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The

Winkler Morden

Voice

VOLUME 10 EDITION 4

THURSDAY,
JANUARY 24, 2019

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Down it
comes

PHOTO BY ASHLEIGH VIVEIROS/VOICE
From right: Gateway Resources CEO Kim Nelson and staffers PattyAnne LePage, Dianne Hildebrand, Brenda Pohl, and Loni Derksen got swing- ing Monday to help kick off the renovations at the agency's administrative offices. For the full story, see Pg. 4.

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Local snowmobilers set out on Journey for Sight

By Lorne Stelmach

Unlike last year, snow was certainly not lacking for the 2019 Journey for Sight snowmobile fundraising ride.

Local riders taking part in the province-wide effort Saturday in support of the Lions Eye Bank did, however, had to contend with the cold.

"I thought we might have had more riders here, but I think the weather is making a big difference," said Larry Freund, who has helped spearhead the ride for over two decades.

Despite the frigid weather, there were still over a dozen riders who bundled up and ventured west towards the Pembina Valley.

The annual fundraiser benefitting the Lions Eye Bank of Manitoba and Northwest Ontario last year brought in just under \$10,000 locally despite a crew of nine riders having to scrap their route because of the lack of snow in the region.

"The money raised is usually anywhere from \$5,000 to \$10,000 just in this leg of it," noted Lions Club event organizer Stan Brunn.

The ride provincially brings in over \$70,000 annually and has raised over \$2 million since its inception in 1983.

Journey for Sight originated in Birtle when one sled and rider set out to collect pledges for worthwhile causes. Today it features snowmobilers from across Manitoba and north-west Ontario tackling a variety of different routes.

The Pembina Valley route has varied over the years, sometimes taking participants north to Carman, west to Roseisle, Notre Dame, Somerset and Swan Lake, and then south into the valley to La Riviere and back to Morden.

"The last few years it's been just a day ride here due to not getting



PHOTOS BY LORNE STELMACH/VOICE

Over two dozen riders braved the cold Saturday to take part in the local leg of the 2019 Journey for Sight snowmobile ride in support of the Lions Eye Bank.

enough people who can take a few days off for a ride," said Brunn.

Nevertheless, the Lions Club values and appreciates the dedication of people like Freund who participate year after year.

"Lions International has always been a strong advocate for the vision impaired ... this is a major fundraiser for the Lions Eye Bank," Brunn said. "The club is very appreciative of the help and the support that the riders give to help ... it's not just the funding but it also helps promote awareness."

For Freund, it is about giving back to the Lions Eye Bank for having made a difference in his brother's life. His



brother had a cornea transplant, and it got him seeing so well he was able to drive a vehicle once again.

As well, he appreciates that the local Lions Club is involved here with initiatives such as an eye glass recycling

program and vision impaired magnifiers at Morden-Winkler libraries.

"If I can help people out ... what we're collecting here can make a difference," Freund said. "And that's why they're doing things in this area."

Our mistake

An article in the Jan. 17 edition of the Voice on the Winkler Imagination Library included a numerical error.

The story stated that recent donations had allowed the program to register 100 more kids, bringing the total number of pre-schoolers receiving free monthly books to 850.

In fact, the donations covered the costs of adding 50 more children

(halving the previous wait list), bringing the program's total registration to 800 kids and cutting the wait time down from six months to three months. Fifty children remain on the waiting list.

The Voice sincerely apologizes for the error and any confusion it may have caused.

Gislason Targownik Peters Chartered Professional Accountants is pleased to announce that Jayson Hamm has received his CPA, CGA designation in Fall 2018.

We congratulate you Jayson on achieving this milestone and look forward to future successes.



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Imprisoned couple find strength in their faith

By Lorne Stelmach

Being imprisoned in China for over two years is obviously a path that Kevin and Julia Garratt would have never chosen for themselves.

Jailed in China under the pretext of supposedly being spies, the Canadian Christian aid workers can now recognize however that the experience has seen God steer them on a journey.

"It's not one we planned, not one that we ever expected, but we'll trust that it is God's course for us," Kevin said after having made an address at the Winkler Berghaler Mennonite Church last Wednesday.

The Garratts spent 30 years working and also raising their family in China, from early days of teaching English to being involved in aid and social enterprise projects.

In 2007, along with two of their children, they moved to the China/North Korea border where they opened a popular coffeeshop and provided aid and assistance for marginalized

communities in Dandong, China and North Korea.

In August 2014, Chinese state security agents grabbed them, accusing them of espionage. The couple were unaware they had become bargaining chips in response to a Chinese spy having been arrested in Canada.

They went on to spend 775 days in detention from August 2014 to September 2016. They faced up to six hours of interrogation in a day while sharing a small cell with a dozen other people.

Their imprisonment plunged them into a harrowing ordeal, but from this suffering came life-changing insight from having tasted and yet overcome the pain of injustice with courage, kindness, friendship, and faith.

For many people, it would be a hard story to share, but "I do think that we need to tell it," said Kevin.

"It's a story God's given us, and it's God's story. We say our story, but it's really God's story, what he wants to do with it," he continued. "We now



PHOTO BY LORNE STELMACH/VOICE

In Winkler last week, Kevin and Julia Garratt, two Canadians imprisoned for years by the Chinese government, shared how their faith got them through it.

have that responsibility to share with people, really, the hope that is within us and the hope that kept us going, and the prayers of people that kept us going. That is vitally important to share with people.

"I hope that the people in China in prison now, the two Michaels, will understand that and hear that as well," Kevin added, referring to Michael Kovrig and Michael Spavor,

who were both detained in China late last year not long after Canada arrested Huawei executive Meng Wanzhou at the request of the U.S. "So it's an ongoing story. It's really only the beginning."

Both Kevin and Julia offered the message to never underestimate the power of prayer and what God can do.

Continued on page 4



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PHOTO BY LORNE STELMACH/VOICE

The Garratts signed copies of their book, *Two Tears on the Window*, after a presentation in Winkler last week.

> GARRATTS, FROM PG. 3

Julia recalled feeling an overwhelming sense of fear. But then there came a gentle whisper that calmed her. She knew God was with her.

"When you pray, even one second, He receives that prayer," she said, noting that she asked herself two questions each morning: How do I survive and how do I serve? "He knows exactly what is needed. God was able to give thousands and thousands of little answers. God is using every one of those prayers to give a beautiful answer."

Kevin said that they had their Bibles with them from day one. He reflected on those moments where both guards and other prisoners would ask him questions, presenting them with opportunities to minister.

"When we put our hope in God, He is far more able ... it doesn't mean

we don't go through some pain and hardship."

He called out to God many times and was answered in many different ways.

"Not long after I was released, someone asked me the question: 'So what did you learn from this experience?' An answer came very quickly ... that the Bible is true. God is who He says He is ... that's what I take away from it. God is true. I have no doubt."

The Garratts now share their story as both authors—their book, *Two Tears on the Window*, outlines their experiences—and speakers across the country.

"We go wherever we get invited," said Kevin. "We're not beating on the doors, we just go where people invite us, and we feel we are supposed to go."

Gateway Resources tackling office renos

By Ashleigh Viveiros

Staff at Gateway Resources took a few solid swings at their office walls on Monday.

The Winkler non-profit that provides programming for people living with intellectual disabilities has kicked off a major renovation to the administrative wing of their Pembina Ave. facility.

"Gateway has decided to renovate our office space," explained CEO Kim Nelson. "It's starting from the main entrance and going down the hallway to the back. We're moving our board room and just increasing some offices, adding some extra offices, as well as making the front entrance more open."

The project has been a long time coming, but has frequently been left on the back burner as the agency had to deal with more pressing projects, including rebuilding following two major fires in recent years.

"Every year we've had a pretty major project at the main building, never mind the major projects that we've

done residentially," Nelson said, pointing out the addition of two new group homes in Winkler and Morden this year bring their total to 18 residences.

With the agency poised to celebrate 50 years of service in the community this fall (Gateway was formed in 2002 after the merger of the long-running Valley Rehab Centre and the Association for Community Living Winkler/Morden), this seemed the perfect time to finally tackle the maze of offices that is home to about a dozen staff.

"It's been coming for awhile. We have so many files and we've just started running out of room," said

Nelson. "As we continue to grow, where do we put people? It was a good opportunity to plan for the future and to add a little storage place and just make the flow a little better."

The project, for which Gateway has been squirreling money away for some time now, is expected to take three to four months to complete.

"This doesn't interrupt any of our services or impact any of the participants we support, or any of the recycling or wood room services," Nelson said, explaining as well that administrators will remain on-site in other areas of the building. "It's going to be a chaotic couple of months, but we're going to make it work."

The renovations will be the last piece of a puzzle Gateway has been working towards completing for years.

"This was the last big project" on the agency's wish list, Nelson said, pointing to past projects that have included rebuilding the recycling depot and sorting areas, renovating the programming room, and updating the kitchen/dining room.

"Now that it's being accomplished I have been given the freedom to dream," she said. "There's nothing on the horizon, but we're definitely strategizing and coming up with plans for the future."

Valentine's Day dinner to support Katie Cares

By Ashleigh Viveiros

The Buhler Active Living Centre is teaming up with Katie Cares to offer a romantic night out next month.

The seniors housing complex in downtown Winkler hosts its annual Valentine's Day Dinner Fundraiser Feb. 14 at 6:30 p.m.

The evening will feature Chef Martin's Famous BBQ Baby Back Ribs, live music from harpist Willie Enns, and a 50/50 raffle.

"It's going to include an awesome meal and a great time for everybody who comes out," says Ruth Reimer of

Katie Cares, who was thrilled when event organizers selected them to be the recipients of the evening's proceeds. "They approached us, which was so neat. We're so happy that we can do this with them."

The funds will go toward operational costs at Katie's Cottage. The respite home, located across from the Boundary Trails Health Centre, welcomes day and overnight visitors, providing friends and family members of patients at the hospital with a comfortable, affordable place to stay.

"We so appreciate the support that we receive from this community," Re-

imer says. "It's just something so, so wonderful and I know that the guests really do appreciate it. I can't say that enough."

Tickets can be purchased for \$35 each in person at the centre or Katie's Cottage or by calling Charity at 204-331-4646 ext. 104 or Ruth at 204-362-1173. A donation receipt of \$23 (the amount going to Katie Cares) will be provided to ticket holders.

There are only 120 tickets up for grabs, Reimer notes, so book early to avoid disappointment.

Seating begins at 6 p.m. Supper is served at 6:30 p.m.

"IT'S GOING TO BE A
CHAOTIC COUPLE OF
MONTHS, BUT WE'RE
GOING TO MAKE IT
WORK

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

Province, Bell commits \$1M to youth mental health

By Lorne Stelmach

The province is partnering with Bell to boost child and youth mental health services across Manitoba.

The government and Bell Let's Talk are contributing \$1 million to the Strongest Families Institute (SFI) to expand mental health services for families throughout the province, announced Health, Seniors and Active Living Minister Cameron Friesen last week.

The most important aspect of the five year agreement is that the initiative will especially make services more accessible to rural Manitoba, noted the Morden-Winkler MLA.

"This group has found a way to bridge some of those gaps. They have an approach that is demonstrated to be effective, but, more than just effective, it's demonstrated to be timely and accessible," said Friesen.

"For us in Manitoba, that meant we had the opportunity here to take a needed step to bridge some of the geographic challenges that Manitoba presents and make sure that families who are needing these kinds of men-

tal health services and programming for children are able to get them no matter where they live."

Friesen praised SFI as an award-winning organization that provides evidence-based programs for children, youth, and families dealing with mild to moderate mental health issues.

It uses a unique distance coaching approach to support families in the privacy of their own homes at flexible hours. SFI is the only program of its kind in the country, offering a no-wait-list policy and services to families with children and youth aged three to 17 affected by significant challenges.

"This is not for complex mental health challenges," Friesen stressed, while adding however that "often things that aren't addressed in a timely way will inevitably progress and become more severe."

