Resilience from the Inside Out, she challenged people to think about and finish the following sentence: "What do I need right now so I can ..." as part of focusing on some self talk and thinking about the way

that we ask ourselves questions.

"The self care mindset is self communication, self awareness, self responsibility and self expression," said Bronée.

"This has been very, very isolating," she continued. "It's that self connection that helps you take better care of you so that you can be there for each other."

She also touted what she described as her AAA approach: acknowledge how you feel, accept the circumstances for what they are, and ask what you need.

"So often we lose our resilience and we lose the connection with other people because we wish things were different, and we waste our time, precious time," said Bronée. "Our unconscious minds will help us find the answers."

Other presentations at the virtual conference included sessions on grieving and loneliness by Mike Goldberg of Palliative Care Manitoba, a focus on immigration and the added impact of COVID-19 by Heather Robertson of Aurora Family Therapy Centre, and a focus on life transitions and the added impact of COVID-19 by Dr. Maxine Holmgvist and Dr. Amanda Lints-Martindale, who are both associate professors in the department of clinical health psychology at the University of Manitoba.



SCREENSHOT

Healthy Communities conference speaker Jeanette Bronée urged participants to not forget the importance of self-care.

DIY banquet raises \$3K for Habitat for Humanity

By Ashleigh Viveiros

Last week's Cook at Home to Build a Home fundraiser hosted by Northlands Parkway Collegiate culinary and pastry arts students in support of Habitat for Humanity was a big hit.

The students prepared 90 meal kits for supporters to pick up from locations in Winkler and Morden April 29 and then follow along with video instructions to put together a scrumptious meal of herb-crusted chicken breast, homemade kielke noodles with cream gravy, corn, and a chocolate brownie.

"We made just over \$3,000 for Habi-

tat, which will be used to build our next home in Morden," says Winkler-Morden Habitat chapter rep Sue Nelson. "Many thanks to all the people who purchased meals and made donations and to Co-op for being our sponsor."

If you missed out on the good eats, you have another chance to support Habitat while chowing down at the Pulled Pork Drive-Thru Dinner taking place at the Winkler Bergthaler Church (252 6th St. South) this Saturday, May 8 from 5-7 p.m.

The Bunker will be serving pulled pork, baked potato, salad, and desert by donation in support of Habitat.



Culinary and pastry arts students at Northlands Parkway Collegiate prepared 90 meal kits last week in support of the local Habitat for Humanity chapter.

Winkler Cheerboard **Fund created at WCF**

Endowment fund formed in memory of Frank and Vi Wiebe

By Ashleigh Viveiros

Christmas is coming a little early this year for the Winkler and District Christmas Cheerboard.

The non-profit is the beneficiary of a new designated endowment fund that's been set up at the Winkler Community Foundation in memory of Frank and Vi Wiebe.

The Wiebe family have created the fund so that the interest it generates can provide annual support to the Christmas Cheer campaign, which sends out hundreds of care hampers to families in need each December.

"Dad and Mom always enjoyed the Christmas season and all it offered in connecting with friends and family," Frank and Vi's children said in a statement last week. "They also believed that those in more challenging times of life should also have the opportunity to enjoy what the Christmas season offered, so they would find ways to support them in various ways."

Frank had a long history of building and supporting the work of the foundation, which guided the family as they were deciding how best to honour the couple.

The Wiebe family hope that by calling it the Winkler Cheerboard Fund the community at large will take it as an open invitation to support the fund and the Cheerboard in their goal to spread holiday spirit.

The Cheerboard certainly welcomes the help, said president Kris Derksen.

"We are very grateful to the family of Frank and Vi Wiebe that they invested in the Cheerboard and they will forever be a part of the Cheerboard with the ongoing donation we will be receiving from the Winkler Community Foundation," she said, thanking the family for their generosity.

Initial donations in memory of Frank and Vi came to a total of \$9,300. Together with the family donations, the first grant to be made to the Winkler Cheerboard in 2022 is anticipated to be a minimum of \$1,000. The hope is that number will grow each year as the fund grows.

If you'd like to make a donation to



Winkler Cheerboard Fund, head to winklercommunityfoundation. com or call 204-







Volce What's your story? Reach us at 204-325-6888

Pandemic makes for an up and down year for CFDC

By Lorne Stelmach

The challenges of the pandemic made the past year an unprecedented one for the Canadian Fossil Discovery Centre.

The signature museum in Morden was impacted by being closed for a third of the year, including terminating its staff and shutting down most of its programming.

Despite that, however, the centre came into the new year in a surprisingly strong financial position, as reported at its online annual meeting last Thursday.

"The situation was really delicate in the spring," executive director Adolfo Cuetara said as part of his report.

"Many drastic measures were taken with the goal of the strength of the financial situation," he noted. "An aggressive campaign to capture federal and provincial grants and such was initiated since the availability of private funds was seriously weakened."

Amidst such unpredictable circumstances, the centre proved to have a degree of resilience, agreed outgoing board chair Chris Leach, who noted the CFDC even still managed to attract close to 8,000 visitors.

"This is remarkable considering the museum was closed for about 18 weeks of the year," said Leach, who will be replaced in the chair role by former vice-chair Gerry Peters.

The museum closed from March to June and then again from November to February. The first shutdown came just five weeks after Cuetara started as executive director, Leach observed, and "with a very uncertain financial outlook, most of our pre-pandemic staff had to be laid off and subsequently terminated."



SCREENSHOT

At its annual meeting last week, Canadian Fossil Discovery Centre board members discussed their hopes for the future of the museum, including a new stand-alone facility that could look like this.

Cuetara, though, "took the opportunity to make changes to the museum during the weeks it was closed," Leach noted. "Five new displays were built or are in process.

"He was able to make adjustments to meet the ever changing pandemic requirements and access pandemic funding grants in excess of \$100,000 ... this has enabled the CFDC to redesign and launch a website and online gift shop, purchase a new truck and acquire a new collections management software.

"Adolfo has been able to reduce expenses, which has enabled the museum to be very resilient and thrive in these hard times."

The financial report shows how the centre received a significant boost from additional government support, while 42 per cent of the museum's revenue came from the City of Morden.

Admissions and related revenue

dropped by almost 20 per cent, and programming revenue fell by about 90 per cent, while the gift shop intake declined by more than 20 per cent.

Despite those drops, total revenue still increased by seven per cent to \$462,886 over the previous year, and expenses fell by more than 25 per cent to \$342,170, leaving the museum with a historic surplus of \$121,144.

In addition, the CFDC's total assets grew by more than 140 per cent over the previous year from \$139,333 to \$344,687.

Cuetara noted the CFDC was able to get higher visitation during those periods where the museum was able to be open, and although most programs and tours were unable to operate, they did work with the City of Morden to offer a few programs, including summer day camps.

In addition, Cuetara highlighted things like the new website, collec-

tion management software, and new displays as key investments for the future of the museum.

"All the new exhibits and galleries mostly are being done in-house, so that's reducing the cost of the new exhibits and increasing the value," he said.

He acknowledged the outlook remains somewhat uncertain thanks to the pandemic and noted that there would be a significant impact if the museum has to close again this summer, which is when it receives a major portion of traffic and revenue

"If we close in summer, we are in trouble," said Cuetara.

He remained hopeful, however, as he also looked to the future and the possibility of a new standalone facility for the museum.

> "The goal is to build a financial self reliance and a strong credibility, and those are the necessary steps to become a centre of reference for preservation and research of the Manitoba fossil heritage and a solid tourism destination," said Cuetara.

"The board has approved a motion to pursue the construc-

tion of a destination-worthy facility," added Leach. "This will, of course, be dependent on securing funding for the construction and operation of the proposed new facility.

"As I look ahead, amid all the concerns with COVID-19, the future still looks bright for the CFDC."



SCREENSHOT

CFDC executive director Aldolfo Cuetara said the museum got a lot done during lockdown, including revamping its website and collection management and creating a few new exhibits.



"AMID ALL THE

COVID-19. THE

FUTURE STILL

LOOKS BRIGHT

FOR THE CFDC."

CONCERNS WITH

Cross Country Manufacturing ramping up production

By Lorne Stelmach

A Morden company is looking to ramp up production with an innovative new product, but it is facing a challenge that is common to many industries these days.

Cross Country Manufacturing is launching production of a new live bottom trailer line, and there is a need particularly for welders to help make it happen.

Finding that kind of skilled labour continues to be a challenge, particularly with the strength and growth of this region.

"We're looking for welders in any way, shape or form that we can find them right now," said Sam Cochrane, chief financial officer for Cross Country Manufacturing.

"We're not in full production at the scale that we hope to be a year from now. Over the next year, this will probably mean 20 to 30 additional jobs is our plan. That's obviously dependent on us being able to get those welders, so we need to find ways to find that skilled labour," said Cochrane.

"We've done a competitive analysis on wages to ensure that we're competitive both locally and kind of across the province to attract people to the area," he noted.

"We're working with the City of Morden as well to explore the opportunities for immigration as well. If we're unable to attract local talent ... we may have to look further."

Cross Country Manufacturing is a privately owned company in Morden and has been one of Canada's fastest growing OEM semi-trailer manufacturers over the past decade.

Established in 2006, Cross Country Manufacturing provides over 130 types of logging, mining, heavy construction and oil and gas trailer solutions to both Canadian and American markets.

Cross Country is the only company that both designs and manufactures a live bottom trailer in western Canada, noted Cochrane, so they see great potential with its live bottom trailer, which incorporates a conveyor belt at



SUPPLIED IMAGE

Morden's Cross Country Manufacturing is launching a new live bottom trailer and is on the hunt for welders to help make it a reality.

the bottom to empty the contents.

"There are other ones built in Ontario and in the U.S., but we're the only ones that in-house design it and build it in Manitoba or further west," he said. "As such, we are committed to investing in our workers and plant, modernizing and growing our production processes while seeking motivated individuals to join us at Cross

"We have a strong order book, lots of orders that will take us out several months of production ... really our only challenge at this point is finding enough people."

Cross Country is currently looking to hire not only welders but also painters, labourers, and support staff. Head to crosscountrytrailer.com for details.

Stay home as much as possible: Roussin

By Ashleigh Viveiros

Manitoba's third-wave COVID-19 numbers continue on their upward trend.

On Monday, health officials announced 251 new cases of the virus and one new death.

That brings the province's total cases to 39,524 and the active number of cases to 2,593.

The bulk of new cases (184) were in Winnipeg, while the Interlake-Eastern health region added 20, the Northern health region 15, Prairie Mountain 14, and Southern Health-Santé Sud 18

Monday's update noted a total of 35,952 Manitobans have recovered from COVID-19 since last spring. The death toll is at 979.

