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Voice

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Calling for change



Protestors gathered outside Portage-Lisgar MP Candice Bergen's Morden office Friday to call for action on climate change. For the full story, see Pg. 3.

PHOTO BY LORNE STELMACH/VOICE

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Raising awareness during Fraud Prevention Month

By Lorne Stelmach

There are some scams that never go away, but there are also no shortage of variations or brand new scams that come along all the time.

The bottom line is police are constantly cautioning people to be wary, though this month especially, Fraud Prevention Month, they're doing what they can to get the message out.

"Luckily, the majority of people don't actually get scammed out of any money ... maybe they're reporting it for information purposes, and we can let the public know these things are happening," said Morden police Chief Brad Neduzak.

"Unfortunately, if you are scammed out of any amount of money, it's really difficult to try to recoup any of that money. It's difficult if not impossible to catch up to a lot of these people.

"We seem to be getting continuous and new scams and frauds that come around," Neduzak said. "This month

especially, we just want to remind people to be aware when they are doing different transactions over the computer, over the phone, that they keep things in mind to keep themselves safe."

A particular scam that has been really persistent is one where someone claims to be contacting you from the Canada Revenue Agency.

"That one just won't go away; they just have different variations of it now," said Neduzak. "The biggest thing is they seem to mention the word 'warrant' and that you owe money. It seems to instill panic in people, and they tend not to think further past that, and when they are asked questions, they just tend to give answers before stopping and realizing it is a scam.

"They may ask to verify your social insurance number, which is not good either," he continued, noting that leads to one very key piece of advice for people:

"The one thing we want to always instill is never give out any personal information, banking information, credit card information ... once people have that they can pretty much access any accounts, any bank accounts or anything under your name.

"Banks will never call to verify credit card numbers or social insurance numbers. That's just not how financial institutions do business."

Another popular scam is one where fraudsters pose as friends or family to offer fake investment opportunities. These



PHOTO BY LORNE STELMACH/VOICE

"opportunities" may claim to offer high returns, but usually end with the investors losing most or all of their money.

Investment scams were the highest reported scams based on dollar loss in 2021. Most of the investment scam reports involve Canadians investing in cryptocurrency after seeing a deceptive advertisement. It often involves victims downloading a trading platform and transferring cryptocurrency into their trading account. In most cases, victims are not able to withdraw their funds.

Another area of concern revolves around buying and selling online, where a buyer will send an e-transfer for payment but then never receive the item. On the other end of it, a legitimate seller might receive payment from a buyer who then asks for a refund due to an "accidental" overpayment. If they oblige, they find themselves out the money when the initial payment turns out to be fake.

"Obviously what want they want is for you to send money," said Neduzak. "There is no legitimate transaction going on there."

Gift card scams are another one local police see all too often, with scammers convincing victims that they owe money and directing them to pay off the debt with gift cards.

"A lot of times it sounds so bizarre it's hard to believe that people actually fall for it. But it's easily done, I guess, when you get wrapped up in

a conversation," Neduzak said. "In a sort of way, they're professionals with what they do, and they can make it sound legitimate."

Victims are often be members of vulnerable populations, such as the elderly, but Neduzak noted that isn't always the case.

"They're a generation that trusts people, and it's hard for them to believe that anybody would try to take advantage of them," he observed. "But really, today, it's all ages, all demographics of society ... it can be very easy to be taken in by these callers."

So how do you protect yourself? Neduzak had a few tips:

"Your computer should be very private ... you should never share your computer with anybody. Never give out passwords to anybody."

That includes Wi-Fi passwords—set up a separate Wi-fi for guests rather than giving people access to your main personal network.

"Another recommendation would be to change your passwords on your banking information and accounts frequently and make sure that the passwords are strong enough," Neduzak said. "You shouldn't have the same password for everything."

Neduzak noted there is a website, havebeenpwned.com, where people can test the security of their information. Emails and phone numbers can be entered to see if they have been compromised. If so, change related passwords immediately.

PUBLIC NOTICE

Pesticide Control Program

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- Mar 31 – Plum Coulee Community Hall



Funding provided by the Manitoba government

Sharing a vision of a fossil fuel-free Canada

By Lorne Stelmach

A group gathered outside Portage-Lisgar MP Candice Bergen's office in Morden Friday as a part of a nationwide day of action on the environment.

The Day of Action for a Just Transition was urging Parliament to pass legislation that accelerates the switch to renewable energy while creating millions of green jobs.

Organizers held events outside constituency offices across the country to deliver letters of support as they press their vision for a near future where Canada undertakes a rapid transition away from fossil fuels.

"We're hoping we can convince our MPs to switch us off fossil fuels fairly to everybody and to pay attention to the climate issue," said 12-year-old Morden activist Meredith Plett.

"I'm very concerned about the climate," she said, noting she was inspired by her mother's involvement with multiple climate organizations. "We brought letters, and we hope this makes a difference. It feels good to write letters, and it feels like every small bit counts."

The local event was spearheaded by members of the Mennonite Church Manitoba climate action working group. Member Sandy Plett said they want all members of govern-

ment to set aside political and ideological differences and "to respond with strength and unity to the climate emergency."

"These are such complex times, and the journey towards climate solutions is no less complex," Plett said. "We continue to urge Canadian leaders to be bold in the face of all of these crises. We want the government to pay attention to how we get off fossil fuels and to do it in a way that leaves no one behind."

"A just transition is saying we all need to engage in something now," added fellow participant Marilyn Houser Hamm. "We have moved to a state of climate emergency."

"All of these things are pointing in a direction ... the earth is answering back, and so what we're being called to is more than awareness, is more than carbon pricing," she continued. "What we're being called to is a new imagination as a whole society of people, a new imagination for transforming our society to make it healthy, to make it sustainable, and to make a way for our children to have a future."

Representatives of the campaign at the national level echoed the call to action last week. Organizers hope these events will focus attention on the urgent need for the Just Transition

Continued on page 7



PHOTO BY LORNE STELMACH/VOICE

Supporters of the Day of Action for a Just Transition gathered at Portage-Lisgar MP Candice Bergen's office last week to speak out for the need for a non-partisan plan in Canada to phase out fossil fuels and address climate change.



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Minnewasta Golf welcoming Santa Lucia this summer

Snack shack, tent to be used until new clubhouse is finished

By Lorne Stelmach

The Minnewasta Golf and Country Club has temporary plans in place while it continues working towards rebuilding its clubhouse in the wake of last November's fire.

Directors announced recently they had reached an agreement with Santa Lucia Pizza to manage food and beverage services for 2022 and into 2023.

"We felt they would be a great fit for our organization," said president Tyler Sawatzky, who noted it is a big plus that Santa Lucia has previous experience, having provided food service for the Steinbach Fly-In Golf Club. "We felt that it was very important to have someone come in that was experienced and if possible experienced in serving the golf industry."

Santa Lucia will operate out of a



FACEBOOK.COM/GOLF.MINNEWASTA

The Minnewasta Golf and Country Club is building a snack shack for the 2022 season for Santa Lucia Pizza to use until the new clubhouse and restaurant is up and running in 2023.

newly constructed snack shack this summer and then move into the new clubhouse to operate a full restaurant once construction is complete.

The snack shack is being construct-

ed by Grandeur Housing and will be located between the cart storage shed and the practice green. A large tent will also be set up for this season.

The menu will include such items

as breakfast sandwiches, burgers, hot dogs, pizza, wings, nachos, salads, and cold sandwiches. Santa Lucia will also administer the course's beer cart and alcohol services.

"The board believes this is a positive step forward for the long term health of our club," said Sawatzky, who noted they continue working with LM Architectural Group in Winnipeg on the design for the clubhouse, which they're tentatively hoping to have completed by mid to late 2023.

"We're working really hard, as a board and the management team, to implement a plan and move forward," Sawatzky said. "This is one of many steps forward."

Members will be getting an idea this spring of what is in the works, he added, as there are plans for a town hall meeting next month.

"We want to provide an opportunity for the membership to have a say in the whole process and provide feedback," Sawatzky said. "It's going to be encouraging and exciting."

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

Low Flow Rebate Program

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Visit conservation.mymorden.ca to apply for the program or to fill out the Bathroom Fixtures Survey if you missed the deadline and wish to get a rebate in 2023

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Morden Figure Skating Club

SCHANZENFELD SECONDARY PLAN

- PUBLIC OPEN HOUSE -

The RM of Stanley is hosting two public open house events to present the draft Secondary Plan for the community of Schanzenfeld. A draft of the Secondary Plan can be viewed on the RM of Stanley website.

To reach the widest audience, we are providing two events. The content of both events will be the same. We invite you to attend one of the following events to learn about the plan, ask questions and provide your feedback.

IN PERSON EVENT Date: Tuesday, March 22, 2022 Time: 6:00 PM to 7:30 PM Location: RM of Stanley Council Chamber 1-23111 PTH 14	ONLINE EVENT Date: Wednesday, March 23, 2022 Time: 6:00 PM to 7:00 PM To reserve your spot, please RSVP to rsvp@landmarkplanning.ca
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For more information, please contact Evan Allan, at eallan@landmarkplanning.ca

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NEWS > VIEWS > WINKLER > MORDEN > SURROUNDING AREAS

Faith Mission has supplies en route to Ukraine

By Ashleigh Viveiros

Faith Mission (FriedensBote) in Winkler is putting a call out for donations as it continues to try to help the people of Ukraine.

The Christian ministry has sent

clothing, blankets, and bicycles to those in need in Ukraine and other former Soviet Union nations for decades.

It had three shipping containers filled with supplies en route to the region when Russian forces invaded Ukraine three weeks ago, shared secretary-treasurer Jake Elias.

"We have two containers stuck in Turkey right now. They should have already been in Ukraine being unloaded, but they're not," he said, noting the third container was held up in Halifax. "Right now we don't know how we're going to get them into even Poland, where the need is tremendous."

Millions of Ukrainian refugees have fled their homes in recent weeks, seeking sanctuary in neighbouring countries.

While the Halifax container will be relatively easily redirected, Faith Mission is working with its international partners to figure out how to route the other containers from Turkey to where the supplies are needed most.

"The two million refugees that have walked away from their homes, some took a suit-



PHOTOS SUPPLIED BY FAITH MISSION

Faith Mission's partners in Germany have been on the ground in and around Ukraine distributing supplies to the millions of refugees who are fleeing the Russian invasion.

Continued on page 7



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OUR SISTER PUBLICATIONS



Violence and pacifism

I am not a pacifist. This is not a secret and it is certainly not something I am ashamed of. I don't go around looking for fights (not physical ones anyhow) but standing aside while the powerful beat on the less powerful grates.

I don't mind pacifists (some of my best friends are pacifists) and I can understand the philosophy that underlies the choice. It is simply not who I am.

From a purely mathematical perspective pacifism seems to make sense. Person A hurts Person B. One person is injured. Person B responds and hurts Person A back—two people are injured. Person C gets involved in defense of Person B and three people are hurt. Person A drops nuclear bomb on Persons A and B—everybody dies.

That might have been simplistic but it gets across the idea. I understand there is a great deal more undergirding the choice of pacifism, including deep theological and philosophical reflection and interpretations that are rooted in concepts of eternity, value and an understanding of our current lives as a thin slice of a much larger whole that lends perspective.

I get that ... it simply does not sway me.

Some have developed a compromise

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

approach wherein they will never be physically violent and simply become fire hoses of passive aggressive verbal and emotional violence. These are who I like to call "The Worst."

I grew up in an environment where I witnessed my mother being beaten regularly. I saw and experienced significant bullying in school primarily due to issues of social strata. For years as a child I was abused by adults in positions of power over me.

These experiences taught me to be thankful for those who would step in to defend those who could not defend themselves. I learned to appreciate the police when they came to take my step-father away and recognized that sometimes they needed to meet his violence with violence in order to effectively subdue him.

I have always believed that one cannot stand aside and watch another person attacked if you can do anything to prevent it.

To a degree we understand this at an individual level. If we see a person strike another, much smaller person in the street our instinct should tell us that we need to step between them, even if that creates a risk of injury to ourselves. We feel this because we recognize a particular injustice unfolding before our eyes.

Of course the problem arises when we stop to consider our actions for too long. We wonder about the consequences of our actions. We think "what if I lose my job" or "what if my family feels repercussions as a result my getting involved" etc. More and more scenarios spin through our head and before we know it the violence has resolved itself either by the smaller individual mounting a successful defence or being knocked unconscious or killed. Then we can happily

go on our way or perhaps stop and render post-concussion aid.

Historically, following WW2 and with the benefit of hindsight, I never understood the slowness of nations to confront the growing threat of Nazi Germany as it started rolling through neighbouring countries. I mean, for almost a decade prior to the war Hitler and the Nazi party had been pretty clear about their intentions, although obfuscation was a big part of their tactics (for example, when the Nazis burned the Reichstag and blamed Communists).

Now as we watch what is going on in Ukraine I am beginning to understand why countries were so slow to respond in WW2: FUD. Fear, Uncertainty and Doubt are powerful weapons. Of course, nuclear threat or not, if citizens make it politically expedient for their country to enter the war in defense of Ukraine it will happen. This is how cynical I am right now.

