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Winkler Morden

VOLUME 15
EDITION 44

LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY







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



Habitat family receives the keys to their new home

By Ashleigh Viveiros

"We are home now."

This from Binwa, the Congolese refugee who, along with wife Ruth and their children, received the keys to their new home from Habitat for Humanity Winkler-Morden Saturday morning.

"We are so happy to move in, so happy for today, to get everything done. The house looks so beautiful," Binwa said, stressing it is everything he could have dreamed of for his family.

It was a long road to get here. Orig-

inally from the Democratic Republic of the Congo, the family spent 10 years in a refugee camp in Uganda before moving to Canada thanks to the sponsorship of the Grace Mennonite Church in Winkler.

Binwa arrived first with his eldest son and two nephews in 2019, with Ruth following with their two younger children shortly after. Their youngest child was born in Canada, marking a new chapters in their lives.

Over the past several years, the family have put down roots in the community and worked hard to find a



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Thanks to the generosity of local businesses, Habitat was able to present the family with a housewarming gift, including everything they need to enjoy their new backvard

way to own their first home.

Habitat for Humanity—and an outpouring of support from the community at large—made it possible.

"If I get this house today, it's because of you," Binwa told the assembled crowd of loved ones and well-wishers at the key ceremony. "It's because of the community of Winkler who gives all the donations and who come to volunteer and to do everything. Thank you so much. Thank you for the great job you did. Thank you [for being] with me and to love me like this, to love my family."

The family is the fifth to be selected for a house by the Winkler-Morden chapter.

Habitat families buy their homes at full market price, but are provided a

zero per cent mortgage with no down payment required and monthly payments geared towards their income level. They are also required to put in 500 hours of "sweat equity," either at the build itself or through volunteering in the community.

Fundraising is done to pay for the construction of the house so that when families begin to pay back the mortgage, those funds can go into the next project.

This particular build on Makena Way in northwest Winkler was the chapter's fastest yet, shared Christina Falk, manager of chapter of support for HFH Manitoba and also a member of the local chapter's team.

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Silage corn: how to grow more with less

When it comes to producing high-energy feed for your livestock, there's no question that silage corn offers farmers the most of everything – yield consistency, quality, nutrition and flexible harvest timing.

So, why choose silage corn over cereals?

The advantages of today's silage corn hybrids clearly outperform other feed options, especially for farmers looking to maximize feed production while using their land more efficiently.

Silage corn requires fewer acres and water per tonne of production when com-

SUPPLIED PHOTOS

pared to cereal silage. That's because corn is naturally more water-efficient and drought-tolerant over cereals like wheat, barley and oats. This means farmers can grow more with less.

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Ultimately, corn silage can help produce the most robust, reliable and high-energy feed for western Canadian livestock farmers. So, why not choose the feed choice that outperforms other options, and opt for silage corn? Contact your local Pioneer Sales Representative today or visit pioneer.com/Canada for more information about how Pioneer silage corn hybrids can perform on your farm.

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PHOTO BY ASHLEIGH VIVEIROS/VOICE

A giant key was passed from person to person en route to the family, symbolizing all the community support that was needed to get this latest Habitat for Humanity house built.



Price is Right theme shines a spotlight on hospital medical equipment costs

BTHC Foundation gala raises \$120K for regional hospital

By Pam Fedack

A new approach to entertainment at the 2024 Boundary Trails Health Centre (BTHC) Foundation gala proved to be a resounding success Friday night at the Access Event Centre in Morden

About nine months ago, foundation executive director Shannon Samatte-Folkett began thinking of a way to bring greater awareness of what the foundation does and engage guests in a new way.

The Price is Right was the theme of the night, and guests came dressed and ready to "Come on Down."

"I was nervous about this being

something a little bit different, but we were sold out early in September," shared Samatte-Folkett. Well over \$120,000 was raised through the event. "It's going to allow us to tackle so many more projects in the future."

Foundation chair Ben Friesen said guests arrived for the evening expecting to have fun.

"You could see it when they came in the door. They weren't just coming to a banquet and a speaker. You could see it in the anticipation of the Price is Right game, they were truly there to have fun."

The price of medical equipment purchased by the foundation for the hospital, or wish list items, were incorporated into the classic Price as Right themed games. Friesen said incorporating the equipment highlighted what's truly happening with the money, and the actual cost of some equipment.



PHOTO BY PAM FEDACK/VOICE

BTHC Foundation gala guests were invited to "Come on Down" to take part in Price is Right games for a chance to win prizes. Contestants were tasked with guessing the actual cost for specialized medical equipment at BTHC-an eyeopening experience for many.

"I think there was some big eye openers when somebody put \$300 down on one thing and the item was \$50,000. So there was a huge learning curve happening at the same time as everybody having a lot of fun."

The cost of a bili blanket was another example highlighted. Bili blankets are used to treat babies with jaundice.

"You think it should be \$300 or \$400, but it's not. It's \$9,800," Friesen noted. "Medical equipment must meet certain standards, and it's not something you can go buy off the shelf. It's very specialized equipment."

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"THERE WAS A HUGE LEARNING CURVE HAPPENING AT THE SAME TIME AS EVERYBODY HAVING A LOT OF FUN."







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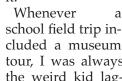
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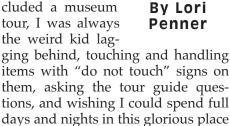
Finding the value in old things

was an old soul long before my grey roots started making their appearance. I've always been drawn to antiques and all things vin-

tage. Along with libraries and thrift stores, I feel most at home in museums, where the musty smell, faded paint and cracked textures reveal years of

use and care, and every piece makes me wonder who owned this object, and what kind of story comes with it.





tion. I pored over old newspapers or imagined myself preparing dinner or baking bread in the vintage kitchen displays, with geraniums in coffee cans lining the deep windowsills.

where all the ancient and once cherished pieces called out for my atten-

My mom, who had grown up with these items when they were new and still functional, didn't understand my fascination. In fact, whenever her family bought a new appliance or piece of furniture, the old one would get tossed out, and the idea of restoring it, or going to an auction sale and paying good money for things like sewing machines, washing machines, and radios that don't work anymore was preposterous.

My grandparent's estate sale decades ago would have been a treasure trove for any collector today, but so much of their stuff was sold for a song, in exchange for newer, better and shinier. Their old Mennonite housebarn in the village was filled with antiques that would fetch a pretty penny now.

"We just saw them as old," my mother said. "Why would you keep something that's rusty and doesn't work anymore?"

Turn the clock forward a few decades, and today, everything seems to be labelled as an antique. Items I grew up with in the '70s, in the classic avocado green and harvest gold colours, are priced higher than when they were new.

I have two old floor model radios from the 1930s in my living room. The old tubes that kept them going burned out years ago, although the old dials still turn. It's been decades since either of them emitted any sound, but they have their charm. I can picture little children in flannel pajamas gathered around them, listening to Little Orphan Annie before they were whisked off to bed, or young lovers slow dancing to jazz by candlelight.

My century-old rocking chair helped many tired mamas get their babies to sleep and created a meditative rhythm for a pair of knitting hands.

Maybe my love of old things reveals a longing for simpler, less distracted times. Maybe when you have more years behind you than ahead of you, you start to see the treasure not just in things, but in the people and the moments that are happening all around

Things can be old, but they can be timeless. They can cease to function, but still serve a purpose.

I don't care that they're chipped and old, or faded, rusty, or worn. I love the history they represent.

This treasure lasted, and survived the ravages of time, just like so many people.

And maybe that alone deserves our admiration and our love.

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

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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

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Winkler Community Fdn. shares Vital Signs findings

"[IT'S] A CHECKUP

THAT MEASURES

COMMUNITY

VITALITY."

By Ashleigh Viveiros

The Winkler Community Foundation (WCF) provided the Winkler/ Stanley community with its latest report card last week.

The foundation shared the results of its 2024 Vital Signs initiative with community leaders at a gathering at Winkler Arts & Culture Oct. 24. The document is also being mailed out to every Winkler household and is available online at winklercommunitvfoundation.com.

Using census data as well as feedback gleaned from a series of roundtable discussions and surveys, Vital Signs provides a snapshot of the community across several key areas.

"Vital Signs is a Community Foundations of Canada

initiative measuring the well-being of our community," explained executive director Myra Peters, sharing that WCF has done previous Vital Signs reports in 2018 and 2012—the latter being the first to be done in all of Manitoba.

The goal then as today was to create an "evidence-based resource" that can serve as a "guide for our grant making," Peters shared, "in the hope that it would be used by community members to make our community a better place."

The past two reports have been used by municipal leaders in their strategic planning, by community service groups as they plan their programming, and even by newcomers to the area as they sought to find out more

about what Winkler is like.

"The report has been well-used resource in our community," Peters

While the first report provided a baseline, the second and now this third report will help the community identify what new and recurring challenges remain, Vital Signs committee chair Corey Hildebrand said.

"Our third Vital Signs—'Seeing the Big Picture'—is a checkup that measures community vitality," he said. "The report identifies significant

needs and trends by combining quantitative and qualitative data, including insights from many community members, about a whole range of issues that are critical to our quality of life together.

"The 2024 report's goal was to mobilize the power of community

knowledge for greater impact, providing insight about how to best support those who live, play, and work in Winkler and surrounding areas."

Overall, Winker's Vital Signs score was a B, based on key indicator scores evaluated against provincial or national benchmarks and the community survey satisfaction scores.

Winkler scored highest in the areas of community resilience (earning an A) and civic and democratic engagement (A-).