Hospitalizations jumped in recent days to 178 (up from 167 the day before), as did the number of COVID-19 patients in ICU (from 40 on Sunday to 45 Monday).

The current five-day COVID-19 test positivity rate is eight per cent provincially and 8.7 per cent in Winnipeg.

These rising numbers are alarming, said Dr. Brent Roussin, Manitoba's chief public health officer.

"There have been more than 800 cases reported over the weekend and including today," he said at a briefing in Winnipeg on Monday."If we look at March compared to April there's 110 per cent increase in cases."

Manitoba is now seeing case numbers higher than we did in October shortly before the entire province went into lockdown.

"Just comparing April, we saw 4,800 cases ... compared to 4,100 cases in October of 2020," Roussin said. "This is why we put stronger public health orders in last week and this is why we're asking Manitobans to stay home."

The latest public health orders prohibit indoor and outdoor private gatherings entirely and limit gatherings on outdoor public property to 10 people.

"We certainly recognize that people are tired of this pandemic, tired of these public health orders, tired of hearing about the fundamentals," Roussin said. "But if we look to February and March of this year we can see that these measures work. We brought our case numbers down, we reduced the strain on our health-care system. But once again we're seeing these numbers climbing, and these numbers only climb because we're increasing the amount of contacts we have, we're increasing interactions.

"We need to reduce the number of contacts we have, and the best way

to do that is to stay home as much as possible."

Meanwhile, vaccine eligibility has been expanded.

In addition to Manitobans age 50 years or older, as of Monday any Indigenous person aged 18 and older can book an appointment at a vaccination super site.

Also eligible are people who are pregnant, clients of Community Living disABILITY Services, work in any health care setting (including outpatient settings), frontline police officers or firefighters, and adults living or working in certain high-risk communities (which at press time included several Winnipeg neighbourhoods and northern Manitoba).

Eligibility for the AstraZeneca/Cov-

ishield vaccine has been expanded to include people aged 30-39 with certain health conditions. This vaccine is also open to anyone age 40 and over.

The detailed list of eligibility criteria—which has been changing pretty quickly of late—can be found online at manitoba.ca/covid19/vaccine/eligibility-criteria.html.

Eligible individuals can book their appointment at a super site online at protectmb.ca or by calling (toll-free) 1-844-626-8222. Appointments for the AstraZeneca/Covishield vaccine can be made at your local pharmacy or medical clinic.

As of Monday, 495,482 doses of vaccine had been administered, representing 38.7 per cent of Manitobans age 18+

Our area, by the numbers

Southern Health-Santé Sud started the work week with 138 active cases of COVID-19, 5,021 recoveries, and 148 deaths. There were 31 total hospitalizations due to the virus, including six people in the ICU.

In the Pembina Valley, Winkler was leading the way in active cases with

26, followed by Morden at 11, Red River South with nine, and then MacDonald (6), the Altona area (5), Morris (4), Carman (2), Stanley (2), and the Roland/Thompson, Lorne/ Louise/Pembina and Grey areas with one each.





Gone but not forgotten

The REDress project took over a section of Morden Park Saturday as the public art installation created by Winnipeg artist Jaimie Black began a month-long tour of the region. The display aims to honour victims and bring attention to the issue of missing and murdered Indigenous women and girls and 2 spirited. It is next scheduled for Carman May 8, Manitou May 15, Altona May 22, and Winkler May 29. "My heart is so amazed at all the support," said Denise Thiessen, who is part of the organizing committee for the REDress Pembina Valley project. "Thank you Morden for showing up. Every dress represented a woman/girl gone ... gone but not forgotten."

PHOTOS BY LORNE STELMACH/VOICE



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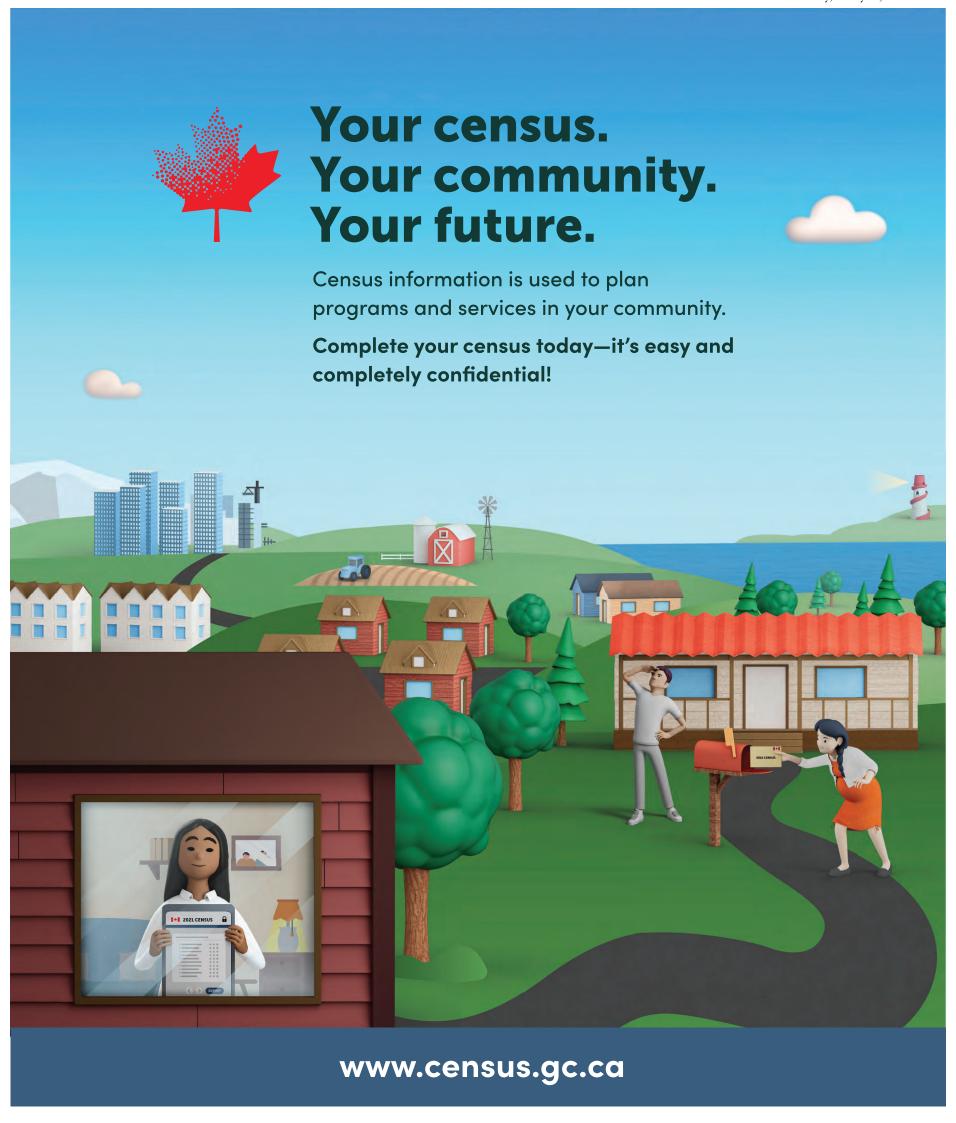
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The Girl With the Hair on display now at PHAC

By Lorne Stelmach

The first exhibition of her art came about for a very practical reason for Jen Martens.

The collection entitled The Girl With The Hair started simply with Martens needing a painting when she was redecorating her home.

"People really liked it when they saw it, so it kind of inspired me," said Martens, whose show is featured throughout May at the Pembina Hills Gallery in downtown Morden. "I was just really inspired then and had all these ideas for it.

"I always try to make things myself if I can rather than going out to buy it," she said with a chuckle. "Art is something I like to do for myself, and I thought I can decorate my house with it the way that I like."

Having her first exhibition is a major milestone for Martens, who always enjoyed art as a child and spent a year studying fine arts at university before realizing it wasn't the right environment for her.

"I enjoyed my time there and did really well, but it was not exactly what I was expecting," she said, suggesting

Morden.

Canadian Mental Health Association's

Events in recognition of



PHOTO BY LORNE STELMACH/VOICE

Jen Martens with a few pieces from her The Girl With the Hair exhibition on display this month at the Pembina Hills Gallery.

that she was looking for more rules and structure and didn't fit with what

UPCOMING EVENTS

Continued on page 24





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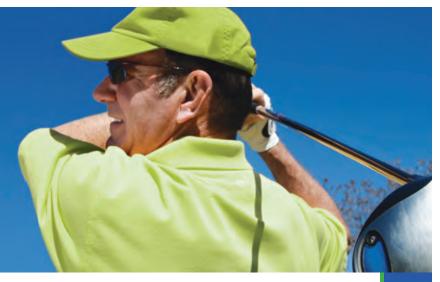








SWING into GOLF season!





The Kyle Memorial Golf Course is located 15 kilometers from the Canada/ United States border in Dominion City, Manitoba. The original course was created by the late Garnet Kyle. It originally started out as a 3 hole course and has transformed over the past 20 years to what is now a 9 hole, challenging par 33 course, including water hazards on 3 of the holes. The course is open to the public, and anybody aged 17 and under can golf for free. There is a licensed Club House which provides snacks and food as well. The course and club house are available for 1/2 day or full day private rentals, and or tournaments. For more information on rentals, please call or email the Golf Course.

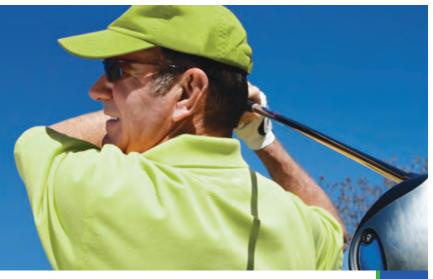


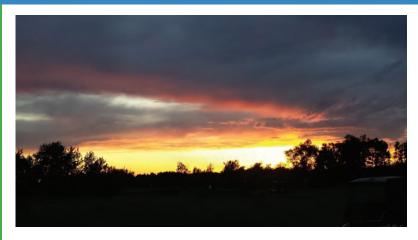


The Carman Golf and Curling Club (CGCC) is located in Carman, Manitoba. The club was originally established on May 12, 1924 as a five hole club. In the spring of 1930 land was purchased and nine holes were opened on the "old side". On August 28, 1953 the first tournament was held. The course began production on the "new 11 holes" in 1982 and opened the 18 Hole Golf Course in the spring of 1984. On August 17, 1990 the new clubhouse officially opened and is enjoyed today! Carman Golf and Curling Club is known as a select destination for golf in the summer and curling in the winter months. Formerly two clubs, the CGCC amalgamated its executive and combined all operations to be a year round facility managed by a general manager and offering something for everyone. CGCC features a beautiful restaurant with an attached patio, a 200 capacity banquet facility, a five sheet curling arena, and an 18 hole golf course. Both the golf course and curling club have been recognized as top-notch clubs hosting many prestigious provincial and local events.



