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Putting their skills to good use

Local trades students have been putting their hard-earned skills to use by teaming up with Children's Camps International's Build It for Kids construction program. See the full story on Pg. 2.

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Students honing their skills with CCI's Build It For Kids

By Lorne Stelmach

An initiative of Children's Camps International is not only helping send thousands of kids to camp but also giving local youth a role in supporting the global program.

Build It For Kids involves the construction of RTM (ready to move) homes with the support of volunteer labour by local tradespeople and the contribution of materials near or below cost, and when the project is done and the house is sold, the proceeds go directly to support the work of the Christian ministry.

The initiative has been working with carpentry students at W.C. Miller Collegiate in Altona and electrical students from Northlands Parkway Collegiate in Winkler.

"This is usually the highlight of our year. The students look forward to it. We have a lot of fun as well while we're working on this project," said NPC electrical instructor Trent Krahn.

"It's been really cool to get the two schools involved with this," agreed Marv Letkeman, who is the project co-ordinator for Build It For Kids.

Since getting going in 2008, Build It For Kids has done 24 RTMs in Altona and 55 house projects overall.

The proceeds from these homes make a significant impact, considering every \$5 raised gives a child gets the opportunity to go

Continued on page 4



SUPPLIED PHOTOS

Local students have been helping Children's Camps international build houses through its Build It For Kids program.

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Electric short to blame for Minnewasta blaze

By Lorne Stelmach

The Minnewasta Golf and Country Club is making plans on how to move forward after the massive fire that destroyed the restaurant and clubhouse.

The update comes as officials last week confirmed that the cause of the Nov. 20 blaze was electrical, and Morden Fire Chief Andy Thiessen suggested that was likely suspected from early on in the investigation by the Office of the Fire Commissioner.

"One of the investigators was an electrical engineer, and she was able to pinpoint that pretty quickly," he said.

Thiessen explained the investigation led them to a main junction box where the power comes into the building.

"That junction box is where there was a short ... and it actually burned a hole right through the back of the box," he said. "It just took off then from there ... it didn't take very long because everything was open wood and varnish."

"There was a passerby who noticed the smoke coming out of the eaves in that area of the building," Thiessen noted, adding as well that Deputy Chief Tim Reimer was on the scene soon after to see where the fire was already quite involved.

"Tim got there pretty quickly and knew where the majority of the flames

were coming from at that point, and so that kind of helped narrow it down ... that area was in the vicinity of the electrical room."

While the main building was destroyed, the efforts of firefighters was integral in saving the neighbouring pro shop and golf cart shed.

The recovery and rebuilding process for the clubhouse is now underway, with a lot still to be worked out, said club president Tyler Sawatzky.

"We've spent probably the last six to eight weeks developing a plan not only for how to get through the 2022 season but also design a plan for how we are going to rebuild the building," he said.

They are still working with the insurance adjuster to finalize those details, but they have LM Architectural Group of Winnipeg working to design the new building.

"It has vast knowledge and experience dealing with golf courses and also with restaurants as well, so we think they will be a valuable asset in the whole process," said Sawatzky. "We're diligently working on it all and hopefully will have it done as soon as possible."

"It's been a very busy few weeks," he added, noting they as well hired former Winkler head pro Greg Hesom as the new head pro and general manager, with Matt Loewen joining him



VOICE FILE PHOTO

Investigators have determined the blaze that destroyed the Minnewasta Golf and Country Club restaurant and clubhouse was caused by an electrical short.

as assistant pro.

"We thought Greg would be a valuable asset because he does know the area, and he knows our course very well," he said. "So it's a lot of change in a short period of time ... it's kind of been a whirlwind."

Their immediate priority now is to work out how things can be handled in 2022.

"We're developing a strategic plan

on how to service our members and guests from the food and beverage perspective, and we feel confident we will be able to do so. It's just a manner of ironing out the details," said Sawatzky. "We're kind of looking at mid-2023 in the summer as a goal for completion of the clubhouse."

"We're excited to get going here ... the whole group, I feel, is excited about the project and enthusiastic."

Local recycling headed to Winnipeg for processing

By Ashleigh Viveiros

MWM Environmental's staff are spending a lot of time on the road these days.

Extensive fire damage at the Gateway Resources recycling depot in

Winkler has forced MWM to find an alternative place to bring the recycling it collects from Morden, Carman, and communities in the municipalities of Lorne and Stanley, as Gateway is only

Continued on page 4

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Morden's Multicultural Winterfest cancelled

By Lorne Stelmach

The 2022 Morden Multicultural Winterfest has been cancelled due to the pandemic.

Organizers had been working on a way to carry on with the event in a scaled down manner, but recent public health concerns led them to change their minds about putting it on this year.

"For the good of the community, we're going to take a break and get ready to come back bigger next year," said Robyn Wiebe, a member of the organizing committee.

"We're just taking a hiatus in the interest of public safety ... we had lots of volunteers coming forward; we had lots that was ready to go," she said. "It's definitely something we are going to continue to build on next year."

The annual celebration of both winter and the community's diversity is usually held indoors and out at the Access Event Centre, offering activities such as sleigh rides and bonfires



VOICE FILE PHOTO

Last year's Winterfest was a virtual celebration. The plan was to host an in-person event again this year, but concerns over COVID-19 have led organizers to pull the plug for 2022.

alongside cultural displays, entertainment, and demonstrations.

What would have been the 13th event in 2021 wasn't able to be held in person, so organizers instead created a virtual celebration that was broadcast online.

The plan this year had been to hold a number of smaller country pavilions Feb. 5 in a number of locations in Morden, including a Canadian pavilion at the lake.

But the rise of the more contagious omicron variant of COVID-19 coupled

with public health restrictions on indoor and outdoor gatherings put the kibosh on the idea.

"An event like this takes a lot of preparation and involves a lot of people gathering ... so we just thought this would be the most responsible thing to do," said Wiebe.

"We were going to make a change ... break it up into smaller venues, using more of our community buildings and have safe places for people to gather in smaller numbers," she said. "Even trying to do something virtually now would require people preparing and gathering and practicing a lot."

Wiebe said she had no doubt that Winterfest would return, and she encouraged people in the meantime to think about and celebrate their culture on their own as well as participate in the various winter activities that are still available.

"We certainly still want people to experience winter for themselves ... and we always encourage people to learn about another country."

> BUILD IT FOR KIDS, FROM PG. 2

to camp. That means the sale of a house will benefit thousands of youth.

"Each house project, through the schools that we're doing right now impacts a little over 13,000 kids per house," said Letkeman. "So that's pretty huge, and for kids, that's a pretty cool thing."

He is very appreciative of the many companies and tradespeople who come on board and put in volunteer time very often after their regular work hours.

"That's a huge donation to us," Letkeman said. "We've had some really good feedback from tradespeople in the past that they want to get involved in any way that they can with us."

"It is a great partnership for us," said Krahn, who noted it has involved anywhere from six to 18 students depending on the enrolment. This year there were seven students who worked on the site over a two week period.

"We spent a lot of time just focusing on making sure everything is done perfect and that we do high quality workmanship," he said.

Krahn sees the students as gaining so much from this kind of practical experience.

"In the classroom, you can only show them so much what it's really

like," he said. "We really get to see the whole picture there, and it is a really unique partnership in the way that we get to be involved in putting together a house."

"We can keep doing this year after year, and Children's Camps International can use it as a fundraiser for their organization. So it's one of those things where everyone wins with this project."

The partnership gets a thumbs-up as well from the students.

"I thought it was pretty cool having some actual hands-on experience

with a real house," said Garden Valley Collegiate graduate Seth Friesen, who took the electrical program at NPC.

"I know you do lots of hands-on practice in the classroom, but being able to actually put it into practice like this is a good experience," he said. "It's all on a much bigger scale, and everything you do has to be perfect and exactly how it would need to be done."

"They help us in having this experience, and also being able to help a fundraising opportunity for them is really nice," he added.

"It was fun ... it was different from

what you learn stuff in school," said Noah Friesen, who is currently a senior at NPC. "When you work on the house, it's different. It's on a larger scale, and it just feels different."

Letkeman is excited not only to continue with this project but noted there has also been some discussions about potential future projects including perhaps expanding it in the region or looking at possibility of multi-family builds as well.

"The profits for the ministry would be huge in those multi-family builds," he observed.

> RECYCLING, FROM PG. 3

accepting recycling from Winkler for the time being. In a story in the *Voice* last month about the matter of recycling being brought to the landfill as a result of the September fire, MWM general manager Tim Oliver said they were on the cusp of working out a deal with a local for-profit recycling processor to stop that from happening.

That deal ultimately fell through, and none of the other recycling depots in the region had the capacity to take all the material either.

As a result, MWM turned its sights further afield and has come to an agreement with a recycling facility in Winnipeg.

"Where we're hauling it is GFL En-

vironmental in Winnipeg," Oliver said last week, noting some recycling is also being sent to smaller depots in Altona, St. Malo, and Portage la Prairie.

Hauling most of the materials picked up at the curb through the week into Winnipeg has come with a great cost of both time and money—it's a three-hour round trip that needs to be made multiple times a day.

"It's pretty much doubling" the workload for staff, Oliver said. "So our resources are obviously stretched thin."

As a result, residents may see that their recycling is picked up curbside much later than usual. Oliver asks the public for understanding as they work

out the kinks.

"We're just trying to do our part and do the right thing, but it does put a strain on our employees, on our trucks, on everything," he said, lamenting the fact there isn't another large-scale recycling processor in the Morden area that could have handled the material while Gateway rebuilds.

Despite the challenges, Oliver is pleased the recycling they handle is being processed properly once again—hauling blue box materials to the landfill was something that didn't sit well with anyone at MWM.

"We're just happy that we're in a good position now," he said. "Not a pound of recycling is going to the landfill now."

Winkler bakery offering "TimWiebs"

By Lorne Stelmach

A Winkler business is having fun and boosting sales by putting its own spin on a Canadian restaurant chain's partnership with an international celebrity.

A local take on the Tim Horton's promotion in conjunction with Canadian born pop star Justin Bieber was too good to pass up for Valley Bakery.

The iconic coffee chain began offering three flavours of Timbits that were dubbed Timbiebs, and the team at Valley Bakery were struck by the similar sound to a common Mennonite surname.

Hence, TimWiebs were born—the bakery has been offering a half dozen doughnuts chosen by four local men all named Tim Wiebe.

"We had no idea the response would be this big or this positive when we put it together," said Thomas Guenther, who handles sales and marketing for Valley Bakery. "It was fun and silly, and if no one really liked it, we would have a good laugh and that would be it."

It began with staff joking around about the idea over Christmas, followed by the decision to make it hap-



FACEBOOK.COM/VALLEYBAKERYANDPASTRYSHOP

In a take off of a promotion Tim Hortons has going with Justin Bieber, Valley Bakery in Winkler has launched a "TimWiebs" pack of donuts, all selected by local men named Tim Wiebe.

pen in the new year.

"We reached out to people actually named Tim Wiebe to find out what their favorite donuts were from what we already make here," Guenther said. "We tried to explain that this was a very simple thing for them participate in ... they didn't have to do anything silly, didn't need to have their photos taken; we were just asking for their opinions."

The end result was the TimWiebs six-pack with a donut selection that includes glazed, chocolate with toast-

ed coconut, caramel, lemon, bizmark and raspberry. They're available until the end of January.

Word has really gotten around since the bakery launched the campaign last week.

"It's been nuts; it's been so busy," Guenther said. "We made extra donuts for this exact purpose because we anticipated it being busier, and then we sold out of all those extras

and then extras again."

It's a fun example of how a business like Valley Bakery can find ways to boost sales, despite all the challenges the pandemic has created.

"We've been very lucky. We have amazing customers," said Guenther. "We've been fortunate that we really haven't been impacted by COVID all that much. We count our blessings."

COVID-19 hospitalizations up 51 per cent over the past week

By Ashleigh Viveiros

Manitoba was reporting a total of 31,618 active cases of COVID-19 on Monday, but the actual number of infected people could be many times higher.

Dr. Jazz Atwal, the province's deputy chief public health officer, acknowledged last Wednesday that the spike in cases due to the more contagious omicron variant of the virus had overwhelmed testing capacity. The backlog then totalled 6,800 swabs, though the province after the weekend said they had since completed all the tests awaiting processing.

Changes made to the testing protocols last week means many cases of the virus are no longer being reported.

Manitoba has shifted most symptomatic people from receiving PCR

tests to self-administered rapid antigen tests, the results of which are not included in the daily case counts.

Healthy individuals under 40 showing mild symptoms are also advised to assume they have the virus and to stay home and isolate to avoid spreading it, Atwal says.

