

LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY



**ED'S TIRE**  
edstireservice.com

**FULL MECHANIC SHOP & ALL YOUR TIRE NEEDS**  
HOURS: Mon-Fri 8AM-5:30PM | Sat 8AM-12 noon

**SPRING TIRE CHANGEOVER**  
**SWAP WINTER TIRES FOR SUMMER TIRES**

- Balance all four wheels
- Reset tire pressure monitoring system
- Multi-point safety inspection
- Free tire storage

Rebates available

80 THORNHILL ST, MORDEN | 204-822-6127  
273 MAIN ST S, CARMAN | 204-745-2300



# Saving the planet

Students in the Cultural and Educational Centre LEADER program held a special "Let's Save Our Planet Together" celebration Saturday. For more, see Pg. 16.

PHOTO BY LORNE STELMACH/VOICE

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

**VOTE JOSHUA OKELLO**

**JOSHUA OKELLO**  
PC PARTY OF MANITOBA  
For Morden Winkler MLA

Renewing Hope • Uniting Our Communities • Leading Economic Progress

At a time when trust and hope in our elected leaders is at its all-time lowest, I want to champion trust back. Our constituents are facing myriads of challenges, but I believe we can overcome these obstacles if we renew our hope and work together

**VOTE MAY 15 • 4 pm-8pm • Threshermen's Museum • [www.votejoshokello.ca](http://www.votejoshokello.ca)**

# Kathy Ritchie to receive Citizen of Distinction Award

By Lorne Stelmach

This year's recipient of the Citizen of Distinction Award in Morden believes that being involved in the community and volunteering is reward in itself.

Nevertheless, Kathy Ritchie appreciates the recognition from the Morden Area Foundation and hopes it can have a ripple effect.

"I hope that it will motivate citizens of Morden to honour other volunteers in our city. I am one small piece of the volunteer mosaic that makes up our city," said Ritchie. "I feel humbled by the nomination, and I want to thank the nominators."

Ritchie has lived and worked in Morden for over 50 years and has been actively involved on countless committees and executives, supporting many organizations, fundraising initiatives, and community events.

Her nomination cites her firstly for having volunteered and supported multiple sports leagues over the years, including minor hockey, baseball, and ringette.

She served for many years on the Morden ringette executive and the provincial regional ringette executive as well as a special provincial com-

mittee to help improve and grow the sport.

She also served on the Morden ladies curling club executive and volunteered for special events, including being the registrar for the Manitoba Summer Games when it was hosted by Morden.

Ritchie has volunteered countless hours as a member of the St Paul's United Church, including 20+ years with the adult special needs group and teaching Sunday school.

She spent two terms from 2007-2015 with the Morden Area Foundation, including as chairperson, and was instrumental with many new directions and initiatives.

"Kathy possessed great people skills and she professionally led the board and the foundation's executive directors, making use of her strong leadership skills," the nomination said. "She was always very involved in the governance of the foundation, and this skill was greatly appreciated."

From 2015-2023, Ritchie has continued to be involved with the foundation as a volunteer and a mentor. She was instrumental in developing the Women's Giving Circle fund, which focuses on supporting women and

education within the community. This eventually transformed into the Power of the Purse fundraiser, which has raised money for the past eight years in support of a myriad of local programs.

Ritchie has also been a longtime volunteer for the Morden Corn and Apple Festival, specifically helping with the corn husking committee, and has volunteered time at the Morden library and the Morden Community Thrift Shop.

Ritchie passed on credit to all those around her who have helped her and encouraged her to be involved in the community.

"I have been surrounded by friends, family and co-workers who have inspired me to become involved in community organizations. This involvement has provided me with many opportunities to be part of our volunteer community.

"Successful events and vibrant organizations motivate me to be involved as a volunteer," she said. "We moved to Morden in 1971. It is a city that has grown and changed, and I am proud to be part of this community.

"It is a city that has provided many opportunities to be involved in organizations that benefit our families



VOICE FILE PHOTO

Kathy Ritchie will be recognized for all her volunteer work in the community with this year's Citizen of Distinction Award.

our friends and our neighbours," Ritchie concluded. "I am grateful for the chances that I have had to be involved, and I am also grateful to my family who supported my volunteer endeavours."

A date to celebrate Ritchie and present her with the award has not yet been set.

A colorful advertisement for Morden's Multicultural Winterfest. At the top left is a white snowflake icon. To its right, the text reads "Morden's Multicultural WINTERFEST". Below this, a large purple circle contains the text "FREE MULTICULTURAL DANCE" in white and yellow. Underneath the circle, it says "MAY 19, 2023" in yellow, "7 PM TO 9 PM" in white, "ACCESS EVENT CENTRE" in white, and "FAMILY FRIENDLY!" in yellow. At the bottom, it says "RESERVATIONS AT WWW.MYMORDEN.CA OR PICK UP YOUR FREE TICKETS AT 133 - 7TH STREET" in yellow. The background features a woman in a blue and red costume dancing. At the bottom left are logos for Southern Health and Santé Sud. At the bottom right is the word "Morden" in a script font. At the very bottom, it says "THANK YOU TO HEALTHY COMMUNITIES / SOUTHERN HEALTH FOR THEIR SUPPORT" in white.

## Book sale raises \$10K for children's burn unit



PHOTO BY LORNE STELMACH/VOICE

Morden Fire & Rescue held its annual book sale Friday and Saturday, with all of the proceeds going to the Children's Hospital burn unit in Winnipeg. Organizers were ecstatic after having brought in an estimated \$10,000. "We usually take in around \$3,500 to maybe \$5,000," Chief Andy Thiessen had noted previously.

# Winkler Harvest Festival announces its headliners

Crash Test Dummies, Hunter Brothers, and We Are Messengers to perform

By Ashleigh Viveiros

The Winkler Harvest Festival has lined up three big names in rock, country, and Christian music to headline the 2023 edition of the community celebration.

Taking to the Parkland stage Aug. 11-13 are the Crash Test Dummies, the Hunter Brothers, and We Are Messengers.

"When it comes to picking performers to be headliners, there's a lot of things that come into play: Where are they coming from? Are they touring? Do they fit our budget?" shared festival director Nicole Enns. "We try to cater to as many different genres as we can and to have a little something for everyone every year."

The Crash Test Dummies will anchor the Friday night stage line-up.

They're a band fans of '90s music es-



pecially will enjoy, noted Enns.

The Winnipeg-based group rocked the Canadian charts with their 1991 hit single "Superman's Song" and then found international success with their 1993 single "Mmm Mmm Mmm Mmm." Other notable hits include "The Ballad of Peter Pumpkinhead" and "Keep A Lid on Things."

This year they've released a new original single "Sacred Alphabet" and have been touring North America and Europe.

On stage festival Saturday are the Hunter Brothers, who performed at the festival back in 2017.

"They've been here a few times before and they've been a bit hit," Enns said.

The group is made up of five brothers from Saskatchewan who made the Billboard Canada Country charts with their debut single "El Dorado" in 2016. Since then, their single "Born and Raised" cracked the Top 10 and 2019's "Lost" was a #1 hit.

The group has earned multiple Canadian Country Music Association Award nominations, JUNO Award nominations, and Saskatchewan Country Music Association Award wins.

Wrapping things up festival Sunday is We Are Messengers, a Christian rock/pop band originally from Ireland but who today call the U.S. home.

Their self-titled first studio album in 2016 hit the top 10 on the Billboard album charts while their 2019 follow-up, *Honest*, reached the top 10 on the Billboard Christian albums chart.

"They're another group that came highly recommended," Enns said.

Joining these three headliners in performing festival weekend will be a host of other acts, the details of which are still being firmed up.

"There's going to be some openers that are really, really awesome that you won't want to miss," Enns said, "along with some local talent performing in the beer gardens."



SUPPLIED PHOTOS

The Crash Test Dummies (above), Hunter Brothers (below), and We Are Messengers (left) are this year's big stage acts for the 2023 Winkler Harvest Festival.



## ZAHID ZEHRI

For Morden—Winkler

THANK YOU FOR YOUR SUPPORT,  
NOW I NEED YOUR VOTE  
TO WIN THE NOMINATION

**May 15th, 2023**  
4:00 p.m. - 8:00 p.m.  
Candidate Speeches @ 6:30 p.m.

**Vote in person @ Pembina Threshermen's Museum**  
24102 PTH 3, Stanley  
between Winkler and Morden

Our team can pick you up and drop you off if needed  
For more information call 204-312-0786 or  
204-493-1300 or 204-325-5306

I will be a strong voice for our community and a champion of diversity.

## Our mistake

Our story last week on the Back 40 Festival incorrectly stated that Joey Landreth would be performing at the June 4 festival alongside band The Bros. Landreth.

Landreth will in fact be performing solo as the festival's headliner.

We apologize for the error and any confusion it may have caused.

Adult & Teen Challenge

# SuperThrift

**HOURS OF OPERATION:**  
Monday - Friday  
9:00 am - 5:30 pm  
Saturday  
9:00 am - 5:00 pm

SHOP AND  
DONATE

NEW ITEMS GOING  
OUT DAILY

**324 CARGILL ROAD, WINKLER**

Like Us On  
**facebook**

# Quilting skills on display at Barnswallow show

By Lorne Stelmach

Quilting has long been a creative outlet and also a means of connection

for Jean Motheral.

The Morden resident enjoys the craft, and it is also meaningful for her, especially when she is making some-

thing for someone else.

"Sometimes I make special things for special people," said Motheral, who was the feature quilter this past weekend at the Barnswallows Quilters quilt show at the Access Event Centre in Morden.

"I like working with fabric, and I like

making things and giving them as gifts. I would rather give something I made as a gift rather than something I just went and bought. I think it means something more to the recipient."

Motheral cited, for example, one larger quilt made for her daughter when she was getting married.

"Each block represents something in her life," she said, adding that she was on a deadline in this case "so I did nothing else pretty much for four months ... its all machine joined but then I hand quilted it."

"And there's a bookcase quilt I made for a niece when she graduated because she was really into literature and writing stories and so on."

Quilting wasn't really something that Motheral was drawn to earlier on in life, though there was some family connection to it.

"I was a home economics teacher, so I've always been interested in sewing. I was a 4Her to start with," she said.



PHOTO BY LORNE STELMACH/VOICE

Jean Motheral was the feature quilter at the Barnswallow quilt show in Morden last weekend. Here she is with a piece she created for her daughter in celebration of her wedding. Right: Another piece she did for her niece, an avid reader.



Continued on page 5



**BAY VIEW CONSTRUCTION LTD.**

**South Western Manitoba's Only Asphalt Plant**  
 Located in Morden, MB  
 284 Willcocks Rd.

**ASPHALT & PAVING EXPERTS** | Parking Lots • Driveways  
 Roads • Pathways



**CALL 204-254-7761**  
 OR EMAIL [estimating@bayviewconstruction.ca](mailto:estimating@bayviewconstruction.ca)  
 FOR PICKUP OR INSTALL PRICING



**WISE Kid-Netic Energy**

**a summer with WISE Kid-Netic Energy**

**COMING TO MORDEN JULY 31 - AUG 3**

**FREE! TechToks AGES 13-15**

"Byte"-sized sessions where participants can sign up for their choice of Coding & Tech topics to explore throughout the week!

**KEEP IT BASIC: INTRODUCTION**  
**GG, GAMERS: CODE YOUR OWN VIDEO GAME**  
**MICRO: BITS OF CODING**  
**ENTREPRENEUR: DESIGN YOUR OWN APP**  
**A+ IN C/C++: A CODING EXPERIENCE**  
**MAKEYMAKEY! YOUR OWN ARCADE GAME**  
**ROBOT RUNDOWN PART 1 & 2**

**Learn More & Register at:**  
[wisekidneticenergy.ca](http://wisekidneticenergy.ca)



**Follow us!**  
 @wisekidnetic

A network member of **actüa** University of Manitoba



> QUILT SHOW, FROM PG. 4

“And I’m ‘Scotch’, so I never threw away any fabric,” she said with a laugh. “I always thought maybe some day I would start quilting and use it up ... but then I found out if you’re a real quilter you buy new fabric, so that’s part of the fun, I guess.

“My grandmother did quilting, but I wasn’t very old when she left us ... I do have some of her quilts, and it’s kind of special to have them,” Motheral continued. “In the community where I grew up, there were quite a few women who did quilt, and I always admired what they made.”

Her pieces are varied and include both machine work and hand work. A number that were on display last weekend were in the log cabin style.

“You can rearrange your blocks. One is also log cabin, but it looks totally different,” Motheral said in pointing to one that she noted likely took the most work and the longest time to complete.

“All these hexagon pieces are joined together by hand, so the whole thing was assembled by hand and then I quilted it by hand as well,” she explained. “I started in 2010 and finally



PHOTOS BY LORNE STELMACH/VOICE

The Barnswallow Quilters welcomed people back for the first time in three years to their annual quilt show last weekend. The quilt guild was celebrating 35 years with a large display of all manner of fabric work by artisans from across the province.



finished it this year; I had put it away for a while in between when I just got tired of working on it.”