SWING into GOLF season!

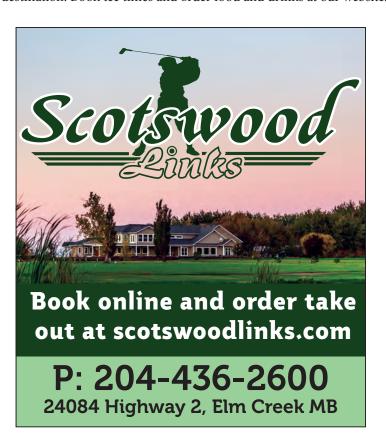




Scotswood Links is looking forward to another busy golf year. An 18hole course, with two large patios, one overlooking the course and the other underneath cover, Scotswood is a great place to come enjoy some golf, food, and drinks with friends this summer. Come try out golf and enjoy the great outdoors!

Scotswood features an 18-hole golf course and a new 9,000 square foot clubhouse. The clubhouse features an upper-level lounge/patio and a 3,000 square foot private banquet room. Before COVID, we had started hosting numerous weddings with great success. We are looking forward to getting back into weddings as soon as we are able!

This beautiful golf course is located in Southern Manitoba, about a half-hour drive West of Winnipeg. It's country setting, quiet and relaxing atmosphere, and charming hospitality make it a top-notch golf destination. Book tee times and order food and drinks at our website.





Looking for a fantastic course to play a game of golf? Well Pleasant Valley Golf Course is just the place for you! Situated in the Pembina River Valley at the south end of Pelican Lake about 100 kilometers southeast of Brandon. This course hosts large, undulating greens; which incorporates changing elevations; fully manicured fairways; and picturesque vistas. Its 18 hole championship course runs a length of 5875 yards from the Men's tees, with four par-three, 11 par-four and three par-five holes for an overall par of 71.

Since becoming owners, the Berry family (from Cypress River/Glenboro) have made renovations to the clubhouse and added a front outdoor patio area. We placed new tee box markers and yardage markers throughout the course. We have added new limestone on our cart paths. Each year, there are tweaks and continual fine tuning of the golf course. We welcome corporate events and large family outings.

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redness and swelling which causes pain and, when in the joints, can also cause stiffness. Left unchecked, inflammation can lead to significant and often irreparable damage to the affected areas, resulting in loss of function and disability.

Arthritis (arthro = joint, itis = inflammation) can involve almost any part of the body, most often affecting the hip, knee, spine or other weight-bearing joints, but also found

years, even a lifetime.

Osteoarthritis (OA)

Osteoarthritis (OA) is the most common type of arthritis, affecting more Canadians than all other forms of arthritis combined. Though once referred to as the "wear-and-tear" arthritis, the Osteoarthritis Research Society International (OARSI) recently re-defined this condition. It describes OA as the result of the

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ARTHRITIS AND THERE IS NO CURE. body's failed attempt to repair damaged joint tissues*. While the joint damage can occur through deterioration associated with aging, it can

diminishes quality of life.

OA leads to the breakdown of cartilage (the tough elastic material that covers and protects the ends of bones), and the resulting bone-onbone contact can cause pain, stiffness, swelling and reduced range of movement in the affected joint(s). The joints most commonly affected by OA are the knees, hips and those in the hands and spine.

There are many factors that are thought to contribute to developing OA, such as age, obesity, your sex, occupation, participation in certain sports, history of joint injury or surgery, and genetics. For more information, visit our osteoarthritis page.

Inflammatory arthritis (IA)

Inflammatory forms of arthritis are different from osteoarthritis, in that the source of joint damage is from inflammation rather a wearing away of your cartilage. Most forms of IA are also autoimmune diseases, where the immune system - the body's defense system against infections and other invaders - mistakenly starts to attack the body's own healthy tissues.

Inflammation from these conditions can result in pain, stiffness,

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restricted mobility, fatigue and damage to joints and other tissues. If not identified and treated swiftly, these conditions tend to progress more quickly and aggressively than OA.

What is Arthritis?

Arthritis is a collection of conditions affecting joints and other tissues. It causes pain, restricts mobility and

IT'S SERIOUS, 1 IN 5 CANADIANS LIVE EVERY DAY WITH

IA includes every form of arthritis except osteoarthritis - even some things you may not have realized were arthritis at all, like lupus or gout. Other common examples include rheumatoid arthritis, ankylosing spondylitis, psoriatic arthritis and juvenile idiopathic arthritis, but there are many other types. Some forms of IA are considered systemic diseases, because they can affect the whole body. For more information, visit our inflammatory arthritis page.

Living with arthritis?

Arthritis symptoms can range from mild to severe. Most people with arthritis experience chronic pain, fatigue, restricted mobility, lowered mood and other symptoms that can combine to erode their quality of life.

Many forms of arthritis can lead to episodic disability, leaving people unable to work for periods of time due to their disease.

For millions of Canadians, arthritis can threaten their ability to enjoy freedom of movement, productive work, restful sleep, and an existence free of unnecessary pain.

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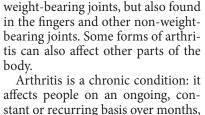














The perfect present for every mom

Are you looking for a Mother's Day present? If so, here are some gift ideas for different types of moms.

THE ORGANIZED MOM

A woman who's always taking notes and making lists is sure to appreciate a stylish notebook or agenda. Or, if she's always digging through her purse to find what she needs, a handbag organizer with plenty of pockets will make her life easier.

THE STAY-AT-HOME MOM

Stay-at-home mothers often neglect to make time for themselves. If your mom or kids' mom is always on the go, give her the ultimate



+ much more

Carman ~ 204.745.3534 3/4 mile west of the lights Mon - Fri: 8am - 9pm Sat: 8am - 6pm / Sun: Closed break from her routine: a day at the spa. Alternatively, you can bring the indulgence to her with a monthly box subscription. She can have tea, makeup, books or even beer delivered right to her front door.

THE ECO-FRIENDLY MOM

To please this mom, give her something that will make a positive impact on the environment. Sustainable goods like reusable produce bags, beeswax food wraps, metal straws and reusable paper towels are a good idea. She's also likely to appreciate all-natural versions of everyday products like soaps and cosmetics.

THE GLOBE-TROTTING MOM

If your mom regularly travels, give her a gift that'll make her next voyage easier such as wireless headphones or a new carry-on bag. Alternatively, a scratch-off world map will remind her of past adventures and spark her inspiration for her next

Remember, expectant moms deserve to be spoiled too. If she's struggling with the aches and pains of pregnancy, a prenatal massage is an excellent gift. You can also prepare healthy frozen meals so that she has one less thing to worry about when the baby arrives.

3 ways to give your mom a break on Mother's Day

One of the best gifts you can give your mom for Mother's Day is time off. Here are three ways to make her day more relaxing.

- 1. Take care of dinner. Whether you invite her out for a quick bite or prepare a multi-course feast, your mom will be delighted to share a meal with you especially if she doesn't have to cook it herself.
- 2. Detail her car. Though you can wash your mom's care in the driveway yourself, for superior results, you should take it to a professional. Car detailing specialists will clean and wax the exterior and can also treat leather seats or
- remove stains and smells from the upholstery.
- **3. Do the chores.** Make your mom happy this Mother's Day by cleaning the house from top to bottom. You can even hire a professional to wash the windows. Additionally, you could drop her clothes off at the dry cleaner to be laundered or the tailor to be mended.

While you cross items off your Mom's todo list, consider sending her to the spa to relax and unwind. She's sure to love being pampered.





GIFT CERTIFICATES AVAILABLE

The joys of spring ATHOME

Spring cleaning: get your backyard ready for summer

As the days get longer and warmer, you may your furniture by applying a new find yourself anticipating how to make the coat of paint. Additionally, worn most of your outdoor living space. Here's cushions can be replaced or repaisome advice to ensure your backyard is ready red by a professional. However, if for summer.

THE PATIO AND FENCE

Since the patio and fence are prominent features of your outdoor living area, their appea- THE BARBECUE rance will set the tone for the space. Sweep away any rocks, leaves and other debris before cleaning the patio and fence with a pressure washer and specialized product. Make of your barbecue. Be sure to check sure you choose the right setting so you don't damage the surface. Depending on the material, apply a coat of varnish or paint to come in contact with food. Fifreshen up and protect these backyard features.

THE FURNITURE

As you take each piece of furniture out of soon be ready to enjoy lazy afstorage, check to make sure it's in good ternoons and warm evenings condition. You may need to wash it to spot outside. rust, stains or other signs of damage. In some cases, you might get another season out of

your patio furniture has seen better days, consider starting off the season with a new setup.

To make sure you're ready for summer cookouts, clean all the stainthe condition of the grates and any other components that nally, inspect the propane tank and test each burner.

By following these tips, you'll



A weekend guide to welcoming spring into your home

Are you ready to shake off the bleakness of winter and embrace the season of new beginnings? Here's a guide to help you welcome spring into your home in just two days.

Saturday

In the morning, focus on cleaning your home from top to bottom. Dust and vacuum each room, and put away thick blankets and other winter decor. Now's also a good opportunity to declutter your home, setting aside items to throw out, recycle or donate.

In the afternoon, get all of your shopping done. Head to a farmers market or garden shop to pick up an assortment of plants and flowers. Additionally, stop by a home decor store to find spring accessories that'll help brighten up your living space.

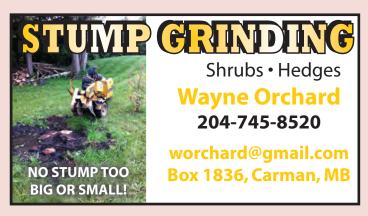
Sunday

In the morning, transplant your new flowers and greenery into pots you picked out the day before. Take the time to create a variety of arrangements. While at it, trim yellow leaves and dead stems from the plants already in your home.

In the afternoon, set about finding spots for your new decorative items. Play around with tones, textures and shapes to best showcase each piece. Consider rearranging some of your furniture or installing lighter curtains to make the space feel airier.

After the weekend's over, you can sit back and enjoy the beauty of spring in your own home.





The joys of spring ATHOME

5 signs it's time to replace your windows

Do your windows need to be replaced? Here are five signs that indicate it's time for an upgrade.