With daily case counts not serving as an accurate reflection of just how many people are actually sick with the virus, the most important number to focus on moving forward is hospitalizations, including the number of our province's limited intensive care beds being filled with COVID-19 patients.

On Monday, 378 Manitobans were in hospital with COVID-19, 39 in intensive care. Manitoba saw a 51.1 per cent increase in hospitalizations over the previous week.

Continued on page 7

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getheard

EDITORIAL > VIEWPOINTS > LETTERS

We can do more with less

just read that Finland's Prime Minister Sanna Marin has mused about the value of a four day work week and six hour work day.

This feels pretty amazing to me. I love this idea. More time for me. Sign me up.

Of course, Finland's government is not actually pursuing this, but the mere fact that a world leader has publicly mused about such a thing suggests its possibility is not just a dream but a potential reality.

I have long been a champion of the "do what you can, when you can" style of management because I think it recognizes that there are a myriad of work styles and it is inefficient to try and cram everyone into the same box.

Of course this does not apply to all roles—I cannot tell a hotel front desk

clerk to show up whenever they want because the nature of this job is very personal. A human needs to be there (for now).

Over time these sorts of front desk, clerk type jobs will be absorbed by kiosks and humans will migrate to more flexible jobs that could easily fit the four day/six hour model.

Now there are lots of people (likely business owners and managers) who cringe at the idea of a shorter work day/week because there is usually an instant gut reaction that less time equals less work/productivity.

Not necessarily.

Periodic richest human on earth and tech entrepreneur Elon Musk has been quoted as saying, "If you give yourself 30 days to clean your home it will take 30 days; if you give yourself three hours it will take three hours."

This is a variation of Parkinson's Law that states that the time required to perform a task tends to extend to all the time available to perform it. Its name comes from the man who coined the term: Cyril Parkinson.

The law highlights the human tendency towards greater inefficiency when we have more time to accomplish a task, very much like a human

version of the second law of thermodynamics which, simply put, says that all things tend toward entropy or breaking down.

While it feels contrary to our best instincts, giving more time to accomplish tasks often leads to lower quality work done less efficiently.

I have to appreciate the fact that Parkinson initially published his law in a satirical article in *The Economist* in 1955 where he was making fun of the public service. There is something poetic about an observation that the more time public servants are given to do a thing the less well it gets done and the more able they are at filling said time with various tasks so as to appear busy turning out to be true.

Another variation on these themes are the oft used phrases "do more with less" or "work smarter not harder."

So I am all for shorter work weeks and shorter work days. Focus on the tasks that need to be done and don't be that corner store owner I worked for when I was 12. You know the type—he told me, "If nobody is in the store, face the shelves, dust everything, sweep and mop the floor and if there still isn't anybody do it all again."

Continued on page 7

letters

DIVISIONS VERSES HOPE

Recently I read a letter to the editor of the Winnipeg Free Press of a woman from a neighbouring community claiming in a couple of establishments in Winkler that over half of the shoppers were not wearing masks. That is just not true.

I've heard of a church shunning anti-vaxxers. They have lost their focus.

We already see divisions in families, work places, schools, communities, countries, and the list goes on. Resentment, anger, and even hatred

abound.

There is a flip side: hope. It just seldom seems to hit the editorial page.

Many churches are still upholding the lonely, sick, those in need of spiritual care while proclaiming the love of God.

I see hope in the thrift stores where I see vaxxed and unvaxxed working together.

I see hope when people from many church denominations work for the same cause.

I see many different nationali-

ties where language is a barrier, yet working in unity.

Are we perfect? Far from, but our lights are still shining, however dim, as they are only a reflection of the true light found in Jesus Christ. He is our perfect example having taught us to love even our enemies. Therein lies the greatest hope of all. Happy New Year.

Harry Schmidt,
Winkler

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

Community spirit rallies for Miami family in need of heat

By Becca Myskiw

A cancelled trip to Mexico left a family in the cold but feeling the warmth of Miami's community spirit.

Christine Longford and her husband use a wood stove to heat their house in the winter. They cut and prepare wood for it every fall based on how many months they'll need to feed the fire. This fall, they prepared enough wood to last for November, December, and maybe March—they were supposed to be in tropics for most of January, February, and some of March.

With the rising COVID-19 cases and the uncertainty of restrictions, the Longfords cancelled their trip, meaning they'll be home all winter and using their wood stove the entire time. That paired with the extremely cold temperatures that came early means the family is very short on wood.

"It's not necessarily a panic because we do have other heat sources, but it does make it more comfortable because it's an old house," said Longford. "In our house we have a wood room off our back porch. Usually, it's been full, but this year we got down to what my husband calls the last few hidden pieces he tucks away."

With her husband busy working this winter, they weren't able to head back into the bush to cut down more wood, either. After they cut it anyways, they'd

have to store it and let it dry, then season it, and rotate it. There's just no time.

The tricky thing also is they have a fast-burning wood stove, so the Longfords prefer hardwood to soft. She said it leaves them with less ash to clean up and hardwood burns slower and hotter.

"We do find we don't have to feed it as much," she said. "You can put in a piece of good hardwood and then a couple hours later put in another piece."

Hardwood is trees like oak, maple, hickory, and walnut, and they're heavier to carry and harder to find. So, Longford turned to the Miami community Facebook page and shared her conundrum. Within days, she had several people offering to sell and deliver her their wood.

Having a wood stove requires a lot of guessing because they burn wood based on the temperatures outside. One winter, she said they burned two years' worth of wood and another, they burned barely any. This year, she's expecting they'll be burning a lot.

Longford had to put out a similar call for wood in the spring of 2020 when they returned from their Mexico trip early because of COVID-19. She received the same kind of response then but didn't need nearly as much as she does now.

She said they'll have more than enough wood for the winter now thanks to the "community spirit of Miami."



SUPPLIED PHOTO

Sandy Debreuil, left, and Christine Longford heat their home with wood.

Unvaccinated make up most of COVID-19 ICU cases

From Pg. 5

Another 19 people lost their battle with the virus Saturday through Monday, bringing the number of COVID-19 deaths in the province to 1,427.

Another statistic of interest is the number of unvaccinated people versus vaccinated people requiring intensive care in hospital for the virus.

Vaccinated individuals can still contract COVID-19, but for most the symptoms are relatively mild, as the vaccine has already instructed one's immune system on how to battle the virus.

There are far fewer unvaccinated people in Manitoba than vaccinated (just 15.4 per cent of Manitobans age five and up had not received a single dose of vaccine at press time) but yet the unvaccinated make up 73 per cent of the ICU patients with COVID-19 and account for 63 per cent of deaths due to the virus.

That's why public health officials continue to urge people who have not yet been vaccinated to reconsider that decision.

"So far, Manitoba is seeing that people who are

not fully vaccinated remain more than 20 times more likely to end up in the ICU compared to someone who is vaccinated," said Dr. Joss Reimer, medical lead of Manitoba's vaccination task force. On Monday, that stat had increased to 26 times more likely. Unvaccinated individuals are also twice as likely to test positive for the virus, seven times more likely to be hospitalized, and 14 times more likely to die with COVID-19, according to the province's online dashboard.

Considering the contagiousness of the omicron variant, fully vaccinated Manitobans still need to remain vigilant against spreading the virus and protecting themselves.

To that end, Reimer strongly encourages Manitobans who haven't yet gotten their third shots to do so as soon as possible to further boost their immune system response.

"The booster works, most importantly, to prevent severe outcomes," she said, noting studies have shown a third shot boosts one's protection by over 50 per cent compared to two doses. "So if you are over the age of 50 or you have health

conditions that put you at risk of severe outcomes, please get your third dose as soon as possible."

While there are challenging times ahead, the fact the vast majority of Manitobans have rolled up their sleeves means the province is in much better shape when it comes to COVID-19 hospitalizations than it would have been otherwise, Reimer noted.

"There is still a very good news story to tell about the effectiveness of the vaccine in saving lives," she stressed. "It is still protecting our communities from further restrictions and, more importantly, from loss."

"It is still giving us something to look forward to and to contribute to getting us out of this pandemic."

"THERE IS STILL A VERY GOOD NEWS STORY TO TELL ABOUT THE EFFECTIVENESS OF THE VACCINE IN SAVING LIVES."

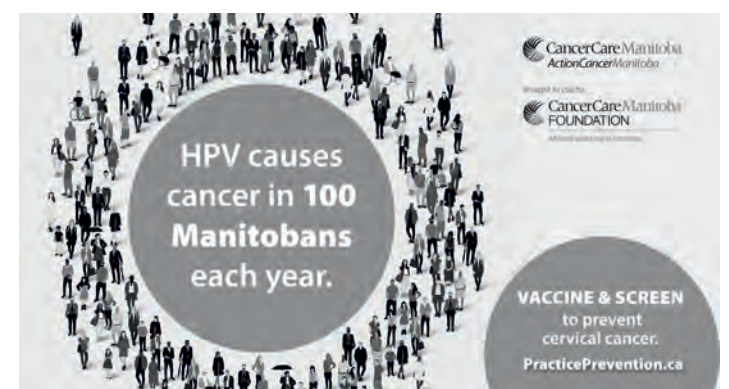
> CANTELON, FROM PG. 6

I'm not paying you to do nothing!"

Of course he was paying me to do nothing because part of the job was to simply be there and that is not nothing. I give up my time to be there. If all the other things needed to be done were done, all forcing an employee to do them again accomplishes is making them

want to quit and you, as an owner or manager, are stuck with the costs of constantly retraining and hiring people.

A happy, rested employee is a productive, long-term employee. Let's hear it for time off and treating staff well!



getinformed

NEWS > VIEWS > WINKLER > MORDEN > SURROUNDING AREAS

We've tried to strike a balance: Friesen

By Lorne Stelmach

The year began with Cameron Friesen departing from the role of Manitoba health minister only to take another challenging task as justice minister.

Vastly different in most respects, but both however had the Morden-Winkler MLA having to wrestle with different aspects of the ongoing pandemic.

As Friesen reflected recently in a year-end interview, he acknowledged the role of justice in overseeing enforcement of public health order rules and restrictions became particularly challenging and with the irony of his



SUPPLIED PHOTO
Morden-Winkler MLA Cameron Friesen.

own riding earning scorn for having a high defiance of health orders.

"Some say we've done too much and some say we've done too little," he said. "While some have tried to convey that the enforcement has been too weak, some have tried to convey that enforcement has been too strong.

"What is clear to me is that we've tried to strike a balance. We have the most significant enforcement regime in all of Canada," he maintained. "We simply have the greatest number of people authorized to enforce COVID-19 rules. We have the largest number of fines in all of western Canada.

"Following the rules is important," Friesen continued. "And we've continued to say that our goal is to make sure that we can keep schools open, businesses open, the houses of worship open and keep people moving about in their regular lives as much as possible until we reach the end of the pandemic.

"The concern is, in our area of the province, there has been less vaccine uptake, more challenges with compliance with the rules," he acknowledged. "It's definitely been the most difficult time I've ever had as an elected representative.

"It's going to take a long time for our communities to heal. It is no small amount of hurt that people are feeling in this area of the province," Friesen said. "It has been difficult to see the extent to which our communities have been torn apart by divisions, divisions that are evident in families and friend groups, workplaces and organizations."

There are no easy answers, and there is no easy way forward with communities so divided, he continued, but he

also maintained that the government has been acting in many ways, such as offering significant supports to businesses and organizations.

"People will often focus on what went wrong, and clearly our government and all others made some mistakes, learning as we went along during a global pandemic," Friesen said. "I believe that history will reflect there were many things in Manitoba that went well because of careful planning."

Friesen also reflected on how it is an exciting time of change in the province with new party leader and premier Heather Stefanson.

"An incredible amount of work has been done on her part and our government's part to turn the page," he said, describing their approach now as being about getting back to the basics, including helping grow the economy as we come out of the pandemic, investing in efforts to improve and boost immigration, resetting relationships with Indigenous people, and making further investments in health care. "This includes getting more nurses and getting people to the surgeries and procedures that they so desperately need, and our planning for those things is very, very significant."

Friesen also touched on the progress made on some projects for Morden-Winkler, with none more vital than the \$65 million expansion of Boundary Trails Health Centre.

"It is exceptionally rewarding to get to a public announcement. We all understand what a hub Boundary Trails

Health Centre is in our region and in the province," said Friesen, who cited the facility as playing a key role in helping build a stronger and more resilient health care system in the province.

Other key projects centred around concerns about the severe drought and the impact on the water supply, especially for Morden. Friesen touted the \$6 million investment in short term efforts to stabilize water supply

and another \$18 million focused on a more regional level for the longer term.