Motheral is glad to be part of the quilting guild and to have had the opportunity now to be the feature quilter for the annual show.

“It was a little intimidating, but af-

ter I got everything up, I thought well that actually looks pretty good,” she said. “When I moved to Morden I wanted to learn more about quilting, so I joined the Barnswallows, and I’ve learned so much from the other women.”

# Reinfeld Park



## REINFELD PARK IS HAVING A FUNDRAISER!

Reinfeld Park is hosting a gift card fundraiser May 3 - May 16th, 2023. Purchase a gift card from any of the businesses listed and 10% of the sales will be donated to help build the new community park.



FOR INQUIRIES:  
call 204-362-2428



## BUSINESSES PARTICIPATING:

NEW LEAF GARDEN CENTER

SPENST BRO'S

CO-OP WINKLER

VB'S ENTERTAINMENT CENTER

If you would like to order a gift card in support of the Reinfeld Park call or email us your order today.

INTERESTED IN DONATING DIRECTLY?

call 204-362-2428

email reinfeldpark@gmail.com



# The Voice

# getheard

EDITORIAL > VIEWPOINTS > LETTERS



**PUBLISHER**  
Lana Meier



**MARKETING & PROMOTIONS**  
Brett Mitchell



**EDITOR**  
Ashleigh Viveiros



**REPORTER**  
Lorne Stelmach



**REPORTER**  
Lori Penner



**COLUMNIST**  
Peter Cantelon



**SALES**  
Gwen Dyck



**PRODUCTION**  
Nicole Kapusta



**PRODUCTION**  
Tara Gionet



**DISTRIBUTION**  
Christy Brown

The newspaper is supported solely by advertising dollars. If you enjoy the paper and would like to see it grow and prosper, visit any of the advertisers and businesses in our rural communities. Keep your dollars working at home and shop local.

Our commitment to you: we want to help build stronger communities through articles that both inform and entertain you about what's going on throughout the Pembina Valley. This is your community newspaper—let us know what you want to see in it.

**OUR SISTER PUBLICATIONS**



• DON'T MIND THE MESS

## I'll find you on that carefree highway

**I** just lost a dear companion. The thing about dear companions is that they become such an integral thread in the fabric of your life, you take them wild-ly for granted.

Until they're gone. Gordon Lightfoot was 84 when he moved on to his carefree highway last week, having lived, as they say, a good long life. But for most Canadians, it just wasn't long enough.

I've been immersing myself in his music for days now, torturing my heart and my soul with nostalgia. Salt in the wound maybe. Or a soothing balm. They're strangely the same.

There are certain songs, when you hear them, that immediately stir images of people, places, and events from long ago in your past. Some of those musical memories are so strong, you actually begin to feel connected to the person you were the first time you heard them.

Gordon was attached to some of my oldest memories. I can't remember the first time I heard "If You Could Read My Mind," "Sundown," or "Wreck of the Edmund Fitzgerald" but whenever I hear them now I find myself young again, on a humid summer afternoon on the farm where I grew up, chasing butterflies with my sister, hanging around my brothers with

their new 8-track or cassette players, in my mother's busy kitchen, driving with my dad down some dusty country road, or experiencing a first love that has always been my standard for every love after.

There are many singer/songwriters that I absolutely love, but few who could paint the colours of my emotions like he could.

To say I was influenced by his music is a wild understatement, even though I didn't have it on replay all day long. It just seemed to show up randomly, just when I needed it the most.

There are ghosts of those songs that have lingered with me my whole life, popping up on a car radio, a random Spotify playlist, or the canned music in the grocery store. They catch me by surprise every time, carrying me back to places in my heart I wish I could visit again. Causing tears and smiles. His folksy sound and quaint lyrics, coupled with that rich Ontario accent resonated with me, a shy Canadian girl who felt everything far too deeply.

As "Carefree Highway" says, they turned back the pages of the times I

loved best, returning me to the good old faithful feelings I once knew.

As I formed new memories in my adult years, his songs reminded me that life didn't have to be as complicated as I was making it. Songs about picking up the pieces of my sweet, shattered dreams made me feel like I wasn't alone in my mess. They reminded me that I had seen better days. Songs like, "Did She Mention My Name?" washed me with nostalgia, reminding me that the number of birthdays you've had really means nothing at all, and our hometowns are often the places we end up missing the most.

I see younger people posting videos, talking about all of us Gen. Xers or Baby Boomers waxing nostalgic on our old, outdated music. And you know, guilty as charged. I'm a good target for that. But it doesn't bother me. I probably did the same thing when I was their age, when my parents hauled out their ancient LPs.

But I sincerely hope that the current generation should be so lucky as I have been to form these powerful

Continued on page 7

### Letter policy

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

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

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

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

Send your letters to us by e-mail at [news@winklermordenvoice.ca](mailto:news@winklermordenvoice.ca).

*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 Voice.*

**GET IN TOUCH WITH US**

**GENERAL INQUIRIES:**  
204-325-6888

**ADVERTISING:**  
Gwen Dyck 204-823-0535  
[gdyck@winklermordenvoice.ca](mailto:gdyck@winklermordenvoice.ca)

**Advertising Deadline: Monday at 4 p.m.**

**NEWS DESK:**

Ashleigh Viveiros Editor  
204-332-3456 [news@winklermordenvoice.ca](mailto:news@winklermordenvoice.ca)

Lorne Stelmach Reporter  
204-823-2655 [lstelmach@winklermordenvoice.ca](mailto:lstelmach@winklermordenvoice.ca)

**MAILING ADDRESS:**

**Winkler Morden Voice**  
Box 39, Stonewall, MB R0C 2Z0

The Voice is published Thursdays and distributed as a free publication to 21,141 households. Republishing in whole or in part without permission is prohibited. Printed in Canada by Prolific Printing. The Voice received financial support from the Government of Canada in 2021.

View the Voice online at [www.winklermordenvoice.ca](http://www.winklermordenvoice.ca) or [altonavoice.ca](http://altonavoice.ca)

# Getting real about discussing mental health

By Ashleigh Viveiros

Eden Foundation invited community members to Winkler Arts and Culture every night last week to “Get Real” when it comes to talking about mental health.

The foundation’s Mental Health Awareness Week activities featured local people sharing their stories.

“It’s been extremely enlightening and has really opened our eyes to different aspects of mental health in the community,” said director of development Jayme Giesbrecht ahead of Friday night’s presentation.

“Every single evening we’ve had people coming up to us and saying how much they enjoyed it or what they leaned from it or

even sharing their own mental health stories,” she continued. “To me, that’s the greatest win is that, by seeing and hearing others share from the community, people are feeling brave enough to share their own struggles.”

Things kicked off Monday with immigrants talking about some of the mental health challenges they faced after moving to Canada.

Tuesday saw Eden Health Care Services staff share a bit about their work and offer advice on topics such as mindfulness.

Wednesday had participants painting positive messages on rocks to be hidden around town.

Thursday featured a presentation from life coach and author Anita Froese on living authentically.

And Friday’s session saw Winkler Fire Chief Richard Paetzold and Boundary Trails Health Centre palliative care nurse Blake Derksen speak candidly about the stresses of their jobs and how they deal with them.

Derksen explained he is one of two dedicated palliative care nurses at BTHC who help patients and their

families navigate end of life care.

“Caring for someone in their last days, weeks, or months is stressful,” he shared, noting staffing shortages don’t make things any easier as patient loads increase. “We all want the best for our patients and we invest ourselves in their care, trying to provide comfort and compassion.

“This care also involves caring for their families. There are times when we spend as much time or more supporting loved ones.”

They’re with people at an incredibly emotionally and taxing time in their lives, and that can certainly take a toll on them as caregivers, manifesting in a host of emotional and physical symptoms.

“This exposure to difficulty can lead to emotional burnout and compassion fatigue,” Derksen said, noting it can be hard not to let work follow him home and into interactions with his own family. “Sometimes it feels like you have an emotional/sympathetic tank that has just run dry.”

Dealing with grief is also part of the job.

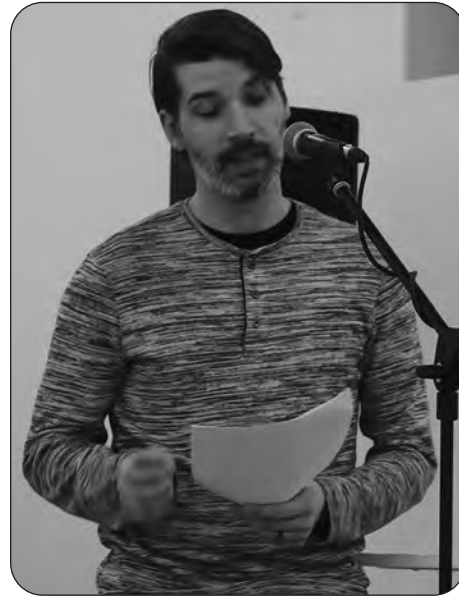
“Yes, this is our job and we know that these are expected deaths, but our patients are still people and we still feel the loss.”

Staff lean on each other to commiserate on tough cases, Derksen said, holding debriefing sessions as needed to provide support, as they did after one recent busy stretch of losses.

“We talked about the ones we remember, the ones we wish we could have done better with, the families we grew to know, and the ones that died too quickly,” he said, adding that “holding each other up and sharing our grief” was a way to help everyone cope with it.

Self-care is also hugely important when it comes to maintaining one’s mental health, Derksen stressed.

“Doing our best to maintain a



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

BTHC palliative care nurse Blake Derksen (left) and Winkler Fire Chief Richard Paetzold shared their stories Friday night as Eden Foundation wrapped up five days of Mental Health Week activities at Winkler Arts and Culture.

healthy lifestyle and find time to relax, spend time with family, or just to sleep,” he said, noting spiritual support can also be part of that, and BTHC has a spiritual care coordinator who is there not just for patients and their loved ones but staff as well.

## A MENTAL PHOTO ALBUM

Chief Paetzold reflected on his 32-year career as a firefighter and how some of the emergency scenes he’s responded to have deeply affected him.

“My journey is a photo album, and there’s entries being made in it almost every day,” he began, explaining every tough call leaves an image behind that might be called to mind unexpectedly years later.

His first bad call as a rookie firefighter was a multi-vehicle collision that caused several deaths.

“It was a long extrication and I saw sights and sounds and smells that nothing can ever pre-

pare you for,” Paetzold recalled. “So began the first ‘photo’ put into my fire service photo album in my head.”

There have been countless other entries over the years, of other high-impact vehicle collisions, suicides, fires, workplace accidents.

There have been times where he felt he didn’t do enough, wasn’t prepared enough, Paetzold said, sharing the story of a pulp mill worker who had fallen into a boiler.

Firefighters struggled to get him out, spending hours in futile attempts until the right equipment could finally be brought in. While the man survived, he was paralyzed.

Continued on page 8

**“SOMETIMES IT FEELS LIKE YOU HAVE AN EMOTIONAL/SYMPATHETIC TANK THAT HAS JUST RUN DRY.”**

## > DON'T MIND THE MESS, FROM PG. 6

memories, with music such that when they hear a song, years down the road, it immediately transports them back to simpler moments, simpler memories.

I was lucky to have Gordon Lightfoot in my life. And the CD featuring all his hits will remain in my car stereo, on replay, for many more days to come. Not because I like to cry.

But because they remind me that our touchstones matter. National treasures and gifts that come and go - they matter. For a short time, we had that spark. And it’s up to us to remember it for what it was and cherish it for what it always will be: the sweet, simple, soulful anthems of our Canadian hearts.

## Notice of Environment Act Proposal

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

**HERMAN NEUFELD - HERMAN NEUFELD AUTO-WRECKING - FILE: 6132.00**

Herman Neufeld proposes to operate an auto-wrecking facility on portions of NE 28-1-4 WPM within the Rural Municipality of Stanley, Manitoba. If approved, the facility will collect, store, dismantle, and recycle vehicles and scrap metals. Non-recyclable materials will be transported to a licensed facility for further processing, reuse, or disposal. No hazardous waste is disposed of at this location.

**Anyone likely to be affected by the proposal and who wishes to comment, should contact Mehak Bajwa, Senior Environmental Engineer, in writing or by email at Mehak.Bajwa@gov.mb.ca no later than May 29, 2023. Further information is available from the Public Registry: [www.gov.mb.ca/sd/eal/registries](http://www.gov.mb.ca/sd/eal/registries)**

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

**Environmental Approvals Branch  
Manitoba Environment and Climate**

14 Fultz Boulevard (Box 35)  
Winnipeg MB R3Y 0L6

Toll-Free: 1-800-282-8069

Fax: 204-945-5229

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





# Getting active for Mental Health Week

A small but game group did some Zumba last Wednesday as part of the Mental Health Week activities in Morden. The free events also included a Better Seep, Better Health workshop Monday, cardio drumming Tuesday, yoga Thursday, and a paint night Friday. Mental Health Week is a national campaign that serves as an opportunity to raise awareness about mental health issues and promote well-being.