The city got Bs in environment (B+), standard of living (B+), culture and belonging (B-), and arts and recreation (B+), and Cs in education and learning (C+) and health and wellness

"I think that we've learned from this

PHOTO BY ASHLEIGH VIVEIROS/VOICE

Community leaders were invited to the Winkler art gallery last week to hear the report's findings.



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Winkler Community Foundation board member Corey Hildebrand with the Vital Signs 2024 report, which is being sent to every household in Winkler. It provides a snapshot of the health of the community.

report is that there are a number of areas in which Winkler is not only doing well, but is actually leading the way forward," Hildebrand said. "This is especially true of civic engagement and both our level of volunteering as well as our level of generosity. This is the spirit that captures Winkler so well. It's what we're known for, actually, based on the data, on the provincial and national stage."

Winkler has the second highest median donation amount (\$1.820) in all of Canada, behind only Steinbach (\$2,230). And 62 per cent of Winklerites surveyed had volunteered in some capacity in the past year, with 65 per cent saying they intend to in the year ahead.

In terms of community resilience, as of this past June, Winkler had 773 businesses, while Stanley had 181. When compared to the working age population, the community has 75 per cent more businesses per capita than the provincial average. The employment rate also consistently remains above both the provincial and national averages.

The community also got high scores in recycling—diverting 54 per cent of city waste away from the landfill in 2023—and community safety, with a lower crime severity index compared to Manitoba and the rest of Canada.

On the flip side of things, there are also plenty of areas with room for improvement.

"The use of the food cupboard has basically doubled since our last report," Hildebrand shared.

Winkler and Stanley's percentages of residents with post-secondary education is also well below both provincial and national averages (40 per cent for Winkler and 31 per cent for Stanley, versus 59 per cent for Manitoba and 67 per cent for Canada).

And local health care got mixed feedback.

"The 2024 community survey highlighted a common paradox between access and quality of health care in Canada," Hildebrand said. "The highest satisfaction being care from family doctors and primary care providers. The lowest satisfaction: walk-in clinic availability, particularly during evenings and weekends.

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Protect your keys and support Manitoba's amputees with a War Amps key tag.







Left: Cutting the cake on 10 years of the I magination Library in Winkler. Right: Destiny Klassen with daughter Charlotte, who was the first child to sign up for the program

PHOTOS BY ASHLEIGH VIVEIROS/VOICE



Imagination Library celebrates 10 years of promoting literacy

By Ashleigh Viveiros

Dolly Parton's Imagination Library has been in the Winkler area for a decade now, and hundreds of kids have benefited.

The Winkler and District Imagination Library marked the milestone with a special celebration at the Winkler Family Resource Centre Saturday, inviting past and present board members, donors, and program participants down for an afternoon of cake and fun and games for the kids.

The Imagination Library mails a free book to registered children from the time they're born until they turn five.

It's meant to foster a love of reading in kids before they start school, setting them up for success later in life.

The program was started by country music superstar Dolly Parton in 1995, and today has chapters all over the world.

Parton grew up in extreme poverty, in a community where many people never learned to read, shared Joyce Sawatzky, who was part of spearheading efforts to get the program up and running in Winkler.

"Her father was not able to read, and that always bothered her so much. She saw [illiteracy] in her home community and saw it was a problem."

When the first Imagination Library in Parton's hometown of Sevier County, Tennessee, began sending books out, they quickly saw the positive impact it had on kids.

"They started noticing these kids would come to school and they were way more engaged, they were ready to learn," Sawatzky said.

When she heard about the program, Sawatzky, a school librarian, set out to bring it to the Garden Valley School Division catchment area.

"I was always saddened to see when kids would come to the library, and particularly in Kindergarten, and I would sit down and want to read to them and they had no attention span, they had no interest whatsoever in books."

After listening to a session about the Imagination Library, Sawatzky said it "was like the Lord tapped me on the shoulder and said, 'This is for you.' I just felt like, yeah, we have to do this."

An organizing committee was

formed, GVSD and the Winkler Family Resource Centre came on board as supports, and fundraising efforts began.

They set a goal of \$25,000 to get the program off the ground. The community support was overwhelming—they raised twice that and were able to launch in fall of 2014, with 257 children registered to start.

"And here we are, 10 years later. We just have so many people to thank," Sawatzky said. "The community has supported us amazingly. Business have supported us. And I believe we are making a difference in the community."

Current board chair Dorothy Derksen shared that today they have 800 children receiving books each month.

Over the past decade, 1,888 children have graduated from the program. Thousand of books line the shelves in hundreds of homes thanks to the Imagination Library.

"We have parents that have told us about how much they appreciate this," Derksen said. "And we have teachers that have told us that as well."

One of the families who benefited from the program was that of Destiny Klassen, whose daughter Charlotte was the first child to register.

"At the time, my husband and I were a young couple living in our first apartment, raising our first kid," shared Klassen. "We were both fortunate to have been raised in homes filled with many books, and grew to love reading early in life, and we hoped to read to our children a lot, so signing up for free books felt like a no-brainer.

"I knew then that the Imagination Library was something exciting, but I didn't fully grasp the importance of it," she continued. "Today, I'm a library technician in GVSD, and I've learned a lot about barriers to reading. Barriers our community is not immune to.

"Nearly half of adult Canadians struggle with literacy. Around the time the Imagination Library was brought to our community, one in six adult Canadians did not have the literacy skills to meet basic needs," Klassen shared. "The benefits of the Imagination Library reach further than the hands of the children who are directly receiving the books. There are ripple effects that reach caretakers, siblings, friends, and so on.

"Through the books we received over the years, we have seen our kids develop an early love of reading, which we know provides a foundation to build on as they learn and grow through their school years and beyond.

"Additionally, these books have soothed us to sleep and served as security blankets, filled our imaginations, and made us laugh, enlightened us, and sparked conversations."

Charlotte, now 10, says it took a little while for her to get into reading, but when the bug bit, it bit hard.

"I just stepped into the library one day when we were going to library and just suddenly appreciated books so much more. And I love books to this day."

In order to keep the program going, the Imagination library's team of volunteers works hard to track down grants and donations.

"We aim to raise about \$40,000 in each year, which covers the postage and the books," Derksen said. "We're open to any donation."

The organizing committee is also always looking for people passionate about literacy to get involved as volunteers

You can learn more about the Imagination Library, make a donation, or get in touch with the board online at winklerfamilyresourcecentre.com.



getinformed

City of Winkler shares new strategic plan

"MEASURING DATA

ONLY MATTERS IF

WE PLAN TO DO

SOMETHING WITH IT."

By Lorne Stelmach

A new strategic plan for the City of Winkler is built around key values including collaboration, innovation, and quality of life.

The plan was introduced at an event Monday afternoon at Winkler Arts and Culture, where city representatives joined Doug Griffiths of 13 Ways Consulting in outlining the priorities of the strategy.

"We have an opportunity to leap forward in a very significant way," suggested Mayor Henry Siemens. "We think there is opportunity for us ... we

have to have a plan ... a plan that resonates with our community, that resonates with our neighbours that allow us to move that forward."

"We believe you're well positioned to play a proactive role in economic growth ... in the community development," said Griffiths.

He noted the many successes of the City of Winkler to date but added "it's still going to take hard work to maintain that and to drive it forward in the

"Your success was based on generations of hard work. You owe it to future generations to continue that hard



PHOTO BY LORNE STELMACH/VOICE

Doug Griffiths of 13 Ways Consulting with city manager Jody Penner and Mayor Henry Siemens at the City of Winkler's strategic plan unveiling Monday night.

The plan sets out a vision "to enhance and build Winkler into a thriving, innovative and welcoming community that leads in economic growth, quality of life, sustainability and technological advancement."

It continues by setting out that the

purpose is "to create a sustainable and prosperous future for Winkler by fostering innovation, enhancing quality of life and building strong partner-

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"To meet the primary care needs of the area, CW Medical Centre estimates a need for 10 more physicians just to make a dent."

Affordable housing also remains a major shortfall.

"In May 2024, the social housing wait list had 208 applications, representing 526 people in need of housing," Hildebrand noted. But even

those who aren't in need of social housing struggle to find a place to live, with the cost of houses and rentals continually on the rise.

These and other findings "lay the groundwork for so many important conversations that we need to have as a

community in these next few years, helping to drive our collective conversation around the most important markers that will allow Winkler and area to continue to flourish for many years to come," Hildebrand said.

He urges Winkler and Stanley residents to read the report and strive to look beyond the numbers to the people they represent.

"It's much too easy to give our gaps and growing edges only a glance

when they are simply numbers on the page. We make change when we see in these percentages and graphs the faces of our community and our neighbours.

"We often talk of made-in-Winkler solutions to address our deficits," Hildebrand added. "And when we look at some of these gaps, we see a lot of red tape, complicated situa-

tions, and problems that seem somewhat out of our control. But as we have seen from our strengths, we have a community that is built around resilience, determination, hard work, and a deep sense that together we can build something that

"When we measure what matters, we gain perspective and insight. However, measuring data only matters if we plan to do something with it," he continued. "Our commitment as a foundation is to help lead vital conversations throughout the next number of years that bring together the right partners to leverage our unique strengths and opportunities to make sure that Winkler continues to be a place where life flourishes for all for many years to come."



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Tower location shown with the star / Emplacement de la tour indiqué

Jars for your enjoyment: Find your jam with BMT Foods

By E Antonio

Brenda Hofer, proud owner of BMT Foods has been making her family's favourite jam for over a decade.

Hofer started making her own jarred goods because she wanted a fresh, healthy, and local alternative to the typical items on store shelves.

BMT Foods, named after herself and her sons Mathew and Tyson, started as a small hobby with an old friend and later turned into a small career for the local maker.

