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Work begins on new school

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2 The Winkler Morden Voice Thursday, March 29, 2018



PHOTOS BY ASHLEIGH VIVEIROS/VOICE Choirs from J.R. Walkof, Emerado Centennial, and Winkler Elementary schools provided the soundtrack for the Pine Ridge Elementary School sod-turning Friday afternoon. Right: Brock Becker, a Gr. 6 student at Parkland Elementary School, expressed his excitement about attending Gr. 8 in the new facility.



GVSD breaks ground on Pine Ridge school

By Ashleigh Viveiros

With the sound of pile drivers ringing in the air, Garden Valley School Division broke ground on Pine Ridge Elementary School in Winkler's northwest corner Friday afternoon.

The ceremony celebrated the official start to the \$30 million construction project, which will see a new K-8 school be ready to open in Winkler in September 2019.

The state-of-the-art facility will not only look phenomenal but, more importantly, noted GVSD board chair Laurie Dyck, "it will become a thriving education community where students and staff will create a place of belonging, where students will be taught, shaped, and nurtured to become good neighbours, workers and citizens. "Pine Ridge Elementary also extends beyond educating our students and it becomes a place for our community," Dyck continued. "The building and the grounds will give opportunities for people to connect and to use for many different things outside of the formal school day.

"Pine Ridge Elementary will become the heartbeat of the neighbourhood, contributing to keeping our community safe, healthy, and growing."

The 86,000 square foot building will include a 9,100 sq. ft. day care facility, a high school-sized gymnasium, two large multi-purpose rooms, and spaces for art, band, choral, home economics, and industrial arts programming.

It will have the capacity for 675 students to start, with room for a future expansion to accommodate 875 students.

The school has been a very long time coming—GVSD has owned the land in the Pine Ridge development for years—and will free up much-needed space in several other area elementary schools, noted Todd Monster, current assistant superintendent who steps into the superintendent role for 2018-2019.

"Pine Ridge school will allow us to eliminate many of the detached portable classrooms at Parkland Elementary, J.R. Walkof, and Winkler Elementary schools, as many as 18 or 20 in total," he said. "These schools will be able reclaim lost playground spaces as well as reclaiming lost learning spaces inside their main building."

Speaking on behalf of GVSD's student body, Parkland Elementary School Gr. 6 student Brock Becker said he's very much looking forward to attending classes at Pine Ridge.

"Every time I go to and from school I see more and more changes [on this site] and I feel very excited because I know I will begin eighth grade here in 2019. Not only that, but I'll be in the first graduating class of Gr. 8s in 2020," he said, jokingly lamenting, however, that the sounds of construction across the street from his home may ruin any plans he had for sleeping in during summer vacation.

"On behalf of myself and my fellow classmates, we are happy that the needs of the students are being met by building this new school," Becker continued, "and I look forward to seeing it built right outside my front door. I can't wait to go here."



Harder to seek fourth term in office

"[IF] YOU

GRANT ME

ONE MORE

TERM, I WILL

BE HONOURED

TO SERVE THIS

FANTASTIC CITY

UNTIL 2022."

By Ashleigh Viveiros

Mayor Martin Harder has thrown his hat in the ring for a fourth term in office.

Harder announced his intention to run in the fall municipal election as part of his state of the city address at the Winkler chamber of commerce's annual general meeting March 22.

"I'm humbled by your choice of granting me 12 years and if God provides the health, as He has, and you grant me one more term, I will be honoured to serve this fantastic city until 2022," he said.

In a later interview, Harder explained he'd like the chance to see several major projects currently in the works through to fruition before he hangs up his mayor's hat.

"When you see the number of projects that are still on the list and you see the growth and the momentum of the community and, quite frankly, looking around the region and seeing the number of mayors and reeves that may not

be running again, we need a steady hand," he said. "We need somebody in the region who has been here and I believe that maybe I can provide that leadership."

The announcement came at the end of a state of the city presentation that focused heavily on the role the nature of the community plays in its success.

"That's what I want to talk about today: the fabric of Winkler. That is what Winkler is famous for," Harder said, stressing the value of a "fabric of people woven together because they care for each other."

Past community leaders like Dr. C.W. Wiebe, who Harder credited with saving his own life as a newborn, typify the attitude of Winklerites.

"I serve the community today because someone cared and invested in me, regardless of money," he said. "It is a pay-it-forward strategy ... that is the spirit of Winkler and our community. That is the reason we are successful: we care about our community.

"The City of Winkler is in great shape because the fabric that holds us together is in great shape." Harder went on to outline some of the city's many successes of the past year and the past decade he's been in office.

"Many people comment that the city of Winkler is unrecognizable from what it was like 12 years ago. And I do have to agree. With 40 per cent population growth in that era, a booming industrial centre, more than double the assessed value of properties ... yes, it has changed visibly."

That includes significant investments in community projects ranging from new public buildings like

the fire hall, police station, and art gallery to increased park spaces, including the skate park and butterfly garden, to improvements to existing recreation offerings, such as the aquatic centre upgrades set to be unveiled this summer.