PHOTO BY LORNE STELMACH/VOICE

## Masks no longer required in most health-care settings

By Voice staff

The requirement to wear a mask in most Manitoba acute, long-term and community health-care settings lifts this week.

Shared Health announced the change, which applies to most visitors and patients entering health-care facilities across the province, will occur Wednesday, May 10. The move follows similar changes in other provinces in recent weeks.

Individuals who are ill will still be asked to wear a mask when seeking care and should refrain from visiting

or accompanying a loved one receiving care.

"The changes in masking requirements are based on advice given by infection prevention and control experts and reflect the changes we've seen with virus transmission in our province over the past year," said Monika Warren, Shared Health's COO of provincially coordinated health services and its chief nursing officer, in a statement. "Care settings across the province will continue to be mask-friendly. Masks will be available to those who wish to wear them."

Warren noted these changes will

not apply in settings where care is being provided to particularly vulnerable populations, including cancer patients and transplant recipients. Masking requirements in these locations will be clearly indicated with signage.

Health-care workers will continue to have access to medical masks and N95 respirators when needed.

"Masks continue to be an effective way of limiting virus transmission," Warren said. "For individuals experiencing a significant illness or health event, we want to ensure the environments they visit within our facilities

offer them every possible measure to protect their health and wellness."

Warren noted that mask requirements in individual health-care clinics may vary.

In a statement Friday, Terry Penner, executive director at the C.W. Wiebe Medical Centre in Winkler, expressed "thanks to the community for their patience and support of the clinic health care professionals as they navigated through the directives and guidance of Shared Health over the past three years."

## Turning "post-traumatic stress into post-traumatic growth"



PHOTO BY WINKLER ARTS AND CULTURE

Wednesday night's Eden Mental Health Awareness Week event had participants painting rocks with positive messages to hide around town.

From Pg. 7

"It was the most embarrassing point in my career," Paetzold said of the feelings of helplessness and frustration, explaining he's worked hard in the years since to ensure something like that doesn't happen again. That's why Winkler firefighters not only train as much as they do for so many different scenarios but also take the time to take a hard look at what went right or wrong after any given call.

"We try to control the controllables," the chief said, adding it's also a matter of "turning post-traumatic stress into post-traumatic growth. Not just wallowing in the failure but moving towards growth and using those bad experiences to do better."

The department also takes seriously checking in with its members after tough calls to ensure people are supported in whatever they may be feeling, so they can find ways to deal with it in a healthy way.

Still, sometimes the cumulative impact the job has on a person can catch you unaware, Paetzold said, recalling responding to the suicide of a young man and wondering if he had finally reached his limit.

"It's not that I hadn't seen this before. I've seen

many, many suicides over the years ... but it was this time that, after making sure all of my guys were looked after, we'd had our critical incidence stress debriefing, I was standing in the shower and I started to bawl.

"Is this it? Is my photo album full? Is this the end of my career?"

He sought help to deal with it and ultimately decided he had "a few more pages left" in him to continue as a firefighter.

It can be difficult to talk about mental health challenges, to admit you need help, but it is so very important to do so, Paetzold stressed.

"I have a photo album in my head. Every person that has died, every trauma I've seen forms a picture," he said. "If I don't keep up with managing the pictures in my album, they will fall out. Deal with each picture and another page gets put in your album that you can put pictures on.

"When the album is full, I will have to retire," Paetzold reflected. When that happens, he added, he'll find another way to continue his life's work of helping people.

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



# Cossack Kozak Siromaha performs in Morden

By Lorne Stelmach

Kozak Siromaha doesn't just look like a Cossack but actually aims to live his life as one, and he offered a Morden audience a sample of his cultural traditions last week.

The performance last Tuesday at St. Paul's United Church featured music and vocal compositions with Siromaha playing a harmonium, but there was also storytelling about legends, facts and history of the Cossacks, a name which comes from the Slavic word for free man.

"He is a free man," said Yevgeniya Tatarenko, serving as an interpreter for Siromaha. "He keeps improving himself as he goes and developing himself, spiritually and emotionally, and to become braver and stronger, but a lot of it is spiritual development.

"For them, it was very important to not work for owners but to be free. And the centre for them was the God inside ... everything they were doing was based on that trust and believing in God.

"Historically, the Cossacks were Ukrainian warriors in the 16th and 17th centuries," Tatarenko added herself. "They were super strong, so there were a lot of legends that no one could kill Cossacks because they are so strong and spiritual.

"So there's a physical component and a huge spiritual component as well that was leading them, pushing them and keeping them safe and almost magical as well."

Dwelling in the northern hinterlands of the Black and Caspian seas, the Cossacks were a semi-nomadic people with a tradition of independence. They were allowed a degree of self-governance in exchange for military service.

Siromaha lives on the banks of the Dnipro River in a settlement where children are raised in the Cossack culture. He lives according to ancient Cossack traditions and does not consume alcohol or meat.

Continued on page 14



PHOTO BY LORNE STELMACH/VOICE

Cossack artist Kozak Siromaha shared his music with audiences in Morden last week. Left: Some local kids got the chance to learn traditional dance moves.



SUBMITTED PHOTO



**SAVE UP TO 15%\***

ON SELECT **CNH INDUSTRIAL** HAYING PARTS:

- SHOCK HUB REPAIR KIT (years 1990-2014) - 87580643
- SHOCK HUB REPAIR KIT (years 2014-present) - 47422576
- PICK-UP TINE - 87394242, 87394243
- GUARD - 86615982BDS

While quantities last. Sorry - no rainchecks!

**10% OFF ALL CNH HAYING & FORAGE PARTS\***  
Come stock up and SAVE on all your Case IH and New Holland Hay and Forage parts. Have your Balers, Haybines and Discbines ready for the season.

\*Minimum \$750 purchase required.

## CNH HAY EQUIPMENT INSPECTION



**ROUND BALER**

76+Point Inspection

**MOWER CONDITIONER**

79+Point Inspection



**ONLY \$599 per unit**

See dealer for details.



© 2023 Rocky Mountain Equipment LP. All logos and designs are trademarks of their respective companies. \*Cannot be combined with other offers. Availability may vary by location. While supplies last. Pricing subject to change.

# Faces of Gateway gala returns

By Ashleigh Viveiros

Gateway Resources celebrated the return of its Faces of Gateway gala Thursday night after a three-year absence.

The evening is a chance to shine a spotlight on the agency's programs for adults living with intellectual disabilities, explained CEO Kim Nelson.

"Gateway's like a puzzle, with multiple pieces that are put together to be part of the community," she said.

The organization provides participants with a variety of support services—residential, recreational, life skills—as well as work placements both at Gateway (such as its recycling and woodworking departments) and out in the community.

"Tonight's theme is growth and gratitude," Nelson said. "I have had the privilege to work at Gateway for many years. This has given me the opportunity to see the changes and growth within our organization and with the community.

"I have a hard time keeping track of the years. To me this is an indicator of the strong foundation Gateway was built on. Each day and in each area

of Gateway there are challenges and opportunities. But with gratitude and grace, even challenges can be turned into opportunities."

A few new opportunities the agency shared with its supporters included plans to build two new accessible homes in Winkler's North Point area for participants transitioning from the Manitoba Developmental Centre (MDC) in Portage la Prairie to community living.

"We've already worked with two individuals who have moved from there to our existing residences," shared Dianne Hildebrand, director of housing, in a video shown that provided a glimpse at Gateway's ongoing programs and future plans. "Now we're building new homes for six more people to make their home in these communities, so we're excited about that opportunity."

The second big project in the works is a new building going up at Main Street South and Peters Avenue in Winkler that will house the Senior Activity program on the main floor and Supported Independent Living (SIL) apartments upstairs.

"Our current location that we serve



PHOTO BY ASHLEIGH VIVEIROS/VOICE

At the Gateway Resources gala last week, Patsy Wharf (left) and Colleen Mourant shared their experiences as participants of Gateway Resources' Senior Activity and Supported Independent Living programs, respectively.

the seniors from is not as adequate as we would like it to be, just because the needs are growing," said Tim Hamp, director of day services. "With people getting older at Gateway, there needs to be an opportunity for them to continue to connect not only socially but recreationally.

"Having this new space being built is not only exciting but also encouraging for everyone that's currently a part of the seniors program. It's something that we've been looking forward to for the last number of years."

The second floor will provide much-needed living space for participants in the SIL program. There will be a total of seven one-bedroom apartments.

"The Supported Independent Living program is growing a lot, and availability of apartments isn't consistent," noted Hildebrand, explaining these units will allow participants to live independently but still be connected to the Gateway community. The main floor of the building, after the senior program is done for the day, can be used as a communal gathering space.

Colleen Mourant has been part of the SIL program for several years now. She was one of two Gateway participants to serve as guest speaker at the gala.

"In 2017 I started volunteering at Katie Cares/Katie's Cottage, which

Continued on page 17

<b>Winkler Location:</b> 431-350-0270 Zara's Gardens 1/4 mile W of Winkler	Mon-Fri: 9am-9pm Sat: 9am-6pm
<b>Morris Location:</b> 204-746-8505 Hwy 23 East of Morris	Mon-Fri: 9am-9pm Sat: 9am-6pm Sun: 1pm-5pm

🌸 GIFT CERTIFICATES AVAILABLE 🌸

2" Wave Petunias

**\$1.39**

3" Perennials

**\$3.99**

BUY 10 GET 1 FREE

Lillies

**\$7.95**

REG. \$11.95

2" Seed Geraniums

**\$1.39**

**GREAT DEALS! - MAY 11-17**

THE TRADITION CONTINUES - WE GROW HUNDREDS OF THOUSANDS OF PLANTS!

# Scenic Flight Tour

**\$119** FOR A 3 PERSON FLIGHT TOUR

Book Today!

LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-651-1402

# get informed

## City hosts open house on Winkler arena reno plans

By Ashleigh Viveiros

Community members and recreation groups got the chance last week to let the City of Winkler know what they want to see from the Winkler Centennial Arena redevelopment project.

The City held a series of stakeholder meetings at the arena throughout the day May 4 and then welcomed the community at large to an open house at day's end.

"We had various tiers of user groups that we're working with as stakeholders to get information on what does the community see as some of the needs and some of the wants for the redevelopment," said city manager Jody Penner.

Among the groups invited to share their thoughts were reps from the local minor hockey and figure skating programs, the high school hockey programs, the Winkler Royals senior team, and the Winkler Flyers junior team. City staff also weighed in on what they're seeing as needs in the aging facility, which was built to mark Canada's centennial in 1967.

The consultation process will ensure "that we're building something that's

right for the community and that's going to last for a growing community," Penner said, sharing a few common threads that came up in speaking with user groups.

"We're hearing about capacity. People are looking for some extra seating," he said. "Storage is a big thing as well.

"From our internal stakeholders, [it's] flow through the building. Things have changed a lot since we built the Meridian Exhibition Centre. Some people come in through that entrance and some people come in from the east side and so they're talking about access control and things like that."

They're also looking at ways to revitalize the Royal Hall upstairs, improve the arena's lighting system, make the facility more accessible for the mobility challenged, and increase overall energy efficiency.

"This is an old building, it's a centennial arena, and it isn't as efficient as it could be for current standards," Penner said. "So a big change will be in energy efficiency, insulation, the cladding of the building, the mechanical system, ventilation—all of those



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Winkler Centennial Arena user groups and community members were invited to share their thoughts on renovation plans for the facility last week.

things are going to see a big boost to current code."

Cost estimates for the project are still being developed, but the City has secured nearly \$8 million in funding from the federal government already and is waiting to hear if the province will come on board with support as well.

"In the end, the funding that we get and then the scoping that we do with our stakeholders is going to determine the size of the project," Penner said.

The plan is to spend the spring and

summer getting community input and firming up the scope of the project so that it can move into the design phases next winter.

Penner said they hope to begin construction immediately after the end of the 2023-2024 hockey season and to reopen the space in time for the 2025-2026 season.

You can learn more about the renovations and weigh-in with your thoughts online at [www.cityofwinkler.ca](http://www.cityofwinkler.ca) or via email to [WCAR@cityofwinkler.ca](mailto:WCAR@cityofwinkler.ca).

## Winkler Police apprehend man wanted in Nova Scotia

By Voice staff

A man wanted by RCMP in Nova Scotia was apprehended in Manitoba last week.

Last month, the Winkler Police Service received information that two men were hitchhiking in the area, and that one of them was believed to be from Nova Scotia.

Winkler officers were also aware of an abandoned vehicle located the day prior and reported stolen in Nova Scotia; this vehicle was associated to a wanted Maritimes man.

The hitchhiker was quickly located, identified, and arrested.

