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# Flyers looking for an assist to get down off the roof

Entire team stranded until \$40K is raised for Central Station's renovation project

### By Ashleigh Viveiros

The Winkler Flyers hockey team are taking to the roof next week and they need your help to get back down.

The junior hockey club will be stranded on top of the Main St. Plaza building in Winkler starting at 11:30 a.m. on Tuesday, Nov. 2 for the Central Station Off-Ice Fundraiser.

They won't put their feet back on the ground until \$40,000 is raised for the community centre, which is in the midst of renovating the building to serve as their spacious new home.

"The whole team will be up there ... we will not let them down until we reach our fundraising goal," said executive director Bev Wiebe."Our hope is to get that done in five hours or so, but we'll see."

Every donation made that day will help earn the Flyers some goodies to make their stay up on the chilly rooftop a little bit more bearable.

"Every milestone of \$10,000 will trigger a reward that will be sent up to the team,"Wiebe explained.

Donations can be made online at winklercentralstation.ca, via e-transfer to info@winklercentralstation.ca, by calling 204-325-0257, or on-site.

Central Station will also be selling \$10 taco in a bag plus a drink and \$5 cinnamon buns with a coffee via drive-thru and walk-up that day.

"So people can come by, take a look, grab a snack, grab some lunch, and drop off a donation," Wiebe said.

The entire event will be streamed live with regular progress reports on Central Station's social media pages and local radio stations.

Wiebe is thrilled the Flyers are willing to give up their day to help out Central Station like this.

"They've been extremely generous

in saying this is a great idea, great community service for the Flyers, as well as supporting us in our cause."

Head coach and general manager Justin Falk said they're more than happy to help. They're looking at the day as a fun team-building exercise.

"Central Station is a place near and dear to my heart and any chance I can help, either personally or through our organization, we gladly hop on board to be a part of something," Falk said.

He noted it's not just the players who will be stuck up there, but the team's entire coaching and support staff as well—about 30 people in all.

Falk is feeling pretty confident the team won't be stranded too terribly long, though they did pick a nongame day to do this, just in case.

"I'm really curious what the weather will be like, that will be the big thing," he said, gleefully hoping for a little bit of flurries so it won't be too much of a cakewalk for the players.

"All the community work we've done up until now, it's been a great experience for us and for the guys as well in their growth and character off the ice," Falk said."This is another opportunity to give back and grow."

## AIMING FOR A SPRING MOVE-IN

Work on Main St. Plaza is already underway, with an eye to having the renovations done in time for Central Station to move in next spring.

It will be a big step up spacewise for the community centre, which has called 545 Industrial Dr. next door home for the past eight years.

The plans call for a larger commercial kitchen and dining hall, increased childcare space, and a much larger area for the Winkler and District Food



#### **SUPPLIED PHOTO**

Central Station's Taniesha Klassen with just a few of the Winkler Flyers who will be stranded on the roof of Main St. Plaza next week to raise funds for the community centre's renovation project.

Cupboard, including a sizeable warehouse.

It comes with a price tag of about \$1.6 million, of which Central Station has already raised \$680,000.

"We're about a third of the way there, so it's coming along," Wiebe said. "It's a really exciting time."

The hope is to really put this much larger facility to work as a true hub of the community.

"We've been very focused on how we want to use this space,"Wiebe said. "We don't want just an empty dining hall that's only used once or twice a week."

To that end, the hall can be divided into multiple meeting spaces that can be used by a variety of community groups and programs. "So we'll have meeting spaces for things like the Community Care program and Driver's Ed and Healthy Baby," Wiebe said. "And we can invite other agencies and organizations in the community to book that space and use it throughout the week as well."

The front lobby, Wiebe noted, is also designed to be more conducive to being a true drop-in space.

"It will open up into the commercial kitchen so that people can stop by, have a cup of coffee, have a visit, sit on some comfortable couches and connect with other people," she said. "So it's really community space, it's not Central Station's space—we want the community to own this space and feel like it's theirs."







## Morden PD welcomes new police pooch

## Ice training to take over from Chase

### By Lorne Stelmach

The newest member of the Morden Police Service is preparing to get to work next year.

Police service dog Ice was officially welcomed a couple weeks ago, and she and handler Cst. Curtis Warkentin will begin training soon in hopes of hitting the streets of Morden by fall 2022.

The Belgian Malinois, now about a year old, came through the Winnipeg Police Service K9 Unit breeding program. Warkentin is now building his relationship with Ice before she gets her final training in the new year.

"I'm quite lucky that she has kind of taken to me right away. She is quite obedient, will follow me around even off leash. I've had her for about a week now," Warkentin said last week. "We're both still getting used to each other, but it seems to be going fairly well. She's a fairly relaxed dog when



PHOTO BY LORNE STELMACH/VOICE

Police dog Ice with handler Cst. Curtis Warkentin. The pair are working on their bond together and basic training skills before entering formal police dog training next year.

she's not on her leash; when she's on her leash and wanting to work, she's a bundle of energy."

**CAMERON FRIESEN, MLA** *Member of the Legislative Assembly of Manitoba* 

Serving Morden–Winkler in the Manitoba Legislature



108 A - 8<sup>th</sup> St, Morden, MB R6M 1Y7 204-822-1088 info@cameronfriesen.ca The current police service dog Chase is still active but getting older and nearing retirement, so the department is working towards transitioning duties to Ice.

Now into his sixth year with the Morden Police Service, Warkentin can benefit from the experience of Cst. Scott Edwards having worked with Chase.

"They've worked together quite well in the community, so we're hoping to pick it up and keep doing the good work," said Warkentin.

The Belgian Malinois is a breed that the Winnipeg breeding program has been using more for service dogs now, noted Warkentin. They are described as smart, confident, versatile, and hard workers who readily bond with their handlers. Originally bred to be herding dogs, they now are widely employed as police and military dogs or for protection.

Warkentin is starting to see those traits emerging in Ice, who has already received some basic obedience training.

"It's quite impressive how smart these dogs are," he said. "She's still a young pup, so I'm just trying to build up her confidence and keep her drive going.

"She's not a family pet," he added. "At my she'ĺl house stav mostly outside. We have a dog run and a heated house for her to stay in ... but it's hard to remember she is a tool for us."

"IT'S QUITE IMPRESSIVE HOW SMART THESE DOGS ARE."

The service received funding from a few sources for Ice, including the provincial government and the Morden Community Thrift Shop.

Ice and Warkentin will be going for drug detection training in February followed by further training in tracking and apprehension and search next spring.

"It's about a 20 week program in total, so there will be a lot of running, a lot of long hours just keeping her trained," said Warkentin. "By the end of the summer, we should be on the streets and fully trained, so I'm looking forward to it."

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## **Morden Christmas Cheer** launches 2021 campaign

Committee plans a modified campaign once again due to pandemic restrictions

### By Lorne Stelmach

The Morden Christmas Cheer Board is back at work to spread holiday cheer and provide a helping hand for those in need this coming holiday season.

Giving the ongoing concerns around COVID-19 however, the campaign will be done in a different way in order to keep everyone involved safe and healthy.

The board adapted the campaign last year to avoid the large gathering of volunteers around the packing of hampers. They will do so again this year.

"People love to get together ... you see it at its busiest when all the groceries are coming in and people are wrapping gifts. We're kind of missing out on that; it's been a big part of Christmas Cheer, that coming together with energy," said board representative Lesley Andrew.

In addition to bypassing the army of volunteers to prepare and pack the hampers, the cheer board is also not accepting donations of non-perishable foods this year.

Instead they welcome monetary and toy contributions, as recipients will receive gift cards they can use at the local grocery stores along with toys they can wrap up for their kids.

Donations can be made online at mordenchristmascheer.com while toys can be dropped at Dairy Queen for its Angels Anonymous program.

While it is unfortunate to miss the camaraderie that comes with the traditional way of doing things, the spirit of the season is still very much present, noted Andrew.

"Sitting around a table with five people stuffing envelopes isn't as exciting



**VOICE FILE PHOTO** 

Morden Christmas Cheer volunteers are keen to launch this year's campaign.

the purpose is still there," she said. "We just felt it wasn't safe enough to meet in larger groups or even to gather food and toys. At least for another year, we decided this was the best way for us to do our work."

She noted that their new way of doing things worked well for them last year when the need increased substantially in the midst of the pandem-

"We're thinking that probably there won't be as much of a demand, but we don't know that for sure," she said. "Our numbers definitely jumped up last year, up over 300. We suspect we will be around the 265, 270 mark for

hampers this year."

Meanwhile, Andrew said the board is looking for an energetic person willing to become part of the Christmas Cheer committee to help provide technological support for record keeping and promotions in the coming year.

For more information, including how to apply for cheer assistance, head to the website noted above or find Morden Christmas Cheer on Facebook.

Paper applications will also be available at the Morden civic centre after Nov. 12. The deadline for applications is Dec. 7.

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# The virtual traveller

ately I have been debating the pros and cons of buying a stylish townhouse overlooking the sea in the city of Alinor in the Summerset Islands. The problem is, at just over a million, it seems unlikely given my savings of a mere 10.000.

The Summerset Islands are a wonderfully Mediterranean environment where can

imagine walking out onto the terrace and watching the sunset over the waters below as the dock workers busy themselves for the

one

evening arrivals. Of course, I al-Cantelon ready have the manor in Elsweyr,

the Hall of the Lunar Champion, which I rechristened the Hall of Nardsworth in honor of my age-old gaming name: Nardsworth Ramhammer.

Sorry, I should have mentioned earlier: this is all fake. At least fake to



**By Peter** 

tent with my current arid, sub-Saharan environment sans ocean view. I did buy a nice ceremonial fountain of light (and a small jewelry box) which look nice enough in the old homestead.

you. It's real enough to me to keep me

awake planning on how best to move

my furniture should I actually acquire

the new townhouse. It seems unlikely

though and I will have to remain con-

EDITORIAL > VIEWPOINTS > LETTERS

These are the trials and tribulations of gaming and the struggle of maintaining a fantasy life in the middle of a real life.

Honestly, who can blame me? We are closing in on two years of COVID insanity with semi to full isolation and my chosen path of escape has been gaming. As you know from previous columns, I have been gaming since Pong ... that is a LONG TIME of gaming.

There are a few categories of games I enjoy above others: shooters (Call of Duty, Battlefield), driving (Forza, Need for Speed, GTA,), golf, and horror (Fatal Frame, Resident Evil) to name a few, but the king of gaming for me are the RPGs (role playing games) and the MMORPGs (massively multiplayer online role-playing games).

These include game franchises like Fallout, Red Dead Redemption, Genshin Impact, Eastshade, The Witcher, Minecraft, Star Trek Online, and the Elder Scrolls (to name a few).

How much do love them? I recently noticed that Steam (a gaming platform I use) reports I have logged more than 440 hours playing Elder Scrolls Online, making the 115 logged in The Witcher III seem like child's play.

Let me put it this way: if it were a job I had to go to five days a week, eight hours a day, it would take me 11 straight weeks of non-stop gaming to get to this point in Elder Scrolls.

Gaming is my escape. It is my chosen leisure activity and I feel no guilt (maybe a little) for the amount of time it consumes. My wife games. My kids game. I have raided dungeons I could not handle on my own with my sons. It is a family value.

I think I like the RPGs and the MMORPGs for the sheer breadth of the simulation. A lot of complexity goes into them. I try to game responsibly and avoid microtransactions and addictive behaviours which can be a problem in gaming (or anything really).