"There are a lot of investments that have been made into this city in order to maintain the fabric of this community so that it becomes more than just a place to work," Harder said. "It becomes a place to

play. It becomes a place of enjoyment for families where we are woven together."

To that end, the mayor announced plans for a massive new park in the south end of town.

"Land has been secured west of 14th St. South for future park developments," he said, "and you will be amazed at what will come out of that."

After his speech, Harder further explained that the city has purchased about 18 acres of land by the dike. Plans are in the works, as well, for a new residential development adjacent to the public land, creating a brand new Winkler neighbourhood with the greenspace as its heart.

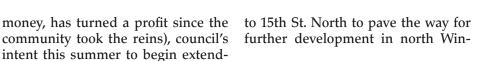
"That's the area that we're looking at creating a pretty phenomenal park area," he said. "It will become a destination point."

Other items Harder trumpeted in his speech included skyrocketing building permit numbers, plans to revitalize the Southland Mall, the ongoing success of the city's management of local Manitoba Housing properties (the program, which traditionally lost Winkler Mayor Martin Harder wrapped up his

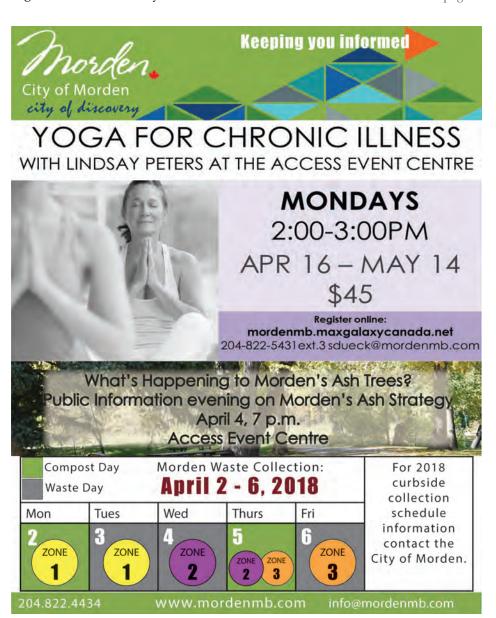
state of the city address last Thursday by announcing his plans to run for a fourth term in office this fall.

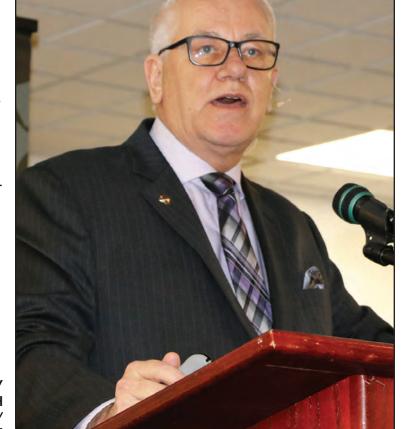
PHOTO BY ASHLEIGH VIVEIROS/ VOICE

ing Northlands Parkway from PR 428



Continued on page 4





MWM donates funds to Morden Area Fdn.

By Lorne Stelmach

Recycling in Morden has paid off for the community in an additional way this spring.

Municipal Waste Management, which holds the contract for waste collection in Morden, supported the Morden Area Foundation with a donation last Tuesday.

The company annually gives back to the communities it serves, and they chose the foundation as this year's Morden recipient.

"The foundation is a hub for other donations ... rather than target one, the foundation targets all sorts of charities," said sales rep. Larry Klein.

The donation is based on the number of times recycling carts were tipped in the previous year, so the 29,924 carts tipped in Morden, with MWM paying a rate of five cents per tipping, came to a total contribution of \$1,496.20.

In its first year in Morden last year, the company donated a similar amount to the Morden Community Handivan.

"You work in a community, you should give back to the community," said Klein.

The donation goes into the Morden



PHOTO BY LORNE STELMACH/VOICE

Lynda Lambert MacLean, executive director of the Morden Area Foundation, along with board members Al Sloan, Merley Wiebe, Myrna Wiebe, and Allison Braun received a \$1,496.20 donation from sales rep. Larry Klein on behalf of Municipal Waste Management last week.

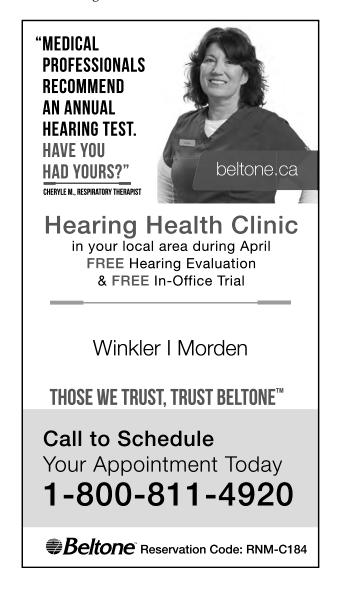
Area Foundation's general endowment fund, which is now at over \$1.6 million. The foundation distributes grants to community projects each year, totalling over \$1 million since its

creation 25 years ago.

Board member Allison Braun said donations like this are always most welcome.

"It's huge ... our intention is to grow

that fund ... the more growth that we have there, the more that we have to give away," she said. "It means a lot to the foundation to have the support of local businesses."