Hofer grew up north of Beausejour but has lived in various communities around Manitoba. She now resides in Morden.

"I love cooking and making my own recipes," explained Hofer, who later added that she is not afraid of making a mess in the kitchen.

BMT Foods specializes in jams and jellies, and Hofer has experimented extensively when creating her fruity concoctions.

"Sometimes the jam won't set. It will be overcooked and it is not good on toast. I have had a lot of failures, but that is how I learn," said Hofer.

Throughout the years, she has discovered the perfect ratio of ingredients, the proper boiling temperatures and adequate reduction times to make her unique jar of jam.

Hofer uses half the sugar of commercial jams, and her spreads also bear a unique texture.

"I like the texture to be just like Cheez Whiz, and I try to work with that. So far it has been very good."

Because her jams use less sugar, Hofer has learned how to properly reduce her jam to avoid crystalizing the mixture. She makes sure the sugar properly dissolves in the fruit before cooling the jam and jarring it.

BMT Foods offers 21 unique flavours of jam. From classic strawberry jam to seasonally themed pumpkin spice.

"People always come back year after year to buy a particular jar of jam they love!" she exclaimed.

Hofer only uses the freshest produce in her jams, and she guarantees that the fruit will never be frozen. A lot of her fruit also comes from local farms. This includes her strawberries, which she picks herself, and her raspberries and Saskatoon berries, which she buys from Stonewall farmers.

While jams are BMT Foods' most popular product, the small business started its own Irish chutney.

"It has got cucumbers, onions and spices. There is also a lot of turmeric. It has such a unique flavour to it," said Hofer.

BMT Foods also offers jars of pepper



Jams, jellies and pickles are all from locally sourced fruit and vegetables.



jelly, fruity pancake syrups and other pickled vegetables on top of their jams and chutney.

Hofer recommends trying her pepper jelly with cream cheese or sampling her pickled garlic right out of the jar. She added that the garlic might help naturally lower your blood pressure.

"I work in the health field, and we see a lot of people lowering their blood pressure by just eating some garlic."

BMT Foods sells her products at select Co-Op Grocery stores, the Big Shop in Glenboro and the Carman and St. Malo Meat Shops.

BMT Foods sells its strawberry, raspberry, saskatoon, and newly released marmalade on shelves all year long. Hofer's mild, medium, and spicy pepper jelly and Irish chutney are also available.

When grabbing a jar of BMT Foods products, you may notice the name "Jillian" on the label.

Jillian was Hofer's granddaughter who passed away with her mother at a young age.

"When I started the business, Jillian was there in the kitchen with me and her mother Ashley while we were cooking at the St. Andrews Church in Manitou where I still cook to this day," explained Hofer.

Adding Jillian's name to the label keeps her motivated in the kitchen and reminds her that Jillian is always with her.

Hofer also sells her products at select craft sales and farmers' markets throughout the year, but she has no



PHOTOS BY LANA MEIER/VOICE

Brenda Hofer of BMT Foods has been making their unique flavours of jams for over a decade using fresh, healthy and local ingredients in her jarred goods.

more sales until next summer.

Hofer's small business is always evolving and she is currently working on preparing her own commercial kitchen. Her goal has always been to own a commercial kitchen that she can cook in at any time, and her dream is soon to become a reality.

Hofer is working on obtaining the proper permits for her newly purchased kitchen just outside of Morden and looks forward to cooking in her own yard.

If you are interested in ordering any BMT Foods products, you can call 1-866-629-1834 and speak directly with Hofer.

"I am always up for a challenge, that is for sure," added Hofer.

BMT Foods has a product everyone will love, so remember to stop by your local Co-op or meat store try something new while supporting lo-





PHOTOS BY PAM FEDACK/VOICE

Guests at the BTHC Foundation gala last Friday came dressed to impress for the Price is Right themed evening, which of course included classic games like Plinko (right).

> GALA, FROM PG. 3

Friesen said the foundation hasn't yet earmarked this year's gala funds for any specified item. He noted, however, they're largely focusing on equipment. For now, the money will be placed into the foundation's ongoing Building for the Future Fund.

A commitment by the foundation to raise \$10 million for the over \$100 million hospital expansion underway is already complete, but, as they finish construction, Friesen said they know programs and services will continue to grow and evolve.

"We know they're going to keep on expanding, and they're going to need specialized equipment to set up the Level 2 nursery and the pediatrics program, we are spending extra money there."

Friesen said as the foundation gets a list of wants from the hospital, and the list gets vetted by some of the doctors, with Doctor Don Klassen assisting a lot in that area. The vetting process helps the foundation decide what medical equipment to purchase each year.

The foundation's 2024/2025 commitments include \$176,000 for palliative and spiritual care programming, \$125,000 for specialized equipment, \$35,000 for continued education, and \$40,000 for recruitment and retention

With the gala in the books, the foundation is getting set to launch its winter 50/50 campaign Nov. 1.

"We're hoping this year to give away \$100,000," said Samatte-Folkett.

The first-ever Kurling for Kids bonspiel is also approaching, scheduled for Nov. 16th in Altona. More information on the bonspiel can be found at www.k4k.ca

To find out more on the foundation's initiatives, or to support their commitments, visit https://bthcfounda-

Nominations open for Coronation Medal

By Voice staff

Member of Parliament Branden Leslie has put a call out for nominations for those who deserve recognition for their contributions to our communi-

Portage-Lisgar has been allocated 20 Coronation Medals in honour of the coronation of King Charles III, which took place last year. This is the first Canadian commemorative medal to mark a coronation.

"I encourage everyone to take a moment to recognize individuals who have dedicated their time and talents to improving our community," said Leslie. "These medals honour those who have made meaningful contributions to Canada."

Leslie recommends nominating individuals who exemplify service and dedication, including youth, seniors, volunteers, educators, veterans, and healthcare workers. Nominations should highlight specific achievements that set these individuals apart.

"It's essential to recognize those whose exceptional contributions often go unnoticed," he stressed. "This is our chance to celebrate the unsung

heroes in our community.

"Let's come together to honour those who embody the spirit of service and community.

Nominees must meet the following criteria:

- Be a Canadian citizen and a resident of the Portage-Lisgar constituen-
- Have demonstrated significant contributions to Canada, the province, or their community, or outstanding achievements abroad that positively reflect on Canada.
- Not have any criminal convictions or official sanctions that undermine the integrity of the Canadian Honours System.
- Been alive on the date of King Charles' coronation on May 6, 2023 (posthumous nominations are accepted if the nominee was alive on that

Every household in Portage-Lisgar will receive a nomination form in the mail. Nominations can also be submitted online at www.BrandenLeslie.

Nominations will be accepted until Nov. 17 at 11:59 p.m.

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Cutting the ribbon on Winkler's Wendy's

By Ashleigh Viveiros

After months of anticipation, Winkler's newest fast food restaurant opened its doors for the first time last week.

The ribbon was cut Oct. 22 on the new Wendy's located on Boundary Trail. Half an hour later, the staff began taking food orders for their very first lunch rush.

Franchise owner Frank Peters says the restaurant has been in the works for a few years now.

"I've always been a Wendy's fan," he shared. "We just like the quality of the food.

"I always said that if I had a chance to be involved in a Wendy's, I would take up the opportunity," Peters said. "I've lived in this area my whole life. I started off in Plum Coulee running the Happy Wanderer, and me and my wife Trudy have been running the Outpost [Grill, in the Stanley corridor] for the last 13 years. Now, we're starting another venture. I'm really excited to about being part of this community."

It's a new challenge for Peters, but one he relishes.



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

The new Wendy's in Winkler cut the ribbon and fired up the grill for the first time last week.

"It is a difference pace," he said of fast food in general. "I've never had a drive-thru before, so that's new. New challenges."

The restaurant is manned by a staff of 40, and offers customer seating for 36.



new to Wendy's, Peters encourages you to come try out their square beef patties made from fresh beef.

you're

Ιf

"Wendy's

cares a lot about quality. For fast food, I've been completely impressed ever since I've started getting involved at how much they focus on quality.

"The burgers are never frozen, and they're square, because we don't cut any corners."



Important Notice: Winkler TDS Office Closure

After years of serving the community from our Winkler TDS office, we will no longer be operating out of this location. For the time being, we ask our Winkler customers to visit our Morden office for any services. If you have any questions or would like to schedule an appointment, please contact our Morden office directly.

282 Loren Dr #7, Morden, MB R6M 0G2 (204) 822-4336

We apologize for any inconvenience during this transition and appreciate your patience as we prepare for our upcoming move to the Stanley Business Centre.

Thank you for your understanding and for being a valued TDS customer.





Winkler chamber celebrates **Small Business Week**

"SMALL BUSINESSES

ARE THE HEART OF

THE WINKLER AND

DISTRICT ECONOMY."

By Ashleigh Viveiros

The Winkler and District Chamber of Commerce marked Small Business Week with its annual luncheon Oct. 24, shining a spotlight on two local organizations.

"Small businesses are the heart of the Winkler and district economy,' stressed chamber president Hank Froese. "They're the large portion of our businesses, they're supporters of the community, and we like to celebrate them on an annual basis.

"We want to hear their stories. It's

encouragement for others to hear those stories and see what they can do and what opportunities exist."

The lunch, which had over 150 attendees, also serves as a valuable networking time, Froese noted.

"We as a chamber like to offer those opportunities, those network-

ing events, to bring people together." The chamber traditionally invites

one business leader as well as a non-profit to share on their work.

"We like to reach out and hear from a diverse group of businesses, what with all the different sectors we have," Froese explained. "And then on the other hand, you have these great non-profits who, on the social side, they all fit together in the community."