"So what the evidence has shown is this timely ability to connect with families at any time of the day ... has really meant they could interrupt

Continued on page 6



SUPPLIED PHOTO

Morden-Winkler MLA and Manitoba Health Minister Cameron Friesen with Patricia Lingley-Pottie, president and CEO of Strongest Families Institute, Mary Deacon, chair of Bell Let's Talk, and Marg Synyshyn, CEO of MATC at a funding announcement last week.

What does home mean to you?

Habitat for Humanity launches writing contest for Gr. 4-6 students

By Ashleigh Viveiros

Habitat for Humanity is inviting kids to share their stories of home.

The non-profit organization earlier this month launched its annual Meaning of Home National Writing Contest for kids in Grades 4-6.

"They can submit an entry that talks about what home means to them, and they are entered in to win some very cool prizes," says Winkler-Morden Habitat chapter secretary Christina Falk.

The winner in each grade gets to direct a \$25,000 grant to a Habitat build of their choice. Nine runners-up (three per grade) will also get to direct a \$5,000 grant towards the Habitat build of their choice.

Additional prizes include an iPad and class pizza party for each of the grand prize winners.

But even non-winning stories still win big, in a way, as every contest

entry results in a \$10 donation to the local Habitat chapter from contest sponsor Genworth Canada

Falk says a few Morden-Winkler school classes have already expressed interest in taking part in this contest. She'd love to see even more kids share their stories.

"We would love to have as many kids as possible join in on this project," she says. "Habitat for Humanity is about bringing the whole community together to support our neighbours. We want every member of our community to be able to participate in this project, even kids."

Since Habitat started this contest 12 years ago, over 50,000 students have shared their stories and helped raise more than \$1 million to build homes for families in need across Canada.

The contest is open until Feb. 18. For entry details or to read some of the local stories already submitted, head online to meaningofhome.ca.



Elections Manitoba is looking for community leaders to work the provincial election. **Returning officers and assistant returning officers** are responsible for preparing and managing all election activities in their electoral division.

Requirements

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This is a term position with some part-time work and paid training starting November 2019. A full-time commitment, including evenings and weekends, is required during the election, from August 1 to October 31, 2020.

Compensation for election period

- Approximately \$16,500 for returning officers
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For more information, please visit us online at electionsmanitoba.ca or contact us to request an application form:

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Closing date: February 22, 2019

Employment Equity is a factor in selection. Applicants are asked to indicate if they are from any of the following groups: Indigenous people, visible minorities and persons with disabilities.

We thank all those who apply and advise that only those selected for consideration will be contacted.



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The *Winkler Morden*
Voice



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getheard

EDITORIAL > VIEWPOINTS > LETTERS

Can opener market crashing?

Tuna Fish Is Struggling Because 'Millennials Don't Even Own Can Openers'

This was a REAL headline I read recently from an online cooking magazine. No kidding.

I think, in this instance, I could call this one of the stupidest headlines ever written. I mean, give me a break: an entire industry suffering because a group of people do not own can openers?

This wondrous fact was given to us by StarKist's vice-president of marketing and innovation Andy Mecs when he was interviewed recently by the *Wall Street Journal*. Not surprisingly, he did not provide stats to back up this weird assertion.

You know things are bad when you are blaming your product's poor sales on the market not having the right tool to open the can.



By Peter Cantelon

That's a little like blaming slumping tire sales on millennials because they just don't own tire irons and prefer to simply drive on the rims after the tires fail.

It's like a 13th century headline that blames poor book sales on the fact that the printing press has not been invented yet.

In my other life I manage the Canadian Fossil Discovery Centre. Imagine if I am being interviewed after a particularly bad year and I blame our numbers on millennials "who just don't like using stairs anymore." Ridiculous.

The article goes on to list off a pile of other equally dubious reasons that could be applied to literally any canned product, all the while failing to actually cite any research while falling for the spin of Big Tuna's marketers.

One person I was talking to about this that fits solidly into the demographic suggested that millennials are simply concerned about overfishing. This seems reasonable. Although not backed by stats either, it certainly sounds a good deal less dumb than "they just don't own can openers."

Another likely reason is the shift to-

ward fresh food, local produce, and vegetarian and vegan diets. In fact, this is backed by statistics and research.

In the past three years there has been a 600 per cent increase in people identifying as vegans in the U.S. According to a report by research firm GlobalData, only one per cent of U.S. consumers claimed to be vegan in 2014. In 2017 that number rose to six per cent. That's just the vegans, not the vegetarians. In the U.K. that rate is 350 per cent over the past 10 years.

The reality is people are not simply avoiding can openers, they are eating less meat, and that includes fish.

Now, there are some who might scoff at this, but one thing is for sure: no amount of wishful thinking or turning a blind eye ever saved a company that was choosing to ignore global market trends. StarKist is doomed if they actually believe the solution to their tuna woes is to simply include a can opener with every can of tuna or make them all pop tops or whatever.

I suppose there's a good side to a large group of people suddenly not owning can openers ... think of all the cans of worms that will remain closed and the ensuing peace.

> MENTAL HEALTH FUNDING, FROM PG. 5

what otherwise would have been a progression to a more significant mental health challenge.

"We have had a mental health system that is uncoordinated ... characterized by long wait times and not as responsive to people as it should be," Friesen continued. "When families need help, they need it right away."

"The Strongest Families Institute has a proven track record of providing mental health care to children and youth that is effective, family-centred, timely and accessible to those living in rural and remote areas."

SFI currently operates in seven other provinces. Services will be available in both English and French when it formally launches its programs in Manitoba in the coming weeks. Approximately 1,000 fami-

lies are expected to benefit from the service over the next five years.

Mary Deacon, chairperson of the Bell Let's Talk program, said they are pleased to be part of helping to expand mental health services across the province.

"The Strongest Families Institute is a real leader in finding new ways to offer young people and their families access to the mental health care and services they need," she said.

Bell Let's Talk promotes Canadian mental health with national aware-

ness and anti-stigma campaigns like Bell Let's Talk Day Jan. 30 and significant Bell funding of community care and access, research, and workplace leadership initiatives.

On Bell Let's Talk Day, the company donates five cents to Canadian mental health programs for each eligible text, phone call and social media interaction on Twitter, Facebook, Instagram, and Snapchat at no cost to participants.

To learn more, visit Bell.ca/Let'sTalk or strongestfamilies.com.

"THEY HAVE AN APPROACH THAT IS DEMONSTRATED TO BE EFFECTIVE ... TIMELY AND ACCESSIBLE."

CFDC reaping the benefits of Heritage Trust Program

By Lorne Stelmach

Morden's Canadian Fossil Discovery Centre is one of the first museums in Manitoba to have taken advantage of an offer of matching dollars from the province.

Funding of \$10,000 comes from the Manitoba Heritage Trust Program now that the CFDC successfully met the fundraising target of \$20,000.

"This is the very first rural museum that has accomplished such a huge investment in the endowment fund," said Sport, Culture and Heritage Minister Cathy Cox during a visit to the museum Friday. "We're proud that that investment, that money is now going to be provided back to them."

Administered by The Winnipeg Foundation, the Manitoba Heritage Trust Program offers provincial support with stretch grants of one dollar for every two dollars raised by community museums and archives.

Cox said their aim with the initiative was to create a partnership that will help ensure the sustainability of community museums and archives.

"Manitoba has such a rich history and we really are very proud of that history," she said.

"This really provides communities and community museums, archives

the ability to receive an incentive from the province of Manitoba that will encourage Manitobans and communities to support their local museums."

There is the additional long term benefit with the CFDC using its funds to further build its endowment fund with the Morden Area Foundation, Cox added.

"They're going to receive dividends each and every year which will provide them a sustainability to ensure that they can tell their story to the next generations," she said. "It really is important because each and every community has a story to tell, and we want to ensure that we get that story out and we ensure that in the future, future generations, our young people have the opportunity to learn about the history of Manitoba."

Morden-Winkler MLA Cameron Friesen said he was glad the CFDC recognized right away that this initiative had real value.

"I think it's a great partnership and just one more way in which we are underscoring the uniqueness of this museum, its collection, its services," he said.

"Why not take advantage of matching funds?" said CFDC executive director Peter Cantelon.



PHOTO BY LORNE STELMACH/VOICE

Morden-Winkler MLA Cameron Friesen and Cathy Cox, minister of sport, culture and heritage, got up close and personal with Bruce the mosasaur Friday when they visited the CFDC to celebrate the museum successfully raising \$20,000 to earn \$10,000 in matching funds through the Manitoba Heritage Trust Program.

"It's a rare initiative where it's not just cutting a cheque, but it's benefiting a number of different levels of organizations," he said, noting it not only further benefits its fund but the foundation as well, which in turn

helps them give more back to the community. "It encourages our heritage and arts organizations to create funds with their local foundation ... so then it benefits foundations."

Get some help with your scholarship applications

By Ashleigh Viveiros

With the deadline for the 2019 Gordon Wiebe Post-Secondary Education Scholarships rapidly approaching, the Winkler Community Foundation is hosting a writing workshop to help potential scholarship winners fine-tune their applications.

The foundation is teaming up with Regional Connections for an Essay Writing for Scholarships Applications workshop taking place on Jan. 31.

WCF administrative coordinator Karina Cardona says they've received a lot of feedback from past applicants that some help in essay writing would be useful.

"We've been looking at what other supports can we put in place for applicants, what things are needed around the program," she said.

"As we received applications over the years we've noticed that the students who have already been in university, the ones applying for the ongoing education awards, they have a sense of what it means to prepare a

document like this," Cardona noted.

But that's not necessarily the case for older applicants looking to return to school after several years away, or for high school students who may have never written a scholarship essay before.

"We don't want people to feel like they have to go at it alone," Cardona said, going on to explain that the workshop is open to anyone preparing a scholarship application of any kind.

Participants are asked to bring along the scholarship application details or a link to it online (computers will be available for use).

"They have to come ready to work," Cardona said, stressing that the workshop will be hands-on in learning how to prepare effective responses to essay questions.

The session, which runs from 6:30-8:30 p.m. next Thursday at Regional Connections, is free but advance registration is required. Sign-up at info@regionalconnections.ca or 204-325-4059.

CHANGING LIVES

As for the Gordon Wiebe awards, the deadline for the \$20,000 Make It A Reality Scholarship and \$2,000 Ongoing Education Scholarships is Feb. 28.

This is the third year the foundation has distributed these awards, funds for which are generated from the interest on the multi-million dollar bequest of the late Winkler pharmacist Gordon Wiebe.

The exact awards amount to be distributed this year is still to be announced, but it's expected to be well

over \$70,000.

"It should actually be more than it has in the past two years," said Cardona. "At this point we have the full funds from the bequest ... so this will be the first year where we're getting returns on the full amount."

The impact these awards have had on past recipients and will continue to have on future ones cannot be overstated.

"It allows students to improve their academic performance by not having to work as many hours to pay for school," Cardona said. They've heard back time and time again from recipients what a gift that financial freedom has been for them, she said.

For more details on the Winkler Community Foundation's scholarship program, head online to winklercommunityfoundation.com.

The Winkler Morden
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Apothecary of Morden celebrates its new home

By Lorne Stelmach

The goal of having a larger location of their own is to benefit and better serve the clients of Apothecary of Morden.

With the new building at 118 Stephen St., owner Lisa Zaretsky-Arnold sees Apothecary of Morden being that much better able to fulfill her goal for people to be able to own their health.

"It's about giving people more options of how to care for themselves," Zaretsky-Arnold said as the pharmacy held two special grand opening days last Friday and Saturday.

Having first started university studies in pre-medicine in 1991, Zaretsky-Arnold graduated from the Faculty of Pharmacy in 1995. Ten years later she opened her own pharmacy in 2005, coinciding with the opening of Morden's new community clinic.

It was upon achieving her doctorate that Zaretsky-Arnold really started to focus more on other areas of addressing overall health and wellness.