> STATE OF THE CITY, FROM PG. 3

kler, and the culmination in 2018 of the Valley Fiber high-speed internet project, which continues to receive national and even international attention.

The regional wastewater project and the twinning of Hwy. 32 are also very much on the city's radar, Harder noted, calling the former "the biggest single investment we have ever made in this region."

The \$46 million wastewater treatment plant is slated for construction in 2018-2019, but the city must continue to push upper levels of government not just for funding but also approval to finally get to work.

Also of note is the city's recent agreement with the Stanley Agricultural Society to purchase its Parkland fairground land, opening the way for work to finally begin on the Meridian Exhibition Centre, the massive expansion to the Winkler Rec. Complex.

"The Meridian Exhibition Centre is paramount for



attracting large-scale events. Coupled with a second arena, this is a must to complete," Harder said.

"We're working hard to ensure the dream becomes a reality, but it is difficult without the cooperation from the other levels of government," he continued. "Right now we are revising the scope of this project to take on this project again without assistance.

"That is what the City of Winkler is known for: we don't sit back just because the money isn't coming from somebody. We find a way to do it."

All in all, the city is in great shape, Harder said, and he is excited to see what the years ahead will bring.

"2018 and the next few years are filled with opportunities," he said. "Winkler is poised for a bright future.

"Remember: the fabric of our community is the people and the people's vision," Harder stressed."I have full confidence that this community will continue to be the bright spot in our region and in the province and, in fact, in our country."

Nature Talk tackles the value of grasslands

By Lorne Stelmach

Walking through the grasslands of the Pembina Valley region, Leanna Wiebe is struck by the variety of plant species that can be seen with every single step.

Supporting an array of wildlife as well, the value of the grasslands are often overlooked, Wiebe told those gathered for the A Rocha Pembina Valley Nature Talk in Morden last Wednesday.

"There's a need for that conversation to grow and continue and reach the larger community, and talk about how we can maybe protect or maintain the grasslands that we do have left in our area," Wiebe said

"I think I've always been attracted to the escarpment," she said, citing the variety of natural areas and some good hiking trails. "It's in the last couple years I've started enjoying experiencing the grassland areas up there as well, and I just think it adds a lot to the landscape diversity and makes it an interesting place to visit."

Wiebe recently completed a study of local grasslands in conjunction with the Pembina Valley Conservation District and the RM of Stanley

She spent last summer doing research that included making an inventory of these grasslands and interviewing the people who own the land to learn about why they nurture these spaces and the value they see in them.

She is now in the process of releasing a book with pictures of these grasslands and excerpts of her interviews.

"I was mostly attracted to the escarpment, and I wanted to do a research project for university ... my goal was to do something that was meaningful in the community," said Wiebe, who noted conversations then with a few people in the area pointed her to the issue of the grasslands being at risk.

In her talk, Wiebe touched on some of the basics of grasslands, calling them perhaps the most productive but least protected of landscapes. In Manitoba, there are small remaining pockets of tall grass prairie at less than one per cent remaining and mixed grass prairie with about 20 per cent remaining.

The mixed grass prairie is generally drier and more well drained with shorter, more sparse vegetation, while tall grass prairie will have more precipitation and vegetation.

Wiebe said these eco-systems offer benefits ranging from supporting greater biodiversity and reducing topsoil degradation to improving water quality and recharging ground water.

The pressures on these eco-systems, however, arise from such factors as high land prices offering an incentive for development, urban expansion, and increased aggregate mining.

Wiebe sees her work as being a first step toward developing strategies to protect and enhance the grasslands by mapping them and documenting how they are currently being used and managed, in addition to getting the input of various stakeholders.

Through her process of doing those interviews, she found that there is a level of interest and some recognition of their importance, with many already sharing land in some way, being involved in some form of comanagement or having the land used for either pasture or recreation.

"It seemed like there is a strong interest, especially from landowners ... especially the ecological value ... it really allows wildlife to move in the landscape in a way that more patchy wildlife habitat may not allow.

"I think, in southern Manitoba, we have a lot of very agricultural area, and the escarpment is a bit of a break from that," Wiebe said of the value of the grasslands. "Compared to the surrounding areas, there's more native grassland and forested area ... so if you wanted to go to a place to experience the more natural landscape, that's the place to do it."

With plans to launch her book later this spring, Wiebe hopes her work will help "communicate to the community what we have right here in



PHOTO BY LORNE STELMACH/VOICE

Area landowner Dave Lumgair chats with Leanna Wiebe at the A Rocha Pembina Valley Nature Talk in Morden last Wednesday, which outlined the value of grasslands.

our back yards and also just see what the extent of the grasslands is along the escarpment."

The A Rocha Pembina Valley Nature Talk series continues April 11 at 7:30 p.m. at the Morden Library with *Talking About Ticks*. Entomologist Dr. Kateryn Rochon will talk about the characteristics of ticks, the differences between wood ticks and blacklegged ticks, as well as the risks ticks present and how to be safe in areas where ticks are active.