- 1. There's a noticeable draft. Even on cold, windy days, you shouldn't feel any air coming in through your windows.
- 2. There's lots of outside noise. If you can hear each car that drives by and every child playing in the street, your windows

probably need to be updated.

- 3. The frames leak or are damaged. Chipped or soft wood around your windows is an indicator of irreversible water damage.
- 4. They're difficult to open or close. Windows should be simple to open and close and they should lock easily and se-

5. There's condensation. Condensation between windowpanes suggests there's a broken seal. If the seal is broken, any gas that provided insulation is gone.

If you notice one or more of these signs it's time to invest in new windows for your



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4 tips to freshen up your home

A change in season provides the perfect excuse to freshen up your living space. Here are four simple ways to revitalize your home this

1. Make some room

Start by getting rid of anything you don't like or that no longer serves a purpose. Whether it's furniture that never gets used or decor that you're tired of looking at, removing these pieces will make it easier to rethink the space.

2. Improve organization

Take time to reflect on how you store various belongings. For example, is there a way to make items you use regularly more accessible? Find storage solutions that enhance both the functionality and esthetics of a

3. Update the decor

Consider repainting a few walls, replacing some furnishings or adding new decorative features such as plants, wall art, vases and mirrors. Even simply changing the pictures in your frames can create a sense of newness.

4. Clear the air

Whether you use candles, potpourri or essential oil diffusers, swap out the spiced scents of winter for the fruity and floral aromas of spring. Additionally, don't forget to open the windows on nice days to let fresh air into your home.

To stock up on design accessories and ideas, visit the home decor shops in your area.

> PHAC, FROM PG. 14

she saw as being more experimental.

"I mostly enjoyed the sculpture class because I hadn't done any sculpture ... but my sculpture teacher was more about proper technique."

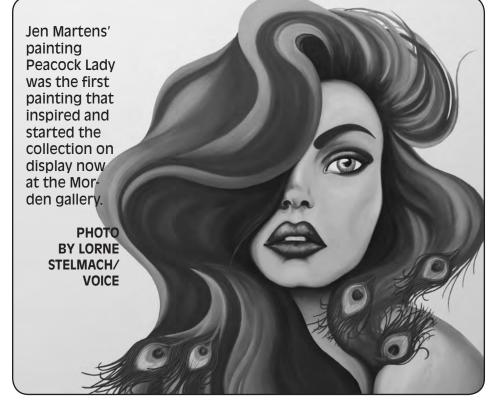
After returning home, Martens got married and started family life, which meant not having as much time to pursue her art, at least not full-time.

"I did some art on the side for my own pleasure. I didn't do a whole lot of it when we had kids because you're busy. Just in the last few years, I've decided to try to take it a little more seriously."

Then came redecorating. What would become the Peacock Lady painting came about as a result of her living room changing from yellow to a teal blue.

"I have always been fascinated with the human figure," noted Martens. "So I knew I wanted to do some sort of lady's face, and I wanted these colours, so it popped into my head: 'What if her hair was peacock feathers?' And so that just inspired ideas for other ladies."

More positive feedback then fol-



lowed with the second painting, called Ocean Lady. That piece sold to an art fan, further affirming her idea of making this collection a reality.

At the heart of it all for Martens was that she simply finds the human face a very interesting subject.

"I find their faces intriguing, and perhaps it's just the size of them too," she suggested. "I feel it wouldn't have the same impact if they were small. I like the intense eyes and the big red

"WHEN YOU'RE

DEALING WITH

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LIKE THIS, YOU

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DIVIDED."

lips, and I just think there's something enticing about them."

"It can involve big colours ... Fire Lady is very intense with the red and the orange," added Martens, who would work from random images from the internet for ideas, such as an image of coffee or tea spilling for what become Teapot Lady.

Seeing all of the work together now on display proved to be a big moment for Martens.

"It feels a little surreal," she said. "It's very exciting. This has been booked for almost a year and a half, so I've been looking forward to it. It's exciting to see all of the ladies hanging together.

Martens also sees this as providing the impetus for her to keep pursuing her art.

"I've gotten positive responses, and it definitely pumps you up," she said, noting she was considering getting involved in artisan markets as one avenue for her.

"I may still keep going with this collection," she added. "I might end up making more ladies, the collection might grow ... I do have a few more ideas. I thought a spaghetti and meatballs head might be fun."

"The sooner we get this done, the better"

Local leaders urge eligible residents to get vaccinated sooner rather than later

By Lorne Stelmach

Two local leaders are trying to encourage their communities to support the provincial COVID-19 vaccination program.

Comments by RM of Stanley Reeve Morris Olafson and Winkler Mayor Martin Harder followed a recent report that cited the two municipalities as being among a number province-wide with low vaccination rates to date.

The data highlighted Stanley as only having had 6.1 per cent of its population vaccinated, while Winkler was at 13.6 per cent.

"We should encourage people to take the vaccine ... and I

want to encourage people not to be fearful about everything that is being suggested," said Harder.

He also made a plea for healing in the community, given the increasingly divisive nature of the debate and discussion around COVID-19.

"We need to show respect on both sides and respect the need for all of us to be taking care

of others before ourselves. When you're dealing with health issues like this, you need to work together as a community ... we need to work together and not be divided."

Olafson said it wasn't a complete surprise that Stanley would rank on the lower end for vaccination uptake, though he suggested that six per cent seemed especially low. He noted Stanley does have a young population, so even though someone may be eligible they may not feel any urgency to be first in line.

"I know we're low ... I'm hoping with a little more time that this will increase," he said. "We all know people who have had this virus, we know people who have died from this ... it is real. The sooner we get this done, the better.

"We have been fortunate to have low case counts in our community and so that will be in some folks minds," Olafson added. "Not everyone is an early adopter and so for some it is likely a mindset of 'what will change if I get vac-

cinated, at what point will things go back to normal' and so for some it is a wait and see where things go."

Olafson acknowledged there is some general reluctance to follow the public health orders, but he also suggested that at times the messaging from the province has been mixed.

Regardless, he encouraged people to be sure they are getting information from credible sources and to trust health care providers.

"Be kind, be gracious to one another, respect one another, maintain positive relationships with those around you," Olafson added.

"Let's not forget what makes this community an amazing place. We have a community spirit second to none, and we are well known as a region of good neighbors. We are hard-working, we are generous, and we are a community that helps each

"Our resolve to find unity as a community has always been

stronger than our differences. We can't let disagreements divide us now. We will come out on the other side of this and we will all continue to live as a community. Let's start focusing on how we can move forward."

What's You'v story?

We want to hear from you.

The Winkler Morden Voice connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

A young entrepreneur starting out?

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





John Rempel stepping back from The Warehouse

"WE HAVE THE HOPE

OF HAVING NEW

YOUNG LEADERS

VISION AND NEW

ENERGY ..."

COME IN WITH NEW

By Lorne Stelmach

He's been the face of Youth for Christ in Morden for 18 years, so it will seem strange to not have John Rempel as the executive director at The Ware-

Rempel will still be around, but he is taking on a new challenge with the organization with a focus on chapter development primarily in Saskatchewan and Manitoba but also working with a number of affiliates across the

It is part of an overall change in the local leadership team which Rempel sees as being good not only for him personally but also for YFC Morden.

"We have the hope of having new

young leaders come in with new vision and new energy, so it makes it more comfortable for me to step aside, knowing the next person coming in is going to take this to new places.

"We love this area though and wanted to stay here if possible,"he added, noting his new role allows him to still be based

in Morden. "I've just really loved my experience here, and the community has been unbelievably supportive of what this place does here.

Rempel came to Youth for Christ in Morden in 2003, and it was quite a change from his previous work in the field of kitchen design.

"For myself, it just ended up being such a cool, interesting transition. It was still serving people but obviously in a different way and a different demographic," he suggested.

He estimated that there have been close to 1,700 youth who have been involved at the centre since he started in the role. The passage of time has been on his mind lately when he realized someone born the year he started would be graduating from high school

"It was kind of a sobering thought," Rempel said."I know a number of Gr.

12 students graduating this year who have attended The Warehouse on a regular basis."

Rempel reflected on how far the centre has come over the last two decadesm not only in terms of programming but also the facilities.

The centre located at the corner of Stephen and Mountain Street has had significant renovations inside and out, including repairing a roof leak that left behind major damage.

In not only this case but other instances as well, the community has always come through to support them.

"The total project was supposed to be around \$250,000, but we ended up having to spend less than \$60,000 in terms of money that we had to

> raise—as the rest all came from the community," said Rempel."I think that support is because they see that the kids who are coming into our building are kind of always in renovation mode themselves. They're always kind of under construc-

"I think, for the community, it was an

easy, good thing for them to invest in because they saw their dollars were going towards lives. When people's hearts follow their money, something really cool happens," he continued. "A community partner comes along, and he offers more than money, he offers expertise ... as a result of that, we have a building we never thought we would really have,"

Working with youth who are often coming from challenging situations is not easy, but Rempel said it has been rewarding nevertheless.

"When you think of a renovation project, things have to get messier before they get better," he observed. "You have to dismantle, you have to take things apart.

"When you consider the lives of young people, sometimes there's a bit of backwards that has to happen before you go forwards," Rempel said.



PHOTO BY LORNE STELMACH/VOICE

After 18 years heading up Morden Youth for Christ, John Rempel is taking on a new role with the organization, providing leadership for its efforts throughout Saskatchewan and Manitoba.

"They come here hurting, they are fractured, and this is maybe like stepping into an emergency room or a triage centre.

"They have to come in for real, the whole person has to come in, and we have to be able to identify their brokenness and their woundedness."

The overall changes to the YFC leadership team started in the past year with the departure of youth leader David Brown. Moving on now this spring as well are Pat Heinrichs and Tara Wyton.

Discussions around the succession planning started to happen about three years ago, though, noted Rempel, so they are well prepared for new

people and new ideas. He believes much of the new leadership team could be in place sometime in June.

"We really feel like the transition will be relatively seamless," he said. "We want to make sure as the new leadership team comes in that I can walk them through the initial stages."

He welcomes his new role, which he sees very much as being about teaching and mentoring—both of which are things he will miss in stepping away from his current role.

"It is kind of heart-wrenching for me,"he said."But these are things that I love doing, so stepping into a role like this is exciting."

Resource management plans—a great guide to land use

Submitted by the Redboine Watershed District

The Redboine Watershed District (RBWD) in partnership with the Pembina Valley Watershed District (PVWD) and the Manitoba Forestry Association (MFA) received funding through the Conservation Trust to complete six Resource Management Plans this spring.

