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Celebrating diversity

Youth showcase a Ukrainian dance at the European pavilion during Morden's Multicultural Winterfest last weekend. For more Winterfest coverage, see Pg. 12.

PHOTO BY LORNE STELMACH/VOICE

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



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KB Marketing takes Harvest Festival planning reins

By Ashleigh Viveiros

There's a new but familiar face at the helm of the Winkler Harvest Festival organizing committee this year.

The City of Winkler announced last week that KB Marketing is overseeing planning for the 2024 edition of the community celebration, which runs Aug. 9-11.

The company led by Karina Bueckert was heavily involved in the 2023

festival, overseeing corporate sponsorships and stepping up in the final weeks before festival weekend to fill the vacant director's role.

Bueckert says she's looking forward to leading the charge in making the 2024 festival one to remember.

"This is a nice fit for us because we are so involved for the sponsorship side of things," she says. "It's a nice way to close a lot of the gaps and still be able to be as involved as we were."

In taking on the director's position, Bueckert is following in the footsteps of her mom, Adele Dyck.

"My family has a history with the festival: my mom was the director when we were growing up," she says, sharing her enthusiasm for the event, now in its 37th year.

The organizing committee has its first meeting this month, but planning is already well underway.

"I'm in the process of finalizing the entertainment. That's our first step," Bueckert says, noting that Winkler has made a real name for itself in the entertainment world in recent years.

"What I find so interesting is how many big names have been reaching out, their agencies have been reaching out to us, wanting to perform here," she says. "We used to be the small-town festival where we would have to look for performers, but now we have these big names reaching out to us."

This year's headliners will be announced in spring.

Beyond the stage line-up, Bueckert says they have plenty in the works

to fine-tune returning festival events and bring in a few new activities as well.

"There will definitely be some new aspects involved. We're going to be adding a few extra pieces, but we're also going to improve on a lot of things."

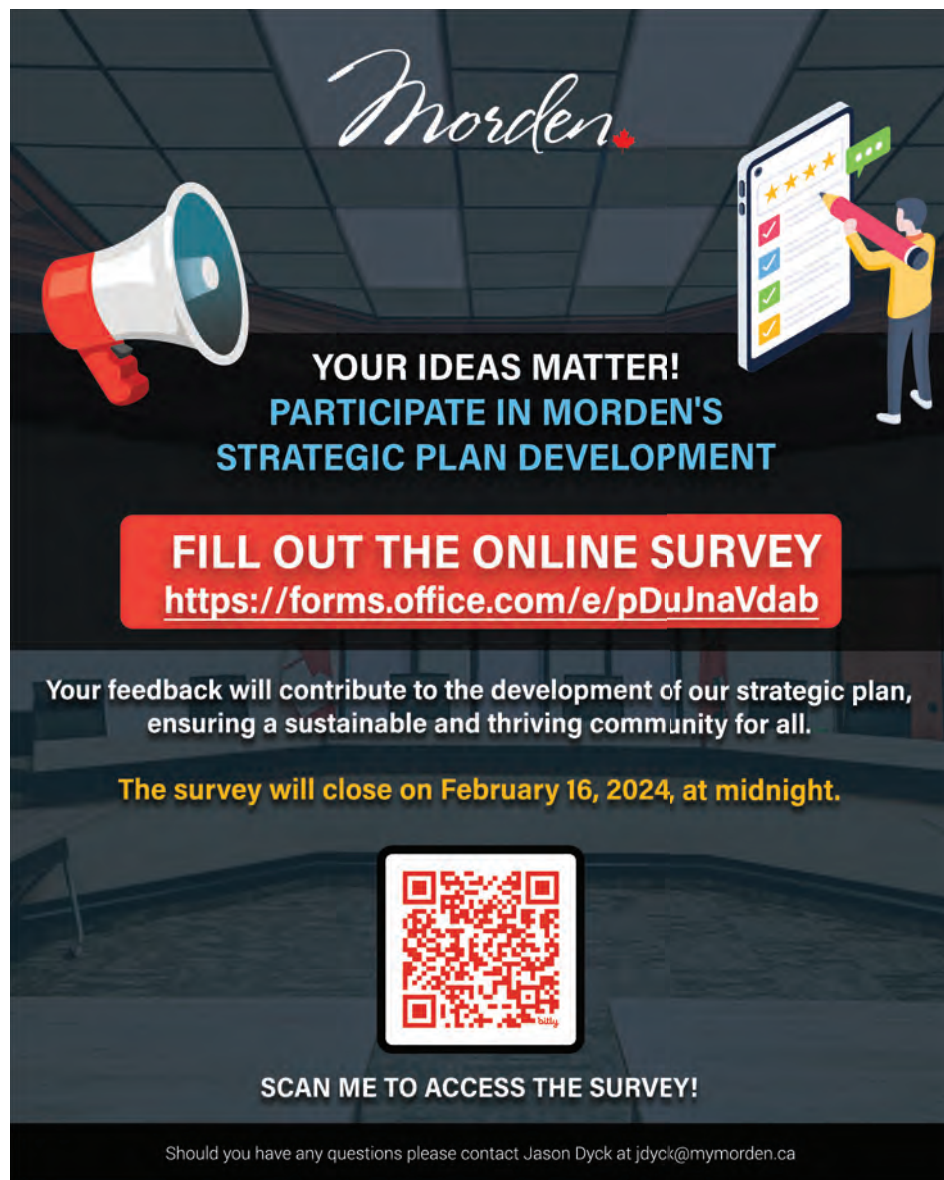
Bueckert notes the festival committee is made up of a dedicated group of people, all of whom know the ins and outs of their respective events.

"They are all fantastic and they've been there for a long time," she says. "They bring so much experience to it. I'd be lost without them."

They're always looking for additional volunteers to work both in advance of festival weekend and during it.

"I would take as much help as I can get," Bueckert says. "There's always extra things that need to be done, so we're always looking for volunteers."

If you'd like to get involved with the Winkler Harvest Festival as a volunteer or sponsor, you can reach Bueckert at 204-325-0578 or Karina@KB-Marketing.ca.




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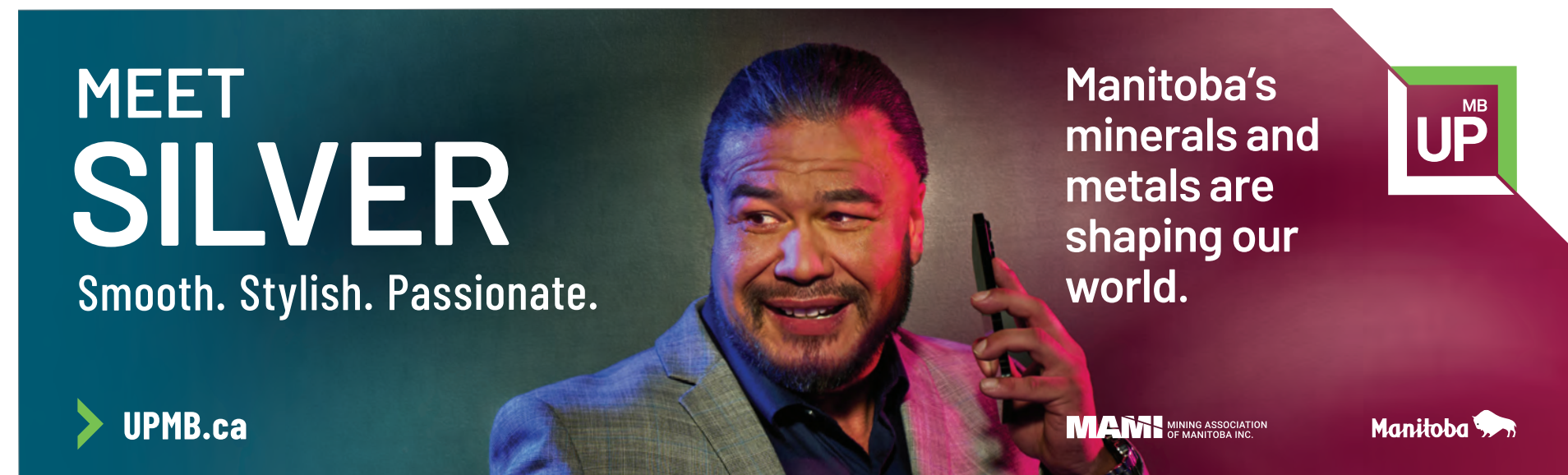
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VOICE FILE PHOTO

The 2024 Winkler Harvest Festival is Aug. 9-11.



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Carman man facing five first-degree murder charges

By Ty Dilello

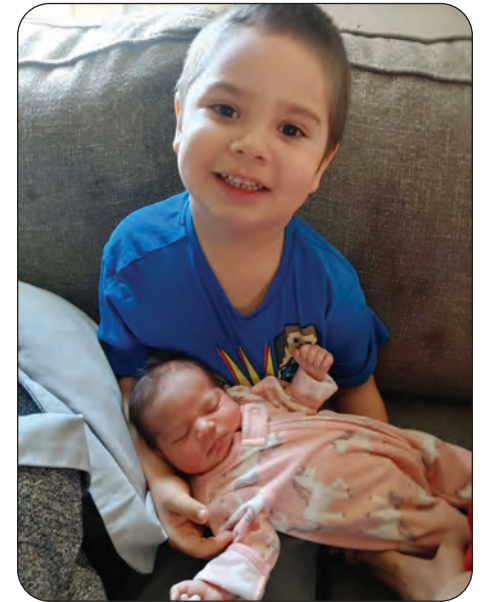
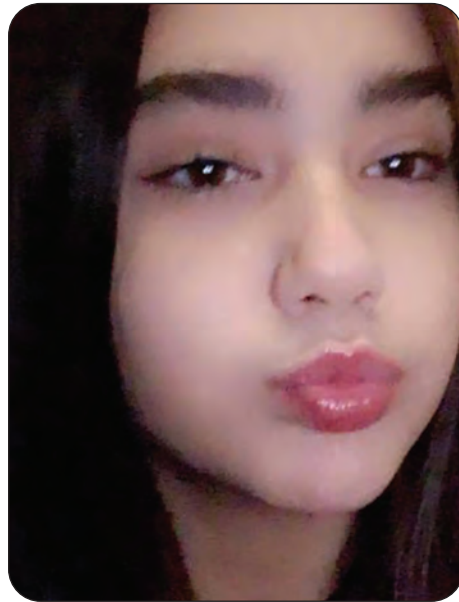
On Monday afternoon, the Manitoba RCMP's Major Crime Services charged 29-year-old Ryan Howard Manoakesick, of Carman, with five counts of first-degree murder in relation to the deaths of five members of his own family who were found deceased on Feb. 11.

Manoakesick has been charged with the deaths of his 30-year-old common-law partner Amanda Clearwater, their three children—six-year-old Bethany, four-year-old Jayven, and two-and-a-half-month-old Isabella—and his partner's 17-year-old niece Myah Gratton.

The five victims were located deceased in three different locations in southern Manitoba.

At approximately 7:30 am, on Sunday, Carman RCMP responded to a report of a hit and run on Highway 3, approximately 6.5 km south of Carman. When officers arrived, the body of Manoakesick's common-law partner was located just off the highway in a nearby ditch. She was pronounced deceased on scene.

At approximately 10 a.m., Headingley RCMP received a call of a vehicle on fire on Highway 248, north of PTH



FACEBOOK PHOTOS

A man has been charged with five counts of murder in the death of his common-law partner Amanda Clearwater, her niece Myah Gratton, pictured left, and his three children, six-year-old daughter Bethany, four-year-old son Jayven, and two-and-a-half-month-old daughter Isabella.

424 in the RM of Cartier. The three young children were pulled from the burning vehicle. All three were declared deceased on scene.

The RCMP confirmed that Manoakesick removed the bodies of the children from the burning vehicle and was at the scene and taken into custody.

The 17-year-old niece was located

deceased at a residence in Carman.

All five victims lived together and were residents of Carman.

Autopsies for the victims have been scheduled for this week.

RCMP Major Crime Services, along with Carman RCMP, Headingley/Stonewall RCMP, RCMP Foren-

Continued on page 5



PHOTO BY DENNIS YOUNG/VOICE

The home at 3rd St. NW in Carman, where 17-year-old Myah Gratton was found deceased, was still taped off by police Monday afternoon.

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Students share their thoughts at leadership forum

By Lorne Stelmach

Morden Collegiate students had the opportunity to have their say last week on the plans and priorities for Western School Division.

Trustees and other division representatives gathered with a selection of youth from different grades and backgrounds for the annual student leadership forum.

There were some challenges as well as serious discussions for the session last Wednesday at Morden Collegiate, and students welcomed the chance to share their views and feelings on a range of topics and issues.

"It was very informative. I got to learn about both myself and others and how to connect with others. I got

to learn about how to communicate with other people around me, how to communicate even with myself internally," said Lane Fehr, a Grade 11 student and student council president.

For him, one thing that stood out was hearing a lot about mental health.

"I think we have a lot in place, but from I heard, we could use even more," Fehr suggested, citing the need to find different ways to better integrate people and to be able to find the help that is needed.

Fehr appreciated having the opportunity to contribute.

"I think this is a great thing to be part of," he said. "You get to learn a lot throughout the entire time. Every station helps you learn something different.

"If I can play a small part in my own

"THIS IS A GREAT THING TO BE A PART OF."



PHOTO BY LORNE STELMACH/VOICE

Morden Collegiate students got the chance to weigh-in on a variety of topics at the Western School Division's annual student leadership forum last week.

community, I think that's awesome."

"It was a completely new experience for me," said Grade 10 student Tasvee Jain. "I enjoyed the games and the conversation. I love to give my input on things, so it was a great thing for me.

"It's a big thing for me being able to put in my opinions for something, and I like helping others."

One table that had a theme around newcomers and integration partic-

ularly felt meaningful to Jain, as she only moved here about a year ago.

"It was a huge thing for me," she said. "When I came here, I fortunately knew someone, so that was good for me ... I didn't really know many people, and in classes I felt alone.

The discussion around mental health also stood out to her.

Continued on page 5

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getinformed

Two arrested in Morden armed robbery

By Voice staff

Two Winnipeg men are facing multiple charges in connection with an armed robbery that took place in Morden last week.