"We've had to do some of this work very quickly. We've had to do a lot of this work behind the scenes ... we know we are not out of the woods yet," said Friesen.

And perhaps overlooked amidst such bigger concerns would be things like new investments in the Canadian Fossil Discovery Centre, including a boost to signature museum funding. Friesen also noted there were significant investments through the Building Stronger Communities program.

Finally, there were also the final finishing touches on the PTH 32 highway twinning project in Winkler as well as projects like the resurfacing of Thornhill and Mountain in Morden and passing lanes on PTH 3.

"We've continued to say, as a government, that infrastructure matters," concluded Friesen.

"SOME SAY WE'VE
DONE TOO MUCH
AND SOME SAY
WE'VE DONE TOO
LITTLE."

Doerksen returns for GVSD term admin. position

By Voice staff

A familiar face in the Garden Valley School Division has come out of retirement.

The division's trustees have appointed Garth Doerksen as the term assis-

stant superintendent of programs and curriculum.

In an online statement released recently, the division noted the appointment is effective Jan. 6 to June 30, 2022.

Doerksen retired from a 30-year career with GVSD in 2021. In that time

he served as a middle years teacher, guidance counsellor, and principal of J.R. Walkof School and, more recently, Emerado Centennial School.

"Garth brings strong leadership to this position and will provide great support to the senior admin team

throughout his term position," the board said, noting they look "forward to working with Mr. Doerksen in fulfilling Garden Valley's mission [of] 'learning and discovering together to be good neighbours, workers and citizens.'"

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

Pembina Paleontology kicks off '22 with a grand opening

By Lorne Stelmach

A husband and wife team have returned to the paleontology field with a new venture based in the Pembina Valley.

Both formerly played leading roles with the Canadian Fossil Discovery Centre, so starting up Pembina Paleontology is going back to familiar territory for Anita and Joseph Hatcher.

Having taken time away to focus on starting and raising a family, both say they knew they would eventually be drawn back to the field.

"We kind of realized how much we love it, and our kids are old enough now, so maybe it was time to jump back in," said Anita, who formerly served as curator and executive director at the CFDC. "We never lost the passion. It was what we both have wanted to do our whole lives, so we always talked about things like did you see this in the news, and they found this one here."

"The kids definitely helped spur us along a bit too, I think, at least our oldest," added Joseph, who also served in the past as assistant curator at the CFDC.

The two of them bring extensive experience to Pembina Paleontology, which they see as very much focusing on research to help advance the knowledge of the Western Interior

Seaway of Manitoba while also incorporating public involvement.

"I grew up loving dinosaurs my whole life, and I knew that was what I was going to do," noted Joseph, who grew up in the U.S., where he studied geology in North Carolina.

He gained experience doing internships in Wyoming and took on his first curator role in Montana with the Paleoworld Research Foundation, where

he ran dinosaur digs for about six years.

"That was awesome. I did a lot of Triceratops work mostly ... in six years, I excavated 39 of those big animals. They're really fun creatures," he said.

"It was during that time that I met Anita and got involved here and ultimately moved here," he continued. "Then I kind of switched my research focus then to this environment and learning the geology of the marine setting of the

"WE STARTED TO USE OUR KNOWLEDGE IN GEOLOGY TO LOOK IN PLACES BEYOND THOSE OLD SITES AND IN SOME OTHER AREAS."

Cretaceous."

Hailing from Winnipeg, Anita got her science degree in paleo-biology in Saskatchewan before starting as a summer student in Morden, later stepping into the role of curator and briefly as executive director.

Once they began their new life together, the Hatchers took a break from it all to focus on family, but Anita said they eventually saw the opportu-



SUPPLIED PHOTO

Joseph and Anita Hatcher have launched Pembina Paleontology. They plan to hold their first dig season in the Manitou area this summer.

nity to get back into paleontology on their own terms.

"We thought, well, why not just do it on our own; do our own research, set our own schedule? That's sort of where we are in life ... we kind of want to do things at our own pace."

Joseph added that they also saw an opportunity in being based in the Manitou area and the RM of Pembina, where they believed there was great potential with unexplored sites.

"It really starts with the geology," he said, noting that a lot of other sites such as those connected to former bentonite mines were disturbed to a

degree that it was not possible to get a lot of important field data.

"We started to use our knowledge in geology to look in places beyond those old sites and in some other areas," he said, noting they got a provincial permit last year to allow them to start field work. "And we managed to find some really nice outcrops that were never mined, so the beds are 'in situ', and that teaches us a lot about these creatures as we find them."

Continued on page 10



Pembina Paleontology has already unearthed a short-necked plesiosaur and a giant squid at their dig sites. They hope to discover much more in the years ahead.

SUPPLIED PHOTOS



Bergen focused on bringing community together



Portage-Lisgar MP
Candice Bergen

By Becca Myskiw

The past year brought a costly campaign and re-election for MP Candice Bergen.

Going into 2021, the Portage-Lisgar Member of Parliament was hopeful the global pandemic would be on its last legs. But, she said in early January, the Conservatives focused on recovery through the forms of vaccines and testing.

"Conservatives continually called on the Liberal government to act faster so Canadians can move on," she said. "I realized quickly that a priority for the riding was going to be bringing people together who were divided over the vaccine issue."

The businesses in the area also needed government support, she said. The

Conservatives "continually pushed" the Liberal government to deliver the much-needed supports, Bergen working personally to stand up for peoples' freedoms while encouraging them to protect themselves and their loved ones. She said her party effectively got programs, vaccines, and testing for the country.

Outside of COVID-19, Bergen said she focused on getting reliable cellular phone and internet coverage for Portage-Lisgar residents along with drought recovery.

"I think my priorities as the Member of Parliament and as the Conservative Deputy Leader were achieved," she said. "Whenever my colleagues and I asked the tough questions, results always followed."

Later in the year, Prime Minister Jus-

tin Trudeau called the federal election, and Bergen was up against several candidates seeking election for the first time. She is pleased to continue being the voice for her area in Ottawa.

That election, however, was very costly to Canada, Bergen said. Still, she said the Conservative message "resonated with Canadians" and they picked up seats in areas they haven't had in years.

"While I was disappointed we didn't form government, I'm confident that when Canadians go to the polls next time, Conservatives will once again form government."

Looking ahead, Bergen said she is going to continue working on bringing her people together in 2022.

Genesis House, humane society teaming up for fundraiser

By Lorne Stelmach

A fundraiser that will provide couples and families with fun fixings to celebrate Valentine's Day will also support two local charitable organizations.

Genesis House is teaming up with the Pembina Valley Humane Society on the initiative that will raise money through the sponsorship and purchase of fun packs.

There is a growing partnership between the two organizations now that has also seen the humane society work with Genesis House to provide fosters for pets when families have to make use of its shelter for the victims of domestic violence.

It seems only natural for the two agencies to work together then, as each not only provides invaluable resources that are linked but also require fundraising efforts beyond other funding sources, noted Kari Kauenhofen, who does community and resource development for Genesis House.

"We're working together because there is a link between domestic abuse and animal abuse," said Kauenhofen. "It was a natural partnership, and we're both non-profits in the area that serve a wider catchment."

The two organizations previously worked together last spring on PAW-Looza, where a variety of local businesses sold specific products with proceeds going to both Genesis House and the animal shelter.

This time around, the joint fundraiser revolves around family and adult

fun packs that will be available to purchase as of Feb. 1 for pickup Feb. 13.

"We wanted to create one for families, and we wanted to create one for adults, and it will be filled with all sorts of goodies ... so there will be food, some sort of meal and some activities," said Kauenhofen. "So people can purchase them and enjoy a Valentine's Day that is already planned for them."

They then decided to add another component to it in terms of sponsor-

ship by inviting people to help fill the fun boxes with either their names or those of their furry loved ones.

"This was something that we knew we could do safely ... and it kind of expanded with the idea of the names," said Kauenhofen. "We thought for sponsorship we would do things a little differently ... we know that everyone is struggling during COVID."

"When people open up the box, it will be just full of not only activities but positivity, and the whole commu-

nity will have kind of come together for this," she said.

"Our hope is to sell 100 family boxes and 50 adult boxes," she noted. "As far as funds, we're not sure what it will come to because the community sponsorship is new for us. We're hoping to fill the boxes ... however we can get as many names as possible inside those boxes."

You can find more information and register for your fun pack online at genesishouseshelter.ca.

> PEMBINA PALEONTOLOGY, FROM PG. 9

"We were excited to discover some beds that were still untouched because every single fossil, no matter how big or small it is, if it is in situ, there is priceless field data ... and we recognize the importance of it," he continued.

"So we started to get some landowners who were willing to let us on to their property to do this, and we saw the opportunity ... and everything just came together."

They have two active dig sites so far following the discoveries of a short-necked plesiosaur and a giant squid.

"They're not the easiest to get to," noted Anita. "A lot of them are agricultural land ... and it is challenging landscape; there's a lot of steep cliffs, a lot of exposures, but that's where we're starting."

She emphasized their focus is very much on the research, but they also

saw a good opportunity for public involvement while stressing that they want this to be more than a tourist experience.

They see their digs as not being not tours but working digs where participants are expected to assist in all aspects, including moving overburden, using rock hammers, and exposing new parts of the skeleton.

"We want people to experience being a paleontologist more than just a day ... I think this is geared more to people who really are enthusiasts, who are really after the experience."

Their dig season will go from June to October along the Manitoba Escarpment, with digs available on a seven-day basis or select single days.

Participants taking part in week digs will be able to make use of accommodations, which for the week can be a campsite based at the Man-

itou campground, where the field station is set up.

"We have a lab set up where we will be preparing the fossils and conserving them on site," said Anita, who noted in extreme weather conditions their field station will be available for indoor fossil work.

They are aiming to keep things simple as they work towards their first full field season with the hopes of having public involvement.

"We have a minimal approach right now. We recognize there are some challenges especially right now with COVID," Anita noted. "We have the flexibility. We don't have a stand-alone facility, and we don't plan on having our own building or museum ... but we see a lot of potential."

You can find more information online at pembinapaleo.com.

Winter Fun Sampler at Lake Minnewasta Saturday

By Lorne Stelmach

The City of Morden is aiming to encourage more winter recreation this season with an event at Lake Minnewasta.

The Winter Fun Sampler afternoon this weekend offers a chance for people to explore what all is available and possible at the lake.

"We've certainly always wanted to encourage more people to come out here," said beach and campground manager Brian Thiessen.

"My goal is to try to promote Lake Minnewasta as an area for year round activity ... it doesn't need to be just a summer destination. Let's make it a winter destination ... let's use this and enjoy it in all seasons," he said. "And I think it's a great thing to be able to offer some variety, and it does make your winter seem a little shorter when you can get out of the house."

The sampler goes Saturday, Jan. 15 from 1-4 p.m. Registered activities include crokicurl, broomball, pond hockey, a guided snowshoe hike, and snowfeet. There are also additional open activities such as skating and tobogganing as well as a chance to try an ice bike.

Broomball is like hockey except instead of skates, you wear shoes, and instead of a hockey stick, you use a



VOCE FILE PHOTO

Want to give crokicurl a try? Head down to Lake Minnewasta this Saturday for the Winter Fun Sampler, which will also feature a host of other winter activities.

broom, while crokicurl, of course, combines two iconic Canadian pastimes in crokinole and curling. For the pond hockey, it will be three on three with one or two subs per team

The guided snowshoe hike will take participants on the Lake Minnewasta trail. Snowshoes will be provided if you don't have your own, but there is a limited quantity available.

There is also the opportunity to try out snowfeet, which are a combination of skis and skates. You attach

them to your existing boots or shoes and then they can be used on downhill slopes, hiking trails or skate and ski trails.

"This is kind of an introductory day for everybody," said Thiessen. "We kind of made it like a salad bar where you can try a little bit of everything, but these items will definitely be available through the rest of the winter as well."

"We thought we would set aside one day to introduce everything to people

at the same time," he continued. "Every year we would like to be able to offer more, and we want to encourage people to get out and enjoy what we can offer for our winter months."

"It can all be enjoyed as long as you dress for it," Thiessen added. "There's great opportunities for different recreational options for people to take part, and we're just trying to encourage more activity, especially through the winter months."

Winkler Community Fdn. exceeds 2021 goal

Grows Community Fund by over \$114K

By Ashleigh Viveiros

Talk about getting things off to a good start.

A ways back, the Winkler Community Foundation (WCF) announced its goal of growing its Community Fund (the main endowment fund from which the foundation issues grants to local charities and projects) to \$1 million.

To do that, they figured they need to raise at least \$75,000 a year between 2021-2024.

They not only hit that goal for 2021 but beat it by a wide margin.