I know I am not the only one feeling helpless. I see the brutality and cannot do anything to help. Sure, I can send money, send medical supplies, but as I scroll through my Reddit feeds and watch the horror unfold in real-time (doom scrolling, as Margaret Atwood called it) I feel inadequate and useless.

Some have adopted the wonderful approach of simply not watching what is going on and hoping it will just go away.

As I write this it is March 7. By the time you see this maybe the fighting will be done.

If not, my sincere hope is that we, as a nation, will step in front of the aggressor and stand as shield and a message that states simply: "Go no further. We cannot allow this. We must not allow this."

Continued on page 7

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> FAITH MISSION, FROM PG. 5

case or a bag with clothing, but many, many went with what they were wearing," Elias said.

Faith Mission has been in communication with people in Ukraine about the conditions there, and the reports have been sobering.

"I've been getting messages almost every day," Elias said, explaining they have contacts with many churches in the country. "It's scary. We just got a message this morning from Mariupol ... they were hiding in a church basement and most of the buildings around them were all bombed and flat and they had no food. They were down to drinking sea water because there's no water supply, no electricity.

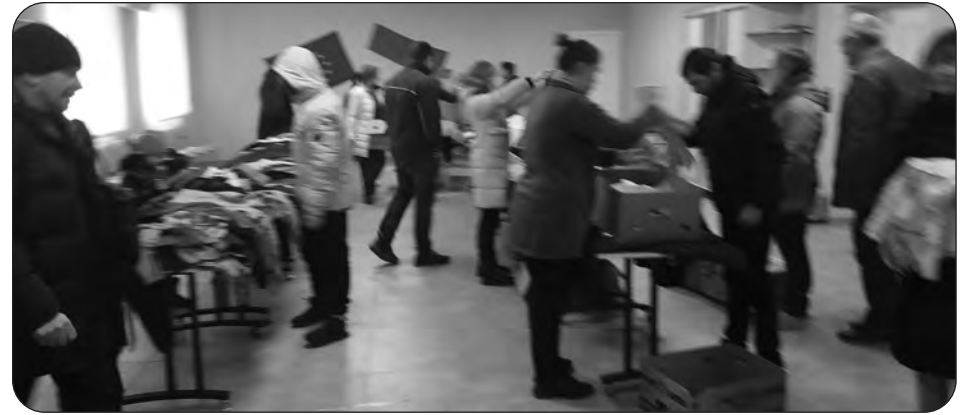
He said it was almost unbearable."

Faith Mission's partner in Germany, Missionwerk Friedensbote, has been working to get food and other emergency supplies into the region.

The mission is asking people to drop off donations of blankets, sleeping bags, wool socks, pillows, clothing, and bandage material at their depot in Winkler at 425 Roblin Blvd. (call Elias at 204-362-7575 to arrange a drop-off time).

Elias expects they'll likely have enough supplies to ship another container overseas in the next few weeks, once they work out the safest route.

Monetary donations are also needed to help purchase food for refugees in



SUPPLIED PHOTO

Distributing supplies to Ukrainian refugees.

Ukraine, Moldova, and Romania. "Right now we are really pushing for financial help," Elias said, explaining their German counterparts are

spending thousands of dollars trying to keep displaced people fed.

E-transfers can be made to info@faithmission.ca.

Neubergthal hosting Plautdietsche Tietfedrief Saturdays

By Ty Dilello

Coming up this Saturday in the village of Neubergthal is "Plautdietsche Tietfedrief – Passing the time with the Low German language."

It is the first of three events on consecutive Saturdays being put on by the Neubergthal Heritage Foundation, where they will be presenting stories, songs, and conversations featuring a variety of local performers and presenters.

For several years now, the foundation has been dedicated to celebrating and showcasing the Low German dialect.

"We've even dreamed of creating a Plautdi-

> CLIMATE CHANGE, FROM PG. 3

etsch Institute where Low German speakers from around the world would gather in Neubergthal for workshops, conferences, and lectures," said board chair Joe Braun. "The dialect is spoken in various parts of the U.S., Europe, Central and South America, and Russia, and is a little different in all those regions. It would be interesting to get people from those places together to see if we can communicate with each other."

COVID-19 put a halt to these fun Low German events that had been successful in 2019. With the pandemic winding down, the Neubergthal Heritage Foundation figured it was

stop burning fossil fuels fast, but you don't have to be an expert to see that this is a serious crisis," said Katie Rae Perfitt, senior organizing specialist with 350.org.

"Last year in Canada alone, climate disasters caused billions of dollars in damage, killed hundreds of people, and destroyed communities. The Trudeau government needs to wake up and get to work on a just transition." For more information on the campaign, head online to the 350.org/m12.

MP Bergen had not responded to requests for comment on this story at press time.

> CANTELON, FROM PG. 6

na and Uyghurs. Maybe it's just easier to sit back and let it happen; to wait until the end, bandage the wounds, and bury the dead.

Maybe we shy away from such things because if we stand there in the breach we must stand elsewhere—between Israel and Palestine, between Canada and First Nations, between Chi-

time to try again, so they lined up speakers and musicians for each of the next three Saturdays.

This year's Tietfedrief presenters come from all over southern Manitoba:

- Ed Zacharias from Morden created a Low German dictionary and helped translate the Bible into Low German. He has also compiled a Low German songbook.

- Carol Kroeker from Steinbach served on the Mennonite Heritage Board for nine years and enjoys comedy and acting in Low German.

- Marj Funk from Schoenwiese (West Reserve). She and her sisters sing together at community events and churches.

- Ernest Braun from Tourond/Niverville has published two books on East Reserve history and was the recipient of the Lieutenant-Governor's Award for Historical Preservation and Promotion.

- Hank and Anna Neufeld are singers from McGregor, and Dennis Reimer is a Low German balladeer from Altona.

The Low German events will occur at 2 p.m. March 19, March 26, and April 2 at the Neubergthal Commons Barn.

Admission is \$15 per person and includes refreshments.

Winkler Family Resource Centre and Morden Parent and Child Resource Centre would like to thank all the businesses and individuals who donated to our 2022 Family Fun February Calendar fundraiser. We were able to raise just over \$1,300.00 for our centres. 2022 Family Fun February Calendar Prize Donors

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Letter policy

The Voice welcomes letters from readers on local and regional issues and concerns.

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.

Please include your full name, address, and phone number for verification purposes. Your name and city will be published with your letter. We do not print anonymous letters.

Send your letters to us by e-mail at news@winklormordenvoice.ca.

140-year-old Letellier home has a storied past

By Ty Dilello

Debbie and Marcel Bissonnette live in a wonderful home in Letellier that is over 140 years old.

The building has a fascinating past, including the fact that it used to be attached to the house next door, so it's really two houses in one.

"A piece was cut off of our neighbour's house a long time ago and moved and joined to our house," says Debbie. "The neighbour's home is still here too, but it was sort of a boarding house around that time as people were coming and going and

needed a place to stay. Field workers and stuff like that."

Letellier and the surrounding region used to be a vital area for growing sugar beets. In the summer months, when seasonal workers would come to work on the harvest, they would stay at what later became the Bissonnette house.

Debbie and Marcel are both lifelong Letellier residents. They've been living in their historic home since the fall of 1983.

"The house had been abandoned when we first got it. The previous

owners had gotten up and left and left the bank hanging," Debbie recalls. "So the house had been empty for two or three years."

The Bissonnettes at the time were living in a small trailer with their two kids.

"It started to feel terribly cramped. We looked at building something bigger, but as rough as this house was when we moved in, there was so much potential,"

Debbie says. "So we approached the bank and made them an offer."

It was a low-ball offer, but one the bank eventually accepted. In exchange, the Bissonnettes got an aging home with a water-logged basement.

"The furnace was underwater," Debbie shares. "But we slowly renovated it one room at a time and made it our home. It's been a labour of love, let's just put it that way."

Debbie is the long-time postmaster for Letellier and operates its post office right there from her historic house. Letellier is one of the few small towns in Manitoba that doesn't do door-to-door mail delivery or have postal boxes. All mail coming through Canada Post is picked up at the Bissonnette place.

"I used to have Letellier's post of-

fice right on the main drag beside the grocery store with a gas bar. But the building was really old and falling apart," says Debbie.

She and her brother ran the place before his retirement. She stuck around for a few years afterwards, eventually approaching her Canada Post union rep about a change of address.

"I asked what if I ever wanted to move the post office into my home—what kind of hoops would I have to jump through for that?"

The only question she got in response? Whether or not the post office part of the house had steps going into it.

"I said, 'No, it's on the ground level.' They said, 'Then go ahead and do it,'" Debbie says, laughing. "Here I was thinking I'd have to put a proposal to Canada Post or something, but she said that as long as it's accessible, I'm allowed to have the office in my home. So my back entrance was converted to the lobby of the post office."

"When I moved here, everyone asked how long will I do it out of my house ... it's been eight years and I have no intention of retiring soon, even though I'm 64 now. I'm healthy, and I love my job!"

"IT'S BEEN A LABOUR OF LOVE, LET'S PUT IT THAT WAY."



PHOTO BY TY DILELLO/VOICE

The Bissonnette house in Letellier does double duty as a home and the community's post office.

Tuesday marked the end of COVID-19 restrictions

By Ashleigh Viveiros

The last of Manitoba's public health orders and restrictions relating to COVID-19 lifted on Tuesday.

March 15 marked the first day Manitobans were no longer required to

wear masks in public spaces. The day also saw the end of travel restrictions in northern Manitoba, individual case investigations related to COVID-19, and self-isolation requirements for those who test positive for the virus.

"Thanks to the commitment, compassion and hard work of all Manitobans, particularly our health-care heroes, we are finally in a position to lift restrictions," Health Minister Audrey Gordon said in a statement released Monday.

"This path forward will be different for all of us, whether we choose to wear masks or not, or how and when we connect with family and friends. Let's be patient, thoughtful and kind to each other as we navigate this new normal together."

While the mandates are gone, public health recommendations remain.

Symptomatic individuals are still encouraged to stay home and isolate and even someone who isn't showing

symptoms but tested positive should isolate for five days from the date of the test. Anyone with symptoms or a positive test should avoid non-essential visits to higher-risk settings or with people with a high risk of negative COVID-19 outcomes, officials say.

To help prevent the spread of COVID-19, officials continue to recommend Manitobans get vaccinated, stay home when sick, assess their risk and make decisions about using masks, physical distancing, and other actions based on those risks.

While masks are no longer mandated in public spaces, they are still required in all health-care facilities. This includes clinics, hospitals, and personal care homes.

Shared Health stressed last week that this decision was informed by experts in infection prevention and control and will be evaluated continuously moving forward.

"Manitoba's health-care facilities and care settings provide services and care to thousands of patients, residents, and clients daily, many of whom are at increased risk of severe illness if they become infected with COVID-19," Shared Health said.

"While health system leaders continue to monitor the transmission of COVID-19 in our province over the coming weeks, we are taking this extra preventative step in an effort to provide protection and comfort to the Manitobans who seek and receive care."

Screening for symptoms and exposure will also remain in place at health-care facilities.

On Monday, the province's online COVID-19 dashboard put the number of people in hospital with the virus at 414 (182 actively contagious), including 20 ICU patients (14 contagious). The death count had reached 1,716 people.