From the information and evidence

gathered by Winkler police, investigators believe he was attempting to cross into the United States.

He was flown back to Nova Scotia where he has since been sentenced to more than nine years for sexual assault offenses involving a minor and failure to comply with an undertaking. He's also facing charges of motor vehicle theft.

Other police items of note from the past week:

- May 1: Winkler police were called to an altercation at a residence on 6th Street South where a male had been assaulted. A 46-year-old Winkler man was arrested for assault.
- May 1: Morden police received a

report of a hit and run that happened on April 28 at 3:35 p.m. The driver parked his vehicle in a business parking lot on Stephen Street and returned to find damage to the left rear bumper.

- May 2: At about 6 p.m. police received a call from a resident living along Hwy. 14 in Winkler reporting that he had just observed an unknown male exiting his garage.

The owner rushed out to the garage and noticed that batteries from cordless tools were missing.

He chased after the suspect, but the man started throwing stones and gravel at the owner, threatening to kill him.

The owner was able to catch up to

the man and retrieve two of the batteries.

As police were arriving on scene, the man returned a third battery to the owner.

A 27-year-old resident of the RM of Stanley was charged with break, enter and theft, uttering threats, and assault with a weapon (stones).

- May 7: Morden police were dispatched to a local business regarding an assault. Police attended and spoke to the caller, who advised that a male was fighting and yelling at a female.

The 34-year-old male was arrested for assault.

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

# Student art on display at Winkler Arts and Culture

By Ashleigh Viveiros

Winkler Arts and Culture is shining a spotlight this month on local youth.

WA+C's annual High School Art Show launched at the Park St. gallery last week. It features dozens of pieces from Garden Valley Collegiate and Northlands Parkway Collegiate art students.

GVC art teacher Scott Bell says the show gives the larger community the chance to see just how talented Winkler's visual arts students are.

"One of our school goals this year is to engage with the community," he notes. "Stepping outside of the school makes the show more accessible to everyone. And it is a professional gallery, so it's a big deal for students to display work there."

"It's good to show the public that we do have really talented young people who might not otherwise have an op-

portunity like this to showcase their artwork," agrees NPC art instructor Kerwin Froese.

The exhibition didn't have a central theme, which left things wide open for the teens.

"I challenged them to find something you really want to create or learn about and then research and find some stuff that helps you do that," Froese shares. "So I gave them a lot of freedom to explore or chase after something that they'd really like to create."

"We tried to make it indicative of the variety of things students are interested in and what's available here at GVC," notes Bell of the selected pieces. "So you'll see drawings in multiple different forms of media—charcoal, pencil, pen and ink, pastels—and a variety of painting styles. Three dimensional artworks as well—sculpture, pottery, model building. There's



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

The High School Art Show at Winkler Arts and Culture this month features a variety of different kinds of work—paintings, sculptures, pottery and more—from students from Garden Valley Collegiate and Northlands Parkway Collegiate.

some interesting variety.

GVC Gr. 12 student Morgan Haslam has two pieces in the show: a landscape painting and an octopus sculpture.

Having a public venue for her work is a thrill, Haslam says, and it's a great way for the community to get a peek at what students have been working on this year.

"I think it's really impressive to see all the work that young people have done," she says of her classmates' submissions. "It's incredibly impressive what someone at the age of 16 or 17 can do in an art class. To see it all on display ... is just really fascinating."

NPC Gr. 12 student Gerda Paul's contribution to the show is a detailed architectural drawing she did in drafting class.

"It's really exciting to show some of my work," says Paul, noting it's her first time being part of a show at WA+C. "I really like drafting and it's kind of nice to show others what it's like and what I can do. Not a lot of kids in our school really know what



[drafting] is, but I think more adults can appreciate it.

"It has a little bit of everything," she adds of the show as a whole. "Lots of different perspectives and ideas."

The High School Art Show runs until May 26.



## Paying it forward

The Pay It Forward May campaign continued this past week with a number of visits to spread some kindness, including in Morden where Morden Area Foundation executive director Lynda Lambert delivered a cake to the Morden Motor Inn for the housekeeping staff. Receiving the gift were Marceliza Antonio and Katelyn Friesen. Over in Winkler, community foundation board members had planned to do some service work at the library Monday, but the rain forced them to postpone a few days. If you're the recipient of an act of kindness this month, share it on social media with #PIFMAY.

PHOTO BY LORNE STELMACH/VOICE

# Be prepared, know the risks

May 7-13 is Emergency Preparedness Week

By Lorne Stelmach

Local residents are being encouraged to take three simple steps this week to be better prepared to face a range of emergencies.

The message for Emergency Preparedness Week May 7-13 is to know the risks, make a plan, and get an emergency kit.

The intent is to encourage people to understand the risks in their area and learn what actions they can take to protect themselves and their families, said Kathy Bueckert, who is the new coordinator for the Southern Emergency Response Committee.

"Now with the sudden shift in the weather, we do need to be aware of any shift in the weather that can be coming our way," she said. "It can come up very quickly, and conditions can change suddenly even when it's sunny and clear out.

"So if you do receive alert warnings or messages, pay attention to them," Bueckert stressed. "Don't disregard them just because the skies are clear right now ... it's always a good idea to keep your eyes on the skies and be

aware of what might be coming your way before you head out for the day."

Bueckert encourages all residents to ensure they are signed up to receive local emergency alerts. In Winkler, the RM of Stanley, and Altona, that's done through the Connect system, while Morden uses the Code Red program. Head to your municipality's website for details on signing up.

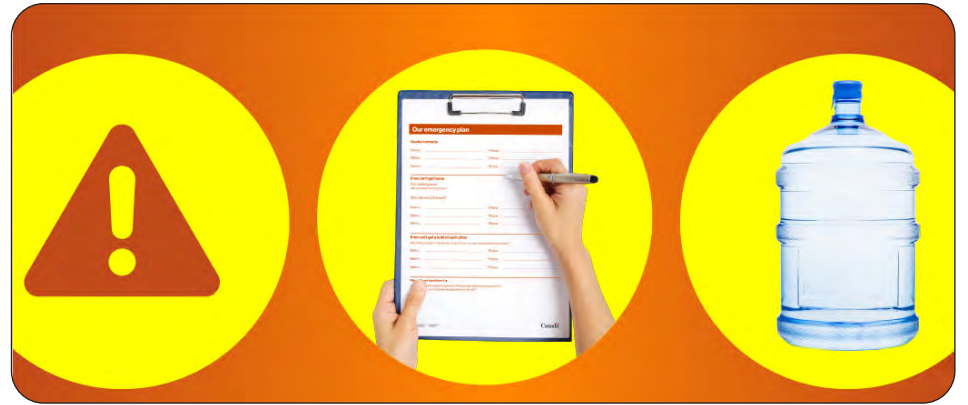
Residents are also encouraged to ensure they have an emergency kit for their home and an emergency plan, which should address such things as where and how to reconnect should family members be separated in an emergency.

"It's also a great time to check your detectors and also do a fire drill in your own home," added Bueckert, noting people should also have a fire escape plan in place.

People increasingly are also investing in generators for their homes, she noted.

"I feel it's becoming more common. I feel as though there are more people taking that upon themselves," Bueckert said.

A basic emergency kit could include



WWW.GETPREPARED.GC.CA

May 7-13 is Emergency Preparedness Week. Everyone is encouraged to know the risks in their area, make a plan, and put together an emergency kit that can take you through the worst of whatever disaster might hit.

the following:

- Water — two litres of water per person per day (include small bottles).
- Food that won't spoil such as canned food, energy bars and dried foods (replace once a year).
- Manual can opener.
- Wind-up or battery-powered flashlight (and extra batteries).
- Wind-up or battery-powered radio (and extra batteries).
- First aid kit.
- Extra keys for your car and house.
- Cash, travellers' cheques and change.
- Important family documents such as identification, insurance and bank records.
- Emergency plan — include a copy in your kit as well as contact information.

You could also consider these additional emergency kit supplies:

- Two additional litres of water per person per day for cooking and cleaning.
- Candles and matches or lighter (place in sturdy containers and do not burn unattended).
- Change of clothing and footwear for each household member.
- Sleeping bag or warm blanket for each household member.
- Toiletries and personal hygiene items.
- Hand sanitizer, toilet paper and garbage bags.
- Prepaid phone card, mobile phone charger.
- Pet food and supplies
- Infant formula, baby food and supplies.
- Activities for children like books, puzzles or toys.
- Prescription medications, medical equipment

- Utensils, plates and cups.
- Household chlorine bleach or water purifying tablets.
- Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, pocket knife).
- Small fuel-operated stove and fuel.
- Duct tape.

It is a reality that with climate change we can expect to experience more extreme weather; even this region went from drought one year to flooding the next.

Bueckert feels people in this region generally are prepared, but it doesn't hurt to be sure about it.

"I would say overall, yes actually, and I think that comes from that rural mindset that a lot of people have," she suggested. "For myself, I grew up in a village where it was not uncommon for the power to go out for lengthy periods of time during a thunderstorm, and it would take quite a while for the power to come back.

"Newcomers to the community may not be as familiar with the hazards that southern Manitoba may face during the summer months ... even the heat and what the danger might be for people."

A wealth of information about emergency preparedness can be found online at [www.getprepared.gc.ca](http://www.getprepared.gc.ca).

## Coronation celebration



SUBMITTED PHOTO

A small business in Darlingford had its finery out Saturday to celebrate the coronation of King Charles III. The Wee Wolle Shoppe invited visitors to stop by for a special coronation blend tea and Cornish fairing—a traditional British ginger biscuit that is a favorite of King Charles. "We had a few people, even though it was so windy and cold," said Laurie Wiebe, who is a keen follower of the monarchy. "Anything to do with the royal family, it's a big deal for us."

What's *Your* story?

We want to hear from you.

The 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](mailto:news@winklermordenvoice.ca) Phone 204-332-3456

The Voice



SUPPLIED PHOTOS

Elaine and Wes Vanstone stopped by Janzens in Winkler recently to see how their old jade plant is faring. Below: Jake Janzen (left) adopted the plant from the Vanstones 25 years ago. It is now over 60 years old and still growing.



## The plant that keeps on giving

By Ashleigh Viveiros

A Miami couple paid a visit to Janzen Chevrolet Buick GMC in Winkler this spring—not to purchase a new vehicle, but to say hello to an old friend.

In the early 1960s, Wes and Elaine Vanstone, then newlyweds, found themselves gifted a jade plant, one of many houseplants Elaine and her green thumb has cared for over the years.

For the next four decades, it flourished in their farm house's bay window, requiring multiple replantings as it grew inch by inch, eventually filling the window.

Wes recalls it was a bit of a production to move, which they did every year to make room for the Christmas tree.

"I made a stretcher with ropes and we carried it to another room," he shares, adding that replanting it required multiple step ladders, a cross beam, and block and tackle to avoid a fatal fall.

The plant thrived under the attention, even blooming once in the late '80s or early '90s—something indoor jade plants rarely do.

Eventually, the plant outgrew the space the Vanstones had for it, and so they began to hunt for a suitable new home.

"It got so bloody big, Elaine said this has got to go," laughs Wes. "Someone gave it to us, it's only fair we pass it on."

Eyeing the huge windows at the Janzen dealership in Winkler, the Vanstones reached out to owner and family friend Jake Janzen to see if he'd be interested in adopting a 37-year-old plant that showed no signs of slowing its growth.

"He said, 'Wes, get out of here with

your plants. I haven't got a green thumb, so if you bring it here it'll just die,'" Wes recalls.

With some convincing that jade plants really required very little care, Janzen agreed to take it in.

Twenty-five years later, it has grown to epic proportions, with a 20-inch trunk and branches stretching several feet high and wide.

"It grows so slowly that you don't really see it happening, because you see it so often," says Janzen, who notes that while a few other plants at the dealership are a little worse for wear thanks to smoke damage sustained in last December's service department fire, the jade plant seems unaffected.

He says they've given away countless slips to people since they got it.

"I hand over lots of them, and some of our other people may be handing some out too."

Wes dubs it "the plant that keeps on giving."

"Over the years, Jake has no idea how many people in Winkler have taken slips. It's hundreds of plants. And then going back, Elaine gave away piles of slips off of it too," he says, estimating a good number of the jade plants in the Winkler area can probably trace their roots back to this one.

After stopping by to see how the plant was faring, Elaine said that it's nice to see it still thriving at 60-something years of age.

"And the fact that it is blooming, too, that's something unique," she says. "I'm glad people can enjoy it."

Elaine notes they have another jade plant, grown from a slip of the original, that is about 20 years old and, like its mom, has outgrown their home. If anyone wants it, give the Vanstones a call at 1-204-435-2316.

## "He's just the instrument ... the tool in God's hands"

From Pg. 9

He can perform the traditional hopak martial dance, which is more than a thousand years old, and sometimes also fences with Cossack sabers and creates a shamanic ritual on stage.