"I honestly didn't know how we were going to do it," says executive director Myra Peters. "We had a goal set at the beginning of the year and then things didn't unfold quite as we had hoped as the year went on."

The pandemic's economic impact on

the community coupled with an inability for a second year to host fundraising events like the annual Citizen of the Year banquet made that \$75,000 goal loom quite large.

"That's a lot of money to raise. We were relying on the community to come through for us" Peters says. "We just did the ask and we told them what we were doing."

And, boy, did the community step up, especially during the 2021 Giving Challenge in November.

During that week, every donation to the Community Fund was further stretched thanks to the generosity of Endow Manitoba, the Province of Manitoba, and participating local businesses.

Many people waited all year to make their donation to the foundation during that week, wanting to maximize its impact, Peters says.

While the official final tally will be in later this month once they receive their December statement from The Winnipeg Foundation, Peters says,

by their count, the WCF Community Fund grew by over \$114,000 in 2021. It now sits at just over \$814,000.

"We're so thankful for our donors ... they were so generous and we were thankful for the support that we got," says Peters.

As 2022 gets underway, the WCF board will not be sitting on their laurels. Peters notes they're in the process of figuring out their plans to ensure 2022 also meets—and perhaps exceeds—their donation goal for the fund.

"We know this won't happen without a plan," she says.

The Community Fund is the foundation's oldest fund. It's been joined over the years by many other funds focused specifically on various sectors of charitable giving in the community—medical, fire rescue, Gateway Resources, Katie Cares, scholarships, to name a few.

"The foundation has grown over the years, but the Community Fund is growing slower than many of the oth-

er funds because there's definitely interest in particular areas; donors have specific goals and funds are created because of that," Peters explains.

Still, the Community Fund is important because grants from it are unrestricted in a way the other funds are not and so can go out to a wide range of projects and organizations.

"The Community Fund is where our local charities apply for funding, so it's so important that that fund grows," Peters stresses. "The grant requests keep growing, so we need to have the money to meet those requests. The need is clearly there."

Once the fund reaches \$1 million, the interest it generates will allow the foundation to grant out \$40,000 from it annually—a significant jump from the \$23,000 or so they're able to grant from it today.

You can learn more about the foundation and its various endowment funds at winklercommunityfoundation.com

arts&culture

Rental Exhibit gives local artists some exposure

And businesses a chance to freshen up their decor every year

By Ashleigh Viveiros

One of Winkler Arts and Culture's most eclectic exhibitions is on display now at the Park St. gallery.

The 2022 Rental Exhibit features over 70 pieces from 13 local artists, and every single one of them is avail-

able for businesses to rent out for the year ahead.

"The purpose of the exhibit is to give artists the opportunity to showcase their artwork within the community while also providing businesses with an affordable option to continuously change up their artwork while sup-

porting artists," explained WAC's Jennifer Penner as the show opened last week.

The rental program has been running for years, though it hasn't yet achieved the reach into the business community that WAC would like to see. Right now, the C.W. Wiebe Medical Centre and Access Credit Union are the only businesses taking part, renting dozens of pieces of art annually.

"So we have quite a few pieces with just those two renting, but we are definitely open to more businesses participating," Penner said, urging business owners looking for something different and local to spruce up their office walls to give the gallery a call or stop by until Jan. 29 to see some of the pieces that are available.

The general public are, of course, also welcome to come check out the show, which runs the gamut in both both mediums and subject matter.



Winkler Arts and Culture Centre's Sydney Hildebrand with some of the paintings and photos on display in the gallery's Rental Exhibit, which runs until Jan. 29.

PHOTO
BY ASHLEIGH
VIVEIROS/VOICE

SUPPORTING LOCAL

WAC's art rental program gets a big thumbs up from repeat participants like travel photographer Terrance Klassen.

"I've been donating some of my photographs for exhibit in the rental program for a few years now," he said. "Over the years it's been anywhere from five to six or seven that have been out every year."

It's a way to get his name and work out there in the community, which he appreciates.

"You receive comments and some favourable accolades as to the photography ... so it does give you some encouragement," Klassen said, noting he wishes more businesses would take advantage of the program.

Seeing her paintings up in a public setting is something newcomer to the program Lucy Thiessen is certainly looking forward to.

Though she's painted landscapes for years, most of her work has gone to family and friends.

"[The gallery] reached out to me and said I should consider participating and I just thought, 'Why not?'" she said. "I thought it sounded interesting and maybe it would be a way to get more people to notice [my art] ...

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Continued on page 16

Manitoba

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Keep yourself and others safe as you explore Manitoba. Remember to:

- ➔ **Wash or sanitize your hands frequently**
- ➔ **Wear a mask**
- ➔ **Practice physical distancing**
- ➔ **Stay home when you're sick**
- ➔ **Be prepared to provide proof of vaccinations at restaurants, events and museums**
- ➔ **Follow all local travel restrictions**

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↑ Gull Harbour

SWAN VALLEY AREA

MANITOBA WEST

When asked about their favourite trail systems in Manitoba, snowmobilers bring up **Swan Valley** again and again. The Swan Valley Snowmobile Association takes exceptional care of 370 kilometres of trails that wind through wooded terrain, meadows, and rolling hills.

FLIN FLON TO THE PAS

MANITOBA NORTH

If you're adventurous, challenge yourself with the 144 kilometre trail from **Flin Flon** to The Pas. The Border Explorers Snowmobile Club has all the information you need to take on this epic snowmobile adventure.

INTERLAKE AREA

MANITOBA CENTRAL

Known for its ice fishing, Manitoba's **Interlake** region is also a hotspot for snowmobiling. The Interlake Snow Trackers maintain 430 kilometres of trails that will take you through Arborg, Hecla, Riverton, Gimli, Winnipeg Beach and even across frozen Lake Winnipeg to Grand Marais.

WEKUSKO FALLS LODGE

MANITOBA NORTH

When it comes to ice fishing in **northern Manitoba**, Wekusko Falls Lodge is a staple. With several legendary lakes nearby and once-in-a-lifetime big fish opportunities, Wekusko Falls Lodge is the ultimate ice fishing experience.

ICEBOUND EXCURSIONS

MANITOBA CENTRAL

One option for ice fishing on **Lake Winnipeg** is Icebound Excursions. Icebound offers anglers the unique experience of heading onto the lake in the luxury of a SnoBear—a fully equipped mobile fishing shack.

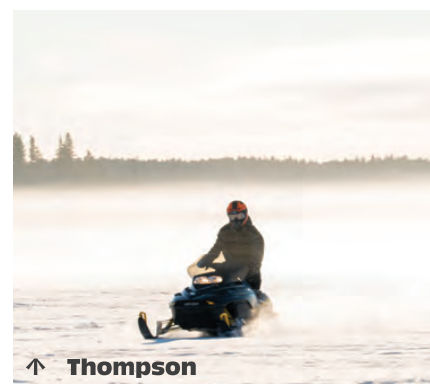
BRUIN OUTFITTING

MANITOBA EAST

On a Bruin Outfitting excursion, they take care of all the ice fishing necessities including shacks, rods, bait, and drilling the holes in the ice. Anglers heading out with Bruin will get the chance to catch a variety of species from perch to pike, all in **eastern Manitoba**.



↑ Wekusko Lake



↑ Thompson



↑ Golden Walleye



↑ Thompson

Find more family fun ideas at manito.ba/winter-explorer.

Manitoba encompasses Treaty 1, 2, 3, 4 and 5 Territory and communities who are signatories to Treaties 6 and 10. It is the original lands of the Anishinaabeg, Anish-Ininiwak, Dakota, Dene, Ininiwak and Nehethowuk and the homeland of the Métis. Acknowledging these original caretakers is a reminder of our unique heritage, our important relationships and our obligations to and shared responsibilities with Indigenous peoples.

Manitoba
CANADA'S HEART BEATS

A look at Mennonite farmers around the world

By Lorne Stelmach

The connections between faith and farming from various Mennonite per-

spectives around the world are explored in a new book.

Mennonite Farmers: A Global History of Place and Sustainability is the tenth

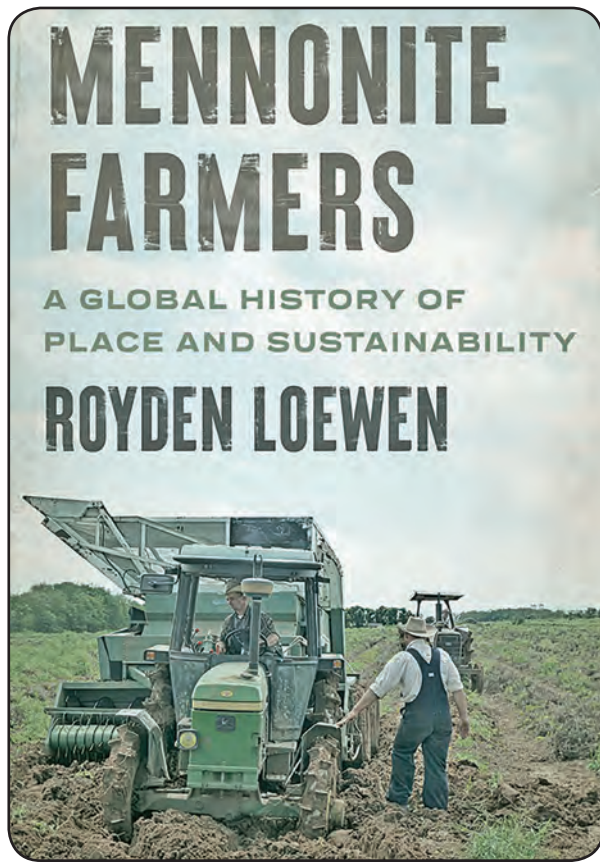
book by Royden Loewen, who is a senior scholar and former chair in Mennonite Studies at the University of Winnipeg.

In this comparative world-scale environmental history, Loewen draws on a multi-year study of seven Anabaptist communities around the world, focusing on Mennonite farmers in Bolivia, Canada, Indonesia, Netherlands, Russia, the United States, and Zimbabwe.

These farmers, among them Amish, Brethren in Christ and Siberian Baptists, till the land in starkly different climates, and Loewen gives voice to their distinct perceptions and experiences, each reflecting particular faith outlooks, historical memories, and natural environments.

The book became quite an engaging journey for the author of such books as *Horse-and-Buggy Genius: Listening to Mennonites Contest the Modern World* and *Village among Nations: "Canadian" Mennonites in a Transnational World, 1916-2006*.

In the end, a key takeaway for Loewen was "that faith definitely makes a difference in the way you approach your land, but it's not necessarily predictable how it will. It's way more complex ... it's never simple ... faith isn't always a good thing when



SUPPLIED PHOTO

Author and Mennonite studies expert Royden Loewen recently released a book detailing the global history of Mennonite farmers.

Continued on page 22



New Branch Hours

Beginning February 1, 2022

We've updated our hours to serve you better!

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Alzheimer's Awareness Month 2022

Living with Alzheimer's disease or another form of dementia is unique to every individual and their families. What can you do?

Communication

Respectful, sensitive communication is the key. Be supportive and use things that are familiar to the person to create a reassuring environment. If their perception of reality becomes confused, try to be creative rather than contradictory in your responses.

Behaviour

How dementia affects behaviour varies from person to person, and these symptoms can change over time. Always try to remain calm and reassuring, and never judge or scold. Your local Alzheimer Society can provide information and strategies to help you understand and respond to various behaviours.

Safety

We all have an important role to play in making our communities safe for people with dementia. Having dementia presents challenges, but there are things we can all do to manage the risks and promote safety at home and in the community. Click here to learn more about safety from our National website.

Myths and Realities

Myths and misconceptions

about Alzheimer's disease abound – what it is, who gets it, and how it affects the people who have it. These myths stand in the way of understanding the disease and helping those affected.

A diagnosis can be challenging for both the person with dementia and their care partners. You are not alone – the Alzheimer Society is here to help. Here are a few of the services we offer to help families face the challenges ahead:

Supportive Counselling. To access one of our client support staff, call 204-943-6622 in Winnipeg, the Regional Office nearest you or call toll free at 1-800-378-6622. You can also send an email to alzmb@alzheimer.mb.ca. The responding staff member will assist you in a caring, confidential manner.

Online Education Sessions. The journey with dementia poses many challenges. Having an understanding of what you are facing, along with reliable information about the types of help available to you, will make a difference.

Virtual Support Groups. Support groups are there for people who want to inform themselves with current information that will help improve quality of life with the disease.

It's a safe environment where you can learn, laugh and help each other through mutual understanding.

Website Information About Dementia and Strategies for Caregivers. The Alzheimer Society of Manitoba's website includes links to a variety of resources, including: topics for further reading; the national Alzheimer Society website; other national and international websites containing dementia-related information.