Speaking this year was The Bunker executive director Kevin Hildebrand and Choice Realty managing partner Dave Kasdorf.

Hildebrand explained that the youth ministry began in 1984 with the support of a group of men from the Winkler Bergthaler Mennonite Church.

"They had looked at the community of Winkler at that point and said, 'You know what? We need to do something for the youth in this community. They are our future foundation, and we need to give them a place where they can be loved and accepted, cared for, mentored, and have people that are willing to walk alongside them.'

"So now here we are 40 years later and we still have that same vision, that same mission."

What has grown and changed is the

agency's scope of programming—adding new services for youth as well as fundraising efforts such as the Industrial Eats food truck and restaurantand its location-moving from the original drop-in centres downtown to its current spacious digs at 545 Industrial Dr.

"The bunker has been able to exist and move forward and continue to grow and continue to work with young people because of the support that we get from businesses in this community," Hildebrand stressed. "Small businesses, huge businesses the whole gamut. It's because they share at least part of our vision for caring for young people in this community."

They continue to offer youth grace, hope, and love, no matter their life choices or struggles.

"We would do well to remember that each and every one of us is potentially only one bad life choice away from being categorized as mar-



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Dave Kasdorf (left) of Choice Realty and Kevin Hildebrand (right) from The Bunker spoke at last week's Small Business Luncheon, hosted by the Winkler chamber.

ginalized or unlovable," Hildebrand reflected. "We offer an unconditional level of love with no strings attached ... the level of love does not change depending on how they act or what they do or the mistakes they make."

Next up, Kasdorf shared a bit about the history of Choice Realty and the role it has played in helping to support and shape the growth of the Winkler area over the past 44 years.

"Our location has changed, some of our realtors have changed, and we've updated our logo and branding," he said. "We've even considered changing or updating our slogan—'Your friends in real estate'—but we asked ourselves, who do you call when you need help? A friend. And who do you call when you need advice? You call

"A true friend is caring, trusting, and wants the best for you. After careful consideration, we realized that is exactly who we are: your friends in real estate."

The Winkler market is booming in many areas, Kasdorf shared.

"While it's true that some people are having a difficult time affording a home, the market is responding, he said. "Choice works with great developers that are creative, innovative, and are watching the market closely."

They've teamed up with Lux Construction, Access Credit Union, and the City of Winkler on the Headstart to a Home program, which gives eligible families the chance to purchase a new home on Yellowstone Trail and Kootenay Way with no down pay-

Another exciting new development under construction is called Amber

"One of the largest planned developments in Winkler with over 18,000 square feet of commercial space being planned and 140 new residential homes, these types of investments show the confidence in the Winkler marketplace," Kasdorf said.

Reflecting on house prices, Kasdorf highlighted how much they've changed since Choice began. In 1980, the average home price in Winkler was around \$40,000. Today, a single-family home in the community goes for around \$330,000.

It's currently a seller's market at entry-level price points, and Choice routinely sees new condos and townhouse sell months before they're even built.

When it comes to affordable housing, Kasdorf noted developers and

Continued on page 14



Flatlands brings 'An Act of Piracy' to the stage

By Ashleigh Viveiros

Flatlands Theatre Company (FTC) in Winkler is bringing a locally-written play to the stage next week.

The troupe performs *An Act of Piracy* at the P.W. Enns Centennial Concert Hall Nov. 7-10.

Patrick Derksen is not only the show's playwright, but also plays one in this comedic romp about a group of actors who set sail on the high seas to get into their roles as buccaneers.

Derksen, a teacher at Pine Ridge Elementary School, has put on this play with his students in the past, but working with FTC is something new.

"This is the first time I've seen it done by a community theatre group," he shared as his fellow actors prepared for their first off-book rehearsal last week. "I'm used to work with students on things, so working with professionals such as these, it's really neat to see what they can do with it.

"It's fun to see what everyone brings to the table with their skill level. Something that started off as just typing on a computer ends up coming to life."

The show follows a company of thespians looking for their big break. Their leader decides to buy a ship so they can learn how to properly play pirates.

"They get a little more than they bargained for when real pirates take note of them," Derksen says. "It's a lot of fun."

Actor Keith Friesen can certainly attest to that.

"It's a lot of fun being so silly on stage," he said, a giant feather-adorned pirate hat on his head. "This is a very silly script, a very silly play."

Friesen plays Capitaine Jean-Francois de la Haute-Valouis, a "straight-laced character, compared to the others," he said. "It's been a lot of fun to watch the other actors play their characters that are just so over the top."

Friesen is a familiar face with Flatlands, having acted with them through several seasons.

He's excited at the opportunity this time around to showcase a homegrown script.

"It's a locally written play, which is amazing. And the fact we have Patrick Derksen playing playwright Dirk Patrick, it's pretty cool," he said. "That fourth-wall aspect of the play is really interesting.

"If you like to laugh, if you like things that are silly and fun, and if you like to have a good time, then get your tickets and come on out to the show," Friesen urged. "We want to have this building filled so we can



PHOTOS
BY ASHLEIGH
VIVEIROS/VOICE
Flatlands Theatre
Company actors
run through
scenes from An
Act of Piracy,
which has
performances
at the Winkler
concert hall Nov.
7-10.



hear people roaring with laughter."
Tickets to *An Act of Piracy* are avail-

able at winklerconcerthall.ca or at the box office

"Every step, even if it feels small, is important"

From Pg. 2

"This is such an exciting day. I don't even know how to express all of the thankfulness that our Habitat chapter has for this build. It's been unprecedented in a lot of ways," she said, stressing it was only through the generosity of countless local businesses, individual donors, and volunteers that it was able to be completed in just a few short months. They broke ground on the house in May.

The Habitat program changes lives, Falk noted.

"We all know that housing is in a very difficult state here and in the whole country. And at Habitat we really believe that home ownership is a part of the solution to that problem," she said, explaining that it gets families out of the rental market (opening up those spaces for others who need them) and into a much more stable living space where they can build equity.

"[Access to affordable housing] is a huge problem, and sometimes when you look at a huge problem, it's so defeating that you just don't know where to start," Falk reflected. "We can't build 100 houses here, but every step you take is important. Every step, even if it feels small, is important. This is one thing we can do."

The more houses the Winkler-Morden chapter is able to build, the most self-sustaining the program will be.

"Eventually you have enough houses that you don't have to do quite a bit as much fundrais-

ing," Falk said. "Brandon is a good example of how the program is run—they'll build two to four houses a year because they've built it up enough that they can do that. We would love in Winkler to be able to get closer to that kind of a pace.

"We are starting fundraising today for our next house build," Falk shared. "Please be part of that. Come into partnership with us."

Binwa and his family started moving into their new house earlier this week. Once they're settled, they plan to host a housewarming bash.

"I think the first thing we will do is a family gathering," Binwa said. "To share, to cook and eat, and to celebrate."



The Voice
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CFDC unveils new display commemorating historic milestones

By Lorne Stelmach

A new display at the Canadian Fossil Discovery Centre is not only promoting its field programs and dig tours but also commemorating two anniversaries.

Not only is it 50 years since the excavations at bentonite mines resulted in discoveries including Bruce the mosasaur, but it is now also 90 years since the first mosasaur was dug out by a palaeontologist in Manitoba, by Charles M. Sternberg in 1934 at a site

"It is celebrating a double anniversary," said executive director Adolfo Cuetara. "Ninety years later, we are still working and discovering fossils in the Manitoba escarpment, so we wanted to reflect the history behind this field work."

Perhaps even more importantly, Cuetara sees the display as being important in highlighting the ongoing work being done.

The display includes several panels with old and new photos. A couple older and poor quality photos have been restored to create a good quality digital file to be able to print them in big format.

And in the centre of the display, there is a big screen running in a loop a 30 minute aerial video made this last

summer with a drone by a team from Travel Manitoba at the museum's 110acre property in the Manitoba escarpment during one of the days digging at an active dig site.

Cuetara suggested many visitors to the museum don't realize the history of the centre or its programs like the dig tours.

"They don't know that most of our activities are outside of the museum and the two properties that we have now," he said. "We are actively digging and we are working outside from May to November weather permitting ... we are prospecting for new areas and digging for fossils ... most importantly we try to establish good dig sites every year to conduct the dig tours."

"We needed to fill that void about the work that we do," he said, noting he especially likes the drone footage that captures great aerial views of their property and a dig site. "It is all from one day of field work for us in the summer.'

He sees the display as further highlighting the importance of the field work and the opportunity for public

"We want to share this with our visitors because the museum is much more," said Cuetara.



PHOTO BY LORNE STELMACH/VOICE

The CFDC in Morden has a new display up honouring 50 years since the excavation at the local bentonite mines resulted in major fossil discoveries and also highlighting the first mosasaur found in Manitoba in 1934.

And he added they are always looking for ways to further improve and enhance their displays.

"What we want is continued improvement of the museum," he said. We are actively working for a new facility, a stand alone facility outside of the Access Event Centre ... but we are not just waiting for that to happen. We are investing grants and funds into new displays, but it's always with the new future facility in mind.

"We will keep going, and the muse-

um is going to be improving year after year," said Cuetara. "We want to make at least two improvements every year, and we are working on plans for more new displays."

He hinted at more new displays that will be incorporated into the main exhibit room in the near future.

"We are fortunate that we have the Signature Museum funds," said Cuetara. "Those are the funds that are giving us the capacity to build new displays, so it's been really great."

Another successful year of giving for Legends Car Club

By Lori Penner

Legends Car Club capped off 2024 with an impressive donation total, raising \$48,781.53 for various organizations that serve Altona and surrounding communities.

Club president Alex Loewen described 2024 as "another successful year of events and giving.