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Survey provides insight on Lake Minnewasta trail users

By Ashleigh Viveiros

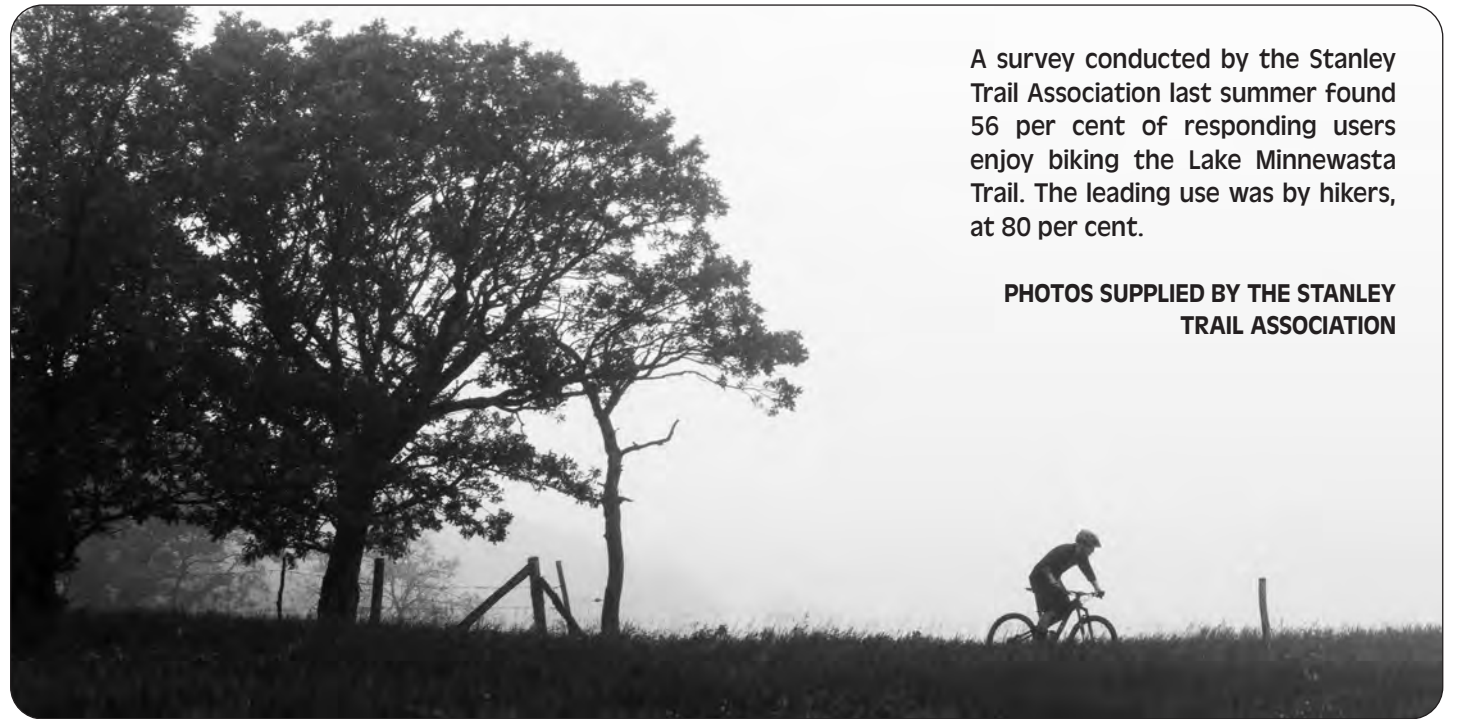
The Stanley Trail Association now has a clearer picture of exactly who is using the Lake Minnewasta trail and what improvements they'd like to see made to it.

STA last week released the results of its 2021 trail user survey, which polled 328 people who make use of the trail system at the Morden lake.

"One of the bigger surprises was that there's a lot of regular users coming from outside of our region," said STA rep. Leanna Wiebe. "Obviously we weren't surprised to see that the majority of our users come from Morden, Winkler, and the RM of Stanley, but we also have regular trail users coming out from Winnipeg and Altona.

"Our region is getting a reputation for being a great destination for trails in Manitoba for mountain biking or hiking in a diverse landscape, especially on the Manitoba Escarpment."

Mordenites make the most use of the trail, representing 38 per cent of the survey's respondents, with Winkler not too far behind at 27 per cent followed by Stanley residents at 16 per



A survey conducted by the Stanley Trail Association last summer found 56 per cent of responding users enjoy biking the Lake Minnewasta Trail. The leading use was by hikers, at 80 per cent.

PHOTOS SUPPLIED BY THE STANLEY TRAIL ASSOCIATION

cent.

In addition to Winnipeg and Altona, the 20 per cent of out-of-town trail users hailed from all across southern Manitoba, with a smattering of visitors last year from Saskatchewan, North Dakota, and even Germany.

The results also show the trail is used year-round, though less frequently in spring and winter, and in a variety of ways. Hiking is the most popular use at 80 per cent followed by mountain biking (56 per cent), trail running (21 per cent), photography (16 per cent), fat biking (11 per cent), and bird watching (nine per cent).

The trail seems to draw quite a mix of veteran users and newcomers—53.4 per cent of respondents said they'd only begun using the trail in the past four years. Nearly 23 per cent said they'd been using it for 5-10 years. Almost 24 per cent said they'd been enjoying the path for over a decade.

If there's one thing survey respondents had in common, it's a desire for more trails. Ninety-four per cent expressed an interest in seeing additional trails created around the lake.

Trail users would also like to see a bridge put in over or around the dam on the east side of the lake to close the trail loop. Increased signage, a

washrooms, more garbage cans, traffic management (perhaps designating certain trails for one-way use or having separate hiking and biking paths), Indigenous acknowledgement, and trail condition updates were among the other main recommendations that came up.

These findings have been shared with local municipalities and will be used to make decisions about the trail system in the future, Wiebe said.

"Now the process will be planning what's first priority and what are some of our longer-term priorities," she said. "Obviously there was a lot of feedback, so it will take some time to put all of that into action."

Wiebe said they were thrilled at the response they got for this survey, which was promoted via signs at the trail and on several local social media pages.

"I think people were really excited to have some feedback on the trail," she said.

You can read the full report online at stanleytrailmanitoba.ca.

In addition to the trail survey, STA volunteers also tackled bird and plant surveys at the lake last summer. Check out next week's *Voice* for more on what those reports revealed.



The trail winds its way around the lake, but survey respondents noted a bridge is very much needed over the dam at the east end to close the loop.

Toews retiring as BLSD assist. superintendent

By Voice staff

Border Land School Division bids farewell to a longtime educator this summer.

BLSD's board of trustees announced last week that it has accepted the retirement notice of assistant superintendent Jonathan Toews, effective July 15.

Toews began his teaching career with the division in 2002, working as a high school English teacher before moving into school-based administration at W.C. Miller Collegiate.

He became BLSD's assistant superintendent in 2015.

"Jonathan has provided the division with ex-

emplary leadership and has demonstrated his skills as a big picture thinker providing leadership for divisional priorities in the areas of Indigenous education, literacy, numerary, French Language and supporting the information technology department," board chair Craig Smiley said in a statement, noting Toews also led professional development and the Violence Threat Risk Assessment work in the division.

"Jonathan will be deeply missed by the staff and learning communities of Border Land School Division. Together, we wish Jonathan much success in his retirement and future endeavours."

greater variety of trails (some more technically challenging, others more accessible), year-round

get informed

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SCRL celebrating “everything garden related”

Spring break programming focuses on 2022 as the ‘Year of the Garden’

By Lorne Stelmach

The South Central Regional Library is inviting its five communities to join them in marking 2022 as the Year of the Garden.

People are invited to stop by their local branch over spring break to participate in either seed planting or a take-home seed kit.

“With spring break approaching, as well as it being the Year of the Garden in Canada, we thought there was no better time to celebrate everything garden related,” said Raina Teigrob, Miami branch administrator.

She encouraged residents to check with their local library to find out what further events are planned.

“All of our five locations will be offering either a sunflower seed kit for children to take home and assemble themselves, or a seeding station will be set up in branch that allows kids to stop by and put together eggshell planters right at the library,” said Teigrob.

“While all branches will have some

sort of seeding activity available, a few branches have also opted to add a seed swap table,” she added. “This gives people the opportunity to share leftover seeds from the previous gardening season and to pick up a new pack for themselves as well.

“It’s a fun way to share within the community and went over really well in previous years,” Teigrob said. “We hope to brighten everyone’s last few weeks of winter by getting everyone excited about the approaching gardening season and warm weather that is bound to follow.”

The Canadian Garden Council is promoting the Year of the Garden by encouraging Canadians to consider ways that they could live the garden life, such as planting red and showing your Canadian garden pride by signing up your property as a 2022 celebration garden. You can find more information online at livethegardenlife.gardenscanada.ca.

“We are also in the works of planning a presentation on seed starting along with helpful tips and tricks for



SUPPLIED PHOTO

South Central Regional Library branches will have seed kits and/or seeding stations set up for budding green thumbs to enjoy later this month.

gardening,” noted Teigrob of SCRL’s other spring plans.

“We hope to plan an event night across multiple branches as long as restrictions continue going our way. Though this won’t take place during spring break, it is a very exciting event to look forward to in the coming months.

“We’re really excited to get back into in-person programming and events

for our patrons this spring,” said Teigrob. “Although we still have to be careful to follow all government restrictions accordingly, it seems things are now looking up for Manitoba libraries.”

Check out South Central Regional Library on Facebook and Instagram to stay up to date on the latest news and events.

City of Winkler, police ink new five-year contract

By Ashleigh Viveiros

The City of Winkler has inked a new five-year contract with the Boundary Trails Regional Police Association, which represents officers from the Winkler Police Service.

The previous contract expired at the end of 2019, so this new agreement retroactively goes into effect for January 2020 and is good until Dec. 31, 2024.

Mayor Martin Harder noted there was a lot of back-and-forth negotiations to get this contract to a point where both sides were happy with it. The pandemic delayed those efforts somewhat.

“The positive side of it is we haven’t needed to go to arbitration and the relationship with our police depart-

ment remains intact,” the mayor said, adding he’s pleased they were able to agree on a five-year contract instead of shorter one. “It set us up to the end of 2024, which brings us well into the next administration period. I think it’s a win-win for everybody.”

The bulk of the agreement deals with working conditions, explained Cst. Rick Wolfe, president of the police association’s Winkler chapter.

“Ninety-five per cent of our contract that we actually talked about was in relation to working conditions, just trying to stay modern with what the policing industry [is doing],” he said. “Things are always changing and evolving and sometimes those things touch into our contract and we wanted to address a lot of those things as they’re happening now rather than

trying to deal with it five years from now.”

That includes, for example, outlining things like how decisions on equipment purchases get made and how that equipment is distributed.

Wolfe also noted the old contract had nothing relating to Manitoba’s Independent Investigation Unit, which investigates serious incidents involving police officers. The new contract remedies that.

Work was also done to ensure Winkler’s officers are compensated fairly and competitively when compared to other similarly-sized communities.

“We came down to what I would call a very fair wage scale,” Wolfe said. “I’d say it ranges from competitive with the industry standard and in between that and kind of a hometown

deal for the City of Winkler.”

There were a few items that came up late in the negotiation process that had to be bumped to future contract talks.

Chief among them is the fact that there has apparently never been anything in Winkler’s contract pertaining to maternity or paternity leave. The department welcomed its first female officers five years ago.

“People have been having babies forever but nobody working in our association has ever been on maternity leave,” said Wolfe, adding the oversight was only noted recently when a member of the department had a baby. It will be on the agenda in the next round of contract negotiations, he said.

No injuries in highway rollover

By Ty Dilello

The Altona Police Service is urging residents to drive according to road conditions after a recent car accident in the area.

"To say that this has been a harsh winter would be a huge understatement," the department said in a statement last week. "It seems that the smallest snowfall combined with any wind at all is creating extreme ice on our highways."

Emergency crews were called to a single-vehicle rollover last week just north of the town on Highway 30. No one was injured, but the vehicle sustained significant damage.

Police remind drivers to drive according to conditions and to avoid using cruise control during poor road conditions. Put all your attention into drive, they urge, and take time before you set out to check current highway conditions.

"Many of our Manitoba Highways have been closed this year. If a highway is closed and you have trouble on that highway, help may not be able to get to you," the remind drivers. "Ensure your gas tank has sufficient fuel to see you through an extended period of time in your vehicle and pack a survival kit."

"With a little luck, road and weather conditions will improve soon."



ALTONA POLICE PHOTO

The Altona Police Service is reminding residents to drive carefully after a serious rollover occurred just north of Altona on Highway 30.

Winkler looking to add more taxi capacity

By Ashleigh Viveiros

Winkler city council is paving the way for a few more taxis to be operating in the community.

Council at its March 8 meeting gave first reading to changes to its vehicle for hire bylaw.

The bylaw currently allows for one taxi per 4,000 population, which works out to three taxis.

With the 2021 census putting Winkler at a population of 15,335 people, the revised bylaw would allow for one taxi per 2,000 residents, or seven taxis.

"I think it becomes even more critical when you don't have a public transportation system that there be

more taxi services available," noted Mayor Martin Harder.

The move was greeted with some concern by the city's two taxi services.

The owners of Winkler Taxi Service and Pembina Valley Taxi worry the increase in cars will split an already relatively small user base, making it even harder to make a living from the job.

Daljit Sharma of Winkler Taxi Service currently holds one taxi licence. While he welcomes the opportunity to add perhaps one more car to his business in the future, more than that isn't feasible anytime soon given current demands for service.

"We think that it will grow. We are

hardworking," he said, explaining, however, that there are very few times when he's swamped with calls, and some days where there are no customers at all. He feels growing the current three taxi limit by one might make more sense. "This is not a big city ... right now it's still hard, but if there is six or seven taxis then I don't think we'll all survive."

Manpreet Dhaliwal of Pembina Valley Taxi says while he understands why council felt the need to up the number of vehicles allowed based on our growing population, he, like Sharma, is also simply not seeing an increasing number of calls to justify it. The company currently has two vehi-

cles operating in Winkler.

"Taxi business [is] already slow in the city," he said, pointing in part to the impact the pandemic has had over the past few years.

The summer months are always slow, he added, and while business does pick up in the winter, he doesn't really see the community needing more than two or three taxis on the road at any given time.

Should the bylaw receive final approval by council later this month, the additional taxi licences will be put up for grabs, possibly via an auction to the highest bidder.

Lions Club info. meeting set for Friday, March 25

By Lorne Stelmach

An upcoming meeting is aimed at getting the community on board with a plan to revive the Lions clubs in Morden and Winkler.

Although the evening set for Friday, March 25 from 7-9 p.m. at 500 Stephen Street in Morden is informational, with no obligation if you chose to attend, Bruce Robert would love it if it led some people to get involved.