A Resource Management Plan (RMP) is an extremely useful tool which can help landowners manage their property's natural habitat. It seeks to maintain, preserve, and/ or enhance the natural habitat of the landowner's property. It is divided into areas that have different natural resources and may have different management objectives.

One such plan was completed on 40 acres of escarpment property belonging to Derek and Joy Eidse. This property consists of approximately 37 acres of mixed forest, a three acre meadow, and portions of the Birch Ski



SUPPLIED PHOTO

RBWD and PVWD have received funding from the Conservation Trust to help local landowners complete Resource Management Plans.

Area mountain bike and cross country ski trails. One of the small creeks that are part of the North Tobacco Creek watershed also flows seasonally through this property. A 700 sq. foot cabin provides the Eidse family a

retreat from city life on the weekends.

"We have been thinking about getting a sustainable management plan done for many years," said Derek Eidse. "Our land is used in many different ways, and we wanted some input on how to balance everything.

"We harvest firewood (both for the cabin and our city home), the trails are used for recreational purposes, plenty of birds and wildlife live on or travel through the woods, we harvest berries and forage edibles, and the beauty of the land is important both to us and our renters," he continued.

"The plan will make sure that a healthy balance is maintained, so that this gem of a property can continue to be enjoyed long into the future. The natural environment is very important to us, and we are happy to do our part for this small portion of land that we find ourselves so deeply connected to."

If you or someone you know is interested in learning about the soil types, topography, and woodland or agricultural capability of your property, or you are looking for some recommendations on how to manage your property's resources, please contact your local watershed district.

StatCan urges Canadians to fill out 2021 census online

By Ashleigh Viveiros

If you haven't received it already, chances are you'll be getting a reminder in the mail for the 2021 Canadian Census this week.

Statistic Canada's Sri Kanagarajah says every household in the nation will receive a letter with a link and an access code to fill out the census online, as well as information on alternative ways to complete it. The survey went live on Monday.

They expect most people will do it online—over 68 per cent of Canadians opted for that route in 2016.

"That was much higher than the previous census," Kanagarajah observed, "and this time around we're hoping for an 80 per cent response rate online."

Given the pandemic, StatCan hopes not to have to send many enumerators door-to-door to remind people to complete the census.

"If we do go door-to-door, we will ensure social distancing as required," Kanagarajah said, explaining staff will wear masks and will not enter households. "We'll knock on the door and step back and talk to respondents, if we need to."

But they'd much rather not have to send them at all, he stressed, urging Canadians to get the surveys back in as soon as possible. Households who fail to do so will first get a phone call and then, if absolutely necessary, a visit from an enumerator sometime in late May or June.

Filling out the census is mandatory under the Statistics Act. Not doing it

could land you a fine of up to \$500.

Fines aside, though, it looks like most Canadians are well aware of how important it is to do their civic duty, the majority doing so without much in the way of prodding.

"[In 2016] we had nine out of 10 households complete the question-naire without any help from an enumerator," Kanagarajah said. The 2016 census had an overall response rate of 98.3 per cent.

The census—which includes the 2021 Census of Population and the 2021 Census of Agriculture—helps paint a portrait of our nation as it stands today, Kanagarajah said.

The population data is used by governments of all levels to determine things like transfer payments for health and social programs and sup-

port for infrastructure projects like roads and new schools.

"In order to have evidence-based decision-making you need to have data," said Kanagarajah.

For example, in recent months that information has allowed governments to better assess COVID-19 vaccine rollout programs across the country, including figuring out where vaccine shipments are needed most based on population data.

The census also collects information on the demographic, social, and economic situations of Canadians and how that may have changed since previous census years.

The majority of Canadians—75 per cent—will receive a short-form questionnaire to fill out. It collects basic information on your age, martial status, and language.

A quarter of households will get the long-form census, which goes deeper into your social and economic situation

"This is a wealth of information ... there's no other data source that can give you all these details," Kanagarajah said, noting the data is used not just by governments but also community groups, urban planners, and businesses for decisions that can have a real impact on people's lives.

You can learn more about the 2021 Census online at census.gc.ca.



Do you have a suggestion for our news team?

Is there someone you would like to see recognized in the newspaper for their accomplishments - athletic, academic or community service.

Local campsites named spectacular, offer physical and emotional benefits

By Becca Myskiw

Campsites across the province have been filling up more quickly than usual due to the ongoing pandemic, but almost every community has one of their own not so far from home—Carman and Miami included.

Central Manitoba Tourism released what they believe to be the best campgrounds in central Manitoba, or what they call "Five spectacular campgrounds in central Manitoba." Taking up 40 per cent of the list are two campgrounds only 30 kilometres apart: the Miami Park Campground and King's Park Campground.

In the heart of King's Park, across from the new toboggan slide, sits the Carman campground. It has 44 sites, 41 of which are fully serviced, not including sewage. Each of the serviced sites have a 30amp hookup, water, picnic table, and a fire pit. The dump station for RV's and camping trailers is just up the hill.

Reservation for that campground opened April 26 at 7 a.m. People can camp there with a tent, RV, or trailer of almost any size.

Carman-Dufferin recreation coordinator Renae Wolfe said the campground is usually close to fully booked every summer. She attributed that, and its being labelled as spectacular, to the campground location.

"It's central to the swimming pool, the splash pad, ball diamonds, soccer pitches, golf course, museum, and tennis courts," she said. "It's the amenities around it for sure."

Carman usually has swimming lessons throughout the summer as well, and Wolfe said people will



King's Park Campground in Carman is surrounded by green space and amenities, including the Carman golf course.

typically camp at King's Park Campground for the week their children are in them. But, due to COV-ID-19 restrictions, they're still unsure of how and if the lessons will be happening this year.

That and the possible absence of the Carman Country Fair for another year might knock reservations down a little, said Wolfe, but she doesn't think

The Miami Park Campground was also named spectacular by Central Manitoba Tourism. It has pull-through sites with 15-amp and 30-amp and water service. The campground also has BBQ grills, picnic tables, firewood, and waste disposal for campers to take advantage of.

Ontario Parks says camping comes with benefits even when not living in a pandemic. It gives people both physical and mental benefits.

According to their site, waking up to natural sunlight helps people to feel more well rested. Camping also offers the opportunity for more bonding, gives people more time away from screens, and lowers stress by taking people away from daily stresses.

Being in fresh air all the time also means breathing in better air, which helps the body function with less strain and helps it to release more serotonin. It boosts everyone's Vitamin D intake, which not only helps with happiness, but it can also help protect

Asphalt repair tender awarded to Triple L

By Ashleigh Viveiros

Spring is road repair season and a local company will be making the rounds to get it done.

Winkler City Council at their April 27 meeting awarded the tender for the city's asphalt patching project to Triple L Excavating Ltd.

The Winkler company had the lowest bid at \$181,950.

"Nice to see local people get the job," said Mayor Martin Harder.

Next up, Winkler Police chief Ryan Hunt stood to speak to the police board minutes submitted to council, the most recent meeting having taken place just the week before.

In his report, Hunt noted 2021 began with an unusually low number of calls for service, but the department has seen a significant uptick in calls in recent weeks.

Meanwhile, the department is hoping to get its officer training back on track in 2021.

"After most training was cancelled for last year, we are now working at

getting our members scheduled for training opportunities throughout this year," Hunt said. "There is still a little bit of an unknown as to how much training will take place this year, but we are planning as though everything will move forward."

Winkler's K9 unit was recently able to complete eight weeks of drug detection training with the Winnipeg Police Service—a course cut short last spring due to the pandemic.

"From all indications it appears that Juno did a fantastic job and we're looking forward to having that tool available for use in our efforts to combat illegal drug activity," Hunt said of the department's police dog. The other half of the K9 unit is Cst. Sean O'Brien.

Other training sessions officers have recently undertaken include those focusing on tactical operations and leadership.

Mayor Harder asked the chief what's being done to try and control traffic downtown on weekends-prime time for Main St. cruising.

"We certainly try to get to that whenever we can, when other calls for service allow it," Hunt said, explaining officers will often be on the scene in unmarked vehicles to nip speeding and racing in the bud. Marked police vehicles also serve as a good deter-

"It's certainly an ongoing problem that we can't solve by doing enforcement just here and there," Hunt acknowledged. "It's certainly a problem that we're dealing with."

A few other notable odds and ends from council's meeting last week include:

- The transportation committee has been tasked with looking into complaints about the dangers of parked cars along the north side of Roblin Blvd. by Pine Ridge School. Coun. Karina Bueckert noted kids often dart out between vehicles to cross the busy street. The committee will look at the feasibility of making part of that stretch a no parking zone.
- Council is also going to take a look at the need for streetlights along

Northlands Parkway, which now extends the length of the northern part of the city, though only parts of it are developed.

"There's concerned citizens who live in the area, drive in the area, and you can't see a pedestrian walking in the area," noted Harder, explaining he's heard from residents specifically about the lack of lights on the stretch of road just east of 15th St.

"Most of the time the way that development takes place is once there's property being developed along Northlands Parkway is when the lights get put up, but [concerned citizens are] pleading that we consider doing that earlier because of the risk that is there," he said.

The transportation committee will look into the issue.

• The Meridian Exhibition Centre grand opening had been planned for mid-May but has since been postponed due to ongoing code red restrictions.

Western SD updates five-year capital plan

By Lorne Stelmach

The focus will be shifting as Western School Division updates its five-year capital plan.

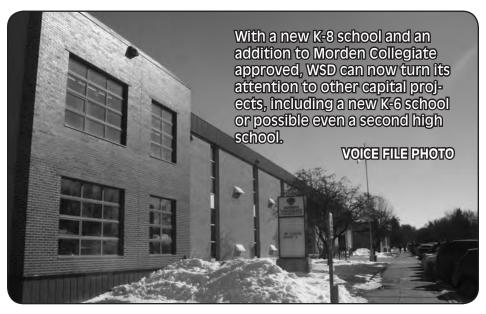
The new K-8 school finally recently approved by the Manitoba government remains at the top of the list for the moment until the project proceeds to construction, but the division can now also start looking further into the future.

Given the growth of the region, that is a future that will eventually require yet another new school, superintendent Stephen Ross noted last week.

"We do think it's going to be needed here in the future," he said of the next new school that is part of WSD's revised capital plan approved for submission to the province.

"At this point, we aren't a hundred per cent sure what it will be," he noted. "We anticipate K-6, but there could very well be a need for a high school ... our high school is full. We've got way more kids coming up than we have in high school, so the reality is that next school that comes along just may make sense to be a high school.

"There's such strong signs of this community flourishing in the next



little while ... Morden is really poised to take off here."

