

VOLUME 14 EDITION 6

# The Winkler Morden Voice

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## Cultural exchange

The Mexican culture was one of many highlighted at six pavilions throughout Morden on Saturday during the city's Multicultural Winterfest. For more photos, see Pg. 2.

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## A celebration of culture & community

Morden's Multicultural Winterfest made a triumphant return Saturday. New this year was six different pavilions throughout the community offering cultural entertainment from around the world. Clockwise from above: James Friesen, Earl Dyck, and Brendan Boehr at the snow sculpting workshop taking place at Lake Minnewasta, the site of the Canadian pavilion; striking a colourful pose at the Latin American pavilion at 500 Stephen; performers at the African pavilion at the Kenmor Theatre; games at the China booth in the Southeast Asia pavilion at the Morden Activity Centre; boot

hockey at the Canadian pavilion; Yevgeniya Tatarenko sharing about Ukraine at the Europe pavilion at St. Pauls United Church.

PHOTOS BY  
RICK HIEBERT  
AND LORNE  
STELMACH/  
VOICE





# "The fire just rapidly spread so quickly"

## Blaze destroys Janzen's Paint and Decorating

By Ashleigh Viveiros

A cloud of billowing black smoke hung over Winkler last Thursday as Janzen's Paint & Decorating burned to the ground.

The popular home improvement and hobby store caught fire midday on Feb. 2.

Store staff had already safely evacuated when Chief Richard Paetzold with the Winkler Fire Department arrived on the scene and entered the building to assess the situation.

"When we got there we observed smoke coming out under the eaves on most of the building already, so we knew we had smoke spread throughout," Paetzold shared on Monday. "At that point, we didn't know how far the fire had progressed."

"I checked inside, I was able to run around a bit inside, and got to the back and you could hear action happening in the back."

Firefighters hooked up to the nearest hydrant and sent a crew inside to attempt to quell the blaze.

"They made it only a few feet in and they had stuff falling on top of them already," Paetzold said. "So we had to quickly decide to go into a defensive mode, because we knew that the nature of the hazards of having all those chemicals—paints and solvents and everything else ... maybe on their own they're not so bad, but what happens when they mix? And knowing fireworks were there also, we decided to move towards a defensive attack, which meant we were going to attempt to try and stop its spread in the attic using piercing nozzles."

"But the thing just rapidly spread so quickly. Basically it got into the fireworks area and then it spread everywhere."

Witnesses on the scene could hear explosions from within the building as the blaze reached the fireworks and other chemical products.

"I actually thought at one point we were going to have to evacuate because the crescendo of the explosions was increasing," the chief said, citing the dangers uncontrolled fireworks can pose to emergency crews.

Those explosions eventually tapered off, but it was clear the store was a total loss, and firefighters focused their efforts on saving the surrounding buildings, including the offices of WBS Construction to the south.

"We concentrated our water streams on the back wall of the building to keep it up and provide a radiant heat shield to keep the WBS building intact, and we were successful at that."

While it was a brutally cold day, Paetzold noted they were lucky in that the wind was blowing in such a way as to help rather than hinder firefighting efforts.



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Firefighters from Winkler, Morden, and Altona were on the scene Thursday as Janzen's Paint and Decorating burned to the ground. Defensive firefighting efforts contained the blaze to the store, saving nearby buildings.

"We probably had the best wind we could have had for this situation because for access we could get around to two and a half sides of the building," he said. "Also, if this had been summer or if we had had a more northerly wind, we could have seen the Maple Leaf mill involved in this too because of all the dust and grain. And then on the other side of that we have Petro-Canada and their storage tanks."

"So, for a bad situation, we ended up having some things go right for us."

Still, the cold was a major challenge on the scene. Frozen water made the entire area a skating rink, equipment and trucks were under strain in the extreme cold, and a couple firefighters suffered frostbite.

On top of all that, because of the contents of the building, the smoke generated by the fire was hazardous. Paetzold

said they were in touch with provincial environment reps for advice on how to limit toxic runoff, and part of Hwy. 32 was closed to try to keep civilians away from the area.

Firefighters were on the scene for about 12 hours. Crews from

Morden and Altona were also called in to help.

Paetzold thanked Harval Homes for offering space in their nearby offices for firefighters to use as a warming shack. There was also an outpouring of food to keep the crews going through the very long day.

"We had a few businesses deliver food to the hall for later and at Harval Homes for us to eat during the operations," Paetzold said. "And then we had just random people stopping by to see if we needed anything. That was very much appreciated. We definitely felt the community's support."

Paetzold noted they were returning to the scene to put out small flare-ups as late as Sunday as combustible materials continued to smolder through the weekend.

An official cause of the blaze has not been yet been announced, though Paetzold stressed it is not considered suspicious.

Janzen's Paint and Decorating has been operating in Winkler since 1992, expanding over the years to include stores in Winnipeg, Brandon, Portage la Prairie, and Steinbach as well.

The destruction of the flagship Winkler store comes less than a year after their Steinbach store burned to the ground. They've since reopened in another location there.



Ladder trucks from both Winkler and Morden were deployed to battle the fire. Right: The site smouldered through the weekend, with firefighters called back as late as Sunday to put out flare-ups due to the chemical products inside bursting back into flames.





# "Get off your butt"

## Centenarian shares the secret to longevity

By Ashleigh Viveiros

The residents of Cedar Estates in Winkler gathered last week to celebrate one of their own hitting a major life milestone.

The senior apartment's common room was packed Wednesday to honour Margaret Klassen a few days ahead of her 100th birthday on Saturday, Feb. 4.

Klassen was facing her impending centennial birthday with a degree of disbelief.

"I don't feel like it. It can't be a hundred years," she says, chuckling, noting it really doesn't feel that different from any other birthday.

Klassen still lives on her own and is an active part of the Cedar Estates community, volunteering to do laundry for the common kitchen once a week.

"And she still bakes buns," chimes in daughter Jennifer Klassen. "And

no home care."

"I feel very fortunate," Klassen says. "I'm not always healthy, but I try."

Asked what she attributes her longevity to, Klassen is quick to stress the key is to take things "one day at a time, and keep working. Do your own work—don't let other people pamper you too much."

And above all, don't let age stop you from living.

"Get off your butt!" she urges anyone hoping to make it to a hundred themselves. Too many older folks stop doing the things they used to love, Klassen laments. "It's, 'Oh, I don't cook no more' or 'I don't go out' ... Get up!"

Klassen has always had an active lifestyle. Born in 1923 and raised on a family farm near Rosetown, she certainly did her fair share of the chores growing up.

"I shoveled grain, stooked hay—ev-



PHOTO BY ASHLEIGH VIVEIROS/VOICE

A laughing Margaret Klassen prepares to take another crack at blowing out the candles on her cake at the birthday celebration her fellow Cedar Estates residents hosted for her last week, a few days ahead of her 100th birthday.

everything a man does."

As an adult, Klassen purchased her own small acreage to call home, living

there for many years with her widowed mother and foster son.

Continued on page 7



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# Lawrence Toet joins race for Portage-Lisgar Tory nomination

By Ashleigh Viveiros

The race for the Conservative nomination in Portage-Lisgar continues to heat up.

Former Elmwood-Transcona MP Lawrence Toet gathered supporters together in Winkler Saturday to announce he is running for the position previously held by Candice Bergen, who resigned last week (see story on Pg. 7).

Toet joins a field that has three other official candidates so far, including former Morde-Winkler MLA Cameron Friesen, Morde-Liz Reimer, and Branden Leslie from Portage la Prairie.

Toet was an MP in Winnipeg from 2011 to 2015. He lost his re-election bid in 2015 and again in 2019 to the NDP's Daniel Blaikie.

In announcing his decision to return to politics, Toet stressed that he would bring a measure of common sense in his representation of Portage-Lisgar.

"What kind of life are we leaving for the next generation? The social changes, or experiment you could even say, that the Trudeau Liberals are implementing in Ottawa are extensive, and are radically altering the social fabric of our society.

"These changes are eroding the underpinning of a strong work ethic, an entrepreneurial spirit, the notion to live within our means, and the search for common-sense solutions to societal challenges. We need to fight for and defend these important values. And I am prepared to do that.

"For me, the question was could I look back 10 years from now and be content with not getting involved in public service? Looking at the societal changes that have already occurred, and the ones that seem to be coming,

how could I not return to public service?"

Toet said that Prime Minister Justin Trudeau has much to answer for when it comes to Canada's finances, his government's COVID-19 response, and an overall lack of leadership.

"This is a time for healing," he observed. "But it's also a time for learning from the pandemic. In the future we need to make sure we recognize our duty to protect society, while at the same time respecting constitutionally protected liberties."

In speaking with supporters across the riding in recent weeks, Toet said it's clear there are many issues on people's minds—issues he feels strongly about as well—including the negative impact of the carbon tax, the need for additional infrastructure funding, especially when it comes to rural water supply and highway improvements, and concerns over the Liberals' handling of issues such as gun control and medical assistance in dying.

Toet currently lives in Winnipeg but has

plans to relocate to Carman with his wife to be closer to family. He noted he has deep roots in the Carman area, and he's spent a lot of time there over the years, stretching back to childhood summers helping out on his uncles' farms.

Prior to his time in politics, Toet spent 25 years as a partner in Premier Printing, a family-owned print and communications business.

No date has been set yet for either the nomination vote nor the riding's by-election.



## > 100TH BIRTHDAY, FROM PG. 4

"I had cows and chickens and I sold cream."

She was also a longtime caretaker at her church and a housekeeper for numerous households.

"I never was very leisurely," Klassen reflects. "I worked until I got married at 64."

She met her husband, George Klassen, at church. Through him she inherited seven children ranging in age from 15-35. She sold her little farm and moved to Winkler to be with George. He passed away eight years later.

Today, Klassen is a proud grandmother and great-grandmother many times over.

"Sometimes I have eight of them at once at the supper table," she says. "I bake them pie and I bake buns. I'm never bored."

She's also an avid knitter, making scarves for those in need, and always has a book on the go.

"I read a lot. That's my hobby."

Reflecting on her life, Klassen is amazed at how much the world has advanced in 100 years.