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"IT ADDS A LOT TO THE LANDSCAPE DIVERSITY AND MAKES IT AN INTERESTING PLACE TO VISIT."







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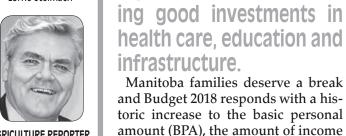
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REPORTER Lorne Stelmach



AGRICULTURE REPORTER Harry Siemens

Nicole Kapusta

ment starts to tax them. The BPA will increase by \$1,010 in 2019 and a further \$1,010 the following year, resulting in an increase of \$2,020 by the year 2020. As a result, every Manitoba

income

\$2,020 by the year 2020. As a result, every Manitoba **By Cameron Friesen, MLA**

earner

wo weeks ago, the

Manitoba govern-

ment delivered a

budget that pro-

vides tax relief

to Manitoba families and

makes progress on reduc-

ing the deficit while mak-

someone earns before the govern-

will save an additional \$238 each year when fully implemented.

Some observers have criticized this measure as insignificant or characterized it as a "tax cut for the wealthy." Such assertions are wrong and simply ignore the facts.

Providing relief to those who need it most

Set Points > LETTERS

The basic personal amount can be viewed as a tax credit to everyone who pays income tax. By raising it by \$2,020, the measure is making more of your hard-earned income tax-free.

It's the most significant single tax reduction in Manitoba's history.

In a progressive tax system like ours, it is clear that this measure helps people—especially those who earn less. Raising the personal amount completely removes more than 30,000 Manitobans from the tax rolls whose total earnings will be lower than the taxable threshold. For everyone else, it increases disposable (after-tax) income.

Economic research shows that increasing disposable income benefits low-income earners more than it does higher-income earners. This is because low-income earners have to spend a higher proportion of their after-tax income on household necessities compared to medium or high-income earners. Recently it was reported that over half of Manitoba households have less than \$200 in disposable income at the end of the month after all the bills are paid. Simply said, raising the basic personal amount makes a difference for every household, but gives more money back to those who need it most.

Under the NDP, Manitoba was known as a high-tax jurisdiction with one of the lowest basic personal exemptions and highest sales tax rates in Western Canada.

We all understand that costs are going up due to rising interest rates and hydro rate increases as a result of NDP mismanagement, to name a few. Our government is addressing these challenges by reducing the tax burden on Manitobans and reducing the deficit to stabilize our fiscal position, even in these tough financial conditions.

By leaving hundreds more dollars in each wage earner's pocket, we are helping Manitoba households. Seniors on a fixed income. Single parents. Students.

Manitoba families deserve a break. Your Manitoba government is working hard to increase household affordability, including relief for those who need it most.

-Cameron Friesen is the Minister of Finance for the Province of Manitoba and MLA for Morden-Winkler



Thank you to everyone who supported Daffodil Days

I would like to personally thank all the businesses and residents of Darlingford, Manitou, Miami, and Morden for their continued support and generosity of the Canadian Cancer Society during my 10 years as rural coordinator.

You've joined the fight against cancer by buying daffodils in February and March. Another \$7,650+ was raised, which equals 1,080 bunches!

Thanks for being part of our bunch and joining the society and its enduring hope that Canadians will one day be FREE of the fear of cancer. A daffodil gives hope. Imagine what 10,800 daffodils can do.

In 2018, Daffodil Day will be Friday, April 27. All Canadians are encouraged to wear the "Badge of Courage" (daffodil pin) throughout April but especially on April 27 to show people on a cancer journey that they are not alone, and to honour loved ones lost to cancer.

This badge will be available by donation only and can be found in the "Buy a Daffodil" blue boxes at various Morden and area businesses during the month of April.

Also, a special thanks to my team of approximately 30 volunteers who canvas, sell, and deliver the daffodils year after year. And especially to the Morden Activity Centre for being the "Home of the (annual) Daffodil Days Campaign."

Thanks a bunch—for every bunch!

Lois Dudgeon, Rural Coordinator



Government transparency critical to democracy

n Dec. 4, Cathy Cox, provincial minister of sport, heritage and recreation. tabled Bill 8, The Government Notices Modernization Act. for first reading in the Manitoba legislature.

At first glance, the bill seems procedural, even innocuous. Its first part

proposes that The Manitoba Gazette, the government's official online portal for legal notices, be made available to the public free of charge. It then recommends amendments to 24 statutes relating to



By Ken Waddell the government's publication of official notices, removing requirements that such notices to be published in local newspapers and replacing them with the requirement or option of publishing them in The Manitoba Gazette.

But all is not what it seems at first glance.

The Manitoba Community Newspapers Association wants to make it perfectly clear that, by doing away with requirements to publish government notices in newspapers, the Progressive Conservative government of Premier Brian Pallister will make it even more difficult for Manitobans to monitor its activities and business.

Most importantly, this bill will affect the manner in which everyday Manitobans learn about things such as changes to school board boundaries or human rights complaints.

Let's be honest here. The Manitoba Gazette is a little-known house organ that catalogues items of government business which must be legally published, such as notices to creditors of an estate or notices of legal name changes. It is generally only used by people in government or legal circles and it is genuinely difficult to find online, even when using the search window on the government's own website.