"It was after that I became more interested in integrative medicine and helping people from different avenues of health and not just pharmaceutically," she explained.

"When you take your doctorate, you do learn more about the different aspects of health, social aspects of health, religious, spiritual aspects of health, financial aspects of health ... so that led me to want to integrate more

with other professionals and other modes and means of being healthy and helping people feel well.

"I wanted to have more space to do that and to be able to consult with other practitioners and even have private time with patients one on one and office space and investigate non-pharmaceutical ways of helping people with their illness and to be well."

One example of a service she is now able to provide is flotation therapy, which involves an isolation or sensory deprivation tank that utilizes water and magnesium sulfate to allow you to float without any effort required.

"There's good evidence for that to help people manage pain, chronic pain," Zaretsky-Arnold said. "But that takes up a lot of space. In my previous location it was quite impossible to do anything like that."

Also important to her is "being able to integrate and practice collaboratively with other people, other practitioners who had non-pharmaceutical ways of helping people."

With that in mind, Apothecary of Morden offers space for naturopathic and ayurvedic holistic medicine specialists and a registered dietitian.

"We're going to start a series of health information nights that we will approach different disease states or different conditions from our own expertise areas," Zaretsky-Arnold said, noting the first one will focus on digestion.



PHOTOS BY LORNE STELMACH/VOICE

From left: The professional staff at Apothecary of Morden include ayurvedic lifestyle counsellor Jodi Griffith, naturopathic specialist Dr. Victoria Baldwin, owner and pharmacist Dr. Lisa Zaretsky-Arnold, and graduate dietitian Ceone Hamilton.

"Together we can give everybody a bit more information," she said, again emphasizing the idea that there is value in all forms of care and treatment.

"Part of becoming a doctor of pharmacy is being an expert in drugs, but expert in drugs is also having high respect for them and knowing when not to use them and not just when to use them," she said.

"I have more belief now in there's more opportunity to take away drugs than to add drugs, but if you take away drugs because of risks or cost, then you have to substitute something else," she continued. "The something else can be very effective, but it takes more time to discuss those things."

As for the new building, Zaretsky-Arnold said she wanted the eye-catching Mediterranean-style facility to be welcoming and inviting.

"I think when people saw the outside they thought we might be getting a Mexican restaurant," she joked.

"I wanted it to be bright and different, and I wanted it to look appealing ... and structurally, I wanted it to be built with as little maintenance as possible."

She is also enjoying having her living space right on the floor above.

"That just kind of evolved," Zaretsky-Arnold said. "Living upstairs gives us a bit more ability to be present yet to be separate. I love just walking downstairs to come to work."



Apothecary of Morden held grand opening celebrations for its new building last week.

Ride safe: Snoman

Snoman (Snowmobilers of Manitoba) Inc. is celebrating International Snowmobile Safety Week Jan. 19-27 and encourages all riders to ride safe, stay on the trail, and respect private property.

"Snowmobile safety has always been a high priority for our organization," said executive director Yvonne Rideout. "We work closely with our counterparts to bring safety to the forefront and we also offer an online safety course."

That course is available at snoman.mb.ca. One Insurance and BSI Insurance are both offering a five per cent discount on insurance for those who have completed the course and can show their Manitoba Snowmobile Safety Card.

"With approximately 12,000 kilometers of designated trails, it is essential that all riders practice safety," said Rideout. "The best policy is to ride with a friend and let someone know where you are going and when you will return."

Other safe snowmobiling tips include:

- Never ride impaired—snowmobiling and alcohol/drugs don't mix
- Know before you go—always check local ice conditions.
- When night riding, slow down and expect the unexpected.
- Know the risks, be prepared, and make every trip a round trip.
- Cross roadways with care.
- Ride smart, ride right. Stay in control.

Registrations open for Home & Life Show

By Lorne Stelmach

The Home and Life Show is becoming an easy sell for the Morden and District Chamber of Commerce.

Now in its eighth straight year since having been revived by the chamber, the event has become a major region-

al trade show that quickly fills up with businesses.

"It definitely is a well-established event that we think both the exhibitors and the community and even the surrounding communities look forward to each year," said executive director Candace Olafson.

The 2019 Home and Life Show runs March 1-2 at the Access Event Centre.

It offers shoppers the opportunity to visit numerous businesses under one roof and see what products and services they have to offer.

"The whole point is to showcase our local businesses," said Olafson, noting the weekend attracts close to 50 exhibitors each year. "It is really a great variety of exhibitors. It's really a little bit of everything."

Vendors include those specializing in home décor, flooring and window dressings, hot tubs, health and beauty products, ATVs, plumbing and heating solutions, and more.

"For the exhibitors, it is a great way for them to connect with people and to attract potential new customers," Olafson said, estimating upwards of

2,000 people come out to check out the booths.

"Each year we have repeat exhibitors, but we also get some great new ones," she added. "The ones who come back really indicates that there's value in the show and value in making the connections with the people who come through the show."

"The last few years we have been selling out exhibitor space," Olafson said, "so we really encourage those who would like to participate to register early."

"The deadline is when it's full, it's full ... some years it sells out faster than others ... but currently there is still some space."

Registration information is available online at mordenchamber.com.

• FAITH FOCUS

Just start

I don't know your approach to exercise and diet, but mine too often looks like this: I typically wake up around six and I think to myself, "I should really get up and exercise." And then my immediate next thought is, "I'm just going to relax a little bit first, maybe check my phone."

Can you guess what happens? Yeah, I somehow never get to that exercise bit. And then somewhere on the weekend, usually after feeling guilty about how many chips I've just eaten, I'll think to myself, "Man, I really need to start eating better. That's it, when Monday comes I'm going to eat better ... because Saturday is pizza night and I don't miss that." And by the time Monday comes I've long forgotten my supposed commitment to healthier eating because I've delayed my response.

And sure, physical health is important, but we need to recognize that this delay in taking the first step has spiritual health implications as well.

Here's what I've noticed in my life this past year and it's a lesson I'll probably need to learn again at some point: if I ignore the promptings of the Holy Spirit my heart gets a little harder, or out of sync, and it becomes more difficult for me to

discern those promptings. But the reverse is also true: if I respond to those promptings my heart becomes softer, I start to recognize God's voice quicker, and I'm more likely to do something.

James, the brother of Jesus, wrote: "Remember it is sin to know what you ought to do and then not do it." James is tired of playing games, he's tired of people who think good intentions are enough. James lets us know in no uncertain terms that delayed obedience is actually disobedience.

So the question for you is what do you need to start that you've been putting off? If you're really serious about your dreams or goals, write them down. Studies say that we are 40 per cent more likely to achieve our dream or goal if we write it down. Your odds further increase if you tell others about your goal. In other words, write your goals down and post it on your fridge door.

Nolan Bushnell, creator of the Atari, said that everyone that has ever taken a shower has had an idea. It's the person who gets out of the shower, dries off, and does something about it who makes a difference.

Start small if you want, but do start, because that first step is the most important. Don't underestimate small steps of incremental growth that slowly but surely take you to where you want to be. Destiny is simply a daily decision to incrementally grow.

So stop making excuses and don't fall for the trap of good intentions. Write down your goal, stick it on the fridge, and watch what God can do with ordinary people like you and me.

—Terry Dueck is the lead pastor at the Winkler MB Church



By Terry Dueck



VOICE FILE PHOTO

The Morden chamber's Home and Life Show takes over the Access Event Centre March 1-2. Registrations are now open to non-members of the chamber.

MPI reports income of \$87M

Manitoba Public Insurance reported net income of \$87.4 million for the first nine months of its fiscal year ending Nov. 30, 2018—an increase of \$26.1 million over the same time period last year.

This includes net income from the basic insurance line of business of \$42.3 million in the first nine months of the 2018/19 fiscal year.

"Total earned revenues for the first nine months rose by \$65.8 million from the same period last year, driven mainly by higher motor vehicle premium revenue resulting from an increase in the number of motor vehicles insured, the value of these

vehicles, and an overall 2.6 per cent increase in basic insurance rates ordered by the Public Utilities Board for the 2018/19 insurance year," said Mark Giesbrecht, MPI's vice-president of finance and chief financial officer.

"While net claims incurred are down \$28.6 million year over year; when excluding the impact of changing interest rates which is largely offset in investment income through the corporation's asset-liability matching program, net claims have risen \$13.3 million when compared to the

Continued on page 10

arts&culture

PTE's Munschtopia coming to Winkler Feb. 8



SUPPLIED PHOTO BY LEIF NORMAN

PTE brings Robert Munsch's colourful children's stories to life with Munschtopia at the Winkler concert hall Feb. 8.

By Ashleigh Viveiros

The vibrant imagination of children's author Robert Munsch comes to life at the Winkler concert hall next month.

Prairie Theatre Exchange is bringing *Munschtopia* to the P.W. Enns Centennial Concert Hall on Friday, Feb. 8.

Debbie Patterson—who has been adapting Munsch stories for PTE for 13 years—has selected *Put Me in a Book!*, *Pyjama Day!*, *Jonathan Cleaned Up—Then He Heard a Sound*, *Wait and See*, and *Murmel, Murmel, Murmel* for this year's production.

Patterson says one of the challenges of writing these Munsch adaptations is figuring out how to tell a good framing story that is clear and interesting but doesn't take up too much stage time.

"The kids are there to see their favourite Robert Munsch stories, so the framing story has to show them

off without getting in the way," she says. "When you look at a diamond ring, you don't really notice the gold setting. But if the diamond was there without the ring, you'd definitely know that something was missing!"

Munsch's tales have resonated with generations of children and this annual theatrical celebration of his work is always well-received.

Patterson is especially proud of this year's show.

"It's one of my favourite ones, and we've done it a lot of years," she says.

"I love that these shows tour all over Manitoba," Patterson adds. "It's fantastic [to reach more fans] and to perhaps be people's first introduction to theatre is really an honour.

"It's a great show for all ages," she says, urging theatre-goers to come prepared to "check your cynicism at the door and have a great time."

Ticket information is available online at winklerconcerthall.ca

> MPI, FROM PG. 9

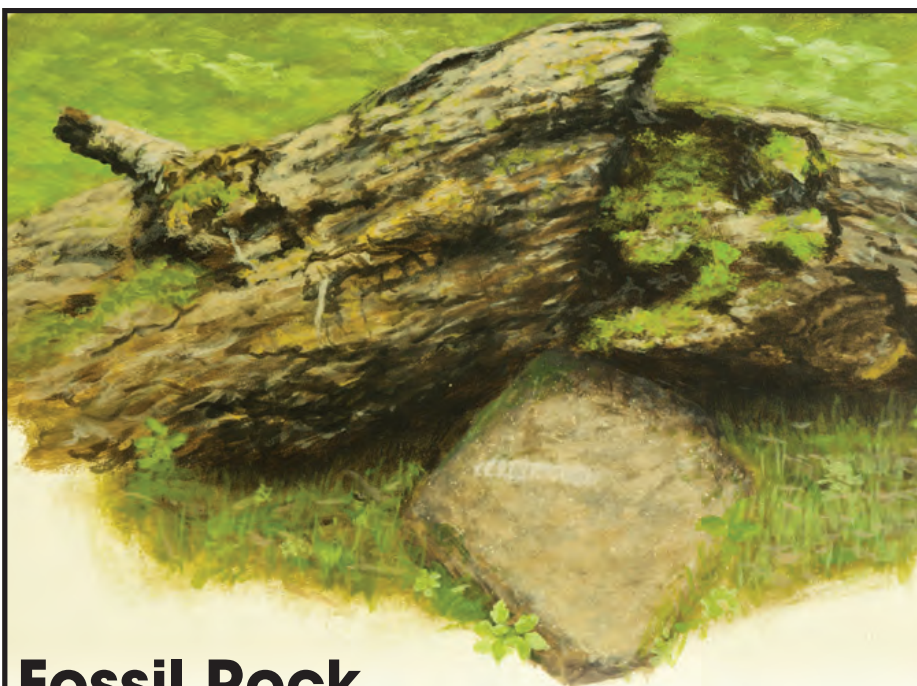
first nine months of the 2017/18 fiscal year," Giesbrecht said. "This increase in claims of \$13.3 million is split evenly between physical damage claims and bodily injury claim costs."