The Alzheimer Society of Manitoba's eNewsletters. These eNewsletters contain information about topics of interest to care providers and those with dementia, current research, upcoming education events and much more.

Care Partner Support: Care

partners are encouraged to access support in ways that work for them. To learn more about care partner support and education provided by the Alzheimer Society of Manitoba, check the programs and services page at www.alzheimer.mb.ca/we-can-help/programs-and-services/

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> WAC RENTAL EXHIBIT, FROM PG. 12

this would be my first time having them out in public."

Supporting local artists is what has kept the Winkler clinic involved for a number of years, said director of operations Elsie Toews.

They usually rent about 20 pieces, taking the opportunity to keep things fresh for staff and patients alike.

"I think it's really great that we have gotten to the point where we have an art gallery that is part of our cultural scene in Winkler," Toews says, "So to be able to support local that way as well as local artists is, I think, important."



Health orders extended for three more weeks

By Voice staff

The public health orders slated to expire this week have been extended until next month.

The province on Friday announced that all current COVID-19 prevention orders will remain in place for three more weeks, until Feb. 1

"Ongoing restrictions are a challenge for many Manitobans, but remain necessary to help slow the spread of the virus and protect our health-care system," said Health Minister Audrey Gordon in a statement.

"While these orders remain in place, we continue to take steps to improve supply and access to testing and other important initiatives that support our pandemic response and protect our health system. Nothing is off the table and we will act swiftly in the weeks ahead if further action is required to protect Manitobans."

The current orders include widespread restrictions on both public and private indoor and outdoor gatherings as well as capacity limits in businesses and proof of vaccination requirements for certain spaces.

The *Winkler Morden*
Voice

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CHAMBER MEMBER SPOTLIGHT

www.mordenchamber.com

Morden's Avenue Polaris part of a family tradition

Avenue Polaris Kawasaki South in Morden is part of what has now remained a family business through four decades.

The business started in Portage about 40 years ago and added the Morden location nine years ago. Through it all, they've been family owned and operated.

"This is second generation, and we're grooming the third generation. It's awesome that it's going to stay in the family. Everyone is pleased about that," said John Friesen, general manager of the Morden location at 167 Loren Drive.

In 2017, four years after opening its doors in Morden, Avenue Polaris South built a new facility just down the road from its old one. The growth continued in 2018 with the addition of the full Kawasaki Line, including side by sides, ATVs, motorcycles, and jet skis.

In addition to continuing to be a full line Polaris and Kawasaki dealer, the business as well is a Husqvarna power equipment dealer.

"We've got our hands full with all of these things now. Kawasaki has been a newer venture; we're in our third year now, and that has been really good for us," said Friesen.

"I don't foresee any more additions in the near future," he added. "We've got a pretty big space here, but we've got enough product and enough product lines to fill that space. I think if we were to consider doing anything else, we would have to consider expanding our physical operation."

The service component is an important part of their business.

"Service is big for us," Friesen said. "We have two certified trained technicians in the back who we send to school every year, and we update them almost on a monthly basis when it comes to product knowledge and product training."

"That's an important investment we put in our people, and it is definitely worth it," he continued. "Between our two technicians, we've got over 50 years of combined power sports equipment history there, so the knowledge base that we have behind that wall there is amazing."

MORDEN CHAMBER OF COMMERCE

mordenchamber.com

Avenue Polaris Kawasaki South general manager John Friesen.

He believes there is a real need in this region for all that they can sell and service.

"The ag economy is our number one thing. Most of our machines are geared towards agricultural customers," Friesen suggested.

"We try to sell not too much outside of our area," he added. "If you put a pin on our store here and draw a 60 mile radius, that's kind of where we like to sell."

Friesen sees the business being in a strong position even as the economy still emerges from the impact of the pandemic.

"There are definitely issues there with the supply chain. There are waiting lists for a lot of our products," he said. "COVID has increased the demand for some of these products. People are staying at home ... they're taking their money and investing it in something they can do locally."

You can find more information through their website at avenuehondapolaris.ca.

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THE VOICE OF BUSINESS

"Don't be afraid to ask for help"

Raising awareness about the supports available to those living with Alzheimer's and other dementias

By Ashleigh Viveiros

With January being Alzheimer's Awareness Month, the Alzheimer Society is working to get the word out about their FirstLink program, which connects individuals with the support they need to navigate a journey with the disease.

"It's like a referral program, but anybody can refer. So if you have a friend or a parent that is a caregiver going through this and needing some extra support, you can call us and make a FirstLink report," explains Kathy Fehr, south central regional coordinator for the society.

Fehr notes you do need to contact your loved one first to make sure they're okay with you contacting the Alzheimer Society on their behalf. Assuming they are, Fehr would then give them a call to talk about the resources and services available to them, or simply to provide a listening ear.

"It gets used a lot by our doctors and the community mental health workers," Fehr notes, stressing, however, that it's open to anyone.

It's a way to take something off a caregiver's likely already full plate.

"A person that is a caregiver for somebody has their hands full," Fehr

says. Often they might intend to reach out to the society but then find themselves too busy to do so. "So within three to five working days, we give them a call. 'We're here for you. Is this a good time to chat?' And we just go from there."

Fehr has had a few FirstLink reports but would love to see awareness of the service grow.

"I would like to get more, because I know there's a lot more people out there," she says. "But there's all this stigma out there."

There is still an element of shame that can come with a diagnosis of dementia,

especially when it's an early onset case, with patients and caregivers perhaps hiding it from their friends and family as long as they can, trying to pretend that everything is normal when it's not.

"People need to realize that, yes, this is

a progressive disease. But it is a disease," Fehr says. "It's not something you did or something somebody did to you. It just is."

Trying to hide the reality of the situation is an extra, unnecessary burden.

"Most of the time when it's early onset, that acceptance piece is tough for people ... not wanting to share that

"ACCEPT HELP ...
DON'T WAIT UNTIL
YOU ABSOLUTELY
NEED IT."



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Kathy Fehr is the regional coordinator for the Alzheimer Society of Manitoba. She's there to point people in the right direction of the resources available locally, or simply to provide a listening ear.

because they think they'll be treated differently," Fehr says. "It depends who you are as a person ... some people do go, 'It's the elephant in the room and I'm just going to call it out. This is what I've got.' And many times those people feel better about it."

Leaning on others going through the same thing can be incredibly valuable. To that end, the society has support groups for patients and caregivers. They've been meeting mainly online since the pandemic began, but Fehr hopes in-person gatherings will be possible again soon. The online groups offer several different days of the week and both day and evening hours, making it easy to find a time that suits.

"You can jump on anytime with any group," Fehr says, stressing how helpful it can be to simply talk with others navigating the same challenges and pitfalls. "They share stories and really build their own little support within that group. It's so intriguing to see those relationships build ... for them to realize they are not alone in what they're experiencing."

As Alzheimer's Awareness Month continues, Fehr wants to let people know "that we are here to support you. We are here to educate you. You don't have to do this alone."

And as devastating a diagnosis of dementia can be, there is still hope.

"They definitely can still lead fulfilling lives," says Fehr, adding that having a strong support group plays a big role in that—another reason why acceptance is so important, as is asking for help when you need it, be it as an individual living with the disease or a caregiver.

Caregivers especially need to make sure they're making time to tend to their own mental health needs, Fehr says.

"I'd like to tell them they're on a journey. Things will be different. They need to take every day as it comes—there will be good days and there will be bad days," she says, acknowledging that's easy for someone outside the situation to say, but the reality of living it can be very difficult. "Reach out to others who are struggling with the same thing you are. Vent to somebody who understands. They can call me. I don't have to say a word; I can just listen. People do that and they do feel

Support Changes Everything

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Alzheimer Society of Manitoba

Access CU makes its case for another merger

By Lorne Stelmach

Access Credit Union members had their chance to ask questions and have their say this week as member forums were held in the lead up to a merger vote later this month.

Two virtual online sessions were held Monday and Wednesday ahead of the vote scheduled for Jan. 25-27 on the amalgamation of the Access, Noventis, and Sunova credit unions.

"It looks like the scale we're creating will provide savings on some of the technology and the implementations the government is looking for," said Access CEO Larry Davey. "There's been a significant amount of due diligence completed by all three credit unions. It looks like a great fit."

Davey had earlier addressed members in a video posted online where he made reference to the fact they were still working through final steps of the amalgamation with Crosstown Civic Credit Union.

"To some members, this feels too quick and too early to be looking at another merger," he said. "The biggest question that all our members ask is why now."

In response, Davey has cited two key factors that they say in the near-future will require credit unions to invest millions of dollars in financial technology to meet new government-mandated standards.

As a larger credit union, they maintain they can save money on these investments and that those savings will allow them to continue to offer competitive rates, lower fees, cash rewards, and better account packages as well as increase the funds available to invest in our communities.

One key change is the move to open banking or consumer directed finance, while another is a move to payment modernization.

Open banking will allow people to more easily move money from one institution to another, and Davey said that will require a significant and costly change in technology.

"We're still trying to determine exactly how much it's going to cost the credit union and the system, but again, when you're buying technology, there's usually volume discounts."

Payment modernization basically involves speeding up the time it takes for payments to go through the system. Right now, it allows three days for payments to reach their destination. The government has mandated that to be reduced to three hours and eventually to be instantaneous.

"With the three credit unions coming together, it's about a million and a half dollars savings per year on the payment side that we wouldn't realize without the amalgama-

tion," said Davey.

"As a result, having the scale of the merger allows us to reduce the cost for members ... by bringing the three credit unions together, we're able to reduce that cost."

"These mandatory changes come at a significant cost for every credit union, and we have to find a way to manage those costs," he said. "This partnership that we're entering into allows us to tackle those changes and to reduce the impact on our members."

Aside from those issues, Davey also touched on other advantages ranging from being able to continue offering competitive rates, charges and patronage refunds to seeing no impact on local branches and services while in fact expanding on the insurance and wealth management divisions.

"It's always nice to pick partners who are aligned on where you want to go," he said. "They're very focused on supporting communities; they're very focussed on member service, and that is a great fit with Access."

Both Noventis and Sunova have agreed to go with the Access name and system, Davey added, so there will be no real cost to Access in that respect, and members will benefit from the flexibility and convenience of an even-wider branch network throughout Winnipeg and the southern, eastern, and Interlake regions.

In the question and answer time Monday, one member wondered what impact there might be particularly with some of the smaller branches.

"One of the benefits we saw from coming together with Crosstown Civic was the ability to maintain all of our branches ... I see that continuing with Noventis and Sunova," said Davey.

Another member wondered if Access was getting too big with too many branches to manage and noted Steinbach by comparison has far fewer branches,



SCREENSHOT

Access Credit Union CEO Larry Davey at an online members meeting Monday night.

but Davey pointed out that Steinbach though still has a similar number of employees.

"It is a wider expanse that we are covering than some of the other credit unions," he acknowledged, but added that "we've put in a structure that has been able to provide that service to members. We have not found the number of branches to be arduous at all."

And another member wondered about the impact on staffing, or if there were "efficiencies in staffing" to be found.

"Staff can be reduced in certain areas. We have moved to some specialized areas so that we can provide better member service overall," said Davey. "At the same time, the business has grown a fair bit, and we haven't seen that growth in staffing."

Approval of the amalgamation will require two thirds approval from members. Voting details are available online at the cusuccess.ca.

Access Credit Union has assets that exceed \$6 billion with 92,000 members, and it is currently the second largest credit union in Manitoba. Noventis serves 28,000 members with \$1.14 billion in assets and is the 10th largest credit union in Manitoba, while Sunova has grown to serve 49,700 members with \$2.3 billion in assets and is the fifth largest credit union in Manitoba. The new credit union would have over \$169,700 members and \$9.5 billion in assets with about 800 employees in 52 branches.

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The Winkler Morden
Voice

> ALZHEIMER SOCIETY, FROM PG. 18

better. We do feel better after we've shared and we've put things into perspective."

And while the pandemic has certainly made it more difficult than ever for couples living with Alzheimer's to take time away from one another, it's still important to try, Fehr says. Talk a walk. Step away to journal your feelings. Grab a cup of coffee.

"It's not selfish to do self-care—it's necessary."

"Accept help," she continues. "And don't wait until you absolutely need it. Find out about the resources that we have in our community and get the help. Don't just say, 'Well, we're still managing now.' No—we don't want two sick people. We want you to stay healthy too."

Some of the resources available locally include home care, respite care, counselling services, and Meals on Wheels programs, to name a few.

If you're not sure what kind of help you could use or what's available in your community, don't hesitate to reach out to Fehr. She's more than happy to point people in the right direction.

"I'll help them as best I can," Fehr says.