SUPPLIED PHOTO

Legends Car Club members present a cheque to representatives from South Central Cancer Resource.

"Through several successful events, including BBQs, car shows, and drag races, the club turned its passion for cars into meaningful contributions to support critical local services and programs.'

The fundraising year began in May with the annual Legends Charity BBQ and Car Show, which featured over 200 entries, followed by the Drive for Cancer event. Held in May, these two initiatives generated a combined total of \$27,225 for South Central Cancer Resource (SCCR).

The BBQ was a donation-driven event, while the Drive for Cancer encouraged Legends members to gather pledges from supporters. The club highlighted the community's generosity as a driving force behind this early success, noting that all donations help sustain SCCR's ongoing work in cancer care and support.

The club's most ambitious event of the year, the 20th Annual Legends Charity Airport Drag Races, took place Aug. 17-18. It raised a substantial amount, with 50 per cent of the revenue going to three primary charities: SCCR (\$3,579.51), Genesis House (\$4,329.51), and the STARS Air Ambulance (\$3,629.51).

In addition to the main charity recipients, the club introduced a unique way to extend their donations further: winners of each race category had the option to donate their prize money to a charity of their choice. Additional beneficiaries included Altona and Rhineland Emergency Services (ARES), which provided on-site support throughout the weekend, receiving \$1,500, Sixteen13 Ministries, which handled parking and security for the event, also receiving \$1,500, and The Community Exchange, which operated the event's cold shack, getting \$1,000.

"It is getting harder to find groups and the manpower to assist us that weekend, but each of these groups are very happy to help, and they all did a very good job," Loewen said.

As the year came to a close, Legends Car Club members continued their tradition of allocating addition-

Continued on page 14

getinformed

An opportunity for teens to embark on an Amazon adventure

By Lori Penner

A Southern Manitoba teacher is organizing an educational trip to Brazil, promising an unforgettable experience for teenagers aged 15 to 19.

Karl Enns, who grew up in Brazil as the child of missionaries, has a deep connection to the Amazon region and a passion for immersive learning.

With extensive experience in tourism and hospitality, Enns aims to create a unique travel adventure that will create lifelong memories and make a profound impact.

Enns brings a wealth of local knowledge. He and his wife previously owned and operated a hospitality centre in Brazil, giving him numerous contacts in the tourism industry. They moved back to Canada with their children in 2014, settling in Altona.

Inspired by his daughter's friends and their desire to travel there, Enns decided to turn it into an educational journey to include a larger group. It's simply a journey organized by someone with extensive travel experience, a background in Brazil, and a deep desire to share the wonders of the region with others, he says.

"Often, you'll see student trips to Europe where they visit Italy or Greece and take in human cultural history. And that's fantastic; those trips have so much value. But there are also kids who like the natural, more adventurous history. So that's what this trip is for. It focuses on natural history. We'll have local people there who can teach them about the animals and fish, the river and the plants, and the place they're living in. They'll also learn about the culture and interact with locals who live along the river. Having lived there, I know what things would be of interest and what areas would be intriguing, while still maintaining a level of safety and basic comfort."

Planned for August 2025, the trip will introduce teens to the natural history of the Amazon. Participants will learn all about local flora and fauna, interact with Indigenous communities, and experience life along the Amazon River.

Highlights include sleeping in hammocks on a riverboat, hiking in the jungle, and canoeing through flooded forests

Enns emphasizes that the trip will involve some "roughing it" with no luxurious accommodations, but assures parents that safety and basic comfort will be maintained.

"I do want to be realistic. This is not for someone who doesn't like the outdoors. You're going to confront bugs, insects, and probably some critters. There will be a little discomfort with heat and humidity. It's not going to be air conditioned or anything like that."

The trip is open to teens across Southern Manitoba, with hopes of forming a group of 12 to 30 participants.

Enns is holding informational meetings in Winkler and Altona Friday, Nov. 8 (7 p.m.) at Minas Cafe & Eatery (1027 Mountain Ave., Winkler) and Saturday, Nov. 9 (7 p.m.) at the Millennium Exhibition Centre in Altona.

Enns believes that travel and immersive experiences are the best ways to learn, fostering empathy and



SUPPLIED PHOTO

Nat Enns taking in the jungle on a recent trip to the Amazon in Brazil. Her father Karl Enns is leading a trip to Brazil for teens age 15-19.

a broader worldview. He hopes this adventure will spark curiosity and a sense of global awareness in the participants.

For more information, parents can contact Enns at karlenns@yahoo.com or call/text 204-304-1135 or find him on Facebook www.facebook.com/groups/amazontrek2025.

> SMALL BUSINESS LUNCHEON, FROM PG. 11

organizations like Central Community Homes—which has a social housing complex going up on North Railway Ave.—are working to meet the growing demand.

"There are multiple purpose-built rental apartments that are currently under construction," he said. "And developers are doing their best to provide new options.

"The conversation is changing from affordable housing to affordable living," Kasdorf said, noting the cost of living in Winkler is nine per cent less than the average city in Canada and four per cent than the average city Winkler's size in Manitoba. "While more work is needed on this topic, on affordable living, it shows how we compare and that we're on the right track."

On the business side of things, Winkler is thriving.

"Many local businesses are expanding, adding hundreds of jobs," Kasdorf said. "And we've had the pleasure of helping many new businesses

come to Winkler.

"National franchises, retailers, and other businesses are all looking at Winkler. Retail strip malls are being added to accommodate new businesses and services," he said. "Choice Realty works closely with the top commercial realtors in Winnipeg and across the country, and we have never had more inquiries than right now for the Pembina Valley, but especially for Winkler.

"We can't wait to share the announcements of more businesses that are coming soon."

> LEGENDS CAR CLUB, FROM PG. 13

al funds to selected charities. This year the club donated \$2,000 each to SCCR, Pembina Counselling Centre, and the Altona and Area Family Resource Centre (AAFRC).

"The club has had a longstanding relationship with SCCR and has supported their needs for many years," Loewen said. "In 2008, the Drive for Cancer raised SCCR's entire annual budget. And in 2024, their transport budget alone is over \$220,000. That's just for the transport, excluding ev-

erything else they do. We gave them a total of \$32,000 this year, and that's just a drop in the bucket. But every little bit counts."

He added, "We couldn't have run these events without the support of our community, sponsors, and the generosity of people who believe in these causes. It's incredible to see how our love for cars and community can make a real difference."

Looking ahead, Loewen says next year's schedule will be status quo.

"Why change something if it's working? However, we are always open to new members. If anyone has an interest in specialty vehicles or collector vehicles, and they like what we're doing and they want to help, we will welcome you. It's only \$30 a year. we don't have a lot of administrative meetings; just a few in the winter. But if anybody likes what we're doing, membership is always open."



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getinformed

Southern Manitoba Concerts kicked off the 2024-25 season with a performance from the Winnipeg Jazz Orchestra at Buhler Hall in Gretna Sunday afternoon. The series continues with the Valley Arts Concert, featuring the Post Roads Orchestra and Tom and Lori, in Morden Dec. 7, a showing of the Royal Manitoba Theatre Centre's Murder for Two production Feb. 20 in Morden, and Fierbois featuring pianist Madeline Hildebrand and oboist Caitlin Broms-Jacobs April 27 in Winkler. For show details, head to southernmanitobaconcerts.ca.

> **PHOTO SUBMITTED BY CHARLES KLIPPENSTEIN**



> STRATEGIC PLAN, FROM PG. 7

Goal one is to transform Winkler into a leading hub for technology and innovation to drive economic growth and productivity. It suggests that can include attracting technology firms, developing an innovation mall, pursuing more educational partnerships and assisting firms in attracting research and development grants.

Goal two is to ensure Winkler's infrastructure supports current needs and future growth while enhancing the quality of life for residents. Priorities here include making make key infrastructure investments, pursuing more diverse housing development, developing more recreational facilities and social gathering spaces and enhance social gathering spaces and developing a downtown revitalization plan.

Goal three is to leverage the unique strengths of the region to create a competitive, cohesive area that attracts investment and fosters sustainable growth. Priorities here can include pursuing joint economic development initiatives, implementing a tri-regional economic development council, developing shared services

and resources and creating a joint advocacy strategy to represent the tri-region's interests to higher levels of government.

Siemens noted the city's existing strategic plan is six years old, and these plans traditionally are revised and updated four to six years. Looking to the future, he emphasized the importance of regional co-operation.

"We felt it was time to put some thought into how we want to continue to grow our community, how we want to collaborate with our neighbours to grow our community," said Siemens.

"Every project that we do today is so exponentially more expensive than it used to be," he added, noting it is increasingly impossible to do things on their own.

"We knew we couldn't do things on our own anymore, and we knew we needed to work together."

Siemens added it also becomes critically important that they are able to make a good case to other levels of government for more investment in the region.

"This area is fairly affluent when compared to other areas, which makes it easy for Manitoba and Canada to spend their money elsewhere," said Siemens.

City manager Jody Penner also commented on the power of joint advocacy.

"Our region is an economic powerhouse and if we learn to advocate together, we're going to make a really big difference, and we're going to see big strides forward in the development of our community."

"It is incredible important for local levels of government to co-ordinate and lobby the provincial and federal governments," agreed Griffiths.





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Winkler Morden The

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The Winkler Morden Voice

- 1) Coop Gas Bar (Hwy #3 between Winkler and Morden)
- 2) Morden Coop Gas Bar (11 Thornhill Street, Morden)
- 3) **Thornview Grocery/Coop Gas** (274 Thornhill Street, Morden)
- 4) Winkler Coop Gas Bar (755 Main Street)
- 5) **Reinfeld** (Pembina Ave East across from Booster Station)
- 6) Reinland (Reinland Ave. beside group mailboxes)
- 7) Horndean (Rd 9W@Railway Ave East beside group mailboxes)
- 8) Plum Coulee (265 Main Street)



Sports&recreation



Morden Minor Hockey marked World Girls' Ice Hockey Day Saturday with activities both on and off the ice. The younger players also made posters and then cheered on the **U18** Pembina Valley Hawks at their evening home game.