On Feb. 5 at 11:18 p.m., members of the Morden Police Service responded to a call of several people being robbed at gunpoint in a room on North Railway St.

When police arrived, they found one of the victims had been assaulted and items stolen. The suspects had fled the scene.

Police were able to obtain an address from a vehicle associated to one of the suspects.

Due to the involvement of a firearm, members of the Winkler Police Service and both Winkler and Morden's K9 units were called to assist.

Police made contact with the owner of the apartment, who confirmed the suspects were inside the residence and were not obeying police commands to exit and surrender.

After a brief standoff, the two suspects followed police directions and were safely taken into custody.

After an extensive search, police were able to locate the sawed-off shotgun that was used in the armed robbery.

As a result of this investigation, a 25-year-old Winnipeg man is facing robbery, assault, and multiple weapons and probation violation charges.

A 24-year-old man, also from Winnipeg, is also facing robbery, assault, and multiple weapons charges.

Both men were remanded into custody ahead of their hearings in Winnipeg court.



Police found this shotgun in a apartment after a standoff with two armed robbery suspects. MORDEN POLICE PHOTO

> CARMAN HOMICIDES, FROM PG. 3

sic Identification Services and the RCMP Forensic Collision Reconstructionist Unit, continue to investigate and plan to provide further updates to the public in the near future.

A GoFundMe page had been set up to help cover funeral costs for

the five victims. The GoFundMe fundraiser was closed after just 12 hours as it had already raised a total of \$5,490.

The family of the victims are respectfully asking for privacy at this time.

> LEADERSHIP FORUM, FROM PG. 4

"I feel like it's a big thing. Even if someone is being bullied, the person that's being bullied, they don't speak much about it most of the time," she said.

Trustees and division representatives led the table groups with a mixture of kids from different grades in each group and different topics that included mental health, community, welcoming and social, technology and social media, and academics.

The forum offers a valuable perspective on what is and isn't working in the school system, and the board can use that information both for budget planning as well as for their board priorities and strategic direction, said chairperson Brian Fransen.

"We take what we hear here, and I can say with certainty that specific things that we have heard at previous events like this have shaped our board priorities plan."

The forum has been held for at least a decade, with the exception of during the pandemic, and the trustees value the opportunity.

"We're making decisions that im-

pact the schools, so we need to have a perspective of what is going on in the schools," Fransen said. "You really need to get to the source. We need to hear the experience of the kids who are living in the system that we're governing and give us their honest feedback."

It directly informs their budget planning as well, he noted.

"We make decisions based on the feedback we get here, feedback that we get from other parts of the community, and the feedback we get from our staff and the greater community."

The topic at his table was mental health, and it sparked a particularly great discussion, Fransen added.

"It's a deep topic, and it's important for our kids to know that we want to have positive mental health throughout our schools and have them be healthy for their future," he said.

"Every year that I come here, I am thoroughly impressed with the deep thinking and the honesty and transparency that our students provide."



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The rise of Taylor Swift

There's this new singer out there that seems to be getting kind of popular who goes by the name of Taylor Swift. Have you heard of her?

Absolutely I'm kidding. If you don't know who Taylor Swift is, you're either lying, living under a rock, or over the age of 110.

You may ask: why write about Taylor Swift here in the Pembina Valley? What's the connection? Well lately the mere mention of her name (Taylor Swift) has been increasing the blood pressure of certain kinds of conservative leaning folks.

Look, by certain kind I mean the kind we call neighbour or brother or mother. You know of whom I speak. They're a little more interested in American politics and culture than Canadian politics and culture, for instance. Heck, they may even have an American flag on their truck (definitely a truck).

Of course, there's nothing wrong with this. I mean it makes as much sense as me flying the flag of Zimbabwe from my porch, but whatever people feel they need to do, I suppose.

Really Peter, you ask. Are you talking about the Taylor Swift who has spent more weeks on Billboard's number one spot than Elvis? The Taylor Swift who has been Time's Person of the Year TWICE? The Taylor Swift

who has 118 Guinness World Records (so far)? The Taylor Swift who is part of Rolling Stone magazine's Top 100 Greatest Songwriters of All Time? That Taylor Swift? The Taylor Swift who has started dating some unknown football player from some unknown NFL team? That Taylor Swift?

Swift. Yes! That Taylor Swift! The person whose name is now used to denote other's success in their field, like: Tiger Woods is the Taylor Swift of golf or Muhammed Ali was the Taylor Swift of Boxing or Stephen Hawking was the Taylor Swift of physics.

While I half-jokingly called her a "new singer" this is because at 34 years old many of the greats were just hitting their stride while she could have retired 100 times by now.

If you say Taylor Swift is popular it's like saying Canada is famous for its winters. It's a monumental understatement. With more than half a billion (and climbing) followers across social media, it's safe to say many people are aware of who Taylor Swift is.

For Doctor Taylor A. Swift (she has a doctorate from New York University) has been a cultural steamroller well

over a decade now and most signs point to her only just getting started.

Tell me: why does simply mentioning the name of likely future President of the United States Taylor Swift upset so many people who consider themselves a particular brand of conservative?

It's difficult to say. Lately conservative American talking heads like Vivek Ramaswamy, Fox News anchor Jesse Walters, and Stephen Miller, advisor to failed 2022 Republican presidential candidate He Who Must Not Be Named, have all floated weird conspiracy theories about Taylor Swift. The Taylor Swift who Bruce Springsteen has called a "tremendous writer" and who both Billy Joel and Ringo Starr have called the successor to The Beatles.

So I suspect we're seeing conservative pundits and their followers melting down over Taylor Swift because every time Taylor Swift's name is referenced (even negatively) it generates a bump in popularity for the one who mentions her. The mere mention of Taylor Swift's name (Taylor Swift) in social media, the news, columns, etc.

Continued on page 7



By Peter Cantelon

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

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

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The *Voice* is published Thursdays and distributed as a free publication to 21,141 households. Republishing in whole or in part without permission is prohibited. Printed in Canada by Prolific Printing. The *Voice* received financial support from the Government of Canada in 2021.

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Documentary with local roots earning accolades

By Lorne Stelmach

There is a strong Winkler connection among the team of people who were part of making an acclaimed documentary film.

After Death explores what happens after we die, based on real near-death experiences and conveyed by scientists, authors, and survivors.

It is a cinematic peek beyond the veil that examines the spiritual and scientific dimensions of mortality in inviting viewers to wonder is there life after death.

For director, writer, and producer Stephen Gray, who is based in Winnipeg but works with Winkler's Triple E, the project was born out of personal loss when his brother-in-law was killed at age 36 in 2012.

"That kind of caused me to ask a lot of questions about is there something after or not. I was raised to believe that there was ... I was a Christian, gone to church all my life, but at a point, it was like are these just stories that we tell ourselves," said Gray. "I was just very interested in the topic and wanted to dive into that a little bit further."

The further Winkler connection then included, among others, Jon Doell coming on board with his father-in-law Henry Friesen and brother-in-law Tyler Friesen as executive producers. The trio are involved in a business that does some filmmaking, and they were convinced after seeing a short film that had been done about one of the stories that became part of *After*

Death.

"We knew right away that, first of all, the talent level was there to make this and that there was a strong story that needed to be told," said Doell. "It didn't take us too long to be convinced to come on board."

Gray saw a great opportunity to address this in a more in-depth way as a documentary.

"There were films out there on this topic, but I didn't feel like there was really anything that was a well told documentary exploring this topic," he said. "I was just really interested in the people who actually died ... and there's people around them who can corroborate their stories."

"Some of these people describe seeing things that were taking place say in operating rooms," added Gray, who cited the example of one woman who underwent brain surgery and whose brain was 'offline' while on a ventilator. She however later recounted having an out of body experience where she saw the operation taking place and accurately recalled details that could be corroborated.

"The film is half narrative and half documentary. We also did a bunch of narrative recreations," explained Gray.

Doell recalled filming in Los Angeles for a plane crash scene that opens up the film, and there was a large airplane hangar rented along with a plane.

"That was the moment when I knew they had the ability to make this look good ... like a real movie," said Doell.

"THERE WAS A STRONG STORY THAT NEEDED TO BE TOLD."



SUPPLIED PHOTO

From left: Marianne Gray, Stephen Gray (director, writer, producer of *After Death*), Jon Doell (executive producer), Mavis Doell, Henry Friesen (executive producer), Gloria Friesen, Tracy Friesen, and Tyler Friesen (executive producer).

"It inspired a lot of hope about the way the story was going to get told."

Both agreed having the strong Winkler connection was an interesting part of the project.

"We're really proud that this film originated from here in Manitoba ... a lot of the film had to be done remotely in terms of the post-production ... we were doing that all from out here," noted Gray.

"Being small town, one normally thinks we're limited, we can't do the

same stuff that people living in LA can do," said Doell. "The level that this film went to is way beyond anything we could have imagined."

In fact, *After Death* was nominated for The Epiphany Prize at the 31st Annual Movieguide Awards in Hollywood, and it is the top grossing faith documentary of all time and launched as the 12th highest grossing opening for a documentary in history.

Continued on page 9



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> CANTELON, FROM PG. 6

increases eyes on that content. Some would say using Taylor Swift's name in that kind of shameless pandering is beneath a professional like myself.

Guess what? They're absolutely right. In fact, you would never catch me repeatedly using a name like Taylor Swift's solely to increase column popularity and readership.

Rest assured, while I have yet to see Taylor Swift in concert (unlike my niece, a certified Taylor Swift superfan who has actually met her and who will have seen her in concert eight times by the end of this year),

it is definitely on my list. I love her music and I love her opinions.

Every so often I wonder how many men in their 50s have been to a Taylor Swift concert and what would I wear?

At the moment it seems unlikely that Taylor Swift will come to the Pembina Valley to perform, but you never know ... perhaps mentioning Taylor Swift 33 times in a small local column will attract her attention.

That's certainly not what I'm doing here.

Bowl for Kids takes over Winkler lanes March 21

Bowl-a-thon is Big Brothers Big Sister's biggest fundraiser of the year

By Ashleigh Viveiros

Big Brothers Big Sisters of the Pembina Valley's biggest fundraiser of the year is back next month, though they're trying something a little different this time around.

Bowl for Kids' Sake takes place at VB's Entertainment Centre in Winkler on Thursday, March 21.

They're testing out doing the bowl-a-thon on a weekday instead of the usual Saturday in the hopes it will provide more flexibility for bowlers, says executive director Jenelle Neufeld.

"We're not really sure how many people want to give up part of their Saturday anymore," she says, noting the event draws a lot of corporately sponsored teams. "So if businesses are asking their employees to participate, doing it on a Saturday, on a non workday for a lot of people, maybe isn't ideal."

This year's Bowl for Kids' will include three one-hour time slots, each with space for 18 teams.

"We're going to be doing a two o'clock draw for the businesses who want to allow their employees to participate on company time," Neufeld explains. "And then a four o'clock one if maybe businesses want to let



VOICE FILE PHOTO

Jenelle Neufeld and Brad Poole at last year's Bowl for Kids' Sake fundraiser for Big Brothers Big Sisters of the Pembina Valley. This year's event takes place on Thursday, March 21. Team registration is now open.

their employees leave a little bit early. And then a six o'clock draw as well.

"Hopefully this is the best of both worlds, but we'll see what people think."

The teams of four bowlers each are asked to collect pledges (or get corporate sponsorship) totalling at least \$300 to take part.

In the past, Bowl for Kids' Sake has raised a large portion of Big Brothers' annual operating budget. Pre-COVID, the event often brought in upwards of \$30,000.

Neufeld is hoping 2024 is the year things go off without a hitch for the fundraiser, which had to be cancelled

throughout the pandemic years and then got hit with a snowstorm its first year back in 2023.

Many local non-profits have been struggling to re-engage with the public post-pandemic, Neufeld observes, and that includes getting new volunteers as well as financial support.

"We're not unique in that ... we have a lot of non-profits in our area and they're all doing good work and are needed," she says.

Events like this are a fun way to show your support for the work of Big Brothers Big Sisters, which provides potentially at-risk youth with adult or teen mentors.

The agency in our area right now has three programs up and running.

There's the teen mentoring program, which pairs up high school students with younger kids for in-school matches on a regular basis.

For adult volunteers, there's the traditional mentoring program in which kids get together with their mentor a few times a month out in the community.

Finally, there's the group mentoring programming called Go Girls! and Game On!, designed to help get kids active and inform them about making healthy choices.

The one-on-one mentoring matches give kids the opportunity "to connect with somebody that is putting all of their focus on them for the allotted time that they're together," Neufeld says. "For a lot of these kids, they need that consistency of somebody showing up for them ... it means everything to them. It builds their confidence."

"It's been proven that kids who are mentored go on to receive high education levels, to get higher-paying jobs, to contribute back to their communities in an array of different ways."

There are currently nine youth across the Pembina Valley involved in the one-on-one programs (with many more on the wait list pending volunteers), and Bowl for Kids' Sake funding helps keep those relationships going.

"It all goes back into our programming," says Neufeld.

To sign-up for Bowl for Kids' Sake or make a donation, head to pembina-valley.bigbrothersbigsisters.ca.

Back 40's Homegrown show at Winkler concert hall Feb. 23

By Lorne Stelmach

It's upcoming concert very much encapsulates the goals and priorities of the Back 40 Folk Festival.

The Feb. 23 show at the P.W. Enns Centennial Concert Hall in Winkler is dubbed Homegrown, and it very much reflects what Back 40 is all about, suggested festival board member Mason Weselowski.

"The mandate is how do we keep homemade music alive? How do we organize and support our local artists?"

Weselowski said these kinds of events are very important to the local community of musicians like himself.

"Having just stepped into this community in the last two or three years and just getting to know everybody, there are a lot of musicians around, and there's lots of people interested in playing here," he said. "I think what the Back 40 does well is we organize well and create opportunities so that the musicians who are working so hard to put good sets

together and write music have a place to come out and show people what they're doing."

The show serves as a fundraiser in support of the June festival. The doors open at 7:30 p.m., with tickets priced at \$20 and available online at winklerconcerthall.ca or at the door.