Honestly, there are worse things a person could be doing with their time. Most of these games are complex enough that players need to develop decent financial management, budgeting, and planning skills to do well. Things with actual real-world benefit. It has always bothered me that gaming has been seen as the realm of chil-

Continued on page 7

## MAYORAL MISSTEP

On Oct. 16, Winkler Mayor Martin Harder addressed an audience at a local "Freedom Rally." The purpose of the event was to show solidarity for those workers impacted by the vaccine/testing mandates that went into effect Oct. 18.

The mayor opened with "If I ever wanted to be a part of a rally, this would be the one, because you care

and you're not here to destroy the community."

He went on to share that he is vaccinated and that his daughter in Texas had a near-fatal bout of COVID-19.

Unfortunately, the balance of his speech was spent assuring the audience that he sympathized with them and understood they had valid reasons for not being vaccinated. He further burnished his credentials with his listeners by taking swipes at the province and others for making his city and region" a scapegoat." Well, if the shoe fits ...

At no point in his speech did Harder discourage or denounce the misinformation that is in large part the reason for the dismal vaccine uptake in Winkler and Stanley.

In fact, at one point he seemed to be downplaying the prominent role

Continued on page 7

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

## > LETTERS, FROM PG. 6

that vaccination needs to play in "Let's Get Back to That"—the slogan that Winkler is using in its campaign to rehabilitate its tarnished image.

He suggested that the province isn't focusing enough on other methods of prevention (while neglecting to mention what those might be), going on to say, "Because obviously the vaccine isn't the be all and end all, otherwise we wouldn't be getting booster shots in northern Manitoba."

I don't believe the mayor honestly thinks there's a more effective and efficient way out of this pandemic other than the tried and true combination of vaccines, masking, social distancing, and hand hygiene. Yet he panders to those who continue fighting these measures, hoping perhaps to be seen as sympathetic to this vocal but misguided segment of his constituency.

As someone with a family member in one of the care homes in that area, my sympathy approaches zero for those who think their vaccination status matters little when working with some of the most vulnerable in society.

As the saying goes, your freedom to swing your fist ends where my nose begins. And it certainly ends well before it bloodies the nose of someone I love

> Bill Tiessen, Crystal City

## LOVE THY NEIGHBOUR

Much has been said about loving your neighbour. Along with trying to scare, bribe, guilt, shame, and blame the unvaccinated, many nurses are now asked to leave without pay or test regularly. Does that sound like love? What about simply respecting one another in our decisions?

For me it is a significant moral issue. Along with much other research, I did a simple Google search "Do the CO-VID-19 vaccines contain aborted fetal cells? One of the websites I went to is www.nebraskamed.com. It will tell

## However, if you keep reading in this article and others you will find that

article and others you will find that the COVID vaccines used in Canada (Pfizer, Moderna and Johnson & Johnson, AstraZeneca) used fetal cell lines in the confirmation phase (to ensure the vaccines work).

you that they do not.

What is a fetal cell line? One such cell line originated in 1962. Mrs. X was four months pregnant. An eight-inch female baby was taken in an abortion. Her little lungs were dissected in Stockholm. Tiny purple organs were packed on ice, cut into pieces, then created into WI-38 cell lines. These cell lines are used for vaccines against measles, rabies and rubella.

Since then, other innocent babies (HEK293, HeLa, PER.C6, and MRC-5) that have been aborted have been used for testing, research and devel-

## > CANTELON, FROM PG. 6

dren and youth. I will probably game until I die. I enjoy it. Maybe it's my generation's stamp collecting?

Sometimes I think escaping to a fantasy realm can help give us a little perspective. It can help us better understand and value the real one we find ourselves in.

Don't knock it until you try it. Create a character in an MMORPG and travel the countryside. You don't have to be violent. You can wander the streets



To willfully take the life of an unborn child, at any point after conception, is murder according to the scriptures (Psalm 139:13-16).

So when Jesus said "love thy neighbour" this is not what he had in mind.

#### Nettie Fruend, Stanley

\*Ed. note: To be very clear, the CO-VID-19 vaccines do not contain aborted fetal cells. The fetal cell lines (which are different from actual fetal cells) used in the research and development of vaccines and other modern treatments are grown in a laboratory, though they do descend from aborted fetal cells originally collected decades ago. Doctors Manitoba has a page touching on this matter at www.manitobavaccine.ca.

and shops of cities all over the world connecting with people both real and non.

If you do give something a try, remember to look up Nardsworth—we can meet up for a drink in the local inn or golf a round at Torrey Pines or maybe race cars through the countryside in Italy.

Now I have to go ... there's an illplaced rug in my manor that needs to be moved.



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

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

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

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

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

## Morden teen victim of "swatting" incident

#### By Voice staff

A Morden youth was the victim of a "swatting" incident last week.

On Oct. 19 just before 9 a.m., the Morden Police Service received a report of a student in duress.

Police were informed that several people had received messages from the same student advising that they were being held against their will and a firearm was involved.

Officers quickly made contact with the student, determining that no one was in immediate danger and that the messages were in fact a hoax.

Upon further investigation, police learned the student had their personal information compromised while taking part in an online gaming platform a day earlier. The suspect(s) had threatened to use the information in exchange for financial information. When the student refused, the suspect(s) threatened to "SWAT" them.

Swatting is when someone makes a false call to the authorities in the hopes of provoking a rapid police response against an innocent individual.

Morden Police encourage anyone that is threatened online by scammers, including that they will be targeted in a swatting, to contact their local police department and report the incident immediately.

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## **Sprucing up Thornhill St.**

Morden-Winkler MLA Cameron Friesen (left) with Mayor Brandon Burley surveying the completion of bituminous rehabilitation work in Morden. The Manitoba government recently completed over \$1.1 million of road work in the community, including \$600,000 for resurfacing two kilometres of PTH 3 (Thornhill St.) from Mountain St. to 1st St. and \$560,000 to resurface 1.6 kilometres on Mountain.

SUBMITTED PHOTO

# Judge rules Manitoba public health orders are constitutional

### By Ashleigh Viveiros

A group of individuals and seven Manitoba churches, including those from Morden-Winkler, have lost their court battle in challenging whether the province's pandemic restrictions violate the Canadian Charter of Rights and Freedoms.

The group argued in court that elements of the public health orders (PHOs) put in place last year were unconstitutional, namely restrictions on private and public gatherings and places of worship.

Court of Queen's Bench Chief Justice Glenn Joyal handed down two decisions on the matter last Thursday.

Joyal ruled that while these restrictions do limit certain charter rights and freedoms, the Manitoba government was justified in enacting such limits to deal with the unfolding public health crisis.

In his 156-page decision, Joyal asserted the restrictions "are constitutionally justifiable as reasonable limits under s. 1 of the Charter."

Section 1 of the Charter states that the rights and freedoms laid out in it are guaranteed "subject only to such reasonable limits prescribed by law as can be demonstrably justified in a free and democratic society."

Joyal heard from experts on both sides of the matter but said he was persuaded by the evidence of the government's witnesses.

"I find that the credible science that they invoked and relied upon provides a convincing basis for concluding that the circuit-break measures, including those in the impugned PHOs, were necessary, reasonable and justified," he ruled.

Joyal's second ruling dealt with the legality of public health orders being issued by the province's chief public health officer (Dr. Brent Roussin, an unelected official), instead of the Legislative Assembly of Manitoba.

He found the delegation of power in this situation to be a "constitutional and democratically legitimate means of ensuring that the public health measures that are stipulated are measures that are proposed by a qualified medical expert."

Joyal further noted he was persuaded by the government's argument as to the practical realities of overseeing a pandemic response.

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## PHAC, PVLIP teaming up for art show in new year

## Arts council seeking artist submissions

#### By Lorne Stelmach

A Pembina Hills Gallery exhibit in the new year grew from an idea to bring together a selection of work by newcomers to the area.

Now the February exhibit is expanding and organizers are inviting artists and residents of all ages and experience levels to submit pieces around the theme of what a welcoming and inclusive community looks like to you. It became an ideal collaboration for the Pembina Hills Arts Council (PHAC) and Pembina Valley Local Immigration Partnership (PVLIP) to also tie in with the latter's Connecting Cultures And Community Celebration planned for that month.

"It definitely is a community event, and anybody can participate," said PVLIP co-ordinator Elaine Burton-Saindon.

"We don't know how many new-

comers may consider themselves an artist ... naturally people have gifts and talents that they feel are their ways of expressing themselves, but they may not realize that others may be interested in seeing it."

The arts council is accepting applications for the exhibition, and it is open to any and all artistic media and disciplines. The submission deadline is Nov. 5.

Art council programs and outreach co-ordinator Tye Dandridge-Evancio noted that the project was originally conceived as a small feature with a selection of newcomer artists, but they soon realized the potential to do something much bigger with it.

"We decided why not kind of expand it into a more full scale celebration, so that's why we decided to have this exhibition in February," he said. "It will be open to anyone in the area, all ages and levels of experience, but just around the theme of what does a welcoming and inclusive community look like to you.

"It's in celebration of newcomers,

but it's also considering that there's so much broad definition of a newcomer," Dandridge-Evancio continued. "If there's one thing that kind of unifies everyone is that in one way or another we've all been the newcomer.

"So not only do we want to feature and celebrate newcomer artists but we agreed it was also important to be inclusive to everyone," he said, adding that they recognize the importance of diversity in the community.

"And not only Morden but Canada as a whole. We're a mosaic of different cultures and perspectives, and each one of them is supporting the others."

Dandridge-Evancio is especially looking forward though to highlighting the work of some area newcomers in the exhibit.

"That is one of the big priorities, to be able to give a platform to artists who are newcomers here and give them that chance to tell their story and to share their art or their culture."

"We want to help offer newcomer voices a way to express themselves," said Burton-Saindon. "This is an idea that's been on my mind for quite a while, quite a few years ... to bring that opportunity to the newcomers in our region. It's a way for them to express themselves.

"Oftentimes when we have done programs and public events ... they want to participate because they want to give back as their way of showing their appreciation to the communities," she said, adding she sees this as "a good way to connect newcomers to their community and also show the communities some of the talents and expressions newcomers can offer."

If interested, you can go to the arts council website at pembinahillsarts. com or call 204-822-6026 or e-mail info@pembinahillsarts.com for more information.

"Not all of the submitted works will be included, but we will try to include every artist who applies if possible," Dandridge-Evancio said noting there is a limit of five works allowed to be submitted per artist.

## **Co-op reports on a "challenging and rewarding" 2020**

### **By Ashleigh Viveiros**

Winkler Consumers Co-operative reported on a year of ups and downs at its annual general meeting last week, held virtually for the first time in the company's 89-year history.

Board chair Milt Olfert noted they had hoped they'd be able to gather with members once again in person this year, but the pandemic foiled those plans.

The AGM looked back specifically at the year 2020, which feels like a very long time ago indeed, Olfert reflected.

"Many of us can remember how 2020 started. There was toilet paper shortage, flour shortage ... but the neat thing about 2020 is how the community within Co-op came together," he said.

"I can remember helping stock shelves together with some other board members and people within the community, helping the staff, and just seeing how the staff and the leadership of this Co-op came together and tried to serve our community, keep our community safe, through those uncertain times.

"We've learned a lot in the last 18 months," Olfert said, adding a sincere hope that things will begin to get back to normal soon. General manager Evan Toews called 2020 a "challenging and rewarding year."

