



The Winkler Morden
Voice

VOLUME 12
EDITION 40

October
breast cancer
AWARENESS
MONTH

THURSDAY, OCTOBER 7, 2021
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PHOTO BY LORNE STELMACH/VOICE

There was a sea of orange in Morden last Thursday as the community participated in a healing walk as part of a National Day for Truth and Reconciliation ceremony. See inside for more on this story.

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Morden marks reconciliation day

By Lorne Stelmach

Morden paused last Thursday for a ceremony that marked Canada's first National Day for Truth and Reconciliation.

The event included the raising of an Every Child Matters flag at the Access Event Centre followed by a healing walk into the community.

Organized in partnership with the Truth and Action Working Group, the gathering brought residents together to commemorate the tragedy of residential schools in Canada and their continuing impact on Indigenous communities.

"Although this is a tragic part of the makeup of Canada, commemorating, taking time to reflect and educate ourselves on this part of our past and how

it continues to affect our present and will affect the future is a vital part of the reconciliation process," Courtney Thiessen said in welcoming people on what was also Orange Shirt Day.

After a ceremony to smudge the Every Child Matters flag, a moment of silence was observed, and working group member Tami Hendrickx offered a brief reading for the children who never came home.

"We always were there, our voices, our small bodies waiting to be heard, to be found. Sometimes we were acknowledged but later forgotten. We always were there, our voices, our small bodies, waiting to be heard, to be found. How long will it take until

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PHOTOS BY LORNE STELMACH/VOICE

People showed their support in Morden at the National Day for Truth and Reconciliation ceremony, which also included elder Doreen Cameron, who participated in raising the Every Child Matters flag at the Access Event Centre.

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Talks aiming to build understanding

First of three sessions offered a historical look at Canada's Indian policies

By Lorne Stelmach

A series of talks organized by the local Truth and Action Working Group to help promote awareness of Indigenous realities and build relationships with Indigenous neighbours kicked off last week with a history lesson for listeners.

David Scott, who is an elder and policy advisor with the Swan Lake First Nation, aimed to set out the basis for people to perhaps come to some greater level of understanding to better appreciate what got our society to where it is now.

"This series of talks is to give food for thought for those who don't understand," said Scott, whose first of

three presentations Sept. 28 offered a historical look at Canada's Indian policies. "It just laid a foundation of what they can try to find about our history, the real history, not the history that was fed to them."

"The other thing though is these things are losing momentum ... the truth and reconciliation movement is stalling out," he added. "There's nice groups in this community that I like working with because they really want to do something about it ... but sometimes they stall out ... they need validation from someone like me to move forward on something ... and I want them to take these initiatives on their own."

Scott traced the beginnings of the loss of rights to the Royal Proclamation of 1763, which was meant to set out guidelines for European settlement of aboriginal territories and officially claimed British territory in North America after Britain won the Seven Years War.

In the subsequent years and decades, various policies continued to further legislate control over Indians and their lives and property and land

with Scott describing it as civilizing the Indians as it aimed to entrench integration and assimilation.

A pass system came into effect which severely restricted Indigenous freedom, and they basically were entirely at the mercy of the government, said Scott.

Then along came the Indian Act, which was first enacted in 1876 and allowed the government to control most aspects of aboriginal life including status, land, resources, wills, education, band administration and more, and amendments in the 1890s and on further infringed upon their culture and traditions including even barring them from participating in any festival, dance or ceremony, he noted.

There is even somewhat more recent history, Scott noted, ranging from the impact of the Canadian Citizenship Act in the 1940s to the 1969 White Paper Policy.

The latter proposed ending the special legal relationship between Aboriginal peoples and the Canadian state and dismantling the Indian Act, but it contained no provisions to recognize and honour First Nations' spe-



PHOTO BY LORNE STELMACH/VOICE
David Scott will continue his series of talks Oct. 26 and Nov. 30 in Morden.

cial rights or to recognize and deal with historical grievances, and many Aboriginal peoples viewed the new policy statement as the culmination of Canada's long-standing goal to assimilate Indians into mainstream society.

"There's a lot of these things that people don't know about or don't think about," said Scott, citing par-

Continued on page 8

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Sanctuary additions celebrated

Viewing platform and outdoor classroom officially opened

By Lorne Stelmach

Key directors and supporters gathered last Tuesday to welcome the grand opening of a viewing platform and outdoor classroom at the Discovery Nature Sanctuary (DNS) in Winkler.

Both additions were celebrated for really further enhancing a site that

has already become a source of respite for so many people in the area.

"It is really a sanctuary," said Wayne Rempel, CEO of Kroeker Farms, which made the key contribution to make the viewing platform possible along with support from the City of Winkler as well.

The property was long owned by the company before being taken over by the city, but it has remained very much connected to the land with offices located right nearby the sanctuary, Rempel noted.

"We never thought much of this land, but now with the vision of DNS, they really brought this to life ... so we are really pleased to be a part of it,"



PHOTOS BY LORNE STELMACH/VOICE

Dignitaries gathered last week to officially open the viewing platform and outdoor classroom at the Discovery Nature Sanctuary. The platform especially was noted for offering a lovely view of the site.



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said Rempel.

"One of our values is environment and enhancing and protecting the environment, so this fits perfectly," he added. "It's easily accessible ... a gorgeous view from up there, so it's fantastic."

Most of the funding for the Co-op Outdoor Education Centre meanwhile came through a Co-op Community Spaces grant to the Pembina Valley Watershed District with additional funds from the Winkler Community Foundation, Steckley Consulting Engineers and private donations.

A Winkler Morden Co-op representative said the 1,200 sq. ft outdoor classroom very much fit in with their values and mission in the greater community.

"It has to do with community ... community is the reason that we exist ... any way that we can help out in the community, anything that we can do in the community to help the community to be better, we want to part of that," said Cam Buhler.

Paul Goossen, chair of the DNS committee, said he sees great educational value especially in this centre for stu-

Care home admissions on hold

Move is temporary with new public health orders in mind: CEOs

By Lorne Stelmach

The two main personal care facilities in the area have put a temporary hold on new admissions as a fourth wave of COVID-19 unfolds.

In comes in the midst of rising case counts in particularly in the Southern Health-Sante Sud region.

A joint statement released Monday by Salem Home CEO Sherry Janzen and Tabor Home CEO Carolyn Fenny said the move to temporarily suspend admissions came about as a result of anticipated challenges posed by the public health orders.

"It's more preventative," suggested Janzen.

"I think right now ... as we are implementing the public health orders, we want to ensure that we are supporting them and following them and also that we are providing safe care," she said.

"We need to make sure that the residents that we currently have in our

buildings are being cared for," she added.

"It's until we better know where things are at," continued Janzen, saying they felt there was too much uncertainty about where things are going with the virus. "As far as we are concerned, this is short term. This is not going to go on for a long time."

In the statement, Janzen and Fenny noted that they "recognize the feelings of disappointment and frustration those waiting placement may feel.

"Our top priority is to ensure that residents in our care remain safe and that standards and licensing components at Tabor Home and Salem Home are managed and adhered to for the safety of residents currently in care as well as the safety of staff employed by both organizations.

"We anticipate that both Tabor Home and Salem will have a better assessment of how public health measures will affect the two sites after these new measures come into effect on October 18, 2021.

"Thank you to our respective communities and stakeholders for their ongoing patience and support as we work to ensure public health measures are followed for the safety of residents and staff at both Tabor Home and Salem Home."

> SANCTUARY, FROM PG. 4

dents.

"The Co-op Community Education Centre is set up essentially to be a gathering place," said Goosen.

"It has a multi-purpose function, and we're hoping that people will enjoy it and respect it and make use of it ... it is a place to sort of get away from the busyness, let's say, of city life."

As for the viewing platform, Goosen said there had been some thought given to a structure of some sort, but it all came together then when they were approached by Kroeker Farms

"I think the viewing platform offers the visitor an opportunity to see a little more of the sanctuary than just walking the trails," he said.

"I think this view from the viewing platform is one of the most scenic views in Winkler," he continued. "You've got a creek running through it with beautiful trees and shrubs ... Canada Geese in the water, maybe water fowl

... it's really a peaceful scene, and it's not one that you would expect to see normally within an urban environment.

"It just opens up a new vista for the sanctuary," said Goosen. "The viewing platform, I think, will be enjoyed by many people."

"Both facilities have turned out really well, and we're grateful for the donations," said Goosen, who added the ultimate reward is knowing how much people are enjoying the site.

"It's so satisfying to see that there are people using this, actually using this site, wandering the trails with their kids ... there's even an elderly couple apparently that is very frequently walking these trails ... it's so gratifying to know that people are enjoying this," he concluded.

"The very fact that there's so many people using it shows that there's something about this place that has magic ... a place of peace and sanctuary."

"I THINK THIS VIEW FROM THE VIEWING PLATFORM IS ONE OF THE MOST SCENIC VIEWS IN WINKLER."

Three more Winkler businesses fined

Voice staff

Three more Winkler businesses were fined recently for violating restrictions related to the pandemic.

The Sept. 20-26 public health order enforcement report highlighted more than \$72,000 in fines levied against ten Manitoba businesses including three local restaurants.

Receiving the \$5,000 fines were Twisters, Del Rios and the Iceburg Drive-in, and they come on the heels of three fines announced a week earlier to the Winkler Chicken Chef as well as Superstore and Top-

The fines reported last week also

included five businesses in Winnipeg and two in Steinbach with a repeat offender - Tuxedo Village Family Restaurant - Monstrosity Burger - earning another four fines.

In addition, there were four personal fines of \$1,296 and another ten of \$298 for violations, and there were 35 warnings issued as well while officers overall fielded 2,915 calls about public health order violations.

Since April 2020, provincial enforcement officers have now given out more than \$3 million in fines and ticketed 2,167 individuals and businesses.

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EDITORIAL > VIEWPOINTS > LETTERS

What is a neighbour?

More than 16 years ago I moved to Morden and immediately began hearing about differences.

There were differences between Winkler and Morden, people would say. I was told stories and jokes by friends in both communities at the expense of the other.

Mostly I dismissed these as mythology and good-natured ribbing between southern Manitoba's version of Springfield and Shelbyville.

I grew up in southern Ontario and we had the twin cities of Kitchener-Waterloo. Heck, if these two could work it out and become a powerhouse of education and technological development surely the communities of Morden and Winkler could.

After all, how different can these two communities really be?

It turns out they can be, and are, very different.

Anyone who knows me or has read my columns knows I have been a loud voice and champion for regional co-operation and unity between our two communities.

I have told you about how people outside of our region have related that if Morden and Winkler could just find a way to work closer together the region would be an unstoppable force of development and growth in the province.

I have friends in both communities. I call the Pembina Valley, not Morden or Winkler, my home. In about 18 months I will have lived here longer than anywhere else in my life, including my hometown of Guelph. I have raised my children here and this is the only home they remember.

My daughter has gone to school in both communities, played for teams

in both communities, absolutely loves Winkler and lives there now.

Essentially, we have lived in the region oblivious to any friction and dismissive of the odd rumbles as nothing more than a hiccup on the road to happy togetherness.

In the world of geology there are things called fault lines. Often they go unnoticed for centuries or even millennia. Pressure between tectonic plates where these fault lines meet sometimes can cause the odd rumble but otherwise there's no problem.

Once in a while the right kind of pressure can cause these fault lines to become suddenly and violently apparent. This is what is happening right now.

I have lived here in willful ignorance of our fault lines. Having never experienced an "earthquake" I have dismissed stories of conflict and difference as overblown. Now, in the midst of an ongoing eruption that has grown more divisive and destructive in the past 18 months, I am ready to

admit I was wrong.

There is a cultural fault line that runs between Morden and Winkler and it is moving the communities further apart.

It is times like these that proves whether we are a community of neighbours or just a bunch of isolated individuals who don't care about one-another. It is times like these where, as hard as it can feel, we need to support and lift one-another up.

Yes, there are significant differences between our communities, but difference and diversity need to be celebrated. When the going gets tough and a few begin to tear down the work of the many we need to lean into one-another, empathize, and lend a hand where we can.