The lineup includes Bill Dowling and the Even Breaks, Steve Dueck and Jenessa Kehler, Smokey and the Barn Cats and the Raspberry Jam, which features Weselowski.

The evening will be different from many of their special events, Weselowski says.

"The emphasis is on original music, although there will likely be a few covers played too," he said. "It is a bit of unique thing. A lot of our fundraisers, particularly the ones we have the most draw to or the most success, are ones that are more themed."

"A lot of the events we do are cover music, but to have an opportunity to play original music, I think the musicians appreciate that."



SUPPLIED PHOTO

Mason Weselowski is one of the homegrown musicians performing in the Back 40 Folk Festival's show at the Winkler concert hall next week.

Local jiu-jitsu athletes compete in Toronto Open

By Ashleigh Viveiros

A contingent of jiu-jitsu athletes from Rise Combat Sports in Winkler held their own at the ADCC Toronto Open earlier this month.

Dorian Fox, Darrius Joof, Isbel Hernandez, and Marcos Gaubert went up against martial arts athletes from around the world at the event Feb. 3 in Toronto.

Gaubert, who is the head coach at Rise, came home with a silver medal in the advanced/under 100 kg. division.

It's been a few years since Gaubert has stepped foot on the mat competitively.

"I've been away from competitions for awhile," the South American champion shares. "Being back was more to motivate my students; I was going to just have some fun. Coming back with a silver medal, it's a very cool thing."

After a tough semi-final match against a strong opponent from El Salvador, Gaubert advanced to the finals, where he lost the gold medal to an athlete from the country of Geor-

gia.

Gaubert's students, meanwhile, all did him proud.

Eleven-year-old Fox, who has earned a string of gold medals across western Canada and the U.S., competed in a heavier weight class at this event: the 11-12 years old advanced/under 36 kg division. He managed to take his match into overtime and secured a fifth-place finish on the world stage.

Joof, a two-time provincial champion who competed at the European Championship in France just a week earlier, secured two wins by submission and a fifth-place finish in the challenging adult intermediate/under 83 kg class, going up against 32 other athletes.

Finally, Hernandez, another provincial champ, also had a strong performance at the Open, competing in the same division as Joof and making it to the eighth-place finals.

The Pembina Valley jiu-jitsu community is a close-knit one, Gaubert says, and it's growing.

"Our team now, it's close to 150 people," he says, adding they have



SUBMITTED PHOTOS

Rise Combat Sports' Marcos Gaubert, Darrius Joof, Isbel Hernandez, and Dorian Fox gave it their all at the ADCC Toronto Open this month. Gaubert brought home a silver medal for his efforts. Left: Joof placed fifth in his division, as did Fox.



about 15 provincial champions in that group. There are classes for all ages and skill levels.

Gaubert observing it's a sense of community combined with athleticism that draws many to the sport.

"It's very common to see a parent start training, and then after awhile their kid start training as well," he says. "It's very inclusive. We have kids, we have a men's team, a ladies

team. We have people literally from five years old up training with us."

Next up for Rise Combat Sports athletes is the Western Kids Open in Regina in April. They expect to send upwards of 20 local youth athletes to the event.

Gaubert also has his eyes on competing himself at the World Master event in Las Vegas in August.

> AFTER DEATH, FROM PG. 7

"We had hopes for it," said Gray. "Even though it's a documentary, we wanted to make it cinematic ... and the intention was always to go on the big screen ... it made a pretty significant splash."

"I'm really proud of the work

that went into it," said Doell. "It blew away actually all of our expectations."

Both hope that seeing the film can encourage people to not only pause and reflect but also not be afraid to talk about death.

"For me, it brought me a lot of hope in this reality that there is something after death ... I think that gives people a lot of hope," said Gray. "I think it causes us to reflect ... we don't always know we have tomorrow; not to live in fear, but just kind of think of every day."

"It's also just to have conversations about this topic. A lot of people are scared to have any kind of conversation around death," said Doell. "I'm happy that the movie is making people think about it a little bit."

After Death is streaming online at www.angel.com/movies/after-death

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Do you have a suggestion for our news team?
 Is there someone you would like to see recognized in the newspaper for their accomplishments - athletic, academic or community service.

Morden chamber hands out business awards

Focal Point receives Business Excellence Award

By Lorne Stelmach

Focal Point Comprehensive Vision Care has been honoured with the Morden Chamber of Commerce's Business Excellence Award.

The presentation was part of the chamber's annual business awards gala last Thursday where four other companies and community leaders were also honoured.

The Entrepreneur of the Year Award went to Lisa Zacharias, owner and operator of Coffee Culture, while the new Lifetime Achievement Award was presented to Appelt's Diamonds.

The Community Builder Business of the Year was Access Credit Union, and the Community Builder Organization of the Year was Pembina Valley Child Care Centre.

Nominated for the Business Excellence Award alongside Focal Point were Huron Windows and Fentro Technologies.

Speaking for Focal Point, Dr. Tio Bellisario expressed gratitude for the recognition of his team's dedication and hard work.

"This award is not just a testament to our business acumen, but it is a celebration of the trust and confidence

that our patients and clients have bestowed upon us. Without their unwavering support and loyalty, this achievement would not have been possible.

"We are immensely proud of our team, whose relentless commitment to excellence, innovation and patient care has propelled us to this moment," Bellisario continued. "Each member of our staff—from our optometrists to our management team and our front desk, our technicians, our gallery team, contact lens team, and our on-site lab—play an integral role in our success, and we share this award with all of them.

"EACH MEMBER OF OUR STAFF ... PLAY AN INTEGRAL ROLE IN OUR SUCCESS, AND WE SHARE THIS AWARD WITH ALL OF THEM."

"In the ever evolving landscape of health care, particularly in optometry, we understand the importance of staying at the forefront of technology and advancements," he added. "We remain committed to enhancing our services, embracing innovation and delivering the highest standard of care to our patients."

Bellisario concluded by noting they always aim to make a positive impact in the lives of the people they serve.

"Our community we serve is very important to us. We look to give back whenever we can, whether it be charities, fundraisers, or other worthy events," he said. "We do this to better our community."

Pembina Valley Child Care Centre's Jessica Lautenschlager said the day



PHOTO BY LORNE STELMACH/VOICE

James Fehr (left) from RBC presented the Business Excellence Award to Focal Point Comprehensive Vision Care, represented by Tio Bellisario and Jessica Lautenschlager.

care is honoured to accept the Community Builder Organization of the Year Award.

"We were shocked to even find out we were nominated, never mind win the award," she said.

Lautenschlager especially cited the staff for their dedication to serving the community.

"We feel this award acknowledges the importance of the work that we do, especially at a time when there is such an overwhelming need for child care," she said. "Our staff work incredibly hard every single day to provide a safe, caring and fun place for our children to grow and learn that it's really nice to be recognized as being a community builder."

Lisa Zacharias said she felt deeply honoured to be this year's entrepreneur of the year. She firstly thanked her husband Vern for being her big-

gest supporter and business partner, and then gave thanks to the community at large as well.

"My biggest thanks goes out to all of you ... your love, your encouragement, your patience for me and my staff as we grew the business over the years."

She noted her goal "has always been to support the community and not only to provide a place to eat and drink but also to spend some good times with family and friends.

"My journey hasn't always been easy, as I learned to be a business owner, but it has been worth the wisdom and experience that I have gained. It has made me a better person."

Kathy Sauerborn, vice president of retail banking for Access Credit Union, noted the financial institution

Continued on page 11



PHOTO BY LORNE STELMACH/VOICE

Morden chamber board chair Michelle Sawatzky presented awards to (left photo) Access Credit Union's Kathy Sauerborn and Candace Collins, (centre photo) Entrepreneur of the Year Lisa Zacharias, and (right photo) Jessica Lautenschlager and Angela Hildebrand from the Pembina Valley Child Care Centre.

Put a team together for CNOY 2024

By Ashleigh Viveiros

With a little over a week to go until the big day, Central Station in Winkler is putting out a final call for participants for its 2024 Coldest Night of the Year (CNOY) walk.

Taking place the evening of Saturday, Feb. 24, CNOY will see Central Station supporters head out on 2 km or 5 km jaunts around town to raise awareness and funds for programs that address hunger, hurt, and homelessness in Winkler.

Last year's inaugural walk saw 203 people take part and raise over \$95,000, \$40,000 more than the set goal.

Central Station's goal this year is \$50,000, and at press time Monday they were already nearly halfway there.

Executive director Anita Wiebe is feeling pretty good about their chances of hitting that target.

"Last year we definitely had a swell of support in the last couple of weeks before the walk," she says. "So we're really hoping to get some more walkers and to have walkers who have already signed up to get the message out there to others."

At the start of this week, 91 walkers on 22 teams had registered to take part, though Wiebe notes they're anticipating those numbers will climb to closer to 250 walkers and 25 teams.

She urges people to gather friends, family, and co-workers to put together a team.

"We're really encouraging people to sign-up and get their teams together and get fundraising."

The Winkler walk joins hundreds taking place in communities across Canada that day.

It begins and ends at the community centre (555 Main St.). Walkers will start checking in at 4 p.m. ahead of the 5 p.m. send-off. All those who raise over \$150 (or \$75 for youth) will receive CNOY toques to don on the walk.

The two routes will take walkers from Central Station down Main St. to Bethel Heritage Park. There, the 2 km walkers will head back, while the 5 km route continues down Pembina Ave. to 15th St. and up to and then through the Parkland area on its way back to Central Station.

Participants can enjoy warm drinks at rest stops along the way, and all walkers are invited back to Central Station for a light meal after the walk.

Walkers are welcome to sign-up right up until the walk starts, though Wiebe notes all participants need to fill out a waiver, so advanced registration—even if it's just a few hours before—means you'll avoid the lines the day-of.

You can register online at cnoy.org/location/winkler. You can also make



SUPPLIED PHOTO

Last year's Coldest Night of the year walked raised over \$95,000 for Central Station. This year's walk takes place on Saturday, Feb. 24.

an online donation there.

If you can't make the walk itself but still want to take part, Wiebe notes there are other options.

"We have an entire team of people that are calling themselves the Beach Walkers," she says, explaining its a team of snowbirds who aren't in town for the actual walk, but "they'll be walking down south."

"So even if you can't be with us that day to walk, you can walk wherever you are on your own time."

The funds raised from CNOY will be a welcome boost for Central Station's programming, which serves to support families in our community.

"We have an entire population here

that is at risk of being homeless, that are one paycheque away from losing housing, that are living paycheque to paycheque," Wiebe says, explaining Central Station provides people a place to get a hearty meal, connect with local social services and supports, and build relationships with others.

"Programming that can potentially affect someone's mental health for the positive," she stresses. "It's not just about food, it's not just having a roof over your head—it's about all those supports to be able to thrive as opposed to being in a space where they're just getting by or not doing well."

> AWARDS, FROM PG. 10

has a long history of supporting Morden and the surrounding area.

"The Morden branch opened up in 1947, and while the name has changed, the commitment to the credit union and our staff to serving the community has not," she said.

"For Access Credit Union, our members and communities are at the forefront of what we do. We are dedicated to supporting our communities in a variety of ways," Sauerborn added, noting that Access Credit Union gave back over \$600,000 in the area in 2023.

"Often you will see members of our team volunteering at local events and venues," said Sauerborn, who concluded by giving credit to Morden branch manager Candace Collins and the local team of staff for their passion to serve the community.

Speaking for Appelt's Diamonds,

Jeff Appelt described being blown away by the lifetime achievement honour.

"To realize that we've been in this community, now it's 86 years ... I know that my grandpa would be so proud," said Appelt. "When he came to this town in 1938, he had a dream. He had a dream, but his dream was to just make ends meet and serve the people of Morden."

"He didn't understand the legacy that he was going to leave behind. His legacy was not just with his son, which is my dad Bert ... and then his grandson, which is me," concluded Appelt. "He would never ever have thought that I would be standing in his place here. And now I get to be honoured that I also have my son right here, fourth generation, and it makes me so proud."



PHOTO BY LORNE STELMACH/VOICE

The Morden Chamber's Michelle Sawatzky presented the Lifetime Achievement Award to Appelt's Diamonds, represented by Jeff Appelt and his son Josh



Wonderful Winterfest



PHOTOS BY LORNE STELMACH/VOICE

Educational displays, dance, music, and outdoor activities were on tap Saturday for Morden's Multicultural Winterfest, which celebrated the community's diversity by giving longtime and newcomer residents alike the chance to share their culture with one another.



By Lorne Stelmach

Morden's Multicultural Winterfest this past Saturday was first and foremost a fun time for participants and spectators alike.

But the annual event also played an important role for those who volunteered at the four pavilions, as well as those who were just taking in the celebrations.

"This is very important. I am happy that people get to know me, and I want to know more about them," said Claudia De La Cruz, who was representing her homeland of Colombia.

"It's very good to have the opportunity to get to know people ... there are so many different cultures here," she said. "We are so happy to share our culture. We are growing ... and we have an opportunity to interact more and make more connections in the community."

"I'm blown away. We have so many people here ... I'm surprised," said Yevgeniya Tatarenko, who has now been involved seven times in representing Ukraine at Winterfest. "And we have so many new countries represented here.

"Seeing people actually being so interested in the culture is great," she said, observing that people were keen to try things out and sample some of the food and snacks.

"Morden has grown so much," Tata-

renko added. "I think people want to experience something new and taste something new, try something new.

"My hope is that people will see how diverse Morden is and how rich each of the cultures are," she said. "Each of us as a country and as a culture bring so much to the community. Each of the cultures are so rich in so many ways. This is what I hope people will see and understand.

"This is what we want to see. We want to see how diverse people are, how beautiful people are and how different we are but we are all beautiful and great and kind in the same way. We are all part of the community of Morden."

For Patrick Simoens, it was an opportunity for him and his family to explore the world right here at home.

"I grew up here, and we definitely didn't have this when I was younger, so it's really great that my kids get to grow up with this diversity," he said while checking out the various activities and educational booths.

"I think that the more you meet people, the more comfortable you are, and I think it will help the community," Simoens added. "It helps build community for people and their cultures and traditions to be seen and heard and experienced.

"It's great to see the people taking part and going to see what each country and each culture has to offer."