All Manitobans benefit from the Corporation's Personal Injury Protection Plan (PIPP). The PIPP compensates those injured in an automobile accident no matter who is at fault.

"When a Manitoba resident is injured in a car accident, actuarially

determined reserves are established to ensure claimants will receive full value of the benefits they are entitled to, when those obligations come due," explained Giesbrecht.

While Manitobans continue to pay among the lowest auto insurance premiums in all of Canada, in December the PUB approved an overall increase of 1.8 per cent in basic insurance premiums for the 2019/20 insurance year.



Fossil Rock

Fossils are formed when plant or animal material is suddenly buried under water by a layer of sediments. There they remain encased, while the surrounding layer of sand and silt gradually hardens and turns into rock. Fossils can only be formed in sedimentary rocks. Fossils found in limestone are usually better defined than those found in sandstone, because of limestone's finer texture. Fossils give us clues that help us to understand life on earth long before our time.

- Excerpt from *Footprints of Hope* by Henry Martens. Illustrated by Raymond Klassen.

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of Hope

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WIN TICKETS TO MUNSCHTOPIA

Prairie Theatre Exchange brings its colourful production of Robert Munsch stories to the **P.W. Enns Centennial Concert Hall on Friday, Feb. 8, 2019.**

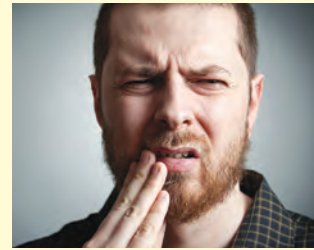
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The winner will be drawn on Friday, Feb. 1.

This year, put your health first



Three signs dentures need to be replaced

Dentures are produced from high-quality materials that are carefully crafted to fit the unique contours of your particular mouth. Nonetheless, they'll eventually need to be replaced. Here are three signs that it's time for new dentures.

Your Dentures are Old

Although resilient, dentures deteriorate over time and small cracks and fractures may eventually appear. This is problematic as these crevices provide a home for bacteria to thrive. Oral infections, therefore, may result from using old dentures. On average, dentures last between seven and 10 years.

Your Dentures are Loose

When some or all of your natural teeth are gone, the underlying bone structure deteriorates and changes over time. It's for this reason that dental professionals recommend having your dentures inspected and

relined every two years. When changes in your jaw have become too drastic and looseness persists after relining, replacement becomes necessary.

You're in Pain

Dentures do more than replace teeth: they also maintain the jaw's bone structure. However, bone loss and the gradual deterioration of dentures can impact the temporoman-

dibular joints and lead to temporomandibular joint disorder (TMJD). The condition is characterized by jaw pain, headaches, tinnitus, earaches and facial nerve pain. A new set of custom-designed dentures can counteract this problem.

If your dentures have become old, loose or damaged, visit your denturist and get a new set made as soon as possible.

How massage therapy helps with stress

Stress causes your heart rate and blood pressure to rise and your muscles to tighten up. This isn't a problem when it's temporary, but when stress and its effects become chronic, your health can suffer. Due to muscles remaining tense at all times, chronic stress can lead to joint aches and pains, headaches, chronic back and neck pain and other issues.

The tricky thing about stress is that the physical and mental effects of it can create more stress. But massage therapy helps to break this cycle by combatting the physical symptoms. Massage techniques, which involve

rubbing, stroking, stretching and applying pressure to the muscles, help return muscles to a relaxed state, reducing stress-related aches and pains. Moreover, massages tend to be a relaxing experience in general. They typically take place in a peaceful environment and thereby afford the patient a sense of calm.

If you're dealing with chronic stress, talk with your doctor about using massage therapy for treatment. For a safe and effective therapeutic massage, seek out a certified massage therapist.

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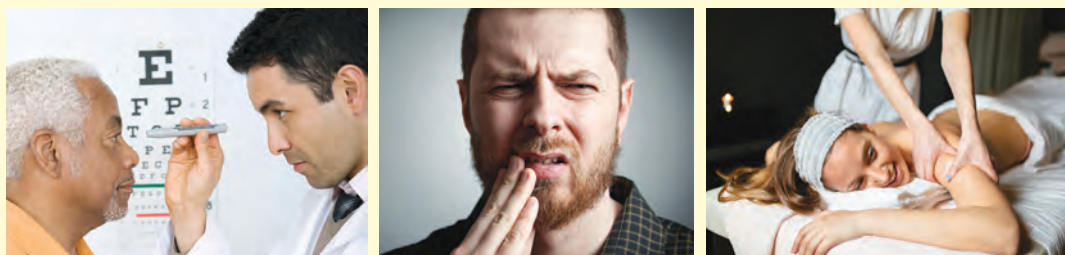
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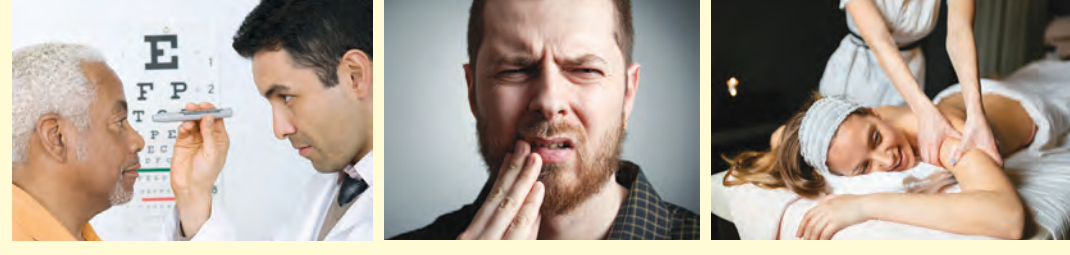
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The facts on gingivitis

Gingivitis is one of the most common oral diseases. Here's what you need to know to prevent, detect and treat it.

What is gingivitis?

Gingivitis is a common and mild form of periodontal disease that exhibits the following symptoms:

- Redness, swelling and irritation in the gums
- Tender gums
- Receding gums
- Bleeding gums when brushing or flushing
- Bad breath

What causes it?

Poor oral hygiene leading to plaque formation is the main cause of gingivitis. Plaque is a transparent, sticky film that forms on the

teeth and is composed of bacteria. It's the product of starches and sugars interacting with the bacteria naturally found in the mouth. If plaque remains on teeth, it hardens and turns to tartar. Both plaque and tartar irritate the gums, leading to gingivitis.

How is it prevented?

Prevention involves good oral hygiene. Brush twice a day, floss daily and get your teeth professionally cleaned every six to 12 months. Healthy eating plays an important role too.

How is it treated?

As soon as tartar begins to form on the teeth, professional dental cleaning is required, as tartar can't be removed with brushing alone.

To prevent its reappearance, one needs to change oral cleaning, and perhaps dietary, habits. More advanced cases might require antibiotic medications or even surgery.

What are the complications?

If left untreated, gingivitis can cause serious complications such as swollen lymph nodes and tooth loss. Prevent this disease: practise good oral hygiene and have your teeth professionally cleaned on a regular basis.

Why personalized fitness solutions work best

The internet abounds with tips and tricks for getting fit, lean, built, sculpted, shredded, ripped, jacked — you name it. The problem is, what works for one person won't necessarily work for another. Our bodies are all different; plus, we all have our own goals. That's where a personal trainer comes in. These certified fitness experts provide customized fitness solutions for individuals seeking to achieve one or more of the following objectives:

- Get or stay in shape
- Become more active
- Lose weight
- Improve athletic performance
- Regain strength and mobility after an injury

- Manage chronic health issues such as back problems, hypertension and arthritis

Personal trainers will start by evaluating clients' physical condition (including their strength, endurance and posture) and then asking about their habits. They will next suggest and teach exercises and activities that:

- Correspond to clients' needs, interests and goals
- Are adapted to their body and to their abilities
- Are safe in light of their state of health, past injuries, etc.
- Result in measurable progress, thus helping the person to stay motivated and meet their objectives

Interested in working with a personal trainer? Ensure you receive safe and effective fitness training by working with someone who's certified, experienced and insured.



Seven tips for effectively managing your medications

Medications need to be taken correctly in order to work properly and not jeopardize your health and safety. When you have multiple prescriptions, this can become difficult. Here are seven things you can do to simplify managing your medications.

1. To reduce the chances of missing a dose, synchronize taking medication with a daily activity such as brushing your teeth or eating breakfast.
2. Take advantage of services and products offered by your pharmacy. This may include the following:

- Daily call reminders for taking medication
 - Online or preauthorized prescription renewal
 - Delivery of medication to your home
 - Synchronization of renewal dates for your various medication
 - Large-print labels
 - Easy-to-open packages
 - Pillboxes
3. Consult your pharmacist before buying over-the-counter medication (including natural health products) in order to prevent reactions with other

medication you're taking.

4. Gain a thorough knowledge of your medication by asking your pharmacist about it.
5. When taking medication, respect the prescribed dosage and treatment period. If you've forgotten a dose, don't double it: speak to your pharmacist.
6. Properly store your medications: keep them in their original container, far from heat sources or moisture and out of reach of children.
7. Regularly check the expiry dates on your medication. Return expired

medication to your pharmacy.

For further advice on how to safely and effectively manage your medications, talk to your pharmacist.

When seeing a health professional, always bring with you an updated list of the medications you're taking.



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Cutting the ribbon on Red River Physiotherapy

By Ashleigh Viveiros

Red River Physiotherapy & Wellness Centre cut the ribbon on its new home in Winkler Saturday.

The company has grown steadily since first opening its doors in St. Jean Baptiste, said owner and physiotherapist Andrea Lehenbauer.

"People from the area were kind of nudging me, 'Why aren't you doing anything out here?' Also doing some homework and realizing the lack of physio services in the area ... that prompted me to open up the St. Jean location in 2011."

They soon expanded to a second location in St. Pierre Joys in 2014 and then last fall opened the Winkler wellness centre at 11-880 15 St.

The community has been incredibly welcoming thus far, Lehenbauer said.

"It's been really good. We already had clients from the Winkler area come see us [at St. Jean], so those two days a week [in Winkler] were already booked up since we started," she said. "I realized Christmas was around the corner, so we wanted to wait for a grand opening until after and then hopefully add more days and times for people. We thought we'd start slow and build on it."

The facility offers a team approach to its physiotherapy, massage therapy, acupuncture, athletic therapy, and wellness services, Lehenbauer said.



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Red River Physiotherapy and Wellness Centre held its grand opening celebration at its new Winkler location Saturday morning.

Remembering a very special January



By Florence Dyck

Happy New Year!" We offer this popular greeting to family and friends, but without fail we complain about January.

After a busy and exciting December filled with parties, good food, gifts and family get-togethers, January comes as a letdown. The sky is gray, the days are stormy, and the month is long. Despite a two week break (or maybe because of it), students groan as they make their way back to school. Parents return to work. Life continues along its predictable course.

I'm not one who complains. Two of the most memorable events in my life happened in January. I wrote last month about how special it was to have a baby sister. She was born on Jan. 26, 1953. Then on Jan. 11, 1982 our fifth child, a daughter, was born. We brought her home on Jan. 21, 1982. Two special days to celebrate!

Earlier, when we told our four sons we were thinking of adopting a baby girl, one of them exclaimed, "Why would you want to spoil our family?" They were proud to be a family of boys.

Most days it did not seem possible that an adoption would ever take place. We attended the required classes in Portage La Prairie. We had the home study completed. I phoned our social worker on a regular basis for no reason at all.

"Just checking in," I said, as if that would help the process along.