"There's so many things that have changed since I was little," she says, recalling a childhood without phones or electricity, and making do with little during the Great Depression. "Now we have it so good. We can live however we want. If I need something, I can just buy it. It wasn't always that way."

She says she's satisfied with her life and hopes the ride isn't over anytime soon.

"I'm very happy with what I could do—and what I'm still doing!"

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**PUBLISHER**  
Lana Meier



**MARKETING & PROMOTIONS**  
Brett Mitchell



**EDITOR**  
Ashleigh Viveiros



**REPORTER**  
Lorne Stelmach



**REPORTER**  
Lori Penner



**COLUMNIST**  
Peter Cantelon



**SALES**  
Gwen Dyck



**PRODUCTION**  
Nicole Kapusta



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# getheard

EDITORIAL > VIEWPOINTS > LETTERS

## Overshare? Me?

**I**n the past I have been accused of being someone who overshares and is a tad pedantic, which is a polite way of saying I tend to never shut up and speak somewhat densely.

(PAUSE HERE FOR SHOCKED READERS TO ABSORB).

No, faithful reader, it's true!

Honestly if I had to listen to me all of the time I would probably become exhausted too. Having read a little bit about those who overshare I can honestly say I



**By Peter Cantelon**

identify with most of the analysis.

As to being pedantic and a little overly complex, well, I don't know where that comes from. I do recall a young man who was part of a university student group I led once complaining to me that I spoke in ways and with words that were difficult to understand.

I stopped and thought about this for a moment and then I simply responded: "You're a university student—if I say something you don't get, just look it up."

I mean, we live in the age of the internet and instant access to information. There has never been a time where researching something has been easier or quicker.

On the flip side, there is something to be said for meeting people where they are at (which sounds a little arrogant when I read it).

The irony of a person who is both pedantic and an oversharing type is that they desperately want to be heard, seen, and understood, but how they

speak gets in the way of all of this.

"If you want to be understood just say what you mean and keep it short and simple," the critics would say.

To which I would respond: "But what if I also want to be mysterious and enigmatic?"

After which the critics would throw up their hands in exasperated defeat and yell back over their shoulder while walking away: "You realize this is why nobody understands you, right?"

Sigh.

I wasn't always this way. There was a time when I never said anything to anyone. I was generally quiet and lived most of the time in my own head.

It was probably journalism school that let the many crazed cats out of the bag that is that same head.

Ah, journalism school. Those were the days. The days when a young man who was terrified of people but

Continued on page 7

# letters

## KUDOS TO WINTERFEST TEAM

I just want to send a massively huge bouquet out to the Morden 2023 Winterfest organizers and volunteers for a fantastic event.

A celebration of our local diversity was on display at the six different pavilions for all community members to enjoy. And enjoy we did! Each pavilion was dynamic, interactive, educational and beautifully decorated. The foods were an explosion of exquisite flavors. The music and entertainment brought joy to our hearts, minds and bodies.

Then, Mother Nature gifted us with a perfect Manitoba winter day so we could enjoy what Canadians do best—play in/on the snow and ice, warm up with some hot chocolate over an outdoor fire, and do it all over again.

By the smiles and laughter that I heard at each of the pavilions, I would say that Winterfest 2023 was a total success. Thanks again to everyone who made it possible.

**Karen Dyck,  
Morden**

## A BIG THANK-YOU ...

To the workers who clear the snow from each street and driveway as though it were their own.

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**Marilyn Striemer,  
Winkler**

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## NEWS DESK:

Ashleigh Viveiros Editor  
204-332-3456 news@winklormordenvoice.ca

Lorne Stelmach Reporter  
204-823-2655 lstelmach@winklormordenvoice.ca

## MAILING ADDRESS:

**Winkler Morden Voice**  
Box 39, Stonewall, MB R0C 2Z0

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# getinformed

## Candice Bergen steps down as Portage-Lisgar MP

By Lorne Stelmach

Having previously confirmed that she would not seek re-election, Portage-Lisgar MP Candice Bergen last week announced she was immediately stepping down from her seat in the House of Commons.

Bergen touched on her decision to resign in a two-minute video posted to Twitter which did not go into detail as to why she's choosing to step down two years before her term in office is up. Bergen declined a request for an interview.

"I'm choosing to leave now not because I'm tired or I've run out of steam," Bergen said in the video. "In fact, it's the exact opposite. I feel hopeful and re-energized, hopeful for our strong and united Conservative party and our caucus under the courageous and principled leadership of my friend Pierre Poilievre.

"I'm more energized than ever, and I'm optimistic and excited for the future."

Bergen, 58, has served Portage-Lisgar since 2008. She had recently been interim leader of the Conservatives and leader of the Opposition from February to September 2022 as well as having earlier served as deputy leader of the Conservative party.

Her decision to step down from her seat in Parliament means a by-election is needed to decide who will represent Portage-Lisgar until the next federal election in 2025.

There are already four people vying for the Conservative nomination for the riding: former Morden-Winkler MLA Cameron Friesen, Mordenite Liz Reimer, Portage la Prairie resident Branden Leslie, and Winnipegger Lawrence Toet.

In her video last week, Bergen said she was "ending an incredible and

very fulfilling 14 years serving my party, my caucus, and my country."

She expressed gratitude for her family, volunteers and staff as well as the residents of her riding.

"I'm not really one for long good-byes, but I do have a couple of things that I would like to say," she continued. "First of all, thank you from the bottom of my heart to my constituents, the people of Portage-Lisgar, who've allowed me to be their voice in the House of Commons and in Ottawa for all of these years.

"Thank you also to my colleagues on both sides of the aisle, regardless of your political stripe. I'm really proud of the work that we do here, and I'm going to miss this place," said Bergen. "I feel honoured and respected by my fellow Conservative colleagues and by so many of you, my fellow Canadians, who have reached out to me."



Candice Bergen announced via social media last week that she is stepping down immediately as Portage-Lisgar's Member of Parliament.

### > CANTELON, FROM PG. 6

wanted to write learned that if you approached a person with a tape recorder and a camera they would tell you anything.

The lesson became clear: when you have a uniform and tools of a trade people implicitly trust you. I learned quickly the reverse was true as well. With the right persona you could tell people what you thought and they would listen. Shocking.

This is all born out well by a fun experiment a couple of young men performed for social media. They dressed in work clothes and carried a ladder into a movie theatre. Nobody stopped them because they looked like they were supposed to be there.

They simply walked in, set the ladder in the hall, and then went into a movie of their choice, watched it all, and left later again with their ladder.

Lesson: If you look and act like you know what you are doing people think you know what you are doing.

Look and act like you know what you are doing long enough and you might actually transition to knowing what you are doing.

Case in point: I have been writing columns for 13 years now. That's roughly 400 columns or 240,000 words. Does this sound like someone who talks too much?

Wait a minute ...

## Letter policy

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# getinformed

## Recovered addict wants to get the community talking

By Ashleigh Viveiros

Aubrey Krahn was born an addict.

She came into the world with a mother who used drugs during pregnancy and continued to do so afterwards, often to the neglect of her infant daughter.

At the age of three, Krahn was taken from her biological mother and placed in a group home for children who had faced significant trauma in their young lives.

Eventually she was adopted by her “forever mom and dad” and went on to grow up in a loving home in Winkler.

But it was by no means smooth sailing from then on.

“Nobody knew all the challenges I would come with,” Krahn says, sharing the litany of painful mental and physical health issues she lives with, not to mention the emotional fallout of a childhood sexual assault.

“By that point, I would do anything not to feel,” she recalls. “I started to hang out with others who were like me. It was nice to know I was not the only one ‘messed’ up.”

Krahn went on to spend her teen years living on the streets of Winnipeg, addicted to crystal meth and alcohol.

For a long time, her life was all about getting her next fix. She saw and did things she regrets.

Shortly after becoming a teen mother, she hit rock bottom.

“I knew I had to break the cycle for my kids,” Krahn says. “I made the choice to start fighting.”

She credits her recovery to the love and support of her family.

“Even though I was suffering, I knew they still loved me,” Krahn stresses, explaining her parents made it clear that they wouldn’t enable her drug use, but also that they were there for her when she needed them. “They never gave me money when I begged, but if I needed food they would help ... they’d say, ‘We’ll come to Winnipeg and buy you some groceries.’ So they were still doing something for me, but it was a tough love.”

Sometimes tough love is necessary, Krahn reflects, stressing it’s the “love” part of that phrase that is so very important to people struggling to overcome their addictions.

“It’s showing addicts that they’re still loved and that they are a person.”

Krahn likens her recovery—and the support all addicts need while recovering—to a baby learning how to walk.

“When the baby falls, what do we do? We say, ‘It’s okay, keep trying,’ and we help the baby. We don’t say, ‘What’s wrong with you’ or ‘Smarten up.’

“It’s the same for addicts. We beat ourselves up enough, trust me. Which is why we get stuck. But if

we had people truly showing us they care and that they see us, that they acknowledge we are people ... addiction is a disease, and if you don’t heal the root of it the disease will keep coming back.

“We need tough love, structure. Love and hope.”

Today, Krahn has come out the other side of her addiction journey.

She’s been sober now for over a decade, has gone to school to earn a certificate in child and youth care, and now works at Regional Connections Immigrant Services helping newcomer children settle into our community.

She’s a survivor, but she knows so many others who haven’t been as lucky.

“I know a lot of people from this community who are over 40 years old who have been using since they were 18, 19. And they’re still struggling. Because there’s no place to detox. There’s no safe house for 24/7 care out here.”

Some find themselves without a stable place to live, crashing at friends’ houses or sleeping on the streets.

“A lot of people suffer in silence in this community, and I think that needs to stop,” Krahn says. She wants to get the community talking about addictions, acknowledging they’re here and people are hurting.

This past fall, she gathered together a small group of like-minded residents from across the Pembina Valley to discuss the matter and what can be done. They hope to make some noise and get people thinking.

“The meth crisis right now is at an ultimate high,” Krahn says. “I don’t think people are aware of how many deaths have happened, especially in the past year, from overdoses. People don’t talk about it.”

But simply ignoring the problem doesn’t make it go away.

“How can an addict have hope when we live in an area that doesn’t even acknowledge there’s a problem?” Krahn asks. “We need to educate and accept it is here and people are dying.”