He has gained worldwide attention as an up-and-coming Ukrainian storyteller and performer after being discovered a few years ago on a national television competition in Ukraine's version of *The Voice*.

Siromaha's unique blend of traditional Cossack music with more modern genres like hip hop has attracted

fans from all over the world, with some of his latest singles garnering millions of views on YouTube.

Tatarenko related that Siromaha sees his performances as being vital to keep the Cossack traditions alive.

"It's very important now to know how to win, how to fight ... evil and sometimes the enemies, but sometimes that enemy is inside of us," she said in translating his comments. "We can be afraid of taking that next step or we are afraid to take risks."

"The Cossack lifestyle is to help nowadays for people to make decisions, to take risks, and not to be

afraid of proceeding in life and to fight those enemies inside of them so they can take those risks. There are so many powerful things that will keep them down on that same level without opportunity to grow, to improve themselves."

Siromaha observed that each person who sees and hears him perform may take something different away from the experience.

"He never knows or never expects people to maybe bring something home in their souls or hearts because each person is different," related Tatarenko. "He just gives everything he

can to showcase, to tell the stories of the Cossacks and to showcase himself.

"He's just the instrument. I'm just the tool in God's hands," she said. "He just translates and just projects everything that the creator and the spirits want to say through the stories and the legends."

Siromaha has been performing across the country to raise funds in support of the Ukrainian army as it continues to battle the Russian invasion.

# Play ball!

The local high school baseball and fast pitch seasons are well underway, with teams from Garden Valley, Northlands Parkway, Morden, and W.C. Miller collegiates all hitting the diamonds for the first games of the season last week. Right: The Zodiac girls defeated the Altona Aces 12-6 at the Parkland ball diamonds in their home opener May 3.

PHOTO BY ASHLEIGH VIVEIROS/VOICE



## High school badminton players medal at provincials

By Voice staff

A number of local athletes brought home the hardware from the 2023 MHSAA Provincial Badminton Championship in Winnipeg over the weekend.

In varsity mixed doubles, Garden Valley Collegiate's Madden Wiebe and Rowan Friesen won silver while Kieran Reid and Mya Pearce from Nellie McClung Collegiate took third place.

Winning bronze in the varsity girls doubles event was W.C. Miller Collegiate's Lex DeJesus and Haelen Galfo.

At the junior varsity level, Sean Auginaldo of Morden Collegiate came in third in boys singles.

**The Voice** What's *Your* story? Call 204-325-6888

**The 33rd Annual Altona**  
**CLEAN-A-THON**  
 Friday, May 19, 2023

Sponsored by:

**Blue Sky & West Park School**  
 OPPORTUNITIES INC.

**Students from West Park School will be canvassing for your pledges!**  
 Please give generously!

*Proceeds go towards Blue Sky Opportunities projects.*

**TREAT MOM TO NEW SHOES!**

~ DOORCRASHERS ~

**ENCORE BREEZE 3**  
**\$112.50**

**ROSEVILLE JANE**  
**\$100.00**

**SANDLE**  
**\$75.00**

**WESTERN BOOTS**  
**20% OFF**

**BLUNDSTONES FOR ALL!!!!**

**KEEN CSA**  
**25% OFF**

**LEATHER PURSES & WALLETS AND JEWELRY**  
**20% OFF**

**K.C.'s** YOUR FAMILY FOOTWEAR STORE  
 Shoe Repair 204.325.5538

**WORK & WESTERN WEARHOUSE**

# Students showcase their green know-how

By Lorne Stelmach

A local school program that offers bilingual courses hosted a special event dedicated to the environment Saturday.

The Cultural and Educational Centre LEADER held its "Let's Save Our Planet Together" day at 500 Stephen Community Centre.

The event began with some discussion of environmental issues, poetry readings, and a dance performance followed by a fashion show which featured the students wearing outfits made from recycled materials.

In addition to the basic program of study in Russian and German, the centre also always discusses important topics with its students, and environmental issues are one of the most relevant topics today, said representative Galina Churikova.

"Of course, this topic could be discussed sitting at a desk and using textbooks. However, the centre's team found a unique way to convey this information to the students," said Churikova. "Thus, the idea was born to hold the ecology day.

"In the matter of protecting the environment, we are all in the same boat, and by working together we can do more," she added. "It is very important for us to teach our children to cherish nature from a young age."



SUPPLIED PHOTO



PHOTOS BY LORNE STELMACH/VOICE

At LEADER's Let's Save Our Planet festivities, students demonstrated their recycling and environmental knowledge (above, below) and put together a fashion show filled with clothes made from recycled materials (left).



GREENHOUSES  
**VANDERVEEN'S**

visit us for your  
*Mother's Day*  
gifts & gardening ideas



hanging baskets, planters,  
perennials, gerberas, roses,  
gift certificates & much more!

—————  
carman ~ 204-745-3534  
3/4 mile west of the lights  
mon - fri: 8-8, sat: 8-6  
sun: closed

Sponsored by Salem Foundation  
and Ladies Auxiliary

# BBQ

## Fundraiser

**Wednesday,  
May 24, 2023**

at SALEM HOME tent  
on south parking lot

.....

**Supper 5 - 7 pm**

.....

**Cost** by donation  
*Tax receiptable minus  
meal cost*

.....

**Music** by Janzen Boys  
*Bring lawn chairs!*

.....

**Raffles & Silent  
Auction** will be held!



**Funds go to new  
furniture to update  
resident rooms**

**To order Take-out  
call 204-325-4316  
by May 23/23**

Spending of funds is confined to Board approved programs and purchases. Each gift designated toward an approved program will be used as designated with the understanding that when a given need has been met, or where projects cannot be carried out for any reason, gifts will be used where needed most.



# "I have the right to be at that table"

## Donna Cox says she's been wrongfully removed from RM of Thompson council

By Lorne Stelmach

A councillor for the RM of Thompson believes she's being wrongfully disqualified from serving on council and is fighting the decision to remove her.

Donna Cox is also raising concerns about how council has not only handled this matter but how some of their actions and decisions about scheduling meetings, for example, make it difficult for many working people to participate in the democratic process.

"I have the right to be at that table," said Cox, who was elected last fall to represent Ward 2 with 93 votes, or 48.4 per cent of the ballots.

"There's been lot of support ... lots of disappointment that I was treated this way," she suggested. "What has happened here is just incredibly disappointing, and I'm beside myself with it ... so I need to let people know about it."

The municipality has had very little to say about the dispute other than the following brief statement last

week from Reeve Brian Callum:

"Council disputes the allegations made in social media," he told the Voice via email. "We are seeking advice to ensure that we deal with the matter legally and in a professional manner. We are not able to comment further at this stage."

Cox ran for municipal office because she felt she had a lot to offer, including experience as a school trustee.

"I ran for municipal council because I wanted to serve my community, and I've got three terms of experience in policy governance through Prairie Rose School Division ... and my career of choice is senior resource management, so I have a lot to offer. There's lots of things I can help the organization with.

"However, I'm the only municipal councillor who works full-time, and they refuse to have meetings after five o'clock ... so they're always excluding me."

Cox had received approval from her employer for a limited number of days of absence from work, and so she felt it would work with council

formerly rotating between one day-time and one evening meeting.

She requested basically half a day a month for leave, but says council suddenly changed to strictly daytime meetings.

"And it seems they're always making these resolutions when I'm not there," said Cox, who acknowledged she did miss three Local Urban District of Miami committee meetings.

"I've been transparent about my availability right from the beginning," she said. "I said I can meet pretty much any day at 5 o'clock ... and we're talking about a commitment of about three hours a month. So they scheduled meetings when I could not attend, and they're trying to punish me for not attending."

A resolution was made at the LUD committee to disqualify her as a councillor, and she was then physically escorted out of the building when she next came to attend a meeting.

"It's bullying and harassment ... my chin was on the floor. I didn't know what to say," said Cox.

"Council has no authority to disqualify me," she said. "They're calling it a legal matter on the agenda ... but it should have been done in open session because the public has the right to know."

Cox noted that she has had feedback from provincial municipal relations officials about the dispute.

The Manitoba Municipal Act does address the criteria for disqualifying a council member, and it includes when a councillor is absent for three consecutive meetings without approved leave, but Cox said it was indicated



SUPPLIED PHOTO

Donna Cox is fighting the RM of Thompson council's decision to remove her from office.

to her that the process to officially disqualify a councillor is supposed to be done through the courts.

The Municipal Act also gives councils the authority around timing of meetings, but councils are encouraged to make them accessible to all members as well as the general public.

In the meantime, Cox has been given some advice that she should continue to show up at council meetings as long as the matter remains unsettled.

"I have every intention of attending because they don't have the legal authority to disqualify me," she said. "In my last letter to council, I requested mediation if we couldn't figure it out."

### > FACES OF GATEWAY, FROM PG. 10

eventually led into a full-time job," she shared, adding that she also works at Superstore. "I'm in the health and beauty department. I stock shelves and help customers."

The thing Mourant likes best about the SIL program is "meeting new people/friends and learning new recipes or learning how to cook on my barbecue."

Up next was Patsy Wharf, a participant in the senior program.

"At the seniors program, I like doing crafts, playing bingo, colouring pictures, and learning about lots of things," she shared, noting they also regularly go to the Winkler Senior Centre for waffles and biscuits, the Meridian Exhibition Centre to play games on the artificial turf, and out into the community to walk in the parks or shop.

"I like to meet other seniors in my community," Wharf said, reflecting that it was difficult to not be able to go out as much during the pandemic.

"I like the seniors program and I'm very happy we're getting a new space ... we are going to have more space to do things and have more seniors. It will be fun to have more friends."

If you missed the gala but want to learn more about Gateway Resources, they're hosting an open house at their facility on Pembina Ave. in Winkler the afternoon of Friday, May 26.



## JOIN US FOR THE MAY CONSIGNMENT SALE 2023

ITEMS AVAILABLE TO VIEW: MAY 15TH - 18TH FROM 9AM TO 5PM  
BIDDING STARTS: MAY 18TH AT 9AM AND LOTS START CLOSING MAY 25TH AT 10AM

**Pickup Days: May 26th and 27th from 9am to 5pm.**  
**Arrangements can be made otherwise. CLOSED SUNDAYS**












SALE WILL CONSIST OF FARM EQUIPMENT, GENERAL MERCHANDISE, OVERSTOCK AND SURPLUS ITEMS, PLUS MUCH MORE!  
THIS IS AN ONLINE BIDDING AUCTION ONLY! IF YOU REQUIRE HELP OR DO NOT HAVE INTERNET ACCESS CALL THE OFFICE (204) 434-6519.

Call Today if you would like your items Consigned! Office (204) 434-6519 • Brad Kehler (204) 346-2440 • Ed Pylypyjuk (204) 392-8442 • Darryl Enns (204) 216-0931 ITEMS ARE SOLD AS YOU SEE THEM, WITH NO WARRANTY.



PHOTO BY ASHLEIGH VIVEIROS/VOICE

# Dynamix perform at Spring Beauty Mingle

By Ashleigh Viveiros

Kierstyn Heinrichs, Ryanne Shepherd, Milo Klassen, Marlie Ens, members of the Dynamix Dance Troupe, were at the Winkler Shoppers Drug Mart Saturday to perform as part of the annual Spring Beauty Mingle.

Shoppers were invited to enjoy makeover and skin consultations and have a chance at prize packages while helping the store raise funds for the Shoppers Foundation for Women's Health, specifically mental health

programming.

A final fundraising tally wasn't available at press time, but front store manager Myla Heinrichs thanked everyone who came out to show their support and help dispel the stigma surrounding mental health challenges.

It was the first time the event featured a dance troupe, she noted, thanking the kids for their enthusiastic performance.

"What better way to spread happiness than dance?" Heinrichs said.

# Genesis House hosting workshop for local 'superheroes'

By Lorne Stelmach

A workshop next week is aimed at helping the everyday superheroes who aid the victims of violence and crime.

Genesis House is marking Victims and Survivors of Crime Week to raise awareness about challenges facing victims and survivors and the services, programs, and laws in place to help them and their families.

"The Power of Collaboration" is the theme, and Genesis House is hosting a *Superhero Celebration* lunch and learn at the Winkler Days Inn Conference Centre May 18 from noon to 1:30 p.m.

The focus is on the topic of resisting

burnout, as workers in the field are profoundly affected by the work they do, and it is a challenge to cope while helping clients, explained executive director Angela Braun.

"We're all working towards the same end goal, which is making sure that families are getting the supports that they need."

Braun noted the pandemic has taken a toll on many of the people who play such vital roles.

"The turnover has been huge. I think just in my sector ... the turnover has been almost 30 per cent ... that is both staff and managers, and that's not just a shelter issue.

"Coming out of the pandemic, many

of the helpers that have been working frontline are finding themselves exhausted with a feeling of disconnect- edness at times because of the forced isolation.