PHAC's annual ice sculpture workshop had teams hard at work at Lake Minnewasta Saturday. Right: Earl Dyck and Steve Douglas with the giant bottle they helped sculpt, complete with a path for Gatorade to run through.

PHOTOS BY LORNE STELMACH/VOICE



Creating ice art at the lake

By Lorne Stelmach

A gallery of art took shape on the frozen Lake Minnewasta this past weekend.

The annual ice sculpture workshop hosted by the Pembina Hills Arts Council attracted a number of teams to try their hand at creating something from a block of ice.

"It's really interesting to see what kinds of ideas people come up with here," said Brendan Boehr, who was participating for a second time.

He was working with Tim Klassen on sculpting a living room scene with a couch, coffee table, and television set. The duo were keen to create something that could be both interesting and functional.

"The idea of doing artwork is always appealing. Being part of the community is always an awesome thing, and opportunities like this are

good," said Boehr. "And being able to do stuff like this outside when it's cold ... if you can find ways to enjoy winter and integrate art and smiles and laughter into it, it just brightens the whole season."

Ice art is something that anyone could try, he suggested.

"You don't really need to have much skill at all. It's surprising how easily these chisels, when they're sharp, will just slice right through the ice. I thought you would need to use picks and hammers ... but it's not like that at all. Anybody can do this."

"It's so much fun, and you couldn't ask for better weather ... everyone is smiling out here."

"I've come by before and seen people doing it," said Klassen, a first-time participant. "It's a nice, interesting medium to work in ... Brendan is right, it really just slices right through.

It just chips off nicely."

The workshop was overseen by Peter Hargreaves from Sputnik Architecture in Winnipeg along with local volunteers Earl Dyck and James Friesen.

With the help of Steve Douglas, they created a large bottle of Gatorade. It

included a hole drilled through the ice for Gatorade to be poured through from one side to the other.

"The beautiful thing is if you make a mistake, it's all gone by spring," joked Dyck.

Continued on page 25



Brendan Boehr and Tim Klassen created an icy living room scene, complete with couch and TV.

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Destination wedding planning: dos and don'ts

Destination weddings offer a unique way to celebrate your special day, combining the joy of marriage with the excitement of travel. Here are a few dos and don'ts to make your big day the best it can be.

- **DON'T send the invitations late.** Send out invitations at least six months in advance. This will give your guests enough time to budget for their trip, take time off work and make travel plans.
- **DON'T forget the legalities.** Different countries have different rules when it comes to the legal requirements for marriage. Ensure you understand the legal aspects of getting married in your chosen destination.
- **DON'T over-plan.** A well-thought-out itinerary is essential, but don't overcompli-

cate things. Allow some flexibility for your guests to explore and enjoy the location.

- **DO consider the weather.** Research the climate of your chosen destination. This will help you select appropriate attire for you and your guests and plan for any weather-related contingencies.
- **DO make a wedding website.** This is a particularly good idea for destination weddings. You can include everything your guests need to know, including travel details, accommodation options and local attractions.
- **DO hire a wedding planner.** Destination weddings can be complex to coordinate. A professional wedding planner can alleviate stress and ensure every detail is taken care of.



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Trendy wedding dress colours in 2024

When it comes to choosing a colour for your wedding dress, brides have myriad options. Traditional off-white, pure white and ivory remain popular choices, but modern brides are opting for statement colours. In 2024, wedding dress trends are embracing a departure from tradition with an array of captivating colours. Here are four wedding dress colours to consider.

- 1. Pink** is a standout choice for brides who want to radiate romance. From blush and champagne to dusty rose, pink wedding dresses bring a soft, ethereal charm to the aisle.
- 2. Purple** wedding dresses, particularly in shades like lavender and lilac, are becoming increasingly popular in bridal fashion. This colour exudes elegance and sophistication, creating a whimsical and

enchanting atmosphere on the big day.

- 3. Blue** wedding dresses are ideal for brides who want to add a touch of serenity and tranquillity to their big day. From pale aqua and steel blue to deep navy, blue wedding dresses evoke a sense of calmness and depth.
- 4. Black** wedding dresses are making a statement in 2024. They exude an air of mystique and modernity, making them perfect for brides who dare to defy convention. A black wedding dress creates a dramatic and unforgettable bridal look.

Patterned wedding dresses are also gaining in popularity. Whether adorned with delicate floral patterns trailing down the skirt or intricate bodice overlays, these gowns infuse individuality into the bridal ensemble.

With so many options available, it can be overwhelming to choose the perfect wedding dress. However, there are plenty of local bridal stores and dress shops that can help you find the dress of your dreams. Take your time and enjoy the process of selecting the perfect wedding dress that reflects your unique personality and style.

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Manitoba contributes 30,413 Operation Christmas Child shoeboxes

By Voice staff

Donations from people across the Pembina Valley last fall helped Samaritan's Purse send 11,330,126 Operation Christmas Child shoeboxes to children in need around the world, the agency announced last week.

Manitoba's contribution to the 2023 campaign tally was 30,413. Canada as a whole packed 425,209 boxes.

"We are thrilled to see the enthusiastic participation of Canadians in Operation Christmas Child," said Kendra Shields, Operation Christmas Child's Canadian director. "It is very encouraging to know that so many generous people want to give hope and joy to children in need around the world."

Amongst the Manitoba drop-off locations, Winnipeggers contributed the most shoeboxes, with 10,083. The Winkler drop-off site came in second, with 5,224 boxes, followed by Landmark (2,519), and Blumenort (2,415).

Samaritan's Purse, which is a non-denominational evangelical Christian organization, partners with churches around the world in the distribution of the shoeboxes, which are filled with toys, school supplies, and personal care items.

Since 1993, Operation Christmas Child has collected and delivered 220



SUPPLIED PHOTOS

Kids in Costa Rica enjoy the goodies found inside their Operation Christmas Child shoeboxes. Manitobans packed over 30,000 boxes in 2023.

million gift-filled shoeboxes to children in more than 170 countries and territories.

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Your FARM



Kochia: "It's a big concern, and it's becoming a bigger concern"

By Lori Penner

Jason Hanson has a lot of pictures of kochia on his phone. "I looked through all the pictures and videos I have on my phone, and I had 142 pictures and about four or five videos that just focus on kochia. It is a big concern, and it is becoming a bigger concern."

Hanson resides in Devil's Lake, North Dakota and is an independent crop consultant working directly with farm-

ers and ag retailers doing business as Rock and Roll Agronomy, president of ND Crop Consultants Association, and serves on ND CCA board.

He's been crop consulting over 20 years, co-hosts the Agronomists Happy Hour podcast, and is a business partner in AgMafia.

The crops he focuses on are canola, soybeans, barley, corn, field peas and sunflowers.

At a presentation at Farm Days in St. Jean Baptiste last month, Hanson expressed a grave concern about the growing appearance of kochia. Also known as burning bush and summer cypress, the weed is on the increase in Manitoba.

Kochia is native to Asia and central Europe and was introduced to Canada as an ornamental plant by European immigrants.

It can be difficult to manage, mostly because of its ability to spread and quickly establish itself as a major weed, particularly during drought years.

Although not a predominant weed throughout Manitoba, it is a serious problem in the southwest region and in localized areas of central Manitoba, particularly on saline soils.

"This weed is becoming something that we really have to be concerned about in our part of the world," Hanson said. "We're continually dealing with it."

He said kochia really took charge last year, with the tremendous amount of snowfall in December.

"The ground was not frozen and when that snow melted, the ground took all that moisture, and we had kochia that was ahead of us right off the bat. So, we were having to do things that messed up our normal timing."

Hanson pays particular attention to those areas that are habitual for kochia.

"That's where I started to check. The south side of a tree row, shelter belt, culverts, or rock piles. Anywhere the sun accumulates a little bit more heat units is generally where I'm going to find kochia. It's one of my first weeds to deal with, which means I have to manage it that way as well."

Kochia produces a tremendous amount of seed, which Hanson said is probably the biggest issue.

"These plants can break



PHOTO BY LORI PENNER/VOICE

Agronomist Jason Hanson has dozens of photos of kochia on his phone. It's a growing concern in Manitoba, he says.

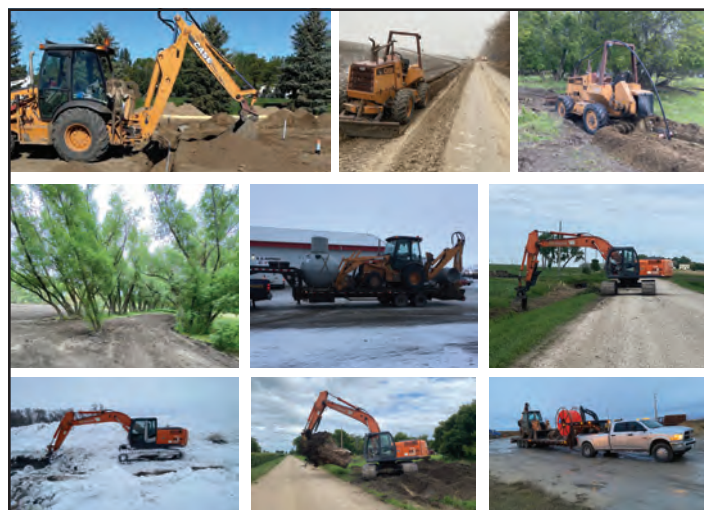
off and they will roll and tumble, it's like a herd of buffalo coming across the prairie. In the spring, we can go back, and we see all these trails where they criss-cross the fields, depending on the direction of the wind that day."

Another issue with kochia is its adaptability. "It essentially has the capacity to accumulate carbon within the plant, to help it respire, so it can handle dry weather better," said Hanson. "That's the reason our kochia has picked up is because of the drought in 2021, and the past year. Those have been two big kochia years for us in the number of seeds produced."

Resistance is also a concern. Kochia often takes over saline or otherwise marginal areas where crops struggle to provide competition. When left to mature, kochia plants spread seeds over a wide area.

Each kochia plant produces at least 15,000

Continued on page 17





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"THIS WEED IS BECOMING SOMETHING THAT WE REALLY HAVE TO BE CONCERNED ABOUT IN OUR PART OF THE WORLD."

Your FARM



> KOCHIA, FROM PG. 16

seeds, often many more. Agriculture and Agri-Food Canada showed that kochia in dense patches with low crop competition can produce millions of seeds per square metre.

Most kochia seeds will germinate or die within one to two years, so growers can quickly reduce the soil seedbank with management steps to prevent kochia from setting seed.

"If you ever had the privilege of picking kochia, you will know there is such a diverse population of plants," said Hanson. "Both in width of leaves and lengths. Some are like shrubs. Some are like trees. There's multi-colours going on.

"When they pollinate, they drop pollen. I'm a firm believer that once you get to a point when that plant is still there in mid July, if you have pollen, it won't be long until you have viable seed."

But there is hope.

"There is a weakness with this plant," Hanson said. "It does produce a tremendous amount of seed per weight of the plant, and it gets distributed across fields when the wind blows. But that seed has a very short duration of when it is viable.

"I can tell you that if you have a patch or an area

and you make it your mission to pick or remove that, in two years you will not have kochia in those spots. With some of that stuff, you can't 100 percent rely on our herbicide program. You have to rely on other things."

Since 2021 was dry, with rain in the fall, Hanson said farmers were seeing regrowth of kochia after harvest.

"We actually did a burn off of some fields in the late fall."

He added, "I tell my growers we shouldn't say weed control. We should think of it as weed management. Most of it is focused from the spring and the summer. One thing is there are more plants but it's also the size. The density and size of kochia is what makes it so durable. When it gets bigger, it protects itself. It's a coverage issue."

Tilling, he says, does not make a difference.

"They are going to live or die by burn offs and residuals from now on. It's important not to let it get ahead of us. It's always a popular conversation: you need to quit seeding and you need to start spraying during seeding season. In some cases that is the difference."

The addition of a methylated seed oil seems to have an impact on emerged kochia.

"If products are oil based and you put in a methylated seed oil, you increase the efficacy on small dense kochia. From a foliar standpoint, if there's no kochia up, I don't put it in. But with emerged kochia, it makes a huge difference."

When it comes to the question of burn down or burn off, Hanson said the number one thing he tells all his clients is if it's dry, you have to use pre-emerge, with a combination of a burn down and a residual.

Hanson is also a big proponent of Metribuzin as an herbicide option for kochia control.

"I use it any place I can. All my acres get it. It provides a burn down opportunity. Plus, you get some residual out of it."

And at the end of the day, when it comes to managing kochia, timing is vital.

"Start in the fall with a plan. Be super aggressive on your pre-emergent, and don't cut rates. Sprayer speeds should come down and water volumes should go up."

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PHOTO BY ASHLEIGH VIVEIROS/VOICE

Linda Funk (left), library clerk at the Winkler Centennial Library, handed over nine finished afghans to Eden Health Care Centre's coordinator of volunteers Irma Klassen last week.

"It's like a hug from the community"

By Ashleigh Viveiros

Winkler Centennial Library clerk Linda Funk presented the fruits of the Warmth in Winter crochet-a-thon's labours to Eden Health Care Services last week.

Eden's coordinator of volunteers Irma Klassen stopped by the library Feb. 6 to pick up the blankets from the Jan. 30 event.

About 16 people popped by the library that day to crochet afghans. The event also yielded donations of several completed blankets and hundreds of additional afghan squares for future ones.

"We have nine blankets today and then enough squares to make seven more afghans," shares Funk, noting a few volunteers have already taken some of those squares home to put together, but they're looking for more

help. "So if somebody is looking for a project, we have afghan to sew together. They're already all laid out and ready to go."

The afghans will be handed out to patients at the mental health care centre in Winkler.


"The patients love them," Klassen says. "It is like the community is just showing its love and care for them. It's like a hug from the community."

The afghans have been a passion project for Funk, who says she intends to continue with it, possibly with more crochet-a-thons in the future.


There's a basket of yarn and needles in the library's reading nook for anyone who wants to stop by and crochet a square or two for the project, and donations of squares or finished afghans are also always welcome.