The division is also looking forward to striking two other projects off its to-do list, with the province having announced approval for a three classroom addition to Morden Collegiate and a new building for the piping trades vocational program.

"They have been there in the plan for many, many years, so to get that all at one time is good," said Ross."It's good for the community to see this community growth is going and likely will continue, and I think everyone can be happy with the optimism this brings during COVID-19."

Despite the increased capacity that will come with the new K-8 school, Ross noted they won't be in a position to say goodbye to all of the temporary classrooms any time soon.

"It typically doesn't take one school to get you out of the portable game unfortunately; it usually takes multiple projects," he said. "We see that likely continuing at least in some degree until the new school opens

... once that opens then we should at least have excess ones available as the community continues to grow.

"Next year we should have probably 19 portables, so just emptying those portables out and putting kids into the new school then will necessitate further growth in the community, and there will need to be another school down the line here if the community continues to grow like we expect."

Otherwise, there are always a variety of other capital and maintenance projects that need to be addressed, such as roofing. Ross noted they have also identified the need for a new boiler for heating and ventilation at Maple Leaf School.

"That will be a very significant project for us as well," said Ross, who also cited the need to develop and improve school sites including playground equipment.

"Schools have a playground deficit, really, it's so hard to keep up with the cost of playground equipment and playground development," he added, noting they would also like to replace the existing track. "One of the things we keep talking about also is working with the community on a new track project at some point in the future."

COVID-19 tickets jump 167 per cent week over week

By Voice staff

The third week of April saw no businesses get hit with COVID-19 tickets, but the number of individuals fined for violating public health orders certainly went up.

In its weekly COVID-19 enforcement update on April 27, the Manitoba government reported officers issued a total of 92 warnings and 56 tickets for the week of April 19-25—a jump of 167 per cent from the week before.

That included 39 tickets of \$1,296 to individuals for various offences, 33 of which were in relation to gatherings in private residences or outdoors.

Another 17 tickets of \$298 were given to people for failing to wear masks in indoor public places, which has been part of the public health orders since last November.

The government notes that enforcement officials investigate all public health order violations they are made aware of, including large gatherings and rallies.

To that end, they were at The Forks in Winnipeg April 25 when hundreds of anti-mask protesters gathered. Twenty \$1,296 tickets have been issued thus far in connection with the event, and more are expected.

Similarly, enforcement officers were on hand at rallies in Winkler and Winnipeg this weekend and "collected video evidence in support of ticketing for non-compliance with public health orders," the government said in a statement on Monday.

"Officials advise the choice to defy public health orders is a serious offence and violators will be held to account," the province said. "Investigations continue for all events and charges are expected."

Since enforcement efforts began in April 2020, a total of 3,896 warnings

and 1,236 tickets have been issued (as of last Tuesday), resulting in more than \$1.7 million in fines to businesses and individuals.

Manitobans can report compliance and enforcement issues by calling 1-866-626-4862 or heading online to www.manitoba.ca/COVID19.

Take precautions to keep your home safe: RCMP

By Voice staff

Spring has sprung, the grass has riz ... and apparently the nice weather inspires thieves to crawl out from under their rocks to prey on people.

Manitoba RCMP say with spring and summer comes an increase in break and enter reports, and they're urging people to take precautions to keep their homes safe. Some tips they offer include:

- Close and lock doors and windows of your home and any vehicles on the property.
- Do not keep valuables in your vehicle.
- Secure belongings if you need to keep them outside, such as bicycles, scooters, lawn mowers, and ATVs.
- Keep trees and brush cut back to make your home

visible from the street.

- If you are away, create the illusion of occupancy by making sure your mail is picked up, the yard is maintained, and lights are on timers.
- Keep outdoor lights on, and consider installing motion lights around your home.
- Do not hide spare keys outside your home.
- Do not post any plans to be away from your home on social media.
- Consider in investing in a monitored alarm system.

"Public safety is everyone's responsibility," RCMP say, urging Manitobans to keep an eye out in their communities. "If you see something, say something."

You can report criminal or suspicious activity to local police or RCMP detachment.

Spring brings seasonal allergies

pring is here at last, and while most of us welcome the warm weather and are happy to get back outside exploring Bethel Heritage Park, it also means that these upcoming months could be challenging for people with allergies.

COVID-19 has changed many aspects of our lives, and allergy season is no exception. Allergies are challenging at the best of times, but symptoms of seasonal allergies may be easily confused with COVID-19 symptoms. On top of this confusion, allergy suf-

ferers are also anxious about judgement from sneezing and sniffles in public. If you typically sneeze or cough your way through spring, summer and fall months, you may now be extra mindful of managing your allergy symptoms in public.

As a pharmacist, I've seen know

frustrating and stressful allergy season can be (particularly right now) but it doesn't have to be that way. There are several ways to manage symptoms to give allergy sufferers peace of mind so they don't have



By Zahid Zehri

to wonder if a runny nose or tickly throat is an allergy symptom or a sign of something else.

Check out my top tips to help take

control of your seasonal allergies:

- Protect your home from pollen: After time outside, whether we know if or not, we often carry a lot of pollen back indoors. During allergy season, make sure to wash your bedding more frequently, and if possible, keep windows closed to prevent pollen from getting inside. Don't forget that your pets can track pollen into the house too!
- Check the pollen forecast: It can change daily and can really impact allergy symptoms. Aim to plan outdoor activities on days when the pollen count is lower and try to stay indoors on warm, windy days.
- When you are outside, protect yourself: Wear large sunglasses—not only do they block the sun's harmful rays, but they also help prevent pollen from getting in your eyes. Same idea with wearing a hat—it helps to keep the pollen off your body. If you're do-

ing an activity outside like gardening or mowing the lawn, consider using a mask to cover your nose and mouth.

• Find the right products for your symptoms: Seasonal allergies and symptom severity can vary widely from person-to-person. Your local pharmacist can assess your symptoms and recommend appropriate solutions like over-the-counter medications and products that can work for

Allergy season has just begun, but following these simple tips are an excellent way to keep allergy symptoms

Call or visit your local pharmacist and ask us how you can better manage your allergies this season.

Zahid Zehri is a pharmacist and owner of Shoppers Drug Mart in Winkler.

Vaccinated care home staff now able to work at other sites

By Voice staff

Personal care home staff who have been vaccinated against COVID-19 are able to work once again at multiple locations.

Staff in long-term care facilities have been required to work at a single care home, with limited exceptions, since last May in a bid to slow the spread of COVID-19.

Now, with the new public health order that went into effect late last month, vaccinated workers are allowed to work at more than one facility once again two weeks after their first dose. A second dose is required within 16 weeks.

"Personal care home staff on the front line provide an absolutely invaluable service to our Manitoba seniors and personal care home residents who have been hardest hit by COVID-19," said Health and Seniors Care Minister Heather Stefanson in announcing the change. "Our government has fast tracked vaccinating both personal care home residents and staff, and this new public health order recognizes that work and improves staffing flexibility for personal care homes and to allow care providers to schedule additional shifts."

Non-vaccinated staff are still required to work at only one facility.

"Across Canada, a significant proportion of reported COVID-19 deaths have affected residents of long-term care facilities," said Stefanson. "We are continuing this order to protect our most at-risk Manitobans and ensure employees working in personal care homes can provide care safely."

COVID-19 vaccines have been shown to reduce the risk of contracting and spreading COVID-19, as well as to reduce severe illness. As the majority of personal care home residents have also received the vaccine, having vaccinated staff move between sites will have less risk for residents, said

Stefanson.

The new order will be in effect until lifted by the chief provincial public health officer, a decision that will be based on a number of different factors including case numbers, test positivity rates, and the ongoing risk of CO-VID-19, the province has said.

Manitoba Pork holds AGM, names new chair

George Matheson steps down after 15 years on board

By Voice staff

It's the end of an era at Manitoba

After 24 years of service, including 15 as a director and seven as chair, George Matheson stepped down from his role with the organization at its annual general meeting last month.

The meeting, which was held virtually on April 14, was attended by upwards of 100 producers and guests and featured greetings from Ag Minister Blaine Pedersen and presentations from key trading partners in of all Manitobans." Iowa and Minnesota.

Stepping into the big shoes Matheson leaves behind as chair is Rick Préjet, a producer from Notre Dame de Lourdes.

"I am deeply honoured to have been elected to be the chair of Manitoba Pork," Préjet said. "I look forward to lending my voice to support producers across our province to ensure that our sector remains a key contributor to the provincial economy and will continue to greatly enhance the lives

Joining Préjet on the executive is Rick Bergmann as vice-chair, Scott Peters, and Margaret Rempel.

Also departing the organization after a lengthy term was director Edward Stahl, who served 10 years.

Manitoba's hog sector contributes 14,000 jobs and \$1.7 billion to the provincial economy every year. Over the next decade, about \$2 billion will be invested by hog farmers and meat processing companies, creating more jobs and economic growth.

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Miami to host harness racing for second year in a row

By Becca Myskiw

Harness racing is coming back to the Miami race track this year.

For the second year in a row, harness racing will take place solely on the Miami grounds. Due to COVID-19 and its restrictions, the Manitoba Harness Racing Association (MHRA) has strict protocols to follow and hosting the season in Miami made the most sense.

Trevor Williams of MHRA said there's a lot still up in the air. They are unsure if they'll be allowed fans, but what they do know is this:

• Due to the uncertainty surrounding fans, the association will need to simulcast each race again this year as they did last summer. This will allow fans to not only watch the races but to bet on them—that's how the racers and MHRA make their money. To legally simulcast with online betting, they need to have racing in one location for a minimum of 10 days — the number of days MHRA races (10 weeks, one day a week).



SUBMITTED PHOTO

The harness racing season will be running in Miami once again this year, along with online betting.

• If fans are allowed, Miami has a large grandstand where they can separate people into at least three sections of 100 while following social distancing guidelines.

• The Miami track is well maintained and the town supplies them with water for it, making it very cost effective in a year where they'll need to cut costs due to the anticipation of less revenue.

• Each horseman will have an assigned stall and they'll have to stay in that area with their horses when not racing.

Williams said being able to only race 10 days out of the year makes the harness racing business no more than a hobby in Manitoba, and an expensive one at that. Though they're working towards making it a full-time job here as it is in other provinces, they aren't there yet, so missing one year, he said, would be crippling to each racer.

"You train the horses, you bring them up," Williams said. "To not race them is such a financial hit."

If a horse doesn't race for a season, it might never race again, which is why they're just excited to be able to have a season at all this year.

To stay up to date with this year's schedule, go to manitobaharnessracing.com. Qualifiers are set to happen June 12 at 11 a.m.