"It is important that we recognize the hard work of everyone and that the helpers need support sometimes too. We can't continue to support victims if we burn out, so let's talk about how we can shoulder each other up so that we can keep helping other."

The workshop will work to equip frontline staff with tools to resist burnout and vicarious trauma.

The event is free and open to all helpers in the community. Lunch is provided.

People are asked to register in advance online at [www.eventbrite.ca/e/superhero-celebration-resisting-burnout-with-justice-doing-tickets-617129249197](http://www.eventbrite.ca/e/superhero-celebration-resisting-burnout-with-justice-doing-tickets-617129249197).

"Without the helpers, we are really in trouble," said Braun. "I think the message we're really hoping that people will come away with that day is that we are stronger together and working collaboratively coming out of our silos.

"I think we have made a lot of progress in our region, particularly around making sure that we are connected and providing that safety net for our families, but that has been exhausting for a lot of the helpers."

# Tractor Pull and Mud Bog returns to Miami

By Ty Dilello

The Miami Agricultural Society and Miami Power Toboggan Club are happy to announce that its Miami Tractor Pull and Mud Bog will be back for two days of value-packed entertainment at the Miami Fairgrounds on May 27-28.

The tractor pull will take place on Saturday, May 27 at 1 p.m. while the mud bog will happen on Sunday, May 28 at 1 p.m. The cost to attend is \$15 per person. Kids 12 and under get in free.

"We took a few years off from the pandemic, and we have some new blood in our organization that's putting the event on now," said organizer John Friesen. "So we started last year with the Tractor Pull, which was a

new event for us. We've always had the mud bog, and everyone was happy and excited to see it, so we're going to make it an annual event now with the tractor pull and the mud bog."

Friesen notes that they have some big horsepower coming this year to participate. There is a strong local community in southern Manitoba that will be taking part in the races, in addition to a few trucks coming from Saskatchewan, Northern Manitoba, and the United States.

"We've got a new sled that's going to bring out some large competitors," said Friesen. "And we still have all of the classic tractors and the fan favourites. It's going to be an exciting time, and we're happy to be growing from

what we did last year as we have a few more competitors than in years past."

The tractor pull course on Saturday is going to include a couple of different entries from classic tractors that have worked the field from 40 years ago. There will also be some high-horsepower trucks that run on methanol alcohol, and some heavily modified diesels as well.

"So we've kind of run the entire spectrum of what's available in the tractor pull and truck pull world," Friesen said. "We have a fantastic facility with ground prep starting as soon as the snow is off to make the track acceptable for the entrants."

Mud bogging, meanwhile, is an off-road motorsport in which the goal

is to drive a vehicle through a pit of mud or a track of a set length. Winners are determined by the distance travelled through the pit.

The festivities that weekend also include a candy toss, dash for cash, inflatables for the kids, beer gardens, and food for sale.

"Sunday is the mud race where the kids can race in the mud pits, so that's always a hoot," Friesen noted. "There are a lot of activities for the kids as we're gearing toward a family-friendly event that is affordable for all families. That's what's most important here."

For more information, give Friesen a call at 204-822-5550.

# Classifieds

Book Your Classified Ad Today -  
Call 325-6888 or Email  
ads@winklermordenvoice.ca

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

## SCRAP METAL

Buyer for all farmyard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

## LAKESIDE FLIGHT ACADEMY

Want to learn how to fly? Lakeside Flight School is the most affordable in Canada. Recreational, private and commercial certificates. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

**BOOK YOUR ANNOUNCEMENT**  
The *Winkler* *Morden*  
**Voice**  
Call 467-5836 Email  
ads@winklermordenvoice.ca

## UPCOMING EVENTS

JOIN THE FIGHT AGAINST PROSTATE CANCER! RIDE DAY - SATURDAY MAY 27, 2023, 10 AM start - Earls Polo Park (Winnipeg). Visit: ridefordad.ca/manitoba to register or make a pledge.

## NOTICES

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

## NOTICES

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

## BUSINESS SERVICES

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228 www.firstandsecondmortgages.ca

## HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net

- BIRTHDAYS
- MARRIAGES
- ANNIVERSARIES
- NOTICES
- OBITUARIES
- IN MEMORIAM
- ENGAGEMENTS
- BIRTHS
- THANK YOU
- GRATUATIONS

The *Winkler* *Morden*  
**Voice**  
CALL: 467-5836

## Meyers Online Spring Gun Auction

Do You Have Guns and Ammo You Want to Sell?

TO CONSIGN  
Contact Brad @  
204-476-6262

www.meyersauctions.com

## The Aurora Plus 1648 SqFt RTM

3 bedrooms, ensuite, huge kitchen, quartz countertops, island, 9ft walls, double cathedral ceiling and an abundance of natural lighting. James Hardie Siding.

Pictures available  
www.wgiesbrechthomes.ca

Taking orders for Summer / Fall Delivery 2023  
204-346-3231

## CAREERS

### GABLES HERITAGE SCHOOL KINDERGARTEN TO GRADE 8

GHS is a growing independent school recognized by the province of Manitoba and invites motivated applicants for

### 1.0 FTE TERM MIDDLE YEARS TEACHER

(multigrade classroom)

Location: RM of Rhineland near Gretna, Manitoba

Inquiries: gablesheritageschool@gmail.com



## FARMLAND TENDER

### FARM LAND FOR SALE BY TENDER IN THE MUNICIPALITY OF PEMBINA

Sealed tenders in writing for the purchase of the property described below will be received by McCulloch Mooney Johnston Selby LLP as follows:

McCULLOCH MOONEY JOHNSTON SELBY LLP  
351 Main Street  
Box 279  
Manitou, MB R0G 1G0

#### PROPERTY FOR SALE:

NW 1/4 27-1-7 WPM EXCEPTING - ALL MINES AND MINERALS AS IN TRANSFER 84240 MLTO

(Approximately 125 cultivated acres)

#### CONDITIONS OF TENDER

1. Interested parties must rely on their own inspection and knowledge of the property.
2. Tenders must be placed and accepted on the entire above described parcel of land.
3. Tenders must be received on or before 3:00 p.m. on May 19, 2023.
4. A deposit cheque in the amount of \$20,000.00, payable to McCulloch Mooney Johnston Selby Trust, must accompany each Tender. Deposit cheques accompanying unacceptable bids will be returned.
5. Highest or any tender not necessarily accepted.
6. The land is not subject to a first right of refusal.

#### TERMS AND CONDITIONS OF SALE

1. The bidder whose tender is accepted will be required to complete an agreement covering terms and conditions of sale.
2. In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing which shall be June 20, 2023, or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the accepted tender is not paid within the set time limit the deposit may be forfeited as liquidated damages and not as a penalty.
3. Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender. Once arrangements acceptable to the vendor have been made, the successful bidder may have access to the property for seeding and other farming purposes.
4. Successful bidder will be responsible for real property taxes commencing January 1, 2023.
5. The purchaser shall be responsible for payment of GST or shall self-assess for GST.

For further information, contact Chris H. Bowler

Phone: 204-723-2777

Fax: 204-723-2416

Email: chris@mmjlaw.com

Please Label Envelopes: "27-1-7 WPM Sale Tender"

## CAREERS



Border Land School Division invites applicants for a

### TERM GRADE 5/6 FRENCH IMMERSION TEACHER (1.0 FTE) FOR ÉCOLE WEST PARK SCHOOL IN ALTONA, MB

FOR DETAILS VISIT WWW.BLSD.CA

## CAREERS



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

### ENSEIGNANT(E) EN IMMERSION FRANÇAISE DE DE 5<sup>E</sup> ET 6<sup>E</sup> ANNÉES (1.0 ETP) à l'école West Park School à Altona, MB

POUR DE PLUS AMPLES RENSEIGNEMENTS VISITEZ : WWW.BLSD.CA

## CAREERS



Border Land School Division invites applicants for a

### TERM KINDERGARTEN TEACHER (0.5 FTE) FOR ÉCOLE ELMWOOD SCHOOL IN ALTONA, MB

FOR DETAILS VISIT WWW.BLSD.CA

## Reporter/Photographer Wanted

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

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

#### Qualifications:

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

Please forward your resumé along with three writing and photography samples to:

Lana Meier

Email: news@stonewallteulontribune.ca

The Carman-Dufferin  
**STANDARD**

# Classifieds

Book Your Classified Ad Today -  
Call 325-6888 or Email  
ads@winklermordenvoice.ca

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

**FIND THE RIGHT PERSON FOR THE POSITION  
with an EMPLOYMENT/CAREERS AD in**

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

Call: 204-467-5836 or Email:  
ads@winklermordenvoice.ca

**CAREERS**



**MAINTENANCE MECHANIC/MILLWRIGHT**

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

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

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

The following would be considered an asset for this position:

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

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

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

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



**Response Builder  
Advertising  
WORKS!**

- GET SEEN by over 360,000 Manitoba Homes!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$239.00 (includes 35 lines of space)
- The ads blanket the province and run in MCNA's 32 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at  
**204.947.1691** or email  
[classified@mcna.com](mailto:classified@mcna.com)

[www.mcna.com](http://www.mcna.com)

**TENDER**

## JANITORIAL TENDER

Access Credit Union Corporate Office in the RM of Stanley requires the services of a contractor to provide daily general cleaning duties for the interior and exterior of the building.

Tender information can be obtained by emailing  
[Vickie.Addison@accesscu.ca](mailto:Vickie.Addison@accesscu.ca).

Tenders, accompanied by a minimum of two references, must be received on or before **June 2, 2023, before 4:30 pm.**

**TENDERS MAY BE DELIVERED, MAILED OR EMAILED TO:**

Access Credit Union  
PTH #14 Unit 2 - 23111 Stanley Business Centre  
Winkler, MB R6W 4B4

**EMAIL:** [Vickie.Addison@accesscu.ca](mailto:Vickie.Addison@accesscu.ca)



[accesscu.ca](http://accesscu.ca)

**BATTERIES FOR EVERYTHING!  
50,000 BATTERIES IN STOCK**

\*Auto \*Farm \*Truck  
\*Construction \*ATV  
\*Motorcycle \*Golf Carts  
\*Rechargeables \*Tools  
\*Computers \*Medical  
\*All phones \*Chargers  
\*Marine \*RV & more  
Shipping/Delivery avail.

**THE BATTERY MAN**  
1390 St. James St.  
Winnipeg

**TF 1-877-775-8271**  
[www.batteryman.ca](http://www.batteryman.ca)

**House & Building  
Online Time Auction  
with McSherry Auction**

Closes Tues, June 6 @ 7:00PM

**To be moved:**

1040 sq.ft House  
Well Kept + 6 Granaries &  
Out Buildings. Detailed  
Listing, Viewing Details,  
Pictures + Online Bidding

**Go To**

[www.McsherryAuction.com](http://www.McsherryAuction.com)

**204-467-1858 or  
204-886-7027**

[mcsherry@mymts.net](mailto:mcsherry@mymts.net)

**Easy Finance & Low Payments!**

Trucks, Vans, Cars and SUVs

Starting at \$9,995

We deliver!

Give us a call now!

**Beausejour GM**

1012 Park Avenue  
Beausejour, MB.

Phone:

431-275-0655

[www.beausejourgm.com](http://www.beausejourgm.com)

**Meyers Online  
Auctions**

Presents the  
**Davie All Possibilities  
moving ahead Auction.**

**Neepawa, MB  
Closes May 18**

Farm & Cattle Equipment  
Shop Tools \* Lumber

Ducks Unlimited &  
Antique Items

**Bradley Meyers  
Auctioneer  
204-476-6262**

[www.meyersauctions.com](http://www.meyersauctions.com)



**HIPPY** : un nouveau  
programme pour les parents  
francophones au rural

Vous êtes?

- Maman d'un enfant en bas de 5 ans
- Résidente permanente ou réfugié

Vous voulez?

- maintenir une relation solide avec ton enfant par le jeu et des activités d'apprentissage
- activement préparer votre enfant pour la réussite scolaire
- rencontrer d'autres mamans au rural

Pour en savoir plus:

[www.lafpfm.ca/hippy](http://www.lafpfm.ca/hippy)

[hippy@lafpfm.ca](mailto:hippy@lafpfm.ca)

1-888-666-8108 ext.218



**Maintenance/Caretaker  
Couple or Person Required**

**SLIMS CABINS  
NE Saskatchewan  
Seasonal. Possible Year Round.**

Main camp road access plus boat in & fly in outposts. Large, heated, well equipped shop to repair or fabricate almost anything. Troubleshooting, mechanical, heavy equipment operation, plumbing, electrical, carpentry, welding, etc.

If you possess a lot of skills, enjoy a rural location, are motivated, responsible, independent and respectful, this may be your dream lifestyle/employment.

Any excessive alcohol consumption (beyond social) or substance abuse is not welcome at our fishing/hunting camp.