The regional Alzheimer Society office is located in the Buhler Active Living Centre in downtown Winkler. Fehr can also be reached via email to alzsc@alzheimer.mb.ca or phone at 204-325-5634.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Bombers down Beavers, Royals best Islanders

By Ashleigh Viveiros

The Morden-Winkler SEMHL teams both got 2022 off on the right foot.

Last Thursday, the Morden Bombers battled the Carman Beavers to a 3-2 OT win to kick off the second half of the season.

Carman scored first early in both the first and second periods, but each time Morden tied things up in the back half, courtesy of Steven Mullin in the opening frame and Mike Rey in the middle one.

The 2-2 tie held through the duration of the third, forcing overtime, where Morden captain Tyler Peers got the game winner two minutes in.

Reed Peters slapped away 31 shots on goal as his teammates massively outshot their opponents 58-33.

The Winkler Royals had similar success over the Portage Islanders a few nights later.

In a game that saw the Royals fire 42 shots on their opponent's net (versus the 33 Winkler netminder Jayme Janzen faced), Winkler found the mark eight times to the Islanders' four.

Mitch Fehr drew first blood in the first, which ended 2-2.

Lee Christensen added two more to Winkler's tally in the second, joined by singles from Carter Wall and Marcus Neufeld to end the period up 5-2.

Portage managed two more goals in the third (including one on a powerplay in the final six seconds), but they were outdone by Fehr's second of the night alongside goals from Austin Wiebe and Kevin Schellenberg.

With that, Winkler is in fifth place in the South Eastern Manitoba Hockey League standings with a record of 5-7-1



for 11 points.

The Bombers, meanwhile, are in third place at 7-3 for 14

points. They're tied in points with the second-place Warren Merces and the fourth-place Islanders and trail Carman in first by two points.

This week, Morden travels to Portage Wednesday to take on the Islanders and then hosts Warren Saturday. Puck drops at 8 p.m. at the Access Event Centre.

Also on Saturday, the Royals play the Maroons in Altona.



Above: In what proved to be a very physical game, Morden's Steve Mullin upends Carman's Thomas Lenchyshyn along the boards. Left: Carman's Geoff Maloney looses an edge and slides into Morden goalie Reed Peters, knocking the net off its moorings. The Bombers got the win in overtime 3-2.

PHOTOS BY
RICK HIEBERT/VOICE

Winnipeg Avros double up on female Hawks 4-2

By Lorne Stelmach

It may have ended with a loss, but the female U18 Pembina Valley Hawks battled hard against the best team in the Manitoba U18 female hockey league.

The Hawks were edged 4-2 Friday by the Winnipeg Avros on home ice in Morden, and they then ended the weekend on a high note with a 3-0 shutout of the Eastman Selects Saturday in Niverville.

The Avros held a slim 2-1 lead after 40 minutes and then connected twice in the third period to earn the win over the Hawks, who were out-shot 31-24 with Tria Enns making 27 saves. Caitlin Anderson and Abbey Bourdeaud'hui scored for the Hawks.

Kaylee Franz then got the 29 save shutout Saturday against Eastman while the Hawks fired 40 shots on the Selects' goal. Scoring for Pembina Valley were Jessica Anderson, Anika Braun and Gracie Carels.

Pembina Valley remains locked in fifth place at 9-10-0 for 18 points, which left them six back of the Winnipeg Ice and seven ahead of Eastman and Central Plains.

The Hawks have only one game this week as they welcome the third place Westman Wildcats to Morden Sunday afternoon.



PHOTO BY RICK HIEBERT/VOICE

Pembina Valley's Emily Foster and Winnipeg's Isabela Huculak battle for the loose puck in front of Hawks netminder Tria Enns in a game that went the Avros' way 4-2.

Winning weekend for Winkler Flyers against the Kings

By Ashleigh Viveiros

The Winkler Flyers came out on the winning side of two hard-fought games against the Dauphin Kings last weekend.

Taking to the ice for the first time since the holiday break, Winkler's offensive lines wasted no time in taking a 3-0 lead in the game's first 10 minutes. Justin Svenson, Daniel Isaak, and Ryan Monias did the honours while Dylan Meilun let just one goal slip past him in net out of 11 shots from the Kings.

Dauphin tried to close the gap in the second, but Trent Penner restored Winkler's two-goal lead with his first of the night and then Monias scored his second to make it 5-2 heading into the final frame.

Two more goals from the Kings drew them dangerously close to tying once more, but their efforts came to no avail and yanking their goalie at the end of the period only gave Winkler's Jackson Arpin the chance to drive home

the final nail with an empty-net goal. Winkler got the win 6-4.

Overall, the two teams were fairly evenly matched in shots on net—Winkler had 23 while Dauphin sent 27 Meilun's way.

There were fewer goals but no less excitement two nights later in Winkler.

Up 1-0 after 20 minutes thanks to a goal from Jayden McCarthy in the opening period, Winkler found themselves on the other side of things in the second as the Kings scored three to their one (courtesy of Justin Sven-

son) to take a 3-2 lead at the second intermission.

Almost all of the final period went by before either team found the back of the net again; Winkler's Gavin Waltz scored the tying goal with less than four minutes to go to force overtime.

There, McCarthy scored his second of the night two minutes in to give the win to Winkler 4-3.

Meilun was back in net once again for the Flyers, making 32 saves off 35 shots. His teammates fired 36 the other way.

The wins moved the Flyers up out

of third place and into second in the MJHL East Division standings. Their 19-11-1-1 record is good for 40 points—two up on the Winnipeg Blues in third and nine behind the Steinbach Pistons in first place.

This weekend the Flyers face the Waywayseecappo Wolverines, hosting them Friday night before heading up north for a rematch on Sunday.

After that, Winkler closes out January with a series of games against the Winnipeg Freeze. Home games are scheduled for Jan. 19 and Jan. 28.

Twisters drop two on the road

By Lorne Stelmach

The Pembina Valley Twisters couldn't quite match up on the road last week against the two teams ahead of them in the MMJHL standings.

A 6-1 loss Tuesday to second place Transcona was followed by a 5-2 defeat by first place St. James Friday. The week was salvaged Sunday, though, as the third place Twisters humbled Stonewall 8-1 on home ice in Morris.

Penalties proved costly to Pembina Valley in Transcona as the Railer Express fired three powerplay goals on their way to victory, with Jacob Carels

Continued on page 22

Hawks put a halt to three game losing streak

By Lorne Stelmach

The male U18 Pembina Valley Hawks halted a three game losing streak with a successful road trip to Thompson this past weekend.

The Hawks rebounded from an 8-6 loss to the Winnipeg Thrashers earlier in the week by taking down Norman 5-4 Saturday and 4-3 Sunday.

Four unanswered second period goals were the difference for the Thrashers last Wednesday as they erased what had been a 3-2 Hawks lead after 20 minutes of play. Winnipeg also connected for three powerplay goals while giving up one to Pembina Valley.

Carter Campbell had a pair of goals for the Hawks with other markers from Marek Miller, Logan Fillion, Keston Worley, and Carter Sotheran, who had a three point night. Shots on goal were 35-26 for the Hawks. Bryson Yaschyshyn took the loss in net with 18 saves.

Sotheran scored the winning goal 3:28 into overtime Saturday to give

the Hawks the win in game one with Norman, while Raiden LeGall made 39 saves with the Northstars holding a 43-32 edge in shots. Liam Goertzen and Griffin Ayotte both scored a pair of goals for the Hawks.

Game two was even at two apiece until the Hawks scored a pair of unanswered goals in the second period.

Worley, Sotheran, Fillion and Goertzen scored for Pembina Valley, while Yaschyshyn made 24 saves as the Hawks held a 34-27 edge in shots on goal.

The Hawks are in eighth place at 12-16-2 for 26 points, which left them even with the Winnipeg Bruins and three behind Yellowhead.

Pembina Valley now has a week off as a result of tightened public health restrictions in Ontario forcing the cancellation of the scheduled double-header in Kenora with the Thistles.

They return to action with a double-header against Parkland next weekend (Jan. 22-23) in Morden.

Twisters locked in third place in MMJHL

From Pg. 21

scoring the lone goal for the Twisters in the third period.

Transcona grabbed period leads of 3-0 and 4-0 as they rolled to the win with a 46-30 edge in shots on goal. Logan Enns started in net for the Twisters and stopped 20 of 23 first period shots before giving way to Martin Gagnon, who also stopped 20 of 23 the rest of the way.

Pembina Valley trailed St. James 4-0

in the second period before Carels and TJ Matuszewski finally got them on the board, and penalties were again costly with the Canucks connecting on two powerplays.

Gagnon made 37 saves for the Twisters, who were outshot 42-26.

Pembina Valley took period leads of 3-0 and 4-1 as they rolled to victory over Stonewall while outshooting the Jets 54-16 with Gagnon getting the win on only 15 saves.

Matuszewski and Cody Clark both had a pair while other goals came

in courtesy of Riley Goertzen, Travis Penner, Curtis Rebeck and Merck Degraeve.

The Twisters remain locked in third place at 17-6-3 for 37 points, which has them trailing St. James at 49 and Transcona at 48 points while St. Vital is close behind at 33 points.

Pembina Valley visits Charleswood Friday then hosts Transcona Sunday.

> LOEWEN, FROM PG. 14

it comes to land sustainability, but I think more often it is."

The book was very much a logical next step from his earlier works, Loewen suggested.

"Most of my earlier works have focused on Mennonites in North America ... and then my reach took me to the Low German Mennonites in the Americas, including South America," he explained.

"Then I began thinking there are more Mennonites in Africa than in North America, more than even in Canada ... so that idea of a global Mennonite trinity intersected then also with my interest in environmental history and the way that people relate to the land.

"That's something that always really interested me and partly because I'm a farmer myself. I've always farmed ... just because I'm a professor doesn't mean I'm not getting my hands dirty," he added. "So those are interests that connected, and everyone is talking about the environment and how can we be good stewards of the soil, so as a historian, I thought, let's look at this from a global perspective.

"There's Mennonites from all over the world ... so what I did was I chose seven different communities," Loewen explained. "Most of them I had visited by happenstance in my

career, and I found seven student researchers because we interviewed in seven different languages."

His approach for the book was to focus in on a few basic ideas.

"The questions were how do you farm your land and how does your farming intersect with your faith and basically reporting on the history of these seven different communities.

"I think it's important to note one of the communities was one of the original communities that Mennonites came from [in the Netherlands]," Loewen noted.

Four of them could be referred to as settler communities—Iowa and Manitoba as well as Siberia and Bolivia with farmers of European descent—while two are mission-founded communities in Zimbabwe and Indonesia.

"It was very interesting. Of all of my books, this is the one that has kept my attention," said Loewen, who liked the idea that someone with Kroeker Farms could sit down with someone from Java and, with the help of an interpreter, they would be able to understand each other and their experiences.

There are however obvious contrasts such as some using oxen and hand tillers while at the other end of the spectrum are fully equipped modern tractors with GPS.

"THE TAKEAWAY IS THAT THE QUESTION OF FAITH IS STILL A QUESTION THAT MENNONITE FARMERS OF THE WORLD ARE STILL ASKING."

He also, though, found other more philosophical contrasts.

"There are huge differences of how Mennonites around the world think of faith and land," he said, noting particularly that "the Siberian one was founded by Mennonite Brethren in 1911 before the Communist revolution ... but soon after that, they had collectivization."

So there were different ideas and levels of understanding about faith and nature. In Bolivia, for example, it meant using horse and buggy and keeping things simple.

"The answers to our questions were extremely diverse," Loewen said. "Their approaches to farming were radically different in the way they would answer these questions.

"You go to the Netherlands ... the place where the Anabaptists originated from, they are the least likely to say that faith makes a difference to the way that they use the land," he noted. "In Zimbabwe and Indonesia ... these are converts, but some of their old faith ideas are still there,

and they're kind of intertwined with their Christian ideas ... they will talk about mother earth in a spiritual way that weren't not used to in North America."

The challenge for Loewen became how to pull it all together, but he found his way with a guiding principle in mind.

"If you want to understand global agriculture from around the world, you can't just do it from a bird eye's view and crunching numbers. You have to descend into the village, and you have to talk to people," he said.

And Loewen came away from it feeling optimistic about the state of things in the world.

"The takeaway is that the question of faith is still a question that Mennonite farmers of the world are still asking," he said. "I do find it hopeful because these farmers do think about that question, and that's where we have hope for sustainability. If you're not asking that question at all, that becomes worrisome."

Noreen Shirtliff, regional lead for acute care and chief nursing officer in Southern Health said those centres

"Those decisions are hard to make," Shirliff said. "We really appreciate all of our staff and how hard they work and their willingness to step up and step in"

Patients are moved within the region to centres that have the proper resources to tend to them. If there aren't enough resources in the region for a patient, they could be moved out of Southern Health to a facility in a different region that can care for them.