“Just praying about it isn’t going to fix it,” she adds. Increased awareness and education for the community at large and more local, community-based supports for addicts and their families will.

“There’s not one residential treatment centre in this area. Why is there no treatment centre here?” Krahn asks. “So many people have had to leave this community in order to get sober. It shouldn’t be that way.

“I would love to see where there’s a safe place for people in this community to go to, and the family members who are watching somebody they love suffer, where can they go to know it’s not something that they should be ashamed about or embarrassed. It’s part of life.

“I think there needs to be regular drug and alco-



SUPPLIED PHOTO

Winklerite Aubrey Krahn and a group of fellow concerned citizens from across the region is hoping to start a discussion about addictions in the Pembina Valley and how communities can help addicts find support and feel they are loved.

hol seminars in Winkler, in Morden, in Altona,” she continues. “I think there should be training for, like, what do you do if you do come across an overdose? How do we educate the parents, the friends, everyone in this community?”

Krahn is trying to gauge if there’s interest locally for a new support group for the loved ones of addicts, and another one for addicts to come together and share their stories. She invites people to get in touch with her to talk more about it.

She’s also willing to share her own story of overcoming addiction with people or community groups, if it will help start a conversation.

**"TELL THEM THEY'RE NOT ALONE ... YOU MATTER. YOU BELONG. YOU'RE WORTHY TO FIND HEALING AND HAPPINESS."**



# Bowl for Kids Sake returns March 11

By Lorne Stelmach

The Bowl for Kids Sake fundraiser finally returns this year, and it is not only exciting for Big Brothers Big Sisters of the Pembina Valley as an organization but also particularly for executive director Jenelle Neufeld.

The Saturday, March 11 event at VB Entertainment Centre in Winkler will be the first for Neufeld since stepping into the role, as they have had to be cancelled the last three years through the pandemic.

"I think it's extra special for me because I haven't been able to hold a Bowl for Kids since coming into the role. The first one I had planned was for March 2020, and we had to cancel it the day before," she recalled.

"So for me personally, it's extra exciting and a little nerve wracking. It's a huge event that is known for being held by our organization."

Bowl for Kids Sake raises funds to support Big Brothers Big Sisters' mentoring relationships for children and youth in several communities across the Pembina Valley.

There will be four times available for bowling that day starting at 10 a.m. and then continuing at noon, 2 p.m., and 4 p.m.

It is \$300 for a team, with people encouraged to collect pledges to hit the amount—or even go beyond it.

"Anybody can participate from ages young to old, and it's definitely something that is for everybody. I think it's a great representation of our community and organization," said Neufeld, noting last time the event was held in 2019 it brought in around \$37,000. This time they're aiming for at least \$32,000.

"It is very significant for us, and it's been significant not being able to hold it," she said. "We've tried to be



VOICE FILE PHOTO

After a three-year break, Bowl for Kids Sake is back in Winkler on Saturday, March 11 to raise funds for Big Brothers Big Sisters of the Pembina Valley.

creative in how we can kind of have a fundraiser in place of it. In the past couple years we've done Big Night In [a fundraising pick-up meal], which was a success, but it brought in about half of what we would have budgeted for Bowls For Kids.

"For our organization, a lot of our

costs are operating costs and programming costs, which a lot of grants don't cover, so having fundraisers like this is absolutely critical for us."

To register a team or make a donation, head to [pembinavalley.bigbrothersbig sisters.ca](http://pembinavalley.bigbrothersbig sisters.ca).

Check out the Voice online at [www.winklermordenvoice.ca](http://www.winklermordenvoice.ca) or [altonavoice.ca](http://altonavoice.ca)

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# Province announces 6.1% increase in schools funding

By Voice staff

The Manitoba government last week announced school divisions will be getting an increase in operating dollars.

Education and Early Childhood Learning Minister Wayne Ewasko said Thursday that funding for K-12 schools will be going up by \$100 million, or 6.1 per cent, for the 2023-24 school year.

"Our government believes that all students must succeed regardless of where they live, their background or circumstances, and this year's investment will provide an operating funding increase to each and every school division across the province," he said. "Every division will see an increase in funding next year, which will help them engage students and invest in the programs and services that will best meet the needs of local communities."

In our area, Winkler's Garden Valley School Division is slated to receive \$32.4 million in operating support funds and \$1.3 million by way of the property tax offset grant for a total of \$33.5 million, up \$1.1 million from the current school year.

Morden's Western School Division will see a total of \$16.3 million (\$15.7 in operating funding and \$600,000 in property tax offset), an increase of \$1.5 million

And Altona's Border Land School Division is expected to receive \$17.5 million (\$16.4 million in operating support, \$1.1 million in property tax offset), an increase of \$700,000.

According to the province, the \$100 million in additional funding across the province includes:

- \$62.9-million increase in operating support including an additional \$20 million to address cost pressures, \$5 million for special needs along with increases in other exist-

ing grants;

- \$8-million increase in capital support payments;
- \$24-million increase to the Property Tax Offset Grant; and
- additional \$5-million increase for independent schools.

The government says it's also investing another \$106 million to make one-time funding provided to school divisions last year permanent to help divisions "respond to financial pressures, strengthen student learning and supports, and provide additional support for students with special learning needs."

"This significant investment in Kindergarten to Grade 12 education keeps Manitoba among the highest per-pupil funded provinces across Canada," said Ewasko. "This investment continues to highlight our ongoing commitment to improving literacy and numeracy and strengthening Indigenous education."

Manitoba's Opposition NDP questioned the government's categorizing of this announcement as a funding increase.

"Make no mistake, this is a cut to school funding from the government that brought you Bill

64 and told teachers to pay out of pocket for school supplies," Education Critic Nello Altomare said in a statement. "We know kids need more support in the classroom, not less. It's time for a government that puts kids first and helps families."

The Manitoba Teachers' Society, meanwhile, thanked the government for listening to teachers about the funding struggles in public schools, but stressed this year's announcement doesn't solve the problems six years of underfunding has caused.

"Cuts to student programs, teacher shortages, class size issues, lack of special needs resources, mental health and Indigenous programming, not enough meal programs, and soaring inflation will continue to challenge public schools next year," stressed president James Bedford.

"Students, teachers and schools are counting on stable, adequate funding year after year to meet their growing needs," he added. "The insecurity around the yearly yo-yo of funding announcements causes tremendous stress to students and teachers, not to mention divisions which absolutely need stable funding to deliver programs to kids."

**"EVERY DIVISION  
WILL SEE AN  
INCREASE IN  
FUNDING NEXT  
YEAR ..."**

## "What we should be is a community of service to each other"

From Pg. 8

"Let's come together and let's start talking."

Krahn can be reached at 204-384-9402 or via email to aubreykrahn@gmail.com or

### "YOU DON'T PUT A TIMELINE ON IT"

While Krahn approaches this issue from the viewpoint of a former addict, some of the other members of her ad hoc group of concerned citizens come at it from another angle all too familiar to many: that of a loved one.

Mordenite and retired social worker Jeannie Pauls has had friends and family members who struggled to come out the other side of their addictions.

"I had a lifelong friendship with an addict," she shares. "I learned so much from him because he felt safe to be honest with me about his struggles."

Pauls' friend managed to beat his addictions and was clean for a decade before his death due to cancer in his fifties. But it was a long process, one he dealt with his entire life.

"We were youth when his struggle began," says Pauls. "So when I talk with others and people think, like, 'Man, they're in their 30s. How long is this going to take?' But you don't put a timeline on when suffering starts or stops. You embrace them and you love them in spite of what you think they should be doing."

Like Krahn, Paul stresses that simply not talking about the issue isn't a solution, though it is a common impulse.

"This is not a personal issue. This is a community issue," she says. "So how do we include people in this discussion?"

Pauls urges people to reach out to those they see are struggling and let them know the community cares.

"Actions speak louder than words. We can get on our soapbox and say, 'Well, you just gotta do this.' No. You have to be the light, be the signpost encouraging people in their suffering. Tell them they're not alone ... [tell them] 'You matter. You belong. You're worthy to find healing and happiness. And together, we are better.'"

"We need to love one another ... we need to be kind and tenderhearted, forgiving one another, non-judgemental, accepting."

Pauls feels there are some great support programs available in the area, but she fears so many people who could use them aren't even aware they exist.

"How can we get people to know what's out there for them?"

Like Krahn, she hopes to play a role in gathering information about what's out there for addicts and their families so the word gets out and people start talking candidly about this issue.

"In a nutshell, what is our reaction and what is our response to serving each other's needs? Because that's what we should be is a community of service to each other."

*Next up: local service providers and law enforcement weigh in on the drug situation in the Pembina Valley, what supports are out there to help, and what more is needed.*

**FIND THE HIDDEN CUPIDS CONTEST**

Find the 3 hidden Cupids in this week's edition and enter to win a Valentine's prize.

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# Family resource centres welcome new exec. director

By Ashleigh Viveiros

The Winkler Family Resource Centre and the Morden Parent and Child Resource Centre have a new executive director at the helm.

Chantal Human started in the role last month, stepping into the shoes of outgoing director Sarah Peters.

She comes to the job with an educational background in child development and experience working with kids—two things that will certainly hold her in good stead as she heads up the partner agencies' early childhood education programming.

It's that programming that drew her to the job, Human shares.

"You see so many families with their pre-school kids at home ... sometimes it's good for everyone to get out of the house," she says, noting their programs serve not only to help prepare kids for school by developing their numeracy, literacy, and social skills but also give parents a chance to get together with other adults. "Being able to go

somewhere where you have some support with the childcare as well as child education and you can talk to other adults, it's so important."

Programs are run at locations in Winkler, Morden, and Plum Coulee. They often fill up quickly.

Human hopes to expand programming and also get the word out to more families about what they all offer.

"The families that know we're here, use our programs, but when I started this position I had a few people tell me they'd never even heard of us. 'Where was that when I needed it?' We're here and we need to up our visibility."

"It's free programming, it's a great opportunity, especially in the winter, to get out of the house with your kids, burn off some of that energy, meet other people."

The January/February programs are well underway, but the next session—March/April—is just around the corner. Program details will be released soon. You can learn more online at [www.winklerfamilyresourcecentre.com](http://www.winklerfamilyresourcecentre.com).