We waited and waited! We waited three long years. Then the morning of Tuesday, Jan. 19, the phone rang. It was our social worker. She had a few questions for me. When I responded to her satisfaction, she calmly said, "In that case, we have a baby girl waiting for you. You can see her at the

Misericordia Hospital in Winnipeg on Thursday at 10 a.m."

I phoned my husband. According to him, his entire office and the offices down the way heard my excitement.

Continued on page 19



SUPPLIED PHOTO

Baby Susannah Marie, who the author adopted one cold January day.

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Check out the Voice online at www.winklermordenvoice.ca

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder dominate in home tourney

The Morden Thunder varsity boys basketball team were victorious in their home tournament last weekend.

The boys made short work of Dufferin Christian 64-61 and St. Paul's 73-62 to earn a seat at the final against Frontier, which they won 70-64.

Meanwhile, the Thunder girls team kicked off the season with a 44-30 loss to the W.C. Miller Aces Jan. 15.

In SCAC action, the Northlands Parkway Collegiate varsity boys team defeated Windsor Park 67-59 Jan. 16 and then beat Nelson McIntyre 70-53 on Monday.

NPC's girls also played Windsor Park last week, winning 35-28. They then crushed Nelson McIntyre 56-24.

In Zone 4 high school hockey, NPC fell to Morden 3-2 and to Altona 10-5, Morden went on to lose to Altona 6-1 and 7-2, and GVC were defeated by the Mustangs 6-2.

Morden's Brad Peters goes for the layup over the Stingers' Michael Riedstra Friday afternoon at the Thunder's home varsity basketball tournament. Morden got the win 64-61 in overtime and then clinched the trophy with two more wins.

PHOTO BY RICK HIEBERT/VOICE



Female Hawks gain experience in Arlington

By Lorne Stelmach

Facing stiff competition this past weekend might be able to help cure what ails the female Pembina Valley Hawks.

The Hawks were riding a six game losing streak as they headed south to Arlington, Virginia to take part in the 12th annual Junior Women's Hockey League Challenge Cup.

They won just one of their five games, but coach Shanley Peters hopes going up against 17 high-level teams from across the U.S. and Canada will ultimately help.

"I thought we played very good against all the teams, and we were right there in every game," suggested Peters.

"Overall, it was a successful weekend, and I feel if we take back some of the key things we were wanting focus on this weekend back to the league, we will continue to elevate our game."

The Hawks opened the tournament with a 7-1 loss to Ridley College of St. Catherine's, Ontario on Friday.

Cambree Martens scored the lone goal in the first period as the Hawks fell behind 3-1 and 6-1 at the intermissions.

Shots on goal were 38-11 for St. Catherines. Regan Durand allowed six on 30 shots while Kadynce Romijn stopped seven of eight shots.

Game two Friday was a 4-2 defeat to the Boston Shamrocks, but the game had been tied at one going into the

third. Abbi Conrad and Cora Fijala scored for the Hawks while Romijn made 31 saves as they were outshot 34-26.

Pembina Valley was then edged 3-1 by the Washington Pride in game three on Saturday.

Maiya Aschberg scored for the Hawks in the second period to close the gap to 2-1. Romijn made 27 saves as both teams fired 30 shots towards

their opponents' net.

Game four Sunday saw the Hawks blank Banff Academy 2-0. Aschberg and Jolyne LeClair fired home first period goals. Durand got the win in goal as the Hawks won the shots battle 14-13.

Pembina Valley then closed it out Sunday with a 3-1 loss to the Ot-

Continued on page 20

Redskins crush Winkler Royals 8-2

By Ashleigh Viveiros

As the clock steadily ticks down on the South Eastern Manitoba Hockey League's regular season, the Morden Redskins handed the Winkler Royals an 8-2 loss over the weekend.

Mike Rey was the Redskins' star player for the night, scoring a hat trick in the first period, two more in the second, and one more in the third.

Also scoring for Morden were Keith Bially and Jessi Freund.

Down 7-0 heading into the final period, Winkler's Marcus Neufeld and Caleb Unrau both scored to get the Royals on the board.

Morgan Wall got the win in net for Morden with a 33 save night. Across the rink, Devon Wiebe made 30 saves for Winkler.

In the standings, Morden and Por-

tage have matching records for the season thus far—11-5-0-1 for 23 points—and trail the Portage Islanders in first place (12-4 for 24 points).

The Royals are 2-16 for four points and seventh and last place.

This week Winkler plays in Notre Dame Thursday while Morden hosts Carman Thursday and then travels to play Altona Saturday.



Flyers earn single point against Natives

The Winkler Flyers had to settle for a single point in an overtime loss in their only game last week.

Brody Moffatt scored the lone Winkler goal in the 2-1 defeat in Neepawa Saturday.

The point against the Natives moved Winkler four points clear of Waywayseecappo for the final playoff spot in the MJHL standings.

The Flyers carried the play to start the game, generating a number of great chances on goal but came away with nothing to show for it.

The Natives took a 1-0 lead just before the three minute mark of the second period on the power-play, but Winkler tied the game with a power-play marker of their own as Moffatt connected on a one-timer for his 13th of the season.

Tanner Robin then picked the far corner on Riley Morgan to give Neepawa the victory with just 32 seconds left in overtime.

Morgan made 29 saves as the Natives outshot the Flyers 31-30. Both teams were 1-for-5 on the power-play.

It left the Flyers, who were 5-2-1 in their last eight games, just two games below .500 at 18-20-4. They concluded

their five game road trip Tuesday in Winnipeg. This weekend they welcome the Swan Valley Stampeders to Winkler for a doubleheader Friday and Saturday.

SHOWCASE

Three members of the Winkler Flyers were part of the 2019 Manitoba Junior Hockey League and Saskatchewan Junior Hockey League Showcase Jan. 13-15 in Regina.

Top players from each league formed three teams that competed in a six game tournament that saw the SJHL Team Kunitz coming out on top with a pair of wins.

Winkler right-winger Griffin Leonard had a goal and an assist for Team Belfour, which lost 3-1 to Team Kunitz and then won 4-0 over the SJHL Team Mitchell.

Defenceman Drake Burgin had a pair of goals and left-winger Eric Fawkes had a pair of assists for Team Garbutt, which also went 1-1 in winning 4-3 and then losing 4-2 to the SJHL Team Schwartz.

The MJHL's Team Zajac lost both of their games, falling 8-5 to Team Mitchell and 8-1 to Team Kunitz.

Zodiac boys bring home Zone 4 curling banner

The Garden Valley Collegiate boys curling team of Reece Hamm, John Trinke, Brennan Kezema, Trevor Heide, coached by Ross Derksen, won their second straight Zone 4 banner over the weekend in Morris. The team were 4-1 heading into the championship game against Morden's Team Titchkosky. The final went into extra ends before Team Hamm won it 4-3. The boys now compete in the provincials in Somerset Feb. 21-23. In the ladies championship, GVC's team skipped by Calista Friesen finished runner-up to Altona.

Mixed weekend for Pembina Valley Hawks

By Lorne Stelmach

It was another weekend of mixed results for the male Pembina Valley Hawks.

The AAA Hawks came from behind Sunday to edge the Interlake Lightning 6-5 after having fallen 5-2 Saturday to the Winnipeg Thrashers.

If it wasn't for a bad first period, though, the Hawks could have fared better against the Thrashers, lamented co-coach Jeff Andrews.

"We just forgot to show up," he said Monday, noting the Thrashers were on their third game of the week while the Hawks were on their first. But they still fell behind 4-0 after 20 minutes. "We outshot them the rest of the game and outscored them in the next two periods 2-1 ... so that's a winnable game for us."

Coming out of the Christmas break, Andrews said the Hawks had some pretty tough games against top teams like Brandon.

"We were really trying to find our legs again and get back to playing the type of hockey that we were playing before," he said. "I'm not really happy with the way we've entered the second half of our season ... but we've got six games here now that are definitely winnable games for us. If we play the way we can, we should win all those games and kind of set ourselves up for the stretch run."

Against Winnipeg, Andrew Boucher and Derek Wiebe scored second period goals for the Hawks, who were outshot 22-7 in the first but then had a 23-15 advantage over the final 40 minutes.

"WE WERE REALLY TRYING TO FIND OUR LEGS AGAIN AND GET BACK TO PLAYING THE TYPE OF HOCKEY THAT WE WERE PLAYING BEFORE."

Dylan Meilun started in goal and allowed four goals on 18 shots before being replaced by Brock Moroz, who stopped 18 of 19 shots.

The Hawks trailed 2-1 and 4-2 at the intermissions against the Lightning before coming back with four in the third including a couple power play markers and the winner with just 23 seconds left.

Scoring for Pembina Valley were Wiebe, Justin Hobbs, Roux Bazin, Trent Penner, Michael Hlady, and Braden Hildebrand.

Shots on goal were 54-34 in favour of the Hawks. Moroz started in goal and stopped 19 of 23 before Meilun came in and saved 10 of 11.

The Hawks remain in seventh place at 17-13-3-2 for 39 points, which is five ahead of the Winnipeg Bruins and nine behind the Southwest Cougars.

Pembina Valley has a three game homestand this week that kicked off with the Central Plains Capitals Wednesday and continues with the Parkland Rangers Saturday evening and Sunday afternoon in Morden.

Morden native receives Jack Graney Award

By Lorne Stelmach

He is one of Sportsnet's most recognizable personalities, and Jeff Blair has now spent close to four decades in sports journalism.

The host of the weekday morning program *The Jeff Blair Show* on Sportsnet 590 The FAN also serves as the channel's leading baseball analyst, co-hosting *Baseball Central* alongside Kevin Barker and serving as a regular contributor to *Blue Jays Central*.

Blair's success in the world of professional sports coverage has its roots right here in Morden where he spent his formative years.

"I absolutely loved my days at Morden Collegiate. It was just the best times for me," Blair said in an interview following his being named the winner of the Canadian Baseball Hall of Fame's 2018 Jack Graney Award last month.

The award is presented annually to a member of the media who has made significant contributions to baseball in Canada through their life's work.

"It's really meaningful," said Blair, who called it an incredible honour to receive an award that has gone to many people he has admired and respected.

"It sort of covers every aspect of Canadian baseball media," he said. "It's kind of cool to be men-

tioned right alongside a lot of people I grew up reading or listening to ... people who played a significant role.

"The baseball community in Canada is big but it's also a pretty small group in a lot of ways ... the community itself, especially once you sort of get away from playing the game, is actually pretty small."

Born in Kingston, Ont., Blair grew up in Morden and attended the University of Manitoba, where he started his career in sports journalism when he became sports editor of the school's newspaper.

His graduation was followed by stints at the *Winnipeg Free Press* and the *Calgary Herald*.

In 1987, he joined the *Montreal Gazette*, where, over the next decade, one of his primary assignments was covering the Montreal Expos.

After 10 years in Montreal, Blair was hired by *The Globe and Mail* where he would write about baseball and the Toronto Blue Jays for more than a decade prior to joining Sportsnet in 2010.

Aside from his day job, he also authored *Full Count: Four Decades of Blue Jays Baseball*, a 2013 book about the history of the Blue Jays.

For Blair, who still returns a few times a year to Morden to visit his mother Emily, there are many fond memories of growing up here.

"The Larke family has been around the town for a long time," he said, noting the family connection goes back to when his grandparents first moved to Morden and then his mother moved back to the community in 1967.

"We played baseball every summer ... back then it seemed like every kid played baseball all the time," Blair recalled. "There was a real baseball culture in rural Manitoba, and it still exists, but it was really pronounced then. I can remember the first of July tournaments were a really big thing.



SUPPLIED PHOTO

Jeff Blair, who grew up in Morden, was awarded a prestigious sportscaster award in Ontario last month.

I was really lucky that I had a supportive family that basically allowed me to listen to and watch as much sports as I wanted.

"Baseball was always a sport I watched a lot and covered," he continued, remembering his summer job working at the gate at Colert Beach and listening to Minnesota Twins games.