"I'm very optimistic about it. It's something we feel we can bring back and really make an impact in the community," said Robert, who is spear-

heading the effort to revive the community service organization locally.

The Morden resident is involved as the global membership team chairperson for the 5M-13 Lions district, which takes in most of Manitoba and parts of northwest Ontario. He is also a zone chairperson for four clubs.

Robert will be joined by other Lions representatives at the meeting, including a youth outreach co-ordinator and a member from the Crystal City club, which is the sponsor for the new local clubs.

The Winkler Lions disbanded in 2013 and Morden's group called it

quits in 2020, but Robert strongly feels the global service organization, which has 48,000 clubs and 1.4 million members around the world, very much still has a role to play in our area.

"We're just going to continue with that service and commitment to the community," he said, stressing the value the Lions bring in supporting a wide range of initiatives ranging from supporting vision and reading programs to offering youth and leadership programs.

He is especially making it a priority to bring back the Leo club for youth aged 12 to 17.

"The Leos clubs is something we're really promoting," he said. "With any charitable organization, we really have to train our youth because, with our older members, we certainly like to do the work, but we get a little tired, so we need to get the youth interested to do these things."

"It's important to have that leadership in the community. It gives them the experience and the opportunity. That's what Leo stands for: leadership, experience and opportunity."

"It can not only retain our youth in our community, it's a way of getting them engaged."

For more information, check out next week's meeting or send Robert an email at educatebruce@outlook.com.

'Support Ukraine' concert in Altona Friday night

By Ashleigh Viveiros

The community of Altona is coming together this Friday to do what they can to aid the people of Ukraine.

The Support Ukraine Fundraising Concert takes place at the Seeds of Life Community Church (116 Main

St., Altona) on Friday, March 18 starting at 7 p.m.

"I just realized that we needed to do something," said organizer Callum Morrison in the midst of pulling the show together last week. "We're all anxious to help, we all see these awful scenes of what's happening."

In the three weeks since Russia first sent armed forces into Ukraine, thousands of people—civilians and soldiers alike—have been killed or injured and millions have been displaced.

The invasion has sparked global outrage, including right here in Manitoba.

"Manitoba has one of the biggest Ukrainian dias-

poras in the world," Morrison said, pointing out that so many Mennonite families in this area have their roots in the very parts of Ukraine being attacked today. "So there's a huge connection between our two communities."

"We need to really know that this isn't just something on the news—it's something which is affecting people who actually live here," Morrison said of the local Ukrainian immigrants who are watching the events unfold back home in horror. "We don't live in a world now where things are far away. It's all affecting people right now."

Friday's gathering will include performances from local musicians, messages of support from the community, updates from those affected, and an art and prize raffle and auction donated by local artists and businesses.

Every dollar raised will go to the Mennonite Central Committee's emergency response in Ukraine, which is providing psychosocial support and trauma healing, temporary emergency housing, and emergency distributions of locally purchased emergency supplies such as blankets and food packages.

"My goal is to try and raise as much money as possible," Morrison said. "But there's a second goal as well, which is to show the Ukrainian community we do care about what's happening."

"We can't just stand idly by when something is happening like this."

Admission to the concert is by donation. People are encouraged to consider wearing blue and yellow, the colours of Ukraine.

"WE CAN'T JUST STAND IDLY BY WHEN SOMETHING IS HAPPENING LIKE THIS."



Altona's Callum Morrison has put together a fundraising concert in support of Ukraine Friday night.

SUPPLIED PHOTO



This year, choose the experiences that *truly* matter.

Eating disorders addressed in school presentation

By Nicole Brownlee

Youth can learn the importance of balanced eating and healthy eating habits in a one-hour presentation offered by the Mood Disorder Association of Manitoba.

MDAM created the disordered eating program in 2021 for people who identify as women to address disordered eating habits, low self-esteem and mental health issues during a six-week workshop.

Andrea Smith and Dana Lance adapted the program this year to address these concepts to youth.

"I got involved because I wanted to do more with youth about body image and disordered eating because that's a very vulnerable age," said Lance, MDAM's youth program co-ordinator.

Statistics Canada states around one million Canadians had a diagnosed eating disorder in 2016, and up to 30 per

cent of girls and 25 per cent of boys aged 10-14 reported dieting to lose weight.

"The incidence of eating disorders in Canadian children is estimated to be two to four times greater than Type 2 Diabetes," said the National Initiative for Eating Disorders (NIED).

Smith created a one-hour presentation for elementary, middle and high schools out of the six-week workshop to address concepts like beauty standards for all genders, diet culture and healthy habits. MDAM will also offer a six-week program for youth and people who identify as women.

"Disordered eating and body image issues start in kids as young as four," said Smith.

"Early intervention is imperative when you're trying to deal with eating disorders."

The Body Image Heroes presentation acknowledges the damage caused by stereotypes, disordered eating habits and the importance of self-love.

"We also let [schools] view the content in the slides beforehand because we want to make sure that it's appropriate for the kids at the school... and the environment," said Lance.

Presentations to elementary schools focus more on body movement, nourishment and self-love, while older

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arts & culture

Artist seeks to give back, promote local galleries

By Lorne Stelmach

Wayne Letkeman doesn't take the support of arts venues like the Pembina Hills Gallery in Morden or Winkler Arts and Culture for granted.

The Interlake-based artist, who had his work on display in Winkler last month and is featured this month in Morden, gives back however and whenever he can.

It's a mutually beneficial relation-

ship between artists and galleries, so they need to be supported, said Letkeman, who last did an exhibit in Morden about two years ago and completed three paintings while he was at the gallery, donating them to the Pembina Hills Arts Council.

"I want to benefit the arts council there. I'm not trying to benefit what I do," said Letkeman, who was hoping to be on hand this Saturday for a live

painting demo at the gallery.

He believes galleries are valued by many in the community but not nearly enough, so he likes to do what he can to help promote them.

"I don't think an art gallery will ever open up expecting to make a ton of money off of the people who come through there," suggested Letkeman. "So few take advantage of it, yet so many more should."

"If I have young people coming in, very often I'll have a small gift for them because I think that is the future," he added. "They're the people who may be serving the community 20 years from now, or at least becoming interested."

As for his art, Letkeman noted he works very fast, with a typical painting normally being completed in two or three hours.

"It depends a little bit on what detail I want," he explained, noting that he works with oils and employs the alla

prima wet-on-wet painting technique.

"That becomes my colour for blending throughout the entire painting. I would very seldom blend my colours on a palette. I actually blend my colours on the canvas as I'm painting," Letkeman said. "You also need to have some forethought as to what the picture is to be at the end ... but I would say about 90 per cent of everything I do changes from the time I start to the time that I finish."

"You do some things as you go, and they may not have been part of the initial plan but they end up being part of the picture at the end," he continued. "Those are all things that are possible with oil paintings. If you use acrylics or watercolour, none of that is possible ... with oils, I can have hours to work with it, so if I want to make a change, I could scrape my entire canvas off in an hour and start all over again."



SUPPLIED PHOTO

Wayne Letkeman's paintings are on display at the Pembina Hills Art Gallery in Morden this month.

> EATING DISORDERS, FROM PG. 12

grades touch on more serious topics.

"Even as young as Grade 1, they do understand the concept of other people make me feel bad about my body and make me feel like I need to do something different,"

said Lance.

Body image issues have increased during the COVID-19 pandemic because people were forced to change their lifestyles, extracurriculars and sometimes their eating habits.

Smith also attributes body image issues to the increase in social media usage over the past decade.

"People aren't being taught how to love themselves," said Smith.

"If you ask someone, how do you work on loving yourself? Not even most adults know how to do that."

Diet culture has been glamorized by celebrities and social media influencers, which distorts children's perception of healthy eating, said Lance. Parents can also impact how children feel about their bodies if parents talk poorly about themselves.

"Parents should be conscious of what their kids are listening and tuning in to because you can never know what the impact may be," said Lance.

The NIED states that eating disorders have the highest overall mortality rate of any mental illness in Canada.

Interested schools can book a presentation through Lance via email to youthprogram@moodmb.ca.



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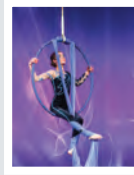


MANITOBA 150 OVERVIEW

With the celebration of our province's 150th anniversary, the Manitoba 150 Host Committee invited Manitobans to share our stories, show off our destinations, highlight our successes and demonstrate the joy that comes from being Manitoban.

Though the celebration was delayed and altered by the emergence of the COVID-19 pandemic, Manitobans showed up, exhibited tremendous resilience and in the end, demonstrated the true spirit. We are stronger when we come together, which is why we are "United in Celebration - Unis dans la Fete".

85+ CELEBRATORY EVENTS PLANNED FOR CELEBRATE 150



1 AMAZING CONCERT
60+ MANITOBA PERFORMERS

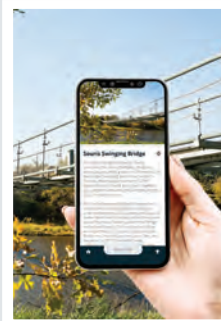
240 LEGACY PROJECTS BUILT

1 COMMEMORATIVE MEDAL



1 COIN

150 MANITOBA DESTINATIONS PROMOTED WITH EXPLORE 150



14 DISTINCT PROGRAMS

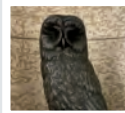
1.369m MANITOBBANS INVITED TO BE UNITED IN CELEBRATION!

48 RED RIVER COLLEGE CREATIVE COMMUNICATIONS STUDENT WRITERS FOR HONOUR 150

50 ACTS OF RECONCILIATION FOR BLANKET INVITATION

55 COMMUNITY FOUNDATIONS INVOLVED IN BUILD 150

12 STATUES CREATED AND INSTALLED



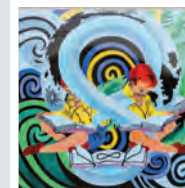
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12,913km TRAVELLED WITH TOUR 150

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7 MURALS CREATED FOR MURAL 150

93 LOVE LETTERS TO MANITOBA WRITTEN

16 VIDEOS CELEBRATING FRANCOPHONE COMMUNITIES

59 COMMUNICATIONS MENTORS FROM THE COMMUNITY

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senior residences

Ten essentials to consider when choosing your retirement home

When choosing a retirement home, be sure to give some thought to these ten criteria. After all, finding the perfect place will take some shopping around.

1. LICENSING

Check that the retirement homes you visit are licensed by your provincial government.

2. HOUSING

Establish your budget and stick to it. Are electricity and heating included in the rent?

3. FACILITIES

Assess your level of autonomy. Do you need a lift or a wheelchair ramp?

4. SECURITY

Are there fire sprinklers in your apartment or a security guard in the building? What do you need to feel safe?

5. ACCESSIBILITY

Would you like to live near your children? And which businesses or services do you want close by?

6. ASSISTANCE

Does the home offer the kind of assistance that you need? This is important if you require help to take a bath or to get dressed in the morning.

7. HEALTH CARE

Do you have special health-care needs? Find out if there is a doctor or nurse on site.

8. FOOD

Does the menu appeal to you, and is the mealtime schedule convenient? Being able to look forward to your meals is a reasonable priority.

9. CLEANING

How often are the rooms cleaned? Are pets allowed?

10. RECREATION

Is there a fitness centre, swimming pool, social activities or library? Will you be able to pursue your favourite sports and pastimes?

Take the time to compare the services and facilities of each home you visit. Better yet, why not ask a family member to go with you?



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Senior living AT ITS BEST



Put your health first and listen to music



Listening to soft music before bed promotes better sleep.

Studies have shown that listening to music has many health benefits, especially for the elderly. In fact, not only does it contribute to lower stress levels and improved sleep, but it also reinforces the immune system. Keep reading to find out more.

Sleep

Seniors who listen to soft music for 45 minutes before bed fall asleep faster, sleep for longer, stir less during the night and benefit from all-around more energizing sleep.

Why? Music affects our parasympathetic nervous system, which slows our heart rate and breathing — much like when you get ready for bed. Hence, by relaxing the body, music can actually prepare it for sleep.

Stress

Researchers at McGill University's Psychology Department found that music can be more effective than prescription drugs for reducing anxiety in adults before surgery. The study also demonstrated that listening to music helps reduce cortisol levels (a stress hormone) in the body.

It's been found that sound and music can be effective healers for a range of mental, emotional, and even physical ailments, and has been a valuable treatment for several conditions. More research is needed to establish just how effective sound healing therapy can be, but so far, plenty of evidence suggests it is an effective option to help people suffering from pain, injury, or stress.

Pickleball: the perfect sport for people aged 50+

A playing field similar to that of badminton; a net and moves reminiscent of ping pong; a sturdy racquet like the ones used for ping pong, but bigger; and a lightweight plastic ball — pickleball has every feature necessary to allow people aged 50 years and older to stay active without straining their muscles and joints.