Check out the Voice online at www.winklermordenvoice.ca or altonavoice.ca

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MANITOBA CANADA'S HEART IS CALLING

Crop meetings being held across region this month

Carman session is on Feb. 21

By Ashleigh Viveiros

Manitoba Agriculture is hosting a series of free educational sessions for producers across the region this month. The Central Region Crop Meetings take place at the Baldur Memorial Hall (142 First St.) on Feb. 20, the Carman Legion Auxiliary Hall (28 1st St. NW) Feb. 21, and at Gladstone's Stride Hall (79 5th St. SW) on Feb. 22. All three run from 8:45 a.m. to noon.

Crop production extension specialist Callum Morrison says this is the first of what he hopes will be a more regular occurrence.

"There's a lot of meetings that Manitoba Agriculture is involved with at other locations," he notes. "With me being the ag rep of the central region, I wanted to ensure that we would have some events in the areas where I'm working, because I think it's really important that farmers are able to access information."

"I'm hoping that these can become an annual thing," Morrison says. "We'll see what the appetite is like from farmers."

The meetings all share the same speakers, who are all from Manitoba Agriculture, addressing a variety of topics.

Up first is Roy Arnott, farm management manager, and Wendy Durand, farm management specialist, with the presentation "Finding Profit in 2024."

Next up is entomologist John Gavloski and his presentation "Flea beetles, grasshoppers, and southern surprises," which will include insect updates, forecasts, and scouting and management tips.

Field crop specialist David Kaminski's presentation is "Could clubroot of canola catch you with your plants down (and why)?"

And rounding the morning is a presentation from weed

specialist Kim Brown-Livingston on weeds to watch for in Manitoba as well as control options.

"This first year, I wanted to look into what farmers can do to protect themselves from some of the big knocks," Morrison says, explaining he hopes these presentations will help producers prepare for the season ahead when it comes to

what pests, diseases, and weeds they may face.

Admission to these meetings is free. Pre-registration is not required.

If you have any questions, you can reach Morrison at 431-344-0133 or Callum.Morrison@gov.mb.ca.



Thank You
Morris Area Recreation




THANK YOU TO EVERYONE WHO HELPED WITH MAKING OUR CANCERCARE MANITOBA FUNDRAISER A SUCCESS.

With all the hard work and efforts of community members, sports teams and businesses we raised over \$22,000 for a great cause. All funds donated to CancerCare Manitoba Foundation remain in Manitoba. These funds support CancerCare Manitoba's internationally recognized team of health professionals who provide outstanding care for patients and their families.

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| <p>Morris Mavericks Red River Wild Seniors Pembina Valley Twisters Morris MultiPlex Morris Area Recreation Town of Morris Morris Fire Dept Sun Valley Coop Rempel Insurance Morris Bigway Rural Buds Cannabis Jablonski Electric Nutrien Ag Solutions</p> | <p>Fehrs Cabinets Super Thrifty Drugs GJ Chemical Remillard Seeds Dale Air Services Morris Build All Center Ag West Morris Home Hardware Jenna Rich Essence Hair Studios Nicole's Exquisite Styles Estate of Dave Holland Morris Curling Club</p> | <p>And everyone that donated to raise over</p> <p>\$22000.</p> <p>For Cancer Care Manitoba</p> |
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Expert tips for managing an inheritance



The gift of an inheritance almost always comes with a loss. Consequently, it's normal to feel confused, upset and overwhelmed. The last thing you want is to make financial decisions while in shock. If needed, put the assets in a high-interest savings account to give yourself time to grieve. That way, you won't regret rushing into any major purchases.

Once you're ready to take the next step, hire a financial adviser to help you create a plan about how to work your inheritance into your life. For example, you

could pay off debt, save for retirement or put money into your children's higher education fund. You may also want to establish an emergency fund with at least three to six months of living expenses.


Moreover, don't feel bad about using some of the inheritance money to treat yourself. After all, your loved one wanted the best for you. For instance, you could use some money to take a trip or buy your dream car. The most important thing is to be intentional about how you spend the money.

Investments, Insurance, Wealth Strategies



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4 financial topics to discuss with your significant other

Did you know that money is one of the leading causes of stress in a relationship? Here are four topics to address with your partner to avoid financial turmoil.

- 1. Salary.** The first thing you should discuss with your partner is how much you both earn. This may feel like a taboo subject but it will set you up for financial success. Knowing each other's income will allow you to decide on the best ways to use your money together.
- 2. Budgeting style.** It's imperative to discuss your budgeting style with your partner. This will help you glean insight into how they spend their money and what's most important to them. You can then come up with a budget that matches both your needs

and lifestyle.

- 3. Current debt.** Most people have some form of debt. Therefore, it's essential to be open and honest with your partner about yours and vice versa. You should also ask your significant other about how they handle debt.
- 4. Savings goals.** As a couple, creating a healthy savings account can put you in a great financial place. It's a good idea to ask your partner about their savings goals and discuss yours so you can work towards a common aim.

Finally, having an honest conversation about money is the key to fostering a closer connection with your partner. No matter what stage you're at in your relationship, it's never too late to start discussing money.

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- business owner planning.

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sports & recreation

Hawks split two with Lightning, down Selects

By Lorne Stelmach

The male U18 Pembina Valley Hawks are racking up some points in the final stretch of the regular season.

They picked up five of a possible six points this past week and now have five wins and an overtime loss in their past six games as they look to solidify their position with just four games to go.

They followed up a 6-4 win over Interlake last Wednesday with a 3-2 overtime loss to the Lightning Saturday but then rebounded for a 4-2 victory over the Eastman Selects Sunday.

Sam Delaquis had a pair of goals Wednesday, while Ryder Wolfe chipped in with three assists in the road game in Teulon. Cohen Pilkington, Kam Thomas, Acoyen Fehr, and Liam Goertzen also scored, and Bryson Yaschyshyn made 34 saves as the Hawks were outshot 38-29.

The two teams then had a rematch Saturday in Morden, and Interlake got the extra point when they con-

nected for the winning goal 2:38 into overtime.

Fehr and Jayden Penner scored for Pembina Valley, who were outshot 31-26. Ryler Gates took the loss in net with 28 saves.

The Hawks had a vast edge against Eastman with 50 shots on goal, including 25 in the third period alone, but the Selects took control with three goals within one minute late in the first period.

Scoring for Pembina Valley were Delaquis, Goertzen and Thomas with a pair. Yaschyshyn made 29 saves.

The Hawks maintained their hold on seventh place at 17-15-4-4 for 42 points. They sit three back of Interlake and four ahead of Norman.

The Hawks have a good chance to continue their winning run this weekend as they play two games in Yellowhead against the 10th-place Chiefs.

The Hawks then wrap up the regular season with a home doubleheader against the last-place Kenora next weekend.



PHOTO BY LANA MEIER/VOICE

Sam Delaquis and Lane Apperley keep the puck firmly in Pembina Valley's possession in last Wednesday's game against the Interlake Lightning in Teulon, which the Hawks won 6-4.



Zone 4 regular season ends

Ethan Wilde of the Carman Cougars puts a shot just wide of Morden Thunder goalie Sam Hildebrand and his net in last Wednesday's Zone 4 hockey game, which the Cougars won 3-0. The WC Miller Aces clinched first-place in the league standings as the regular season came to an end last week. They're followed by the Mountain Mustangs in second and the Pembina Tigers in third. Morden Thunder was in fourth place followed by the Morris Mavericks, Carman Cougars, GVC Zodiacs, and PCI Trojans. Playoffs begin this week.

PHOTO BY RICK HIEBERT/VOICE

Royals down Wild in game one of playoff series

By Ashleigh Viveiros

The Winkler Royals, Warren Merces, and Ste. Anne Aces were all victorious in the opening games of the SEM-HL playoffs.

The Royals are squaring off against the Red River Wild in the best-of-five series while the Merces face the Notre Dame Hawks and the Aces take on the Ile des Chenes Northstars.

The fourth series pits the Morden Bombers against the Portage Islanders, with game one taking place Wednesday in Portage.

In the Wild-Royals series, Winkler's Remi Laurencelle had a two-goal night Sunday en route to a 2-1 win for the Royals. Scoring the Wild's lone goal was TJ Matuszewski.

Jayne Janzen made 36 saves in net for Winkler. Across the rink, Mark Friesen stopped 23 for the Wild.

Game two was in Winkler Tuesday night. Results were not available at press time. Game three is on Red Riv-

er's home turf Thursday.

Meanwhile, the Aces won their opener 5-1 while the Merces and the Hawks went into overtime, with Warren taking it 5-4.

The Bombers-Islander series heads to Morden for game two Friday night.

The playoff matchups were decided, of course, by the regular season standings, which had Ste. Anne in first place followed by Warren in second and Red River in third.

Portage, Morden, Winkler, Notre Dame, and Ile des Chenes rounded out the fourth to eighth-place spots, in that order.

Carman and Altona, in ninth and 10th place, were knocked out of the running entirely.

In other news, the league handed out two more of its regular season awards last week. Brendan Walker of the Ste. Anne Aces was the leading scorer for the season (contributing 48 points in 15 games) and was also selected as this year's MVP.

Flyers fall to OCN, bounce back to beat Swan Valley

By Ashleigh Viveiros

The Winkler Flyers had a mixed go of it last weekend.

They were blanked by the OCN Blizzard Friday night.

The road game saw OCN win the shot battle 30-25 and find the back of the net late in the second and early in the third period.

Winkler, meanwhile, just couldn't crack the nut that was Blizzard netminder Tomas Anderson, and so the win went to OCN 2-0.

Minding the Flyers' net was Malachi Klassen, who made 28 saves.

The Flyers shook off the loss to down the Stampede in Swan Valley the next night.

While the home team drew first blood with the opening frame's lone goal, Winkler got that one back in the final seconds of the second period (scored by Dalton Andrew) and then added two more unanswered goals (Brody Beauchemin and Marek Miller) in the third to win it 3-1.

Liam Ernst made 23 saves in net as the Flyers outshot the Stampede 40-24.

With that, Winkler has secured its seat at the playoffs. They're currently in second place in the MGEU East Division with a record of 33-7-2-2 and 70

points, trailing the Steinbach Pistons in first by seven points. Rounding out the top three are the Portage Terriers at 66 points.

In the overall league standings, Steinbach and Winkler are also in

first and second place, followed by the MGEU West Division's Virde Oil Capitals in third (66 points).

Coming up, the Flyers host the Niverville Nighthawks Wednesday night and then play in Niverville on

Sunday. On Monday, they play the Pistons in Steinbach.

After the long weekend, the team has just 10 more games to go in the MJHL regular season, most of them home games.

Morden Minor Ball rebrands

By Lorne Stelmach

Morden Minor Ball is doing a full rebrand for the upcoming 2024 baseball season.

The teams will now all be known as the Morden Mud Hens with a logo and colours that match up with the senior baseball team. Organizers feel this will be beneficial to create a single distinctive brand for baseball in the City of Morden.

"When someone thinks of baseball in Morden, I think Morden Mudhens comes to mind now ... it is a known identity," said president Steve Mullin. "They are unique colours. We wanted to be unique to south central first and foremost ... they will stand out. It may take a year or two, but hopefully it be-

comes synonymous with Morden minor ball."

Mullin said it became apparent during the 2023 season that the current inventory of jerseys were not only aging but insufficient with the increased registration for baseball and softball within Morden. The minor ball registration in fact has become one of the highest in Manitoba.

So minor ball not only needed more jerseys but newer ones as well, and they saw the opportunity to do something new, as they felt the old jerseys did not stand out.

"We thought now was an excellent time to maybe look at it and think do we rebrand," said Mullin. "We wanted to form an identi-

ty, and we were able to kind of go to the community. We got suggestions ... and we ended up coming down to understanding we work very closely with the senior ball club. Having that

Continued on page 24



Twisters dominate River East to improve MMJHL record

By Ty Dilello

The Pembina Valley Twisters continued with their winning ways with a dominating 9-2 win over the River East Royal Knights on Feb. 9. With the win, the Twisters are staying firm in second place in the MMJHL's standings with a record of 23-9-3.

The Twisters's Caelan Russell scored a hat trick with Ryan Orchard adding two more and Josh Guilford and Max Collet each scoring one. Goaltender Owen Larocque stopped 36 shots.

"I would say that we played as good of a game as you can in those situations," said Pembina Valley's coach Braeden Beernaerts. "It gets extremely hard to not develop bad habits in a blow out game. For the most part, we stuck to it and got a big win."

Twisters' sniper Derek Wiebe is currently third in the MMJHL's scoring race with 60 points in 35 games, Merek Degraeve is in fifth with 55 points in 36 games and Riley Goertzen is in tenth with 46 points in 35 games. Logan Enns is currently third in

the goalie rankings as he boasts a 2.91 goals-against average and a .916 save percentage.





"With the standings as close as they are, we have to be prepared that every team below us is already in playoff mode and fighting for a spot," said Beernaerts. "We have to keep the consistency, set the pace, and play our game every night down the stretch. In hopes to have a good seeding come play-off time."

Pembina Valley forward Ryan Orchard was named the MMJHL's Rookie of the Month after scoring seven points in seven games in January.

The Twisters are back in action with three games this week. The team will travel to Seven Oaks Sportsplex on Wednesday, Feb. 14 to take on the Raiders Jr. Hockey Club with puck drop at 8:30 p.m. The Twisters will then host the Transcona Railer Express at the Notre Dame de Lourdes Arena at 8 p.m. on Friday, Feb. 16 before travelling to Southdale Arena on Sunday, Feb. 18 to play the St. Boniface Riels with puck drop at 3 p.m.

PLAYERS OF THE MONTH

January 2023-2024

| | |
|---|---|
|  <p>PLAYER GP: 8 G: 9 A: 9 PTS: 18 PTS/G: 2.25</p> |  <p>GOALIE MIN: 240 GA: 7 GAA: 1.75 SV.%: .945 W: 4</p> |
|  <p>DEFENCEMAN GP: 8 G: 3 A: 10 PTS: 13 PTS/G: 1.63</p> |  <p>ROOKIE GP: 7 G: 3 A: 4 PTS: 7 PTS/G: 1.00</p> |

SUPPLIED PHOTO

Pembina Valley Twisters' first year player was named the Rookie of the Month for January.