Chantal Human is the new executive director of the Winkler Family Resource Centre and the Morden and Parent Child Resource Centre.

PHOTO BY ASHLEIGH VIVEIROS/VOICE

# Deadline nears for Winkler Community Fdn. scholarships

By Ashleigh Viveiros

The deadline is nearing for the Winkler Community Foundation's Gordon Wiebe Education Awards.

Applicants for the Make It a Reality (\$25,000 over four years) and Ongo-

ing Education Support awards (\$2,000 a year, renewable for up to two additional years) need to have their forms in by Tuesday, Feb. 28.

"The message we want to get out is that applying for these awards is

a great return on investment of your time," says Rob Unruh, WCF board scholarship committee member. "We're rewarding volunteerism in

your community and community involvement by removing the financial

Continued on page 12

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# Kicking off I Love to Read Month

By Lorne Stelmach

A variety of activities will be happening in local schools throughout February to mark I Love To Read Month.

Western School Division kicked things off a day early last Tuesday with a literacy games night at Maple Leaf School.

The division's literacy coach Darlene Keith explained the evening's focus was to encourage building some deeper comprehension of words and language beyond just memorization.

"You're not just memorizing how to spell the words but you're learning how the sounds and letters work to

make the words," she said.

"We're just explaining to parents that it's not necessarily about learning how to spell the words but learning how to work with the letters, learning how to work with the sounds, how do the sounds and letters go together, looking for patterns in words."

Games offer a fun way to learn these ideas, Keith observed.

"Games are a good way for learning skills that help them become successful readers and writers in the future," she said. "There's also some social skills, learning how to take turns, how to be a winner, how to be a loser when you're playing games ... it's good for families to be involved as a unit in playing games.

Building that deeper comprehension and a greater level of understanding then can have a ripple effect, she suggested.

"If they get a deeper understanding here, then that understanding will continue on to understanding better what they read or how to use it when they write using those words ... hopefully developing some vocabulary."

The provincial theme for I Love To Read Month is "Stories Connect Us: We Are More Alike Than Different."

**"GAMES ARE A GOOD WAY FOR LEARNING SKILLS THAT HELP THEM BECOME SUCCESSFUL READERS AND WRITERS IN THE FUTURE."**



PHOTO BY LORNE STELMACH/VOICE

Schools across the region are hosting events and friendly competitions this month to celebrate I Love to Read Month. In Morden, things kicked off last week with a literacy games night at Maple Leaf School.

The Manitoba Reading Association is promoting diverse perspectives through the stories shared with students and is encouraging everyone to share not only their own stories but also be open to hearing others' stories as a way of building a more peaceful, understanding world.

Keith shared that Morden schools have a host of fun activities planned, including cuddle up and read nights at Minnewasta and Maple Leaf schools this past Monday.

"We're also having book swaps at the schools, and we are having guest readers come into the schools as well," she noted.

"With one of the themes being how reading connects us or stories connect us ... now that we're coming out of the pandemic and we're able to come together more, we're kind of just getting those family connections and family and school connections stronger again and building up our community so that we're here to support the kids, the families and the teachers as well," Keith shared. "We've been kind of isolated from each other, so it's nice for the schools. A school is an important part of a community, and we have many newcomer families in our community, so we especially want to be welcoming to them."

## Morden's business and commercial tax incentive program to continue

By Lorne Stelmach

Morden city council is continuing a tax rebate program that serves to help encourage commercial and industrial growth.

At a recent meeting, council voted to continue with the business and commercial tax incentive.

The policy that has been in place for about 15 years now provides proportional tax rebates for new businesses and companies. It starts at a 100 per cent rebate in the first year then reduces to 80, 60, 40 and 20 per cent over a five-year period.

"So basically anything that adds new dollars to the commercial and industrial tax base sees a proportional discount over a five year period," said Mayor Brandon Burley. "It is a good incentive to be able to bring to the market. We saw it make a difference in discussions with Drive Products, for instance.

"It's an incentive that other communities in the region have in place as well, so to be competitive in the region it's something that is almost expected ... it's a means of remaining competitive."

In other matters, city council recently approved having a traffic impact

study done for the Pembina Connection development area on the east entrance to the community.

The information will help show and support what will be needed as further development happens in the area, including on Road 27 W, La Verendrye Boulevard, and Loren Drive.

"The last one we had done is substantially older and the data we have isn't relevant ... and it's something we know the province is going to require," said Burley.

"There's a variety of things that we want to see from that traffic impact study," he continued. "It is being

driven primarily by potential development in Pembina Connection. In order for developments to proceed, we have to understand what type of controls and infrastructure will be required."

The Jan. 30 meeting also saw councillors okay some minor changes to Lake Minnewasta campground fees.

One change is to include the yurts that are now in place and available for rental.

"There's also a top up for seasonal sites as well, just to try to bring them in line with what's competitive in the province," Burley suggested. "Cer-

tainly, with the demand we see for those sites, we're looking at gradual increases over time to reflect that market price."

There is also a minor fee that goes toward a reserve fund dedicated to the lake and campground, but Burley noted the focus is to have funds available as needed to replace and upgrade amenities rather than new capital expenditures.

"We want Minnewasta to be able to stand on its own," he said. "It makes sense to be able to reinject profit into there ... and we want to be prepared for when things come up."

### > SCHOLARSHIPS, FROM PG. 11

barrier to getting a post-secondary education. We're paying you to invest in your community."

The Gordon Wiebe Education Awards provide dozens of scholarships each year to students demonstrating commitment to their community, capacity for leadership, and academic achievement.

The awards are aimed at Winklerites either already pursuing or who wish to pursue a certificate, diploma or degree from an accredited

post-secondary institution.

It's estimated this year's scholarships will total over \$100,000.

The program was created to alleviate the financial pressures on local students of all ages, Unruh stresses.

"The age range is 17-35, and we try to address people in all walks of life," he says, stressing again that these awards are focused not on one's high school marks but rather community involvement and character.

The applications are available on-

line at <https://winklercommunityfoundation.com/what-we-do/scholarships/scholarship-applicants/>.

The scholarship program also has \$2,000 scholarships aimed at graduating students at Garden Valley Collegiate and Northlands Parkway Collegiate. Details about applying for those are available from the school guidance offices.



# Scotiabank donation aids growing Miami Minor Hockey program

By Voice staff

Miami Minor Hockey got a welcome funding boost from the Winkler Scotiabank last week.

Branch manager Kerri Leroux and small business advisor Adam Dmytriw stopped by the Lloyd Orchard Community Arena to present the U7 and U9 Miami Rockets with a \$1,000 donation.

The money comes from Scotiabank's Hockey for All Sponsorship program, Leroux explains.

"Every year we have funds that we are able to use to support minor hockey in our local communities to support hockey for all and increase inclusivity," she says.

In past years the funds have gone to hockey programs in Winkler, Morden, and Altona. This year they wanted to select a smaller program, Leroux says.

"They have perhaps less support, less visibility sometimes," she says, stressing the importance of community support to keep small-town minor hockey "alive and well."

Miami Minor Hockey board chair Brian Weir was certainly grateful for the help.

"This really helps keep our fees affordable for families, so it was very welcome," he says. "We'll be putting it towards some new jerseys for our teams and any other of our minor hockey programs that need a little bit of funding."

Weir notes Miami Minor Hockey, which has about 27 kids from across the region playing this season, is looking to grow over the next few years, including adding an U11 team next fall.

"It wasn't long ago that we didn't have any teams, and now we're slow-



SUBMITTED PHOTO

Winkler Scotiabank reps Kerri Leroux and Adam Dmytriw stopped by Miami last week to present the Miami Rockets U7 and U9 teams with a donation of \$1,000.

ly growing and the association's getting more numbers every year."

Scotiabank also gifted the kids with some free branded swag, including

toques, bags, and hockey pucks.

"The kids loved the goodies," says Weir.

# Morden police board launches community survey

By Lorne Stelmach

People in and around Morden have an opportunity to help guide policing in the community.

The Morden police board is looking to the public for feedback through a community survey as to where the police service can focus their efforts.

The data from this survey will be part of a process that will include further discussion with community consultation groups, and the end goal is for it all to help form a new strategic plan for policing for the period from 2023-2028.

"The data from our community members, I think, is crucial in being able to identify where our priorities lie," said board chair Lee Bassett.

"We want to hear from all sectors of the community. We would also like to hear from people who just work and play in Morden as well, not just those people who live in Morden."

The police board is tasked with ensuring the city is receiving adequate and effective policing services and that it is meeting the expectations of the community.

"We all need to do this together," said Bassett, who cited a quote from Robert Peel (widely viewed as the father of modern policing) that "the police are the public, the public are the police."

"So we would like to know what the public is expecting from the police. What keeps them up at night? What can they tell us about the crimes they are observing in our community or

the crimes they're not observing in our community, so we can identify where our priorities should be.

"Many crimes are reported ... but you don't call the police when you're fearful of something; we would like to hear what people are telling each other ... Are they afraid to walk down the street? Do they feel the crime in their neighbourhood may be lessened by more streetlights?"

The last policing survey was done

in 2017, but much has changed since then.

"I think the community has changed quite a bit over the last decade," said Bassett. "A lot has happened. The dynamics of the community has changed ... so we would like to hear from the community. What's the likelihood of certain crimes occurring; what do they feel we need to be aware of and address?"

"Our hope is to identify some priori-

ties from the data that we collect from the survey then take those priorities to community consultation groups to help provide us with some input into the strategic planning process."

Residents have until Feb. 24 to complete the survey, which can be found on the Morden Police Service website at [mordenpolice.com/morden-police-community](http://mordenpolice.com/morden-police-community).

# Police investigate parking garage break-ins

By Voice staff

Winkler Police are investigating after the parkades at both Cedar Estates and Crocus Village downtown were broken into last week.

On Jan. 30, police received a report of a stolen vehicle from the parking garage of Cedar Estates on 4th Street. Several storage units in the parkade had also been broken into.

Video surveillance in the area showed the vehicle was taken at about 3 a.m. that morning. It was found later that day abandoned on Hwy. 14 just east of town.

Five days later, police received a report that several vehicles and storage units inside the parking garage of Crocus Village on 6th Street had been rummaged through sometime during the night. A moped was also stolen from inside the garage.