In fact, the smaller court size and slower moving ball make the sport, which is played in singles or pairs, a sort of "softer" version of tennis. Less intense than other racquet sports, pickleball is therefore less demanding on the body. But that doesn't mean there's no effort involved! Playing pickleball on a regular basis will allow you to reap the physical and psychological benefits linked to physical activity. What's more, you can take advantage of a friendly game (or tournament, if you're up for the challenge) to socialize and have fun.

So, feel like giving it a go?

Are you hydrated enough?

Constipation, loss of balance, dementia, uncontrolled blood sugar — dehydration is a serious health problem commonly observed among the elderly. Why? With age, the body's ability to feel thirst and retain water diminishes. Furthermore, age-related issues such as incontinence and reduced mobility can also lower the amount of fluids ingested overall.

To prevent dehydration, make sure to:

- Drink 1.5 to 2 litres of fluids each day (water, milk, juice, etc.). Tip: always keep a glass of water close at hand!
- Avoid drinking too many diuretics (coffee, tea, etc.).
- Eat lots of foods with a high water content (fruit, veggies, soup, fish, etc.).
- Treat diarrhea and vomiting at the onset.



Finally, pay careful attention to these warning signs: concentrated urine or reduced flow rate, dry mouth, weakness, weight loss, confusion, irritability, dizziness and extreme thirst. If you think you may be dehydrated, consult a health professional without delay!



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- Meal Program
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- Transportation
- Licensed Foot Care Nurses
- Emergency Response Information Kit
- Transportation Providers
- House cleaning Providers

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Coming together to support Ukraine

The Help Ukraine - Morden and Pembina Valley volunteer effort received broad support again this past Saturday when they were on hand at 500 Stephen St. in Morden to sell artwork, crafts, souvenirs, and homemade Ukrainian flags (80 of which were sold). The day also brought in over \$2,600 in donations for humanitarian aid. Volunteers will be at the community centre again this Saturday morning. You can find more information on the Help Ukraine - Morden and Pembina Valley Facebook page.

PHOTO BY LORNE STELMACH/VOICE

Thanks for Farming Tour coming to Winkler

By Ashleigh Viveiros

The third annual Thanks for Farming Tour will make a local stop this summer.

The trade show has announced its 2022 tour will include Swift Current, SK from July 12-13 and Winkler July 28-29.

Organizer Jeremy Matuszewski, who heads up the Winkler-based Thunderstruck Sales & Marketing, is eager to bring the show home. Last year's Manitoba stops had to be cancelled due to pandemic restrictions.

"Manitoba hasn't had anything in two years. No farm shows, really. It's been tough," Matuszewski said.

Now, with the province's public health restrictions beginning to ease, the time seems right to remedy that.

"We felt like the stars were all aligning to do something in Winkler this year," Matuszewski said.

The show will take place both inside and out at the Meridian Exhibition Centre, featuring as many as 125 exhibitors.

"We're going to take over basically the whole grounds," Matuszewski said. "We're going to be bringing in

speakers that can add value to the different farms and ranches in the area, and we've got a couple other tricks up our sleeves this year that we're not announcing yet ... but farmers can expect to come and they're going to get free food, they're going to get free beer, they're going to get speakers. There's going to be some really cool, innovative products that will help them solve problems on their farms."

The focus of the show remains to connect with and also thank ag pro-

ducers for all that they do.

"The Thanks for Farming Tour offers education, entertainment, and the opportunity to meet with and learn from innovative ag businesses," said Matuszewski. "But most importantly, it allows us to provide a place to celebrate and thank the farming communities for what they do to give back, giving credit where credit is due."

Giving back is another hallmark of the show, with admission proceeds going to support a local charity.

In Winkler this year that charity will be the Central Station Community Centre.

"Central Station does a lot for our community and they haven't really been able to do many fundraisers either," Matuszewski said. "So it was really a no-brainer."

Exhibitor and speaker details will be released in the months ahead. Learn more online at thanksforfarmingtour.com.

Forget the snow fences—plant trees and shrubs

Submitted by Richard Warkentin, Stanley Soli Management Association

When I first moved to my place in the country, the yard had only two rows of trees on the west and north sides which were inadequate for protection and snow control for the yard.

Each year I embarked on a fall ritual of setting up snow fences. I would analyze the yard and strategically drive metal posts into the ground to support over 150 feet of snow fence.

Each spring, the snow fences needed

to be dismantled, rolled up and stored somewhere. Next fall, the same ritual would again be set into motion.

The worst part about snow fences was when they would fill up with snow in mid-winter, and I would have to drive another row of metal posts into the snowbank and set up another snow fence on top of the first snow fence!

I knew that planting yard shelterbelts would help control the snow, but I never got around to planting anything.

After I got married, I needed to persuade my wife that trees were the answer. She came from a background where trees were considered a nuisance. Her contention was that trees take up valuable land and take far too long to grow before they do any good. She seriously suggested that we construct a permanent tall wooden fence on the north side of the yard.

Well, I needed to take action! I proceeded to draw up a plan for a yard shelterbelt specifically designed for

Continued on page 20

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YOUR FARM YOUR FAMILY YOUR SUCCESS

SAFETY is our standard

agsafetyweek.ca // March 13-19, 2022

Value #FarmSafetyEveryday

Canadian Agricultural Safety Association Celebrates Ag Safety Week: Safety is Our Standard

Winnipeg MB, February 17, 2022 – March 13-19, 2022, is the first Canadian Agricultural Safety Week (CASW) under the banner “Your Farm, Your Family, Your Success”.

Organizers are calling all farmers, ranchers, farm families, farm workers and farming communities to implement farm safety plans, talk about farm safety, and value #FarmSafetyEveryday.

Canadian Agricultural Safety Week is an annual public campaign committed to raising awareness about the importance of farm safety. In 2022, organizers are focusing on not just practical safety advice and awareness but also the reasons why safety is essential for all farming operations.

“Farm safety is not just about knowing what hazards exist,” says Andrea Lear, CASA’s

Chief Executive Officer. “Farm Safety is also about changing unsafe behaviours and habits, understanding the positive business case for incorporating safety on farming operations and addressing what it truly

means to value safety and health. This year, CASA is excited to host conversations about making meaningful and long-lasting change for the health and safety of everyone that lives, works, and visits farms and ranches.”

Farm Credit Canada (FCC) is the presenting sponsor of CASW and a valuable farm safety champion. FCC supports many farm safety programs, including Back to Ag, a program that assists with the cost of adaptive technology for farmers who have experienced a traumatic injury and CASA’s BeGrainSafe program.

“Farms present a variety of workplace hazards, so incorporating solid safety practices each and every day is paramount for reducing risk to farm family members and employees,” said Michael Hoffort, FCC president and CEO. “CASW is an important reminder each year for everyone to take care and be safe on the farm.”

For more than a decade, CASA has been raising awareness about the importance of safety on Cana-

dian farms through CASW, which takes place every year during the third week of March. CASW is presented by Farm Credit Canada. In 2022, CASW sponsors include long-time corporate sponsor Farm Credit Canada, as well as CN, Syngenta, Bayer Crop Science and Fertilizer Canada.

Additional information about CASW, including the media kit and resources is available at agsafetyweek.ca. The media kit contains feature stories, safety advice articles, public service announcements, graphics, and more.

The Canadian Agricultural Safety Association is a national, non-profit organization dedicated to improving the health and safety of farmers, their families and agricultural workers. CASA is funded in part by the Canadian Agricultural Partnership, a federal, provincial and territorial initiative. For more information, visit www.casa-acsa.ca, find us on Facebook or LinkedIn, or follow us on Twitter @planfarmsafety

Safety is our Standard

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Angelina Neufeld, shown here with her border collie Millie, has started a pet grooming business just outside of Altona.

PHOTO BY TY DILELLO/VOICE



Mille's Grooming opens near Altona

By Ty Dilello

The Altona area has a new pet grooming business up and running.

Angelina Neufeld has launched Mille's Grooming from her home about five kilometres outside town.

They're offering cat and dog grooming and a daycare right now, with plans to offer boarding soon.

Neufeld, who has been doing hands-on training for just under a year with a certified pet professional, named her business after her border collie puppy Millie.

"Since I was young, I've always loved animals, and my dream job was anything that had to do with animals," she said. "So when I got hired as a dog groomer/bather, I was super happy and excited to learn. I instantly

loved working with all the dogs and cats we had come in. And I knew I wanted to open up my own shop in the future."

The business came together with some help from D3 Excavating, who built the shop, and DGinspired, who created the logo, which was also inspired by Millie.

"I also could not have done any of this without the help and support of my partner and his family," noted Neufeld.

Millie's Grooming offers full grooms, bath and tidy, and nail trims for dogs and cats of all sizes. They also have Miss Kleos Pet Treats in stock.

Get in touch with Mille's Grooming at 204-362-7470 or check them out on Facebook or Instagram.

ACAN launching rain barrel sale March 22

By Ty Dilello

The Altona Community Action Network in Altona (ACAN) is hosting its annual rain barrel sale starting on March 22, World Water Day, with the barrels being delivered on April 23 in

celebration of Earth Day.

"After last summer's severe drought, we thought it would be important to offer the community some water-saving support by hosting a truckload rain barrel sale," said ACAN's Connie Heppner Mueller.



SUPPLIED PHOTO

The Altona Community Action Network is hosting its annual rain barrel sale from March 22 to April 14 in celebration of Earth Day.

While rain barrels usually retail for about \$100, ACAN is selling these for \$60, with \$10 from each barrel benefiting Altona's Butterflyway Project.

The Butterflyway Project is a volunteer-led movement that is growing habitats for bees and butterflies in neighbourhoods across Canada. Climate change, development, and widespread pesticide use are compromising the habitat and food sources of wild pollinators.

"The proceeds from the sale will help to buy pollinator-friendly plants for our community as well as to create educational materials for schools and community members throughout Altona and the surrounding areas," said Heppner Mueller.

You can visit RainBarrel.ca/Altona-CAN between March 22 and April 13 to purchase a rain barrel or related accessories to support these efforts.

Each barrel comes with a mosquito/

filter basket, an overflow hose at the top, and a spigot at the bottom. Each barrel holds 220 litres, or 55 gallons.

Water tanks for \$125 are also for sale, which pumps up the water storage capacity to 1,000 litres (275 gallons).

Pick up of all purchased items will be on April 23 at the Altona Curling Club between 10 a.m. and 2 p.m.

"Water is always a precious resource, but especially so in this period of drought, so harvesting the water from your rooftops all summer just makes sense," said Heppner Mueller. "The benefits are many. Not only are you making better use of rainfall events, but you'll lower your water bill in the process. Not to mention garden plants thrive much more from rainwater than from treated drinking water.

"We thank you in advance for your support and for doing your part to green up our communities."



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> SHELTERBELTS, FROM PG. 18

snow control. I planted several rows of trees and shrubs, and even convinced my wife to become involved in the project—she even helped plant a row of trees.

Guess what? Within five years after planting, all the trees and shrubs were doing a great job controlling the snow. The trees and shrubs have continued to grow and contribute to the natural beauty of the yard. Best

of all, my wife has become a believer! She frequently comments on the improved shelter and air quality on the yard. The planted trees and shrubs have become a living snow fence and the annual snow fence rituals became a thing of the past.

Richard Warkentin is a technician with the Stanley Soil Management Association

PVWC working to build capacity across its system

By Ashleigh Viveiros

Last year proved to be a busy one for the Pembina Valley Water Co-op (PVWC) when it came to projects designed to increase its capacity across the region, and things aren't expected to slow down much in 2022.

The organization, which includes 14 member municipalities in southern Manitoba, held its annual general meeting late last month.

CEO Greg Archibald said they managed to get a lot of necessary projects completed or started in 2021.

"The first one would be the Stephenfield upgrade. In the end that was about \$6.9 million," he said, noting the project was supported through a mix of PVWC, federal, and provincial dollars.

Upgrades at the Stephenfield Water Treatment Plant included a new intake and pipeline from the lake, increasing capacity from 40 litres per second to 60.

This was vital to allow PVWC to meet the water supply needs of Carman, which shut down its treatment plant last year.

"We went all the ways from doing 35 per cent of their water to 100 per cent, so we needed the capacity," explained Archibald.

A new booster station is under construction halfway between Carman and Stephenfield Lake. That project will be completed by May.

One wrinkle does remain for Carman, however, as the demand for water in the area continues to grow.

"We can go 60 litres a second but we don't have a license to be able to take it out of the river," Archibald said. "So we're talking about that. ... it's an open discussion from an economic development perspective that we've been participating with the government on."

Improvements were completed as well at the Morris treatment plant. The \$1.9 million project boosted plant capacity to 100 litres per second.

"That's our allocation out of the Boyne [River]," Archibald said, explaining that increased capacity like this at any point in the system helps the entire network, as water is routinely shuttled across the region as needed.

"One of the things people don't realize is that we move water around," he said, stressing that an improvement project in a given community or area ultimately affects everyone who gets water from the PVWC system.

"People don't realize it's the whole system. They've said to me, 'Well, I don't need to worry about that because that's not the plant that feeds us.' Oh yes you do. Because we're all tied together here."

"That's the thing: the resilience of the system. That's what we've been working on."