Female Hawks finish season in seventh place

By Lorne Stelmach

The post-season now awaits for the female U18 Pembina Valley Hawks after they closed out the regular season with a six-game winless run.

A busy three-game weekend saw the Hawks fall 6-2 to Central Plains Friday then 4-2 to Eastman Saturday before losing 3-1 to Interlake Sunday.

The Hawks gave up three unan-

swered second period goals to trail 4-1 after 40 minutes against Central Plains. Sophie Armit and Sophia Cox scored for Pembina Valley, while Elyse Denbow made 45 saves to back-stop Central Plains to the win. Vayha Willis stopped 28 of 32 shots before being relieved by Kasia Rakowski, who stopped 10 of 12 shots.

Rakowski then faced 49 shots on goal against Eastman as the Selects

led 2-0 and 4-2 at the intermissions. Ava Dalebozik and Emma Durand scored for the Hawks, who managed 27 shots on goal.

Jessica Anderson then scored the lone goal for the Hawks against Interlake, which outshot Pembina Valley 44-41. Rakowski was in goal for the Hawks.

The Hawks finished at 6-18-4 for 16 points, which was just four points

ahead of last-place Central Plains and six behind Interlake, which at press time had one game remaining against Eastman.

That game was going to settle the playoff opponent for the Hawks, as Eastman goes into the match just two points back of second-place Westman. Pembina Valley will face the second-place team.

Altona Curling Club hosting Family Funspiel

Everyone's invited to come enjoy a day of curling on Feb. 24

By Lori Penner

Fun will be the top priority as the Altona Curling Club (ACC) celebrates Curling Day in Canada with their second annual Free Family Funspiel next weekend.

ACC committee member Quinn Hildebrand says last year's Funspiel was a huge success, so they're eager to host another one.

"People are getting so excited about it; we already have 16 teams signed up."

The Funspiel will take place at the MEC Saturday, Feb. 24 from 8 a.m. to 8 p.m. Each team will play three or four games throughout the course of

the day.

"There will also be door prizes and a raffle to win some small prizes, with proceeds going to the Terry Peters Legacy Fund," Hildebrand says.

Throwing sticks, sliders and brooms are available for use. All you need to bring is your enthusiasm and a clean pair of shoes.

Multi-generational teams are encouraged.

"Our age span is excellent. Many of the teams are kids with mom and dad, or grandma or grandpa joining them," Hildebrand says. "These are fun games, with only four ends and no wins or losses recorded. It's very relaxed and forgiving. It's just about getting on the ice and experiencing the game."

She says for many kids, this could be their first time on the ice.

"Lots of our Juniors and Little Rocker curlers are bringing their families to participate. We welcome anybody

to join us that day, even if you've never experienced the game before."

The Club's Junior and Little Rocker programs have seen huge growth in recent years.

"I think part of that could be that we've seen some successful teams, like Team Zacharias and Team Wahl come out of the Altona Curling Club," says Hildebrand. "We've had some good role models to look up to."

The ACC also sees about 65-70 people curling every Monday.

"It's good for fitness and it's a game you can play your entire life. There's no age limit," says Hildebrand. "Especially with our club, we have seniors playing Monday afternoons in a stick league. They may not be able to throw a rock from the hack, they're using a stick and are still enjoying that game."

It's that love of the game that Curling Day in Canada, and the Funspiel are all about, Hildebrand adds.

"We want the multi-generational teams out there, just enjoying the day and experiencing the game no matter what your age."

You can register for the Free Family Funspiel as an individual or a team by emailing accjuniorcurling@gmail.com

The ACC will also be hosting a Junior Bonspiel the following day, Feb. 25, featuring U13 and U15 teams.

"We've already got teams from other communities that are coming," Hildebrand says. "It will be a good thing to experience. A little bit more competitive and traditional game playing in a bonspiel format."

Teams for that event can include any gender combinations and need to pre-register by Feb. 18. The entry fee for the Junior Bonspiel is \$80 per team, with a limit of eight, four-member teams per age group.

Hayward golden at Canadian U18 curling championships

By Ty Dilello

Carman's Shaela Hayward and her team of Keira Krahn, India Young and Rylie Cox captured the U18 Canadian National Curling Championship in Ottawa as their Team Manitoba squad defeated Quebec's Jolianne Fortin by an 8-5 score in Saturday's gold medal game.

"I don't think we expected this," said Shaela Hayward. "I knew we could do well and represent our province. Our goal was to make playoffs and go from there. But I don't think any of us really thought that we could do it, but here we are, and we are super proud of what we accomplished."

Team Hayward, who are all Grade 12 students at Carman Collegiate, went 4-2 in the round robin before rattling off four straight wins in the playoffs to win the National Championship.

Hayward defeated Sarah Bergeron of Quebec 8-1 in the round-of-12 and then beat Emma DeSchiffart of Alberta 6-5 in the quarterfinals and downed Rebecca Regan of Nova Scotia 4-2 in the semifinals. In both the quarterfinal and semifinal games, Hayward was forced to steal the final end to win.

"The quarterfinal was really intense," said India Young. "It wasn't our best, but we played better in the back half of the game. The semifinal was even more intense as it was really loud on the ice with the crowd, and there was a huge atmosphere around us. We just hung in there in the semifinal and managed to



steal the last few ends."

In the championship final against Quebec, Hayward scored three in the first end and four more in the third to take a commanding 7-2 lead. Quebec had a chance for a big end in the fourth end, but squandered it. From there, Team Manitoba rode the wave and coasted to an 8-5 victory.

"I DON'T THINK WE EXPECTED THIS ... WE ARE SUPER PROUD OF WHAT WE ACCOMPLISHED."

"We got that early lead, which was great, and we knew we just had to work hard to keep it," said Young. "We almost got in trouble there in the fourth end as Quebec was putting pressure on us, and we know they were a great team that could fight back. They

almost did, but we got a lucky break and built off of that to stay strong the rest of the way."

With the win, Hayward became the first Team Manitoba champions



SUPPLIED PHOTOS BY JACK GUSTAFSON/CURLING CANADA

Carman's Team Hayward, from left to right, Rylie Cox (lead), India Young (second), Keira Krahn (third), Shaela Hayward (skip) and Diane Hayward (coach) captured the U18 Canadian National Curling Championship in Ottawa defeating Quebec's Jolianne Fortin by 8-5 Saturday's gold medal game.

to win a Canadian national curling championship since 2020 when Altona's Mackenzie Zacharias won the National Junior title and Gimli's Kerri Einerson captured the Scotties Tournament of Hearts.

"We won, and then it was just a whirlwind," said Hayward. "We didn't know what was happening, and it still doesn't feel real. I'm sure it will sink in soon, but we're just in disbelief and can't believe that we pulled it off."

Team Hayward will next be competing at the 2024 Provincial Junior Championships from Feb. 21-25 at their home club in Carman.

"We're super excited to play in our home rink with our home crowd,"

said Hayward. "We think that a lot of people in town are going to come out for that. And we have so much confidence in ourselves right now. We're ready to fight for a spot at the U21 Nationals. That's our goal, and we'll be working hard to make that happen."

Manitoba was represented on the boys side by two teams in Altona's Rylan Campbell (Logan Zacharias, Nick Sneff, Rylan Graham) and Morden's Nash Sugden (Tyler Fehr, Tanner Treichel, Ryan Thiessen).

Campbell went 4-2 in the round robin before losing out to Ontario in the round-of-12, while Sugden missed the playoffs with a 2-4 record.



Team Hayward were welcomed home by friends and family Sunday at the Winnipeg Richardson International Airport.

> MORDEN MINOR BALL, FROM PG. 22

one true ball identity in Morden was important, and we thought it was maybe a great time to move in that direction."

The logo on the front of the jersey will be "Morden" with a feather included in the letter E. Garden Valley Collegiate student Jonas Friesen assisted with the design of the logo and media release video.

The maroon and gold jersey is similar to the senior team, and there will be three other jersey styles that are unique within the colour scheme. These colours will differen-

tiate Morden from other minor ball teams within the South Central and Tiger Hills regions and throughout Manitoba, noted Mullin.

Red River Mutual Insurance stepped up as a primary sponsor for the transition. The league is on the hunt for additional funding to help cover the costs.

The organization also has a new website at www.mordenminorbaseball.com. Registration links for the upcoming baseball and softball seasons are now available.

Team Carruthers headed to 2024 Montana Brier

By Ty Dilello

Granite's Reid Carruthers and his team of Brad Jacobs, Derek Samagalski and Connor Njegovan are headed to the 2024 Montana's Brier after defeating Fort Rouge's Braden Calvert 6-3 in the championship final of the 2024 Viterra Championships at the Veteran Memorial Sports Complex in Stonewall on the afternoon of Feb. 11.

It was an up-and-down week for Carruthers as they lost a pair of games and struggled at times, but in the end, they found a way to defeat some stiff competition to capture the provincial title once again.

"This is the toughest test I've ever faced in a provincial," said Reid Carruthers. "Not to say that some of the other battles weren't crazy, but just overall... holy smokes. We had some insane games against some good young teams. It makes me want to retire."

Carruthers won the event by winning seven games and losing twice. They reached the final by defeating Assiniboine Memorial's Jordon McDonald 10-7 in the semi-final in a back-and-forth thriller that saw Team Carruthers' skip Brad Jacobs making a double takeout on his final rock of the game for the victory.

Sunday afternoon's final with Team

Calvert was another back-and-forth affair that saw Carruthers ultimately get the upper hand in. Carruthers stole a critical point to take the lead with the game tied 3-3 in the eighth end. They would steal two more points in the tenth for a 6-3 win and the provincial championship.

"We're very excited to be heading to the Brier once again," said Carruthers. "It wasn't easy this week in Stonewall, but we want to head to the Brier and find our top game there and give it everything we have. This strong test that we just faced to win the province is only going to help us in Regina."

Other local participants included Stony Mountain's Jared Hancox who played second for Riley Smith who had four wins and one loss; Stonewall's Emerson Klimpke played second with Team Ede and Winnipeg Beach's Justin Reynolds team including Nick Weshnoweski, Josh Maisey and Sean Giesbrecht, both finished the event with a record of 3-2, narrowly missing out on the playoffs. Stonewall's Greg Melnichuk, Carman's Dean North and Holland's Jeremy Sundell all exited the event winless with a 0-2 record.

As the 2024 Viterra Championship came to a close, the event is already being regarded as a major success,



PHOTOS BY JOANNE PROCTER/VOICE

Winkler's Reese Hamm releases a stone during the 2024 Viterra Championships. Hamm plays third for Team Ede. They finished with a record of 3-2, narrowly missing the playoffs.

thanks in part to the host committee and the countless volunteers who made everything happen. The Town of Stonewall should be very proud as the stands were full every single draw, and the competitors played in a world-class atmosphere.

Team Carruthers will now advance

to the 2024 Montana's Brier that is to be held from Mar. 1-10 in Regina at the Brandt Centre.

Manitoba will also be represented at the Brier by Team Matt Dunstone, who prequalified through a Canadian Team Ranking System (CTRS) spot.

Charges laid in illegal border crossing at Emerson

By Voice staff

Manitoba RCMP have laid charges in connection to a group of people attempting to walk across the U.S. border into Canada.

On the afternoon of Jan. 27, the Manitoba RCMP Integrated Border Enforcement Team (IBET) received information from the United States Border Patrol (USBP) of a group of unknown individuals walking northbound along a rail line towards the Canadian border near Emerson.

The individuals were noted to be wearing proper winter clothing and likely to cross into Canada within the hour.

IBET officers arrived in the area and pulled over a vehicle registered to a rental car company at the intersection of PR 201 and PR 200 near Dominion City.

Inside they found a driver and seven male passengers ranging in age from 27-49 years old.

The 49-year-old driver, a Calgary man, was arrested for human smuggling under the Immigration and

Refugee Protection Act (IRPA) and remanded into custody ahead of appearing in court in Winnipeg on Jan. 29.

The other seven individuals were arrested under the Customs Act and

turned over to Canada Border Services Agency (CBSA) Immigration officers at the Emerson Port of Entry.

RCMP, along with the Canada Border Services Agency, continue to investigate.

> ICE SCULPTURE WORKSHOP, FROM PG. 13

"I think it grows on you. I think for all of us, we did it the first year and came up with a few things, and it felt like, wow, you can actually take a chisel to ice and you can make something out of it in a hurry," he said. "I've noticed some of the guys like Steve Douglas, he has now started making his own tools."

Dyck noted Hargreaves not only comes with a pile of tools but is also really good at guiding people along

the way.

"He shows you what it will do to the ice and how quickly you can take a square piece down into shape, that's great ... sometimes, you have to haul out the chainsaw."

Dyck added harvesting the blocks of ice the day before was also an interesting part of the weekend.

"Pulling it out of the water is another whole adventure on its own ... it's also a lot of fun," he said, esti-

mating one block of ice could weight perhaps 1,100 pounds. "And you're balancing it on this front end loader and bringing it over here, and then you're standing it up and then you get to work."

In the end, Dyck said they just hope people enjoyed themselves.

"Our whole aim with this is to have fun ... as we're introduced to people here, we can share this with them and say, 'Come down next year.'"

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

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FARMLAND TENDER

FARMLAND FOR SALE BY TENDER
R.M. of MONTCALM

| Title # | Legal Description | Total Acres |
|-----------|--|-------------|
| 1464186/1 | W 1/4 OF SE 1/4 3-2-1 EPM EXC ALL MINES AND MINERALS INCLUDING PETROLEUM AND NATURAL GAS AND RELATED HYDROCARBONS AND THE RIGHT TO WORK SAME AS SET FORTH IN A TRANSFER REGISTERED IN WLTO AS NO. B47683 | 80 |
| 1012109/1 | E 1/4 OF THE SE 1/4 3-2-1 EPM EXC ALL MINES AND MINERALS INCLUDING PETROLEUM AND NATURAL GAS AND RELATED HYDROCARBONS AND THE RIGHT TO WORK SAME AS SET FORTH IN A TRANSFER REGISTERED IN WLTO AS NO. B 47683 | 80 |

When submitting an offer, please note:

1. The highest, or any, offer will not necessarily be accepted.
2. Offers may be for both or either parcel.
3. The date of closing will be thirty days following the receipt of a Grant of Probate from the Court of King's Bench.
4. The date of possession will be March 15, 2024.
5. The date of adjustments will be January 1, 2024.
6. You must provide a certified check or bank draft in the amount of \$10,000.00 payable to Cole & Mace Law Office. The cheques accompanying unsuccessful tenders will be returned.
7. You must rely on your own research of the property.
8. Tenders are binding upon acceptance and not subject to any conditions precedent.
9. Tenders may only be submitted in the form provided by Cole & Mace Law Office; a form of tender may be requested from Cole & Mace Law Office in person at the address below, or by emailing: adam@colemacelaw.com.
10. The Vendor will be responsible for the taxes on the property up to the date of adjustments.
11. The Purchaser will be required to pay GST unless the Purchaser is registered for GST and agrees to self-assess.
12. Title to the land will be transferred free and clear of all encumbrances and liens, excepting Caveat No. 3614190/1 and a right-of-way respecting a shared driveway to be registered prior to, or on, the date of closing.