Both incidents are still under investigation. Anyone with any information is asked to contact the Winkler Police Service or Manitoba Crimestoppers.

Other items of interest in the department's weekly police report include:

- Jan. 30: A report was received from a business on Roblin Boulevard East regarding a catalytic converter stolen from one of their vehicles. The theft is believed to have occurred at about 2:20 a.m.

- Jan. 30: At 8:30 p.m., police were called to a business on Navigator Road regarding a male that had exposed himself to a random female inside the store.

The female turned out to be an off-duty police officer with another department. She placed the male under arrest until Winkler Police

members arrived and took custody of him.

The 16-year-old youth was charged with an indecent act and released to his parents.

- Feb. 1: At about 4:20 p.m., officers were flagged down by a citizen advising that she had observed the occupants of a vehicle stealing items from a retail store.

Police located the vehicle and conducted a traffic stop on Hwy. 14 near Main Street. There were four occupants inside the vehicle and a large amount of items that appeared to have been stolen from several businesses and for which the occupants could not provide receipts.

Four females from Ebb and Flow First Nation ranging in age from 21-48 years old were charged with possession of goods obtained by crime.



## Candlewick bringing *Pride & Prejudice* to life with shows in Manitou, Morden

By Voice staff

An all-time classic romantic comedy is a fitting choice for Candlewick Theatre as it returns to the stage for its annual Valentine's show.

An exceptional cast and crew have come together to present *Pride and Prejudice* this weekend in Manitou and the following weekend in Morden.

"Over the years we have produced the play a few times with our youth drama groups in Manitou, Morden, and Steinbach, and it has gone over very well," said Candlewick director Richard Klassen. "The production has also been on the list for our adult players to produce for quite some time, and we felt this was the year to stage it."

Set in England during the 1800s, five daughters of the Bennett family must be married off. Mrs. Bennett, who is brought to life by the Morden area's Patsy Penner, is a determined, high-strung mother who worries they will not have a roof over their heads should the good-humoured Mr. Ben-



SUPPLIED PHOTO

The Candlewick Players perform *Pride and Prejudice* at the Manitou Opera House Feb. 10-11 and the Kenmor Theatre in Morden Feb. 17-18.

nett, played by Winklerite Bruce Fehr, die before their daughters are well settled.

Hopes are high when their oldest daughter Jane, played by Mikah Harms, falls in love with the wealthy and kind Mr. Bingley, played by Steinbach's Andrew Doerksen.

Mr. Bingley's proud and even wealthier friend Mr. Darcy, played by Quentin Stoesz from Winkler, de-

cides Jane and Mr. Bingley are not in love and takes Mr. Bingley back to London, despite himself falling in love with the Bennett's second eldest, quick-tempered daughter, Elizabeth, played by Darien Dawley from Morden.

Will Elizabeth and Mr. Darcy triumph over the pride of one and the prejudice of another, or will they be the doom of everyone's hopes?

"Our cast and crew is a very seasoned group this year. They all have lots of acting experience and are sure to delight the audience," said Klassen.

"As the play is a classic piece, sometimes there is a conception that it may not be very funny nor interesting, however the cast has been fantastic and are doing such a wonderful job of bringing the characters to life," he said. "It is a fun and delightful piece with great characters and much opportunity for the laughs."

Performances take place Feb. 10-11 at 6:30 p.m. and Feb. 12 at 5:30 p.m. at the Manitou Opera House as a dinner theatre. Tickets are \$50.

The show will then move to Morden at the Kenmor Theatre Feb. 17-18 at 7:30 p.m. nightly. Tickets are \$20 in advance or at the door for \$25. Youth tickets (12 and under) are \$10 in advance or \$15 at the door.

Tickets are available by visiting [www.candlewick.ca](http://www.candlewick.ca) and following the 'CWPlayers' link, and you can also call the Candlewick box office at 204-822-SHOW.

## Minnewasta Golf Course hopes to break ground on new clubhouse in spring

By Lorne Stelmach

The Minnewasta Golf and Country Club is getting closer to the day that work will start on its new clubhouse.

The hope is to see construction possibly get underway in April, but that is dependent in part on the financing for the project all being in place.

"Obviously there's lots of work going on behind the scenes with finalizing plans and getting everything ready for blueprints," head pro and general manager Greg Hesom said after the club recently held its semi-annual meeting.

"There's a lot that needs to be done ... there's a lot of groundwork to be done, and it's important obviously to stay fiscally responsible and trying to meet budgets," he added.

Minnewasta has been working with LM Architectural Group of Winnipeg on the design and plans for the new clubhouse, which will be built by Triple E Developments.

"We've having lots of meeting time with them and back and forth between them and the architects and us and just getting things finalized," said Hesom, who noted Santa Lucia Pizza will continue to manage the food and beverage services out of the snack shack for the time being.

This all comes in the wake of the massive fire that destroyed the restaurant and clubhouse in late 2021.

Minnewasta is working from a funding base of about \$3 million through insurance coverage. It has also applied for funding through a provincial sports, arts and culture program with the hope of possibly landing \$800,000 to get them to a goal of \$5 million for the project, plus contingency funds.

"Obviously, if we are not successful in getting that, we will have to go back and try to fundraise some more," said Hesom.

"We've also fundraised \$1.4 million,

which is absolutely amazing. It's just humbling and overwhelming that the community has supported like they have."

The new facility of course will include a restaurant, banquet room, and patio, but it's otherwise going to be quite different from the old building.

"One difference is that the pro shop will be moving into the building as well," Hesom noted. "We will also have two golf simulators in there as well ... we're trying to provide a year-

round facility.

"And the building itself will look very different," he continued. "The biggest thing we're trying to do is take advantage of the unique and gorgeous views we have, and that's what we'll be trying to achieve with the building."

"I think there will be a lot of excitement and curiosity as things take shape."

## Free entry to all provincial parks this month

By Voice staff

Manitoba's provincial parks are once again free to enjoy for the entire month of February.

"In Manitoba's provincial parks, winter is a season worth celebrating," Environment, Climate and Parks Minister Jeff Wharton said in announcing free park entry for all 92 provincial parks. "Our government is pleased to make it easier for Manitobans to participate in invigorating, enjoyable winter experiences surrounded by our province's natural beauty."

Vehicle permits are not required in any provincial park in February, but Snopasses are still required for snowmobiles using trails. Entrance fees still apply in national parks.

Provincial parks have groomed trails for a variety of activities including cross-country skiing, fat biking, snowshoeing and hiking. Paint Lake, Spruce Woods and Turtle Mountain provincial parks also offer outdoor skating areas, hockey rinks and toboggan hills. Hecla/Grindstone Provincial Park has ice-fishing shelters on Lake Winnipeg that are free to use.

Manitobans are encouraged to check trail conditions before visiting parks. Trail maps and updated reports can be found at [https://www.gov.mb.ca/sd/parks/recreation-and-activities/trail\\_conditions/index.html](https://www.gov.mb.ca/sd/parks/recreation-and-activities/trail_conditions/index.html).

Trail users are reminded to only use trails for designated activities, keep dogs on leash and practise the principles of "Leave No Trace."

Park interpreters in Birds Hill, Spruce Woods and Whiteshell provincial parks offer numerous guided programs to enrich visitor experiences. Highlights for the month of February include wolf howl hikes, snowshoe treks, ski clinics, quinzhee building and ice fishing. Event details and registration information can be found at [www.manitobaparks.com](http://www.manitobaparks.com).

Annual park vehicle permits will be available for purchase beginning on March 1 online at [manitobaenergylicensing.ca](http://manitobaenergylicensing.ca).

For more information on winter activities and interpretive programs in provincial parks, email [ParkInterpretation@gov.mb.ca](mailto:ParkInterpretation@gov.mb.ca) or visit [www.manitobaparks.com](http://www.manitobaparks.com).



# MAF Power of the Purse tickets on sale now

By Lorne Stelmach

The annual Power of the Purse fundraising brunch is back and in-person this year after having gone virtual during the pandemic.

As always, the Morden Area Foundation event aims to engage women of all generations in community philanthropy. It began eight years ago with a goal to raise and grant out \$10,000 within 100 minutes from 100 women with \$100 each to donate to charity.

Executive director Lynda Lambert is excited at the prospect of bringing people together once again Saturday, March 4 from 9 to 11:30 a.m. at the Royal Canadian Legion.

"You keep worrying is this going to be the year where people start to lose interest? Many things just have a certain life span, but this is the eighth year, and I had been getting phone calls already throughout the month of January with people asking about it."

"I think it's just women like getting together, and they like knowing they will be helping women and children, and the brunch is always spectacular. It's just a fun morning for people ...



VOICE FILE PHOTO

The Morden Area Foundation is celebrating the return of its in-person Power of the Purse Brunch, which will hopefully see \$10,000 in donations granted out to three local charities.

and it's still going strong."

The foundation sees Power of the Purse in part as a coaching program to help build and create visibility for Morden's charitable sector while bringing local women together to learn about the needs of the community and to support Morden's residents by donor directed grants.

The goal is to create a lasting legacy that will provide funds for local charities already at work in the community and to encourage the birth and growth of new initiatives that especially target emerging needs of women and children.

Last year saw 500 Stephen Street Community Centre, Small Wonders

Nursery School, and Pembina Counselling Centre reap the benefits from the days' charitable donations.

This year's charities will be kept under wraps until their presentations at the brunch, at which time participants will get to vote on how they want their donations to be divided.

In addition, upon confirmation of 100 women participating, the Morden Area Foundation will also grant \$5,000 to help grow the Power of the Purse endowment fund.

Doors will open that morning at 9 a.m. Participants this year will enjoy a brunch by Exceptional Thymes Catering.

Tickets are \$100 each and are available until Feb. 28. Contact the Morden Area Foundation office at 204-822-5614 or e-mail to [info@mordenfoundation.ca](mailto:info@mordenfoundation.ca) for more information.

If you are unable to attend but still wish to participate, advise the foundation when you register and an email will be sent to you the afternoon of the event which will advise of the three charities presenting and describe their projects. You will then have the opportunity to submit your vote via email.