"It was certainly a year like no other ... we were challenged in new ways with COVID, fuel shortages, declining markets, and low volume sales in some areas," he said.

"It is important to also remember the many positive impacts of 2020. We experienced team work, volunteer help to serve the community, increasing sales volumes and profitability in some areas, as well as the ability to connect with the community and support each other in ways that we would have never imagined."

Sales overall were down about \$1 million from the year before at \$112 million, with the food stores thriving while the petroleum department saw a major dip in profits.

Still, Co-op did well financially overall and was able to allocate \$4.1 million in equity to its members, distribute \$2.7 million in equity cheques, give over \$380,000 in donations to local charities and projects, and another \$100,000 in food donations.

They were also able to pay down a significant portion of their long-term debt to put them in a solid financial position moving forward.

Toews noted Co-op's growth

through diversification played a big part in getting them through the pandemic in such good shape. In addition to their food stores and gas stations, they also have furniture/appliances, fashions, and agricultural departments providing a range of products and services.

"Although no one could have predicted the challenges that we would face, being diverse was a huge part of our ability to shift and change," he said. "The success and the growth we experience can never be taken for granted. The quick-thinking and strong team that is supportive of each other, led by a strong board, made a tough year easier to navigate.

"The positive financial results ... are a direct reflection of what happens when a committed group of staff, a committed membership, see the importance and responsibility to band together to grow healthy communities."

The Co-op board bid farewell to longtime Lowe Farm director Peter Falk. Meanwhile, Eric Peters and Darren Heide let their names stand for another term, joining Milt Olfert, Chris Kalansky, Grant Fehr, James Sawatzky, Dinah Elias, and Gordon Earl once again on the board.

There is one empty director seat the



SCREENSHOT Co-op board chair Milt Olfert thanked the community for their support in 2020, including the many volunteers who stepped up to help stock shelves and make deliveries at the start of the pandemic.

board hopes to fill before the next annual meeting.

## **GVSD** teacher projects get provincial funding

### By Voice staff

Three projects in Garden Valley School Division are benefiting from provincial funding by way of the 2021 Teachers' Idea Fund.

Manitoba Education Minister Cliff Cullen announced \$954,082 in government funding across the province for more than 50 projects put forward by educators. "We launched the five-year fund in March, and we have already provided funding for 27 innovative ideas," he said."It is gratifying that this program has inspired more great ideas from teachers, staff and school leaders to enhance classroom supports and improve student outcomes and wellbeing, and we are happy to provide funding for an additional 53 projects." Locally, money is going to projects at Northlands Parkway Collegiate (NPC), Garden Valley Collegiate (GVC) and Winkler Elementary School (WES).

NPC intends to establish a transition protocol to increase Gr. 9 students' sense of belonging and engagement while transferring to NPC from its five feeder schools.

> RULING, FROM PG. 8

"If every public health order and subsequent modification had to be enacted by the Legislative Assembly, it could potentially handcuff and immobilize government's ability to act in a timely manner," he wrote. "That would certainly not be in the public interest. No other jurisdiction in Canada so restrains its public health officials." The Justice Centre for Constitutional Freedoms, which represented the applicants in this case, voiced its disappointment in the decisions "and in the unwavering deference accorded to public health officials," lawyer Allison Pejovic said in a news release. "We are carefully reviewing the decisions and are considering an appeal." The applicants in these challenges included the Gateway Bible Baptist Church, Pembina Valley Baptist Church, Redeeming Grace Bible Church, Grace Covenant Church, Slavic Baptist Church, Bible Baptist Church, Christian Church of Morden, deacon Thomas Rempel, minister Tobias Tissen, and Winnipegger Ross MacKay At GVC, the money is going to support the introduction of a Gr. 9 robotics course.

And WES is using its grant for initiatives to improve literacy in its Kindergarten to Gr. 2 classrooms.

Elsewhere in the region, Manitou Elementary School received funding to help at-risk individuals using a variety of engagements through the THRIVE program.

"We continue to accept and review applications for the Teachers' Idea Fund as part of a continuous intake process," Cullen said. "Educators and school staff are encouraged to participate in implementing projects that can have a positive impact on Manitoba classrooms."

Details about the fund—including the new, multi-year application for projects valued at more than \$25,000 can be found online at bettereducationmb.ca/teachers-idea-fund/.

News or sports tip? E-mail news@winklermordenvoice.ca or call 204-325-6888

## Access CU gives back





ACCESS CREDIT UNION PHOTOS

Access Credit Union marked International Credit Union Day by giving back \$102,712 in donations to local non-profits through its Jeans for Charity program. Staff make donations in order to be allowed to wear jeans on Fridays, with the proceeds then matched by Access. "Supporting local and strengthening investment in our communities will always be a top priority for Access," said CEO and president Larry Davey. "It's exciting to see how the Jeans for Charity program has grown along with our expanded reach into both the rural and urban markets." A total of 30 charities throughout the credit union's service area were selected as recipients for 2021, including the BTHC Foundation (left) and Genesis House (above), to name just a few.

## Southern Health region continues to lead the way in new cases

By Ashleigh Viveiros

Public health officials reported 464 new cases of COVID-19 on Monday.

That count included 130 cases on Friday, 107 Saturday, 149 Sunday, and 78 new cases on Monday.

The Southern Health-Santé Sud health region led the way in new cases at 180, followed by 129 in Winnipeg, 81 in the North, 57 in Prairie Mountain, and 17 in the Interlake-Eastern health region.

The vast majority of new cases are among people who are not fully vaccinated, the province reports. Fifty-nine of Monday's 78 cases were not fully vaccinated (two weeks beyond their second dose of the vaccine).

At press time, Manitoba had a total of 1,071 active cases of the virus and 83 people in hospital with COVID-19, including 20 in intensive care.

The death toll has reached 1,237 with two new deaths reported over the weekend, including a man in his 70s from Southern Health and a man in his 80s from Interlake-Eastern.

Manitoba's five-day COVID-19 test positivity rate on Monday was 3.9 per cent provincially and 1.7 per cent in Winnipeg.

Southern Health as a whole has 285 active cases of COVID-19 and 33 people in hospital with the virus, nine receiving critical care.

In the Pembina Valley, Winkler continues to have the most active cases with 37 followed by nine cases in Carman, seven each in Morden, Stanley, and Red River South, six in the Altona area, three in Roland/Thompson, two in Lorne/Louise/Pembina, and one in Grey.

## PUBLIC HEALTH ORDERS EXTENDED

The current public health orders have been extended for an additional three weeks, now in effect until Nov. 16.

"Manitoba must stay vigilant in our fight against COVID-19 and the fourth wave," said Health and Seniors Care Minister Audrey Gordon on Monday."Our case numbers, hospital admissions and ICU numbers continue to fluctuate but we need to remain steadfast in our approach with the current public health orders we have in place."

The orders continue to limit gathering sizes both inside and out, especially in groups that include unvaccinated individuals.

Retail capacity is also limited to 50 per cent in the Southern Health region due to low vaccination rates and high case counts.

One change, however, is that while the municipalities of Cartier, Headingley, Macdonald, Ritchot (Niverville-Ritchot), St. Francois Xavier, and Tache are located in Southern Health, they are no longer limited by the regional retail capacity limits. "Considering their vaccination rates are more consistent with that of the Winnipeg capital region, as well as their proximity to and regular commuting to Winnipeg, the new public health orders will see these select municipalities treated like Winnipeg and the rest of the province," the government said.

Those communities are back to 100 per cent retail capacity along with the rest of Manitoba, where the two-dose vaccination rate of eligible people is at over 83 per cent.

Southern Health, by comparison, has a vaccination rate of 67.8 per cent, which is the lowest in the province.

## Manitobans can now access federal proof of vaccination card

### By Ashleigh Viveiros

A new proof of vaccination card will make life a little easier for Manitobans looking to travel outside the province, be it domestically or internationally.

The provincial government announced on Monday that fully vaccinated Manitobans are now eligible for the pan-Canadian proof of vaccination credential (PVC).

"The federal credential will be recognized across the country for travelling in other provinces and territories and, when returning to Canada, from other jurisdictions," said Central Services Minister Reg Helwer, explaining the national card uses a QR code in the same way Manitoba's vaccination cards do.

Individuals who currently have a Manitoba immunization card or are eligible for one can visit immunizationcard.Manitoba.ca to request their PVC. It will then be emailed as a PDF, which can be printed or available digitally.

The federal government has said that proof of vaccination will be required for all people age 12 and up travelling via plane, train, or cruise ship as of the end of November.

"So you have time to get this on your phone or printed out," Helwer noted. He added that Manitoba's immunization card app will be updated next month to include the PVC, so users can toggle between it and the Manitoba immunization card as needed. The province's verifier app will also be updated to read the QR codes on the national credential.

Officials urge Manitobans to continue using the provincial card when travelling and recreating within the Manitoba.

The PVC includes information such as date of birth, date of immunization, and the brand of vaccine received, while Manitoba's immu-



# Keeping busy on a day off from school

Students crafted boats out of an assortment of basic household materials and then put them to the test as part of the fun at the PD (professional development) day camp offered by the City of Morden last Friday. A dozen youth between the ages of 6 and 12 took in the camp, which offered a range of crafts, sports, and more to keep kids busy on the day off from school. More PD camps are set for Nov. 12 and Nov. 26. Registration fees are \$25 per day per child. Head to mymorden.ca/recreation for details.

PHOTO BY LORNE STELMACH/VOICE



## Public health mandates for staff has an impact in GVSD

Division reports 94% of staff are compliant with vaccination, testing mandate

### By Lorne Stelmach

The recent public health order mandate requiring staff in key sectors to either be vaccinated or submit to regular testing had an impact locally in the education system.

Garden Valley School Division was especially affected with about six per cent of its staff having not met the requirements as of the deadline last Monday, and it was most noticeable with over a dozen bus routes suddenly being impacted as a result of drivers opting to go on unpaid leave rather than meet the requirements.

"The other pieces have been somewhat scattered," said board chairperson Laurie Dyck, noting the impact was also felt to varying but lesser degrees among other support staff that can include everyone from educational assistants to custodial workers. "It was sprinkled throughout the division; some maybe more than others, but it also depends on where we have more employees in certain groups as well.

"Bussing for sure was the biggest anomaly," said Dyck, who explained the division had been "working in the background with what they knew ... but, until last week Monday, we weren't quite sure because employees didn't have to indicate until then."

Overall, the division knew about 94 per cent of its staff had met the requirements.

"And that number may change a little bit as well," Dyck added.

Dyck expressed appreciation for all of the work that went into making the necessary adjustments.

"We're thankful for our transportation supervisor. She's been able to rejigger, change bus routes and been able to work with the staff and the buses we have and the time," she said. "Some students are probably seeing a different bus driver.

"There were job vacancies but unrelated to this," Dyck added. "So we are still looking to fill positions but not all of that is related to this situation.

"We're thankful for the staff we have who are willing to pitch in," she continued. "People who are willing to step up to the plate and just make things work."

Dyck also noted that there is the hope that perhaps some staff will decide to return to work, so they need to keep the channels of communication open.

"There's no doubt that our area had different circumstances ... it's a continued conversation, we want to work together ... hopefully people who engage in those conversations have a better understanding," she said. "It's challenging for everyone for sure ... I think we're on our way to learning how to work together and be respectful of each other and having good conversations."

Meanwhile, down the road in Morden, Western School Division officials said the mandate had very minimal impact and that it remained very much business as usual last week.