Signed and sealed Tenders will be received up to 4:00 p.m. on February 27, 2024 at:

Cole & Mace Law Office
26 Centre Ave. East, Box 2039,
Altona, Manitoba, R0G 0B0
Attn: Adam Mace

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PUBLIC NOTICE

**NOTICE OF PUBLIC AUCTION
 SALE OF LANDS FOR ARREARS OF TAXES
 MUNICIPALITY OF EMERSON-FRANKLIN**

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **19th day of March, 2024**, at the hour of **1:00 PM**, at Municipality of Emerson-Franklin, 115 Waddell Ave East, Dominion City, MB, proceed to sell by public auction the following described properties:

| Roll Number | Description | Assessed Value | Amount of Arrears & Costs for Which Property May be Offered for Sale |
|-------------|--|------------------------------|--|
| *116700 | LOT 6 BLOCK 31 PLAN 18410 WLTO IN N 1/2 OF SECTION 20-2-3 EPM - 50 CENTENNIAL DR | L -\$6,000 B -\$16,700 | \$5,530.11 |
| 137300 | THE NW 1/4 OF SECTION 15-2-4 EPM EXC FIRSTLY: ROAD, PLAN 7129 WLTO AND SECONDLY: ALL MINES AND MINERALS AND OTHER MATTERS AS SET FORTH IN THE CROWN LANDS ACT 21060 9N | L -\$104,600 B -\$166,800 | \$11,040.08 |
| 210600 | ALL THAT PORTION OF THE SW 1/4 12-3-4 EPM CONTAINED WITHIN THE FOLLOWING LIMITS: COMMENCING AT THE SW CORNER OF SAID SECTION, THENCE NLY ALONG THE WESTERN LIMIT OF SAID SECTION TO THE CENTRE OF THE ROSEAU RIVER, THENCE ELY FOLLOWING THE SAID CENTRE OF THE ROSEAU RIVER UPSTREAM TO THE EASTERN LIMIT OF SAID QUARTER SECTION, THENCE SLY ALONG THE SAID EASTERN LIMIT TO THE SOUTHERN LIMIT OF SAID SECTION, THENCE WLY ALONG THE SAID SOUTHERN LIMIT TO THE POINT OF COMMENCEMENT EXC PLAN 44897 WLTO - 23031 13N | L -\$103,600 B -\$230,900 | \$15,509.94 |
| 324100 | LOTS 381 AND 382 PLAN 1 WLTO (MN DIV) EXC OUT OF LOT 382 ELY 37.5 FEET IN RL 2 AND 4 PARISH OF STE AGATHE 138 DENNIS ST | L -\$5,900 B -\$55,700 | \$9,459.50 |
| 359700 | LOT 10 BLOCK 'U' PLAN 2 WLTO (MN DIV) IN RL 2, 4, 6, 8, 10, 12, 14 AND 16 PARISH OF STE AGATHE - 62 FOURTH ST | L -\$5,900 B -\$103,200 | \$12,805.43 |

*Roll 116700 is known to be an environmentally impacted site and the purchaser assumes all liability and responsibility for clean-up and remediation of the site, including both land and buildings.

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the MUNICIPALITY OF EMERSON-FRANKLIN as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - iii) A fee in the amount \$498.75 (\$475 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 6th day of February, 2024.

Managed by:



Tracey French
 Chief Administrative Officer
 Municipality of Emerson-Franklin
 Phone: (204) 427-2557
 Fax: (204) 427-2224

NOTICE TO CREDITORS

NOTICE TO CREDITORS IN THE MATTER OF THE ESTATE OF ERNA SAWATZKY late of the City of Winkler in Manitoba, Deceased.

All Claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, Box 811, 164 Boyne Avenue, Morris, Manitoba, R0G 1K0, on or before the 9th day of April, 2024.

DATED at the Town of Morris, in Manitoba, this 9th day of February, 2024.

BRUCE D. GREGORY LAW CORPORATION
 Box 811, 164 Boyne Avenue,
 Morris, Manitoba, R0G 1K0
 Solicitor for the Executor

EMPLOYMENT



To The Z Restaurant in Altona is looking to fill two full-time line cook positions. Experience is an asset but not a requirement. Must work well with others and work well in a high-pressure situation. We pay according to experience and work performance. We are also willing to train right candidate with no experience. Must be willing to work evenings and weekends, that includes Sundays. Please apply in person at our location **5 Centre Ave. Altona.**

PUBLIC NOTICE



The Winkler Centennial Golf Course intends to conduct its **Pesticide Control Program** from **April 1, 2024 to Nov 15, 2024.**

The Program is to control Turf Diseases, and Noxious Weeds within the property.

The Control Products include:

- Chlorothalonil, Fludioxonil, Propiconazole, Polyoxin, Tebuconazole, Trifloxystrobin, Glyphosate, 2,4-D Mecoprop-P, dicamba, Mefentrifluconazole, Carfentrazone-ethyl, Polyoxind Zin Salt, Triticonazole, fluxastrobin, trinexapac-ethyl, hydrogen peroxide, pyraclostrobin

The public may send written submissions or objections within 15 days of publication of the notice to the department below.

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Resumes are being accepted for École St. Eustache and Institut Collégial St. Paul's Collegiate in anticipation for the 2024-2025 school year. All grade levels from K-12 are welcome.

Candidates interested in less than full time are also welcome to apply.

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For postings, please visit www.prsdmb.ca

EMPLOYMENT



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Life Long Learning

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PUBLIC HEARING NOTICE

CITY OF MORDEN PUBLIC NOTICE

REGARDING SPECIAL SERVICE PROPOSAL NO.1-2024 / BY-LAW NO. 02-2024 TO PROMOTE AND IMPROVE HEALTH CARE FOR THE CITY OF MORDEN AND THE SURROUNDING REGION

The Council of the City of Morden has scheduled a public hearing at the City of Morden Civic Center on the 26th of February 2024 at 7:15 PM to present the following special service proposal:

GENERAL DESCRIPTION OF SPECIAL SERVICES PLAN NO. 1-2024

The City of Morden proposes to support the funding request received from the Boundary Trails Health Centre Foundation and the Menzies Medical Centre (Clinic). The Special Service is intended to promote and improve health care for the City of Morden and the surrounding region. Improved health care in the region is expected to increase population growth and attract businesses. This improvement is a joint effort with the RM of Stanley and the City of Winkler. The City of Morden will contribute a total of \$1,600,000.00.

The Special Service Tax to be levied under this proposal will be all rateable properties within the City of Morden.

The estimated cost of the Special Service plan for the next four years is as follows:

| | | | |
|-------------|-----------|-------------|-----------|
| 2024 | \$400,000 | 2026 | \$400,000 |
| 2025 | \$400,000 | 2027 | \$400,000 |

METHOD AND RATE TO CALCULATE SPECIAL SERVICE TAX

The special service tax will be levied annually, from 2024 to 2027, inclusive on a per parcel basis against all rateable properties, including otherwise exempt properties, within the City of Morden.

The cost of the service will be as follows:

All rates are based on an annual basis:

All rateable properties: \$91.00 per parcel (assessment roll number) in each of the years 2024 to 2027.

A written objection may be filed with the City Manager at 100-195 Stephen St., Morden, Canada, R6M 1V3 prior to the commencement of the hearing. At the hearing, Council will hear any potential taxpayer who wishes to make a presentation, ask questions, or register an objection to the special service proposal.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name, address and property description of the person filing the objection and the grounds of their objection.

Copies of the Special Service Plan No. 1-2024 are available at the municipal office at 100-195 Stephen St., Morden, Manitoba, R6M 1V3 and on the municipal website at <https://www.mymorden.ca/>

Dated at the City of Morden this 1st day of February A.D. 2024 and issued pursuant to Section 318 of The Municipal Act.

Nicole Reidle, CMMA
City Manager
City of Morden
204-822-4434



PUBLIC HEARING NOTICE



CITY OF MORDEN PUBLIC NOTICE

REGARDING SPECIAL SERVICE PROPOSAL NO. 2-2024 / BY-LAW NO. 03-2024 TO PROVIDE A HIGH QUALITY AND WELL-MAINTAINED RUBBERIZED COMMUNITY TRACK AND FIELD SPACE FOR THE DISCOVERY TRAILS SCHOOL AND COMMUNITY MEMBERS OF THE CITY OF MORDEN

The Council of the City of Morden has scheduled a public hearing at the City of Morden Civic Center on the 26th of February 2024 at 7:30 PM to present the following special service proposal:

GENERAL DESCRIPTION OF SPECIAL SERVICES PLAN NO. 2-2024

The City of Morden proposes to support the funding request received from the Western School Division. The Special Service is intended to provide a high quality and well-maintained rubberized community Track and Field space for the Discovery Trails School and community members of the City of Morden. This project will provide inclusive, accessible, and equitable recreation opportunities for both the school division and all community members. This improvement is a joint effort between the City of Morden and Western School Division. The City of Morden will contribute a total of \$250,000.00.

The Special Service Tax to be levied under this proposal will be all rateable properties within the City of Morden. The estimated cost of the Special Service plan for the next five years is as follows

| | | | | | |
|-------------|----------|-------------|----------|-------------|----------|
| 2024 | \$50,000 | 2026 | \$50,000 | 2028 | \$50,000 |
| 2025 | \$50,000 | 2027 | \$50,000 | | |

METHOD AND RATE TO CALCULATE SPECIAL SERVICE TAX

The special service tax will be levied annually, from 2024 to 2028, inclusive on a per parcel basis against all rateable properties, including otherwise exempt properties, within the City of Morden.

The cost of the service will be as follows:

All rates are based on an annual basis:

All rateable properties: \$11.35 per parcel (assessment roll number) in each of the years 2024 to 2028.

A written objection may be filed with the City Manager at 100-195 Stephen St., Morden, Canada, R6M 1V3 prior to the commencement of the hearing. At the hearing, Council will hear any potential taxpayer who wishes to make a presentation, ask questions, or register an objection to the special service proposal.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name, address and property description of the person filing the objection and the grounds of their objection.

Copies of the Special Service Plan No. 2-2024 are available at the municipal office at 100-195 Stephen St., Morden, Manitoba, R6M 1V3 and on the municipal website at <https://www.mymorden.ca/>

Dated at the City of Morden this 1st day of February A.D. 2024 and issued pursuant to Section 318 of The Municipal Act.

Nicole Reidle, CMMA City Manager
City of Morden 204-822-4434

CARD OF THANKS

E. Ann Decima (1940-2023)
Morris, MB

The family of Ann Decima wish to thank her many friends who were able to visit with her during her short battle with cancer through the summer and fall of 2023. We acknowledge the many, many selfless acts of kindness by friends in Morris (particularly Michael Zinn, Olga Alexiuk, Diane Ali, Cheryl Demarcke, Ina Mazinke, Ruth Murray, Barry Norris, Dale Penner, Claudia Schmidt); cousin Lance Carlson of Killarney; treatment transport driver May Boehlig of Emerson; the amazing health care teams in Morris, Winkler and Winnipeg (especially the Home Care and Palliative Care nurses); Drs. Manness, Fraser and Alexander of Morris, and the Cancer Care teams in Winnipeg and Winkler; Bruce Gregory and staff, Pastor Leslie Poulin, and funeral directors Corey Wall of Morris and Moray Jamieson of Glenboro. We acknowledge the numerous donations offered in her memory and have now disbursed additional funds directly to the Morris Area Foundation, Southern Health for the Home Care nursing program, and Red River Palliative Care for the palliative care suite program at Morris General Hospital. With gratitude, and best wishes to all of you; may your kindnesses return to you tenfold.

-Ken and Pat McAlister,
Michelle Anderson,
and Diane Norris

BIRTHDAY



Happy 90th Birthday
Louise Krueger!

-From your family

EMPLOYMENT

Aubin Nurseries Ltd.
NURSERY EMPLOYEE

We are hiring Nursery Employees and Delivery Drivers for the 2024 season. No experience needed, we will train. Please email resume to Kristina@aubinnurseries.ca

PUBLIC HEARING NOTICE

**UNDER THE AUTHORITY OF THE PLANNING ACT
NOTICE OF PUBLIC HEARING**

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter:

CITY OF MORDEN BY-LAW 16-2023

HEARING: Morden Civic Centre
LOCATION: 195 Stephen St., Morden, MB
DATE: February 26th, 2024
TIME: 7:00 pm
AREA: By-law 16-2023 will apply to properties East of The City of Morden described as PT. S. ½ 9-3-5W being Pt. lots 41 & 53, SS Plan 2020 MLTO and Pt. Parcel A, Plan 28796 MLTO
GENERAL INTENT: To amend by-law 1-2006 to provide cost recovery to the City of Morden General Operating Fund for the infrastructure costs associated with the development of the Pembina Connection as per Municipal Board Order No. E-05-100 & E-06-017

FOR INFORMATION CONTACT:

Nicole Reidle, CMMA City Manager
100-195 Stephen St
Morden MB R6M 1V3
Phone: (204) 822-4434



A copy of the above proposal and supporting material may be inspected at the location noted above during office hours, Monday to Friday. Copies may be made, and extracts taken therefrom, upon request.