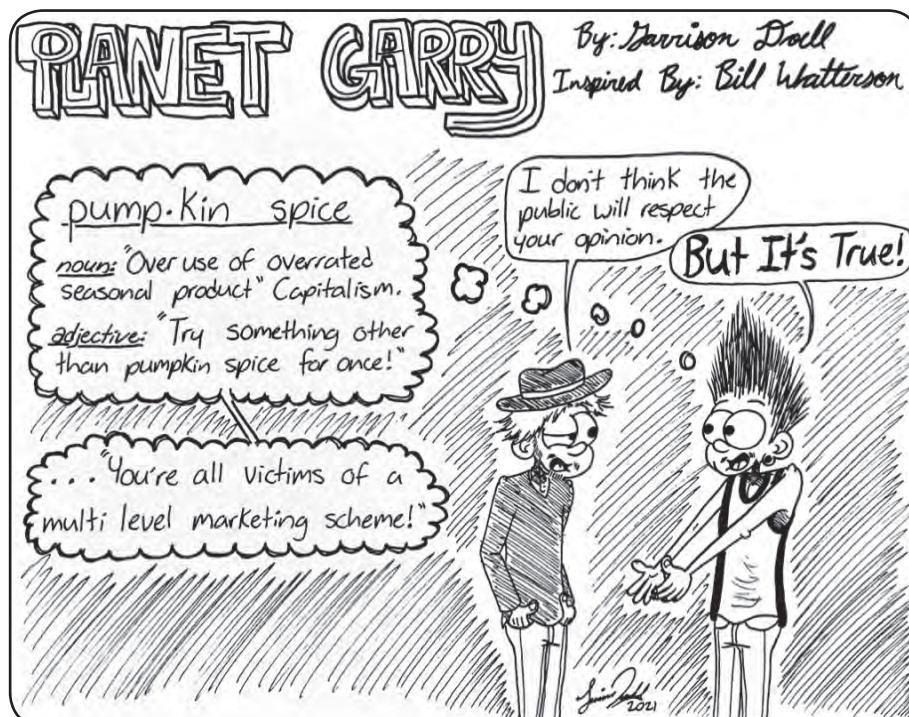
Now is the time to ask ourselves one big question: Are we neighbours? If we are, how should we treat each another?

I believe in the strength and diversity of this region. I hope you do too.



By Peter Cantelon

The Funnies



COVID cases continue rising

Southern Health remains the epicentre of fourth wave

By Lorne Stelmach

The fourth wave of COVID-19 continued to escalate this past week across the province but especially here in the Southern Health-Sante Sud health region.

The regular Monday update had 324 new cases of the virus identified since Friday including 121 Saturday, 120 cases Sunday and 83 cases Monday, and the highest number were in Southern Health-Sante Sud with 122 new cases.

The five-day COVID-19 test positivity rate was 3.7 per cent provincially, and the 83 new cases identified Monday included 59 who were not fully vaccinated. This included 29 new cases with 25 not fully vaccinated in Southern Health.

Public health officials reported the deaths of two males in their 70s from Southern Health with both linked to

a variant. It brought the number of deaths in people with COVID-19 to 1,213.

Overall, there were 814 active cases including 25 in Winkler, five in Morden and three in Stanley as well as one each in Lorne-Louise-Pembina and Roland-Thompson with six in Carman.

Overall, there were 98 Manitobans hospitalized with COVID-19 including 64 people with active COVID-19 as well as 34 people who are no longer infectious, and a total of 18 Manitoba patients were receiving intensive care for COVID-19 including 13 people in intensive care units with active COVID-19 as well as five people who are no longer infectious but continue to require critical care.

The increasing numbers came on a week when new public health orders took effect Tuesday to address the fourth wave. The province moved to the restricted (orange) level on the Pandemic Response System, which included introducing additional public health orders that expand requirements for proof of immunization and reduce gathering sizes when unvaccinated individuals are present. The new orders are expected to expire Oct. 26.

"These orders are not going to have much of an effect unless there is adherence to them, and part of adherence may have to be enforcement," acknowledged Dr. Brent Roussin, chief provincial public health officer, in addressing the challenge of getting enough buy-in now from those who have resisted vaccination.

"We are in a trajectory right now that could take us to a place where we'll see quite a significant amount of strain on our health care system unless we change it.

"We know it's very difficult to have these type of restrictions ... these are mostly related to unvaccinated; we do have some geographic requirements," said Roussin, who noted however it would be difficult to enforce greater localized restrictions in regions such as Southern Health.

"Targeted restrictions, especially geographically, are difficult because of mobility ... very, very tight geographical targeted restrictions will just make mobility that much easier ... if you can just go right next door to something that is not as restricted.

"Right now, we're tracking on the severe scenario ... certainly some re-

gions are contributing more to that than others."

Also on Monday, the province announced that it is allowing the COVID-19 vaccine to be given at the same time as other vaccines.

Previously, individuals had to wait 14 or 28 days in between doses of different vaccines, depending on which was received first.

Third-dose eligibility continues to include all residents and staff of First Nation personal care homes, all residents of personal care homes in Manitoba, people who are immunocompromised, people who require a third dose to meet travel requirements at their destination or individuals who previously received doses of vaccines that are not approved by Health Canada.

Eligibility for first and second doses of the COVID-19 vaccine continues to include anyone born on or before Dec. 31, 2009, and Manitoba super sites are offering walk-in and appointment-based vaccinations. Eligible individuals can book their appointments at these sites online or by calling (toll-free) 1-844-626-8222 (1-844-MAN-VACC).

Bell MTS boosting service in region

Voice staff

Bell MTS is further expanding its all-fibre broadband network in the Pembina Valley region.

The company recently announced plans to expand its service to homes and businesses in communities including Plum Coulee as well as Altona, Emerson and Morris.

Officials suggested the capital investment in next-generation network infrastructure could bring direct fibre connections to about 4,500 new locations in the region starting this fall.

It comes as Bell MTS is nearing completion of its fibre rollout in Morden, where it was estimated the service would be reaching about 3,300 homes and business locations in the city by the end of 2021.

"The past 18 months have shown that now more than ever, access to high-speed broadband service is critical to a thriving community. Whether it is working remotely, learning online or keeping in touch with friends and family, staying connected is a priority for us all," said Al Friesen, Mayor of

the Town of Altona.

"Building an economy for the future requires continued investment in world-class digital infrastructure in communities large and small across this province," said Ryan Klassen, vice chair of Bell MTS - western Canada. "Bell MTS is proud to bring pure fibre Internet service to more towns and rural municipalities in the Pembina Valley, delivering fast, reliable broadband access to enhance connectivity and boost economic growth as Manitoba moves forward."

Earlier this year, Bell announced an additional investment of \$1.7 billion in capital over the next two years to accelerate the rollout of its broadband fibre, 5G and rural networks.

This capital acceleration is in addition to the approximately \$4 billion in capital Bell typically invests in broadband network infrastructure and expansion each year, and Bell MTS says it will significantly increase the connections in localities across Canada while creating additional employment as network construction activity speeds up.

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Manitoba 

Community centre supported

Foundation grant helping move along Morden project

By Lorne Stelmach

As work progresses on a community centre for Morden, the project got further financial support last week from the Morden Area Foundation.

A \$3,084 grant will provide the flooring for the back space of the building at 500 Stephen Street - which will also be the name of the centre.

"This donation is an important one, as it is helping get the space ready for the tenant that is going to be running the food bank," said Shelly Voth, who is part of the task force behind putting the community centre together.

"The donation is a welcome boost. We have a lot of renovations that need to happen to get this up and running," added Voth.

Foundation representatives called it a good fit for them as the centre will be a hub will be able to house and

support a variety of community organizations.

"We get to support other charities in the community in Morden and the surrounding area, so this has been an excellent opportunity," said Robert Friesen, treasurer of the Morden Area Foundation.

"This is what we are all about," he added. "It's helping the community. We were very excited with this opportunity to support so many organizations that could take advantage of this space is going to be really good for the community."

There has been talk for a number of years about the need for a community centre in Morden, and the idea started to come together with the City of Morden agreeing to provide use of the space in the former Variety Advertising building.

Westside Community Church had helped get the initiative going with a commitment of \$20,000 a year for two years, and it feels good now to see it taking shape, said Voth.

"It's exciting to see it moving from the dream stage. It's been a dream that's been many years in the works,



PHOTO BY LORNE STELMACH/VOICE

Morden Area Foundation officials checked out the work underway at 500 Stephen Street last week and presented a grant in support of the project.

and now there's construction happening," she said.

"We're excited about the feedback we're getting, and we're excited about the number of volunteers and area businesses that have really stepped up to help this process along," she added.

"It's going to be providing space for not-for-profits to use, and it's going to be any non-profit that's in Morden

and just needs the extra space or they need a place to hang their hat."

Voth said work is progressing in stages, but they were hopeful that the food bank program being overseen now by Many Hands Resource Centre could possibly move in sometime in November as it is currently in temporary space.

> RECONCILIATION DAY, FROM PG. 2

you find us."

Elder Doreen Cameron recited a prayer in both English and her own language and told the crowd it felt meaningful to see the community come together for this occasion.

"Today is a sad day for my people ... for me too," she said. "But we really greatly appreciate everybody trying to make an effort to understand about our children ... what happened to them is something that's been happening throughout this country.

"What I really greatly appreciate is people who are not aboriginal trying to understand where we've come from, what we've suffered through," she said. "I personally really appreciate that because I see it throughout the times since I've been alive how people are trying to understand our people."

Morden Winkler MLA Cameron Friesen said it was very important to be "coming to work our way through what this means as a nation, as a province and as a community, to remember, to reflect and to endeavour to engage.

"I think most important of all is intent, our intent to understand, our intent to act differently, our intent to allow the stories to be told," said

Friesen.

Morden Mayor Brandon Burley said it was vital for Morden to be part of the reconciliation process given that it is a community that values diversity and inclusivity.

"Today we humble ourselves in acknowledging the atrocities and the injustices committed against Indigenous people across Canada ... it was a genocide, intended to destroy a people," said Burley. "These are the acts of colonization committed against Canada's Indigenous people that today we acknowledge as being true.

"In reconciling with Indigenous people across Canada, we seek to understand the damage that these actions have caused," he continued. "We can show our support in many ways, firstly by listening and seeking to understand, by being a friend and an ally, supporting their right to grieve, their right to have closure and the right of Indigenous people across Canada to their identity.

"We are committed to listening; we are committed to understanding, and we're committed to working together towards a bright future that involves Indigenous people in every aspect of our social and our economic spheres," Burley concluded.

> BUILD UNDERSTANDING, FROM PG. 3

ticularly the example of people being largely unaware that the Indigenous still have no control over their land.

He cited a few key things for people to take away from the talk.

"One of the things that I hope that they get from it is that things they know about their own ancestors may be wrong; a lot of may be wrong ... they need to step up and try to understand it better, try to learn the truth," he said.

"Another thing for them to take away from this is how much control government has over us," he continued. "Yes, we have contributed to some of the problems that we face, but a great many of them are in government policy."

Scott hopes through the series of three talks to continue to be able to have more dialogue with people

"I want them to be comfortable with me. I want them to feel very comfortable and be able to open up with me," he stressed. "I talk honestly and openly with people, and I reach out to them on a very human level, and I don't like this kind of talking where I'm up here lecturing, but we had to do it ... I would rather sit with them

and have communication that way."

He sees his next two talks as offering a logical progression starting next Oct. 26 with a focus on treaties and the Indian Act.

"I WANT PEOPLE TO UNDERSTAND HOW MUCH POWER THAT HAS ON OUR PEOPLE EVEN TODAY."

"I want people to understand how much power that has on our people even today," said Scott, noting he hopes to get into some of the specifics of the policies. "Our reserve needs to understand this too. A lot of our people don't know these things either."

He then looks to conclude and conclude Nov. 30 with a focus on the condi-

tion of the Indian today and how they are surviving amidst the realities of life on the reserves.

"And I hope from there, we can start thinking about how we're going to work together to better understand each other."

All of the sessions will sessions take place at the Morden Mennonite Church starting at 7 p.m., and you can find more information and follow the Truth and Action Working Group on Facebook.

Morden Legion unveils more street banners

Sustained interest in commemorative project

By Lorne Stelmach

The Morden Legion collection of commemorative banners honouring local veterans continues to grow with a third set unveiled at the branch last week.

Eleven more will go on display this fall now in addition to the 26 that were part of the initial introduction and the 15 that were added last year, and the main organizer of the project suggested there is sustained interest because so many families have connections to veterans.

"I'm not really surprised that it continues to roll along ... and I've actually already got a list started for next year," noted Ken Wiebe. "They're being forgotten, and I think that's what gives this momentum because people don't want their parents and family members and the sacrifices they made to be forgotten. They want it to be remembered."

The banners are displayed in various locations for about a month around Remembrance Day, and they feature images of area residents who have served the country including the whole spectrum of service from the first and second world wars and Korean war to women who served in war and peace time and someone who has served recently.

The banners all include the Legion crest, City of Morden logo as well as the honouree and banner sponsor, and some of the banners feature a poppy to signify that person died in service, and banners will also note the battle or location where they fought and died in service.