Making something accessible does not necessarily mean people will use it, and making The Gazette free does not mean the public will visit the website. The whole point of a legal requirement to publish government notices is to ensure that such information is broadly distributed.

The 49 member papers of the MCNA deliver hundreds of thousands of newspapers to the doors and mailboxes of Manitobans throughout the province each week. Our readers see those notices and thus learn of public hearings on flood prevention or the use of fertilizers and pesticides in nearby farmlands.

Bill 8 will effectively bury such notices in an internet backwater, while the government touts phrases such as "openness and ease of access."

It will likely be pointed out that MC-NA's member newspapers earn money from publishing public notices. Rest assured, the sum of that revenue is not significant enough to be makeor-break for our members.

This is not a money issue. It is a question of the openness of government and the nature of democracy.

Rather than reaching out directly to the people who may be affected by their notices, via a medium that is still very much useful and familiar, this government is content to wait for people to somehow discover what is happening by visiting a website they've never heard of.

The scenario rather begs the question: What other information would this government like to obscure?

> *—Ken Waddell is the president of the* Manitoba Community Newspapers Association

• FAITH FOCUS **Stressed out kids?**

've got two daughters ages nine and eleven and I was curious to know what stresses them out.

Mostly it was homework, particularly timed math questions. After talking about homework for a bit, I decided to ask them if they could think of

a time when they saw me, their dad, stressed.

Now for those that know me, I rarely get agitated or have blowup moments, so I was curious what they were going to say.

Immediately

By Terry Dueck

they talked about our summer trip to Wisconsin Dells. I had made the idiotic mistake of putting gasoline into a diesel engine, largely due to the fact that I had to go the restroom really bad and decided to fill up first. Wise decisions are never made on a full bladder!

Have you ever thought about how

the stress in your life is affecting your kids? There is this really interesting story in the Bible of Jesus talking with a bunch of adults about how to live well in God's eyes. Jesus decides to invite a child into the group as a great example of how we need to live in relationship with God, fully dependent and trusting in him, i.e. just like this child does with their parent. Now in the first century culture that would have been a pretty shocking thing to do, as kids were often seen as disposable, as property, but Jesus loved kids! And it was the early church in response to the teaching of Jesus that elevated the role of women and children in culture, and gave them dignity, gave them a voice.

Jesus goes one step further though and he gives his listeners a very clear warning: "But if you cause one of these little one who trusts in me to fall into sin, it would be better for you to have a large millstone tied around your neck and be drowned in the depths of the sea." Jesus is not messed around! He is making it very clear that we cannot violate the trust of a child.

You could say it this way: don't let the stress of a parent ruin the trust of a child. So even if dad is feeling frustrated or angry, even if mom is at her wit's end, even if the teacher or coach can't get the kids to listen, we absolutely cannot let our anxiety or stress violate their trust or transfer our stress to our kids.

As parents we need to model healthy rhythms, healthy relationships, and be intentional in creating a home environment that is safe and opens up conversations.

Studies show that one in three kids/ teens will battle an anxiety disorder or high levels of stress before the age of 18. As parents, teachers, coaches, we need to be communicating and listening to our kids and teens about what they are facing in life.

I encourage you to ask two simple questions with your kids this week: What is something that makes you feel stressed? How can I help?

Finally, if you are stressed out and you've never tried talking with God about it, give it a go, give him your worries. God really does care for you!

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

Letter policy

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

Please keep your letters short (excessively long letters are unlikely 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@winklermordenvoice.ca, or via mail to:

Editor Winkler Morden Voice Box 185, Winkler, MB. R6W 4A5



EMMS students give back to BTHC, PVHS

By Lorne Stelmach

The students of Becky Williams' class at École Morden Middle School continue learning about giving back to their community at a young age.

Given the assignment to somehow make a difference, the kids took charge of a bake sale that was successful enough to allow them to present \$123 each last week to the Pembina Valley Humane Society and Boundary Trails Health Centre.

The class took total charge of the sale, including getting other students involved, pre-event planning, and running the sale itself.

Their efforts to give back has also involved making" calming mats" for animals at the animal shelter. The kids presented several to PVHS last week and they are appealing to the community for donations of fleece so they can make even more.

good to help out," said student Emily Schultz. "The best part about it was that we got to have the bake sale and do the mats."

"I liked that we could help people and animals ... I liked having the bake sale and raising money," added Rory Lumgair.

"I really like animals, so I really want them to have a good place to live and to have nice materials and toys and things that they can do so they don't feel so lonely," said Ella Sterling, "and for people to help them get through some tough times with their health."

"We're honoured, we're touched ... it doesn't matter the value—just the fact that they want to give, that makes us feel very special," said Shannon Samatte-Folkett, executive director of the Boundary Trails Health Centre Foundation in thanking the kids for the donation.

"We absolutely appreciate when the "I really like animals ... so it feels youth get involved because its the



PHOTO BY LORNE STELMACH/VOICE

École Morden Middle School students and teacher Becky Williams were happy to present the proceeds from their bake sale as well as some of their calming mats to representatives of the Pembina Valley Humane Society and Boundary Trails Health Centre last week.

whole next generation of giving," she said."When they're starting so young ... whatever it is they're passionate about ... it makes a difference."