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TENDER

INVITATION TO TENDER

We invite TENDERS for the purchase of approximately 53.30 Acres of land in the City of Winkler described as:

PARCEL I: THE W ½ OF THE NE ¼ OF SECTION 34-2-4 WPM EXC PLANS 26372 MLTO, 54624 MLTO AND 62886 MLTO

Title No. 3048820/4 Roll No. 201640 (approximately 35.30 acres)

PARCEL II: THE WLY 297 FEET OF SE ¼ 34-2-4 WPM
Title No. 3048818/4 Roll No. 201740 (approximately 18.00 acres)

Tenders may be submitted for each individual Parcel. A cheque for \$20,000.00 must accompany the tender as a down payment. Written tenders must be received by 2:00 p.m. on March 8, 2024. Down payment will be returned if tender not accepted.

Closing date for the sale shall be April 15, 2024, by cash or approved loan proceeds. Any loan advances paid after closing date are subject to payment of interest at loan rate during reasonable delay for registration of security. Purchaser shall be responsible for payment of all 2024 property taxes and GST or shall self-assess for GST.

The highest or any Tender may not necessarily be accepted.

ADDRESS: DOELL LAW OFFICE
P.O. Box 1150
1-655 Main Street
Winkler, MB R6W 4B2
Ph. (204) 325-8807

To the attention of Christopher G. Doell
For more information on the tender
email: info@doelllaw.com

CAREERS



MAINTENANCE MECHANIC/MILLWRIGHT

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

Preference will be given to those candidates holding a valid provincial Millwright or Industrial Mechanic ticket. Candidates who do not hold a valid ticket will be expected to enrol in the apprenticeship program to obtain their ticket as soon as possible.

Overtime and on-call duties are required. The successful applicant will possess excellent written and verbal communication skills, trouble shooting skills, and be a team player.

The following would be considered an asset for this position:

- Experience in grain handling, processing, or manufacturing facility
- Experience in industrial equipment maintenance and repair
- Ability to read blueprints and technical documents
- Pressure or structural welding tickets and related experience

This is a regular full time position providing an excellent wage and benefits package. Bunge is committed to providing a safe, healthy, and rewarding workplace for all employees.

Starting Wages:

- Mechanic \$32.70/hour
- Red Seal Millwright: \$38.08/hour

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

Bunge Canada is an equal opportunity employer.

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OBITUARY



Gail Rosina Dueck (nee Morris) 1938 - 2024

Gail Dueck was many things to many people. She was a daughter to Violet Morris, a wife to Henry Dueck, a sister to Shirley Morris, a mother to Lyndon Dueck (Brenda Dueck), Allison Dobson and Glenn Dueck, a Gramma to Carter Dueck, Jenna and Noah Dobson, an Auntie and a friend to many. She grew up in Winnipeg Beach with her mom and sister. She met Henry and in 1965 they were married. They lived in East St. Paul, Winnipeg and then finally settled in Morden, Manitoba. She stayed busy raising her children and working at the Royal Bank and also at the Morden Hospital. She had amazing organizational and administrative talents. In 1997, she fell very ill but in 1998 she received a lifesaving medical miracle of a heart transplant. She was told it would hopefully give

her 10 more years. She was determined to make it last and she did; she kept it healthy for 25 years, a testament to her persistence and strong will. She was a talented and creative crafter; knitting was really her passion. She loved to knit and share her talents as gifts with family and friends. She enjoyed being a part of the crafting circles in Morden and area, participating in many craft sales and donating her time and talents to the hospital raffles. She also enjoyed the time she spent at the Morden Senior Center, sharing in community and conversation as well as taking in all the excursions.

Gail was predeceased by her mother, Violet, sister, Shirley, husband, Henry and son, Glenn. After a brief battle with cancer, she is at peace and she will be missed greatly.

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



OBITUARY

Karen Louise Dow (nee: Abbs)

It is with great sadness the Dow family announces the passing of Karen Louise Dow, their beloved mother and wife on Monday February 5th.

The family asks in lieu of flowers that donations be made in Karen's name to the Pembina Valley Humane Society (Morden) or Special Olympics Manitoba.

Friends and family are invited to visit Karen's memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to:



OBITUARY



Anna Dyck (nee Wiebe) 1947-2024

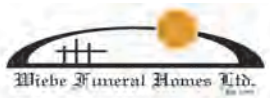
Mom passed away peacefully in the early morning hours of Thursday, February 8, 2024 at Boundary Trails Health Centre due to complications from surgery.

Mom is lovingly remembered by her son, John and wife, Helen and their son, Jason, Anna, Mary, Nettie and husband, Chris Pauls and their children, Justin, Kaitlyn, Charity, Daniel, Nathaniel, Zachary and Rachelle, Abe and wife, Boni and their children, Andrew, Samantha (Sam Fast and daughter, Kinzley), Alyssa and Isabelle, Susie and husband, Sylvain Desilets and their children, Tiffany, Gabrielle, Shawn, and Nick, Agatha and husband, Henry Friesen and their children, Josh, Ryan, Ethan, Alison, Noah and Emily, Sara, three sisters, three brothers and their families and all

those who called her Mom. She was predeceased by her husband, Abraham Dyck (2018), her parents, Johan and Maria (Blatz) Wiebe, stepfather, Johan Wolfe, eight sisters and three brothers and several grandchildren in infancy.

Funeral service was held at 2:00 p.m. on Tuesday February 13, 2024 at the Chortitz Old Colony Mennonite Church with interment at the Church Cemetery. Donations may be made in Anna's memory to the BTHC Foundation designated to Cancer Care or to Parkinsons Canada.

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



OBITUARY



Walter Hamm 1936 - 2024

Walter Hamm born on July 23, 1936 to John P and Elizabeth Hamm. He was baptized June 16, 1957 at the Winkler Sommerfeld Church. Walter married the love of his life, Mary Kauenhofen June 28, 1959, together they had four girls, Wanda (Bob), Sharon (Pete), Val (George) and Dolores (Trevor); nine granddaughters, Twyla (Ryan), Nicole (Terry), Jayme, Leanne (Nathan), Brittany (Scott), Kayla (Bryson), Brooke (Jesse), Holly and Calista; 11 great-grandchildren, Isabelle, Jackson, Tahlia, Peyton, Dior, Brielle, Sophie, Smith, Avery, Harleigh and Wells. Walter was predeceased by his wife, Mary Kauenhofen on April 15, 2021.

Walter had a love for music, cars, sports and weather, he would use calendars to keep a record of the weather.

Walter had a love for music, especially country music, Johnny Cash was one of his favorites. He started playing his fiddle when he was eight years old, taking a few lessons quickly realizing that he could play by ear so lessons were no longer needed. His love for cars started at a young age, he would stand and drive as he was too small to reach the pedals when sitting. Wherever Walter worked he enjoyed what he did, whether it was the gravel pit, Hometown Service, Manco Dairies, Hiebert Trucking or Piston Ring which was his last place of employment, delivering parts in his retirement for 18 years. He truly enjoyed this job and the people he became friends with. He retired from Piston Ring at age 80 when his health no longer allowed him to handle the parts. Walter was at Buhler Active Living Centre - Villages for the last 4 1/2 years. One of Walter's highlights would be when Chomper came to pick him up on Wednesdays to have biscuits with Bill Bornn.

On Thursday, February 8, 2024 Walter peacefully passed away at Buhler Active Living Centre - Villages.

Memorial service was held at 2:00 p.m. on Sunday, February 11, 2024 at the Winkler Sommerfeld Mennonite Church with interment prior at Westridge Memorial Gardens.

We as a family would like to thank the caregivers at Silver Lining Care, Wiebe Funeral Home, Dr. Brett, Dr. Borchers and Karen Schaak. Thank you everyone for your prayers and words of encouragement.

In lieu of flowers, donations may be made in Walter's memory to the Villages - Buhler Active Living Centre.

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



OBITUARY



Jacob (Jake P) Dyck 1934 - 2024

Jacob (Jake P) Dyck passed away quietly Monday, February 5, 2024 at Boundary Trails Health Centre.

He is survived by his wife, Olga; his three children, Donald Dyck, Randy Dyck (Carol), Brenda Danylyk (Steve) as well as five grandchildren, four great-grandchildren and three sisters.

He was predeceased by his parents, three brothers and three sisters.

Funeral service was held at 2:00 p.m. on Thursday, February 8, 2024 at Wiebe Funeral Chapel, Morden with interment at Southside Cemetery.

We would like to thank the doctors, nurses and staff at Boundary Trails Health Centre for their concern and care for both Jake and

our family.

In lieu of flowers we would ask that any donations to be made to the Boundary Trails Health Centre Foundation Palliative Care.

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In care of arrangements
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get inspired

> MEAL IDEAS



Citrus Marinated Flatiron Steak Salad

- 1/2 cup red onion, thinly sliced
- 1/2 cup cherry tomatoes, halved
- 1/2 cup radish, thinly sliced
- 1/2 cup cucumber, thinly sliced
- 1/2 cup crumbled goat cheese

To make citrus balsamic vinaigrette: Combine orange juice, tangerine juice, orange zest, lemon juice, balsamic vinegar, honey, garlic, Dijon mustard and salt and pepper, to taste. Slowly drizzle in olive oil while whisking vigorously. Set dressing aside.

To make flatiron steak salad: Place flatiron steak in container and add 1 cup citrus balsamic vinaigrette. Marinate in refrigerator at least 30 minutes, or up to 3 hours.

Heat grill to medium-high heat.

Grill steak to desired doneness. Remove from heat and rest 5 minutes before slicing thinly.

In large mixing bowl, combine orange segments, grapefruit segments, baby spinach, red onion, cherry tomatoes, radish and cucumber. Add remaining citrus balsamic vinaigrette, as desired, and toss well to combine.

To serve, divide salad and sliced steak among four plates and top with crumbled goat cheese.

Citrus Balsamic Vinaigrette:

- 1/4 cup Florida Orange Juice
- 1/4 cup Florida Tangerine Juice
- 2 teaspoons Florida Orange zest
- 1/4 cup lemon juice
- 1/2 cup balsamic vinegar
- 2 tablespoons honey
- 2 teaspoons garlic, minced
- 1 tablespoon Dijon mustard
- salt, to taste
- pepper, to taste

Flatiron Steak Salad:

- 1 1/2 pounds flatiron steak
- 2 cups Citrus Balsamic Vinaigrette, divided
- 1/2 cup Florida Orange segments
- 1/2 cup Florida Grapefruit segments
- 2 quarts baby spinach



Citrus Cherry Cobbler

- 3 tablespoons milk

To make cobbler: In medium saucepan, combine cherries and reserved juice, orange juice, sugar, lemon juice and cornstarch. Bring to simmer, stirring constantly. Cook 1 minute and remove from heat. Add butter and stir until melted. Cool and add orange segments and grapefruit segments. Pour filling into baking dish or pie pan.

To make topping: Heat oven to 350 F.

In food processor, combine flour, brown sugar, baking powder and cinnamon. Add butter and pulse until butter is cut into small, pea-sized pieces. Remove flour mixture from food processor and place in mixing bowl. Add egg and milk; stir until just combined. Drop topping mixture by tablespoon over filling until almost covered.

Bake until topping is browned and filling is bubbling and hot. Remove from oven and cool slightly before serving.

Cobbler:

- 4 cups cherries, pitted, juice reserved
- 1/2 cup Florida Orange Juice
- 1 1/2 cups sugar
- 1 tablespoon lemon juice
- 3 tablespoons cornstarch
- 2 tablespoons unsalted butter
- 2 cups Florida Orange segments, seeded
- 1/2 cup Florida Grapefruit segments, seeded

Topping:

- 1 cup all-purpose flour
- 6 tablespoons light brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 3 tablespoons unsalted butter
- 1 large egg, beaten

Exercise as medicine

By Julie Germaine Coram

Exercise is commonly known to be “good for you” and plays a vital role in a healthy lifestyle. However, do you know exercise can treat severe diseases and dangerous conditions?

Yes! Getting active and maintaining a routine that includes regular physical activity isn’t just a solution for weight management but can be used as an additional way to manage certain medical conditions.

For example, diabetes is related to high blood sugar levels, and millions of people are affected by this around the world. When one exercises, glucose is used by our muscles for energy as fuel, which helps maintain an optimal blood sugar level. Insulin sensitivity is also improved when you work out, a way once again to regulate blood sugar levels. Truth: I had a client whose doctor wanted to put her on medication to manage diabetes but agreed to wait three months while the patient tried to get healthier. We did it! She completely turned her diagnosis around with the nutritional tips and exercise routine we developed together.

I always recommend speaking with your doctor before starting a new fitness routine, but some simple activities you can try to incorporate to see these benefits include walking, swimming, playing casual sports, or going for a bike ride. Remember that making a change doesn’t have



Julie Germaine Coram

to be painful or extreme. Small steps towards more movement every day add up quickly.

Want help getting started or to ask me your nutrition or fitness questions? Please email me julie@juliegermaine.fit

Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. Coach Julie has helped tens of thousands of men and women improve their health since 2005. Visit juliegermaine.com or www.calendly.com/juliegermaine



Tart Cherry Superfood Banana Splits

- 1/2 cup frozen tart cherries, thawed
- Place chocolate chips in bowl.

In saucepan over medium heat, bring tart cherry juice to simmer about 20 minutes until reduced to 2/3 cup.

Pour juice into bowl and mix until chocolate chips are melted and sauce is smooth.

Cut bananas in half lengthwise and place on two plates. Spoon 1/2 cup Greek yogurt on each banana then drizzle with 2 tablespoons almond butter and 2 tablespoons tart cherry chocolate sauce.

Sprinkle 2 tablespoons granola, 2 tablespoons dried tart cherries and 1/4 cup thawed frozen tart cherries on top of each banana split.

Note: Leftover tart cherry chocolate sauce can be stored in airtight container in refrigerator for later use.

Recipe courtesy of Hannah Zimmerman of Bite Sized Studio on behalf of the U.S. Tart Cherry Industry

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 2

1/2 cup dark chocolate chips

2 cups tart cherry juice

2 ripe bananas

1 cup vanilla Greek yogurt

1/4 cup almond butter

1/4 cup granola

1/4 cup dried tart cherries

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