## Community Services Recovery Fund

**Is your organization looking to adapt and modernize your internal processes as you recover from the pandemic?**

The Community Services Recovery Fund is a \$400 million investment from the Government of Canada to support charities and non-profits as they focus on how to adapt their organizations for pandemic recovery. Community foundations across Canada are in collaboration with the Canadian Red Cross, and United Ways to distribute funding. This fund supports Community Service Organizations (CSO) including non-profit organizations (NPO), Indigenous Governing Bodies and Registered Charities located in Canada.

For details visit the website at: [www.communityservicesrecoveryfund.ca](http://www.communityservicesrecoveryfund.ca)  
or contact the Morden Area Foundation at [info@mordenfoundation.ca](mailto:info@mordenfoundation.ca)  
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# arts&culture

## Local playwright adapts 'Anne of the Island'

Flatlands Theatre Company brings *Anne* back to the Winkler stage this May

By Ashleigh Viveiros

Flatlands Theatre Company (FTC) will bring the world of L.M. Montgomery's *Anne of Green Gables* to life once again this spring, but this time with the help of a local playwright.

The Winkler theatre troupe is busy preparing for its production of *Anne of the Island*, the third book in Montgomery's series about a precocious orphan adopted by a brother and sister on Prince Edward Island in the late 1900s. The novel follows a grown-up Anne Shirley as she leaves the island to attend college.

Flatland's second play ever back in 2007 was *Anne of Green Gables*, based on the first book in the beloved series. They did it again in their 10th season in 2016 and then followed it up with the sequel—*Anne of Avonlea*—in 2017.

They had hoped to continue the story with an adaptation of *Anne of the Island*, but found one didn't exist. (There is a musical, *Anne & Gilbert*, that gets its second act from the events of the book, but it doesn't look like anyone's ever released a non-musical version

of the story for the stage.)

Enter Angela Klassen, a Flatlands veteran who not only played Marilla in the last two *Anne* shows (and is reprising that role again in *Anne of the Island*) but is an avid playwright and longtime *Anne* fan.

"We'd done *Anne of Green Gables* and *Anne of Avonlea* and were looking for a script for *Anne of the Island* and couldn't find anything," Klassen says. "So I just started writing it myself and figured I wouldn't say anything until I figured out whether it was something I could do."

"What I did was I started by actually copying the book into my Word document and then just separating out all the dialogue," she says. "So when people see the play they're going to notice that a lot of the dialogue is right from the book, because I don't feel like I can improve on L.M. Montgomery."

The tricky part, Klassen shares, was figuring out how to adapt the non-dialogue parts of the book, as well as which parts of the story to keep and

Winkler's Angela Klassen tackled the adaptation of *Anne of the Island* for the Flatlands Theatre Company, who brings the third installment of the *Anne* series to the stage in May.



PHOTO BY ASHLEIGH VIVEIROS/VOICE

which to take out in the interests of theatrical streamlining.

"Every time I had to cut out a scene it took a little piece of my heart with it," Klassen says with a pained smile. It certainly gave her a new perspective and appreciation on the entire adaptation process when it comes to movies or plays. "Now when I hear someone say, 'Oh, that's not like the book' I think, 'Well, of course it's not. It can't be!'"

Klassen began work on the adaptation back in 2018 and FTC had planned to perform it in 2020, but the pandemic threw a wrench into the works.

The extra years gave her some time to fine-tune the script, a process she expects to continue right up until showtime and likely afterwards before potentially publishing the final version for other theatre groups to use.

Klassen is looking forward to seeing her (and Montgomery's) words brought to life on the stage.

"It's so much fun to see what people are doing with what I've been working on for so long."

Flatlands board president Janice Dyck Epp says they're thrilled to be hosting the world premiere of Klassen's show.

"We're very excited to highlight and support Angela as a playwright. We're so excited to be bringing this to fruition, both for her as a writer but also for us to be producing something that is brand new."

"People in this area really love *Anne of Green Gables*, so we're excited to be continuing the story."

*Anne of the Island* comes to the P.W. Enns Centennial Concert Hall stage in Winkler May 4-7. Tickets are on sale now at [winklerconcerthall.ca](http://winklerconcerthall.ca).

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# sports & recreation



## BJJ Winter Challenge

The Level Brazilian Jiu-Jitsu Winter Challenge took over the Access Event Centre in Morden last Saturday. Hosted by Winkler's Level MMA, the event drew competitors of all ages from martial arts schools across Manitoba and the surrounding provinces and states. Above, left: Dustin Parker from The Pas Academy of Mixed Martial Arts squares off against Kenneth Bond of Progressive Martial Arts. Above: Level MMA's Karsten Unruh versus Silas Grawberger of Revelation Martial Arts. Left: Luella Soliven of Innovative Martial Arts grapples with Ashley Reimer of Level MMA.

PHOTOS BY RICK HIEBERT/VOICE

## SEMHL's Portage, Warren, and Morden finish in top three

By Ashleigh Viveiros

The South Eastern Manitoba Hockey League closed out its regular season last weekend with the Portage Terriers, Warren Mercs, and Morden Bombers in the top three spots in the standings.

Portage earned first place with a nearly flawless record of 16-1-1 for 33 points while Warren came in second at 12-4-1-1 for 26 points and Morden finished in third at 11-6-0-1 for 23 points.

The other local teams finished further down the list, with the Red River Wild in fifth place (9-5-2 for 22 points), the Winkler Royals in eighth (7-9-2 for 16 points), and the Altona Maroons in 10th and last place (2-15-1 for five points).

The first round of playoffs will see the Wild square off against the Ste. Anne Aces, the Royals face the Portage Islanders, the Morden Bombers play Ile des Chenes, and the Warren Mercs take on the Notre Dame Hawks. All these best-of-five series

get underway this weekend. The full schedule is available at [semhl.net](http://semhl.net).

In the final week of regular season games, the Winkler Royals posted two losses and a win, falling to Warren 5-4 in overtime on Feb. 1 and then again 5-3 on Sunday. In between, on Saturday, they doubled up on Carman 6-3.

Morden's week was a fair bit more successful, as they beat both Notre Dame and Portage by a score of 5-1 before losing to the Terriers 9-2 in their final regular season game Sunday night.

The Red River Wild crushed Carman 6-1 and then beat the Mercs 3-2 to close out the season.

And the Maroons in Altona lost to Ile des Chenes by scores of 5-3 and 13-3 in their final two games.

Despite seeing their season come to an end, having missed the cut for the playoffs, at least one member of the Maroons ended the season on a high note: Adam Henry once again received the SEMHL's Best Defenceman award for the year.

News or sports tip? E-mail [news@winklermordenvoice.ca](mailto:news@winklermordenvoice.ca) or call 204-325-6888



# Winkler Flyers beat Blues 4-1 in lone game of the week

By Ashleigh Viveiros

The Winkler Flyers had a fine showing in their lone MJHL game of the week.

Their Feb. 3 match against the visiting Winnipeg Blues ended 4-1 in the home team's favour.

The Flyers outpaced the Blues every step of the way, firing 55 shots on net to Winnipeg's 26.

Though the Blues drew first blood seven minutes into the first, goals from Dalton Andrew and Carter Dittmer in a 20-second stretch late in the period gave Winkler the lead 2-1 heading into the scoreless middle frame.

Andrew scored his second of the night in the first half of the third. Trent Penner made it 4-1 a few minutes later with a powerplay goal.

Malachi Klassen turned away 25 shots in goal in the win.

The Flyers have a firm hold on third place in the MGEU East Division standings with a record of 10-5-1 for 60 points. That puts them four behind the Steinbach Pistons in second place and six back from the Portage Terriers in first. The Niverville Nighthawks in fourth place are a full 14 points behind Winkler.



PHOTO BY RICK HIEBERT/VOICE

Winkler's Dalton Andrew attempts a wrap around scoring move on Winnipeg's Brock Moroz as the Flyers squared off against the Blues Friday night in Winkler. The home team got the win 4-1.

hind Winkler.

This week the team hosts Steinbach

Wednesday night in a game rescheduled from December and then plays

in Niverville on Friday.

## Male Hawks riding high on four-game win streak

By Lorne Stelmach

The male U18 Pembina Valley Hawks are riding a four-game winning streak in the stretch run of the regular season.

With five games now remaining, the Hawks took both games of a weekend doubleheader with Eastman as they beat the Selects 6-1 Friday then 4-3 in a shootout Saturday.

Pembina Valley broke open a 1-1 game Friday with four unanswered second period goals on home ice in Morden.

Carter Campbell had a pair of goals while Cedrik Robidoux had a goal and a three point night. Also scoring for Pembina Valley were Jayden Penner, Kam Thomas, and Marek Miller, while Raiden LeGall made 22 saves as the Hawks outshot the Selects 27-23.

Pembina Valley then overcame a 2-0 second period deficit with three consecutive third period goals before Eastman forced extra time with 38 seconds left on the clock.

After overtime solved nothing, Robidoux won it for the Hawks in the fifth round of the shootout. Scoring for Pembina Valley in regulation

time were Ty Love, Nate Lodewyks and Sebastien Hicks. Shots on goal were 40-35 for Eastman, with Bryson Yaschyshyn getting the win on 37 saves.

The Hawks maintained their hold

on third place as they improved their record to 27-7-5 for 59 points. Leading the league are Brandon and the Winnipeg Bruins, both at 64 points, while pursuing Pembina Valley are the two other Winnipeg teams: the Wild and

Thrashers at 55 and 47 points.

Pembina Valley will aim to keep their run going this weekend as they travel to Shoal Lake for a doubleheader with the sixth place Yellowhead Chiefs.

## Female Hawks to finish in sixth place

By Lorne Stelmach

It was a weekend of mixed results for the female U18 Pembina Valley Hawks as the playoffs loom now with just two regular season games remaining.

The Hawks won 3-1 over the Interlake Lightning Friday in Warren but then dropped a 5-1 decision to the Ice in Winnipeg Saturday.

Pembina Valley spotted Interlake a lone first period goal but then fired home two in the second period as

well as an insurance marker in the final frame.

Marissa Fehr had a pair and a three point night. The other goal came in from Caitlin Anderson, while Kaylee Franz made 18 saves in net for the win.