Currently, the hospitals with ORs open are only doing emergent and urgent surgeries. Other surgeries will be rescheduled when the province gives the go-ahead, depending on demand in other parts of the healthcare system.

SUDOKU



Crossword Answer

CROSSWORD

36. Baseball stat
37. One's grandmother
38. Breakfast food
40. Bathroom features
41. Disease-causing bacterium
42. NY ballplayer
43. Got up
44. Prophet
45. Part of the mouth
47. Unnatural
48. Acronym for brain science study
49. Three are famous
52. Languages spoken in Patagonia
53. Freedom from difficulty
54. Widely used OS
55. Many people pay it

get inspired

> MEAL IDEAS



Turkey-Potato Wrap

light sour cream (optional)
Place potatoes in microwave-safe bowl; sprinkle with water. Cover, venting one corner. Microwave on high 5-8 minutes until potatoes are tender.

In large nonstick skillet over medium-high heat, heat oil. Add and break up turkey; cook 5 minutes, tossing occasionally. Mix in carrot; cook 2 minutes. Add potatoes and onions; toss and cook 2 minutes. Reduce heat to medium; mix in tomato sauce, cheese and Italian seasoning.

Cook, stirring occasionally, 4-5 minutes until mixture is hot and most sauce is absorbed. Season with salt and pepper, to taste. On work surface, lay out tortillas. Place 3/4 cup hot turkey mixture on each; fold and roll for burritos.

Cut in halves. Serve each with sour cream, if desired.

Recipe courtesy of Wisconsin Potatoes
3/4 pound Wisconsin russet potatoes, cut into 1/2-inch pieces
1 tablespoon water
1 tablespoon canola oil
3/4 pound ground lean turkey
1 large carrot, shredded
1/3 cup sliced green onions with tops
1 can (8 ounces) tomato sauce
2/3 cup shredded cheddar cheese
1 teaspoon dried Italian seasoning or basil
salt, to taste
pepper, to taste
4 large whole-wheat or high-fiber tortillas



No-Bake Sweetpotato Coconut Ginger Energy Bites

1/2 cup unsweetened shredded coconut

In large bowl, combine sweetpotato, oats, peanut butter, honey, ginger and cinnamon; stir until well combined.

Refrigerate bowl about 20 minutes to firm.

Line baking sheet with parchment paper.

Remove dough and portion into snack-sized bites. Gently roll bites in shredded coconut and refrigerate 15-20 minutes or freeze 10 minutes.

Remove from refrigerator or freezer and serve.

Recipe courtesy of Sarah Schlichter, MPH, RDN, on behalf of the North Carolina SweetPotato Commission
Total time: 45 minutes
Yield: 14 bites (1 bite per serving)
1 cup cooked sweetpotato
3/4 cup rolled oats
1/2 cup peanut butter (or desired nut butter)
3 tablespoons honey
1/2 teaspoon ground ginger
1/2 teaspoon cinnamon



Alaskan Salmon Burgers with Peppered Bacon

4 cheddar cheese slices
4 seeded burger buns, split and toasted
4 cups arugula
6 strips peppered bacon, cooked
12 bread-and-butter pickles, drained
In small bowl, combine mayonnaise, lemon juice and lemon zest. Season with salt and pepper. Set aside.

Cook salmon burgers according to package directions. When almost cooked through, top each with slice of cheese, cover and cook until melted.

Spread cut sides of buns with mayonnaise and top bottom buns with arugula. Cover with salmon burgers, bacon, pickles and top buns.

Prep time: 13 minutes
Servings: 4
1/2 cup mayonnaise
1 1/2 tablespoons lemon juice
1/2 teaspoon lemon zest
salt
pepper
1 box (11.2 ounces) Trident Seafoods Alaska Salmon Burgers

Boost your energy with a walk (better than coffee!)

By Fitness & Nutrition Expert Julie Germaine Coram

Grabbing a java is the priority for many people first thing in the morning. But, if you're being honest, you may drink a whole pot to yourself by the time the workday wraps.

But did you know that reaching for your runners before breakfast can be a more effective way to wake up (and make you feel better) than drinking a cup of coffee?

Trusted experts state that exercise triggers changes in your brain's neurotransmitters, including dopamine, serotonin, histamine, and norepinephrine. Just walking alone improves blood circulation throughout the body and helps oxygen and nutrients reach your brain and muscles.

Summary: Exercise makes you more alert!

#1 Better total health

A walk inside or outside not only makes you more present and effective at work, it's also an effective way to ensure your weight stays within a healthy range (and will enable you to burn calories to reduce stored body fat). A consistent exercise routine, including walking or cycling, will elevate your mood, benefit cardiovascular health, and positively affect memory function.

2. It changes your environment

Enjoy a refreshing change of scenery and create a mental 'reset' by moving out of your workspace. Even 10 short minutes makes a big difference.

3. Your sleep improves

Caffeine is proven to contribute to sleeplessness, leading you to be exhausted and less productive the next day.

Instead, going for a walk will help you sleep better at night. If you can bundle up and enjoy the sunshine outside in Manitoba's cold January, you can also get fresh air, vitamin D, and regulate your circadian rhythm



Health and Wellness Fitness expert

Julie Germaine Coram

(very important factor in sleep quality).

4. Zero negative side effects

What a bonus! A short walk is nothing but healthy and natural! Compared to caffeine, which can cause jitters, nausea, irritability, and more yucky side-effects.

5. Calorie-free!

Not too many people opt for black coffee, so you add unnecessary sugars to your diet when you choose coffee over exercise. On the other hand, walking daily will truly help you support healthy weight levels.

Would you like to lose two inches from your waistline in the next 30 Days? Join my VIP Fat Loss Challenge! Secure your spot asap – limited space available. Visit: www.calendly.com/juliegermaine or email info@juliegermaine.com

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



Loaded Smoked Salmon Rice Bowl

Prep time: 4 minutes

Cook time: 1 minute

Servings: 1

1 cup Minute Ready to Serve Brown Rice

2 ounces smoked salmon
1/2 cup julienned cucumber

1 teaspoon soy sauce

1 tablespoon everything

bagel seasoning mix

Heat rice according to package directions.

Top rice with smoked salmon and cucumbers. Drizzle with soy sauce and sprinkle with seasoning mix.

Classifieds The Winkler Morden Voice

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PROPERTY MANAGEMENT

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LAND FOR RENT/PASTURES

AGRICULTURAL CROWN LANDS are presently available for rent for hay or grazing or cropping. These lands will be available for rent through an online auction. These lands are situated in the Rural Municipalities (RM)s of: ALEXANDER, ALONSA, ARMSTRONG, BIFROST-RIVERTON, CRANE RIVER-NORTHERN AFFAIRS ACT, CITY OF WINNIPEG, COLDWELL, DELORAINWINCHESTER, ETHELBERT, FISHER, GLENBORO-SOUTH CYPRESS, GLENELLA-LANSLOWNE, GRAHAMDALE, HARWILL-NORTHERN AFFAIRS ACT, HOMEBROOK - PEONAN POINT-NORTHERN AFFAIRS ACT, INDIGENOUS RECONCILIATION & NORTHERN RELATIONS, KELSEY, KILLARNEY - TURTLE MOUNTAIN, LAC DU BONNET, LAKE-

SHORE, MONTCALM, MORRIS, MOSSEY RIVER, MOUNTAIN, NATIONAL MILL-SNORTHERN AFFAIRS ACT, NORTH NORFOLK, PINEY, PORTAGE LA PRAIRIE, PRAIRIE VIEW, REYNOLDS, RIDING MOUNTAIN WEST, RIVERDALE, ROBLIN, ROSEDALE, ST. ANDREWS, ST. LAURENT, STE. ANNE, SIFTON, SPRINGFIELD, STUARTBURN, TACHE, TWO BORDERS, VICTORIA, WATERTHEN-NORTHERN AFFAIRS ACT, WEST INTERLAKE, WESTLAKE-GLADSTONE & WOODLANDS. A complete listing of Agricultural Crown Lands available for rent can be found online at: http://resd.ca/leases_and_permits/LPproperties.aspx. The online auction will take place from January 31 - February 4, 2022, hosted by Garton's Auction Service: <https://gartonsauction.com>. For additional information, please contact your nearest Manitoba Agriculture and Resource Development (ARD) Agricultural Crown Lands District Office (or via email at agcrownlands@gov.mb.ca) or call Real Estate Services Branch at 1-866-210-9589. A listing of ARD Agricultural Crown Lands District Offices can be found online at: <https://www.gov.mb.ca/agriculture/land-management/crownland/agricultural-crown-lands-district-offices.htm>

MISCELLANEOUS

God gives us something to do on His day. He calls us to worship, to prayer and times of meditation in private, in the family, and in public. If we are to have proper views of the Lord's Day, we need to recognize that it is not merely what we think is right for that day. Malcolm MacInnes (1825-1903). Please support us in the cause to preserve the Christian Sabbath Day. www.clda.ca

NOTICES

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

TRUST the 37 Weekly Manitoba Community Newspapers to get your messaging out! Blanket Classifieds are a great way of getting a message out to all of our member papers at once! We are now booking Classified Advertising for 2022. Call 204-467-5836 or call MCNA at 204-947-1691 for details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

HEATH

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



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www.mcna.com

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The Winkler Morden Voice
Call 467-5836 Email ads@winklermordenvoice.ca

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Farm Production Operator

Looking to hire two full time Farm Production Operators on a 3000 acre seed production farm north of Carman MB. Looking for self-motivated individuals with production agriculture experience. These positions will have a lot of task variability from day to day and the work will happen in a team as well as independently.

Duties

- Seeding (air seeder and row crop) calibrating, adjusting to soil conditions, cleaning and loading.
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- Land Management - ditch mowing, harrowing, land scraping, tillage and fertilizer banding
- Seed Plant Operation - not a primary duty but training will be provided
- Local Trucking - Class One license preferred
- Machinery maintenance

Training / Professional Development Opportunities

- Class One driver training
- Work place health and safety training
- Seed plant operator training
- Advanced machinery and guidance training

Salary

- Will vary depending on experience and skills
- Please contact
Robert J Park
RJP SEED LTD
1-204-745-0088
rob.park@rjpseed.com

PUBLIC NOTICE



RURAL MUNICIPALITY OF STANLEY ANNUAL PUBLIC NOTICE Additions to the Voters List and/or Personal Security Protection Requests

In accordance with Section 36 of *The Municipal Councils and School Boards Election Act (MCSBEA)*, the Rural Municipality of Stanley Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of Rural Municipality of Stanley can have his or her name added to the Voters List or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the RM of Stanley, in person, by phone, fax or mail to:

Dale Toews, Chief Administrative Officer

1-23111 PTH 14

Stanley MB R6P 0B1

Phone: (204) 325-4101

Fax: (204) 325-4008

The next General Municipal Election takes place on October 26, 2022.

EMPLOYMENT



Box 1448, Winkler, Manitoba
Tel: (204) 325-7304 Fax: (204) 325-1958
www.gatewayresourcesinc.com

DIRECTOR OF PROGRAM SERVICES (FULL TIME)

Gateway Resources has an excellent opportunity for our next Director of Program Services. This position will start in late February 2022.

This position will require a creative, focused individual with the ability to develop and deliver services, motivate and lead teams within the Program area.

The responsibilities of the position include, but are not limited to, the following:

- Service development and management - i.e., overseeing the person-centered planning process
- Communication with internal teams, external supports, CSWs and family members
- Development, delivery and evaluation of quality programs to improve the lives of our supported persons as they grow and develop.
- Management of all financial matters in the program area
- Advocacy for programs and supports
- Proposal and grant writing
- Community involvement including committees, fundraising, etc.

Qualifications

- Have a genuine interest in supporting people with intellectual disabilities
- Post-secondary diploma or degree in Social Services, Disability and/or Community Support.
- 3-5 years of related Social Services experience including supervisory/management experience
- Proven ability to problem solve and make decisions to achieve goals
- Proficient in MS Office programs (Excel, Word, PPT, etc) plus payroll systems.
- Personable, creative, organized and reliable
- Excellent relationship building skills
- Have a valid Class 5 (minimum) MB Driver's License and use of personal vehicle when required.
- Emergency First Aid/CP with AED training or be willing to take the training.
- Provide a criminal record check without concerns to the work environment
- Complete an Adult Abuse Registry Check without concerns to the work environment
- Dedication to continued professional development
- Have strong English verbal and written communication skills. Second language skills are an asset.