"It's a fantastic thing to see, that the young people in our community are so motivated to give," agreed David Bone, manager of the Pembina Valley

Humane Society.

"It's something that I think is happening more and more in the newer generations," he continued, "and it's exciting to see that people think of us when they want to donate or do a project."

Unlock the potential of food during Nutrition Month

By Ashleigh Viveiros

For Nutrition Month this year, Canadian dietitians are encouraging people to really consider the varied impact food has on our lives.

Dietitians of Canada's 2018 campaign, Unlocking the Potential of Food, has five key areas of focus, explains Agassiz Medical Centre dietitian Kathryn Penner.

"The potential of food to fuel the body, the potential to discover, potential to prevent, potential to heal, and then the potential to bring us together," she says. "I think they all are important parts of eating healthy."

Fueling the body is the first thing people think of when considering the role food plays in our lives, but there's more to it than you might think.

"It's really important to stay energized by planning nutritious snacks into your day," Penner advises.

That planning can go a long way toward nipping unhealthy snacking in the bud. It can be a simple as bringing along some fruits or veggies instead of waiting until hunger pangs send you running to the nearest vending machine.

"Fueling your body with healthy snacks between meals can actually help maintain things like stable blood sugar and lead to more consistent energy through the day," says Penner. "The effects can also curb your appetite and curb overeating at mealtimes."

When it comes to snacking between meals, Penner also urges you to pay attention to portion sizes, to honestly consider whether you're really hungry or if you're simply snacking out of habit or boredom, and to avoid distracted eating.

"Avoid munching when you're looking at a screen or driving a car or working at your desk," she says, explaining you're much more likely to eat more than you really need if you're not paying attention to what you're putting in your mouth.

When it comes to food's potential for discovery, the focus is on helping foster healthy eating habits in children by getting them involved in meal prep early and often.

"Starting from a young age, inspiring children to shop, cook, and prepare foods can set them up for a lifetime of healthy eating," Penner says, encouraging parents to be good food role models. "If you're excited, they will be too. Try a new food, be adventurous."

While food is obviously necessary for survival, what you eat also has a ripple effect on many different aspects of your health.

On the prevention front, a good diet can stave of chronic diseases such as Type 2 diabetes and heart disease.

But it's important, as well, to ensure your diet is something you can live with, Penner notes-cutting out everything you love isn't likely a sustainable plan.

"There's lots of different diets or eating patterns that are out there," she says. "Some are healthier than others. But the best eating pattern is the one that you enjoy and that you can stick with in the long run."

A dietitian can help you figure out what that plan looks like. They're also well versed in helping patients use food to promote healing and manage existing conditions.

"Dietitians understand the potential of foods to enhance lives and improve your health," says Penner. "They use food to promote healing and educate how nutrition can help prevent or manage certain conditions such as Type 2 diabetes, celiac disease, swallowing problems, cancer, malnutrition-the list goes on. Food is vital to living and it can have a major impact

on a person's health."

Finally, breaking bread together can be a powerful experience, one with positive benefits for all ages.

"Thirty per cent of Canadians say it's challenging to find time to eat meals with friends and family, but we know it's important to share meals because it opens up dialogue, it connects people, and it can actually help us eat a more balanced diet when we eat with others," says Penner.

Children who sit down and eat with their families regularly have more nutritious diets, better academic performance, and a lower risk for developing eating disorders. Teens who have family meals have also been shown to be less likely to smoke, use drugs, and drink alcohol.

"It can impact a person's whole life in many different ways," stresses Penner. "Even for older adults who eat as part of a group, they have better diets and nutrition intake and lower rates of malnutrition."

If you'd like to talk to someone about overhauling your diet, contact your local clinic for an appointment with a dietitian.

You can also learn more online at dietitians.ca or by calling Dial-a-Dietitian at 1-877-830-2892.

Winkler chamber reflects on successful year at AGM

By Ashleigh Viveiros

The Winkler and District Chamber of Commerce looked back on what was another busy year for the agency at their annual general meeting March 22.

A couple hundred chamber members packed into the hall at the Quality Inn for the event, which also included Mayor Martin Harder's state of the city address (see story on Pg. 3).

For the chamber, 2017 was packed full of highlights, said president Kori da Costa.

"We were up in membership and had some great events going on throughout the year," she said.

That included the first speed mentoring night, the popular Elf on the Shelf contest at Christmas, and the Small Business Week luncheon and annual business awards gala in spring that both shone the spotlight on thriving companies in our community.

"As a board we try and get out and do a lot of things in the community, both with business owners and those up and coming business owners, so one thing I really enjoyed this year too was we spent some time with both GVC and NPC students judging their entrepreneurial projects," da Costa continued. "We have some really excellent kids coming up into our business community that have some really wonderful, innovative ideas."

The chamber was also proud to be able help the business community voice its concerns regarding the federal government's plans for small business tax changes.