Families submit a photo of the person and a little bit of their service history, and the only requirement otherwise is that the subjects be members of the community or at least from a family with a strong lasting connection to the community.

The fact that the banners make that personal connection in putting a face and story to the name is what resonates, suggested Wiebe.

"Every name has a story and a life behind it," he noted. "If they want to, people can go to the Morden Legion website, and there are biographies on just about every one of these people."

"This is one way to kind of keep the memories alive and put some more meaning into Remembrance Day."

"The motto says it all ... lest we forget ... we need to do this," said Pat Gibson, whose family is connected to four of the new banners.

One features her grandfather Charles Urquhart Sr., who she never met but who while serving had been gassed and died soon after at a care facility in Ninette.

A second banner is his oldest son David Smith Urquhart, who served in the air force and whose plane was shot down over France.

"Four years ago, they discovered the plane, and my family went there for an unveiling of a cairn," noted Gibson.

A third banner honours her father Charles Arthur Ian Urquhart, who initially served in the armored division and later rejoined the service until retirement.

The final one of the four is her father in law John



PHOTOS BY LORNE STELMACH/VOICE

Family and visitors checked out the latest commemorative banners at the Morden Legion last week. Pat Gibson, seen here with Ken Wiebe, was proud to be connected to four including David Smith Urquhart, while Doug Lone was proud to see the banner for his father Allan Andrew Lone.



Alexander Gibson, who borrowed a birth certificate in order to be able to enlist at age 17.

"The history of who they are is the part of the history that we do not want to forget," Gibson said in reflecting on the importance of the banner project.

"They were all such young men ... you think of people that age nowadays and imagine," she said. "It was a special time though, and they answered the call."

"It's extremely meaningful," said Gibson. "When I was talking to owners of other flags, they all have similar stories to tell, and they just want others to remember that this family participated and this family sacrificed."

Doug Lone was also proud to see the banner for his father Allan Andrew Lone.

"He was the sixth boy out of seven in his family, and he was the only one who went to war," said Lone, who noted his father then following the war



met his wife in England before coming back to Canada

"This means a lot to me," said Lone.

"Last year, we walked downtown and read all the banners," he noted. "It means something to see the faces and see the family name. There are lots of families in the area here who sacrificed and went to war."

Wiebe noted that the banners would be going up for display just after Thanksgiving, and they were still looking for a few locations as they have space for 30 on the street and need 22 other locations.

"Because we are a little bit short of space, we have had businesses volunteer," he noted "We're trying to keep it all on Stephen Street ... so we've had businesses volunteer their front windows; we're still looking for a few more windows."

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Further restrictions for the unvaccinated

By Lorne Stelmach

The province has taken additional steps to fight the fourth wave of COVID-19 including measures that further target the unvaccinated in Manitoba.

The new health order changes that came into effect Tuesday also moved retail capacity to 50 per cent in the Southern Health-Santé Sud region where both vaccination rates and increasing case counts have become a concern.

There was little new offered though in terms of enforcement whether that be increased staffing or resources as health and seniors care minister Audrey Gordon said they are relying on people "to honour and adhere to those restrictions. That's the Manitoba that I'm accustomed to ... a Manitoba that cares about their neighbour, their families and their friends ... my hope is that they will adhere to these restrictions on their own ... we're going to rely on Manitobans to do the right thing."

"We must be proactive in protecting our health care system," continued Gordon. "Rising case counts and COVID-19 transmission in the province means we need to introduce new measures now to reduce the impact of the fourth wave of COVID-19 in Manitoba."

"These new public health orders will allow fully vaccinated Manitobans to continue to enjoy as much freedom and as few restrictions as possible," she stressed. "Unvaccinated individuals will now be more restricted in their activities."

Case numbers and hospitalizations are now increasing, particularly among the nearly 400,000 unvaccinated Manitobans, noted chief provincial public health officer Dr. Brent Roussin.

As of last Wednesday, people who are not fully vaccinated accounted for 75 per cent of new COVID-19 cases, 79 per cent of those admitted to hospital and 100 per cent of intensive care unit (ICU) admissions. Data also shows hospital admissions related to COVID-19 have increased by 26 per cent in the past week with COVID-19 related admissions to ICU increasing by 17 per cent during that same period.

"If you look at the estimated time for

the number of cases to double in the Southern Health region, it would take less than three weeks if everything remains the same," said Roussin, adding that means the region could be seeing over 90 cases per day at that point.

He urged people to consider the consequences of holding out on vaccinations and waiting for restrictions to pass.

"This COVID is not going away; it's going to be with us for years, and you're much more likely to get sick from COVID, especially severe illness, if you're not vaccinated."

The health order changes included moving to the restricted (orange) level on the pandemic response system. In addition, it also introduced additional requirements for proof of immunization and reduces gathering sizes when unvaccinated individuals are present.

Roussin noted the move to the restricted (orange) level will not affect schools, which will remain at the caution (yellow) level to ensure youth can remain in school as much as possible.

The new public health orders will allow fully vaccinated Manitobans to continue to enjoy as much freedom and as few restrictions as possible while unvaccinated individuals who are eligible to be vaccinated will now be more restricted in their activities. This includes:

- limiting private indoor gatherings for households to guests from one other household when any unvaccinated person who is eligible to be vaccinated is present on the property, even if the unvaccinated person lives there.
- limiting private outdoor gatherings for households to 10 guests when any unvaccinated person who is eligible to be vaccinated is present on the property, even if the unvaccinated person lives at that location.
- reducing indoor public gathering group sizes to 25 people or 25 per cent capacity, whichever is lower, for gatherings that include unvaccinated people who are eligible to be vaccinated including weddings and funerals.
- setting indoor group sizes for faith-based gatherings to 25 people or 33 per cent capacity, whichever is greater, for gatherings that include unvaccinated people who are eligible to be vaccinated.



"If you look at the estimated time for the number of cases to double in the Southern Health region, it would take less than three weeks if everything remains the same," said chief provincial public health officer Dr. Brent Roussin.

Fully immunized Manitobans and those under 12 who are not eligible for the vaccine may gather without capacity limits in each of these areas. Household gatherings, weddings, funerals and faith-based gatherings can occur for fully vaccinated individuals and those under 12 without any restrictions.

For example, faith-based gatherings may take place with a choice of services at their discretion for fully immunized worshippers (no restrictions) or unvaccinated worshippers (restricted capacity as set out above).

In addition, gated or controlled events and gatherings where proof of vaccination is required will continue to be permitted.

The public health orders will also reduce all outdoor public gathering sizes to 50 people.

Roussin again stressed fully vaccinated Manitobans and Manitobans

who are not eligible for vaccination will be largely unaffected by these new orders.

"Our data shows that vaccination works, as the vast majority of hospitalizations and ICU admissions are in people who are unvaccinated," said Roussin. "But nearly 400,000 Manitobans are either unable or unwilling to get vaccinated, and our health-care system remains at risk from the delta variant of COVID-19 with case numbers and hospitalizations rising."

Future changes may include requiring all those eligible to be vaccinated to provide proof of vaccination to participate in indoor recreational activities and allowing partially vaccinated youth aged 12 to 17 (with one vaccine dose) to participate. Conversations will continue with sports organizations and other stakeholders to seek

Continued on page 11

Province needs to do more with fourth wave

Voice staff

Critics of the provincial government were quick last week to accuse the Conservatives of not going far enough with further public health order restrictions in the face of a worsening fourth wave of COVID-19.

Manitoba Liberal MLAs suggested with clear signs that Manitoba was into a fourth wave of infections, the government must not only do more but should have considered more targeted restrictions in Southern Health Sante Sud, where cases are growing and vaccination rates remain low.

"At every phase of the pandemic, the PCs have to be dragged kicking and

screaming to get ready, and it is happening again in the fourth wave," said Dougald Lamont, MLA for St. Boniface and Manitoba Liberal Leader.

"The third wave of the pandemic broke our health care system - nurses, doctors, paramedics are all in short supply. The PCs need to do more now to get ready, and they are not."

Lamont said there were a number of troubling warning signs the PCs were not taking the fourth wave seriously - the same warning signs of complacency and lack of preparation that happened before Manitoba's deadly second and third waves of COVID.

Before every wave, the PCs were quick to loosen restrictions and re-

duce the number of public briefings and slow to bring these measures back.

The PCs have also decided to let unvaccinated MLAs keep working in the Legislature, which Lamont said was a failure of leadership.

"We have a vaccine that is safe, that works, that will keep people out of hospital, yet the PCs are making a special exception for their own MLAs," said Lamont. "We can't have one set of rules for PC MLAs and one for everyone else. Either MLAs get vaccinated or they don't come to work in the Legislature."

"Now that we're in the fourth wave, we need to do everything we can to

keep our families and neighbours safe, and we need the PC government to lead by example," agreed Uzoma Asagwara, NDP critic for health care.

"The PC caucus must do their part by ensuring all their MLAs are vaccinated and releasing data about transmission so Manitobans can understand the reasons behind these new restrictions.

"We encourage all Manitobans to get the vaccine and follow public health orders. After 18 months, it's time the government invest in fixing the health care staffing crisis."

• BEHIND THE COUNTER

Top tips for cough and cold season

The past year has totally changed how we think about germs.

Common symptoms we might have previously brushed off—like a sore throat, sniffles or cough—are no longer simply a minor inconvenience or annoyance. A cough or cold can leave both kids and adults feeling miserable. Many Winklerites are now more self-conscious when it comes to getting sick with visible



By Zahid Zehri

symptoms like coughing or sneezing. Now more than ever, we don't want to feel ill, and we certainly don't want to appear ill either.

We are already starting to see colds circulate which is why I've put together a few of my top tips to help you and your family stay healthy, including how to treat and manage your symptoms if you do come down with a bug:

- Wash those hands: Washing your hands frequently is one of the best ways to remove germs and prevent the spread to others. Pay special attention to your palms, the back of each hand, between fingers, thumbs and under nails. Make sure you wash your hands for 20 seconds. If you need help keeping track of time, try humming or singing the "Happy Birthday" song twice.

If you're not able to wash your hands with soap and water, I recommend using hand sanitizer containing at least 60 per cent alcohol. Keep some in your bag and your little one's backpack to help keep hands clean on the go—it's the first step in protection against germs.

- Mask up: The pandemic has shown us that wearing a mask, particularly in crowded and public spaces, is a simple yet effective way to keep germs away from your nose and mouth. Continue wearing your mask this cold and cough season, and don't forget to sneeze or cough into your elbow (not your hands)!

- Be prepared: Despite our best efforts, sometimes we find ourselves with a pesky cough or cold. If you or a loved one are sick with a cough or

cold, an over-the-counter medication can provide fast and effective relief to help you get back to normal. Your local pharmacist can help you find the right medication to address your symptoms. Keeping your medicine cabinet stocked will also ensure you're prepared to address any cold or cough quickly, so you or your loved one can feel better as soon as possible.

There are many steps we can take to protect ourselves and loved ones this cold and cough season. Don't forget to visit your local pharmacy to get your flu shot this fall or winter—it's your best shot at preventing the flu this season.

Zahid Zehri is the pharmacist and owner at the Shoppers Drug Mart in Winkler.

> FURTHER RESTRICTIONS, FROM PG. 10

feedback.

"More than 80 per cent of eligible Manitobans have gotten vaccinated to protect their own health and those around them, and we thank you for that," said Gordon. "But right now, there are nearly 400,000 people who are not immunized in Manitoba, and they are at a high risk of infection. If you want to keep children in schools and ensure medical procedures people need are not postponed, please get vaccinated now."

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The Winkler Morden Voice

Foundation finds new ways to support hospital

By Lorne Stelmach

The Boundary Trails Health Centre Foundation carried on with its vital work to support the regional hospital in the past year despite the challenges posed by the pandemic.

Finding other means to fundraise and get its message out was key with the foundation not being able to hold its two major events - the golf tournament and annual gala - in the past year.

"We don't want to go into other funds that have been dedicated for certain items, so we said we have to go out there and raise a couple hundred thousand dollars," board chairperson Ben Friesen noted following the foundation's annual general meeting Sept. 27.

"That's where we came up with the Donation Conversation," said Friesen of their campaign that utilized social media to educate their communities on the difference that it makes in supporting the hospital.

The result exceeded their expectations, he said, noting that it helped them not only maintain but expand their two key programs - palliative care and spiritual care, and it's success also contributed to the foundation overall showing a surplus of over \$200,000 as of its March 31, 2021 year

end.