"We are in a really good situation, like we have been throughout the pandemic, with our compliance here," said superintendent Stephen Ross. "Our schools haven't had any of the kinds of issues that perhaps some of those other divisions have had; things are good here."

Ross said they have remained grateful for the community's commitment throughout the pandemic.

"We just so appreciate our community in that, whether or not they necessarily agree with all of the things through the pandemic, our community, our parents, our staff have been so supportive of us doing what we need to do to keep schools open ... everybody can't say that in this province," he said.

"We're trying to respect our families and our kids here, and we're getting that same respect back, and that is really appreciated."

## > VACCINATION CARD, FROM PG. 10

nization card contains no personal health information when scanned simply one's name and a green checkmark if vaccinated.

"That's why we're recommending that for your local restaurants, that you continue to use the Manitoba code that just shows if you're vaccinated or not, it doesn't disclose any other information," Helwer said, going on to note that people who travel are used to disclosing some personal information to airlines and other agencies. "They're very good at protecting that information, so we think there's a good level of security with that sector."



SUPPLIED PHOTO Genesis House has transformed this outdoor shed into a cozy, temporary space for the pets of women staying at the shelter as they flee abusive home situations.



## **Genesis House creates a safe space for pets**

Women seeking safety no longer have to chose between staying or leaving pets behind

### **By Ashleigh Viveiros**

Women who leave a violent home situation no longer have to leave their pets behind when seeking help from Genesis House.

The shelter now has a safe space onsite for pets to be housed on a temporary basis.

This new space—a secure, insulated shed in the shelter's yard—is meant to work in conjunction with the existing Pet Safe program launched this year in partnership with the Pembina Valley Humane Society, which connects women with foster homes for their pets while they're at the shelter.

"Because we are a 24-hour shelter and people could come in anytime on the weekend, on a holiday, we wouldn't necessarily have access to a humane society volunteer or staff person at, like, two in the morning," explains executive director Ang Braun. "So we knew we needed to have a place that could accommodate pets in a warm, safe, healthy place until we could arrange a foster." In the past, the shelter was not able to accommodate pets at all, which left some women in a difficult bind: do they leave their beloved cat or dog in a house they themselves are fleeing due to abuse? Do they stay to protect them?

It's a decision no one should have to make and one that served as a real barrier for some women in abusive relationships, Braun says.

The shed used to be used for storing outdoor equipment, but thanks to donations from youth at the Morden Alliance Church and the Morden Area Foundation's Power of the Purse program, Genesis House was able to add insulation, wiring, and a window to make it a cozy space to house several pet kennels for a day or so.

"The community has really supported this," Braun says, thanking everyone who made this project possible.

If you're in an abusive relationship and need help, you can reach Genesis House anytime at 204-325-9800 or tollfree at 1-877-977-0007.



All location check-ins can be done outdoors. Please continue to follow all health & safety guidelines as set by the Manitoba Government.

## **Stone Age Sports** opens in Morden

#### By Lorne Stelmach

There's just something satisfying about throwing an axe that makes a local couple believe it could be a big draw here in Morden.

Kaylynne Kindyball and Nicholas Hoeppner are opening Stone Age Sports this weekend and inviting people to come embrace their inner lumberjack.

"It can be a stress reliever," Hoeppner suggested last week as they were finishing setting up their space in unit 4 at the rear of 195 Mountain Street South in Morden.

"You can just throw it and enjoy it ... maybe release some anger or tension ... if you have had a bad day at work, you can come throw an axe," he said with a laugh.

"Hopefully people come and be adventurous enough to come try out something new," said Kindyball.

The idea is something that the two of them have had in mind as an interesting fit locally for some time now. The only other axe throwing places in Mantioba are in Brandon and Winnipeg.

"Around here, I think it's the first time it's ever been done, so we thought why not try it," said Hoeppner. "We didn't want to have to go to Winnipeg to do it ... we thought why not bring it here so everyone can do it?"

There is a basic, physical thrill that comes from hurling an axe at a target, but Kindyball notes there is some technique required to do it really well.

"The actual way you're supposed to

do it is sort of throwing it like a dart," she suggested. "You're still aiming it like a dart, but it's throwing an axe.

"There's supposed to be one rotation," she continued. "If it doesn't hit it, there's lots of adjustments you can make like stepping forward, stepping back, where you let go from your hand.

"There's different ways to do it ... I mostly just chuck it," Hoeppner said with a chuckle.

If it goes well, they see other future possibilities for the business including perhaps archery and javelin stations, but for now they will see how it goes with axe throwing.

Their rates vary from \$30 per hour or \$20 for a half hour, or basically a dollar a throw depending on how much you want to try at one time.

They encourage people to book their spots for a specific date. Bookings can be made online at stoneagesports. square.site or by calling 204-999-9824 or emailing stoneagesports2021@ gmail.com

Their hours will be Tuesday to Thursday from 4-9 p.m., Friday from 4-11 p.m., Saturday from 11 a.m. to 11 p.m., and Sunday from 11 a.m. to 9 p.m., with private bookings available Tuesday to Friday from noon to 4 p.m. You can book anytime during regular business hours.

"We have had people contacting us. They seem to be intrigued about it," said Hoeppner. "People have been asking about Christmas parties alreadv.'

## **Provincewide state of** emergency expires

#### By Voice staff

Manitoba has finally moved out of a state of emergency.

The province officially declared a state of emergency under the Emergency Measures Act in March 2020 due to the global pandemic, and has renewed that declaration every month since.

On Oct. 21, the provincial government let the declaration expire, with officials noting it is no longer needed to help protect Manitobans from the impacts of COVID-19.

"Nineteen months ago we declared a state of emergency to help protect the physical and financial health and safety of all Manitobans and reduce the spread of COVID-19 in our hospitals and in our communities," said Premier Kelvin Goertzen.

"As we continue to move toward a post-pandemic Manitoba, we want to

Continued on page 22



PHOTO BY LORNE STELMACH/VOICE Nicholas Hoeppner of Stone Age Sports takes aim.



# arts&culture

## Sharing, preserving traditional craftwork

### By Lorne Stelmach

Megan Lindell and Yvonne Stoesz both have the desire to share their crafts with others.

Each of them also have a strong cultural connection to what they create, so it makes it equally important to themselves in terms of carrying on their traditional crafts.

"I haven't ever beaded anything for

me, but I will one day soon," noted Lindell, who was part of the Third Thursday Art Talk last week at the Pembina Hills Gallery.

"We're given wonderful gifts ... and I think we're meant to share skills that we have; I want to share my skill with others," said Yvonne Stoesz, who was also part of the presentation.

The theme of the talk focused on the cultural significance of patterns and





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textiles, and it was well suited to both Lindell, who is a Metis beader, and Stoesz, who is a Mennonite quilter.

Stoesz, who calls Morden home, draws her interest in the traditional hand stitched quilting to her grandmother.

"I've thought about it as family tradition that my grandma taught me ... and they were also very involved, as Mennonites, celebrating the 100th anniversary of MCC," she recalled, noting how in early 2020 there was a challenge for the occasion which saw volunteers make upwards of 9,000 quilts for distribution all over the world.

"I think it's very in keeping with a

lot of the values that I have like using recycled fabrics," she said. "I've been making quilts for my nieces and nephews and friends and putting fabrics from clothes that they had ... so they're each unique with a different pattern, but they all have different fabrics from each other."

Her quilts have often served as wedding gifts, Stoesz noted.

"It's a very practical gift; it's warm, it's comforting, and you can use fabrics from your home, and it's very easy to make, very easy to sew together." She also very much prefers doing it the old fashioned way by hand.

Continued on page 22



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## DON'T GET STRANDED IN THE COLD! Get your car ready for winter

# **4 vehicle components to inspect before winter**



Winter can take a toll on your car. To make sure your vehicle is ready for the season ahead, here are four things you should check in the fall.

#### 1. Tires

Inspect your tires to make sure they're properly inflated and the tread is in good shape. Improper tire pressure can increase your car's fuel consumption, which is bad for the environment and your wallet.

### 2. Headlights

Before you hit the road this winter, make sure your headlights are working. If they seem dim, replace the bulbs. In addition, if your headlights look foggy, polish them to help improve visibility.

### 3. Cabin air filter

Over time, the air filter in your vehicle's cabin can become dirty and clogged with dust. If this happens, your heating system is likely to become compromised. Therefore, you should replace the cabin air filter every one to two years.

#### 4. Battery

It can be extremely frustrating if your car refuses to start on a cold morning. To prevent this from happening, have your battery inspected by an expert before the cold weather arrives.

For a complete pre-winter inspection of your vehicle's spark plugs, suspension, brakes, belts, fluid levels, thermostat, engine and more, make an appointment with a mechanic or garage in your area

## How to choose winter tires



Are you in the market for a new set of winter tires? If so, you'll need to keep a few things in mind, including the size of the tire you require and the type of driving you plan on doing.

Snow tires are recommended for drivers who regularly travel on snow-covered roads, as they provide superior traction and can cut through slush. Ice tires, however, are best for drivers who do a lot of highway driving, where frozen asphalt and icy conditions are common.

If you often take backroads that don't get regularly cleared, you may want to consider purchasing studded tires. Just be aware that they can be quite noisy.

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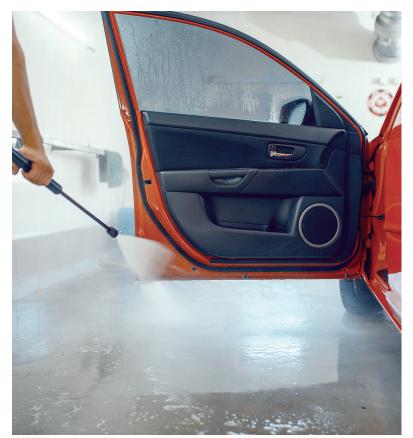
When it comes to winter tires, a higher price tag usually indicates a higher-quality product. Consequently, paying a bit more for a pair of winter tires that will last you several seasons is a good tradeoff. You can count on the tires to be reliable, durable and keep you safe on the road. Watch out for sales to get the best value for your money.

To find the right tires for your car, ask an expert in your area for advice. They'll be able to answer your questions and suggest products that are suited to your needs.

Winter tires are designed to stay flexible in cold temperatures (7 C or lower), so they can spread out and maintain a better grip. Also, winter tires include tread patterns that are designed to push water away to the sides, which allows the tires to stay in better contact with the surface of the road.



## **3 great reasons to wash** your car in winter



Do you regularly clean your 3. Enjoy a smooth ride car in winter? If not, here are three great reasons to start.

## 1. Increase visibility

If your headlights and taillights become caked with dirt, grime and slush, it makes it difficult to see and be seen while on the road. Additionally, it's important to regularly clean the outside of your vehicle to keep your rear and side windows from becoming streaky and limiting your visibility.

### 2. Prevent rust

Road salt is corrosive and, if not promptly washed off, can cause your car to rust. You need to be especially careful if you park your vehicle in a heated garage, as the increased humidity can mix with the road salt and quickly eat away at the metal body. Remember to clean the underside of your vehicle or look for a car wash in your area that offers a highpressure undercarriage wash.

It's important to check that there isn't any snow or debris left in your tire tread or wheel wells before hitting the road. This can throw your tires off balance and cause your car to vibrate uncontrollably. Regularly washing your car can help prevent this from happening.