Flyers welcome Beauchemin, Waltz, and Jockims

By Voice staff

The Winkler Flyers have announced a few player commitments in recent weeks, including forwards Gavin Waltz and Brody Beauchemin and defenceman Rylan Jockims.



Waltz has spent the last four seasons at the Shattuck St. Mary's prep school. The 18-year-old right-shooter contributed six goals and eight assists in 26 games with the school's 18U team last season.

"I'm really excited and honoured to

join the Winkler Flyers," Waltz says. "I've heard nothing but great things about the organization, town, and fans. I'm looking forward to getting things started."

Beauchemin, meanwhile, was the Flyers' first pick in the 2019 MJHL



duaft

A lefty, he's played with the Eastman Selects the past few seasons, contributing 14 goals and 13 assists in the 2019-2020 season. In last year's shortened season, he had three goals in five games before the pandemic pulled the plug.

"It's a big step to be able to commit to Winkler and to play Junior A hockey," Beauchemin says. "I'm very excited, can't wait to get started with the Flyers."

Jockims has spent the past three seasons with his hometown team, the Saskatoon Outlaws. In the last full regular season he scored seven goals and made six assists in 43 games.

"I'm very happy I committed to a great organization and I can't wait to get started," said Jockims.

From left: The Flyers welcome
Brody Beauchemin, Rylan Jockims, and Gavin Waltz to the team.
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set inspired



Prep time: 10 minutes Total time: 45 minutes

Servings: 4

1 box Mrs. T's Pierogies 4 Cheese Med-

3 tablespoons olive oil, divided

2 boneless, skinless chicken breasts, pounded to even thickness

kosher salt, to taste

ground black pepper, to taste

4 cloves garlic, minced

1 bag (5 ounces) fresh baby spinach

2 cups diced tomatoes

1 teaspoon dried Italian seasoning

1/4 cup chicken broth

1/2 cup heavy cream

3/4 cup freshly grated Parmesan cheese, plus additional, for garnish

1 tablespoon cold water

1/2 tablespoon cornstarch

fresh basil, for garnish

crushed red pepper flakes, for garnish Boil pierogies according to package directions. Drain then toss pierogies with

Tuscan Chicken **Pierogy Skillet**

1 tablespoon olive oil to keep from stick-

In 12-inch skillet over medium-high heat, heat 1 tablespoon oil. Season chicken with salt and pepper, to taste, and cook 8-10 minutes per side, until golden brown and cooked through. Transfer to plate, cover and allow to rest 5-8 minutes. Slice thin.

While chicken rests, lower heat to medium-low and add remaining oil to same skillet. Add garlic, spinach and tomatoes; saute 1-2 minutes until garlic is fragrant. Season with Italian seasoning and salt and pepper, to taste.

Stir in chicken broth, heavy cream and 3/4 cup Parmesan. In small bowl, whisk cold water and cornstarch then stir into pan. Simmer 4-5 minutes until thickened and creamy.

Return chicken and pierogies to skillet and toss to combine. If desired, top with additional seasonings, to taste. Garnish with fresh basil, Parmesan and red pepper flakes, if desired.



Servings: 9 Nonstick cooking spray flour, for rolling pastry 1 frozen puff pastry, thawed

Caramel Sticky Rolls

caramel sauce, divided 1/2 cup walnuts, chopped powdered sugar Heat oven to 400 F.

Spray muffin tin with nonstick cooking

Sprinkle flour on work surface. Flatten pastry sheet and roll into rectangle.

Drizzle caramel sauce over pastry and spread within 1/2 inch of edges.

Sprinkle chopped walnuts over caramel sauce.

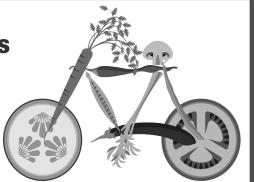
Starting on short end, evenly roll pastry with filling to other end.

Cut pastry into nine pieces. Place pastries cut side up into muffin cups.

Bake 22 minutes, or until golden brown. Immediately remove from pan to wire rack. Let cool 10 minutes. Drizzle with additional caramel sauce and dust with powdered sugar.

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Christine Ibbotson

Dear Money Lady,

We've recently become grandparents (at last!). Concerned that our son does not have insurance of any kind and none on his mortgage. We are retired – do we need it too? Could you talk about insurance in one of your next columns. Thanks, Jeanie

Yes, I can Jeanie - thank you for ask-

Most people know that they must have insurance to pay for the initial one-time costs such as a funeral, taxes and their debt, (mortgages and loans). Others will go a step further and plan for the ongoing expenses that will continue after their death to provide for their spouse and children.

If you are retired, I am not saying you should run out and get insurance. Insurance is something that most would have purchased when they were young, and the premiums were at their lowest. Many retirees use insurance for tax planning to pay for capital gains tax that their estate will owe upon their death, and this is something that should be discussed with your advisor to see if it is worth the cost. Others may get insurance to provide a personal legacy of remembrance when they die, leaving money to a special charity, a hospital, or even an educational or religious organization.

But to answer Jeanie's request for her son; insurance is definitely something you need during your working years when you have consumer debt and a young family. There are many types of insurance. The basics are for income protection, mortgage insurance and survivor benefits. Most people have life and disability insurance with their employer which is a very inexpensive way to acquire coverage. It is easy to setup an automatic withdrawal from your pay that can provide additional insurance often times for your spouse and children

Mortgage insurance is also something you should have; however, it may not be something you want from your financial institution. You see, this is a major source of revenue for the banks who will always provide mortgage and loan insurance to their customers. The bank insurance is very easy to acquire for the average person but remember the bank

AsktheMoneyLady.ca

is the beneficiary not you. The insurance is to pay off your outstanding mortgage amount at the time of your death. So, if you took out a mortgage for \$400,000 and the premiums were based on this amount, but you died when the mortgage balance was \$150,000, the insurance will only pay off the \$150,000 outstanding balance.

It has always been the practice of good advisors to talk to their clients about insurance. It would be much better for clients to acquire Term insurance, usually at a much lower premium than the bank mortgage/ loan insurance and for a fixed guaranteed amount. With Term insurance your coverage never decreases, your premium is fixed, and you can select who the beneficiary should be. So, if you get a \$400,000 Term policy to cover your debt, but you die when your debt is at \$150,000, like in the example above, your family receives the full \$400,000. They can then pay off the outstanding mortgage and use the balance for something else.

Term insurance is less expensive than permanent life insurance, so it is easy to afford additional coverage for a set period of time during your prime working years. Payments are always locked in and will not change during the term you have chosen. It is a good idea to choose a 20-year term to lock in a lower premium for a longer time frame. You can cancel it at any time, or you can convert your policy to permanent life insurance, usually without having to re-qualify.

Planning for the future should always include the planning for possible unexpected events. Avoid the temptation to put your plans on autopilot. It is important for you to have a well thought out strategy that provides for the loss of income and protection against the unexpected. This means you must have a Will, a Power of Attorney, and Insurance. Don't make foolish decisions to not protect your family and your assets to save a couple dollars. It is not worth it. Smart financial planning means you should never leave yourself unprotected. Really, this is the only way you can ensure the stability of your family should you die unexpectedly. It is your responsibility to have your say in your Will, to ensure your requests are known and acted on in your Power of Attorney, and to ensure your family is not destitute by having life insurance.

Written by Christine Ibbotson, Author of 3 finance books and the Canadian Best-Selling Book "How to Retire Debt Free & Wealthy" www.askthemoneylady.ca or send a question to info@askthemoneylady.ca



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- Be able to do repetitive tasks as required.

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PUBLIC NOTICE

RURAL MUNICIPALITY OF STANLEY PUBLIC NOTICE **REGARDING SPECIAL SERVICE PLAN 16/21** PROTECTIVE SERVICES BY-LAW NO. 16-21

PUBLIC NOTICE is hereby given pursuant to Subsection 318(4) of The Municipal Act that the Council of the Rural Municipality of Stanley has scheduled a public hearing in the Council Chambers of the RM of Stanley Municipal Office located at 23111 PTH 14 in the RM of Stanley on the 20th day of May 2021 at 9:15 a.m. to present the following special service proposal:

Special Service Plan 16/21 to set up a rate for a Special Service levy for protective services within the municipality for the years 2022 to 2026. The special service tax will be levied on all taxable, grant-in-lieu, and otherwise exempt properties within The Municipality. The cost for 2021 is \$653,469.00. The estimated costs for

| ateu below as follows. | | |
|------------------------|---|-----------|
| 2022 | = | \$685,000 |
| 2023 | = | \$715,000 |
| 2024 | = | \$745,000 |
| 2025 | = | \$775,000 |
| 2026 | | #00F 000 |

The special service tax will be calculated on the portioned value of assessable property. Based on 2021 actual assessment of 700,856,540 a mill rate of 0.933 will be required. Calculated on a property with a market value of \$250,000 (portioned value of \$112,500) a special service tax of \$104.96 will be levied for the 2021 tax year.

A written objection may be filed with the Chief Administrative Officer at 23111 PTH 14 in the RM of Stanley prior to the commencement of the hearing. At the hearing, Council will hear any potential taxpayer who wishes to make a presentation, ask questions, or register an objection to the by-law.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name, address and property description of the person filing the objection and the grounds of their objection. We ask that you consider submitting your comments in writing to our office by email or mail (drop off box located at the office). If you wish to be present at the hearing, we will require you to contact our office a minimum of 2 business days prior to the scheduled hearing so that we can ensure we can meet the physical distancing requirements. Anyone attending the office will be required to wear a face mask. If you wish to take part in the hearing electronically, please contact mgroening@rmofstanley.ca or call 204-325-4101. Thank you for your understanding and patience.

Copies of the Special Service Plan No. 16/21 are available at the municipal office at 23111 PTH 14 during regular office hours of the R.M. of Stanley. Dated at the RM of Stanley this 21st day of April 2021.

Dale Toews, C.M.M.A. Chief Administrative Officer Rural Municipality of Stanley

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in Morden has 1 bdrm with den suites available. Everything is on one level, indoor heated parking is available, common rooms for socializing and gatherings (when safe), lunches are available 5 days per week. Suites are spacious with open concept, walk-in pantry, utility room is ready for you to bring your own washer and dryer, fridge, stove and dishwasher are provided. All suites have an outside entrance and are connected inside through common hallways. All suites have a patio and a small flower bed. Rent includes maintenance, snow removal, yard care, and all utilities. Call or e mail Cindy at 204-362-7151 or cindyek@mts.net.

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

SENIOR RENTALS

Garden Park Estates in Winkler has suites available.

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

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CAREERS

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A full time Utility Operator / Public Works Employee is required to carry out multiple duties throughout the Municipality of Pembina.