The league-leading Ice took period leads of 2-0 and 4-1 on the Hawks while keeping Franz busy in goal with 42 shots. Pembina Valley, meanwhile, managed 23 shots on net.

The Hawks sit at 8-17-1 for 17 points and will finish in sixth place, which

has them six and nine points ahead of Interlake and Central Plains and eight points behind Eastman.

The quarter-finals will see them face the third-place team, but their opponent remains to be decided. The Ice come into the week at 43 points followed by Westman at 42 and Winnipeg Avros at 41 points.

The Hawks end the regular season at home in Morden with games against Eastman this Friday and Yellowhead Saturday afternoon.

Check out the Voice online at [www.winklermordenvoice.ca](http://www.winklermordenvoice.ca) or [altonavoice.ca](http://altonavoice.ca)



# Joe Wiwchar named to Canadian Baseball Hall of Fame

By Lorne Stelmach

Joe Wiwchar has devoted seven decades to baseball in Manitoba as a player, coach, volunteer, executive, and administrator.

The Morden resident has already earned a number of honours for his dedication, but now he is about to become a member of the Canadian Baseball Hall of Fame.

"When I was received the call letting me know that I was being inducted into the Canadian Baseball Hall of Fame, I had to sit down. I was speechless. I was both surprised and elated. I'm still in disbelief, but I am very grateful for this honour," Wiwchar said last week, shortly after being notified of the honour.

"When the guy phoned me I first said this is a joke, right? It is overwhelming. I think I'm only the fifth Manitoban to get in there, so that's something special."

Best known for his long and successful coaching career, which spanned from 1953 to 2013, the tireless Wiwchar regularly coached two or more teams in a season.

One of his most successful years was 1971 when he coached the South Central Beavers peewee squad to a provincial title and a silver medal at the western Canada championship.

That same year, he started a 28 year tenure as head coach of the Morden Mohawks of the Border League, a senior baseball circuit. During one stretch with the Mohawks, he piloted the club to 12 league championships in 18 years.

Along the way, Wiwchar helped lead Team Manitoba to a silver medal at the 1977 Canada Summer Games as an assistant coach, and he was the head coach of the provincial juvenile team that captured the 1977 West-

ern Canada championship.

On the executive level, Wiwchar was a member of the committee that formed the Manitoba Baseball Association in 1968, and he has served in many key capacities for the organization, including as president in 1976 and 1977.

Nationally, he served on the Baseball Canada executive and planning committee in 1974 and 1975. In 2004, he was recognized for his more than 50 years in baseball with Baseball Canada's volunteer of the year award.

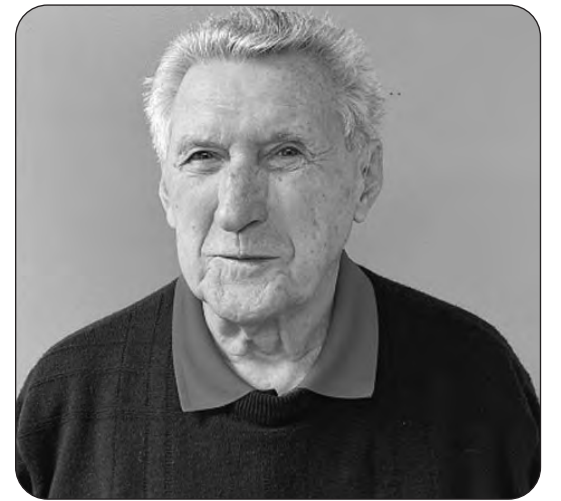
Wiwchar has also helped on the international scene. He served as a chaperone for five Canadian kids at the World Children's Baseball Fair in Japan in 1994, and the following year he worked as the head coach for four children's teams in France.

In 1998, he became the first administrative manager of the Manitoba Baseball Hall of Fame, and it was a position he held until 2022. Thanks to his leadership, the hall is considered one of the finest sports museums in the country.

For his efforts, Wiwchar was inducted into the Manitoba Baseball Association honour society in 1989 and he was named a life member by the Western Canada Baseball Association.

He was also inducted into the Manitoba Baseball Hall of Fame in 1999 and won the Sport Manitoba order of sports excellence volunteer service sward seven years later. In 2011, he was inducted into the Manitoba Sports Hall of Fame and the Town of Morden renamed a baseball field in his honour.

"I don't go looking for recognition. It's just something I love to do," said Wiwchar. "I wonder why I get the recognition. There's other people who deserve recogni-



SUPPLIED PHOTO

Morden own Joe Wiwchar will be inducted into the Canadian Baseball Hall of Fame this summer.

tion too and maybe never get it.

"It's always just been a passion. It's something to do and something that I really like being involved with," said Wiwchar, who noted he has been receiving lots of congratulations from people all over the place. "It's very gratifying and just having so many people phone and saying congratulations, that feels really good. I appreciate the acknowledgement."

The induction ceremony takes place this June in Ontario.

## Pembina Valley Twisters win one, lose one

By Lorne Stelmach

The Pembina Valley Twisters gained three of a possible four points as they were on both ends of a pair of games that went past regulation time last weekend.

The Twisters first edged the St. Boniface Riels 3-2 in extra time Friday

but then fell 4-3 to the Raiders in a shootout Saturday.

Derek Wiebe's connected for the winner just eight seconds into overtime with his 12th of the season and second of the game against the Riels. Kyle VanDenyze also scored on a second period powerplay while Logan Enns made 34 saves as St. Boniface

held a 36-30 edge in shots on goal.

Pembina Valley had period leads of 2-1 and 3-2 before giving up the tying goal shorthanded in the third, and the Raiders then won the shootout in five rounds.

Zander Carels, Riley Goertzen and Merek Degraeve all scored for the Twisters. Matt Grysiuk took the loss on 16 saves with Pembina Valley holding a 36-19 advantage in shots on goal.

The Twisters sit in fifth place at 14-11-3-3 for 34 points. They are even with Transcona but have two games in hand, while Charleswood is only one point back. Just ahead of Pembina Valley are Fort Garry Fort Rouge at 39.

It is a busier three game week for the Twisters that started with ninth-place Stonewall Tuesday followed by league leading St. James Friday and then Charleswood Sunday.



SUPPLIED PHOTO

From left, front row: skip Jordon McDonald, third Reece Hamm, second Elias Huminicki, and lead Cam Olafson with coach Blaine Malo (back row) after winning the Manitoba men's juniors last month.

## Hamm is off to nationals

By Voice staff

Winkler's own Reece Hamm will be on the ice at the Canadian U21 junior men's championship in Rouyn-Noranda, Que. next month.

Team Jordan McDonald (Deer Lodge), which includes Hamm, Elias Huminicki, Cam Olafson, and coach Blaine Malo earned a seat at the event by winning CurlManitoba's TELUS Juniors in Portage late last month.

They were undefeated at the competition, winning their four round robin games and then defeating Jace Freeman's (Virden) twice in the playoffs, including 8-7 in a nail-biter of a final.

It's Hamm's last run at a Junior title, as he ages out of the program next season.

If you want to tune in to see Hamm play, Curling Canada will be live streaming games during the March 26 to April 2 competition.



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### Devotion

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## OBITUARY



### Bernhard (Ben) Kehler 1934 – 2023

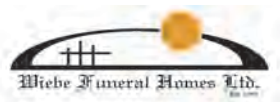
On Monday, January 30, 2023 at the Altona Community Memorial Health Centre, Ben Kehler, 88 of Winkler, MB passed away. He is survived by his wife, June (nee Bergen); one daughter, three sons and their families.

He was predeceased by his first wife, Helen (nee Harms) in 1964 and one daughter in infancy.

Memorial service was held at 2:00 p.m. on Sunday, February 5, 2023 at the Emmanuel Mennonite Church in Winkler with private interment prior at Westridge Memorial Gardens.

Donations may be made in Ben's memory to the Canadian Food Grains Bank.

Wiebe Funeral Home, Winkler  
In care of arrangements  
[wiebefuneralhomes.com](http://wiebefuneralhomes.com)



## OBITUARY



### Bradford William Cove 1957 - 2023

On Thursday, January 26, 2023, Bradford William Cove, loving partner and father of two, passed away at the age of sixty-five.

The funeral was held at 10:00 a.m. on Sunday, February 5, 2023 at Thomson "In the Park" Funeral Home, 1291 McGillivray Blvd. Winnipeg, MB.

Thomson "In the Park"

204-925-1120

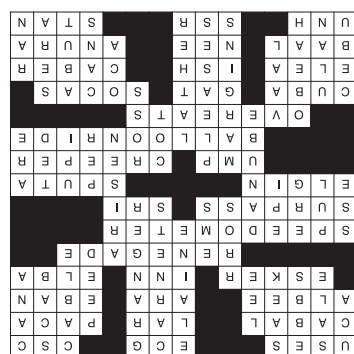
Obituary may also be viewed and  
condolences may be sent to  
[www.thomsoninthepark.com](http://www.thomsoninthepark.com)

## take a break

> GAME

### CLUES ACROSS

1. Functions
5. Records electric currents associated with contractions of the heart
8. Trigonometric function (abbr.)
11. Secret political clique
13. Type of gibbon
14. Nocturnal S. American rodent
15. Famed American playwright
16. Mesopotamian goddess
17. Abba \_\_, Israeli politician
18. Long ridge of gravel and sediment
20. A place to stay