"Valuable partnerships were formed which allowed for the creation of the Small Business Tax Force, whose focus was to ensure that your hard work was protected and your opinion was voiced in a time of uncertainty for the future of business taxation," said da Costa."We really stood together as a community."

Looking to the future, the chamber plans to focus its efforts on continuing to provide real value to members in 2018.

"People are always asking, 'What is the chamber doing for us?' So that's kind of our focus for 2018, as well as other programming that may be beneficial to the community," she said. "We want to make sure that everybody knows what benefits they're



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Winkler and District Chamber of Commerce president Kori da Costa said they hope to better get the word out to members in 2018 about the many benefits and programs available to them.

getting, what membership discounts they can get, what promotions and programs we can offer that can help not only business owners but also employees stay competitive and innovative."

The chamber welcomes several new directors to the board for the year ahead, and da

Costa is excited PUBLIC NOTICE to see what fresh

ideas they'll contribute.

"We lost a few board members that were long-timers, seasoned board members, and we have a lot of young faces coming on the board," she said. "It's super exciting to have young people want to be a part of this and building that future.

Salem warns of ticket scammers

Salem Home has issued a warning to its community supporters.

"We need to get it out into the public that our events are free, unless it specifies that there's a ticket. And if there are tickets, then they are picked up here at Salem Home. They are not available anywhere else in the community," stresses CEO Sherry Janzen.

The reminder comes after Salem heard from a man who was sold a fake ticket to the care home's upcoming spring fundraising faspa-an event that does not require tickets. Admission for the Faspa, Fellowship,



& Song taking place April 15 is by donation at the door. "We just want the public to be aware of that, to be cautious," says Janzen.

Tickets are required for the fall Building for Tomorrow banquet but, again, those are only available directly from the personal care home.

Salem Foundation does not go door-to-door collecting funds or selling tickets, nor do they phone soliciting donations.

If you are approached by someone claiming to be from the Salem Foundation looking for a donation, do not give them any money. Instead, contact Winkler police at 204-325-0829.

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Call for Proposals

Healthy-Child Coalition - Central Region is now accepting funding applications for 2018-2019. Funding is available to community-based organizations providing parent-child programs and activities that focus on parenting, nutrition and physical activities, family literacy and capacity building.

Application deadline is **APRIL 30, 2018**

For funding criteria and application forms Call 204-445-2326 Email hcc.centralregion@gmail.com

www.healthychildcentralregion.ca



Pesticide Control Program

Public Notice is hereby given that the Manitoba government intends to conduct the following Pesticide Control Program during 2018 within the province roadway right of way. The Program is needed to control invasive plants and noxious weeds on road allowances within the Municipalities of:

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If you have comments or concerns the public may send written submissions to the specific control program within 15 days of the publication of this notice.

Manitoba Sustainable Development Environmental Approval Branch Suite 160, 123 Main Street Winnipeg, Manitoba R3C 1A5



Salem puts finishing touches on bathing room upgrades

By Ashleigh Viveiros

Salem Home residents can now enjoy a relaxing bath experience thanks to upgrades to the personal care home's five bathing rooms.

Salem set out over a year ago to transform its bathing rooms from aging, cluttered, and utilitarian spaces

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into much more homey areas.

Upgrades included new anti-slip flooring to replace the patchwork seen in some of the rooms, the installation of cabinets to tuck away personal bathing products, sound systems to pipe in soothing and personalized music for each bather, and items to make the rooms a little warmer, in-

cluding artwork, colourful towels, plants, and decorative lighting. The finishing touches were installed within the last few weeks and the impact has been immediate, says Marilyn Nelson, director of resident care services.

"We've been exceptionally pleased in how well it really has worked," she said. "The changes have been quite significant."

The new space calmed one resident so much he no longer requires the antianxiety medica-

Salem Home installed plants, artwork, and other decorative touches to help make their five bathing rooms more inviting places for residents and staff alike. Coupled with structural improvements such as nonslip flooring and cabinets for personal effects, the project has created spaces that are not only more relaxing but also safer. PHOTO

BY ASHLEIGH VIVEIROS/VOICE

tion he used to need before taking a bath, noted Katharina Bruhn, Cottonwood resident care manager.

"Even without the medication he was still able to have a good experience in the tub and remained calm and relaxed throughout the entire bathing experience," she said.

"Another resident was terrified to go into the bathing room when she saw the equipment washer located in there," Bruhn said. The addition of a simple, colourful curtain now hides



the large machine from view. "Now, the last few times ... she just goes in and it went well. It's no problem."

Stories like this go to show just how important even seemingly small changes can be to the residents who call Salem home, noted Salem CEO Sherry Janzen.

"We're always looking at ways to improve the residents' best-lived experience while they are here," she

Continued on page 10



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The Winkler Morden Voice Thursday, March 29, 2018 11

The Color win Juno Award

By Ashleigh Viveiros

Winkler's own The Color received one of the Canadian music industry's highest honours over the weekend.

The band received a Juno Award for their latest album, *First Day of My Life*.