Applications can be made at <https://www.northstarats.com/Gateway-Resources> and applications must include a cover letter detailing how your skills, experience and qualifications align with our requirements and a resume detailing your work, education and volunteer experiences. If you have questions, feel free to contact PattyAnne LePage, Director of Human Resources at (204) 325-7304, ext. 233.

CONT. ON NEXT COL

PUBLIC NOTICE



R.M. OF STANLEY PUBLIC NOTICE REGARDING THE 2022 FINANCIAL PLAN

Public Notice is hereby given pursuant to Subsection 162(2) of The Municipal Act that the Council of the R.M. of Stanley intends to present its Financial Plan for the fiscal year 2022 at a Public Hearing in the Council Chambers of the Municipality on Thursday, February 3, 2022 at 9:30 a.m. Council will hear any person who wishes to make a representation, ask questions, or register an objection to the Financial Plan, as provided. Copies of the 2022 Financial Plan will be available for review prior to the Hearing at the Municipal Office at 23111 PTH 14W in the Rural Municipality of Stanley.

Classifieds

The *Winkler Morden* Voice

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

COMING EVENTS

GRACE VALLEY MENNONITE ACADEMY Fundraiser
GVMA is a Non Government Funded Christian Private School

*****Drive Thru***
Enchilada Supper**
With Rice, Beans, Chips and Dessert

Friday
Jan 14 2022
5:00-7:30
The proceeds available for donations of \$20 or more

Meal
3 Enchiladas,
Rice, Beans & Chips
Dessert Included

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The Winkler Morden
Voice
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10:30 am MB time
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204-256-0225

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Not to mention, Christmas is in the **SALE ROOM**

Enjoy the drive & bring the truck!

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Estate & Moving featuring Guns and Ammo
Closes Wed Jan 26 @ 7:00 PM

Consignments Welcome!

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(204) 886-7027
www.mcsherryauction.com

PUBLIC NOTICE



Western School Division

Kindergarten Registration for September 2022

In order for the schools to prepare for the 2022-2023 school year, it is important that parents register their children for Kindergarten from **January 21 to January 28, 2022**. Additional information is available at www.westernsd.mb.ca.

Registrations may be completed and submitted electronically, or a registration package can be picked-up at the school and returned between 8:30 a.m. and 4:00 p.m. from January 21 to January 28, 2022. Children born in 2017 or earlier are eligible to enrol. All parents shall include a copy of their child's birth certificate when registering. Please include either a photocopy or a picture of the birth certificate with the completed registration package.

Please enrol in the school within whose catchment area your residence is located. For Kindergarten program and registration information, please call the schools directly.

Catchment areas are:

Minnewasta School, 1 Academy Drive, Mr. Geoff Sutton, Principal, 204-822-4580

• Area south of North Railway; area west of Mountain St.; and all rural students.

Maple Leaf School, 225-12th Street, Mr. Samuel Jerema, Principal, 204-822-4458

• Area north of South Railway St.; area east of Mountain St.; and all early years (K-4) French Immersion students.

Kindergarten Information Session

Western School Division will be holding a Kindergarten Parent Information session on January 20, 2021 from 7:00 p.m. to 8:00 p.m. online. You can access the registration link from www.westernsd.mb.ca. We look forward to seeing all the new Kindergarten parents on this evening.

More detailed information is available online at www.westernsd.mb.ca, at the schools, or at Western School Division Office, 204-822-4448.

EMPLOYMENT



Box 1448, Winkler, Manitoba
Tel: (204) 325-7304 Fax: (204) 325-1958
www.gatewayresourcesinc.com

Gateway Resources Team is Hiring!

Gateway Resources Inc is a non-profit organization assisting adults with intellectual disabilities in the Winkler/Morden area. We have great opportunities in our Recycling Team and Residential Team for full time, part time and casual Direct Support Professionals.

All applicants should have a genuine interest in assisting people with intellectual disabilities to lead full and rewarding lives. The following are basic requirements for all Direct Support Professionals:

- be 18 years of age or older,
- have a minimum Canadian grade 10 education or equivalent,
- Must have a valid Driver's License and use of personal vehicle.
- Have and/or be willing to take First Aid/CPR training and complete a Criminal Record Check.
- Complete an Adult Abuse Registry Check
- Be motivated and willing to work as a team and able to work independently
- Have strong verbal and written communication skills

Additional training that can be an asset in these positions:

- Non-Violent Crisis Intervention
- Health Care Aide

Apply via our application website at <https://www.northstarats.com/Gateway-Resources>, email or fill out an application form in our office between 8:30 a.m. and 4 p.m. Monday to Friday. When applying, specify if you are applying for full time, part time or casual and if you have scheduling restrictions.

Patty Anne LePage, CPHR

Director of Human Resources

Gateway Resources, 1582 Pembina Avenue, Winkler, MB

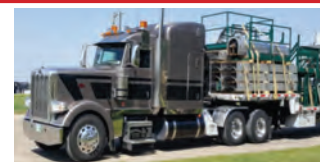
PH (204) 325-7304 ext. 233 Fax (204) 325-1958

Email pattyanne@gatewayresourcesinc.com

Resumes will be accepted until positions are filled.

We wish to thank all those that apply for this position.

CAREERS



Owner Operators needed for our Deck and Van divisions.

Odanah Truck Line is located in Brandon, Manitoba and has been in business since 1999. The most common lanes we run are from the Mid-West USA to Alberta but not specifically. Owner Operators are paid a percentage of the load rate, and 100% of any fuel surcharge, tarping and layover time that is collected from the customer. Providing your own trailer would provide you with a higher percentage.

We strive to have the drivers' home for a good work/home balance.

Two years' experience would be preferable however would be willing to make an exception for the right candidate.

All drivers must supply their own personal protection equipment and all equipment necessary for securing the load.

We must be compliant with all rules and regulations for border crossing, so drivers must have a passport, drug and alcohol testing, knowledge of ELD's, double vaccinated and the use of the ArriveCan app.

Please email ken@odanah.com or admin@odanah.com with your current drivers abstract if you are interested in joining our family.

BUSINESS ADMIN MANAGER

Field2Field
Agronomy Inc.

BUSINESS ADMINISTRATOR

Successful growing business in south central Manitoba looking to recruit a motivated Business Administrator with strong leadership and communication skills and a thorough understanding of business operations to facilitate and optimize our business processes.

Working as a Business Administrator your duties will include:

Overseeing and analyzing financial operations

- Balance and maintain accurate accounts
- Manage Accounts payable and Accounts receivable
- Day-to-day Banking
- Monitor and update budgets
- Prepare quarterly and monthly tax returns, along with payroll, operating, and business taxes

Skills Required:

- Experience working in accounts payable and receivable, general ledger, payroll and payroll reports
- Basic knowledge of generally accepted accounting principles
- Proficiency in Microsoft Office and Google Drive as well as SAGE accounting
- Excellent communication skills
- Knowledge of social media
- Compensation is subject to the individuals experience and skill set.
- This position is flexible in location and hours depending on applicant's requirements.
- Deadline for applications is January 24, 2022.

Please email resume or questions to
jason@field2fieldag.com or troy@field2fieldag.com

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Classifieds Announcements

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OBITUARY



Doreen Nancy Ruth Robinson (nee Steinke) 1943 - 2021

Doreen Nancy Ruth Robinson, daughter of Adolph and Eva Steinke, born November 24, 1943, passed away on Wednesday January 5, 2022.

Doreen is survived by her husband, Garth, her son, Allen (Valerie) Mikolasek of Cartwright MB, daughter, Julie (Rick) Clisby of Ninette, MB and daughter, Coreen (Jim) Cram of Darlingford, MB. She is also survived by three granddaughters and one grandson, three great grandsons and two great granddaughters.

Cremation has taken place. A private family ash interment will take place at a later date. The family would like to thank Dr.

Nause and Dr. Graham Duff of the Menzies Medical Center in Morden, MB, for the excellent and compassionate care that was given to Mom. Also thank you to the ladies in the Dynacare Lab in the Menzies Medical Center for your kindness and concern. And thank you to the doctors and nurses and staff at Boundary Trails Health Centre; you will be remembered for your caring and kindness towards Mom. The family would also like to thank, so very much, our good friends and neighbors who have been there for us over the last few months, we appreciate you all.

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



OBITUARY



Elda Eileen Schroeder (nee Recksiedler) 1935 - 2022

Elda Eileen Schroeder of Morden, MB passed away peacefully in her home on Tuesday, January 4, 2022, surrounded by her daughters in her final moments - Kim held her hand with Laureen and Valerie virtually by her side.

Elda was born on June 19, 1935 near Sewell, MB and was the eldest child to William and Erica Recksiedler.

Elda was predeceased by her parents, William and Erica; her loving husband, Elmer; her brother, Len Recksiedler and sister-in-law, Willene Recksiedler.

She will be deeply missed by her three daughters, Kim (George Andrews), Laureen (Roger Echols) and Valerie (Shane Kuros); her granddaughters, Celynn, Reese, Rebecca and Avery; her siblings, Joyce (Butch Harder) and Dennis (Sylvia Kelly) and her cherished nieces and nephews.

Private funeral service was held at 1:00 p.m. on Monday, January 10th, 2022 at Wiebe Funeral Chapel, Morden with private interment at the Rosenfeld Cemetery.

Donations may be made in Elda's memory to Christ Lutheran Church in Morden. In lieu of flowers, please call or connect with a friend and hold their hand.

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OBITUARY



Katherine (Tina) Holenski (nee Peters) 1937 - 2022

Tina was born August 17, 1937, the 9th child of Susan (Unrau) and Jacob Peters. She grew up northwest of Morden and attended Cheval school, having to leave early to help her mother with household chores. She was diagnosed with polio at the age of 10. She was told she would never walk again but her determination proved that wrong.

Tina worked as a housekeeper for Joseph P Holenski, a farmer from the Pearce District, and a widower with two small children: Robert and Irene. She was baptized in the United Church in March 1959 and married Joe on the 28th of that month. They had three more children: Glen (1960), Betty (1961) and Sharon (1963). They operated and worked hard on their mixed farm and semi-retired to Morden in 1984 when Glen and Shannon took over the farm.

They were active members of the Pearce Community and Church and later at St Paul's United Church in Morden. Tina supported Joe when he served on many boards and committees and after Joe's passing (1992), she continued volunteering with the UCW, Pembina Threshermen's Museum and the Morden Thrift Shop.

Tina enjoyed many activities including gardening, camping, bowling, golfing, bocce ball and word, board & card games - but perhaps her favourite pastime was cleaning! She loved a competitive game of cribbage right up until her last few days.

You could always find Tina at all the grandchildren's activities cheering them on. She especially enjoyed the great grandchildren and watching them grow - they brought her great joy.

Tina grew up with 13 siblings and loved their annual reunions and visiting with them - now that reunion with her loved ones has been relocated. Her greatest desire was to remain in her own home as long as possible. With her strong determination and family support that wish was fulfilled until admission to hospital on January 6th. The family wishes to express gratitude to all of Tina's caregivers and medical team.

Tina was predeceased by her husband, Joe P Holenski and daughter-in-law, Edith Holenski, her parents, her in-laws, Alex and Ruby Holenski and four brothers, Jake, Pete, Bill and John.

She is survived by her children: Robert (Alice) Holenski, Irene (Abe) Peters, Glen (Shannon) Holenski, Betty (Ken) Horn and Sharon Deceuninck; her grandchildren: Connor (Bridgette) Holenski, Devon Holenski, Kayla (Tim) Peters, Derek (Bailee) Holenski, Gavin Holenski, Dallas (Regan) Holenski, Ryan (Jaclyn) Peters, Garrett Deceuninck and Tyson Deceuninck; and her great grandchildren: Taji, Stetson, Sterling, Gentry, Kenadee, Emmett, Theo, Aryn, Abby, Nathan, Matthew, Brooklyn, Zack and Ben; her sisters: Susan, Anna, Mary and Trudy; her brothers: Henry, Abe, Fred, Corrie and Ben.

Psalm 145:20 "The Lord watches over all who love him."

Memorial service was held with ash interment at Hillside Cemetery. In lieu of flowers, donations may be made to the Boundary Trails Health Centre Foundation, designated to the Cancer Unit or to the Pembina Parish.

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



OBITUARY



Abe Blatz 1961 - 2021

Abe was born in Morden, MB on March 25, 1961 to Peter and Sara Blatz and passed away on Saturday, December 31, 2021 at Brandon Regional Health Centre.

A private funeral was held at 2:00 p.m. on Saturday, January 8, 2022 at Wiebe Funeral Chapel, Morden with interment at Chapel Cemetery.

In lieu of flowers, donations may be made in Abe's memory to the charity of your choice.

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In care of arrangements
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