"The community is just great. We started it up, and the board sat around the table, and we were quite apprehensive ... how are we going to do this," said Friesen. "It was a little slow at the start ... things started happening."

"We've now added one position. We now fully fund two nurses that work totally palliative care," said Friesen. "There would be some palliative care without our program here, but it wouldn't be the same."

The Donation Conversation campaign brought in over \$174,000, so it really helped meet the budget needs particularly of palliative and spiritual care, which significant parts of their budget at around \$200,000.

Meanwhile, new spiritual care coordinator Larry Reimer became especially vital in the midst of the pandemic, added Friesen.

"There's many hospitals that wouldn't have a chapel ... we totally pay for the chaplain."

And, of course, the foundation also fills a void in supporting the hospital with additional vital equipment, and that effort totalled over \$163,000 in the past year including such items as an ER Med Station, dialysis bed, bladder scanner, wall mount vital signs monitors and other items such as iPad for



PHOTO BY LORNE STELMACH/VOICE

Boundary Trails Health Centre Foundation board chair Ben Friesen and executive director Shannon Samatte-Folkett.

Market season winds down



PHOTO BY LORNE STELMACH/VOICE

Over a dozen vendors were on hand recently for the final day of the Winkler farmers market this season. Organizers were satisfied with the response to the market, which kicked off the last Tuesday in June to run until the second last Tuesday of September. Area shoppers had the chance though to buy local produce again with the Morden farmers market scheduled to go for one last time this week.

patients.

There's always some additional equipment needs that will enhance care, explained Friesen, and it's often "something that they just can't in the middle of the year go back to the RHA and request another \$15,000 or \$20,000 for this piece of equipment."

"It's all stuff that, if it wasn't there, the hospital would run, but it just really improves patient care and also on how the staff can give patient care."

Also supporting their work in the past year was another new initiative in the Winning Wednesdays 50/50 draw for all staff across the entire Southern Health-Sante Sud health region.

"This has been fantastic. It's created some excitement with the staff," said Friesen. "It started off with \$1,400, \$1,500 winnings the

first time around, but every two weeks now, it has increased some, and this last week was in the neighbourhood of just over \$4,000 for the winner.

"It's been moving around really nicely. There's been some people in Portage winning, some in Steinbach, and we've had some of the small towns like Carman ... Notre Dame, St. Claude."

Now, as the foundation moves ahead, he noted they will continue their ongoing efforts while also perhaps most importantly keeping the proposed expansion of the hospital front and centre especially with the province.

"They continuously assure us that this is not going away; it's on their agenda ... we continue to get assurance it's in the making," said Friesen.

"We really do think we have one of the best health care facilities in Manitoba, and by doing the extra work that the foundation does, we're just adding the little extra to it."

"WE REALLY DO THINK WE HAVE ONE OF THE BEST HEALTH CARE FACILITIES IN MANITOBA, AND BY DOING THE EXTRA WORK THAT THE FOUNDATION DOES, WE'RE JUST ADDING THE LITTLE EXTRA TO IT."



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Youth involved in food drive

By Lorne Stelmach

Local youth were hitting the streets this week to give back to their communities.

The week of Oct. 4-8 had Winkler area youth leaders are coordinating a food drive in support of the Winkler and District Food Cupboard.

Local church youth groups are going door to door in Winkler, Plum Coulee, Reinfeld and Schanzenfeld collecting non-perishable food items, and organizers see it as always being a great opportunity for the kids to get involved.



PROVIDED PHOTO

Around 400 youth are involved in collecting food this week in Winkler, Plum Coulee, Reinfeld and Schanzenfeld.



"We love doing this every year," said Brent Thiessen, assistant pastor with Harvest Christian Fellowship in Plum Coulee. "They're learning how to be part of the community and to give back ... and you want that to continue into adulthood."

Thiessen said it is an annual initiative they have usually done the week before Thanksgiving, and it has been co-ordinated with the Farm Credit Corporation in the past but FCC has had to step away from it during the pandemic.

"As local youth groups, we decided we were still going to go ahead with it," said Thiessen.

He sees it as a great project because the food cupboard knows the shelves will be stocked, and for families in need, they can count on a caring local

community to ensure no one in their house goes hungry.

"We'll have probably up to 400 youth going all through Winkler, Plum Coulee, Reinfeld and Schanzenfeld ... four hundred kids taking time, going door to door, to collect as much as they can," he said. "It's something super simple that they can do and yet, at the end of it, there is a lot of food that is collected, and it's good that they get to be a part of that effort."

"For many years us youth pastors have worked together to collect food from our community for our community. For the youth involved, it's a fun night with a great purpose."

Thiessen noted that if people were are not home but wanted to give, they could leave food on their front steps in clearly marked boxes or bags.



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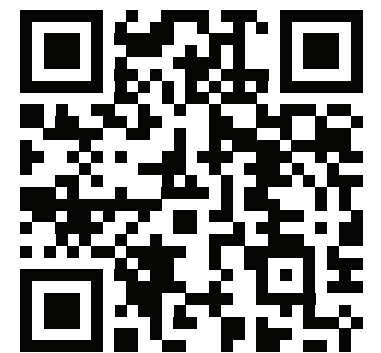
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Tractor Trek successful



PHOTOS BY LORNE STELMACH/VOICE

A total of 37 tractors made their way out of Reinland Saturday morning for the annual Visit the Villages tractor trek in support of the Eden Foundation. It was just shy of the goal of 40 tractors, and the group managed to raise over \$49,500, which also was down just a bit. "We are very grateful for every trekker who fundraised, for every donor who supported a trekker, and we are very grateful for volunteers and for corporate donors who have again been so very generous in making it possible," said Earl Reimer, director of development for the Eden Foundation.



Oven Roasted Whole Turkey Rub

1 whole	Manitoba Raised Turkey	Remove neck and giblets from turkey. Pat dry with paper towel. Combine all other ingredients to make a paste. Coat turkey.
1½ tbsp (20 ml)	garlic, finely chopped	
1 tsp (5 ml)	sea salt	
½ tsp (2.5 ml)	dried chili flakes, optional	Place turkey, breast up, on a wire rack in a roasting pan. Cover loosely with foil. Place in 350°F (175°C) oven, removing foil after 1.5 hours. A meat thermometer should read 170°F (77°C) inside the inner thigh, away from the bone, when fully cooked.
1 tsp 5 ml	dried oregano	
¼ tsp (1.25 ml)	dried mustard	
¼ tsp (1.25 ml)	ground pepper	
2 tbsp (30 ml)	butter, melted	
1 tbsp (15 ml)	olive oil	

ROASTING TIMES FOR WHOLE TURKEYS

Weight	Stuffed	Unstuffed
6-8lbs (3-3.5kgs)	3-3¼ hrs	2½-2¾ hrs
8-10lbs (3.5-4.5kgs)	3¼-3½ hrs	2¾-3 hrs
10-12lbs (4.5-5.5kgs)	3½-3¾ hrs	3-3¼ hrs
12-16lbs (5.5-7kgs)	3¾-4 hrs	3¼-3½ hrs
16-20lbs (7-9kgs)	4¼-4¾ hrs	3¾-4½ hrs
20-24lbs (9-11kgs)	4¾-5½ hrs	4-5 hrs



*Cooking times are approximate. Always use a thermometer to determine doneness.
*Roast a whole turkey at 350°F (175°C) & cook to an internal temperature of 170°F (77°C).
*Stuffing inside the cavity should reach 165°F (74°C).
*Allow the turkey to stand for 20 minutes before carving.

Find more recipes and cooking tips at: turkey.mb.ca

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This Breast Cancer Awareness Month, help create a future where no one fears breast cancer

October is Breast Cancer Awareness Month; this month is dedicated to restoring hope to those living with the disease or who have survived it. Through awareness initiatives, research, and fundraising, we can continue to support our grandmothers, mothers, sisters, and daughters in their fight against breast cancer.

Breast cancer is the most common type of cancer to affect Canadian women. Research shows that 1 in 8 women will be diagnosed with breast cancer in their lifetime. Breast cancer tends to occur in women between the ages of 50 and 69, but it can also occur in men (though less common).

Fortunately, as a result of research and advancements in technology, the outcome of the disease has substantially improved. Since the 1980s the breast cancer mortality rate has been decreasing, with 85% of women and 75% of men surviving more than 5 years after their breast cancer diagnosis.

What is Breast Cancer?

Abnormal growth and behaviour of cells in the breast can cause non-cancerous conditions such as hyperplasia, cysts and tumors. However, these cellular changes can also cause breast cancer.

Signs and Symptoms of Breast Cancer

In the early stages of the disease, women may experience no obvious signs or symptoms. However, if they do, then typically these are the symptoms they will experience:

- a lump in the armpit
- changes in the shape or size of the breast
- changes to the nipple, such as an inverted nipple
- discharge or blood that comes out of the nipple without squeezing it

In later stages of the disease, women may experience the following symptoms:

- bone pain
- weight loss
- nausea
- loss of appetite
- jaundice
- shortness of breath
- cough
- headache
- double vision
- muscle weakness

Regular breast cancer screenings

Breast cancer screenings occur when a woman shows no signs or symptoms of the disease. A mammograph is a low-dose x-ray used to see if cancer is developing in the body. Women should begin getting mammograms at age 40, unless otherwise specified by their physician. When breast cancer is discovered in a woman's body and treated early, treatment has a better chance of being successful.



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Giving the gift of life

Voice staff

Local emergency personnel are leading by example in encouraging local residents to donate blood.

Winkler Police Service and Winkler Fire Department members have been rolling up their sleeves as part of the Canadian Blood Services annual Sirens for Life blood donor campaign.

As first responders, police officers and firefighters regularly come across accident scenes or medical situations

where they see first hand the need for blood.

With the easing of COVID-19 restrictions, demand for blood products has increased as hospitals treat more trauma patient admissions and carry out surgical procedures that were put on hold.

New and returning donors are urged to book and honour their appointment to give blood.

Both services would like to encourage the public to become blood do-



SUBMITTED PHOTOS


Local police and firefighters have been supporting the Sirens for Life blood donor campaign.

nors. Monthly donation events are held in Winkler as well as in other communities in the Pembina Valley.

The donation process takes about an hour.

If you're in general good health,

please book and honour your appointment to help patients. You can download the GiveBlood app, call 1 888 2 DONATE (1-888-236-6283) or book now at blood.ca.




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Pregnancy Care Centre moves in Winkler

Voice staff

The Pembina Valley Pregnancy Care Centre is on the move in Winkler.

The organization has relocated for the short term to a temporary space across the road on Main Street while it continues to consider its longer term options.

"As a board, we are exploring our options, and we have some plans in development," chairperson Davis Wieler said last week as the centre moved out of Main Plaza to temporarily locate at 500 Main Street. "We are looking for the right permanent space that will provide long term stability so the centre can continue to focus on supporting clients with excellence while allowing for future growth as well."

"This is a temporary space for us. We are considering our options and making plans for a longer term space, we have not finalized any decisions at this point," noted executive director Linda Marek. "We are grateful for a temporary space so that we can take the time we need to get details sorted out."

Over the years, the centre has had to relocate a few times, in part even just due to growth and increasing need and demand for its services.

This time, Marek explained, they are mov-

ing because Central Station is developing Main Plaza into a space that better suits their programming, and she noted they are excited about what that means for Central Station and the supports they offer in Winkler.

"We are grateful to have this temporary space in the same neighbourhood; that makes it easier for clients to continue accessing supports," said Wieler.

"All our supports and services remain the same ... client needs remain the priority and nothing changes in terms of client care with this temporary venue," Marek emphasized.

"Realizing that everyone has been impacted in some way, the challenges of the pandemic have made pregnancy and parenting decisions even more complicated and stressful," she noted. "So amidst all that's happening in our community and around the world unexpected pregnancies are occurring, women are grieving their miscarriage, diapers and formula are needed to make the ends meet and so on."

Given a relocation was not in the plans for the centre, there have now been some additional and unexpected costs, Marek noted, so people are encouraged to make a special donation either online at www.pvpcc.com or by mail to Box 2504, Winkler, MB R6W 4C2.



SUBMITTED PHOTO

The centre has temporarily moved across the road from Main Plaza to space at 500 Main Street.

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COMMUNITY NEWS



Terwin wins this year's Roland pumpkin weigh-off

By Becca Myskiw

A Carman local got his first win at the annual Roland pumpkin weigh-off.

Jason Terwin was one of 12 entrants in this year's event, with his pumpkin weighing in at 1377.5 pounds. He started growing the fruit in 2013 after a long-time family friend got him into it. Since then, he's entered the weigh-off each year, but has only placed as high as third — until now.