**Call 204 937 4007**

**SENIOR RENTALS**

**OAK WEST ESTATES  
HAS 1 SUITE AVAILABLE.**

Oak West has one suite available.  
1240 sq. ft., 2 bath and a walk-in closet. Open spacious floor plan.

Heated garage available.

**Call Cindy at 204-362-7151 or  
email: [cindy@jacobmanagement.com](mailto:cindy@jacobmanagement.com)  
for more information.**

**SENIOR RENTALS**

**Garden Park Estates  
has one suite available.**

1 bdrm with a den, 1085 sq. ft. 1 1/2 bath. Open spacious floor plan, in suite laundry hook ups, indoor heated garage parking available, and more.

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

**NOTICE TO CREDITORS**

NOTICE TO CREDITORS – IN THE MATTER OF the Estate of JOHN K FRIESEN, late of the Town of Altona, in the Province of Manitoba, Retired. Deceased. ALL CLAIMS against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at Box 940, Portage la Prairie, Manitoba, R1N 3C4, within fifteen (15) days of the date of publication. DATED at the City of Portage la Prairie, in the Province of Manitoba, this 8th day of May, 2023.

CHRISTIANSON TDS,  
Solicitors for the Executors

**EMPLOYMENT**



**CRUSH PLANT POSITIONS**

The Bunge Altona location has several operator openings. These positions involve rotating shift work and are full time positions. The successful candidates will become part of a team that has a focus on safety, continuous improvement and continuous learning.

Bunge offers a safe working environment, and an excellent wage and benefit package. Starting wage for these positions, range from \$26.07 to \$28.70.

The ideal candidates will be safety conscious; will have good mechanical aptitude, good communication skills, and have several years experience operating process equipment. Post secondary education would be an asset. Email your resume to [terry.reimer@bunge.com](mailto:terry.reimer@bunge.com)

Or apply in writing to: Terry Reimer  
Crush Plant open positions  
Bunge Canada  
Box 750, Altona, MB R0G 0B0

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

# Classifieds Announcements The Winkler Morden Voice



## FARM LAND FOR SALE BY TENDER

Sealed, written tenders for land and yard site in the RM of Roland / Prairie Rose School Division described below will be received by:

**Franz Hoepfner Wiens Law Office**  
Box 99, 1 - 880 J  
15th Street Winkler, MB R6W 4A4

### LAND:

SE ¼ 34-4-4 WPM excepting public road plan 643 MLTO (157.57 acres)

### YARD SITE:

Seven acre yard is beautifully treed and landscaped with excellent shelterbelts

### Grain Storage:

95,800 bushels of grain storage as follows:

- 3 x 2,000 bushel Westeel Hopper bins
- 3 x 1,800 bushel Meridian Hopper bins with Aeration
- 2 x 3,000 bushel Meridian Hopper bins with Aeration
- 3 x 5,900 bushel Westeel Hopper bins with Aeration
- 3 x 17,400 bushel Brock bins with full floor Aeration
- 1 x 8,500 bushel Brock bin with Neco Grain Dryer
- Under bin conveyor

### Out Buildings:

- Grain Dryer Service Building
- Behlen Machine Shed (48'x72") with concrete floor

### House:

- Built 1991; Renovated 2011
- Four Bedrooms (2 Main Floor, 2 Basement)
- 2136 ft<sup>2</sup> with partial basement (1380 ft<sup>2</sup>)
- Concrete basement; 2x6 construction with Triple Pane windows
- New Shingles and Siding in 2011
- Brick Façade
- Hardwood flooring in hallways and Dining Room
- Large Living Room (25'x16') with hardwood
- Cork flooring in Sunroom (16'x16') and Kitchen
- Carpeting in bedrooms
- 2 ½ bath with heated tile floors and Maax Jacuzzi tub
- Large Entrance (11'x8')
- Attached double garage (29'x25')

### CONDITIONS OF TENDER:

1. The parcels of land and yard site with buildings described will be sold "as is".
2. Tenders must be received on or before 5:00 PM on May 31, 2023.
3. Highest or any tender not necessarily accepted.
4. Possession is November 1, 2023.
5. Tender must be accompanied by a refundable deposit of \$10,000.00; 5% total deposit upon acceptance of the tender bid (cheque made payable to Franz Hoepfner Wiens Law Office).

### TERMS OF SALE:

1. The successful bidder(s) shall enter a formal agreement covering terms and conditions of sale.
2. Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
3. If the balance of the accepted tender is not paid on the Due Date, the deposit paid may be forfeited as liquidated damages.
4. Successful bidder will be responsible for real property taxes commencing January 1, 2024.
5. The purchaser is responsible for GST or shall self-assess for GST.

For further information contact

Franz Hoepfner Wiens Law Office at 204-325-4615.  
Additional photos can be viewed at: fhwlaw.ca/tenders.

### McSherry Auctions

12 Patterson Dr., Stonewall, MB

Online Timed Auctions  
@ iCollector.com

Estate & Moving  
Closes May 17 @ 7:00PM

Estate & Moving  
Closes May 24 @ 7:00PM

Die Cast Tractor /  
Implement Toy Auction  
May 25th, 2023 @ 6:30PM

Booking On Site Spring Auctions

McSherryAuction.com  
204-467-1858

Consignors Welcome!

## Danny's

### MOVING AND DISPOSAL

- Local & long distance
- Household packing
- Estate clear out & clean up

Small Jobs &  
Free Estimates

Seniors Discounts

Professional &  
Courteous

204-298-7578

BOOK YOUR  
ANNOUNCEMENT  
The Voice  
Call 467-5836 Email  
ads@winklermordenvoice.ca

### OBITUARY

## Mary Freund (nee Unrau) 1928 – 2023

On Friday, April 28, 2023 at Boundary Trails Health Centre, Mary Freund, aged 94 years of Morden, MB went to her eternal rest.

She leaves to mourn her passing three sons, Cecil (Frances), Larry, Ken (Robin); daughter, Marlene Nelson (Terry); 13 grandchildren; 34 great-grandchildren; 14 great-great-grandchildren; two sisters, Nettie Kroeker and Sadie Wall; one brother, Frank Unrau (Shirley).

She was predeceased by her beloved husband, Edward (2002); two sons, Brian (1994) and Marvin (1981); four brothers and three sisters.

Funeral service was held at 2:00 p.m. on Thursday, May 4, 2023 at the Trinity Lutheran Church in Winkler with interment at Hillside Cemetery in Morden.

We wish to express our gratitude and heart felt appreciation to the staff at Boundary Trails Health Centre, Tabor Home and Prairie View Lodge for their professional and compassionate care given to our mother during her stays.

If friends so desire, donations may be made in Mary's memory to Diabetes Canada.

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



### OBITUARY

## William "Bill" Boyd

Bill Boyd, beloved dad to his sons Kris, Kevin and Roy and his daughter Alexandra, died March 11, 2023 at his home, La Riviere, Manitoba at the age of 75.

Public Graveside Service will be held Monday, May 15, 2023 at the Riverside Cemetery, La Riviere, Manitoba at 11:00 a.m.

Donations in memory of Bill may be made to the Canadian Wildlife Federation, 350 Michael Cowpland Dr., Kanata, Ontario, K2M 2W1.

Messages of condolences may be made online at www.wheatlandsfs.com

Wheatlands Funeral Service  
204-825-2848  
www.wheatlandsfs.com

### COMING EVENTS

CANADIAN FIDDLE CHAMPION

# SCOTT WOODS

& HIS MULTI-TALENTED BAND

Step Dancing Sensation  
**LEO STOCK**

Multi-Instrumentalist  
**KENDRA NORRIS**

**OLD FASHIONED HOEDOWN**

A family-friendly, fun and fast-paced exciting show of championship fiddling, country music, award-winning step dancing and humour.

**Thursday, June 1 • 7:00 pm**  
**MANITOU OPERA HOUSE**  
325 Main St., Manitou  
Proceeds support Manitou Opera House Foundation  
Tickets available by E-TRANSFER ONLY  
by calling Lindy at 204-242-4287.  
Rush seating only. Doors open at 6pm.

scottwoods.ca  
Order with a credit card by calling.  
The Scott Woods Band Office at  
1-855-726-8896 toll free.

### DEVOTION

#### Devotion

If you do not know  
Jesus before you die,  
Heaven will not be  
your home.



### WANTED

Buying large  
amounts of  
coins & coin  
collections!



Old coins, old money,  
collectors coins, rare  
coins, coin collections,  
pre1969 10¢, 25¢, 50¢,  
\$1., Olympic coins, coin  
sets, Royal Canadian Mint  
Coins, Franklin Mints Sets,  
buying Entire Collections  
& Estates. USA, Canada &  
world collections wanted.  
Also purchasing bullion,  
jewelry, scrap, nuggets,  
sterling, gold, silver,  
platinum.

Todd  
250-864-3521

### Starting a new business?

Call us - We have everything  
you need to promote your business

Call 204-467-5836

# Announcements Classifieds The Winkler Morden *Voice*

Book Your Classified Ad Today - Call 467-5836 or Email ads@winklermordenvoice.ca

**OBITUARY**



## Lawrence Giesbrecht

Lawrence Giesbrecht of Altona, Manitoba a husband, father, grandfather and great-grandfather was born on November 13, 1927 and went to meet the God he served his entire life on April 23, 2023 at the Altona Memorial Hospital, peacefully, with family by his side.

He is survived by his wife Susan (nee Schroeder) of 73 years; daughters, Sharon (Richard) Funk, Angela (Jim) Harms; three sons, Jim (Val), Steve (Diane), Harv (Jeannette); 15 grandchildren; 22 great-grandchildren; one sister, Verna (Jake) Martens; and one brother, Marvin (Henrietta).

He was predeceased by his parents Bernhard and Anna Giesbrecht; one grandson, Mike Giesbrecht and three brothers, Edward, Stanley, Raymond and their spouses.

He spent 37 years as a teacher and then eight years as the missions director for the EMMC Conference. Both callings were dear to his heart, it was who he was.

His guide was the Bible. Proverbs 3: 5&6 was a favourite. "Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge him, and he will make your paths straight." Trusting God to guide his path was evident throughout his life as he moved from one community to another. God honoured that trust as he always seemed to be in the right place. My Dad was content with the life that God had given him, a sentiment he shared frequently in his last days. His prayer always was that his descendants would know and accept Christ as he had done in his teen years.

The family is grateful and thankful for the care given by Homecare, Boundary Trails Hospital, Health Sciences Centre and the Altona Memorial Health Centre. We are also grateful to Trevor Groening and Wiebe Funeral Home of Altona for their care during this difficult time.

Donations may be made to EMMC Conference, 757 St. Anne's Road, Winnipeg, MB, R2N 4G6, in support of the La Fortaleza School a cause dear to his heart.

Funeral was held at the Altona EMMC Church on April 30, 2023 at 2:30 with burial at the Altona Cemetery.

Wiebe Funeral Home Altona  
in care of arrangements  
www.wiebefuneralhomes.com

**OBITUARY**



## Robert Douglas Jordan

**August 7, 1926 - February 15, 2023**

On Wednesday, February 15, 2023 at Tabor Home in Morden, MB., Bob Jordan, 96, peacefully passed away. It is with heavy hearts that we announce the passing of our father, grandfather and great-grandfather, Robert (Bob) Jordan.

Bob was predeceased by Betty, his wife of 63 years; both parents, Fred and Muriel; his sister, Phyllis; son-in-law, Dean and many brother and sisters-in-law. Dad, Grandpa and Great-Grandpa will be fondly remembered by his daughters, Shannon (Joe), Margaret Ann (Hans) and Joan (Tony); grandchildren: Matthew (Denise), Mallory (Sebastian), Molly (Mohammed), Kort (Alisha), Katlen (Andreas), Risdon and Lauren and great-grandchildren: Dash, Felix, Woodson, Joé, Dahome, Betty and Axel.