To that end, PVWC also completed a 24 kilometre pipeline to run water from the Roland reservoir all the way to the Boundary Trails Health Centre. The line was extended to support increased water flow to Morden as well.

A booster station is being built north of Winkler to allow that pipeline to become operational, hopefully by May.

PVWC is also working on an in-ground booster to allow for water to be routed into Morden as needed.

Looking ahead, the biggest project by far on the co-op's radar are improvements at Letellier.

The \$16.4 million, two-year project (with funds from all levels of govern-



SUPPLIED PHOTOS
The Pembina Valley Water Co-op had a busy year of projects in 2021. Above, right: Upgrades to the Stephenfield Water Plant included new filters and a new intake and pipeline to increase capacity.



ment and the PVWC) includes a new four million liter reservoir alongside a new intake, pipeline, and lime room.

"I call that phase one because that kind of gets us ready to have more water head over through the corridor, but it doesn't actually upgrade the plant," observed Archibald. "It gets more water out of the river—we have a license of 100 litres /

Continued on page 22



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"ONE OF THE THINGS PEOPLE DON'T REALIZE IS THAT WE MOVE WATER AROUND."

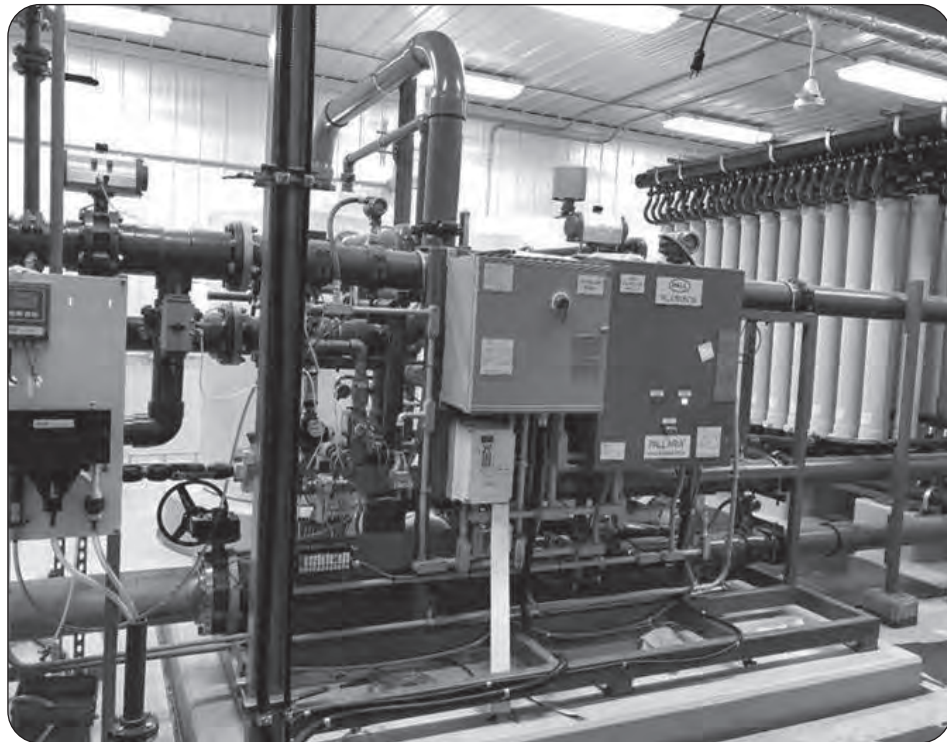
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Water co-op in the midst of five-year capital planning



PVWC's Morris water treatment plant also saw improvements in 2021, including a new membrane skid addition.

From Pg. 21

sec out of the river and we just got approved to pull up to 300 litres/sec, so we're going to have a lot of capacity here when we get this all done."

The planned phase two will include further upgrades at the plant to increase capacity.

The co-op is also working to improve the connection between the Morris plant and the Roland reservoir, with new booster stations, among other upgrades, being built to keep the water flowing steadily.

"We're busy working on it but it will take some time to get it done," Archibald said, noting they're aiming for an October completion.

The drought conditions of the past year certainly painted a clear picture of just how important water capacity is across the system.

While projections are for some flooding this year instead of a drought,

PVWC continues to work on its plans to meet both the immediate and long-term water needs of what is one of Manitoba's fast-growing regions.

"We're doing a capital planning process now, looking at the next five years," Archibald said. "The municipalities have all told us what they think their needs are going to be and we're working through that to figure out what would that look like and then talking to the funders, to government, to try and figure out a way to fund some of those things.

"This would be a good time for government to help us," he said, "because strategically investing in some of this stuff could help the whole region from an economic development perspective."

Drinking water is just one part of it all, Archibald added, pointing to the ever-increasing needs of the region's agri-businesses as well.

• HEALTH CORNER

What's new in Type 2 diabetes care?

The foundation of diabetes care remains a healthy diet and regular exercise. However, this is often not enough to control the disease and medications are then necessary.

For many years the medications to lower blood sugar in Type 2 diabetes have remained the same. However, in the past 10 years two new, exciting types of medications have become available. One category is SGLT-2 inhibitors, these pills help your body get rid of excess sugar by urinating it out. The other category is GLP-1 agonists, these injections



By Dr. Dan Hunt

reduce appetite and improve your body's response to meals.

Before the arrival of these medications, diabetes care usually consisted of starting with metformin, then adding a sulfonylurea type medication like gliclazide or glyburide, and if that combination did not work, adding insulin. By lowering blood sugar in this way, we were able to reduce kidney, eye, and nerve damage from diabetes, but it took up to a decade to see that benefit. The downsides of using gliclazide and insulin are that they can both cause low blood sugar and weight gain.

Metformin remains the gold standard in diabetes treatment. It has been used safely for decades, is very cheap, has proven to reduce premature deaths, does not cause low blood sugar and does not cause weight gain. It is the next step that has changed, with the availability of newer medications that are a substantial improvement upon older options. Diabetes guidelines from Canada and the U.S. now

recommend using an SGLT-2 inhibitor or a GLP-1 agonist if metformin is not enough to control blood sugar.

Several SGLT-2 inhibitors are available to add on to metformin. These are all once daily pills. They have been shown to reduce heart attacks and strokes, reduce hospitalizations for heart failure, reduce kidney failure needing dialysis, reduce premature deaths, lower weight, and lower blood pressure. They do not cause low blood sugar. The main downsides are costs, from \$600-\$1200/year, a small risk of yeast infections and a very small risk of diabetic ketoacidosis.

There are also several GLP-1 agonists available to add on to metformin. These are self-injected into the belly fat just like insulin. Some are given daily, some only once per week. These medications have been shown to reduce body weight by an average of 10%, reduce heart attacks and strokes and reduce premature deaths. They do not cause low blood sugar. The main downsides are again costs,

around \$2500/year and a minority of people will get stomach upset.

Unfortunately, because these medications are expensive, getting insurance coverage can be challenging. Manitoba Pharmacare and Blue Cross require that a person tries older, cheaper medications first before they will cover the costs of SGLT-2 inhibitors and GLP-1 agonists.

In my practice I have found that by switching people from their older diabetes medications to these newer options we have been able to achieve lower blood sugars, lower body weight, lower blood pressure and some people have even been able to stop using insulin!

If you have Type 2 diabetes and wonder if your medications could use an upgrade, speak with your doctor or nurse practitioner about these new options.

Dr. Hunt is a physician at the C.W. Wiebe Medical Centre in Winkler

sports & recreation

Flyers rolling into playoffs on a high

Last game of regular season is this Friday

By Ty Dilello

The Winkler Flyers continue to be one of the hottest teams in the MJHL, posting another pair of wins over the weekend.

The Flyers were in Portage to take on the Terriers Friday night. Despite getting outshot 31-20, Winkler was able to pull off a 3-1 win, which was in big part to the strong goaltending of Dylan Meilun.

The Flyers' goals on the night were scored by Justin Svenson, Troy Hamilton, and Jackson Arpin.

"We knew Portage was a desperate team, fighting for their lives, so we knew they were going to come out and play from puck drop," said forward Josh Beauchemin in a post-game interview on the team's social media pages. "It wasn't our best game, but we managed to pull it out. Our goalie Dylan has been playing unreal for us and has been stealing us some games, which was needed tonight."

On Saturday night, the Flyers blasted the Terriers in the rubber match at home 7-1. Trent Sambrook led the way for the home side with a massive six-point night (one goal and five assists). Other goal scorers on the night were Beauchemin, Brody Beauchemin, Justin Svenson, Troy Hamilton, and Ryan Monias.

The game became a very rough and physical affair, but the Flyers stuck with it and stood their ground while the scoreboard continued to tilt in their favour.

After another monster week of scoring, Flyer's sniper Justin Svenson has extended his lead on the league scoring race. He now has 81 points (32 goals, 49 assists) in 53 games.

Last week, the MJHL also announced its 2021-22 regular season awards. Flyers' forward Trent Sam-



PHOTOS BY LORNE STELMACH/VOICE

Youth on the ice

The kids took over the Morden Curling Club this past weekend for the annual junior bonspiel. The event offered three divisions for ages 17 and under, 13 and under and 10 and under, and everyone was guaranteed three six-end games. Next up for the club this week is the Farmers Bonspiel, which is set to begin Thursday.



brook earned a First Team All Star nod, while Svenson was named a Second Team All Star.

Winkler will now close out its regu-

lar season against the Freeze in Winnipeg Friday night.

The Flyers have clinched second place in the MJHL's East Division and

will have home-ice advantage in the first round of the playoffs beginning next week.

Morden Triathlon set to return July 8-9

By Lorne Stelmach

Organizers have high hopes for the return of the Morden Triathlon this summer.

Cancelled the last two years because of the pandemic, the event is slated to be back for 2022 the weekend of July 8-9.

"Everyone is optimistic that we'll be back to a more normal event-filled summer, so that is exciting for the triathletes and even people in the community who are looking forward to being part of the event," said race director Heather Francis.

"I think there will be a lot of interest from triathletes in getting back into it. I think everyone has this pent up desire to get back out there and engage with people and with sports and back to the things that they love and have missed doing the last couple years."

It's been a rocky few years for the triathlon, which was cancelled in 2018 due to a shortage of volunteers. It returned in 2019 before being cancelled again the next two seasons thanks to COVID-19.

Francis is not too concerned that they will be able to draw the competitors to make the event a success, as while some racers might not return, there will be other newcomers to take their place, she suggested.

"I think it will be a bit of a challenge in terms of rebuilding the sport in our area," she acknowledged. "We've lost a few key members of our triathlon group to moving away or just differ-



The Morden Triathlon is back this summer.

VOICE FILE PHOTO

ent life circumstances. So we will be looking to do some events this spring to get people back into our club and get new people involved and share our love of triathlons.

"Hopefully we'll get a lot more interested people joining our group. We hope to grow our club again," Francis said. "Right before COVID hit in 2019, we had a really fun triathlon event in the spring designed to get new people

involved, and we had a great turnout ... so hopefully some of those people who were interested will come back out now that we can all get back into the sport."

She is also optimistic that they will attract the volunteers they need.

"There's always a challenge when you take a break. You fall out of the minds of people," she said. "I think also there is going to be, with volun-

teering, the same as athletes wanting to get back out there, volunteers will want to get back out there as well."

The 2022 race lineup includes sprint and olympic triathlons, sprint and olympic duathlons, sprint cross and olympic cross triathlons and duathlons, try-a-tri and try-a-du, and Kids of Steel, which features a new off-road/cross format.

"We hope to offer the cross triathlon again this year," Francis noted. "In 2019, it was our first time offering the cross triathlon, and Mother Nature came out in full force and the rain poured and we didn't have the chance to showcase our awesome trail system and our cross triathlon.

"We still ran the event, but we had to turn the trail ride into a 'gravel grind' bike ride," she said. "Fingers crossed this year the weather will be kinder to us."

A major selling point for several of the events is that they are world qualifiers, paving the way for competitors to go to the next level.

"It's super exciting. If you come and you place well in those events, you can wear the Canada jersey on your back and you can go to the Worlds, so that's really exciting," Francis said. "It could draw people from all over Canada who want to come and have the chance to qualify for one of those spots."

Online registration opens April 1. Head to mordentriathlon.com for more information.

Twisters, Twins tied at one win each in quarter-final

By Lorne Stelmach

The Pembina Valley Twisters went into the week even at a game apiece with Fort Garry Fort Rouge in their MMJHL quarter-final series.

The sixth-place Twins drew first blood in the best-of-seven series with a 3-1 win Friday, but the third-ranked Twisters bounced back with a 3-2 overtime victory Sunday.

Pembina Valley could not get much offensive pressure going in game one, and they came out of it with a slim 26-24 edge in shots on goal. Logan Enns took the loss in net with 21 saves.

Riley Goertzen scored the lone Twisters' goal late in the first period, but the Twins scored the winner at 13:26 of the third period and then sealed it with a late empty-net goal.

Things opened up a little more in game two with the Twisters connect-

ing twice on powerplays, including the overtime winner.

Griffin Ayotte and Travis Penner scored in regulation time for Pembina Valley, then Nico Vigier got the winner just 32 seconds into extra time.