Terwin started the winning pumpkin seed indoors in the middle of April

and then moved the plant into the garden by the end of the month. He spent the summer weeding it, tending to it, fertilizing it, and watering it.

"It's just a hobby," he said. "I'm glad it's over. It's a long process. You just want to get to the scale and have your pumpkin do the best."

Weigh-off chair Derek Baschuk said the weather on Saturday, Oct. 2 was perfect and made for a successful event. They gave each entrant a staggered time to come in and weigh off their pumpkin. To do that, they



VOICE PHOTO SUBMITTED

Jason Terwin won the 2021 Roland pumpkin weigh-off with his pumpkin weighing 1377.5 pounds.

showed up with it on a pallet, the local fire department uses heavy machinery to put it in a sling and lift off, placing it on the scale. Then, the number starts rolling in,

Baschuk said the extremely hot and dry weather this season made it difficult for all growers.

"I think everyone across Manitoba knows that we did not have the best growing conditions this summer," he said. "People needed to find extra water sources to make their pumpkins grow."

Due to the drought, Baschuk said entries were down this year. They also lacked in numbers because the usual American entrants couldn't come up for the weigh-off either.

The Roland pumpkin weigh-off is the only one in central Canada. The next closest to the west is in B.C and Thunder Bay to the east.

The complete list of the 2021 Roland pumpkin weigh-off standings is:

Jason Terwin, 1377.5 pounds (Carman)

Marlene Terwin, 1088.5 pounds (Carman)

Zac Anseeuw, 762 pounds (Oak Bluff)

Henry Banman, 736 pounds (Schanzenfeld)

William Hildebrand, 709 pounds (Altona)

Arthur Cameron, 699 pounds (Roland)

Danny Anseeuw, 648.5 pounds (Oak Bluff)

Laverne Wojciechowski, 558 pounds (Lac du Bonnet)

Elizabeth Karpinchick, 537.5 pounds (St. Pierre-Jolys)

Richard Adrian, 456.5 pounds (Lorrette)

Derek Penner, 381 pounds (Winkler)

Doug Whitehead, 267.5 pounds (Roland)

The squash winner this year was Cornie Banman from Winkler with a 648.5 pounder. The watermelon winner was Hank Unrau from Carman with his melon weighing 111.5 pounds.



Picture: Barn expansion Roblin, MB

Helping Communities Thrive

The hog sector is one of Manitoba's largest employers with about 14,000 people throughout the province depending on hog farming and pork processing to make their living. Hog farmers are significant contributors to the rural areas they live in, with community involvement being an integral part of their culture and identity.

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SPONSORED CONTENT

A brand new store and a downtown fire that changes everything

This is part two of a two-part retrospective on the old Red & White store owned by the Janzen family in Winkler. For part one, check out the Sept. 23 edition of the Voice.

By Menno Janzen

When I graduated from high school in 1955 and began working in my father's store, we were in a battle to keep rodents out of our aging structure. So Dad, my brother Rudy, and I decided it was time to make a bold move.

Dad purchased an empty lot on the west side of Main St. and plans were made to build a brand new, modern grocery supermarket.

I went to Winnipeg to obtain ideas on how to lay out the new store, touring several of the newly opened Dominion Food Stores.

Dad was determined that two huge problems from the old building would be resolved in the new one, namely a sloped roof that wouldn't leak and floor heating to keep our staff comfortable in chilly winter weather. This became a costly venture.

Nonetheless, the grand opening of Janzen's Red & White took place on Oct. 19, 1956. Mayor G. W. Neufeld cut the ribbon that day, and our supplier provided a host of two-for-one deals for the opening sale.

Those first days were quite a thrill with all the new refrigeration in place required for fresh meat, produce, and dairy products.

We expanded our selection of cold meats to include a variety of sausages which were made by Morden Meat & Sausage.

However, the early success didn't last. Selling groceries, meat, and produce didn't result in the profits required to pay for the new store and equipment. When we sold the old store building to Mr. Jake Sawatzky of Peoples Furniture we reverted back to operating a general store.

THE GREAT FIRE

Wednesday, March 8, 1961 was a mild winter day. Little did any of us realize that it would be-

come a turning point in the history of Winkler.

At 10:30 a.m. I glanced out of the front window and noticed a thin column of smoke emerging from the Peoples Furniture warehouse and it didn't come from the chimney! I raced to the phone when the siren already sounded.

It soon became apparent that this would be a difficult fire to fight. The old building was soon ablaze and our fire brigade realized they were fighting a losing battle. Help was called in from Morden, Plum Coulee, and Roland.

For a short while I observed what was unfolding together with our Canada Packers meat salesman. When the fire began to spread in both directions the heat drove us inside.

It didn't take long for the inferno to spread to the furniture store, our former building, and Gladstones Dry Goods and Gladstones IGA to the north. It also continued to race south, devouring the vacant P. T. Friesen printery structure, then the brand new Town & Country Restaurant and Penners Meats & Groceries.

The heat was so intense that all three of the large front windows in our store cracked and had to be replaced. We did have insurance to cover the loss.

By 1:30 in the afternoon only heavy smoke and smoldering ruins were visible on the east side of Main Street and it was feared the blaze might cross Mountain Ave. to the south, but fortunately did not.

We realized that two of the five grocery outlets in town had been destroyed and had to quickly place large orders of meat and groceries to cope with the expected greater demand.

At the time we supplied two restaurants with fresh meat, Garden Valley Service at the three mile corner, and the Blue Moon Restaurant west of Morden. Now the Green Lantern and the Harvest Inn were added to our customer list. However, the profits were slow in growing in spite of the higher volume of business. Talk was rampant that Winkler was bound to lose its place as a noted retail centre.

However, in 1962 the first phase of the Gladstone Mall was erect-



SUPPLIED PHOTOS

The new Red & White Store in downtown Winkler in the 1950s.

ed in the space devastated by the fire and it included a new and larger IGA food store and other departments.

The competition increased again when the Winkler Co-op built a brand new store at the corner of Mountain Ave. and Main Street in 1965.

Heritage Highlights, supplied by the Winkler Heritage Society, introduces readers to the people, places and things that still impact us today. Learn more about the society's work and how you can support it at winklerheritagesociety.ca.

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arts&culture

A slice of family history

By Lorne Stelmach

Esther Penner is now a published author not out of a desire to be a writer but simply to ensure that the family history and stories of her husband were not lost.

Her book called *Laughter Growing: a Mennonite-Mexican boyhood* documents the stories of Isaac Penner, an inquisitive and spirited young Mennonite boy who grew up in a village in the Manitoba Colony in Northern Mexico from 1941-1952.

It is based on stories of his early years living in Mexico and leading up to their move to Canada, and the memoir is based entirely on reminiscences recounted often to his family by Isaac and also by his parents and siblings.

"They were an ordinary family ... my husband was an ordinary man who lived an ordinary life, but I think, and to us, his family, he was a remarkable man. He was resourceful and resilient and strong, and he had a wonderful sense of humour. He was an optimist, while I was a pessimist," Penner said with a chuckle during a recent interview in her Winkler home.

"He could always see the humour in things, and he loved to laugh, so that's where the title of the book came from ... because his name also means laughter," she added.

Living in the Winkler area most of her life, Penner will be known to many in the community from having worked in the Winkler library for nearly 30 years.

She didn't really do much writing or journaling as a child, other than a few poems, but along the way in life she had the foresight to make notes about the many family stories shared by her husband and his family.

"They were wonderful storytellers,

and I wanted my children to remember them and to remember their Dad in that way," Penner said. "I don't really consider myself an author. I just wanted to write this story for my children."

She had thought about recording them somehow at one point but had not gotten around to it, but she had started on a portion of what eventually became *Laughter Growing* in the 1990s, and they made a small home-made book for their kids at Christmas.

A computer crash threatened to wipe out that early start, but a family niece came to the rescue in 2012 by retyping the stories, leaving Penner to joke that she had no excuse anymore for not writing the book.

"I very sporadically started to write, to flesh out the different stories," she said. "It was hard to put them together into a cohesive whole, so that took me a lot of years to figure out."

Penner credited a friend and fellow library worker Judy Hargraves for continuing to encourage her and getting her to work at it more intently a few years ago.

The stories cover a variety of escapades ranging from the heights of a windmill to the darkness in a deep well, and it also gives an honest account of what was not an easy life for the family.

"They had a very poor life," said Penner, noting how her husband's family moved around depending on where his father could find work.

She also writes about the diphtheria epidemic and recalls in 1944 when Isaac was three and a doctor told the family both he and the oldest daughter would not survive it. The daughter did pass away, but Isaac pulled through.

Penner recalls that someone told



PHOTO BY LORNE STELMACH/VOICE

Winkler's Esther Penner with her book *Laughter Growing*.

them to put drops of kerosene down the kids' throats so that it would force them to cough.

"They obviously only did it as a last resort," she suggested.

Penner finds satisfaction in having completed and published the book primarily for her family's sake but also perhaps to inspire others to do the same for their family.

"I just didn't want the stories lost ... it's for the family that I wrote it ... and I wanted it to be a real book," she said. "I hope people see the remarkable family that lived it. I hope they see the triumph.

"I would just want them to know that every family is remarkable in their own way," added Penner, who cited an African proverb that says when an old man dies, a library burns to the ground. "So people should tell their own stories and not let history die away ... if I can do it, they can do it. I want to encourage people to tell their own stories."

The book is available on Amazon, but you can also find *Laughter Growing* on Facebook or email Penner at laughtergrowing@gmail.com.

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Miami's Yard of the Month award continues despite pandemic, drought



When store-bought metal tomato cages couldn't support their plants, Gerry Lesage built sturdier ones out of wood.

By Iris Dyck

A Miami couple say they are pleasantly surprised after winning the Miami Horticultural Society's Yard of the Month award.

Lucille and Gerry Lesage answered a knock on their door in early August only to find out they had won the contest. The judges presented them with a sign to display in their yard for the month.

"My husband or I never expected us to ever be in consideration for it," said Lucille. "It was definitely a surprise."

The Lesages plant mainly vegetables in their raised beds, which Gerry built after the couple moved to town from Winnipeg in 2017. Despite growing enough tomatoes to make 60 litres of tomato sauce to can for the winter, Lucille insists she doesn't have much of a green thumb.

"Our yard is fairly simple," she said, adding it's easier to maintain when her grandchildren come to visit.

The Miami Horticultural Society began awarding the Yard of the Month award in 1991. Two members of the society serve as judges and choose the winner based on what is visible from the street. The contest has only one rule; anyone who has won in the past two years can't be chosen again.

Jolene Callum is a member of the Miami Horticultural Society and was one of the judges who chose the Les-

age's yard. While there isn't a list of specific criteria they use to decide the winner, it was the Lesages' tidy garden beds and container gardens that caught her eye.

"One person's beauty is definitely objective," Callum said.

Judges look for an overall neat appearance and at the variety and quality of the plants. Some people may add art or statues to their gardens as gardening trends evolve over the years.

Callum has noticed an uptick in the number and scale of gardens over the past two summers. She believes people have more time to garden since the onset of the pandemic, and that people are enjoying the mental health benefits of gardening.

"It boosts morale, and just gives you that connection with nature and pride in what you can do yourself," she said.

Miami is in the RM of Thompson, a member of the Pembina Valley Water Co-op (PVWC). When the PVWC declared a state of drought state of emergency in late July, it asked all residents in the affected areas to conserve water. In Miami, residents were not allowed to water their lawns or gardens with water from the co-op.

Many Miami residents kept their gardens green with water from the RM. Three times per week, municipal employees trucked water to town from the municipal well. The Les-



SUBMITTED PHOTOS

The Lesages use raised beds to plant their garden. The east side of their house in Miami is reserved for their many tomato plants.



The Lesages keep their yard neat and tidy, and also plant new trees to replace older ones at the back of their property.

ages and their neighbours filled their rain barrels and used the water only for their gardens. As the drought got worse in August, the service was cut to once per week—just enough to keep the plants alive.

"We know that the flowers might not be as nice as they usually are," said Lynn Sprott, president of the Miami Horticultural Society, "but...we live in the country, we know this is happening, so we just go with the flow."

Between the drought and COVID-19, the Society's activities were limited

this year. Their annual events, a plant sale and flower show, were cancelled for the second year in a row. Sprott hopes the Society will be able to host more events next summer, but is glad the Yard of the Month award was able to carry on for another year.

"People never think they have a green thumb, never think they've really done anything spectacular," she said, "but you know, it always looks so nice."

"Our little town is such a pretty little town."