Periodically cleaning your car in winter will ensure it stays in good condition and is safe to drive. You should aim to wash vour vehicle at least once a month.

To prevent your doors from freezing shut after going through the car wash, wipe down the seals around the door frames and trunk. You should also make sure that no water has pooled around the locks.





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PHOTO BY RUSELLE COLLANTES



## City wraps up photo contest

### By Lorne Stelmach

Officials are happy with the response to a photo contest that will now lead to a 2022 City of Morden calendar.

The contest held through four different periods from February to September offered residents a chance to not only have their photo featured in the calendar but also earn weekly prizes. Over 300 submissions came in throughout the year.

"I think the response was amazing,

and I think it's going to be a great tool for the city," said Daniel Rocha, marketing and communications coordinator for the City of Morden, noting the city saw the contest as a good way to get people engaged in their community.

Weekly winners received recognition on social media and took home prizes such as passes to Lake Minnewasta. The winner will also, of course, get a copy of the upcoming 2022 City of Morden calendar.

That calendar will really showcase the beauty of the community, Rocha said.

"We had so many subjects, had many local landmarks," he said. "There was a lot of variety, and we were pretty happy with the response from the community overall ... it was interesting and surprising to see so many people sending in their photo.

"There were some very good ones ... Bruce, of course, was one of the most popular sites," he said of the mosasaur statue that greets visitors to the city. "Even though some of the pictures were the same subject or same kind of picture, some of them really stand out.

"Some people maybe just took pictures when they were walking on the golf course or things like that, so seeing the City of Morden through the eyes of its residents really made a difference with this contest.

"I think we have a good selection that we can feature on the calendar," said Rocha, noting the calendar will be going to print in November so that it can be available before year-end.

"I think we're going to try to keep it going next year because it really brings people together around their own community, and it really helps us to promote the city even outside the region," he suggested.

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## Prairie farmers weigh in on cover crops benefits, challenges

### By Ashleigh Viveiros

The results are in for the 2020 Prairie Cover Crop Survey, and the researchers behind it are thrilled at the number of responses they received from farmers.

A total of 281 producers who grew cover crops last year weighed in on the benefits and challenges of the practice, providing a wealth of in-thefield information.

"We went into this not having any idea of how many people were growing cover crops and this was shocking to us in how many farmers engaged with us," said Callum Morrison, a graduate student at the University of Manitoba's plant science department who spearheaded the study alongside his advisor, Dr. Yvonne Lawley.

"To have heard from 281 farmers who are growing cover crops in the Prairies, which is normally known as a region which a bit cover crop-skeptical, that is amazing," Morrison said.

The farms represented in the survey come from every major agricultural region of the Prairies, with 31 per cent from Alberta, 32 per cent from Saskatchewan, and 37 per cent from Manitoba.

Collectively, the respondents grew a total of 102,539 acres of cover crops last year.

Cover crops on the prairies are typically those grown to provide soil cover during the shoulder season between cash crops or as a full season crop, perhaps in place of a cash crop or in between rows of perennial crops to assist in soil health.

The thrust of the study has never been to paint cover crops in any particular light, Morrison stressed, but simply to gather more localized information on the practice.

"One of the major takeaways for this

is that farmers who may be cover crop curious will now have an opportunity to look at see what other farmers are doing around them," he said. "For the first time we're going to have cover crops put really into a prairie context so they don't have to look at what farmers in, say, America are doing."

It's a sentiment echoed by Red River Valley grain farmer Kevin Nickle, one of the survey's participants.

"As early adopters of cover cropping on the Prairies, we've found it to be a bit of a lonely pursuit," he noted. "This survey demonstrates that there is widespread participation and a general desire to continue. There is so much to learn in this realm and this survey may help inform researchers and practitioners on the specific questions to ask."

"That's just what we're trying to do: get farmers talking," said Morrison. "We hear a lot from researchers. We need to hear from the farmers themselves."

## PROS AND CONS

The survey showed that 81 per cent of responding farms have observed at least one benefit from growing cover crops, the most common, at 54 per cent, being improved soil health. Most farmers (71 per cent) said that they had observed benefits within three years of growing cover crops.

On the flip side, there were also challenges, most of them related to the prairie climate.

Thirty per cent of respondents listed the short growing season as a hurdle and 27 per cent struggled with cover crop establishment due to the lack of moisture in the fall.

When it comes the bottom line, a large number of respondents (47 per cent) were not able to identify the in-

## **RCMP** investigating Pilot Mound break-ins

### By Voice staff

Pembina Valley RCMP are investigating a string break-ins that took place in Pilot Mound this month.

Police were called Oct. 13 for a series of break, enter, and thefts that occurred overnight in the early morning hours.

Officers learned that a total of five vehicles were stolen in four separate occurrences.

Four of the vehicles were taken from residential driveways and the fifth from an unlocked garage in which investigation has supported that the suspects entered through the porch of the residence to gain access.

None of the vehicles have been located. Police continue to investigate. RCMP remind residents to be vigilant and report any and all suspicious activity to police.

"Police need the support and assistance of the community to deter and solve property related offences and would like to remind residents to ensure that they keep their homes, vehicles and outer properties locked and secure," police said in a statement. "Leaving outside lights on, removing valuables from sight and watching out for neighbors are simple and effective strategies to deter property crime. fluence that cover crops had on their farm's net profit. Meanwhile, 24 per cent said they saw no change in net profit, another 24 per cent said they saw an increase, and four per cent reported that cover crops resulted in a drop in profit.

The survey also asked farmers to share their thoughts on what would encourage them to continue using cover crops and perhaps even expand their acres.

Payments for storing carbon, tax credits, and payments from conservation or watershed groups were all identified as incentives farmers would like to see, while greater access to information, more scientific research, and technical assistance were also listed as needs.

"My hope is that policy makers and other industry stakeholders will be able to look at this and they'll be able to use it to make decisions," Morrison said. "It's the only document we have that shows what's happening on the ground."

The full report is available online at umanitoba.ca/agriculturalfood-sciences/make/make-ag-foodresources#crops/.

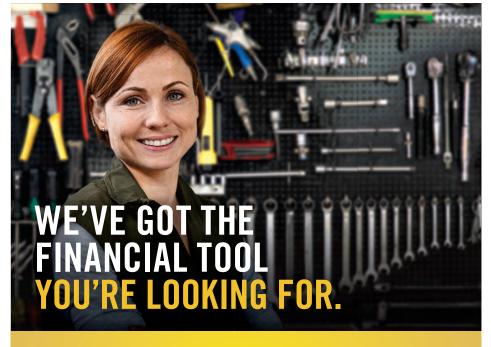
There's also a free webinar on the results being hosted by Manitoba Beef and Forage Initiatives on Wednesday, Nov. 3 at 7 p.m. Morrison and Dr.



SUPPLIED PHOTO Callum Morrison, a graduate student at the University of Manitoba, has released the results of the 2020 Prairie Cover Crop Survey.

Lawley will present their findings at the event and answer any questions attendees may have.

You can register at www.mbfi.ca/ registration/cover-cropping-on-thecanadian-prairies-webinar.



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Agriculture and Agriculture et Agri-Food Canada Agroalimenta Advance Payments Programme



Winkler is made up of people from around the world. Families from over 80 countries call the city home. Winkler is widely known as a caring family friendly community.

Let's Get Back to That



### What is "Relaxation" Massage?

What is commonly referred to as relaxation massage is often what you think of when you go to a spa and where your goal is to leave feeling relaxed, to reduce tension, and minimize a feeling of stress. The clinical names for the basic massage techniques often used to achieve a state of relaxation are collectively known as Swedish massage. Some Swedish massage techniques are known to be more relaxing. Techniques like effl eurage or petrissage when applied with appropriate pressure and direction will elicit a relaxation effect. These techniques are generally long gliding motions or kneading.

## Is "Relaxation" Massage different than Massage Therapy?

Not when you recieve a qualified and administered treatement by an RMT. An RMT will assess your situation and have the tools to create the best possible plan for you whether it is for relaxation or for something like pain relief from a muscular strain. Buyer Beware: find out who is administering your massage. In some spas, salons and other settings, the person giving a massage may not be a Registered Massage Therapist. RMT's have a minimum standard of education and are bound to ethical and effective professional care. Others who do massage are not held to those same standards. So whether you need to relax or manage more specifi c pain, an RMT will assess your needs as it could be the case there is something more specific that needs to be addressed for you to reach that goal and that may require more complicated therapeutic techniques.

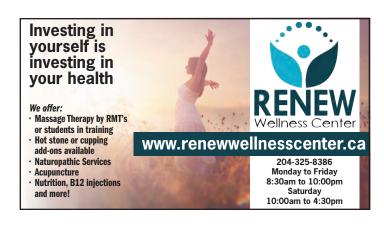
### What is "Deep Tissue" Massage?

The term "Deep Tissue" is often used by clients when communicating that they want something more than light touch or pressure. When you ask for "deeper" or more pressure, that is just one cue to a professional RMT that

your needs may be more complex. A deep tissue massage will be determined after the health history and assessment reveal your specific health needs and potential risks. Not only will an RMT ask and be aware of cues for adjusting pressure, they will encourage you to express what you are feeling during the treatment with respect to pressure, discomfort or effect. Different people might request deep tissue massage, but their expectations will be completely different. This is something that needs to be determined with appropriate assessment and communication.

## Why is some massage accepted by my insurance health benefi ts and some not?

Most major insurance benefit programs will only approve massage therapy provided by a Registered Massage Therapist who has graduated a full program to allow the treatment to be billed under the benefit plan because it increases the effective health benefit the AND reduces the injury risks when a minimum standard of education has been achieved by the practitioner. This assures the insurers and the companies who provide your benefits that your health care is being managed by someone with minimum competencies and who is held to a high standard of care.







Registered Massage Therapists Bhavvawellness.com (204)619-4644

Jordyn Wuerch, RMT Meghan Bartsch, RMT Liz Mitchell, RMT

## > ART TALK, FROM PG. 14

"I love the handwork. I still do it by hand," Stoesz said. "When I moved to Morden 25 years ago, there was one machine stitched quilt at the quilt show ... and now I don't know that you would find any hand quilt.

"They [machine made quilts] are beautiful," she added. "I still like to do



it inefficiently, to take time, and it still brings me joy that way.

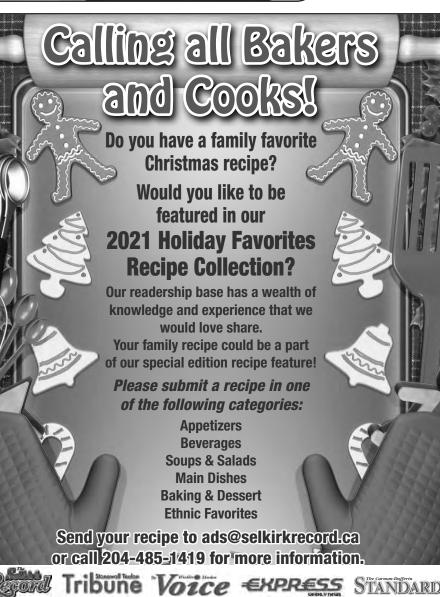
"I have a big frame, and I've often invited people to come with me, to come over and quilt with me," she said. "I don't care if their stitches are big or little. They can do it with me; I really enjoy that, like the old quilting bee."

Both the tradition and the connection that can happen around it is what's most important to her, she reiterated.