Hawks, Mercs to face off in SEMHL finals

By Voice staff

And then there were two.

The South Eastern Manitoba Hockey League championships playoffs are down to their final round, pitting the Warren Mercs against the Notre Dame Hawks.

Warren, who placed third in the regular season, knocked the Morden Bombers out of the running in five games to earn a seat at the champion-

ship table.

The Hawks, meanwhile, punched way above their seventh-place regular season finish by bouncing the Carman Beavers (fourth place) and the Winkler Royals (fifth place) in the survivor series and then putting an end to the first-place Portage Islanders in seven games, narrowly taking the series four games to three.

The playoffs continue with game three Tuesday in Morris, game four Friday in Winnipeg, and game five back in Morris Sunday.

The deciding game seven in Portage

ship table.

Sunday saw the home team come from behind in the first half of the third period with two goals to tie it 3-3. The Hawks got the game winner with less than four and a half minutes on the clock.

The schedule for the finals was not available at press time. Head to semhl.net for updates.

Altona's Edbom-Kehler inks college ball commitment

By Ty Dilello

Altona's Aliya Edbom-Kehler has been recruited to play softball as a catcher in Mankato, Minnesota, with Bethany Lutheran.

Edbom-Kehler recently signed her commitment papers to the college.

Reaching the college level is the culmination of a ton of hard work to get her to where she is in the softball world.

"I started playing ball when I was around ten years old," said Edbom-Kehler. "My mom played when she was younger, so she signed me up for it. Initially, I wasn't very good and didn't enjoy it, but the more competitive it got, the more I fell in love with the sport and the community it came with."

In Edbom-Kehler's first year of U14 playing for the Altona Angels, her coach asked the players what positions they all played. No one wanted to be the catcher, so Edbom-Kehler raised her hand, and the rest is history.

"I remember first telling my mom. I got into the car after that practice and said, 'Mom, I'm going to be catcher this year.' And she was so shocked. Let's just say that wasn't her first choice for what position I'd play,

but she still supported me no matter what."

Edbom-Kehler gives credit to growing up in such a big baseball/softball-crazy town like Altona in helping with her development in the game.

"Altona gave me a good start to my ball career. It put me in the right direction to where I needed to go," she said. "I had some very good coaches who helped me get to where I am, and they were eager to help."

When Edbom-Kehler got to the U16 level, she tried out for the Central Energy team. She didn't make the cut that first time, but she didn't let it deter her.

"I had practiced hard during that season and put a lot of extra time in the batting cage, so I was ready for the tryouts when they came around again. And when they did, I made the team. It was probably one of the most life-changing moments for me."

Edbom-Kehler has been with the Central Energy team ever since. Her time with them was highlighted with a provincial championship in 2020 and a silver medal in 2021.

"It has been an incredible opportunity to play on this team. It is such an amazing group of strong and dedicated girls who are all just as competitive as I am," she said. "I have had so



SUPPLIED PHOTO

Altona's Aliya Edbom-Kehler has signed her letter of commitment to play college softball for the Bethany Lutheran Vikings in Mankato, Minnesota.

many opportunities with the team, travelling to nationals twice, once in Montreal and the other in Calgary."

Edbom-Kehler is now off to Bethany Lutheran, an NCAA school that competes at the Division III level.

"When I was thinking about what I wanted to do after high school, I didn't really think of softball as something I wanted to do and was satisfied going to the University of Manitoba to further pursue my academics until the coach at Bethany reached out to me, and we got to talking, and he offered me a catching position. So I

looked into the school and the team and made my decision that Bethany is where I wanted to go."

Edbom-Kehler will be graduating from W.C Miller Collegiate in June. From there, she head down to Mankato mid-summer. Training and school down will start in early September.

"I am so extremely excited. I have already been talking to a few of my soon-to-be teammates, and I cannot wait to meet them," said Edbom-Kehler. "I cannot wait to see what Bethany has in store for me."

Odlum named athlete of the month

By Lorne Stelmach

An athlete from Morden continues to excel in the fourth year of her university career in the United States.

More honours have been coming Jamie Odlum's way with the Minot State softball team lately, including being named the Female Athlete of the Month for February.

Odlum started off her senior season on the diamond by leading the Beavers in four offensive categories

Third in batting in the Northern Sun Intercollegiate Conference last spring, Odlum picked up where she left off, recently leading the Beavers with a .553 batting average in having gone 21-for-38.

Along with leading Minot State in hitting through the team's first 13 games and having hit safely in 12 of those 13 games, she led in doubles with six, triples with three and RBIs with 11 while having stolen five bases and maintaining a 1.000 fielding percentage with 85 putouts and three assists at first base.

Her play this spring had already earned her a pair of other awards, as she was named to the Desert

Stinger Classic All-Tournament Team after helping the Beavers to a 3-2 record in Tucson, Arizona earlier in February. She was also named NSIC Softball Player of the Week Feb. 15.

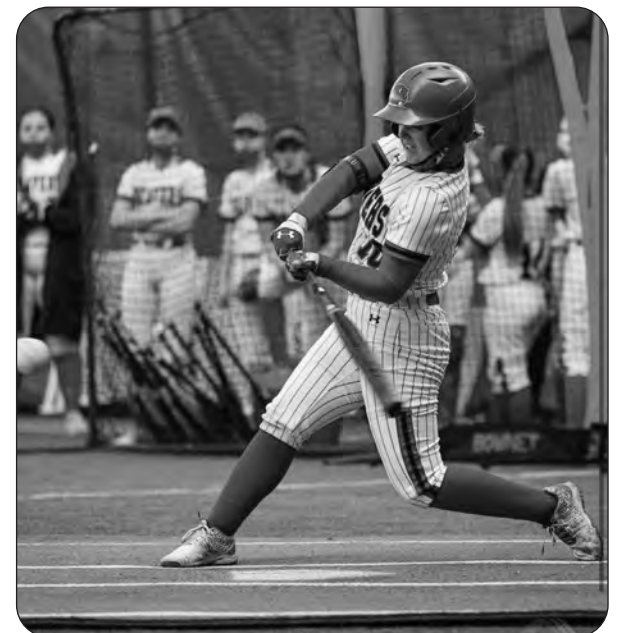
"I think just in the last couple of years, there's been so many opportunities to better myself," Odlum said, citing the example of the recent trip to Arizona and next going off to Florida before coming back to start their conference play.

She is looking to extend her undergrad studies one more year with the hope of continuing with softball before she moves on to grad school for her Masters degree. She may also take up an offer to play in Europe this summer.

Odlum credits her continued success to having so much opportunity to regularly practice and train.

"It's being able to use the resources here, practice every day, use the coaching that I have; we have such great coaches here and such great facilities," said Odlum.

"I'm able to get in the cages and hit every day, take ground balls every day. We go over stuff in the classroom; we go over strategical plays, and there's lots of



SUPPLIED PHOTO

Morden's Jamie Odlum was named the Female Athlete of the Month at Minot State.

mental training," she continued. "I didn't really get all of that back in high school and back at home, so I've really been able to grow a lot as an athlete here."

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

get inspired

> MEAL IDEAS



St. Patrick's Day Sandwiches

fresh cilantro leaves
lemon juice
lemon slices, for garnish (optional)
In bowl, mix cream cheese spread, mozzarella cheese and salt well.

Split English muffins in half. Cut each muffin half into shamrock shape.

Spread cheese mixture over each muffin half.

Place three cucumbers on each "shamrock," one on each "leaf." Use green peppercorn slice as stem. Place cilantro leaf on top of each sandwich.

Sprinkle sandwiches with lemon juice and add lemon slices, for garnish, if desired.

Yield: 8 sandwiches
8 ounces plain cream cheese spread, softened
1 cup finely shredded mozzarella cheese
salt
4 English muffins
24 slices cucumber
8 thin slices green pepper



Cheesy Basil Cod

1/4 teaspoon pepper
rice, for serving (optional)
steamed vegetables, for serving (optional)

Preheat oven to 450 F.

Line baking sheet with parchment paper. Place fish fillets on baking sheet and set aside.

In small bowl, stir mayonnaise with cheese, parsley, basil, garlic, salt and pepper. Spread evenly over fillets. Bake 10-12 minutes, or until fish starts looking flaky.

Switch oven to broil and brown tops of fish until lightly golden. Remove from oven; cool 3-5 minutes.

Serve with rice and fresh steamed vegetables, if desired.

Recipe adapted from Laurenslatest.com

Servings: 4
3 cod fillets (12 ounces each)
1/2 cup mayonnaise
1/2 cup freshly grated Parmigiano Reggiano cheese
1 tablespoon parsley flakes
2 tablespoons basil leaves
2 cloves garlic, minced
1/4 teaspoon salt



Cheesy Asparagus Tart

1/4 teaspoon pepper, plus additional, to taste, divided

flour, for dusting
1 sheet frozen puff pastry, thawed
1 cup grated fontina cheese
1 cup grated gruyere cheese
1 tablespoon shallot, minced
2 egg yolks

3 tablespoons milk
1/4 teaspoon nutmeg
1 lemon, zest only
Heat oven to 400 F.

In large skillet, add water and asparagus. Cook 5-8 minutes until asparagus is bright green.

Drain asparagus and soak in ice water. In large bowl, mix drained asparagus,

Servings: 8-10
5 cups water
1 pound asparagus
ice water
2 teaspoons vegetable oil
1/4 teaspoon salt, plus additional, to taste, divided

Making "We" more important than "I"



By Gwen Randall

Do you find yourself arguing frequently with your partner? This may happen for several reasons. If one person is criticizing the other, undoubtedly an argument will ensue. The solution here, obviously, is to stop criticizing. No one likes to be criticized.

Telling someone that what they are doing or thinking is wrong will only trigger defensiveness. Instead of telling the other what he/she is doing wrong, simply ask for the behavior you would like. Offering to modify one of your behaviors in return creates a win-win situation.

Sometimes the arguments are a result of differing opinions. You have probably noticed that when two people are reiterating their respective positions, they may become louder or more forceful, but that rarely shifts the perspective of the other. The result is either a blow-up, with an aftermath that lasts for days, or one party gives in to keep the peace, but may feel unheard or resentful.

This can become a pattern in the relationship, either with a partner, parent, teen, or someone at work. Such a pattern slowly degrades the relationship and provides no opportunity for resolution, or finding a healthier way of communicating.

There is a better way. Marshall Rosenberg is a mediator who worked globally to help countries find agreement over difficult issues. He is also the author of "Nonviolent Communication." Rather than fighting each other, his model shows the

two people (or sides) how to join together and work as a team to solve the problem. One says "black", the other says "white." The first step has both working to clearly understand the other's concerns and preferences. Then each proposes "grey" solutions, until they come upon one that both can live with.

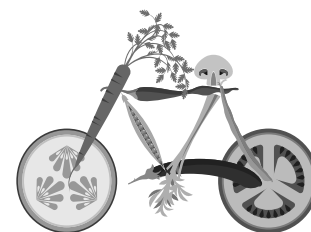
One cannot underestimate the importance of showing the other that you understand what they are saying and how they are feeling. This can be done even if you disagree. It shows respect for the other person and their point of view.

If you are one half of a couple, there will be times when you disagree. It is vital, for a healthy relationship, that you learn the process, and the art of compromise. Indeed, there may be some issues that are non-negotiable for you, for example, things involving legal or moral issues. These should be few, so for most issues, there should be room to reach some kind of agreement.

Neither party may be completely happy with the result of the compromise, but if the relationship is one in which there is respect for one another, both will see that while there may have been a "loss" in terms of one's stance on the issue, there is a "gain" in terms of the relationship. In ten years, the issue will be over, but you will be reaping the rewards that come from putting the relationship first.

Sadly, in our world there are not enough examples of conflicts being approached in this way. Evolving beyond polarity has to start somewhere, so in our homes is as good a place as any.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for inspiration.



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The Citizens of Winkler are invited to a Public Information meeting at City Hall. The information session will include an overview of the proposed Utility Rate Change, as well as provide opportunity for questions and comments from the public. Come and join us, April 12th, at City Hall, 185 Main Street, at 7:00 pm.