The Winkler Morden
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Viterra and STARS team up to launch calendar

By Voice staff

Viterra Inc. is teaming up once again with STARS to sponsor its 2022 fundraising calendar.

This initiative is STARS' second largest fundraiser, with tens of thousands of calendars sold annually. The calendars will be available for purchase at most Viterra facilities in Western Canada.

This marks the seventh consecutive year that Viterra has partnered with STARS to cover the full printing costs of the calendar, representing a cumulative value of more than \$1.6 million in sponsorship in support of the non-profit, charitable air ambulance's fundraising efforts.

"At Viterra, we recognize the critical importance of first responders and the inspirational work they do on the front lines to help people in rural communities every day, including our employees, customers and their families," said Kyle Jeworski, Viterra's CEO for North America. "Viterra and STARS have worked together since 2015, and through the strength of our continued partnership, we're pleased to do our part to help patients share their stories and support STARS in raising awareness of their life saving work."

The calendar campaign is entering its 29th year and has raised millions of dollars to date.

"Viterra's ongoing generosity is integral to our fundraising success across Western Canada, which is more important than ever in these challenging times," said Andrea Robertson, president and CEO of STARS. "We are grateful for our partnership with Viterra to produce this popular calendar, which for nearly three decades has helped us raise vital funds and share the incredible stories of our patients and crew with the community supporters who make our mission possible."

The calendars will be available until Dec. 3 at most Viterra locations, as well as online at starscalendar.ca.

Those interested in purchasing a calendar or making a donation to STARS, can contact their local Viterra facility for more information.



SUPPLIED PHOTO

From left: STARS president and CEO Andrea Robertson, STARS VIP Tami Willson, and Viterra's North American CEO Kyle Jeworski with the 2021 calendar, sponsored by Viterra.

Gateway works on recovery from fire

By Lorne Stelmach

Programs and services were put on hold at Gateway Resources in Winkler as a result of an overnight fire in its recycling centre early last Tuesday morning.

Cleanup and restoration work started very soon after the fire this past week, but it remained uncertain when things would fully resume at the facility.

"We don't have a timeline at all right now," said CEO Kim Nelson, who suggested they would have a clearer picture in a week or two.

"We hope to announce a plan in the

coming weeks," Nelson had noted in a news release. "As we have more information and have detailed plans we will be sure to keep everyone posted."

It is believed the fire started around 2 a.m. Sept. 28, and it caused substantial damage to the recycling processing area as well as some damage to other areas of its services.

It meant that depot access and the services offered to adults living with an intellectual disability were temporarily cancelled while they work on the clean up and planning.

Nelson hopes that the impact on their range of programs and services will be short-lived.

"That is really the hardest part of it right now," said Nelson. "And it's tough for the community of Winkler with us not being able to be a dropoff for recycling."

"Right now, we are still picking up, and we are in the works of making some other possibilities available for us to take it to be processed elsewhere," she noted. "We just don't have all of the details confirmed."

Nelson said they appreciate the communities' patience as they navigate and adapt during this time.

"The community support has been overwhelming during this time," said Nelson, noting the outreach from many community leaders. "The community is being very supportive and understanding ... we can definitely feel the prayers."

"THE COMMUNITY SUPPORT HAS BEEN OVERWHELMING DURING THIS TIME."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Mother-daughter duo compete



PHOTOS BY RICK HIEBERT/VOICE

Candace Collins and daughter Rylee Olafson competed at the Manitoba Barrel Racing Association 2021 finals in Virden, and both competitors did well. Rylee competed on her horses Smooch and Kody in both the open and youth divisions and was first in youth 3D, second in youth 2D and a youth weekend average of second in 2D. In the open category, she had a first 4D and a third in 4D. Collins competed on Tebow & Kody and had a Mb. bred second in 3D and a Mb. bred weekend average of second in 3D as well as a derby third in 3D. Rylee's sponsors were Wolfe Enterprises, Sunvalley Tire, Little Morden Service and Sun Valley RV.

Flyers fall to Pistons

Voice staff

The Winkler Flyers dropped a pair of games to the Steinbach Pistons this past weekend.

After opening the campaign in taking three of four over Portage, the Flyers fell 5-0 Friday in Steinbach and then 4-1 Saturday in Winkler.

In the first game, the Flyers failed to capitalize on four first period powerplays, and the trend continued in the second until a five minute Winkler penalty led to a pair of Pistons' goals, and it was 3-0 for Steinbach going into the final frame.

Final shots in the game were 36 to 23 in favour of Steinbach, so Dylan Meilun was called on to make 31 saves for the Flyers while Simon Harkness got the shutout for the Pistons.

Meilun then had another busy night

in net Saturday in Winkler as the Flyers were again outshot and this time by a 41 to 33 margin.

Jackson Arpin got the Flyers on the scoreboard in the first period, but that was all that Winkler could manage in this game as the Pistons took a 2-1 lead in the second period and fired home two more in the third to put the game away.

Winkler's record slips to 3-2-0-1 for seven points, which leaves them third behind the Winnipeg Blues and Steinbach, who are both at 12 points atop the east division. Trailing are Selkirk at four, Portage at two and the Winnipeg Freeze at zero points, and Wayway and Daupin lead the west division at eight points.

The series with the Pistons continues this Friday in Winkler then concludes Saturday in Steinbach.

Tough weekend for male Hawks

By Lorne Stelmach

The male U18 Pembina Valley Hawks had a rough start to the season this past weekend.

It was an offensive onslaught Friday as Eastman hit double digits in an 11-6 win, and the Selects took the second game as well Saturday though it was a tighter 4-2 victory that time.

Eastman expanded a 4-1 first period lead to 7-3 after 40 minutes in a game where special teams were prominent. The Selects had two powerplay markers and a shorthanded goal, while the Hawks connected on three man advantages.

Sebastian Hicks had a pair for the Hawks with other goals coming from

Carter Sotheran, Ben Dias, Cameron Parr and Keston Worley. Bryson Yachyshyn made 35 saves with the shots 46-30 in favour of Eastman.

The Selects then rode three powerplay goals to victory in the second game while also giving up a pair of shorthanded goals to the Hawks.

Hicks and Spencer Sabourin scored for Pembina Valley, and the shots were 44-31 in Eastman's favour with Raiden LeGall making 40 saves for Pembina Valley.

The Hawks will aim to get in the win column this weekend in Teulon as they take on the Interlake Lightning with a pair of games Friday and Saturday.

Provincial games axed for 2022

Voice staff

Sport Manitoba and the Niverville host society recently announced the cancellation of the 2022 Manitoba Games powered by Manitoba Hydro.

The games were scheduled to take place in Niverville from February 27 to March 5, 2022, and the decision to cancel was made in the interests of keeping Manitobans safe and prevent the spread of COVID-19.

Each games involves upwards of 3,000 athletes, coaches, officials, and volunteers with 12 sports over seven days, so it was disappointing to organizers to have to make the decision.

"The decision to cancel these games was not an easy one, but it was essential to protect the health and safety of

our participants and volunteers," said Janet McMahon, president and CEO, Sport Manitoba.

"Executing a major multi-sport games requires extensive planning, the support of hundreds of volunteers and securing significant financial support. With the uncertainty of the pandemic's progression, we could not put all the pieces in place to host a safe and successful games."

Over the last 18 months, inconsistencies in competition and training opportunities had an effect on athlete development. Without regular training, conditioning and recovery routines in this crucial stage, the risk of injury, mental fatigue, and overtraining were also factors in making the decision.

Along with continued uncertainty about the pandemic and public health restrictions, it became clear it would not be possible to host an event of this magnitude and execute a safe and successful multi-sport games experience.

To give the host society an opportunity to follow through on some of the benefits of hosting a Manitoba Games, Sport Manitoba is guaranteeing \$150,000 for capital projects, and the Town of Niverville has been offered the first right of refusal to host the 2026 Manitoba Games in the winter of 2026.

The Manitoba Games powered by Manitoba Hydro is staged every two years, alternates between summer and winter sports, and is the larg-

est ongoing multi-sport event in the province.

"This decision was extremely difficult, and many factors were considered," added co-chairs Angela Janz and Chantal Todd. "There was a lot of uncertainty around the athlete villages, transportation and food services as well as the financial and workforce commitments among our volunteers and partners."

"Ultimately, our top concern was to focus on the health and safety for our athletes, coaches, volunteers and spectators. We wish to provide all those involved in the 2022 Manitoba Games the full experience of a non-pandemic multi-sport event."

Pair of wins for female Hawks

By Lorne Stelmach

It was a promising start to the new female U18 hockey season for the Pembina Valley Hawks this past weekend.

The Hawks followed up a 3-1 win over the Interlake Lightning Saturday in Stonewall with a 4-3 shootout victory against the Central Plains Capitals Sunday afternoon in Morden.

Pembina Valley spotted Interlake a first period goal before taking control with a pair of second period markers.

Anika Braun had a goal and an assist with the other goals from Jessica Anderson and Quinn McLaren, and the shots were 42-17 in the Hawks' favour with Tria Enns getting the win with 16

saves.

On Saturday, the Hawks came out strong with a 3-1 first period lead before the Capitals fought back to force the game to extra time.

Cambree Martens led the way with a pair for the Hawks, who also got goals from Jessica Anderson and Caitlin Anderson. The shots on goal were 33-23 for the Hawks, who got 20 saves from Kaylee Franz.

The Hawks joined the Yellowhead Chiefs and Westman Wildcats in opening the season with a pair of victories.

This weekend, the Hawks host Westman in Morden Saturday evening then are in Winnipeg Sunday to take on the Ice.



PHOTO BY LORNE STELMACH/VOICE

Central Plains opened scoring on this first period play, but it was the Hawks who emerged victorious Sunday in a shootout victory.

Hockey Manitoba statement on Hockey Canada fall event cancellations

By Hockey Manitoba

Due to the ongoing COVID-19 pandemic, the decision has been made by Hockey Canada to cancel the 2021 National Women's Under-18 Championship in Dawson Creek, B.C. from Oct. 31 to Nov. 6, the 2021 Canadian Tire Para Hockey Cup, and the 2021 World Junior A Challenge.

Despite the precautionary measures that had been implemented by Hockey Canada and the host committee in Dawson Creek, there was still significant concern surrounding the pandemic and its implications for

the 2021 National Women's Under-18 Championship.

Ultimately, Hockey Canada did not feel that they would be able to ensure the proper safety measures that would be necessary to move forward with an event.

Hockey Manitoba realizes that this is disappointing news for our athletes that were selected for the 2021 Female U18 Program of Excellence. We share this disappointment as the Female U18 program has been one of the pillars of our development programming for over a decade. The Female U18

program and corresponding National Championship provide an excellent opportunity for development at the highest level which has benefited numerous athletes in our province as they have moved on to play USports, NCAA and at the international level.

The cancellation of a second consecutive National Women's Under-18 Championship creates a significant gap in the development opportunities available to our U18 female athletes.

Hockey Manitoba, along with the other three western branches (Hockey Saskatchewan, Hockey Alberta,

and BC Hockey), are in the process of exploring all potential options to operate an event that can fill the gap left by the cancellation of the National Women's Under-18 Championship.

While this situation is ongoing, we will continue to update our membership on any developments pertaining to a replacement event for the National Women's Under-18 Championship.

Any inquiries pertaining to this announcement can be directed to Bernie Reichardt, Director of Development (breichardt@hockeymanitoba.ca).

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Twisters suffer first defeat

By Lorne Stelmach

The Pembina Valley Twisters took their first loss of the MMJHL season this past weekend.

Pembina Valley had rattled off three wins in a row including a 4-1 defeat of the Raiders Friday before falling 3-1 to Transcona Sunday.

The Twisters spotted the Raiders a goal just one minute in before shutting them down the rest of the way in Morris.

Nico Vigier kicked things off with a first period shorthanded marker then the rest of the goals came from Merek Degraeve, Travis Penner and Caelen

Russell while Logan Enns made 25 saves with the shots 47-26 in favour of Pembina Valley.

Things turned against the Twisters Sunday early in the second as the Railer Express connected for two powerplay goals as part of three unanswered goals before Ben Hillhorst got Pembina Valley on the board with a third period powerplay goal.

Shots were 36-34 in favour of Pembina Valley with Martin Gagnon making 31 saves.

Pembina Valley has just one game this week as they host the Stonewall Jets Saturday.

Provincial curling round-up for this week

By Ty Di Lello

At the Atkins Curling Supplies Classic in Winnipeg, Team Beth Peterson, with Morden's Katherine Doerksen at second, reached the semifinals before losing to Kristy Watling 7-6. To get to the semifinals, Peterson finished the round-robin with an impressive 4-0 record.