"A craft or an art can really fit one's values. It fits so nicely with things I believe, my values ... like using recycled fabrics and giving them as gifts," Stoesz said. "I still have quilts from my grandma.

Megan Lindell with some of her bead work.

#### PHOTO BY LORNE STELMACH/VOICE



They wear, but they are still special." Originally from Eriksdale, Lindell only started learning beading about three years ago.

"I don't consider myself as artist, but I do bead, and I really enjoy it and I enjoy creating things," she said.

"I learned because I wanted to bead on clothing, and I wanted to help show my culture," she noted. "It was a lot harder than I expected it to be, and so I haven't actually beaded on any clothing yet."

Lindell is part of a group that meets regularly, and she said that involvement helped her keep her going with it.

"The other thing was the colour combinations. That always interested me, so I kept on trying and trying, and it did not look good at first, but then eventually it did look good," she said.

"I really enjoy it. I love finding ways to make my colours pop, and I especially love working with reds and blues and having them work together in contrast," Lindell said. "Those colours are also very meaningful to me ... it means a lot to me as an Indigenous woman ... it just speaks to my heart.

Lindell also noted she also does a lot

## "A CRAFT OR AN ART CAN REALLY FIT ONE'S VALUES ... LIKE USING RECYCLED FABRICS AND GIVING THEM AS GIFTS."

of her beading for a traditional ceremony.

"There are many different methods of doing it and also many different designs. I usually do a Metis-Anishinaabe mix or I'll do my own designs as well.

"I want to share an Indigenous perspective, particularly an Anishinaabe-Metis perspective and sharing that connectedness ... I think that's really important.

"It's also what happens to us when we are creating things and how it takes us to a different place, and it really allows us to be our truthful selves and have those really truthful thoughts that we wouldn't have if we weren't in that space of creating."

## > STATE OF EMERGENCY, FROM PG. 13

remind everyone, although the state of emergency is expiring, COVID-19 is still here," he continued. "With vaccination rates among the highest in the country with over 82 per cent of eligible Manitobans fully vacci-

nated, we can help control COVID, but it's important that all Manitobans continue to follow the fundamentals that help us limit our risks."

Public health orders can continue to be issued through the Public Health Act without a de-

clared provincewide state of emergency. The province can also declare a new state of emergency if required in the future.

The state of emergency allowed for a number of emergency orders to be made that were beyond the scope of the Public Health Act.

"Our government will continue to remain cautious and vigilant in efforts to stop the spread of the virus," said Ron Schuler, minister responsible for the Manitoba Emergency

Measures Organization. "Manitoba's Emergency Measures Organization provincial response team will continue to work with industry partners and experts in supporting programs and services to assist in Manitoba's COVID-19

response strategy."

**"OUR GOVERNMENT** 

WILL CONTINUE TO

**REMAIN CAUTIOUS** 

AND VIGILANT ..."

Public health orders are still in effect and officials urge Manitobans to continue to follow public health guidelines around the use of masks and vaccinations to lessen the impact of a fourth wave.







#### **By Ashleigh Viveiros**

The South Eastern Manitoba Hockey League season got off to a rocky start for the Winkler Royals last weekend.

The visiting Notre Dame Hawks went home with a 9-3 win for their record Sunday afternoon. Austin Wiebe opened scoring for the Royals just 18 seconds in. That lead held for a few minutes before the floodgates opened for the Hawks, who ended the first period up 7-1.

Phil Letkeman scored the second period's lone goal while Wiebe got his second of the night—and Winkler's last—five minutes into the third, sandwiched in between two more goals from Notre Dame.

Christopher Lesage got the win in net for the Hawks, making 33 saves out of the 36 he faced. Across the rink, Jayme Janzen made 27 saves off 36 shots on goal. This weekend the Royals play at Warren Friday and then host the Portage Islanders Sunday while the Morden Bombers head to Carman for their season opener.

## Winkler Flyers take two from Winnipeg Freeze

### By Ashleigh Viveiros

The Winnipeg Freeze were no match for the Winkler Flyers in Manitoba Junior Hockey League action last weekend.

Winkler got two decisive wins over the Freeze in a pair of games Friday and Saturday night.

Playing first in Winnipeg, the two teams were evenly matched in shots on goal—Winkler just getting the edge 40-39—but it was the Flyers who made the most of those chances. While the Freeze opened scoring four minutes into the game, it was the last time they lit up the board, while Winkler saw goals from Jayden Mc-Carthy in the first, Brody Beauchemin and Mike Svenson in the second, and an empty-netter from Josh Beauchemin in the final minute of the third for a 4-1 victory.

Malachi Klassen stood tall in net, making 38 saves.

The Freeze did one goal better for themselves the next night in Winkler, but it was no match for the seven goals the Flyers fired home.

Justin Svenson and Cole Mackenzie got Winkler up on the board in the first, which was also the period Winnipeg did its scoring for the night.

The Flyers, meanwhile, added goals from Trent Sambrook in the second and McCarthy, Svenson, Brody Beauchemin, and Jacob Sargent in the third for the win.

Dylan Meilun was in net this time around, making 18 saves as the Flyers outshot Winnipeg 47-20.

The victories kept Winkler in third

place in the East Division standings with a 8-3-0-1 record for 17 points. They trail the Steinbach Pistons in first by five points and the Winnipeg Blues in second by one point. They have a six-point lead over the Selkirk Steelers in fourth place.

This weekend the Flyers play the Blues, with an away game Friday and a home game Saturday night. They'll be playing the Blues the following weekend as well, at home Nov. 5 and in Winnipeg Nov. 6.

News or sports tip? E-mail news@winklermordenvoice.ca or call 204-325-6888

## Female Hawks fall to Avros, best Lightning

### By Lorne Stelmach

The female U18 Pembina Valley Hawks halted a three game losing

skid this past weekend in Morden. The Hawks rebounded from a 4-2 loss to the Winnipeg Avros Saturday by blanking the Interlake Lightning

6-0 Sunday afternoon.

The results brought the Hawks back to .500 with a record of 4-4-0 for eight points, putting them in fourth place.



Ahead of them are Yellowhead at 16, Westman at 14, and the Winnipeg Avros at 10 points while trailing them are the Winnipeg Ice and Eastman at seven, Central Plains at five, and Interlake at zero points.

Pembina Valley trailed 1-0 and 3-1 at the intermissions against the Avros, who outshot the Hawks 32-19. Kaylee Franz made 28 saves in net, while teammates Jessica Anderson and Abbey Bourdeaud'hui scored for the Hawks.

A 2-0 first period lead was expanded to 5-0 after 40 minutes against the winless Lightning, and Bourdeaud'hui had a big game with a pair of goals and a five point afternoon overall.

Anika Braun also had a pair of goals and three points, while Gracie Carels chipped in with a goal and a pair of assists and a single came in from Caitlin Anderson.

Tria Enns got the shutout with the Hawks outshooting Interlake 43-18.

The Hawks have a pair of home games this weekend starting with Westman Saturday evening and then Eastman Sunday afternoon.

The Hawks beat the visiting Interlake Lightning 6-0 on Sunday. PHOTO BY LORNE STELMACH/VOICE

## Hawks come up short against Winnipeg Wild

### By Lorne Stelmach

The Pembina Valley Hawks battled hard but came up short this past weekend in back-to-back games with the Winnipeg Wild.

The male U18 Hawks gained a point at least in a 6-5 overtime loss Friday in Morden but then fell 5-3 Saturday in Winnipeg.

Raiden LeGall kept the Hawks close in the first game as he faced 53 shots overall, while Pembina Valley managed 35 while trailing 3-2 and 5-3 at the intermissions.

Special teams played a key role as the Wild were three for three on the powerplay, including the overtime winner, while the Hawks were blanked on four opportunities.

Keston Worley had a pair for the Hawks, with the other goals coming from Cohen Thomas, Logan Fillion, and Mitchell Hlady. On Saturday, the teams traded goals until the Wild scored two unanswered in the third period to take the win.

Hlady, Sebastien Hicks, and Marek Miller connected for Pembina Valley. Goalie Bryson Yaschyshyn made 35 saves as the Wild held a 40-36 edge in shots.

The Hawks saw their record slip to 3-4-2 for eight points, which leaves them in the middle of the pack in eighth place.

Pembina Valley kick off a six game homestand Wednesday with the Winnipeg Thrashers coming to Morden. They then host a doubleheader against Norman Friday evening and Saturday afternoon.

## **Existers stretch win streak to five**

### By Lorne Stelmach

The Pembina Valley Twisters are riding a five game winning streak as they continue their strong start to the MMJHL season.

The defending league champions improved to 8-1-0 for 16 points and remain tied for first place with Transcona after beating River East 5-1 Friday and the Raiders 7-2 Sunday.

The Twisters held period leads of 3-0 and 4-1 on the Royal Knights Friday while outshooting River East 38-22.

Brett Bergman scored a pair of first period goals with other markers coming from Caelen Russell, Tristan Day and TJ Matuszewski. Logan Enns backstopped the victory with 21 saves. Pembina Valley expanded a 2-1 first

Pembina Valley expanded a 2-1 first period lead to 6-1 after 40 minutes against the Raiders, who were vastly outshot by a 46-10 margin.

Scoring for the Twisters were Matuszewski, Day, Merek Degraeve, Travis Penner, Riley Goertzen, Nico Vigier, and Jacob Carels, while Martin Gagnon was only called on to make eight saves.

While the Twisters and Railer Express continue their battle for first place, right on their heels are St. James with 14 points followed by St. Vital and River East at 10 points.

Pembina Valley hosts St. Boniface Friday in Morris and then visit River East Sunday afternoon in Winnipeg.

## Check out the Winkler Morden Voice online at www.winklermordenvoice.ca



## Learning the game



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Winkler's first recreational sledge hockey program kicked off the season with an open house event at the Meridian Exhibition Centre Saturday

morning that saw about a dozen people of all ages and abilities try their hand at the sport. The program, organized by a pair of local players in conjunction with Manitoba Possible, meets Saturday mornings from 10:15-11:30 a.m. To sign-up, email jirwin@ manitobapossible.ca or call 204-918-0145. Above: Players practice navigating around the ice on the sledges, using sticks with metal teeth on the ends to steer. Above, right: Learning how to fall and get the sledge back up.

## Chili bowl night supports Pembina Hills Arts Council



**PHOTO BY LORNE STELMACH/VOICE** The Pembina Hills Gallery was near full Friday evening for its annual chili bowl fundraiser. There were two sittings for the event, where participants not only got to enjoy some hot chili, a drink, and dessert but then kept their pottery bowls made by local artists. Owen Klippenstein of Homestead South donated his time to make the chili, including donating some of the ingredients. A final tally of how much the event raised was not available at press time.

# Polar bear to become latest Manitoba emblem

## By Voice staff

Manitoba will soon have a furry new addition to its lineup of provincial emblems.

Earlier this month, the Conservative government introduced legislation that will recognize the polar bear as one of the official symbols of Manitoba.

"Northern Manitoba is known internationally for its polar bears, tourists come from around the globe to see and learn about these majestic animals in their natural habitat in Churchill," said Premier Kelvin Goertzen in a news release. "Recognizing the polar bear as an official symbol of Manitoba would help build on our province's brand as the 'polar bear capital of the world' and a must-see, one-of-akind tourism attraction for visitors of all ages."

Bill 76, the Coat of Arms, Emblems and the Manitoba Tartan Amendment Act, will designate the polar bear as an official provincial emblem.