Celebrating World Girls' Ice Hockey Day

By Ashleigh Viveiros

Morden Minor Hockey marked World Girls' Ice Hockey Day on Saturday.

U7, U9, U11, and U13 female hockey players came down to the Access Event Centre for an afternoon and evening of activities that included on-ice training, street hockey games, dryland activities, and poster-making in the lead up to cheering on the U18 AAA Pembina Valley Hawks as they

played the Winnipeg Ice.

Organizer Chris Reimer said having the U18 and also the U15 Hawks on hand working with the younger kids made for a great way to celebrate the

"For us, the importance of this day is to have girls come in, enjoy the game of hockey, grow new friendships, and allow a sense of belonging and power for these girls when they all get together," he said, noting the younger

players certainly look up to the older ones. "I have two daughters myself, and seeing how the girls interact and look up to these PV Hawks, U18 and U15 as well, is pretty fun to watch. They literally want to mimic them, they're making posters for these girls, they're cheering as hard as they can as though they're their idols. We even had autograph sessions with these girls. It's a blast."

Female hockey has grown in leaps in

bounds in recent years.

"It has really taken a turn for the best here," Reimer said. "Looking in Morden Minor Hockey itself at the U7 level alone, it's almost 50/50 girls to boys. And we're talking similar at the U9 level.

"I'm hopefully this new wave can continue and these girls can gain relationships and maybe some scholarships down the road, and just continue to grow the game."

Male Hawks down Kenora Thistles 3-2, 4-1

By Lorne Stelmach

The male U18 Pembina Valley Hawks boosted their record to just above .500 with a pair of wins over the cellar-dwelling Kenora Thistles last weekend.

They followed up a 3-2 win Saturday in Kenora with a 4-1 victory Sunday in Morden.

The Hawks scored two third period goals to edge Kenora in game one of the weekend doubleheader.

Scoring for Pembina Valley were Tegan Fehr, Cohen Pilkington, and Carson Hiebert, while Karsen Dyck made 32 saves as the shots on goal were 49-34 in favour of the Hawks.

In game two, Pembina Valley took period leads of 1-0 and 3-0 to earn their fourth win in their last five games.

Hiebert, Havden Friesen, Ryder Wolfe, and Casey Magarrell scored for the Hawks. Ryler Gates made 27 saves as Pembina Valley outshot the Thistles 41-28.

The victories improved the Hawks' record to 6-5 for 12 points, which has them in seventh place, where they are

three ahead of Norman and just one back of Eastman and two behind the Winnipeg Wild.

Pembina Valley began their week in Teulon Wednesday against Interlake, and they visit Parkland in Dauphin Friday before hosting the Winnipeg Bruins Sunday.

Twisters make it eight straight games without a win in MMJHL action

By Ty Dilello

The Pembina Valley Twisters continued their slide with a pair of losses over the weekend, making it eight straight games without a win. The Morris-based MMJHL is now 1-9-1, good for last place in the league standings.

On Friday, the Twisters were shut out on the road in a 3-0 loss to the

Fort Garry/Fort Rouge Twins. Darion Penner stopped 28 shots in the Twisters' net in the loss.

The Twisters took to the ice on Sunday, hoping for a better result, but instead lost 8-6 on the road to the River East Royal Knights. Austin Spicer had a hat trick, Ketema Wall had a pair of goals for the Twisters, and Owen Vanrobaeys had the team's other tally.

The Twisters led 6-2 in the second period but crumbled down the stretch, giving up six unanswered goals to lose the game 8-6. Darion Penner stopped 35 shots in the loss.

Despite a long losing streak of eight straight games, Twisters' head coach Braeden Beernaerts is trying to stay positive as the team hopes to turn the page this week.

"We played well in spurts, so it's slowly coming along," said Braeden Beernaerts. "We learned the hard way tonight that it's never over until it's over and that we need consistency for

Coming up, the Twisters hosts the St. Boniface Riels Friday and then play in Transcona against the Railer Express Sunday.

Gundrum sisters team up with UofM track team

By Ty Dilello

Swan Lake sisters Natalie and Lindsey Gundrum have been fixtures on the University of Manitoba's women's track and field team for the past few years.

Natalie and Lindsey's track focus for the University team is solely on the pentathlon, a five-sport event that includes high jump, long jump, shotput, 60-metre hurdles, and an 800-metre sprint.

The Gundrums come from an illustrious track and field family. At one point, four of their older siblings also competed for the University of Manitoba track and field team.

The pair started in track in elementary school at Swan Lake and have been passionate about it ever since.

"As a kid, I watched my older siblings compete in track. So then I participated in school meets in elementary school and continued to compete in high school," said Lindsey Gundrum. "What made me want to pursue it competitively was watching my siblings compete, as I always loved the atmosphere around the track."

"I pursued it competing because it felt like the sport that I had the best chance winning stuff in, as I've always been very competitive," added Natalie Gundrum.

The Gundrum sisters note that Prairie Mountain High School in Somerset's track and field program is phenomenal. They have won the provincial aggregate track and field banner almost every year since the school started after the Somerset and Swan Lake schools amalgamated.

"I actually wouldn't be competing in track at the UofM if it weren't for Natalie," said Lindsey. "My first year of university, I was focused on softball,





SUPPLIED PHOTOS

Swan Lake sisters, Natalie (left) Lindsay (right) Gundrum compete in women's pentathlon for the University of Manitoba's track and field team.

playing with Team Manitoba at the 2022 Canada Games. In my second year of school, Natalie really wanted me to join the team, but I thought it was too late for me as it was my second year of university and I hadn't really competed in track since high school. Natalie actually tricked me into going to the team meeting after talking to our coach, and I've been training ever since, focusing on the pentathlon."

Natalie is in her fifth year of university. She is finishing up her history degree this year and will then apply to education next year. Lindsey is in her third year of the midwifery program at the University of Manitoba.

"My time at UofM has been great," said Lindsey. "I train with the team during the school year, and this past summer, I was in Brandon for my



clinical placement, so I would go to the track there whenever I had time.

The Gundrum sisters' big goal is to hit personal bests at this year's Can-West, the Western Canadian conference championship. If they do well, they will attend the U Sports National University championships.



"Going to the U Sports is my goal and would be a great way to cap off my university track days," said Natalie. "I'm going to train lots to hopefully make that happen."

Flyers best Stampeders twice before bowing to Kings

By Ashleigh Viveiros

The Winkler Flyers added two decisive wins and one close loss to their record last weekend.

Friday saw the team in Swan Valley to take on the Stampeders. They left the ice with a 9-2 victory under their belts.

It was a night that saw the Flyers dominate with 56 shots on goal to the home team's 21. Liam Ernst made 19 saves in net.

The lengthy list of goal scorers for Winkler included Will Lyons, Jayce

Legaarden (with two), Brady Craik (with two), Brody Beauchemin, Liam Carlone, Blake Matheson, and Isaiah Peters.

Game two saw the Stampeders up 3-0 after 20 minutes, but the Flyers came back to life in the second with goals from Matheson, Conner Jensen, and Nicolas Mckee. Swan Valley managed one more to end the period back in the lead 4-3.

Period three was then all-Winkler, with two from Legaarden and two more from Mathys Blanchette and Will Brophy giving the Flyers the win 7-4

The Flyers won the shots battle 47-25. Goalie Rylan Benner made 21 saves.

The tables turned Sunday night in Dauphin against the Kings.

A goal from Legaarden midway through the first period proved to be Winker's lone point of the night. The Kings returned the favour before the first buzzer, but then it took until the final minutes of the third period for them to get the game winner to take it 2-1

Winkler outshot Dauphin 35-20 this

match, with Ernst between the posts and making 18 saves.

With that, the Flyers are 9-4 for the season so far, good for third place in the MJHL East Division with 18 points, behind Selkirk in first (12-3, 24 points) and Steinbach in second (10-2-1, 21 points), but with two games in hand over the Steelers.

Coming up, Winkler hits the road to play the Blizzards Friday and Saturday and then are in Portage to take on the Terriers Sunday.

Local brings home jiu-jitsu gold

By Voice staff

A local jiu-jitsu coach and athlete brought home the hardware from an international competition earlier this

Darrius Joof, an assistant coach with Rise Athletics in Winkler, won gold at the Kansas City International Open organized by the International Brazilian Jiu-Jitsu Federation (IBJJF).

Joof dominated the competition, winning all his fights by submission, demonstrating his technical ability and determination.

"Winning gold in Kansas City feels

incredible," Joof shared. "I'm grateful for the support of my team at Rise Athletics and the local community. Each match was a test of skill and mental endurance, and winning every fight by submission is a testament to the hard work we've put in."

"Darrius embodies the spirit of jiu-jitsu," remarked Rise Athletics head coach Marcos Gaubert. "His achievements both as a competitor and a coach are a testament to his discipline and dedication. We're incredibly proud of him and excited to see what's next."



Darrius Joof, centre, with the gold medal he won in Brazilian jiu-jitsu at the Kansas City International Open.

Challenging weekend for female Pembina Valley Hawks

By Lorne Stelmach

It was a tough weekend for the female U18 Pembina Valley Hawks.

After being edged 4-2 by the Brandon Wheat Kings Friday, the Hawks fell 7-3 to the Winnipeg Ice Saturday and 5-1 to Eastman Sunday.