Continued on page 20

"WE PLAYED BASEBALL EVERY SUMMER ... BACK THEN IT SEEMED LIKE EVERY KID PLAYED BASEBALL ALL THE TIME."

Pembina Valley Twisters extend winning streak to six

By Lorne Stelmach

The Pembina Valley Twisters are opening up a bit of breathing room atop the Manitoba Major Junior Hockey League standings.

Now winners of six in a row and 10 of their last 11 games, the Twisters came into the week with an eight point lead on the second place Raiders after picking up two more victories this past weekend.

After trouncing the last place River East Royal Knights 11-3 Saturday, Pembina Valley took care of Transcona 6-1 Sunday to improve their record to 26-4-3 for 55 points.

The Twisters exploded for nine unanswered goals in the second period including five straight powerplay markers against the Knights, who now have only two wins through 32 games.

Leading the way with hat tricks

were Tristan Day and Travis Penner while Jeremie Goderis added a pair. Other goals were scored by Wyatt Saborin, Mark Klassen, and James Van De Velde.

Pembina Valley had a whopping 64-22 edge in shots on goal, with Martin

Gagnon getting the win with 19 saves.

The Twisters finished strong against Transcona with four goals in the final period. Their powerplay was strong once again with four markers.

Braeden Beernaerts contributed two while Goderis, Klassen, Penner, and

Elijah Carels scored once each.

Shots were 44-28 in favour of the Twisters, who got a 27 save performance in goal from Travis Klassen.

This weekend the team host the Stonewall Jets in Morris.

Region well-represented on Team 'Toba

Local athletes will be part of Team Manitoba next month at the 2019 Canada Games.

Taking place in Red Deer, Alberta from Feb. 15 to March 3, the Canada Games are this country's largest multi-sport event for young athletes.

They feature 19 sports and over 150 events as well as a major arts and cultural festival. There will be up to 3,600 athletes, managers and coaches involved as well as more than 20,000

visitors.

Team Manitoba is sending 208 of the province's best young athletes along with 46 coaches, 14 managers, eight tech support, and 20 mission staff to participate.

Events featuring local athletes include:

- Alpine skiing: Karly Friesen, Jared Friesen, and Lori Steppler of Miami and Amanda Creith of Manitou.

- Cross country skiing: Aaron and

Tessa Warkentine of Winkler.

- Girls curling: Hayley and Payton Bergman of Rosenfeld, Cheyenne Ehnes of Manitou, and Anastasia Ginters of Altona.

- Boys hockey: Trentyn Crane of Winkler.

- Judo: Ijob Hamraev of Manitou.

- Reid Sloan of Morden is part of the coaching staff for girls hockey, while

Continued on page 20

arts&culture

Candlewick bringing 'The Matchmaker' to Morden, Manitou

By Lorne Stelmach

The Candlewick Players are preparing a Valentine's Day treat for theatre lovers.

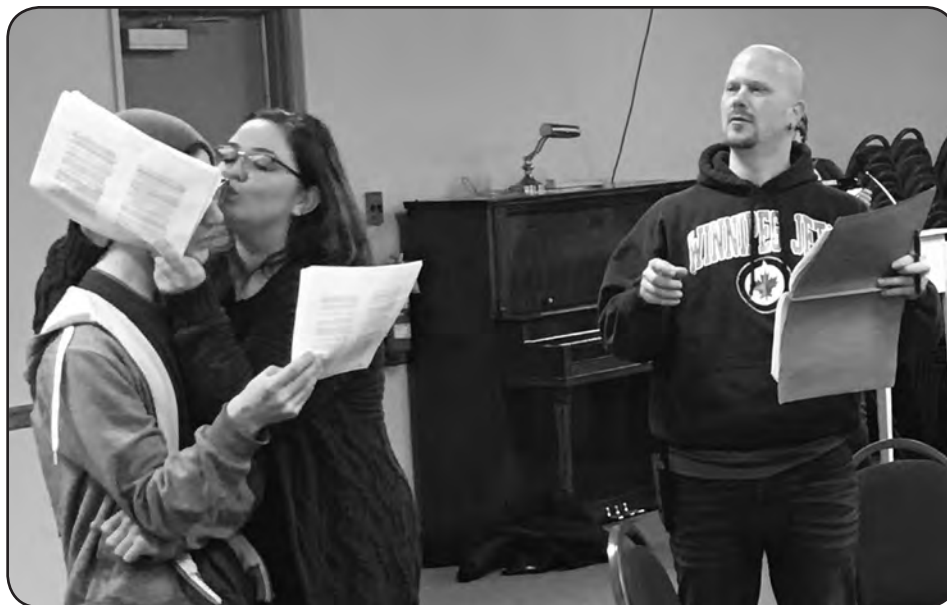
They will be presenting Thornton Wilder's classic farce *The Matchmaker* in Morden and Manitou over the first two weekends of February.

With a large cast of 16 characters and four acts, this show has some challenges for the players and crew. But they're tackling them more than willingly.

"This one in particular was one that we had done years ago, and it was very well received," said producer and director Richard Klassen, who has both acted in and directed prior presentations of the play.

He cited *The Matchmaker* as a popular choice because of its "unique characters, very vibrant and rich characters, and of course there are all the silly shenanigans that happen over the course of a day."

The play tells the tale of Horace Vandergelder, a wealthy old businessman who hires a matchmaker to assist in finding him a wife.



SUBMITTED PHOTO

Candlewick Players actors run through a lively scene of *The Matchmaker* in preparation for two weekends of performances in Morden and Manitou next month.

As events unfold, Vandergelder's employees, his niece and her betrothed and an array of other characters play games of deception, double identity, and foolishness.

The cast under Klassen's direction

this year has many experienced actors including Bruce Fehr of Winkler as Cornelius Hackl, Vandergelder's chief clerk. Chuck Fefchak of Morden will play Horace Vandergelder, while costume supervisor Ruth Barker of

LaRiviere will portray the titular matchmaker.

As well, the troupe adds several actors who have never been in the Valentine's show but have experience from other performances. Alex Klages of Morden takes on the role of Malachi Stack, while Kelly Klages pulls double duty as Gertrude and the curious Flora Van Huysen. Eric Buhr of Somerset also takes on two parts in owning the role of Joe Scanlon, Vandergelder's barber, as well as August the waiter.

Klassen loves that the cast includes both veteran actors and newcomers.

"It's very eclectic in some ways and yet, at the same time, they all just enjoy the arts. There's so many similarities," he said. "We're learning as we go along about each other's personality types ... so it's just a great experience."

The performances kick off at the Kenmor Theatre Feb. 1-2 at 7 p.m. The troupe then moves to the Manitou Opera House for a weekend of dinner theatre shows Feb. 8-10.

For ticket information, visit candlewick.ca or call 204-822-7469 or 204-825-8406.

Tickets on sale for PVHS Thaw Your Paws social

By Lorne Stelmach

The Pembina Valley Humane Society invites people out for a fun night of music and dancing at the annual Thaw Your Paws fundraising social.

Sponsored by Huron Windows, the party is taking place Sat., Feb. 2 at the

Morden Legion Hall starting at 8 p.m.

"We have raised over \$4,000 with this event before and we hope to hit that mark again this year," said public relations chair Megan Rodgers. "People are getting a little sick of winter and want an excuse to go out and have some fun, and this is for a great

cause."

Providing music this year are The Crayon Professors and Uncle Jake's 90s. The night will also include a prize raffle and 50/50 draw.

Rodgers said that fundraisers like this event help the non-profit organization cover the costs of veterinary

care for its animals.

"We work to keep our vet bills down as much as possible, but with each animal there are costs," she said. "Without our events being successful, we wouldn't be able to keep the doors to the shelter open."

Social tickets are \$10 and available online at pvhsociety.ca and at the shelter in Morden.

"Depending upon availability, they will be sold at the door as well, but this event has been sold out before so we encourage people to get their tickets early," said Rodgers.

The Crayon Professors (left) will join Uncle Jake's 90s in performing at the Thaw Your Paws social in support of the Pembina Valley Humane Society Feb. 2.



SUPPLIED PHOTO

Food and fellowship

There was both good food and fellowship happening Thursday at the Morden Activity Centre as the first World Cooking Class of 2019 got underway. The new three week session continues the next two Thursdays featuring food from India, Russia and the Philippines. The next session set for March 7, 14, and 21 will focus on Ukraine, West Africa, and India. It is fully booked, but more sessions are planned for the year ahead. Partners helping put on the classes include the City of Morden, Regional Connections, Co-op, and the Morden Activity Centre.

PHOTO BY LORNE STELMACH/VOICE



> A VERY SPECIAL JANUARY, FROM PG. 14

Frantically, I ran around accomplishing nothing. I had to clean the house. I had to get Ronnie, my youngest, off to Kindergarten. I had to buy some necessities.

The temperature hovered between 30 and 40 below on the day we left for Winnipeg. My parents came to stay with the boys. It was just too cold to have so many of us on the icy highway.

We left a day early. This gave me a day to pick up all the baby things I still needed. I had sewn baby blankets and bought pink sleepers. My mom

had crocheted a beautiful pink shawl. Now I bought diapers, creams, bottles and even a tiny pink snowsuit.

That night we went to the Old Spaghetti Factory for dinner. I was too anxious to eat. Excited as I was, I had concerns. Our social worker had assured us that if for any reason we did not feel right about the baby they had chosen for us, we could refuse and we would still be eligible for another baby.

I tossed and turned at night as I replayed those words.

"There is no way," I thought, "I would

stay on the adoption list if I refused this child. This was not a game. This was a life."

I wanted so badly to feel good about this baby. I could not sleep.

Our wheels felt square the next morning as we left for the hospital. It was as cold as a January morning in Manitoba could be. We were ushered into a private room. A nurse entered with a tiny bundle wrapped in a faded blue and orange blanket. She was followed by our social worker.

We waited until we were alone to lift the covers and look into her face.

We looked at each other in astonishment—this baby looked exactly like our babies had looked when they were born. She had the same perfectly round head with a scattering of light brown hair. She had the same dark blue eyes, turned up nose, and cherry mouth. We knew she was ours from the start.

We named her Susannah Marie. I wrapped her in the white and pink blankets we had brought. We had not been told to bring an infant seat as they were not yet mandatory. Ron left to bring the car to the front entrance. My eyes filled with tears as a nurse placed our daughter into my arms.

On the way home we stopped for eye drops and the recommended formula. When the car was warm, I changed Susannah from the yellow sleeper her birth mom had bought for her into a pink sleeper. What a transformation! Yellow always made our babies' skin look sallow and it had the same effect on Susannah. Now she looked perfect to meet her four brothers, her two sets of grandparents, her two uncles, her four aunts, and her seven cousins. They would all be at our house eagerly awaiting our arrival.

Outside the evening was cold and stormy but inside we were warm and cozy. Our home was filled with laughter and rejoicing as we celebrated Susannah's birth and homecoming. We remembered then, and still do, to be thankful for our social worker and for Susannah's birth mother, who worked together to help make this miracle happen.

Florence Dyck is a former Mordenite now living in the Okanagan

FCC supports Winkler Trailblazers

Morden Farm Credit Canada rep Adam Boulanger recently presented \$500 to the Winkler Trailblazers 4H Club. FCC contributes to 4H across Canada as a national sponsor and to support youth involvement in agriculture. The FCC 4-H Club Fund saw 233 clubs nationally receive funding totalling \$114,250. It awards

up to \$500 for a wide range of projects including achievement days, skill-building workshops, field trips, public speaking competitions, and the purchase of club supplies. The next application period opens in summer 2019.

SUBMITTED PHOTO



Agriculture

In-vessel composting a key to biosecurity

By Harry Siemens

No matter what the season, Manitoba Pork continues to confirm cases of PEDv.

Recent cases serve as a warning to always keep biosecurity practices top of mind on farms.