Crossword Answer

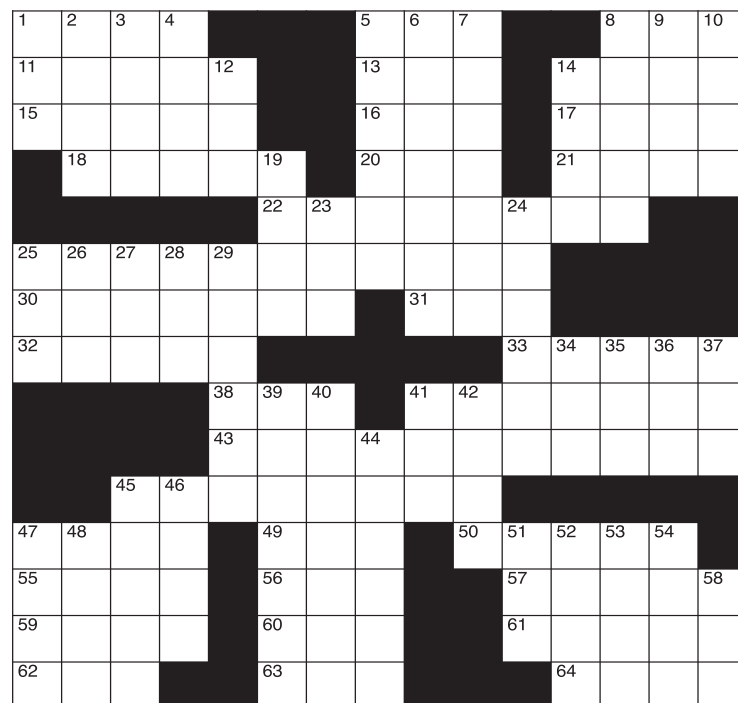
### CLUES DOWN

21. Actor Idris
22. One who behaves in a rebellious way
25. A way to measure movement
30. Distinguish oneself
31. Type of drug (abbr.)
32. Basketball great Baylor
33. Masses of salivary matter
38. Calls balls and strikes
41. Plant that grows along the ground
43. A recreational activity in the air
45. Consumes too much
47. Island nation
49. Pistol
50. Mixtures of soul and calypso
55. Ancient Greek City
56. Similar
57. Roughly trimmed tree trunk used in a Scottish game
59. Semitic fertility god
60. Born of
61. Frogs, toads, tree toads
62. School in the northeast (abbr.)
63. Soviet Socialist Republic
64. "\_\_\_ the Man" Musical, baseball player

### CLUES DOWN

1. Fiddler crabs
2. Discount
3. Partner to "flows"
4. Ethnic group of Laos
5. Beloved "Seinfeld" character
6. Book of tickets
7. The last name of "Hermione"
8. Type of TV package
9. Helps to heal a cut
10. Town in Galilee
12. Actor Horsley
14. "Hocus Pocus 2" actor Ed
19. Bird-loving group (abbr.)
23. They respond when someone is sick
24. Emerged
25. Midway between south and southeast
26. Monetary unit of Afghanistan
27. Unit of work or energy
28. Indicates near
29. Famed river
34. For each
35. News organization
36. CNN's founder
37. They \_\_\_
39. Areas off to the side
40. Satisfies

## X CROSSWORD



41. A spare bed
42. Legendary singer Diana
44. Frothy mass of bubbles
45. A kind of sorcery
46. River in South Africa
47. Philippine Island

48. County in China
51. S. American plant
52. Beverage containers
53. Edge
54. Protein-rich liquids
58. Moved quickly on foot

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# Morden artist invites you to 'Come Explore Art With Me'

By Lorne Stelmach

Having a solo exhibit featured this month at the Pembina Hills Gallery is a dream come true for Darlene Hunt.

Entitled *Come Explore Art With Me*, the show serves as a document of the Mordenite's varied artistic journey—one which is very much marked by constant discovery.

"I tried to get as many pieces from the last five years of my exploration of art, so that's why it seems to be quite varied in style and mediums," said Hunt, who noted landing the exhibition opportunity checked off a bucket list item for her.

"It's also to serve as an exploration to encourage others," she added. "It's about learning. It's a process ... and maybe it can serve as a point for established artists that you can explore."

"I love to learn, so that's the reason why it seems so varied in the approaches," she reiterated. "As you discover yourself ... it's just constant discovery."

Hunt grew up with a love for art, although she jokingly recalled being told by her mother to think about getting a real job.

She has described herself as a self-

taught artist whose only constant in life has been the joy and fulfilment that can only come from constantly learning.

"I never did let go of the doodling. I actually wanted to be a cartoonist at one point, hence the self-portrait cartoon."

"I was lucky enough to be in the company of Janet Nash, an artist who owned her own gallery in High River, Alberta, and she was offering art classes, so I thought maybe I could do something with this," Hunt recalled. "She said you don't really need art classes; you just need a place to hang out and draw, so I really got to know her quite well, and she is the one who introduced me to pen and ink."

Over the years then she has expanded her repertoire from drawing to largely working with fabric and more recently painting Belgian linen tapestries.

There are works that arose during a period where she was dealing with a disability, but she recognizes that it presented an opportunity for rediscovering herself as an artist.

She sees herself as having a focus on incorporating what she has learned as a surface designer into her wall



The work of Morden artist Darlene Hunt is on display at the Pembina Hills Gallery this month.



art with a goal to breathe texture, light, movement, touch-ability and, at times, interpretation into her pieces.

She finds it difficult to label her work with a definitive style, but her tapestries form a significant part of her catalogue, such as the example of garden tapestries.

"It speaks to my environmental consciousness ... they're printed on eco-canvas, so each one of them recycles 20 water bottles," Hunt explained. "It also speaks to me being an avid-gardener, or at least I used to be; I'm still trying to figure out how to

do that with limited mobility, but I'll get there."

Hunt ultimately hopes people who see her work take away "a feeling of encouragement if they're a younger artist."

"For an established artist, it can be encouragement to explore. Life is about learning ... that's who I am," concluded Hunt. "I always especially want to speak to the younger artists ... so if they're inspired ... to be a source of inspiration for even one person would truly be a gift."

## Old-time country dance at Access Event Centre next week

By Lorne Stelmach

A federally funded program that aims to help make a difference in the lives of seniors and in their communities is wrapping up another year in Morden with an old-time country dance.

The event set for Saturday, Feb. 18 at the Access Event Centre offers a good example of the variety of activities supported by the New Horizons for Seniors program.

Morden has for a number of years taken advantage of the program, which provides up to \$25,000 in grant funding annually for community-based projects.

"It was a wide variety of activities, and it was all led by what the seniors wanted," said Rebecca Atkinson, a

therapist with Morden-Winkler Physiotherapy who has been involved with the program locally.

"It's trying to support people's roles in the communities. It's trying to support their health, but it's also trying to keep them engaged ... and it's meant to be inter-generational as much as possible."

The grant supported a variety of activities for seniors over the past year. Participants went to a number of museums in the area, took part in exercise programs and activities, heard from a variety of speakers, attended information expos on a range of services and resources, and took part in an art workshop at the Pembina Hills Art Gallery.

There were also a few dances hosted throughout the year. Atkinson

sees that in particular as something they would like to build on moving forward, with a thought to perhaps having one at the Access Event Centre throughout the Corn and Apple Festival weekend.

"This is excellent for health, physical health, and it's excellent for social health," she said. "It's the best movement that older people could do of a traditional nature. There's the balance that they learn, and there's the interaction because you have to respond to the other dancers and to your partner."

"It is kind of unlike anything else in terms of how it can train your balance and your body co-ordination and the stamina and the endurance ... so from a health perspective, it is a great thing."

The upcoming dance goes from 1-5

p.m. with an admission of just \$15. It will feature live music by Northern Reflections.

Atkinson noted people don't even necessarily need to come with a partner nor with extensive experience on the dance floor, though knowing some basics may help.

If you'd like to see an old-time country dance at the event centre festival weekend, there will be a letter of support you can sign at the dance that will be passed on to festival organizers.

In the meantime, people can also take part in the regular pattern dance classes at the Morden Activity Centre every Tuesday from 7:30 to 9:30 p.m. and line dancing Tuesday and Thursday mornings at 10 a.m.

The **Voice**

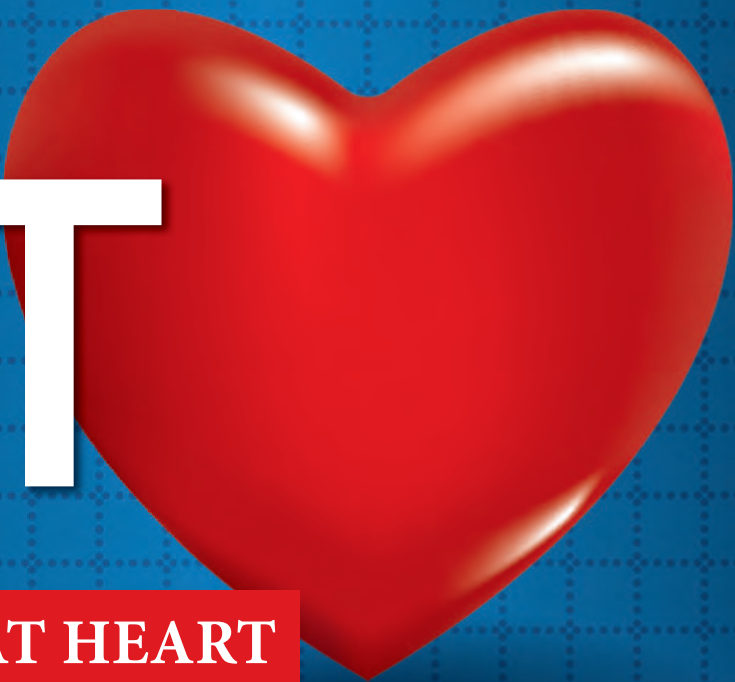
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# February is HEART MONTH

STAY YOUNG AT HEART



## How sleep affects your heart health

According to the National Heart, Lung, and Blood Institute (NHLBI), nearly 70 million people suffer from a sleeping disorder. Did you know that getting a good night's rest is critical for maintaining a healthy heart? This February, join the NHLBI in celebrating Heart Month by learning about the importance of adopting healthy sleep habits.

### SLEEP AND HEART HEALTH

Getting a good night's rest helps you stay healthy by giving your body the time it needs to restore, recharge and recuperate. Consequently, chronic sleep deprivation has been linked to numerous heart problems including high blood pressure, heart attacks, obesity, diabetes and strokes. In addition, people who don't get enough sleep are more likely to develop calcium deposits in their coronary arteries, increasing their risk of developing heart disease.

### 5 TIPS FOR GETTING BETTER SLEEP

Experts recommend that adults between 18 and 65 get at least seven to eight hours of sleep each night. Here are five tips for getting a good night's rest:

- 1. Be physically active during the day
- 2. Avoid cellphones, tablets and computers the hour before bedtime
- 3. Avoid drinking alcohol and caffeinated beverages before going to bed
- 4. Sleep in a cool, dark and quiet room
- 5. Go to bed and wake up at the same time every day

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