Pembina Valley was even with Bran-

don in Morden through 40 minutes, but they then gave up two goals in the final frame, including an empty net marker with 10 seconds left on the

Jessica Anderson and Emma Durand scored for the Hawks, who were stymied by Wheat Kings goaltender Danica Averill as the shots on goal

were 49-21 in favour of Pembina Valley. Kasia Rakowski took the loss in goal with 18 saves.

A four-goal second period turned the tide in favour of Winnipeg Saturday as the Ice took a 5-3 lead before adding two more goals in the third.

Scoring for the Hawks were Anderson, Leah Klaassen, and Sophia Cox. Madison Froese made 24 saves as the the Ice held a 31-18 edge in shots on

Pembina Valley then trailed 2-0 and 3-0 at the intermissions against Eastman and could only manage a third

period goal by Casey O'Brien. Rakowski made 31 saves as the Selects outshot the Hawks 36-28.

It leaves Pembina Valley in sixth place at 2-6 for four points. They are ahead of Interlake and Central Plains and trail Brandon by two and Yellowhead by four points.

The Hawks have a pair of exhibition games this weekend against Brandon Saturday and Pilot Mound Sunday before returning to league action against Westman Nov. 15, Brandon Nov. 16, and Yellowhead Nov. 17.

Bombers, Royals suffer losses in SEMHL opening weekend

By Ashleigh Viveiros

The South Eastern Manitoba Hockey League kicked off its 73rd season last weekend.

There are 10 teams taking the ice this winter, in-

PHOTO BY HALEY CVAR/VOICE

The Winkler Royals opened their SEMHL season this past Saturday night in Warren. Justin Augert, above, scored two goals for Winkler in the 5-3 loss.

newcomers cluding the Springfield Winterhawks. Meanwhile, longtime team the Altona Maroons are taking a break this season.

Friday night saw the Carman Beavers host the Morden Bombers, and win it 6-3. Derek Wiebe, Carter Hynes, and Tyler Peers did the honours for Morden, while Aaron Brunn made 34 saves in net.

The Winkler Royals also suffered a loss to kick off the season, falling to the Mercs in Warren 5-3. Winkler's Justin Augert had a two-goal night while Braden Hildebrand had a single. In net, Matthew Thiessen made 38 saves.

This weekend, Red River hosts Winkler Friday, Springfield hosts Morden Saturday, and Winkler hosts Carman while Red River plays in Portage on Sunday.

Lindsay Miller named Athlete of the Week

Bv Voice staff

An Altona athlete has been selected as one of the Dairy Farmers of Manitoba High School Athletes of the Week

On Oct. 23, the Manitoba High School Athletic Association announced that Lindsay Miller from W.C. Miller Collegiate in Altona had been selected in recognition of her skills on the soccer field.

"Lindsey is an incredibly hard worker who controls the middle of the soccer field with ease for 90 minutes a game," the citation noted. "Her drive, positive outlook and easy-going attitude makes her a fantastic teammate and leader.

"She is incredibly coachable and is always looking to learn and improve her game. Her role as cap-



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tain of the Aces soccer team helped secure a provincial championship. Lindsey was also named the tournament MVP at provincials."

In addition to soccer, Lindsey also plays basketball and badminton. She's maintaining a 95 per cent average in her classes this year.

Meanwhile, the male athlete of the week was Gage Parnell from Sturgeon Heights.

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PUBLIC NOTICE



PUBLIC NOTICE Attons TOWN OF ALTONA

In accordance with Section 194 of The Municipal Act of Manitoba, PUBLIC NOTICE is hereby given that the audit report and audited financial statements for the Town of Altona for the year 2023 have been deposited with the undersigned and are available for inspection on the Town of Altona website or at the Administration Office, 111 Centre Avenue during regular office hours.

Terry Fehr, CMMA Manager of Finance

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The Manitoba Pulse & Soybean Growers (MPSG) is a non-profit, member-based corporation representing farmers in Manitoba. Directed and funded by producers, MPSG exists to advance all phases of the provincial pulse and soybean crop-growing industry. The MPSG mission is to provide research, production knowledge and market development support to Manitoba pulse and soybean farmers.

Position Overview:

Come be part of a growing team with an exceptional opportunity to shape the future of education and research in this vital sector. Assiniboine College (AC) and Manitoba Pulse Growers (MPSG) share the vision of an AC faculty member conducting research, teaching course(s) and performing extension in sustainable pesticide use.

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How to Apply:

If you are interested in this career opportunity, please email your resume and cover letter with reference to this competition to careers@ assiniboine.net. We thank all applicants for their interest; only those selected for further consideration will be contacted.



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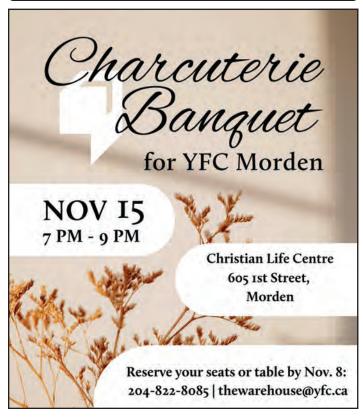


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- Tenders must be accompanied by a \$10,000.00 cheque payable to McCulloch Mooney Johnston Selby LLP Trust as a deposit. Deposit cheques accompanying unacceptable bids will be returned.
- Highest or any tender not necessarily accepted.

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OBITUARY

Bob Wiebe

It is with heavy hearts we announce Bob Wiebe, loving husband, dad, grandpa, brother, uncle, cousin and friend passed away suddenly at Pelican Lake, Manitoba on October 11, 2024 at the age of 70.

Bob treasured spending time with his family and friends, and created lasting memories, which involved so much fun and laughter. There were many, many adventures: motorcycle trips, camping, fishing, snowmobiling, vacations and wintering in Arizona. It was also the day to day living that he embraced: golf, attending his families sports and school events, celebrating birthdays, anniversaries and accomplishments, and of course his twice daily coffee with cherished friends at Rocks and Tim Hortons.

Bob and Jennifer embraced 51 years of marriage and both taught and modeled the value of family. Bobs fierce love for his family was

evident in everything he did. He was always looking forward to any opportunity to gather with his family from a simple stop in for coffee to gatherings and celebrations.

Bob built countless relationships through his family business - Wiebe's Trenching Ltd, which had 35 successful years. Bob was very proud of the business and even more so that its foundation was family.

Bob's legacy is loyalty, his devotion to those he loved and what he loved will be remembered by all who knew him.

Bob leaves behind his loving wife, Jennifer; his cherished children: Colleen Enns (Jake), Christy Gurr (Greg), Glen Wiebe (Jennifer); and his loving grandchildren: Morgan Wall (Cody), Cailin Enns (Spencer), Trinity Woelke (Jacob), Ashlynn Wiebe (Nathan), Owen Enns, Hayden Gurr, Lucas Wiebe, Easton Gurr. He is also survived by his brothers Al Wiebe (Susanne), Al passed away 15 days later on October 26, 2024; Dwayne Wiebe (Deanna) and sister Lorraine Keen (Rod) and their families, as well as many uncles, aunts, cousins and friends.

Bob was predeceased by his parents Margaret Wiebe (nee Groening) and Leonard Wiebe and granddaughter Carley Enns, parents in-law Abe and Liz Hiebert and brother in-law Rob Hiebert. A service for Bob was held at The Westside Church on October 18, 2024 at 2:00 p.m.. Burial held at Lakeside Cemetery.

The family would like to thank everyone for their messages, thoughts, prayers, phone calls, flowers and food during this difficult time.

Donations in memory of Bob may be made to The Heart and Stroke Foundation.

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

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OBITUARY

Susie Audrey Mae Klassen (née Martens)

Susie Audrey Mae Klassen (née Martens), 90, of Winkler, Manitoba passed away peacefully on October 22, 2024 at Tabor Home, Morden, surrounded by her loving family.

Susie was born on March 28, 1934 in East St. Paul (Winnipeg). She was adopted by Anna and Peter Martens on December 29, 1934. Susie was baptized upon the confession of her faith at 21 years of age. She was a generous mother, grandmother, greatgrandmother, and cheerful friend, known for her love of painting, gardening and her devotion to the church.

She is survived by her loving husband of 69 years, John Klassen; her children Yvonne (and Myles Viklund), Connie, and Kimberly (and Michael Green); her grandchildren Jade Friesen (and Sylvia) and Nyx (and Chris Wieler); and her great-grandchildren, Luke, Trey, Raya and Fia.

She was preceded in death by her parents.

A funeral service to celebrate Susie's life was held on Saturday, October 26, 2024 at 2:00 p.m. at the Winkler Mennonite Church, 31 Willowdale Crescent, Winkler, MB,

In lieu of flowers, donations may be made to either Inner City Youth Alive Inc. or Living Bible Explorers.

The family would like to thank Dr. K. Martin and the staff at Boundary Trails Health Centre, Swan Lake and Tabor care home facilities for their compassionate care during Susie's last year.

Please join us in celebrating Susie's life. She will be deeply missed and forever in our hearts. Susie's burial was held on Saturday, October 26th, 2024 at Reinfeld Cemetery at 1:00 p.m. and a funeral service was held afterwards at 2:00 p.m. at the Winkler Mennonite Church.

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



Remember Your Loved Ones with an Announcement in the Call 204-467-5836 or ads@winklermordenvoice.ca

MAINTENANCE MECHANIC/MILLWRIGHT

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

Preference will be given to those candidates holding a valid provincial Millwright or Industrial Mechanic ticket. Candidates who do not hold a valid ticket will be expected to enrol in the apprenticeship program to obtain their ticket as soon as possible. Overtime and on-call duties are required. The successful applicant will possess excellent written and verbal communication skills, trouble shooting skills, and be a team player.