"Each producer should develop biosecurity protocols in consultation with your veterinarian, considering all aspects of your operation, and shared and regularly reviewed with your staff and visitors to your farm," the agency urges producers. "Biosecurity remains the best defence against PED and other pathogens that could affect your herd."

Manitoba Pork confirmed another case of PEDv in a finisher barn in southeastern Manitoba on Dec. 17. They report that full biocontainment is in place on site.

Of the 14 other affected premises identified in 2018, six have achieved presumptive negative status, four have reached transitional status, and four remain positive for the illness.

Enter the Novi-Comp by Novid Inc. of Rosenort, a composting system designed for livestock facilities, though owners of other waste-producing facilities can also use it.

Nova-Comp's design addresses the growing concern surrounding the safe and economical disposal of livestock mortality and organic waste. Composting goes back a long way, but in-vessel composting is something that came into existence in the early 2000s.

"The Novi-Comp is a key component in bio-security. It's a safe, eco-friendly method of deadstock disposal and it all happens on the farm, so there is no risk of cross-contamination from truck traffic," said the company's Shawn Compton. "The Novi-Comp process kills most pathogens associated with livestock mortalities."

Compton, who years ago owned a company that built a similar product called a Biovator, showcased the Novi-Comp at the recent Prairie Livestock Expo.

"We took a proven technology and made it better," he said. "It's modular and as your operations expand you can add to it."

"In-vessel composting is an eco-

nomical environmentally friendly method of disposing of dead stock," Compton said, noting it's also proven useful for things like cafeteria waste and is in use in some school divisions and at The Forks Market.

"Composting is a combination of carbon and nitrogen a natural biological process," he explained. "The natural microbes turn it into compost in 7-10 days. It's pretty amazing."

When the Biovator first came on the scene in the 1980s, operators had to be careful of where and how they disposed of the finished product.

Compton said today people understand the technology and the science. It's a pathogen-free product coming out of the end for stockpiling, and the Novi-Comp continues composting and for spreading on the land.

"It's safe, environmentally friendly. You're not putting dead stock in landfills. You're not burying them for groundwater contamination," he said. "Many of the integrators looking at systems like this are doing so for disease pressure reasons. They don't want truck traffic coming back and forth picking up dead stock."

The system also requires no permits



SUPPLIED PHOTO

Novid Inc. in Rosenort has developed the Novi-Comp composting system to help livestock producers to safely and efficiently dispose of organic waste.

for the end-user.

"We've done all the testing on the compost systems themselves, on the end product, so we have all that data

to back up the producers," Compton said. "You can purchase one today and install it tomorrow, no problem."

> BLAIR, FROM PG. 17

"It's always been my favorite sport ... it's always been an important part of my life," he said, noting his big break came in being hired by the *Gazette* to cover the Expos.

Earlier on, though, it all started during his time at Morden Collegiate when he served as the high school newspaper editor. He sees many of his Morden teachers like Paul Sigurdson as having played a pivotal role in his development as a journalist.

"There was just a real sense that your intellectual curiosity was really nourished. It was just a great environment for learning ... I had a lot of people who allowed me to do a lot of writing and a lot of reading, and it just seemed as if it was a natural progression for me once I got to university that I would eventually get into journalism."

In presenting Blair with the Jack Graney Award, Scott Crawford, Canadian Baseball Hall of Fame's director of operations, cited Blair as "one of our country's most respected and

authoritative baseball analysts and writers."

"We're proud to recognize an analyst and writer of his calibre with this award."

> TEAM 'TOBA, FROM PG. 17

Tara Funke of Altona is among the mission staff for Team Manitoba.

The lead up to the Games includes a Team Manitoba pep rally Sunday on the courts at the Canada Games

Sport for Life Centre. On Tuesday, Feb. 5, the Team Manitoba flag bearer for the opening ceremony will be announced and the team uniform will be unveiled.

> HAWKS, FROM PG. 15

tawa Lady 67s. Their lone goal came from Kaila Powell in the third period. Romijn made 24 saves off of 27 shots while her teammate sent 18 the other way.

The Hawks resume league play with a busy three day weekend that will

be key if they are going to turn things around heading into the playoffs.

It starts with the Central Plains Capitals in Portage Friday and then continues with the Ice in Winnipeg Saturday and the Eastman Selects in Morden Sunday.

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ANNOUNCEMENTS

The Fourth Commandment in the Bible has not been abolished and never will be in this time. The true Christian has this law written in his or her heart. Therefore let us "Remember the Sabbath day, to keep, it holy. Six days shalt thou labour and do all thy work: but the seventh day is the Sabbath of the Lord thy God: in it thou shalt not do any work..." Exodus 20 vs 8, 9, 10a (King James Version). Please visit our website: www.clda.ca

COMING EVENTS

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Sat., Jan. 26, 2019
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NOTICE OF HEARING

UNDER THE HIGHWAYS PROTECTION ACT AND THE HIGHWAY TRAFFIC ACT THE HIGHWAY TRAFFIC BOARD

Notice is hereby given that a hearing of the Highway Traffic Board will be held on Tuesday, February 5, 2019 at 10:00 a.m. in Room 204-301 Weston Street, Winnipeg MB R3E 3H4 Phone: (204) 945-8912.

PERMITS - PART I - SECTION 9 H.P.A. AND PART III - SECTION 17 H.P.A. 2/003/080/S/18 - EXPLORE MORDEN WINKLER

Application to Replace Off-Premises Sign (Community) adjacent to P.T.H. No 3, N.E. 1/4 36-3-5W, R.M. of Stanley.

The Highway Traffic Board will be prepared to consider all submissions, written or oral, on the above applications by contacting the Secretary prior to or at the hearing.

200 - 301 Weston Street Winnipeg, MB R3E 3H4 Phone: (204) 945-8912 Michelle Slotin, Board Secretary THE HIGHWAY TRAFFIC BOARD

Manitoba

NOTICES

Morden CITY OF MORDEN 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 City of Morden Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the City of Morden 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 Senior Election Official, in person, by e-mail, fax or mail to:

City of Morden
100-195 Stephen Street,
Morden Manitoba R6M 1V3
Phone: 204-822-4434
Fax: 204-822-6494
E-mail: info@mordenmb.com

The next General Election takes place 2022.

Garry Haggerty
Senior Election Official

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ANSWERS

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 6 | 3 | 9 | 1 | 7 | 8 | 4 | 5 |
| 5 | 4 | 9 | 6 | 8 | 3 | 7 | 1 | 2 |
| 1 | 7 | 8 | 4 | 2 | 5 | 6 | 3 | 9 |
| 8 | 3 | 6 | 1 | 4 | 2 | 5 | 9 | 7 |
| 7 | 2 | 5 | 3 | 9 | 6 | 1 | 8 | 4 |
| 9 | 1 | 4 | 5 | 7 | 8 | 2 | 6 | 3 |
| 6 | 8 | 2 | 7 | 3 | 9 | 4 | 5 | 1 |
| 4 | 9 | 7 | 8 | 5 | 1 | 3 | 2 | 6 |
| 3 | 5 | 1 | 2 | 6 | 4 | 9 | 7 | 8 |

Sudoku Answer

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | S | I | D | | | D | E | B | | |
| | A | T | L | N | V | A | R | E | S | B | O |
| D | N | V | T | S | I | E | R | U | S | V | E |
| E | E | N | I | V | R | T | | T | E | W | O |
| B | S | | | | | | B | U | C | | E |
| B | I | N | S | | B | V | N | | E | E | T |
| E | R | V | P | | E | D | I | S | D | D | E |
| | V | C | O | | R | E | B | V | S | | I |
| | N | O | S | | T | V | I | P | | S | E |
| G | N | I | P | O | T | S | B | C | | V | I |
| C | V | | | R | T | S | | | | C | T |
| E | T | B | V | T | O | P | | E | O | N | E |
| P | I | H | S | O | M | F | O | E | S | U | O |
| | T | A | I | N | O | M | I | R | T | A | W |
| | N | B | E | | | | C | V | A | P | |

Crossword Answer

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Announcements

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OBITUARY



Bohdan "Bert" Chubey

March 18, 1930 to January 13, 2019

Bohdan (or Bert as he was known to friends and family) was born on March 18, 1930, to mother Katherine and father Nazarko on a farm in the rural community of Rosa, Manitoba. Ultimately, Bert would be the ninth of 10 children, including six brothers and three sisters.

As a young man, Bert enjoyed working on the farm with his father and siblings. Farming and agriculture would play a significant role in both his personal and professional life – from the farmlands of his youth, to the academic halls of top US universities; from the important horticultural work of the Morden Research Station, to the family strawberry fields of Rosa and the improbable wheat fields of Tanzania.

It was on that childhood farm that Bert had a mishap while cutting fence posts. Although it was surely a traumatic event, and resulted in a potentially limiting injury, Bert never let it slow him down. Years later, he continued to regale strangers and grandchildren alike with the tale of his missing thumb.

In the spare time of his youth, Bert loved to play ball for the local Rosa baseball team. He was a great athlete and a skilled catcher. At one of these games, a young female score keeper for the rival Grunthal team would catch Bert's eye. It would take him years of courting, calling and letter writing, but eventually Bert and Sally would be married in 1960 and go on to raise three children – Michael, Robert and Catherine.

While he enjoyed the hard work and the challenge of farming, Bert's ambitions would lead him to an accomplished academic career. He obtained a Bachelor of Science at the University of Manitoba; a Master of Science at Penn State; and, his PhD at the University of Minnesota.

Post-university, Bert began a career as a research scientist at the Morden Research Station specializing in horticulture and special crops. His knowledge and expertise would take him and Sally to live and work in Windsor, Ontario, where Bert was the head of quality control at the Green Giant Company in Canada, and to Ottawa where he worked at Agriculture Canada Headquarters. In 1989, Bert and Sally moved to Arusha, Tanzania, where he directed the Tanzania/Canada Wheat Project teaching farmers in the developing world how to grow and sustain critical food crops. In all, by the time he retired in 1993 Bert spent over 33 years developing new food crop strains and horticultural techniques for application in Canada and throughout the world.

Always looking to contribute to others, Bert was an enthusiastic volunteer on many executive committees in his community as well as an active member of the Morden Kinsmen, K-40s and St. Paul's United Church. Bert's commitment to helping others went well beyond the borders of Manitoba and would find him volunteering post-retirement in the fields of Colombia and in his family's homeland of Ukraine. Bert and Sally loved to travel and they made many close and dear friends in the places they visited throughout the world.

At home in Morden, Bert was well known for his Kerr apple wine, love of gardening, and for growing his own strain of garlic, Bert's Best. In the early 1970s, Bert and his brothers Morris and Sam partnered to open and operate a strawberry farm in Rosa. Summers were busy for the Chubey clan during those years, with the brothers and their families tending to the strawberries and helping customers who would come from far and wide to pick strawberries. Unfortunately, a tornado would deal a fatal blow to the strawberry farm in 1981.

Bert was a familiar face at the Morden Curling Club, and spent many hours shuffling at the Morden Seniors Centre. He was also known to friends and family as an avid dancer and lover of music. Bert and Sally were active square dancers for 23 years. He also lived for a good polka, and was often the last to leave the dance floor. Bert and Sally would continue to dance the nights away well into the twilight years of his life.

But those who knew Bert best, knew that above all else he was a proud and devoted family man. Bert cherished his wife Sally, to whom he was married for 58 years, and was an ever-present and always wise father to his children. He was highly respected by his numerous nieces and nephews, and could always be counted on to give thoughtful advice and a helping hand to any who asked.

Bert passed away peacefully on January 13, 2019, two months shy of his 89th birthday. He was predeceased by his parents, his brothers John, Dan, Jack, Sam, Fred and Morris, and his sisters Lily and Anne.

Bert will be deeply missed by his wife Sally and his remaining sibling, Audrey, and forever remembered as a wonderful father and grandfather by his children Michael, Robert (Valerie), and Catherine (Alex), and his grandchildren Sara and Alice, Ryan and Jackie, and William.