It joins the plains bison, the great grey owl, pickerel, white spruce, prairie crocus, big bluestem grass, Newdale soil, and the mosasaur as official natural emblems of Manitoba. The bill was given first reading Oct. 8.

## **DRIVER WANTED**

to deliver *The Winkler Morden Voice* to the City of Winkler and Morden along with surrounding communities.

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If interested call Brett at 204-485-0010 or email: bigandcolourful@mymts.net

Deadline to apply is November 8.



# • A LOOK BACK The Enns family of Neu-Reinland

*This is part one of a five-part series looking at one local family's journey to and settlement in the area.* 

#### By Henry A. Wiebe

Passing through Winkler this spring I happened to pick up a copy of the May 27th issue of the *Voice*. Peter Cantelon's column"A Tale of Two Cities" caught my attention.

Peter captured an interesting perspective of the beginnings of two neighbouring cities, Winkler and Morden, and how their growth and approaches to life made each city uniquely different, but at the same time, there existed an evident bond and mutual respect between them.

The two communities' founding histories and

the differential effects these have had on each city's approach to development have truly Winkler and Morden cities as we know them today.

The column noted that Morden was founded by the Canadian Pacific Railway and populated by mostly English and Scots, whereas Winkler was founded and developed a little later by Mennonites flee-

ing an oppressive regime of pre-Communist Russia and seeking a new place to call home.

This brought to mind one such Mennonite family by the name of Franz and Maria (Esau) Enns that came to Canada in 1875 on the S.S.Sarmatian No.28, arriving in Quebec and then making their way to Manitoba, and more specifically, settling on a piece of land just south of present day Reinfeld. This area of the Stanley municipality is often referred to as Neu-Reinland, and later as the Meath School District.

The arriving family of six, three sons and three daughters, soon grew to eleven with the addition of five more sons. Two daughters, Maria and Katharina, passed in childhood. This left the fami-

### By Henry A. Wiebe

ly of nine, one daughter, Elisabeth, and eight sons, Franz Jr, Wilhelm, Jacob, Johann, Isaac, Gerhard, Aron, and Peter to help the family build a home, clear the land, build a barn, and erect other buildings to house grain and feed for the animals.

Franz, with the help of his sons, also built a windmill so that they could grind grain for the animals raised on the farm.

The family's industrious nature resulted in an ever growing farming operation. As more and then more land was purchased, and as the sons aged, married, and left home, they each were given a parcel of the family acreage to begin developing their own agricultural business.

Since they all farmed in close proximity to each other, they could help and support each other, share equipment and perform tasks together too large for each to handle individually.

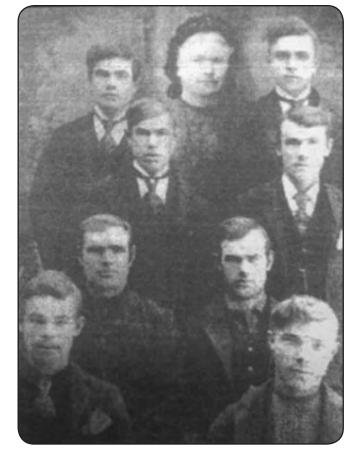
Their productivity in the area, and also that of other Mennonite families that came in 1875, had a tremendous influence on the growth of Winkler. As their families continued to expand, expansion to other business activities resulted.

Through Ancestry and GRanDMa Online, it was an interesting project attempting to proximate offspring numbers for Franz and Maria Enns, from the number of children, to that of grandchildren, and then to that of great-great-great-great grandchildren.

Since families were typically larger at first, the numbers of descendents have grown exponentially over the decades since 1875. Diversification in business, outside of farming, also occurred and developed proportionately. Winkler was the chief benefactor and today it is a city that prides itself in its ability to provide and offer many diverse opportunities.

Today the Franz and Maria Enns offspring can be located not only in the Winkler area but also elsewhere in Manitoba, Canada, the USA, and in the world.

Education, career opportunities and/or lifestyle choices were some factors that often determined



### SUPPLIED PHOTO

The children of Franz and Maria Enns—Franz jr., Gerhard, Johann, Peter, Elisabeth, Isaac, Jacob, Wilhelm, and Aron. The Enns family settled in the Pembina Valley in 1875.

their destinations. They can be found in almost any career or business you can name, but it all started with farming. Franz and Maria Enns and their descendants have had a profound effect on Winkler as we know it today, and they will continue to give, to share, to influence, and to promote whatever community they may call home.

It is an interesting exercise to take a moment to reflect on the numerous contributions that pioneer families and their descendents have made and are still making toward the building the community today.

I would interested in hearing as to your knowledge of the Franz Enns family and of their contributions to the community of Winkler, individually and/or collectively, since 1875 to the present.

Coming up next "Is it Enns, Enss, or Ens?"

## Curl for Cancer back on track, online auction open

#### By Becca Myskiw

Carman Curl for Cancer is back for another year, going half virtual and half in-person.

The 28th annual Carman Curl for Cancer goes back to its roots and focuses on curling this year.

"We really wanted to do something in person," said Hailey McIntosh, one of the organizers."But we knew we couldn't have the same event we normally have, which is the banquet."

The event typically has a fun, non-competitive curling bonspiel by day and a banquet by night. At the banquet, there's a 50/50 draw, silent auction, and a live auction. McIntosh said it's usually an excuse for everyone to get out and have fun at the curling rink while raising money for a good cause.

So, to keep all the pieces but to do them safely, Curl for Cancer is again having an online auction and 50/50, along with the bonspiel and dinner. The bonspiel will be on Saturday, Nov. 6 at the Carman Golf and Curling Club.

Curlers must register in teams of four. Registration opened Oct. 13 and 16 teams were already signed up as of last week. Four more teams are welcomed, and McIntosh asks they do so before the event. The fee is \$500 per team.

Curlers will be the only ones at the meal, which is

Continued on page 27

## **Carman Gun Show celebrating 30 years**

#### By Becca Myskiw

The 30th annual Carman Gun Show is taking place this Saturday.

The Carman Gun Show happens annually on the last Saturday of every October at the Carman Community Hall. It's an event for local gun and hunting enthusiasts to come see what their sport has to offer.

Bruce Reid and his wife Cathy Reid have been in charge of the event for about five years now. He said to celebrate the 30th anniversary, they're giving away lots of door prizes in the form of Cabela's and Tim Hortons gift cards.

The show has a \$5 entry fee, and the rest is up to the visitors. They can visit gun dealers, ammunitions tables, knife makers, moccasin makers, and more. Reid said anything that has to do with the hunting world will be there.

The 30th annual Carman Gun Show starts at 9 a.m. Oct. 30 and goes until 4 p.m. Proof of vaccination is required for entry.

## **Rosary rally held in Somerset**

Nineteen people gathered outside at the Notre Dame de Nativity Somerset Parish Church's Holy Mary statue for a rosary rally Oct. 16. The event was part of the Rosary Coast to Coast movement that saw Catholics across the nation pray together simultaneously.

SUBMITTED PHOTO

## > BONSPIEL, FROM PG. 26

included in the registration fee. Dinner will be chicken and ribs, served by the curling club.

The auction is already open and being updated every day. It works the same as last year: visit https://m. charityauctionstoday.com/m/auctions/26491 and bid on your desired prize. The 50/50 draw is also on that site. If you're outbid, you'll get a text message telling you so you can go back to bid again. The highest bid wins.

The auction closes on event day. To keep up to date with the event, follow @carmancurlforcancer on Instagram. Money raised from the curling bonspiel and the auction is split between the Canadian Cancer Society, CancerCare Manitoba, South Central Cancer Resource, and Carman Palliative Care.





Recipe courtesy of the United Sorghum Checkoff Program, National Pork Board and USA Pulses

Prep time: 20 minutes Cook time: 60 minutes Servings: 6 (1 1/4 cup each) 1 1/2 tablespoons olive oil 1 onion, chopped 3/4 cup sliced carrots 3/4 cup sliced celery salt, to taste pepper, to taste 1 1/2 teaspoons minced garlic 6 cups no-salt-added chicken stock 1 1/4 cups green split peas 1 small ham bone 2/3 cup chopped ham 2/3 cup pearled sorghum

## Sorghum Split Pea Soup

4 sprigs thyme

2 bay leaves 1 1/2 tablespoons Worcestershire sauce chopped fresh thyme (optional) cracked black pepper (optional)

In 4-quart stock pepper (optional) over medium heat. Add onion, carrots, celery and garlic; season with salt and pepper, to taste, and cook, stirring occasionally, 10-12 minutes, or until onion is tender. Add chicken stock, split peas, ham bone, ham, sorghum, thyme sprigs

and bay leaves. Bring to boil; reduce heat and simmer, covered, 45-60 minutes, or until split peas are soft and sorghum is tender.

Remove ham bone, thyme sprigs and bay leaves from soup. Remove ham from bone, chop ham and return to pot. Discard bone, thyme sprigs and bay leaves. Add Worcestershire sauce and season with salt and pepper, to taste.

Garnish with chopped fresh thyme and cracked black pepper, if desired.

## **Orange Cream Smoothies**



1 1/2 cups Florida Orange Juice 2 cups ice

6 ounces non-fat vanilla Greek yogurt 1/2 cup vanilla almond or soy milk In blender on medium speed, blend orange juice, ice, Greek yogurt and vanilla almond or soy milk until smooth and creamy.

Pour into two tall glasses.

## **Easily end sugar cravings**

### Submitted by Julie Germaine

Hands up (me!) if you've been indulging more this month. We've all been faced with the boxes of snacksized candy and chocolate bars since early September, and getting into the Halloween spirit eases the sting of impending winter. I'm all about moderation, but the challenge then becomes dealing with the regular sugar cravings that will surely follow.

It's entirely normal to experience sugar cravings, and though we are conditioned to believe they are worrisome, they really aren't. Let me share with you some simple ways to adjust your eating patterns, food choices, and overall mindset to overcome common struggles.

Be sure to choose healthy meals frequently throughout the day, and don't be afraid to have sit-down 'snacks', like a salad with chicken, rather than typical mid-morning choices, such as fruit. By fueling your body consistently, you will avoid a crash, which cues cravings for immediately energy that comes by eating sugar.

Carbs are good for you and part of a balanced diet. Don't get tricked into cutting them out completely, and instead consume whole grains, sweet potatoes, or other complex carbs throughout the day, tapering down into the evening when you are less active. Fruits are nature's candy, and are ideal first thing in the morning or immediately after physical activity, paired with a protein such as a protein shake, milk, lean meat, or eggs.

But sometimes, you deserve the sweet treat, so allow yourself to fully enjoy it, guilt-free. Keeping your re-



Health and Wellness Fitness expert Julie Germaine

lationship with food positive and healthy is extremely important. You could decide ahead of time that Friday night is dessert night, and having that to look forward to makes passing on the morning doughnut much easier.

Ultimately, keeping yourself full with nutritious foods will go a long way towards eliminating sugar cravings before they happen.

Would you like to connect with me to discuss your personal fitness goals and struggles? Visit juliegermaine. com or schedule a free 15 minute diet consultation at www.calendly.com/juliegermaine

Coach Julie Germaine is a fit mom, 2x Pro Fitness Champion, Certified Nutrition & Fitness Expert - and local here in Manitoba. She has helped thousands of men and women improve their health since 2005.



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DL Seeds Inc. is located at 25028 Road 17N, Off Highway #3 near Morden and Winkler. There is no public transportation to the site. Hours of operation are 8am-4:30pm.