The following would be considered an asset for this position:

- Experience in grain handling, processing, or manufacturing
- Experience in industrial equipment maintenance and repair
- Ability to read blueprints and technical documents
- Pressure or structural welding tickets and related experience This is a regular full time position providing an excellent wage and benefits package. Bunge is committed to providing a safe, healthy, and rewarding workplace for all employees. Starting Wages:
- Mechanic S32.70/hour
- Red Seal Millwright: \$38.08/hour

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

Bunge Canada is an equal opportunity employer.

PUBLIC NOTICE



RURAL MUNICIPALITY OF STANLEY PUBLIC NOTICE - BOARD OF REVISION

Public Notice is hereby given that the 2025 Assessment Roll for the Rural Municipality of Stanley has been delivered to the Municipal Office at 1-23111 PTH 14 and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Sections 42 & 43 of The Assessment Act:

APPLICATION FOR REVISION

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

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

APPLICATION REQUIREMENTS

43(1) An application for revision must

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

The Board of Revision will sit on Thursday, December 5, 2024 at 10:30 a.m. in the Council Chambers of the Rural Municipality of Stanley to hear applications.

The final date on which applications must be received by the Secretary of the Board is Tuesday, November 19, 2024.

Dated at Winkler, in Manitoba, this 29th day of October, 2024. Terry Penner - Secretary

Board of Revision Rural Municipality of Stanley

1-23111 PTH 14 Stanley MB. R6P 0B1



get inspired MEALIDEAS PED 18 1000



Recipe courtesy of "Cookin' Savvy" Servings: 8-12

- 1 can pumpkin
- 1 can evaporated milk
- 1 cup brown sugar
- 2 eggs
- 1 tablespoon pumpkin spice
- 1 teaspoon cinnamon
- 1 box cake mix (yellow, white or spice)
- 3/4 cup chopped pecans
- 3/4 cup chopped white chocolate chips
- 11/2 cups melted butter



Pumpkin Crumble

Whipped Cream:

1 cup heavy whipping cream

2 tablespoons sugar

Heat oven to 350 F.

In bowl, mix pumpkin, evaporated milk, brown sugar, eggs, pumpkin spice and cinnamon. Pour into greased 9-by-11-inch baking dish.

In separate bowl, mix cake mix, pecans and white chocolate chips. Sprinkle over pumpkin mixture. Pour butter evenly over top. Do not mix or stir. Bake 1 hour.

To make whipped cream: Using hand mixer, whip heavy whipping cream and sugar until thick.

Serve crumble with whipped cream.

Prep time: 10-15 minutes Cook time: 30-45 minutes

Servings: 6 Stuffing:

1 small box biscuit mix

1 stick butter

2-3 stalks finely diced celery

1 finely diced onion

1 teaspoon poultry seasoning

1-2 cups chicken broth

1 bag cornbread stuffing mix

2 eggs, beaten

salt, to taste

pepper, to taste

6 Coleman Natural bone-in or boneless pork chops

oil

1 teaspoon minced garlic

1 teaspoon minced sage

Stuffing-Filled Pork Chops

1 teaspoon minced thyme

1 teaspoon minced rosemary

To make stuffing: Bake biscuits according to package directions 1 day ahead. Dry biscuits will absorb more broth.

Preheat oven to 350 F.

In skillet, melt butter then add celery and onions. Saute until onions are translucent then add poultry seasoning and half the broth. Set aside to cool.

In bowl, combine stuffing mix, crumbled biscuits and eggs.

Add onion mix to bowl and mix well. Add leftover broth if mixture is too dry. Set aside.

Slit each chop on rounded side, cutting almost through to bone, to create deep pockets for stuffing.

Season chops with garlic, sage, thyme and rosemary. Fill each chop with stuffing mixture. Use toothpicks to keep chops closed.

Preheat skillet with oil over mediumhigh heat and sear each chop 2-3 minutes on each side.

Once chops are seared, add remaining stuffing to pan, cover with foil and bake 30-45 minutes until chops reach 140 F in center. Remove foil for last 10 minutes to brown top of stuffing, if desired.

Apple Cider Balsamic Glazed Pork Loin



Prep time: 10-15 minutes Cook time: 45-60 minutes Servings: 6

Servings: 6 1 Coleman Pork Loin (4 pounds) salt, to taste pepper, to taste

1 tablespoon olive oil Glaze:

- 1 cup apple cider vinegar glaze
- 6 tablespoons whole grain mustard
- 4 teaspoons balsamic vinegar 1 teaspoon minced rosemary
- 1 teaspoon minced sage
- 1 teaspoon minced thyme
- 2 teaspoons minced garlic
- salt, to taste
- pepper, to taste
- 2 tablespoons olive oil
- 4-6 sliced apples

Preheat oven to 350 F and line sheet pan with parchment paper. Set aside.

Ask the money lady

Dear Money Lady, My adult daughter and her husband just moved back home to save money and pay off their debt. I was then blind-sided when they told me they were both quitting their jobs to go back to school. I don't know what to do here – some of my friends also have their adult kids still living at home. Suggestions?

Grace C.

I feel for you Grace – as do many other parents like you!!

Unfortunately, we have done this to ourselves. Parents of millennials are still not able to stop the "helicopter parent syndrome" even for their adult children. Canadian parents are struggling to save and stay on track to becoming financially comfortable, but then are sidetracked with worry about their adult children. Many believe their adult kids are not going to attain the same level of comfort just on their own resources and will need continuous assistance.

Obviously, the demands now on parents are dramatically different than they were in the 60's and 70s. Our parents would never have dreamed of doing what todays parents do for their children. Many are willing to sacrifice all -- to financially support their adult children in what is believed to be an economic environment where young adults face higher unemployment rates, high housing costs and large student debt. Millennials today are now the smartest and most technically advanced generation of all time, yet feel they have more uncertainty, more stress and have more anxiety and depression than their parents ever did. This may indeed be true and could account for some of the reasons why so many parents are putting their retirement plans on hold to keep working.

While helping our children is something we expect to do as parents, at least until they are financially independent, it is important to realize the long-term cost this can have on our own futures. Many parents still have their adult children still living at home with no costs, free rent and the fridge full. Be careful parents!

At some point you will need to tighten up the spending and this should not be at the end when the day-to-day finances becomes un-



Christine Ibbotson

sustainable. Adult children must realize that they can no longer rely on the financial support of their parents due to the inevitable limited resources and amount of time left for parents in their working years. Sometimes whether it is forced, planned or necessary, young adults need to experience things that allow them to handle challenges. This will help them build life skills and become more resilient in ways that financial support alone cannot provide. Although you may feel you are providing financial support out of love, most adult children don't see it the same way, but rather expect it now as something you're obligated to do as their parent. Tell me something.....were you financially supported when you were their age?

Why not create a long-term strategy, or at least have a frank discussion about financial circumstances on both sides? To your children, they may believe that you should support them financially forever, and that you as their parents, are well set for the future. Remind them of your goals and also get them to create some of their own goals. Create realistic timelines, budgets and let your children know you want them to get a good foothold on life - but that doesn't mean subsidizing their current adult lifestyle. As parents, we need to be independent and retire with dignity, and that means we need money to do so. Do not give what you cannot afford to be without later, when you retire. Remember, love is not something you buy.

Good Luck & Best Wishes, ATML - Christine Ibbotson

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and on CTV & BNN, syndicated across Canada. Send your questions through her website at askthemoneylady.ca

Remove pork from packaging and pat dry with paper towel. Season all sides with salt and pepper, to taste.

To make glaze: In bowl, whisk apple cider vinegar glaze, mustard, balsamic vinegar, rosemary, sage, thyme and garlic. Add salt and pepper, to taste. In steady stream, slowly add olive oil to emulsify while whisking.

In large skillet, heat oil over mediumhigh heat. Sear pork loin 2-3 minutes on each side.

Move pork to lined baking sheet and brush on about half the glaze. Roast 30 minutes.

Remove pork from oven and spread sliced apples around pork loin. Brush remaining glaze over pork and apples. Bake 20-30 minutes, or until internal temperature reaches 150 F.

Let pork loin rest at least 10 minutes before slicing.

Safety is a basic need

The event's main objective is to inform seniors on how they can optimize their safety, independence and selfsufficiency. As the famous psychologist Abraham Maslow demonstrated, feeling safe is a basic need for human beings.

In 2004, the 75+ age group represented 6% of the Canadian population, which translates to approximately 1,928,000 people. This group should be given particular attention for two reasons: a certain degree of independence raises selfesteem and seniors who remain independent for longer periods of time are a boon to our overworked healthcare system.



Even though people love winter, this season makes moving around more difficult, both by car and by foot. Walking in the wintertime does, unfortunately, lead to falls, which can have serious consequences for seniors.

Removable metal grips for shoes and boots appeared on the market a few years ago and they have proven very effective. A walking stick adapted to the user's height, with an ice pick fixed to the end, can help them maintain their balance on icy surfaces. This solution may seem bizarre, but it works very well! Hip protectors (underwear fitted with protective padding), can be quite effective in preventing fractures in case of a fall.





MORDEN COMMUNITY HANDI-VAN

Accessible transportation for seniors and others with mobility limitations.

> **Please contact:** 204-822-5047

or mrdhandi@mymts.net



Going for walks during the winter, dressed in suitable clothing, is still the simplest and cheapest way of safely staying active.

MEILUN DENTURE CLINIC

Chris Meilun 320 STEPHEN ST. MORDEN, MB

Adam Meilun

204.822.4500