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



Denae Mikayla Letkeman

1994 – 2019

Love the Lord your God with all your heart, all your soul, all your strength and all your mind; and, love your neighbour as yourself." Luke 10:27 is Jesus' greatest commandment, and Denae's greatest desire in life.

Denae was born July 23, 1994. From the start we knew Denae was a special gift. Through her genuine and heartfelt love for others, the sparkle in her eyes, her infectious smile, Denae made a unique impact on all those she met. Descriptions of Denae include; kind, caring, soft voice, patient, unconditional love, non-judgmental, selfless, never spoke negatively about anyone, beautiful smile, compassionate, uplifting, loved well, beautiful inside and out. She shone the light of God as a small child and until her dying day.

You didn't have to question if she cared about you. She told you, she showed you, she wrote and spoke many encouraging and loving words. Denae accepted Jesus as her Savior when she was a young child. In her preschool days she was already telling her parents she wanted to be a missionary someday. Denae shared these words in her baptism testimony on November 13, 2011. "Going to Sunday school was something I always enjoyed, and I remember one Sunday in grade 5 some missionaries came to share at our church. After hearing about their amazing stories and how devoted they were to God, I turned to my mom and told her that I wanted to be a missionary when I grew up. The idea of telling people about God and sharing His love with them was something that really started to excite me, and I made up my mind that I wanted to be as close and devoted to God as those missionaries." Denae's missionary heart lived out in deep and meaningful relationships and long-lasting precious friendships with people young and old, creating cherished memories with love and laughter. Denae was a prayer warrior, a faithful family member and friend. Denae continued to grow in and share her faith with a true servant heart as she attended Bible camps, youth, went on mission trips, taught Sunday school, and studied God's word. Denae's career included working at Dollarama, working as an EA in the life skills class at GVC; working as an au pair/nanny for one year in Finland, and working at the Winkler and NPC Day Cares. She was in her second year of Early Childhood Educator course through Red River College. Denae was a gift giver. Even as a small child she would wrap up gifts to give to others (sometimes her favorite toys). She loved to buy or make gifts for people; always intentional, always meaningful, always from her heart. It was beautiful to watch Denae's unique and precious relationship with her Grandma Letkeman. The 67-year age difference didn't stand in the way of a deep and trusting friendship. They enjoyed spending time together, shared many meaningful talks, and confided in each other. Denae loved Bible verses and drew her strength from them. She was a doodler and created many a masterpiece of art using scripture, quotes, flowers, leaves, etc. She posted them in visible places or gifted them as reminders of God's love and faithfulness.

Denae left us much too soon for our liking, and entered her heavenly home on Thursday, January 3, 2019 as a result of an automobile accident, but we believe, as she did, that God is faithful, He loves us, He is good, and His timing is perfect.

She will be deeply missed by her parents, John and Helen (Froese) Letkeman; sister, Jenelle and Gabe Hiebert, their children, Piper, Deacon and Knox; brother, Derek and Helena (Wiebe); Grandma Margaret Letkeman; many close cousins, aunts, uncles and friends. We grieve, but not as those without hope!

Funeral service was held at 1:30 p.m. on Friday, January 11, 2019 at the Winkler Mennonite Church with interment at the Winkler Cemetery.

Special thanks to all those who have been and are praying, for the outpouring of support, through words, texts, phone calls, messages, memories, flowers and food. Denae would be, and we are, overwhelmed by your love and support. Thank you to Wiebe Funeral Home for your caring and professional care.

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OBITUARY



Jacob Siemens

1932 – 2019

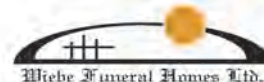
On Saturday, January 12, 2019 at Boundary Trails Health Centre, Jacob Siemens age 86 years of Winkler, MB went to his eternal rest.

He leaves to mourn his passing six daughters, Elizabeth and Jacob Unger, Anna and George Hiebert, Tina Siemens, Susana Siemens, Nettie and Jacob Froese, Mary and Ben Petkau; seven sons, Jacob and Mary, Henry and Judy, Abe and Lisa, Frank and Jessie, Bill Siemens, George Siemens, John and Tina; 33 grandchildren; 72 great-grandchildren; one sister; four brothers and their families. He is survived by his second wife, Margaret (nee Wall) and her family. He was predeceased by his first wife, Elizabeth (nee Wall) in 2009; two sisters, Anna Rempel and Elizabeth Teichroeb and four brothers, George, Wilhelm, Johann and Cornelius.

Funeral service was held at 11:00 a.m. on Wednesday, January 16, 2019 at the Zion Mennonite Church with interment Church Cemetery.

Donations may be made in Jacob's memory to the Boundary Trails Health Centre Foundation.

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IN MEMORIAM



Mary Giesbrecht
1964 - 2018

It has been a year now,
Since you left your earthly home;
For those who stayed behind,
We thought we could not go on without you.
There are no words to describe,
The void you left behind;
But God had a plan for you,
And He has a plan for us.
We just have to trust and believe.
We have memories of you in our hearts,
Which we can relive anytime;
Yes we long to hold you near,
But there is nothing on earth that can
compare with life in Heaven.
So we must patiently wait for our time to join
you there.
So with sad and heavy hearts we say - you
are missed very much Mary.

-Love always,
Ken and family

OBITUARY

Annie Boehlig (nee Fehr) 1921 - 2019

Annie Boehlig, 97, of Salem Home in Winkler, MB passed away peacefully on Tuesday morning, January 15, 2019.

She leaves behind her children, Edna Letkeman, Art (Elfriede) Boehlig and her grandchildren, Pauline (Rob) Knockaert, Chris Letkeman, Matt (Danielle) Boehlig, Daryl Boehlig, and Michelle Boehlig and her great-grandchildren, Naomi, Jenaya, Eliorah and Amenita. She is survived by one sister-in-law, Helen Blatz. She was predeceased by her husband, Ernie in June of 2017; son-in-law, John Letkeman and grandson Kenneth.

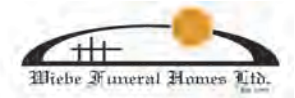
Annie was born in the Wakeham Hasket district on December 2, 1921 to David J and Elizabeth Fehr (nee Janzen) and was the last one of 19 children. Annie met Ernie at an evening service at the Osterwick school. They got married November 3, 1944 and lived at her parents' house for two years until they started their own farm west of Osterwick. With Ernie they started the family farm, her tenacity showed up when things got tough, through illnesses and through seeing her grandchildren. She always delighted in her grandchildren and great-grandchildren as she watched them play, enjoying their interests. She loved gardening and her flowers were amazing, in that she would always grow the biggest dillies around. She loved to tease and joke with dad. They were always together, never going anywhere without each other, even for coffee. Even when they went for coffee, it can be said that she never tasted it in her life. When people came over or worked for them, Mom would always be ready with a meal or faspas. Homemade ice cream parties and desserts were her specialty. She would always say that it didn't matter who worked the most, it was about getting the job done.

Memorial service was held at 2:00 p.m. on Saturday, January 19, 2019 at the Winkler Mennonite Church with a private interment prior to the service at the Winkler Cemetery.

We (the family) would like to thank the staff at Crystal City and Salem Home for their special care of mom in her last days, it should be noted that they mentioned they thought her special, in her sweet nature, how she loved people and dad. We the family are blessed to hear the testimony of staff at Salem, Mom and Dad's love for each other and people around them. Thank you to Wiebe Funeral Home for their kindness.

If friends so desire, donations may be made in Anne's memory to the Gideons International-Canada.

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take a break

> GAMES

CLUES ACROSS

1. Political action committee
4. One point north of due east
7. Marital
12. Religious building
15. Intrinsic nature of something

16. Safe to drink
18. Letter of credit
19. Single Lens Reflex
20. Keeps you cool in summer
21. Monetary unit
24. The Eye Network

SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | | | 4 | | 2 | | | 3 |
| | | | | | | | | 4 |
| | | | | | | 2 | 8 | |
| 3 | 9 | 2 | | | | 4 | | |
| 4 | 8 | | | | 3 | | | 7 |
| | 6 | | | | 1 | | | |
| | | 9 | | 2 | | | | 1 |
| | | | | | | | 4 | 5 |
| 5 | | | 7 | 1 | | 3 | | 2 |

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

27. Moving with a bounding stride

30. Figures

31. Of the pia mater

33. Male offspring

34. Indicates near

35. Calvary sword

37. South American plant

39. Doctor of Education

41. Something to take

42. Remove the edges from

44. Inattentive

47. Pick up

48. Latch for a window

49. Region of the U.S.

50. Windy City ballplayer

52. The NFL's big game (abbr.)

53. Be permanently present in

56. Novice

61. Pirate novel

63. In a law-abiding way

64. Where one sleeps

65. Criticize

CLUES DOWN

1. Bullfighting maneuver

2. Egyptian Sun god

3. Predatory semiaquatic reptile

4. Register formally

5. Eating houses

6. Japanese port

7. Genus of rodents

8. Nigerian city

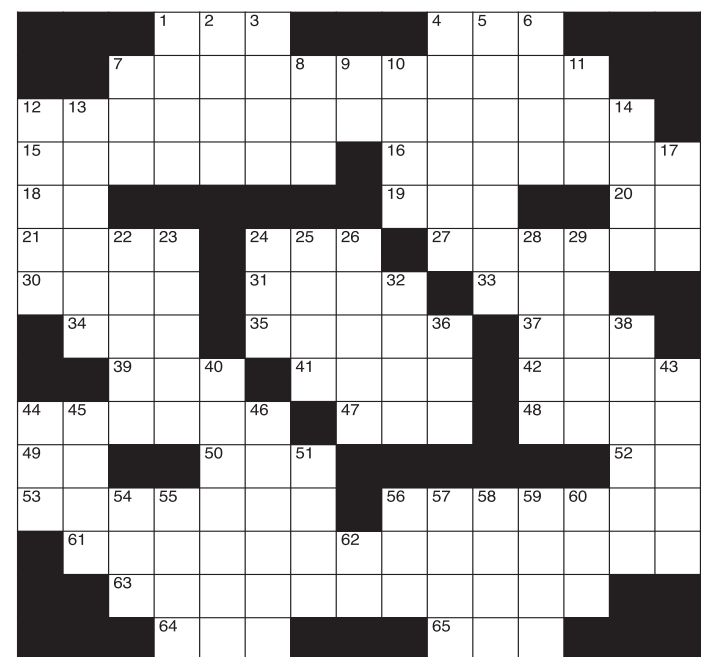
9. Milliwatt

10. Mistake!

11. Women's ___ movement

12. Greeting

X CROSSWORD



13. Songbirds

14. An arrangement scheme

17. Heartbeat test

22. Push back

23. Intended for the audience only

24. Cycles per second

25. Impartiality

26. Polio vaccine developer

28. Bowel movements

29. South American Indian

32. Queen of Sparta

36. Confederate soldier

38. Emerged

40. Death

43. ___ and flowed

44. Folk singer DiFranco

45. Email folder

46. Throbbled rhythmically

51. English rockers

54. Disaster relief operation

55. American model and TV personality Katherine

56. Potable

57. Tough outer layer

58. ___ Spumante (Italian wine)

59. Troubles

60. Negative

62. Camper

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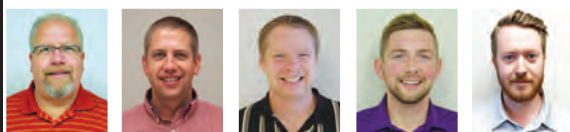
- 3.5L ECOBOOST
- SYNC W/ NAVIGATION
- HEATED & COOLED LEATHER
- REMOTE START
- 116,000 KM

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DEAL OF THE YEAR

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MSRP **\$61,545**
CLEAR OUT EVENT CREDIT **<\$11,558>**
\$49,987 + TAX
PLUS 0% FINANCING 84 MTHS



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