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take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

- CLUES ACROSS**
- Type of footwear
 - Studies a lot all at once
 - Adventure story
 - Hundred thousand
 - Former U.S. Vice President
 - Ruler
 - Indian city
 - Similar
 - Ship as cargo
 - Volcanic craters
 - Boxing's "GOAT"
 - Bullfighting maneuvers
 - London soccer team
 - Score perfectly
 - No (Scottish)
 - SoCal hoops team (abbr.)
 - Woman (French)
 - Unwanted attic "decor"
 - Peter Griffin's daughter
 - Broad, shallow crater
 - Large instruments
 - Low bank or reef
 - __ and Venzetti
 - Oil group
 - Father
 - Aggressive men
 - Pairs well with green
 - Travelers need it
 - Digital audiotape
 - Midway between northeast and east
 - Chemistry descriptor
 - S. China seaport
 - Sound unit
 - Heavy cavalry sword
 - Thick piece of something
 - Spa town in Austria
 - Boyfriend
 - Norse personification of old age
 - Type of box
 - Tie together
 - Fiber from the coconut
 - Chicago mayor
 - Old English letters
- CLUES DOWN**
- Type of sauce

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
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52	53	54				55				56		57	58	59
60						61			62		63			
64						65					66			
67						68					69			

- Pattern of notes
- Plant with long seedpods
- Map out
- Numbers cruncher
- Make a mental connection
- Italian tenor
- N. America's highest mountain peak
- Witness
- Arabic given name
- Area units
- Units of loudness
- Political action committee
- Bar bill
- Witch
- A theatrical performer
- 2-door car
- __ and flowed
- Papier-__, art medium
- City in Georgia
- Irregular
- College sports conference
- Angry
- Partner to cheese
- S. American mammal
- Self-immolation by fire rituals
- Split pulses
- Disfigure
- Cow noise
- Erase
- Chadic language
- Reward for doing well
- Paid TV
- Millisecond
- Other
- Colombian city
- Necklace part
- Every one of two or more people
- Regrets
- They come after "A"
- Horse noise

Classifieds Announcements The Winkler Morden Voice

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BIRTHDAY



Forty-one and still tearing it up where the action is!
Happy 41st birthday Sam on March 19th!
Stay wild!
- From the family!

COMING EVENTS

GRACE VALLEY MENNONITE ACADEMY Fundraiser

GVMA is a Non Government Funded Christian Private School

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

March 18 2022
5pm - 7pm

Tax receipts available for donations of \$20 or more

Meal
3 Enchiladas,
Rice, Beans & Chips
Dessert included

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PUBLIC NOTICE

NOTICE OF PUBLIC HEARING UNDER THE AUTHORITY OF THE PLANNING ACT

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 04-2022 Being an AMENDMENT to the CITY OF MORDEN ZONING BY-LAW 08-2017

HEARING LOCATION: Morden Civic Centre
195 Stephen St., Morden, MB

DATE & TIME: Monday, 28 March 2022 at 7:00 pm

From: "CR" Community Reserve
To: "MG" Industrial General

AREA: 325 Mountain Avenue South
Lot 10, plan 2069 MLTO
Morden, MB

As shown outlined in red lines on the map attached hereto to Schedule "A", and forming part of this by-law.



FOR INFORMATION CONTACT:
Santokh Randhawa, M. Eng., P. Eng.
133 7th Street, Morden, MB. R6M 1V3
Phone: (204) 822-2567

A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, 9:00 AM-4:30 PM Monday to Friday. Copies may be made, and extracts taken therefrom upon request. If you wish to be present at the hearing, please contact Michelle Braun, Executive Assistant at 204-822-4434 ext. 2004. or email mbraun@mymorden.ca a minimum of 2 business days prior to the scheduled hearing so that we can ensure we can meet the physical distancing requirement. Anyone attending the office may be required to wear a face mask.

Call 204-325-6888

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OBITUARY



Lorna Braun

With her family at her side, Lorna Braun passed away at the age of 77 on March 5th, 2022, in Altona.

Left to treasure her memory include her beloved husband Don of 43 years; children Sheilagh (Natalie, Lisa), Paula (Wayne), Chris (Victoria, Annika, Marshall, Hope) and CJ (Nevaeh, Rain), as well as her surviving siblings.

Lorna's great sense of humor and warm personality, usually accompanied by some equally warm, fresh baking, meant that she had many other friends and family that are too numerous to mention. When she wasn't baking her legendary buns, Lorna enjoyed to travel with Don, spending cold Manitoba winters in Arizona for many years, and several other fond destinations. She is our reigning Scrabble champion; despite many valiant attempts, she always knew just the right words. This talent extended to her

love for her family, her endless support for them was always on full display, be it with her kind words, a loving hug, or "flagging down airplanes" at a hockey game. Lorna was a wonderful wife and super mom, who took on three children when she married into the Braun family, plus having her own son. A lifetime of memories can't be fit into words.

A private service will be held at a later date.

Wiebe Funeral Home Altona
in care of arrangements
www.wiebefhaltona.com

OBITUARY



Anton (Tony) Hoepfner 1926 - 2022

Tony Hoepfner was born on September 4, 1926 on his parent's farm in the Waldheim District southeast of Morden to Anton and Annie Hoepfner. He was the oldest of seven children, attended the Valleyfield School and demonstrated a love for work. He was baptized upon the confession of his faith at the Glencross Church and attended church faithfully. Because there was not enough work for him on the family farm he worked for several years as a carpenter on the Dew Line also known as the Distant Early Warning Line 900 miles north of Churchill. This was a system of radar stations in the northern Arctic region set up to detect sea and land invasion during the Cold War. He also worked on the pipelines in Alberta, for the Great Lakes Paper Company in

Ontario and as a carpenter in the Morden area. He always had a desire for things to be accurate and precise. Before marrying Mom at the age of 36, he purchased a farm south of Morden and enjoyed farming until the age of 80. He would work hard all day and into the late evening hours to provide for his family. He enjoyed Mom's good cooking, especially the desserts. Reading was an important part of his life, especially about Israel and current events. Because of his interest in the local community, he served as a counsellor for six years in the R.M. of Stanley. Dad and Mom moved to Morden in 1999 where they enjoyed going out for coffee with friends and continued to visit and help on the farm. Dad was able to live in his own home until the age of 94 years. He lived in the Foyer Notre Dame nursing home for eight months and then was moved to Tabor Home. To his last day, he was able to walk with his walker and read. He passed into glory on Monday, March 7, 2022.

He leaves to mourn his passing his beloved wife, Anne; his two sons, James and Gerry (Linda) and grandchildren, Caleb and Josiah. Tony is survived by his brothers, Art (Marg) and Jim (Christine).

He was predeceased by his parents, Anton and Annie (nee Zacharias) Hoepfner; brothers, John, Frank, Peter and sister, Anne Laura.

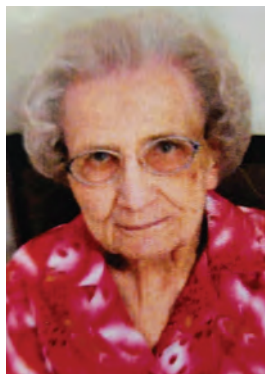
Memorial service was held on Saturday, March 12, 2022 at the Morden EMM Church with interment prior at Southside Cemetery.

The Hoepfner family would like to thank the health care staff from: Homecare, the Foyer Notre Dame and Tabor Home for caring for Dad in the last few years of his life. We would also like to thank Pastor Harry Bergman, Pastor Kelly Lesser, the church volunteers, musicians, Lorna and Harold Epp and Wiebe Funeral Home.

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



OBITUARY



Helen Janzen (nee Paetkau)

March 16, 1929 – March 7, 2022

It is with sadness but also a sense of celebration that we announce the passing of Helen Janzen at age 92. She was a woman of strong character and determination which she exhibited to the end.

She was predeceased by her husband, Jake Janzen who passed away on October 16, 1964 and by her sister, Agnes Eliason and husband, Howard, brother, Henry Paetkau and wife, Mary, brother, Abe Petkau and wife, Jane and sister, Marianne Clarke as well as two brothers-in-law and two sisters-in-law and their spouses on the Janzen side of her family.

She is survived by her brother-in-law, Ed Clarke and many nieces and nephews and their children.

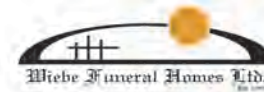
Helen was brought up on a farm in Lowe Farm in a home where education was stressed. Many neighbours did not send their children to school because it was too far away but her parents insisted they all had to go. School was three miles away and it took her an hour to walk or half an hour if she ran. After high school at the age of 18 she taught 41 students in grades 1-6 at the Eli Waldeheim Hutterite Colony for one year. She then went to Normal School for a year and received her teaching permit. She taught in Neuhorst for three years and Rosetown for one year. Helen and Jake spent 11 wonderful years together working on their farm in Neuhorst. Helen took great joy in her gardens and canning and baking. When the pasture was no longer needed after Jake died it became a park with her loving persistent care. Following her husband's death, she took a typing course and taught typing at the Garden Valley Collegiate in Winkler for one year and then become the school secretary in 1967. She loved her job as secretary of the school. It suited her organizational skills and attention to detail. She was the secretary for 25 years and worked for seven principals during that time. She always said she had the best job in Winkler and it was a pleasure to help staff and students. In those days when the schools were closed because of stormy weather only the secretary had to go to school to answer the phones. She lived many miles away from the school and often wondered how they expected her to get there but she always did of course. The teachers and students organized an appreciation tea for her when she retired in 1991 and presented her with a silver tea service. Helen was a faithful member of the Blumenort Mennonite Church in Rosetown. She was the Sunday School treasurer for 30 years and a grade one Sunday School teacher. We would like to thank the church for faithfully sending her the church bulletins for many years when she was unable to attend. In her later years at Bethania, they were read to her and then filed away in her drawer in chronological order. During the last few years Helen was confined to a wheelchair and often commented that she hated being pushed around. Her spirit was never diminished however, and she held firm to the principles that guided her life. Her strong faith sustained her through the difficult years. She was an encouraging person who blessed many with her smile, her sense of humour and her firm opinions. We all loved her dearly.

We would like to thank Sarah Froese for looking after Helen's condo in Winkler for 16 years. What a generous gift of time and dedication you gave to your Tante Helen. We would like to thank the many staff at Bethania Personal Care Home in Winnipeg for their loving care. We appreciate it.

A memorial service was held at 11:30 a.m. on Friday, March 11, 2022 at the Winkler Bergthaler Mennonite Church with interment prior at Westridge Memorial Gardens.

Donations in memory of Helen Janzen may be made to Mennonite Central Committee.

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



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The Winkler Morden Voice
Call 204-467-5836 or ads@winklermordenvoice.ca

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The Winkler Morden Voice
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March is Pharmacy Appreciation Month



Your pharmacist: a trusted health ally

OTHER DUTIES

Depending on your needs, your pharmacist can provide other services, such as:

- Answering questions about your health
- Advising you about over-the-counter medications
- Administering vaccines
- Prescribing medications for simple health problems (eczema, seasonal allergies, etc.)

If you have a question about your health or a medication you're taking, your pharmacist can help. You can reach out to them for advice either at the pharmacy or over the phone.

Every year in March, Pharmacist Awareness Month helps educate Canadians about the contributions that pharmacists make to the delivery of health care. The theme for this event is Rethink Pharmacists. To help you better understand the duties and responsibilities of these professionals, here are a few things you should know.

PRIMARY ROLE

Your pharmacist's main job is to dispense the medications prescribed to you. However, before giving you your treatment, they'll ensure that:

- The dose is appropriate
- The drug won't interact with other medication you're taking
- There's no risk of an allergic reaction
- You're not taking a medication you no longer need

Once your pharmacist has completed their checks, they'll inform you about your treatment and explain how to take the medication so that it's safe and effective.

PHARMACY APPRECIATION MONTH



Pharmacy professionals have taken on a lot to help us through the pandemic over the past 2 years. Join us this March during Pharmacy Appreciation Month to celebrate the pharmacy teams that have been there every day for their patients and communities. #PAM2022 <https://pharmasave.com/store/pharmasave-morden/>

Pharmacy Appreciation Month is the annual national campaign that shines a spotlight on all things pharmacy. Celebrated each March, #PAM2022 is a time to highlight the role pharmacy professionals play in our health-care system and thank them for their extraordinary efforts!

Happy Pharmacy Appreciation Month! With a widely expanded role over the past decade, there are more reasons than ever to appreciate your pharmacist! #PAM2022

Let's help Canadians appreciate their #pharmacy teams this March!

Your pharmacy team at Morden Pharmasave has been here for you throughout the pandemic. This month we are celebrating the #pharmacy professionals that have made that possible for Pharmacy Appreciation Month! #PAM2022

You may not always see them, but pharmacists are key members of health-care teams in a broad range of settings across Canada, including community pharmacies, hospitals and primary care clinics. For more information, visit [insert your website] #PAM2022

March is Pharmacy Appreciation Month. Next time you're at our pharmacy take a few minutes to ask us how we can help you manage your health. #PAM2022

With more than 45,000 pharmacists in Canada working in over 11,000 pharmacies, pharmacists are the most accessible health provider in the country. Visit your pharmacist to learn more about the care and advice they can provide. #PAM2022



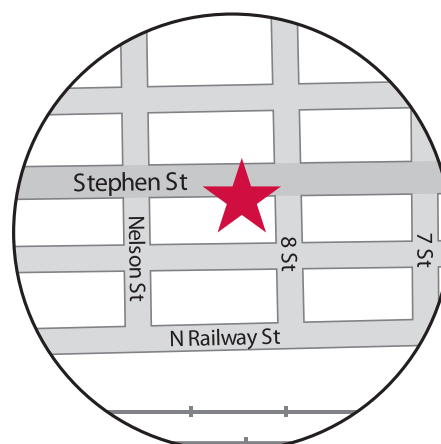
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 - Minor Ailment Prescribing
 - Compression Stocking Fitting
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- Speak with your Pharmacist for details*



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