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#### REQUEST FOR PROPOSAL

**WESTERN** School Division Morden, Manitoba "Rooted In Caring; Committed to Learning



Western School Division invites interested parties to enter into a snow removal contract. This will include 10 locations within the City limits. Proposal must include 2 skid steer loaders with snow buckets or box blade equivalent. Proposal must include list of equipment to be used and an hourly rate and verification of insurance. This is for a one year contract which will be reviewed at the end of the year with option to be extended. For more information please contact Allan Toews Supervisor of Operations at Western School Division phone (204) 822-4448 or email at Atoews@westernsd.mb.ca Proposal will be open until 1:00 p.m. on Thursday November 11th, 2021

### MORTGAGE SALE

## MORTGAGE SALE

The land and building known as 114 4th Street, Winkler, Manitoba, as described in Certificate of Title No. 2781395/4, will be sold by public auction by a Licensed Auctioneer on November 17, 2021, at 10:30 a.m

Due to COVID-19 restrictions, the auction sale will be held by way of video or teleconference.

There will be no in-person attendees at the auction.

In order to participate you must pre-register at least 24 hours prior to the auction by contacting Matthew Underwood at either (204) 954-6421 or auctions@fillmoreriley.com

The Vendor is informed that the property consists of a one storey dwelling approximately 870 square feet, with living room, kitchen, 2 bedrooms, 1 bathroom, full unfinished basement on a lot approximately 60 feet x 87 feet.

Realty taxes (excluding any accruing water charges) are paid to December 31, 2020.

Prior Charges: Nil.

#### TERMS OF SALE

A deposit of \$20,000.00 by way of certified cheque or bank draft payable to Fillmore Riley LLP, or cash (the cash component of the deposit not to exceed \$7,500.00) and the balance according to conditions which will be available for public view electronically by contacting the individual below prior to the auction. The property will be sold subject to a Reserve Bid of \$141,000.00 plus such other additional and incidental costs which may be incurred by the Vendor from the 18th day of October, 2021 to the date of auction and which costs will be announced prior to the commencement of the sale.

The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca

Should the successful bidder have attended by teleconference and/or video conference, the bidder will have 24 hours to execute the Auction Sale Conditions and to provide them together with the deposit to our office as set out below.

Further information may be obtained from:

FILLMORE RILEY LLP Barristers and Solicitors 1700 - 360 Main Street Winnipeg, MB R3C 3Z3

File No. 400784-3688/MTU/bk (mar) Attention: Matthew T. Underwood Phone: 204-954-6421 Email: auctions@fillmoreriley.com



COMING EVENTS

1649

PROPERTY

204-890-8141.

-204-825-8450.

485-1419

## CARMAN **GUN SHOW Date:** Oct 30, 2021 Time: 9AM to 4PM Place: **Carman Hall**

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P

#### HEALTH

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



1. Wives of a polygamous man

2. Where hurt ballplayers land

3. Single-celled animal

India

35. Prosecutors

37. Motor vehicle

68. Rupee

or Email ads@winkler mordenvoice.ca

Sudoku Answer

Crossword Answer

Classifieds

nnouncements



## 3 PLEX APARTMENT PROPERTY FOR SALE BY TENDER



Sealed written tenders for a 2008 - 3-unit apartment complex described below must be received by 5:00 p.m. on November 10, 2021 at:

Details of the Tender are available at www.fhwlaw.ca Franz Hoeppner Wiens Law Office Box 99, 1 880 J 15th Street, Winkler, Manitoba R6W 4A4 or email joan@fhwlaw.ca

The property is located at 607 Stephen Street, Morden, MB and the building is constructed on a Logix basement.

#### <u>Apartment Unit A</u>

A 1,120 square foot bungalow, with front and rear verandas and a double insulated attached double garage included in the rent. Apartment offers 3 entries with a walk-through landing featuring a finished main floor with a full 4-piece bathroom. Kitchen has maple cabinets solid wood doors. Two bedrooms on main floor with the second bedroom offering a third entranceway. Fully finished basement with 1 bedroom and a full 4-piece bathroom. Central vacuum and air conditioning with fridge, stove, dishwasher, and washer and dryer included. Current rent is \$1,371.60.

#### Apartment Unit B

A 2-storey 1,200 square foot unit with a front veranda and a 600 square foot finished basement. The garage is not included in the rent but is optional for an extra charge. Parking is included at the rear of the building. Main floor features laundry and pantry and a 2-piece bathroom. Kitchen has maple cabinets solid wood doors. Three bedrooms and a full 4-piece bathroom on 2nd floor. Large linen closet located in the upstairs hallway. Central vacuum and air conditioning with fridge, stove, dishwasher, and washer and dryer included. Current rent is \$1,058.00 plus tenant provides care-taker services.

#### Apartment Unit C

A 2-storey 1,200 square foot unit with a front veranda and a 600 square foot unfinished basement. The garage is not included in the rent but is optional for an extra charge. Parking is included at the rear of the building. Main floor features main floor laundry and pantry and a 2-piece bathroom. Kitchen has maple cabinets solid wood doors. Three bedrooms and a full 4-piece bathroom on 2nd floor. Large linen closet located in the upstairs hallway. Central vacuum and air conditioning with fridge, stove, dishwasher, and washer and dryer included. Current rent is \$1,200.00.

**Viewing is by appointment** only on November 2nd and November 4th, 2021 between 1:00 -3:00 p.m. and 6:30 – 8:30 p.m., by calling or texting Judy at 204-362-2676 or Ken at 204-362-2993 to set up an appointment.

## **Conditions of Tender:**

- 1. The parcel described will be sold "as is".
- 2. Highest or any tender not necessarily accepted.
- 3. Possession is December 1, 2021.
- 4. Tender must be accompanied by a refundable deposit of 10% of the amount offered (cheque made payable to Franz Hoeppner Wiens Law Office).

### Terms of Sale:

- 1. The successful bidder(s) shall enter a formal agreement for sale for the payment of the balance on date of possession.
- 2. Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
- 3. Property taxes to be adjusted as of the date of possession.
- 4. GST and land transfer taxes are the responsibility of the purchaser as of date of possession.

For further information contact Franz Hoeppner Wiens Law Office at 204-325-4615.





OBITUARY



## Maria Zacharias (nee Fehr)

1923 - 2021

In the mid-afternoon of Thursday, October 21, 2021, Maria Zacharias went to meet her Lord and Savior after her residence at Salem Home, Winkler came to an end.

Maria was born the middle child of 16 children to Jacob and Anna Fehr on August 30, 1923 in Wymark, Saskatchewan (CAN). She was baptized upon confession of her faith and later married Gerhard Zacharias on April 14, 1963. Maria became the stepmother to eight children and loved them as her own.

In 1968, they had a son completing their loving family. She was a fun and loving mother, grandma, great-grandma, great-greatgrandma and great-great-great-grandma and always made time for her family.

In her early 20s, Maria moved to Mexico with her parents where she met the love of her life, Gerhard Zacharias. Together they worked their farm and raised their family. In February 2000, Maria moved back to Canada. She loved to sew and spent her spare time sewing, reading, puzzling or making blankets for MCC.

She leaves to mourn her passing her two daughters, three sons, one sister as well as many in-laws, nieces, nephews, and grandchildren. She was predeceased by her husband of 36 years, Gerhard Zacharias in 1999, her parents, Jacob Fehr in 1953 and Anna Fehr in 1950, four sons, one daughter in-law and several aunts, uncles and grandchildren. Together her family totaled nine children, 54 grandchildren, 188 great-grandchildren, 217 great-grandchildren and even a few great-great-great-grandchildren.

Funeral service was held at the Winkler Reinland Mennonite Church with interment at the Church Cemetery in Schanzenfeld.

A special thank you to the staff at Salem Home for the excellent care they provided during her residency. As well as Wiebe Funeral Home for their compassion and caring service at this time of loss, Pastor David Penner and his wife, Mary Penner for your visits and guidance and all those who supported us through prayers, visits, flowers, food and gifts and all who took the time to make Maria's funeral so special.

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





## OBITUARY **Rudy Wiebe**

1931 - 2021

With heavy sadness in our hearts, we announce the passing of our Husband, Dad and Grandpa.

Dad passed away peacefully with Mom by his side on Monday, October 18, 2021 at the Tabor Home in Morden, MB.

He leaves to cherish his memory his wife of 61 years, Mary; his children, Garry (Michelle) Wiebe, Patricia Wiebe, Darlene (Dennis) Smalley, Brian Wiebe; grandchildren, Sonya (Rob), Russell and Vernon (Krista), Deana, Garrin, and Aiden, along with countless other family and friends who were blessed to know him.

Rudy was predeceased by his parents, Henry and Susanna (nee Voth) Wiebe; five sisters; two brothers and a number of brothers and sisters-in-laws.

A private service was held with interment at the Southside Cemetery If friends so desire, donations may be made in Rudy's memory to Tabor Home Inc.

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

BIRTHDAYS

NOTICES

OBITUARIES

MARRIAGES

ANNIVERSARIES





### OBITUARY

### **Ronald Wayne Busse**

Ronald Wayne Busse passed away on October 5, 2021. After a painful battle with cancer, Wayne peacefully slipped away in his home in Surrey, BC, surrounded by his loving family. Wayne is survived by his beloved wife Beverley, son Mark (Andrea), daughter Terri (Rod), numerous grandchildren, great-grandchildren and cousins.

Born in Saskatoon, Wayne lived his early childhood with his mother, Bernice, in Watrous, Saskatchewan. His father, Walter, was in the Airforce as a rear gunner during WW2. Little Wayne loved visiting Uncle Henry, who taught him swear words and let him nap with the pigs on sunny afternoons.

He met Beverley Porter, in the Altona Curling Rink, in 1963. Beverley worked at the concession stand. Wayne asked her for a free raw hotdog wiener, which was the start of their romance. They

dated for four years while completing their educations, Bev, a Registered Nurse and Wayne, High School teacher. They married in 1967 and had a son, Mark, and a daughter, Terri.

He was a wonderful husband, friend, a dad that both children looked up to as a role model, and a much-admired grandfather. He was a man of kindness, honesty, integrity, humility, and most importantly, a man of God. He will be sorely missed as he takes his final journey into Eternity.

View full obituary - https://www.korucremation.com/obituaries/ronald-wayne-busse-1943-2021/

## OBITUARY



## Annie Kehler (nee Braun) 1932 - 2021

It is with sadness that we announce that Annie Kehler, formerly of Plum Coulee and Winkler, MB, passed away at the Tabor Home in Morden on October 19, 2021, at the age of 89 years.

She leaves her daughter, Carol, son, John and grandson, Brenden: also three sisters and four brothers.

She was predeceased by her husband. Ben Kehler (1998): her parents. John L. and Annie Braun: one brother, one sister and three sisters-in-law.

Annie enjoyed gardening, sewing and crocheting. She sewed several blankets, crocheted many doilies and still enjoyed her houseplants. After battling with health issues, she is now resting with her Lord Jesus.

Funeral service was held at Wiebe Funeral Home, Winkler with interment at the Plum Coulee Cemetery.

The family would like to thank the staff at the Tabor Home for all their care. We thank Wiebe Funeral Home, Winkler for their services.

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



Your memory will live forever Engraved within our hearts



Winkler Morden

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## IN MEMORIAMS

- ENGAGEMENTS
- BIRTHS
- THANK YOUS
- GRADUATIONS

The

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