Team Kaitlyn Jones, featuring Marquette's Sara Oliver at lead, also competed at the event and reached the semifinals by going 3-1 in the round-robin. Team Jones fell in the semifinals to the eventual champs Jamie Sinclair of the USA.

In Banff, Alberta, at the Qualico Mixed Doubles Classic, the Winnipeg Beach pairing of Kadriana Sahaidak and Colton Lott were in action. They went 3-2 in the round-

robin before falling in the first round of the playoffs to Ryan Deis and Sherry Just of Saskatchewan.

Altona's Mackenzie Zacharias had a tough weekend by their standards after going 2-2 in the round-robin and failing to reach the semifinals at the Atkins Curling Supplies Classic in Winnipeg. Team Zacharias will be back on the ice this coming weekend in Oakville, Ontario, as they compete at the Stu Sells Toronto Tankard.

On the junior side, Dayna Wahl's rink from Morris had a wonderful weekend in Winnipeg as they curled in the Don Baldwin Memorial MJCT at the Elmwood Curling Club. Wahl survived a couple of extra end thrillers, going undefeated in the round-robin with three wins and zero losses. Unfortunately, their run ended in the semifinals with an 8-2 loss to Emma Jensen.

• INCREDIBLE CREATURES

Tiger beetles – colourful and with blinding speed

By John Gavloski

What are the fastest animals in the world, relative to their size? Although the cheetah is the fastest land animal, if all animals were the same size, the fastest would be the tiger beetles. Not only are they fast, many are quite colourful. In this month's Incredible Creatures we will explore the fascinating lives of tiger beetles.

Blinding speed

Adult tiger beetles are easy to recognize due to their thin bodies, long slender legs, and large sickle-shaped mandibles. They also have bulging eyes that provide a keen sense of vision. They are predators, eating other insects and spiders, and the long legs help them move extremely fast.

Adult tiger beetles locate prey by sight and give chase across the ground at astonishing speeds. But rather than chasing prey continuously, tiger beetles often pause momentarily during the chase before continuing at full speed once more. The tiger beetles can move so quickly that beyond a certain point light cannot enter the eye

fast enough to form an image of the moving prey item. At high speeds the tiger beetle goes temporarily blind! Pausing during the pursuit allows the tiger beetle to relocate its prey, while its incredible speed still allows it to complete the chase successfully.

Bronzed tigers on the beach

Tiger beetles are a subfamily of ground beetles. There are more than 2,600 species worldwide, and we have 22 species in Manitoba. Most tiger beetles run on the surface of the ground, but a few in the tropics live in trees.

Tiger beetles prefer habitats where they can run and fly in short bursts unobstructed by vegetation and are often found on woodland paths, sandy surfaces along lakeshores or sand dunes, and on clay banks.

Species that inhabit sandy areas are often light-coloured and match the environment, but there are other species that are metallic green or blue.

The tiger beetle in the photo was found on a quiet beach near Opapiskaw campground in Whiteshell Provincial park. This species is called the

bronzed tiger beetle. There were a lot of them on the beach; so many that when you walked along the beach there seemed to be a steady movement of beetles getting out of the way. They are alert and usually don't let you get too close to them, so sneaking up on them to get a good photo was a challenge. They have a reaction time similar to house flies.

Born to hunt

The larvae are also predatory, but rather than chasing and capturing prey, they use a 'sit and wait' strategy. Larvae dig a vertical burrow in the ground, then patiently watch the entrance for small insects and spiders that get too close. The larvae have a large head that is at a right angle to the body, and also have well-developed eyes and good vision. They also have powerful, upward-curving mandibles. The larva waits at the entrance of its tunnel, with its large head blocking the entrance and its huge jaws opened wide. When a prey item comes in range, the larva reaches out at lightening speed to grab its prey with their sharp mandibles, and pull



SUBMITTED PHOTO

Bronzed tiger beetle

it down into their burrow to eat. A pair of hooks on the abdomen anchor the larva in their burrow, so that it cannot be pulled out of its burrow by the struggling victim. The larval stage usually takes 2-3 years to complete.

Colourful, fast, and predaceous. These are tigers safe and fun to get close to, if you can.

get inspired

> MEAL IDEAS



Total time: 30 minutes
Servings: 8
Walnut "Meat":
2 cups California walnuts
2 tablespoons gochujang (red chili paste) sauce
2 tablespoons sesame oil
2 tablespoons soy sauce
2 cloves garlic, minced
1/2 teaspoon ground ginger
Marinated Vegetables:
4 green onions
ice water
2 tablespoons seasoned rice vinegar
1 tablespoon honey
1/4 English cucumber, sliced thin
1 watermelon radish, sliced thin
1 cup carrots, cut into matchsticks
fresh cayenne peppers, sliced thin (optional)
1 1/2 teaspoons black sesame seeds

Walnut-Stuffed Korean Street Tacos

Crema:
1 cup Greek yogurt
1 tablespoon hot chili sauce
1/4 teaspoon sea salt
8 whole-wheat tortillas
1 bunch cilantro
2 fresh limes, cut into wedges
1/2 cup California walnuts
To make walnut "meat": In food processor, pulse walnuts to coarsely chop. In skillet over medium heat, add gochujang sauce, sesame oil, soy sauce, garlic and ginger. Add walnuts and stir. Turn to low heat, cover and keep warm.
To make vegetables: Cut whites off green onions and discard. Slice greens into thin strips and place in bowl of ice water. In bowl, stir vinegar and honey. Add cucumber; radish; carrots; peppers, if desired; and sesame seeds. Stir to combine.
To make crema: Mix yogurt with chili sauce and salt.
Warm tortillas. Scoop 1/8 walnut meat into each tortilla. Spoon cream on top of walnut meat. Add marinated vegetables and green onions.
Top tacos with cilantro, squeeze of lime juice and walnuts.



Total time: 40 minutes
Servings: 2
Pickled Vegetables:
1/2 cup fresh lime juice
1 1/2 teaspoons sugar
3/4 teaspoon sea salt
8 radishes, thinly sliced
2 medium jalapeno peppers, thinly sliced
1 large clove garlic, t0-hinly sliced
Walnut Chorizo Crumble:
1 1/2 cups black beans, rinsed and drained
2 cups California walnuts
3 tablespoons olive oil, divided
1 tablespoon white vinegar
1 tablespoon smoked paprika
1 tablespoon ancho chili powder
1 teaspoon dried oregano
1 teaspoon kosher or sea salt
1 teaspoon ground chipotle
1 teaspoon ground cumin

Walnut "Chorizo" Tacos

1 teaspoon ground coriander
Tacos:
16 whole wheat tortillas
olive oil
thinly sliced romaine lettuce
fresh cilantro leaves
lime wedges
To make pickled vegetables: In small bowl, stir lime juice, sugar and sea salt. Stir in radishes, jalapenos and garlic slices; let stand 30 minutes to pickle.
To make walnut "chorizo" crumble: In food processor, pulse beans and walnuts until coarsely chopped. Add 2 tablespoons oil, white vinegar, paprika, chili powder, oregano, salt, chipotle, cumin and coriander; pulse until mixture is finely chopped and resembles ground meat, stirring several times and moving mixture from bottom of food processor bowl to top to evenly mix.
In large nonstick skillet over medium heat, heat remaining oil. Add "chorizo" mixture and cook 10 minutes, or until mixture is browned and resembles ground meat, stirring frequently.
To prepare tacos: Brush each tortilla lightly with oil. On skillet over medium-high heat, cook briefly to brown on both sides, keeping warm in foil until all tortillas are cooked.
Remove pickled vegetables from liquid and discard garlic slices. Fill each tortilla with equal amounts "chorizo" and pickled vegetables. Garnish with lettuce and cilantro; serve with lime wedges.

Expert Patient Here to Help!

By Susie Schwartz

I just almost faceplanted onto my laptop keyboard. Why? Because we've been back in Canada (from the UK where we now live) for over two months, and after a long two years of a pandemic, I wanted to make the most of being there. That meant a ton of people time, late nights and early mornings, work deadlines and dealing with some difficult family circumstances. Now, as I sit in Pearson airport, I am So. Done. What could I have done better? (You should know me enough by now to guess, yes??) Paced myself.

But have you heard of FOMO?? It's the fear of missing out. And I have that condition bad. One condition leads to another – in this case, a fibro flare and M.E. mini-crash.

Not only did I end up missing fun events because I overbooked fun events, I lived on toast and takeaway and I didn't take care in managing my blood sugars. My guts revolted, my stomach stopped doing its job and headaches increased with time. It was a minor health disaster. (I think I need to reread the book, *When the Body Says No*, by Gabor Mate)

Maybe you're a cancer patient and know that you should get your groceries by click and collect but figure, 'I'll just pop in after work and get a few things.' Or maybe you have low iron, can barely keep your eyes open, but decide to drive to your grandchildren's house for a quick visit after gardening all day and end up napping at their house just so you can drive home again, hardly seeing them anyway. Maybe you have M.E./CFS and even though your legs are



Susie Schwartz

barely working, you take your dog for a long walk so your partner doesn't have to after a long day at work. All of these activities are wholesome and tempting. But are they smart in the moment? Will you lose hours or days or weeks if you 'push through'? Pacing is a strange phenomenon. When we say no to events or tasks that we know are too much for us, we can say yes to quality time with our friends, kids, jobs, creativity and puppies.

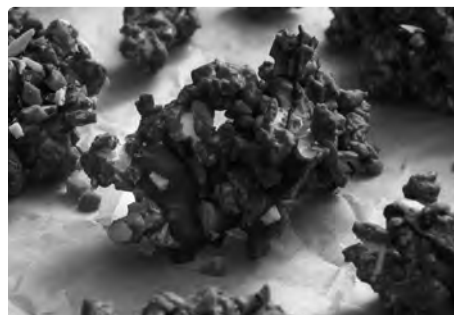
If you want my advice, get your groceries online; phone your grandkids on those bad days, also not risking a car accident; take your partner's help.

Don't let FOMO rob you of your energy and time well spent.

Now go! Pace yourself. :)

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on FB @medicalmissstress, Instagram @susie.suscha and lesshealthstress.com



Total time: 15 minutes, plus 30 minutes chilling time
Servings: 4
4 cups popped popcorn
3/4 cup chopped toasted almonds, divided

6 tablespoons toffee bits, divided
6 ounces milk chocolate, melted
1 ounce dark chocolate, melted
In large bowl, toss popcorn, 1/2 cup almonds and 4 tablespoons toffee bits. Drizzle with melted milk chocolate; toss until well coated.

Transfer to parchment paper-lined bak-

Toffee Almond Chocolate Popcorn

ing sheet. Drizzle with dark chocolate; sprinkle with remaining almonds and toffee bits. Refrigerate about 30 minutes, or until set; break into clusters.

Substitution: Use dark chocolate for milk chocolate, if preferred.

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PUBLIC NOTICE

PARKING BAN
IN EFFECT



OCTOBER 1ST - APRIL 30TH
MIDNIGHT - 8 AM

BE CAREFUL WHERE AND WHEN YOU PARK THIS WINTER

The City of Morden's parking ban is currently in effect

From October 1st through April 30th, cars parked on the street between midnight and 8 AM can be towed, and the owner fined \$150 plus towing fees.

Morden

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PUBLIC NOTICE

RURAL MUNICIPALITY OF ROLAND PUBLIC NOTICE BOARD OF REVISION FOR 2022 ASSESSMENT ROLL

Public notice is hereby given that the 2022 assessment roll for the Rural Municipality of Roland has been delivered to the Municipal Office at 45 3rd Street, Roland, Manitoba and is open for public inspection during regular business hours. Any person who believes that an assessment ought to be revised, may make application in accordance with section 42 and 43 of the Municipal Assessment Act.

APPLICATION FOR REVISION

"42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS

"43(1) An application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- set out which of the matters referred to in subsection 42(1) are at issue and the grounds for each of those matters; and
- be filed by
 - delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41(2), or
 - serving it upon the secretary, at least 15 days before the scheduled sitting date of the board as indicated in the public notice."

The Board of Revision for the RM of Roland will sit on **Tuesday, November 9, 2021 at 10:00 am** in the Council Chambers of the Rural Municipality of Roland to hear applications.

The final date on which the Secretary of the Board may receive applications is **October 25, 2021.**

Dated this 22nd day of September, 2021.