Robert D. "Bob" grew up on the family farm just north of Darlingford and attended school in Darlingford and Manitou. In 1939, his father, Fred, bought back the original Jordan's Store, built in 1898 by Grandpa Ed and moved the family into town. Once eligible, Bob enlisted and served in the Canadian Army (1945-1946) where he guarded German POWs at Wainwright and Medicine Hat, Alberta. After his discharge, Bob took a business course at the U of M and commenced working, alongside his parents, at Jordan's Store. Bob was also the store's butcher and spent many a late night cutting and wrapping meat during deer season. Bob met Betty Neufeld while she was going to school and boarding at the only house in Darlingford that had a television. They soon married on a stifling hot day in August of 1959. They worked side-by-side in the store, building a home at the corner of Mountain and Stanley. Together they raised three daughters, Shannon, Margaret Ann and Joan Marie who especially enjoyed going camping with their dad on his Mondays off in July, flying in their dad's 65 HP Aeronca Chief, wiener roasts in the Pembina Valley, rock hounding, canoeing trips and snowmobiling. Years later, Bob introduced hiking and wiener roasts in the valley to his seven grandchildren, who shared their grandfather's sense of adventure. On a weekend stay, Grandpa even treated them to some deep-fried grasshoppers that were local to the back yard. In his younger years, Bob was an avid water skier at Lake Minnewasta, winning over-all-champion in 1956 when he was President of the provincial body. Over the years, Bob and his buddies enjoyed many hunting trips to Wyoming for mule deer and antelope. Bob also dabbled in photography of nature's wonders, which brought out his creativity, like the time he glued an ant to a mushroom in order to capture the perfect shot. In 2008, Bob's photo of a ruffled grouse was selected for a Manitoba outdoor book entitled, "Manitoba, Naturally". Bob was known for his sense of community and, over the years, expressed this spirit through various activities such as teaching Sunday School, being a Scout leader, sitting on many committees including the Credit Union board, activities at the town hall which included dressing as Santa, acting in skits and much more. Bob will be forever remembered for his genuine interest in learning and storytelling, his collecting of military memorabilia and his preserving and promoting Darlingford's local history. As the Darlingford School Heritage Museum curator, he worked tirelessly for many years to collect, catalogue and display artifacts of local history and for this, he was chosen to receive the Lieutenant Governor's Award for Historical Preservation and Promotion in May of 2015. Bob and Betty loved to travel, winning numerous trips through the store and, after retirement, continued their adventures with trips to Scotland, Germany, Costa Rica, Canada Day in Ottawa and numerous vacations to Mexico. In 2014 Bob and Betty made the big move to Vista Terrace in Morden, where they met a new community of friends and where Bob could share his life stories and adventures. As the years passed, long drives and flying got harder to do. Being the ever-curious explorer, Bob spent hours on his new Apple computer, researching Manitoba road trips and then he and Betty gathered their Vista friends, piled into their van and hit the road, enjoying many adventures and discoveries only Manitoba can provide. Bob's steadiness and health started to decline and after four months in hospital, in June of 2022, he was welcomed into the Tabor Home in Morden. Here, he enjoyed visiting with staff and continued to communicate with family and friends through video calls and visits. His tablet was always charging for the next Solitaire game or research project that he was working on.

Memorial service will be held at 2:00 p.m. on Saturday, May 20, 2023 at the Darlingford Hall. In lieu of flowers, we suggest a memorial donation be made to the Darlingford School Heritage Museum or the Darlingford Memorial Park. A special thank you goes to the staff in Birch House and Tabor Home who appreciated Bob's stories and photos and for making him feel at home. Dad, Grandpa, Great Grandpa, we will always carry your sense of adventure and your memory forever in our hearts.

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



**OBITUARY**

## Harry Enns

**April 5, 1932 - May 8, 2023**

Harry Enns of Morden, MB (formerly of the 1-6 District) passed away peacefully at Boundary Trails Health Centre with his beloved wife Toots and family at his side.

Further information regarding funeral will be available at wiebefuneralhomes.com

*Your memory will live forever Engraved within our hearts*

**CARD OF THANKS**

With joy & thanx,  
we helped  
**SARA  
KRUEGER**  
celebrate her  
**100th  
birthday  
in March!**



We are so thankful for the care & generosity shown in gifts, cards, certificates, food & hugs by so many wonderful people. She always praises God for her gifts of strength & longevity, along with those gifts is her ability to keep our farm grass JUST SO with her new John Deere mower. You go girl! We & the grass are blessed to have you in our lives— with love & thanks to all! **The Sara Krueger Family and we all know who her favourite is!!**

### ReVolution Trailers

#### RVs Reimagined

- Renovated RV Sales
- Custom Renovations
- Service and Repair

#### Manitoba's Premier RV Renovator

1480 Springfield Rd  
Winnipeg, MB  
www.revolutiontrailers.ca

Call now:  
**204-955-7377**

**Biz Cards**  
ADVERTISING THAT WORKS!  
To place your BIZ CARD  
Call 204-467-5836

## Elite Metal Works

(24/7) professional on-site welding services are just a call away.

(204) 384-1245  
elitemetalworks.ca  
lucas@elitemetalworks.ca

# get inspired

> MEAL IDEAS



## Chipotle Chicken Flatbreads

2 tablespoons cilantro leaves, chopped  
Preheat oven to 375 F.

Place parchment paper on baking sheet and add flatbreads. Sprinkle cheese on flatbreads. Top with garlic, chicken and tomatoes. Season with salt and pepper, to taste. Bake 16 minutes until cheese is melted.

In small bowl, mix ranch and chipotle seasoning.

Drizzle ranch dressing on flatbreads and sprinkle with cilantro leaves.

Recipe adapted from [butteryourbiscuit.com](http://butteryourbiscuit.com)

- 2 flatbreads
- 2 cups shredded mozzarella cheese
- 1 clove garlic, diced
- 4 chicken tenders, cooked and cubed
- 1 pint cherry tomatoes, quartered
- salt, to taste
- pepper, to taste
- 1/2 cup ranch dressing
- 1 1/2 teaspoons chipotle seasoning



## Chicken Shawarma Sliders

- 1 package (12) slider buns
- 1 container (17 ounces) Fresh Cravings Honey Jalapeno Hummus
- 1 package (8 ounces) shredded lettuce
- 1/2 small red onion, sliced

In zip-top plastic bag, use meat mallet or heel of hand to pound chicken to even thickness. Cut into 2-inch pieces and place in large bowl. Add oil, garlic, paprika, cumin, coriander, salt and cayenne; toss.

Cover chicken and chill 8 hours, or up to 2 days.

Preheat grill or grill pan to medium-high heat. Grill chicken 4-5 minutes per side, or until done.

Serve chicken on buns with hummus, lettuce and onion.

Recipe courtesy of eMeals Registered Dietitian Rachel West

- Prep time: 25 minutes
- Cook time: 10 minutes
- 2 pounds boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper



## Lemon Cheesecake with Fruit

- Servings: 6-8
- 1 1/4 cups graham cracker crumbs
- 1/4 cup sugar
- 1/4 cup butter, melted
- 2 packages (8 ounces each) cream cheese, softened
- 1 can (14 ounces) sweetened condensed milk
- 3 eggs
- 1/4 cup fresh lemon juice
- 1 teaspoon vanilla extract
- 1 orange, peeled

# Spring health reboot

By Health Expert Julie Germaine Coram

Spring is finally upon us! Not only are we leaving the winter weather behind, but many Manitobans are travelling again to warm, sunny destinations. Time to break bad habits and embrace active living again, especially by getting yourself outdoors.

We have all felt the additional stress of the last few years, and it has certainly impacted our health. Here are 3 simple steps to reverse the negative impacts of the isolation we have experienced together, which may have left you with anxiety surrounding social gatherings. Eating right and taking the right small steps is going to have a huge positive impact on your physical and mental health within a few short weeks.

1. Increase your protein intake. I recommend eating approximately 1 gram of protein for each pound of body weight, more if you are very active. This can easily be accomplished by incorporating protein into every meal, including snacks. Obvious choices are eggs, chicken, fish, and lean beef, however you can also up your protein intake by eating almonds, broccoli, Greek yogurt, lentils, Ezekiel bread, pumpkin seeds, and even brussels sprouts.

2. Make a fitness schedule that is realistic that is realistic and stick to it. Check out the Resources section on my website (<https://www.juliegermaine.com/jgfit/resources/>) to download free daily, weekly, and monthly calendars. It is optimal to exercise at least 3 times per week, for a minimum of 30 minutes. If you have been struggling with motivation, try splitting up your workouts into two 15 minute sessions more frequently during the week. After all, you can force yourself to do ANYTHING for just 15 minutes.

3. Make your goal developing and improving on your good habits.



Health and Wellness  
Fitness expert  
Julie Germaine Coram

Start today as Day 1 that you will make an effort to eat better, perhaps by cutting out the cookies or wine that you usually have in the evening. Work to build upon your good choices and create new goals as you succeed. Remember, keeping things positive and manageable will keep this healthy journey an enjoyable one.

4. “Keep your face to the sunshine and you cannot see the shadows.” Remember to literally get some natural vitamin D by allowing the sun to touch your skin every day!

Though beautiful Grand Beach days are a few weeks away, we can stay positive and shake off the winter blues by taking some important steps to improve our mental and physical health.

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

and separated  
8 raspberries

3 mint leaves, for garnish  
Preheat oven to 350 F.

In medium bowl, combine graham cracker crumbs, sugar and melted butter. Press firmly into 9-inch springform pan.

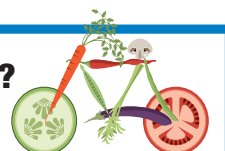
In large bowl, beat cream cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Add eggs,

fresh lemon juice and vanilla extract; mix until combined.

Pour into pan. Bake 50-55 minutes, or until center springs back when lightly pressed.

Chill in refrigerator until completely cooled. Arrange orange slices around border of cake and place raspberries in middle. Top with mint leaves.

Do you have a Health or Wellness Business?  
Call 204-467-5836 to advertise



# WINKLER AUTO DEALERS



[www.winklerautodealers.com](http://www.winklerautodealers.com)

BRAND NEW!



## 2023 BRONCO SPORT BIG BEND 4X4

LEASE FOR ONLY **\$245** PLUS PST/GST BI-WEEKLY! PURCHASE **\$41,434**

48 MONTH LEASE @ 3.49% OAC  
LEASE PRICE \$41,454. \$2495 DOWN. COST OF BORROWING \$1454. 20,000KM/YR INCLUDED. EXCESS MILEAGE AT \$0.12/KM OVER. TOTAL DUE AT SIGNING \$3,136. PLUS PST/GST STK# PBS094



## 2021 CHEVROLET SPARK LS

**\$17,500**  
PLUS PST/GST STK# 23U049

- 1.4L
- 5 - SPEED MANUAL
- APPLE CARPLAY/ANDROID AUTO
- 2 SETS OF WHEELS/TIRES
- ENVY ALUMINUM WHEELS
- 23,000 KM



## 2021 F-150 LARIAT SPORT 4X4

**\$57,900**  
PLUS PST/GST STK# 23U042

- 3.5L ECOBOOST V6
- 12" SYNC 4 W/ CONNECTED NAVIGATION
- MAX TOW PACKAGE
- POWER UP/DOWN TAILGATE W/ STEP
- TWIN PANEL MOONROOF
- ADAPTIVE CRUISE W/ LANE CENTERING
- 97,000 KM



Permit No. 1162

Since 1955



Bob Derksen



Brian Derksen



Konrad Friesen

690 MEMORIAL DRIVE • 325-4777  
[WWW.HOMETOWNFORD.CA](http://WWW.HOMETOWNFORD.CA)



**2021 HONDA ODYSSEY EX-L-RES**  
LEATHER INTERIOR, 7 PASSENGER, 3.5 ENGINE, 10 SPEED AUTO, POWER RUNROOF, DUAL POWER SLIDING DOORS, NAVIGATION, LOADED, 13,000 KM'S, BALANCE OF FACTORY WARRANTY **INQUIRE FOR PRICE**



**2020 TOYOTA SIENNA SE AWD**  
LEATHER INTERIOR, 7 PASSENGER, 3.5 ENGINE, 8 SPEED AUTO, POWER SUNROOF, FACTORY NAVIGATION, LOADED, 37,000 KM'S **INQUIRE FOR PRICE**



**2021 CHEV/SILVERADO 1500 CUSTOM CREW 4X4**  
5.3 ENGINE, 6 SPEED AUTO, SPLIT BENCH SEAT, REMOTE START, TOW PKG, SPRAYIN BOX LINER, REAR VISION CAMERA, 35,000 KM'S, BALANCE OF FACTORY WARRANTY **ONLY \$49,997** + TAX



**2019 GMC SIERRA SLT 2500HD CREW 4X4**  
LEATHER INTERIOR, FRONT BUCKET SEATS, 6.6 DURAMA DIESEL, 6 SPEED ALLISON AUTO, Z71 OFF ROAD, 9900 GVW, 220,000 KM'S **INQUIRE FOR PRICE**



Permit #2816



KURT MILLER  
kurt@jpb.ca



HENRY BLATZ  
henry@jpb.ca



KEVIN TALBOT  
kevin@jpb.ca



ROBERTO KORT  
roberto@jpb.ca

1-888-305-8917 • 204-325-9511  
[WWW.JANZENCHEVROLET.CA](http://WWW.JANZENCHEVROLET.CA)

GET A **\$300\*** REBATE ON CRF50F  
PLUS, GET A \$300 FAMILY STEP-UP BONUS OFFER TOWARDS YOUR NEXT TRAIL BIKE PURCHASE\*  
EXCLUDES CRF50F

2022 CRF50F

# POWER UP WITH Honda



\*Conditions apply. Scan the QR code or ask us for details.



WAYNE

CHUCK

BILL

JODY



[WWW.SOUTHLANDHONDA.COM](http://WWW.SOUTHLANDHONDA.COM)  
1-877-246-6322 • 325-7899 Permit #9725

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