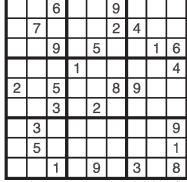
An application package is available by contacting:

Wes Unrau, CAO Municipality of Pembina 360 Highway No. 3 Manitou, MB R0G 1G0

Email: wes.unrau@pembina.ca Phone: (204)242-2838 Fax: (204) 242-2798

The deadline for application submissions is open until filled. Only those candidates chosen for an interview will be contacted.

take a break



Like puzzles?

Fun By The

Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so your sudoku savvy to the test!

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



Sudoku Answer

CROSSWORD

CLUES ACROSS

- 1. Engine additive
- 4. A hearty laugh
- 8. Restrain
- 10. Dried coconut kernels
- 11. Nefarious
- 12. Elderly
- 13. Central part of a church building
- 15. Throw into confusion
- 16. Intestinal
- 17. Qualities of being religious
- 18. Live up to a standard
- 21. Seize
- 22. Go quickly
- 23. Automated teller machine 24. Bowling necessity
- 25. One point east of due
- south
- 26. Japanese honorific
- 27. A way to induce sleep 34. Makes cash register rolls
- 35. A city in S Louisiana
- 36. Make more cheerful
- 37. Manicurist
- 38. Consents
- 39. Network of nerves
- 40. Mocking smile 41. It covers the body
- 42. Partner to pans
- 43. Perform in a play **CLUES DOWN**
- 1. Beautiful

- - 2. Polynesian island country
 - 3. Shrub of the olive family
 - 4. Self-governing Netherlands territory
 - 5. Shared one's view 6. Tailless amphibians
 - 7. Charge passengers must
 - pay
 - 9. Sound sheep make
 - 10. Known for sure 12. Filled with unexpressed
 - anger 14. Student (abbr.)
 - 15. Criticize
 - 17. Gathering place
- 19. Informal alliances

- 20. One's mother (British)
- 23. Landholder 24. Peter's last name
- 25. Parties
- 26. Title of respect
- 27. Red wine
- 28. Pearl Jam's debut 29. Shaft horsepower
- (abbr.) 30. Frosts
- 31. Cry of joy
- 32. Induces vomiting
- 33. Mother or father
- 34. Dal __: Musical navigation marker
- 36. Door fastener part

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Winkler Morden



NOW HIRING

Boyne Lodge in Carman is now accepting applications for the following positions:

Food Services Manager

Cook Level 1

Cook Level 2

Cook Level 3

It is important that you indicate which position(s) you are applying for and expected wage range in your cover letter

> Resumes with references will be accepted by email only to: tyler@townofcarman.com by May 6, 2021

Only successful applicants chosen for an interview will be contacted.

SERVICE ADVISOR



Nordal's Napa **Autopro** Mechanical

317 First Avenue, Arborg, MB Respond by email to: nordals@mymts.net

SERVICE ADVISOR

- Full Time Position \$17-\$21/hr depending on experience plus bonus Hrs Mon-Fri, 8-5 Benefits (Health, Dental, Life)

Job Overview:

- Primary liaison between customers and Service Department
- Assist customers with vehicle repair needs
 Responsibilities and Duties:
- Prepare work orders, estimates, order/return parts and prepare final invoice
- Keep customer informed and ensure customer's satisfaction

Qualifications and Skills:

- A positive, pleasant attitude
- A good grasp of technologyKnowledge of auto parts and repairs
- Strong problem-solving skills
- Excellent communication skills Professional personal appearance
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Requirements are: minimum class 5 driver's license, positive work attitude, able to work well with others or alone, safety oriented, work extensive summe hours including some weekends work away from home.

If you are interested in joining a well-established and grow-ing company with room for advancement, please visit us at 1200 Lorne Ave. E. in Portage La Prairie, MB to fill out an application, apply online at www. efmoon.ca, or email a resume to toddt@efmoon.ca



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Nutrien Ag Solutions

EMPLOYMENT OPPORTUNITY

We are currently looking for a motivated individual to fill a

CROP PRODUCTION ADVISOR position at our Carman location

Duties Include:

- Responsible for meeting and exceeding annual sales goals and profit margin objectives as set by branch management
- Implement on-farm based sales strategy to promote Nutrien Ag Solutions' products and services
- Maintain and analyze a database/record of customer profiles (product usage and service requirements) in order to identify, categorize, and prioritize customer base
- · Develop and maintain effective business relations with current and potential future customers, based upon an approach that targeting customer with whom the company can profitable to do business
- · Provide timely service as well as agronomic information and advice to current and potential customers Arrange for access to specialists where necessary to bring mutual benefit to the customer and the organization
- Arrange for customer learning opportunities that provide incremental value
- Keep informed of competitor activities within the market area and recommends marketing program and service revisions
- Review customer accounts to ensure that payments are within the approved credit policy and performs collection functions as required
- · Monitor competitive activity and trends
- Keep records and prepare reports on sales activities
- Interpret soil, tissue and water analysis
- · Initiate trials that will support marketing efforts
- · Research and respond to technical inquiries

Skills required:

- Strong time management, planning and multi-tasking skills
- Excellent communication and people skills, both written and oral
- Strong computer skills including all Microsoft applications (Word, Excel, and Outlook)
- Ability to work independently or as a part of an effective team Conducts themselves in a professional manner, and ability to keep confidential information
- Agronomy background or farm background would be an asset · Previous sales experience

Interested applicants should send their resume in confidence directly to: **Nutrien Ag Solutions Carman**

Attention: Graham McIntosh, Branch Manager PH: 204-745-3939

Email: Graham.McIntosh@nutrien.com

PUBLIC NOTICE



The RM of Stanley is completing a planning process to develop the Reinfeld Secondary Plan to provide the RM with a guiding document to direct future land use, development, servicing, and transportation in Reinfeld's key future growth areas.



Secondary Planning Area

What is a Secondary Plan?

A Secondary Plan is a land use policy document that contains detailed guidance on land use, infrastructure, servicing and future zoning related decisions for a specific area. Once formally adopted as a Bylaw, all land use, development, servicing and transportation infrastructure within the study area must generally align with the direction contained in Secondary Plan.



What are the next steps?

Draft Secondary Plan and Survey

The draft Secondary Plan is now available for review on the RM website. We invite residents to review the draft Plan and complete a survey to record you comments and feedback

Draft Reinfeld Secondary Plan: https://www.rmofstanley.ca/p/reinfeldsecondary-plan

Community Survey Link: https://www.surveymonkey.ca/r/ ReinfeldSecondaryPlan



Virtual Community Meeting

We will be hosting a virtual community meeting to present the draft Secondary Plan and respond to questions. Your input will ensure the Secondary Plan meets long term community needs while considering infrastructure investment, sustainability, and existing development in Reinfeld.

Date: Wednesday, May 19, 2021 Time: 6:30PM - 8:30PM Zoom Link: https://zoom.us/j/2046888207

URBAN

Announcements

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The family of John J Hamm, were pleased to celebrate Dad's 101st birthday on April 22. We thank God for your positive influence in our lives; always thankful and content in all circumstances! We thank the great staff at Salem for the love and care you give Dad as well as our family!

OBITUARY

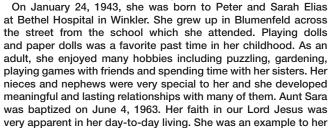
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Classifieds

Sara Elias 1943 - 2021

Sara Elias of Winkler, MB formerly of Blumenfeld passed away peacefully at Salem Home at the age of 78 on Friday April 23, 2021.



family and anyone who knew her. Aunt Sara worked at Salem Home for many years which also brought many new friends into her life.

She was a quiet, independent and content person which was evident with the many changes she had to make in the last years regarding her health. 2 Corinthians 4:17 "For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory" was one of the verses she would find comfort in when life was not always easy. Arthritis and Mylar Dysplasia were her biggest challenges in the last several years.

She is survived by one brother, several sisters-in-law, many nieces, nephews and friends. She was predeceased by her parents, three sisters and eight brothers.

Private funeral service was held on Wednesday, April 28, 2021 at Wiebe Funeral Home, Winkler with interment at the Blumenfeld Cemetery.

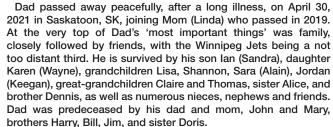
A special thank you to the Salem Home staff for the care they provided to her as well as to Wiebe Funeral Home of Winkler for their kind service.

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



OBITUARY

DYCK, Edward John May 30, 1939 - April 30, 2021



Originally from the Plum Coulee area of Manitoba, Dad grew up in Winkler. He moved to Winnipeg to attend Manitoba Technical Institute, where he met mom. They were married in 1961, and

settled into a house on Hillary Bay that would be home for 54 years. In 2018 they moved to Saskatoon to be closer to Karen's family. Dad, a master machinist, was very proud of his work. He helped build barges in the Beaufort Sea, an ocean-going tug in St. John's Nfld, and snow mobile trailers and CB radio towers in his garage. He was also an entrepreneur, creating and growing Hillary Production Machine Co., from a single turret lathe to a successful Winnipegbased company that three generations of Dad's family found homes at. Dad was an artist, and he loved making things...especially with metal, like the exquisitely fashioned replica brass naval cannon and picnic tables that he made for his children. Over all of that, though, it was all about family. Backyard BBQ's, beer in the garage fridge, the pool. Summers at Big Whiteshell Lake, in a tent, a tent trailer, an EEE trailer, and a cottage over the course of 40 years. Fishing, skiing, wieners and beer at the fire, or simply sitting on the dock, talking. Family get togethers whenever and where ever family gathered. Jets games since 1972.

Dad was a fighter, and he had to be over the last couple of years. Mom passing, having cancer and then a heart attack thrown at him, all while dealing with the isolation that Covid has enforced upon all of us.

Dad, there are so many things that will call you to our minds, forever. We miss you.



A service, and saving good-byes, will wait until we can all travel safely again. To share memories and condolences, visit www.parkfuneral.ca "Obituaries-Guestbook". Arrangements entrusted to Lauren Weafer. Park Funeral Home 306-244-2103

Annie Katherine Froese (nee Martens) 1938 - 2021

On Friday, April 30, 2021 at Salem Home in Winkler, MB, Ann Froese, 83 passed away.

She leaves to mourn her passing, one daughter, Val Froese; four sons, Mike and Betty, Matt and Candace, Steve and Paula, Nathan and Marlene and eight grandchildren. She was predeceased by her husband, Harry Froese in 2016.

Private graveside service was held at the Plum Coulee Cemetery. Donations may be made in Ann's memory to Siloam Mission.

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











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