Kristin Olson, Secretary
Board of Revision
Rural Municipality of Roland
45 3rd St.
Box 119, Roland, MB R0G 1T0



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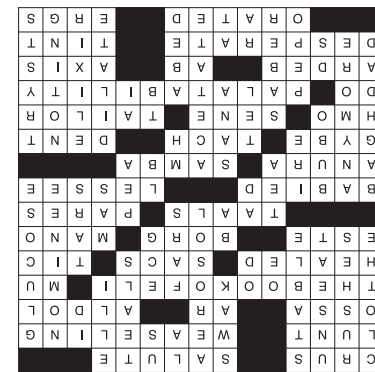


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Crossword Answer

PUBLIC NOTICE

CITY OF WINKLER NOTICE OF PUBLIC HEARING UNDER THE PLANNING ACT

The Council of the City of Winkler, under the authority of The Planning Act, will hold a Public Hearing, at the Winkler Council Chamber, 185 Main Street, Winkler, Manitoba, on Tuesday, October 26TH, 2021 at 6:45 PM, at which time and place the Council will receive representations and objections from any persons who wish to make them in respect of By-Law No. 2270-21, of the City of Winkler.

The general intent of the above By-Law No. 2270-21, is to zone the land described below, Namely:

Part of Plan No. (Deposit 768/2020) MLTO in the SW ¼ 9-3-4 WPM as shown outlined in a heavy solid line on the map attached hereto as Schedule "A", and forming part of this by-law, be rezoned

FROM: "CR" COMMUNITY RESERVE
TO: "I" INSTITUTIONAL
"OR" OPEN SPACE/RECREATION

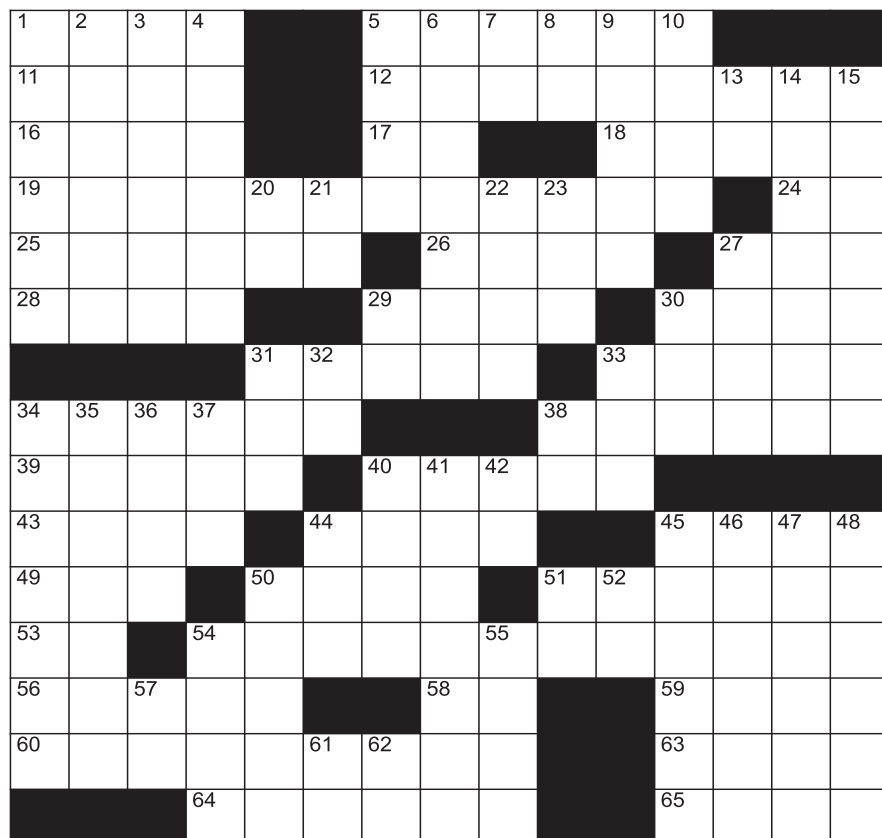
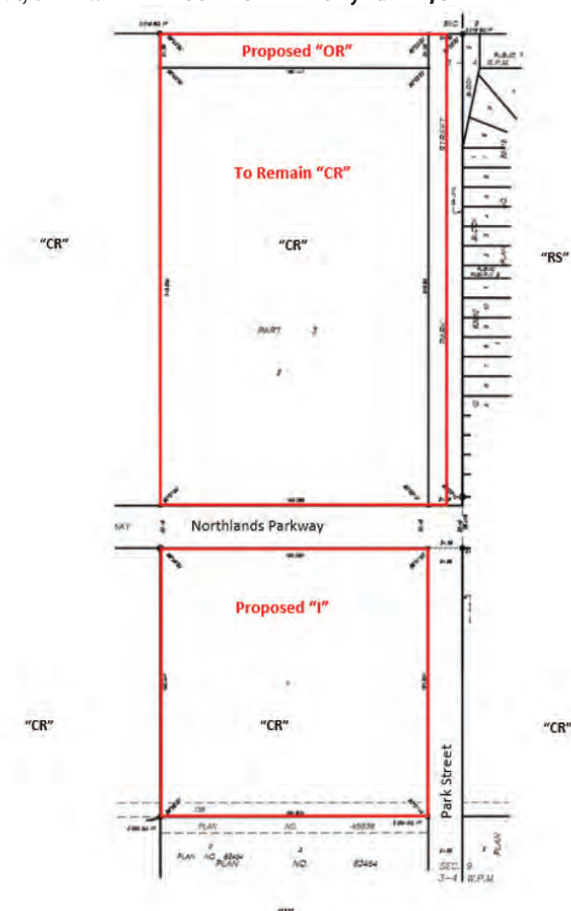
A copy of the above By-Law No. 2270-21 and supporting material may be inspected by any persons between the hours of 9:00 AM and 5:00 PM, Monday to Thursday and 9:00 AM and 4:30 PM, Friday, in the City Office.

SPECIAL COVID-19 PRE-REGISTRATION REQUIREMENT: Members of the public must confirm if they plan to attend the public hearing within 2 days of the hearing date by contacting planning@cityofwinkler.ca or calling the city office at (204) 325-9524 ext. 3. This pre-registration process will ensure that staff have time to ensure physical distancing is achieved.

DATED at Winkler, in Manitoba, this 13th day of September, 2021.

Designated Officer
City of Winkler

SCHEDULE "A" To By-Law 2270-21



CLUES ACROSS

1. Leg shank
5. A way to recognize
11. "VeggieTales" character
12. Getting out of by cunning
16. Mythological mountain
17. Atomic #18
18. Viscous liquid
19. 2010 Denzel film
24. 12th star in a constellation
25. Made better
26. Pouches
27. Nervous twitch
28. This (Spanish)
29. Tennis legend Bjorn
30. Hand (Spanish)
31. Afrikaans
33. Int'l interpreters organization (abbr.)
34. Treated with kid gloves
38. Leaseholder
39. Frogs, toads, tree toads
40. Popular dance
43. Sailing maneuver: tack & _
44. Indicates speed of rotation (abbr.)
45. Mark
49. Health insurance
50. Custom clothing brand
51. One who makes suits
53. Execute or perform
54. Degree of pleasantness when tasting
56. Equal to roughly 5.6 bushels
58. Blood group
59. Imaginary line
60. Hopeless
63. Darken
64. Spoke
65. Work units

CLUES DOWN

1. A way to fit out
2. Football carries
3. Force out

4. Maintaining equilibrium
5. Sealed with a kiss
6. Type of container
7. Hollywood
8. We
9. Small freshwater ducks
10. Norse personification of old age
13. Says who you are
14. Candidate
15. Sugar found in honey and sweet fruits
20. Defunct language (abbr.)
21. Take too much
22. Iranian province
23. Records electric currents
27. _ and feathers
29. Beloved Mr. T character
30. More (Spanish)
31. Beverage
32. Promotional material
33. Green vegetable
34. National capital
35. To any further extent
36. Swollen, inflamed lymph node
37. Anger
38. Pound
40. Popular Yugo
41. Salt of acetic acid
42. Millihenry
44. Israeli city _ Aviv
45. Make wider
46. Drink containing medicine
47. Acknowledging
48. Private, romantic rendezvous
50. Calvary sword
51. Disease of the lungs
52. 2001 Spielberg film
54. Fleshy, watery fruit
55. In one's chambers
61. Dorm employee
62. Indicates position

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OBITUARY



Herman K. Peters October 21, 1938 - September 30, 2021

On Thursday, September 30, 2021 at the age of 82, Herman K. Peters went to meet his Lord and Savior. Family man, beloved husband, loving father, special grandpa and great-grandpa closed his eyes for the last time at the Altona Hospital. Dad fought a lengthy battle with numerous health issues and sensed that all his pain and suffering was coming to an end. He desired to be pain-free and in the presence of the Lord.

Dad was baptized in 1960 by Franz Dyck in Chihuahua, Mexico and accepted as a member of the Old Colony Church in Mexico. On June 18, 1961 our Dad married our Mom Getruda Friesen.

Our parents were married just short of 50 years. God blessed this marriage with 10 children: four sons and six daughters. Our mom passed into Glory in 2011. Dad struggled with being alone and found companionship with Helena Thiessen. They were married on December 16, 2017. This union added three more children and their families to our family. Herman Peters was predeceased by one son, Frank, his wife, Getruda, his parents, Frank and Elizabeth (Klassen) Peters, one brother and two sisters in infancy and three brothers and one sister in their adult life and one brother-in-law, Abram Funk. Dad is survived by his wife, Helena Peters; his children: Herman (Anna), Ike (Erica), Trudy (Pete), Marge, Nettie (John), Lissa (Tim), Mari (Shawn), Kathryn (Tony), Jake; 24 grandchildren; numerous great-grandchildren; three stepchildren, Marty, Lena, and Nico and their families. Dad is also survived by four brothers, one sister as well as many relatives and friends.

Our dad was a hard-working man with many skills and a good sense of humour. When Dad saw someone having a bad day he would say, "Foat dy zuch noch? meaning "Does the train still drive?" or "Is the train still on the track?" This was Dad's way of asking, "Are you going to be OK?" Dad worked hard to provide for the family and ensured that we had oranges and peanuts especially for Christmas. Dad loved gardening (potatoes, tomatoes and cucumbers were a must!), making chokecherry wine, playing pool and going for coffee. But Dad especially loved having the family and friends come for a visit. Dad also loved tinkering and fixing lawnmowers as a hobby. Dad was sure to remind his children and grandchildren to look at your own faults before looking at other people's mistakes: "Kick no deen spacka in deen ewe ischt eyja du daste no dane ondren kicken". Dad spoke of wanting to see all his family and friends again someday and implored them to seek the Lord Jesus Christ. 2 Timothy 4:7 (KJV) I have fought a good fight, I have finished my course, I have kept the faith.

Funeral service was held on Wednesday, October 6, 2021 at the Winkler Sommerfeld Mennonite Church with interment at the Chortitz Old Colony Mennonite Church Cemetery.

The family would like to extend a heartfelt thank you to the Palliative Care Team- (Shannon), all the doctors, nurses and staff at the Boundary Trails Health Centre and Altona Hospital, Wiebe Funeral Home (Joey), Reverend Jake Froese, Corrie Peters, pallbearers: Matthew Peters, Danny Peters, Jeff Krahn, Spencer Thompson and Riley Klassen. Ushers and serving ladies at the church. Sincere thank you to all those who gave us support, words of comfort, and prayers during this difficult time.

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



OBITUARY



(John) Lindsay Currie B. November 13, 1927 D. October 2, 2021

Memorial gathering at Thornhill Community Hall on Saturday, October 9, 2021 from 2:00 - 4:00 p.m. Short program to begin approximately 2:15 p.m.

Double vaccination required for entry.

Donation to a charity of your choice.

Full obituary and condolences at Birchwood Funeral Chapel.

AUCTION

ONLINE ONLY TIMED AUCTION For Sylvia Pidhirney & the Estate of Lorne Pidhirney 1999 Plessis Road, Sunnyside, MB (RM of Springfield)

Bidding starts on Monday, October 11, 2021 at 9:00 a.m.
Ending Saturday, October 23, 2021 at 10:00 a.m.

To register/view go to: apro.bid

Partial listing at: globalauctionguide.com

Or Visit our facebook page: Bergner Auction Service

Viewing October 21 & 22nd.

Please call ahead to John at (204) 841-4136

Pick-up Thursday, October 28 - Saturday, October 30
(all purchases must be paid for prior to pickup)

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auctions and scroll to the SWM Auction. For further
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AUCTION



Farm Retirement Auction for Peter and Edna Peters, 34071 Road, 2 North Rural, Morden, Manitoba. Closing, timed, on-line auction Oct 15, 6 pm.

See our website for listing and bidding. Call owners
204-822-3861 for viewing appointment. Conducted by
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