The group—made up of lead vocalist Jordan Janzen, guitarists James Shiels and Larry Abrams, and drummer Tyson Unrau—were up against albums from Jon Neufeld, Love & the Outcome, Manafest, and Matt Maher in the Contemporary Christian/Gospel Album of the Year category.

"It feels amazing," Janzen said of Sunday's big win. "It really is an honour to receive such a prestigious award."

The exposure The Color received just by being nominated, never mind winning, should help them take their music to the next level, he added, potentially exposing them to new fans across the nation.

"There is an element of respect that

comes along with an award of this nature ... it might provide some new opportunities for us," Janzen said.

The Juno Award comes on the heels of The Color bringing home four GMA Covenant awards earlier this year, including Group of the Year, Artist of the Year, Recorded Song of the Year ("Surprise"), and Pop Song of the Year ("First Day of My Life").

Janzen said they've been humbled by the response the *First Day of My Life* album has received.

"It's real and it's tangible and it connects to people," he said of the tracks on it, adding they each "speak from our hearts and life experiences."

After a bit of celebration, the band were back at work Monday filming a music video in Vancouver. Their next single is due out next month.

The foursome also continue their First Day of My Life Tour in April, with shows in Saskatchewan, Alberta, and British Columbia.



FACEBOOK.COM/THECOLORMUSIC

Winkler's own The Color—James Shiels, Larry Abrams, Jordan Janzen, and Tyson Unrau—won a Juno Award Sunday night for best Contemporary Christian/Gospel Album of the Year.

Complaint gets impaired driver off the road

From March 19-25, the Winkler Police Service opened 61 case files. Here are a few of the notable ones:

• March 19: Police tracked down an impaired driver thanks to an anonymous complaint.

A witness reported the vehicle travelling toward Superstore; police located the suspect travelling west on Cargill Rd.

Officers activated emergency equipment, however the vehicle did not immediately stop for police. The driver eventually pulled over onto a driveway on 2nd St.

The driver, a 44-year-old man from Winkler, was found to be unsteady on his feet, had bloodshot eyes, and smelled strongly of liquor.

His breath samples resulted in readings of 270 mg% and 280 mg% (the legal limit is 80 mg%).

The man was arrested for driving over the legal limit. Police also learned that the man had previously been convicted of a similar charge, therefore a Notice to Seek Greater Punishment was completed.

The accused was released to a sober adult after being issued a Promise to Appear with conditions.

• March 21: At approximately 4 p.m. officers were dispatched to Petro Canada regarding a male that stole a large amount of lottery tickets and

then fled the scene in a waiting vehicle.

This file is still under investigation. Anyone with information regarding this incident is asked to contact the Winkler Police Service at 204-325-9990. Tipsters can remain anonymous.

• March 23: Police attended a residence on 2nd Street in Winkler regarding an unwanted female inside the apartment.

Police learned that the complainant had placed an ad online for a roommate and allowed the female to move into the apartment.

The complainant stated that the woman would not clean up after

herself and property has been going missing from the home.

The lease agreement was incomplete, therefore police asked the female to depart the residence, which she did without incident.

• March 25: A vehicle was reported to be travelling at a high rate of speed on Highway 14.

The complainant followed the vehicle to the Southland Mall where it was observed doing donuts in the parking lot.

Police attended and issued the driver a verbal warning for speeding and power turns.

> SALEM, FROM PG. 9

said. "Each little detail makes a big difference."

The upgrades were made possible thanks to the generosity of the community, noted Salem Foundation chair Arlen Hildebrand.

"Thanks to the support of our caring community, once again, another improvement comes to fruition," he said. "We are continually humbled and encouraged by the caring members of the community who support Salem residents."



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Duron Equipment is the place for the Bobcat brand in Manitoba.

The Bobcat dealer network expanded with the purchase of Bobcat of Eastman and Bobcat of Central Manitoba by Morden-based Bobcat of the Pembina Valley, formerly known as Bobcat of Greenvalley, to form the new enterprise Duron Equipment.

The acquisition establishes Duron Equipment as the provider of Bobcat equipment in Manitoba with the three locations including in Morden, where the business has been a Bobcat dealer for southern Manitoba since 2004.

"Bobcat of Greenvalley has been a Bobcat dealer in southern Manitoba for 13 years, and we've had great success representing and growing the Bobcat brand there over the years," said James Wiebe, general manager for Duron Equipment. "A solid team of dedicated employees, a loyal customer base and an excellent brand all played a factor in acquiring our new locations."

All three dealerships will continue to serve as authorized sales, service, parts and rental providers of Bobcat Equipment, and they service all makes and models of construction equipment and forklifts.

"Our vision has always been to be the premier construction dealership in Manitoba," said Wiebe. "We provide only the best compact construction equip-



Bobcat equipment in Manitoba. ment to our clients with a knowledgeable hands-on pu

sales team." Wiebe also stressed that outstanding customer

service is also their hallmark. They value the opportunity to create a long-term relationship with their customers, which is achieved by giving the best customer service available.

"We back it with the best after-market service and support in the province. We want to look after our clients long after the sale," he said.

"We guarantee a 'break down' machine to use while yours is in for repairs, and if we don't have the parts, we will do whatever it takes to get them."

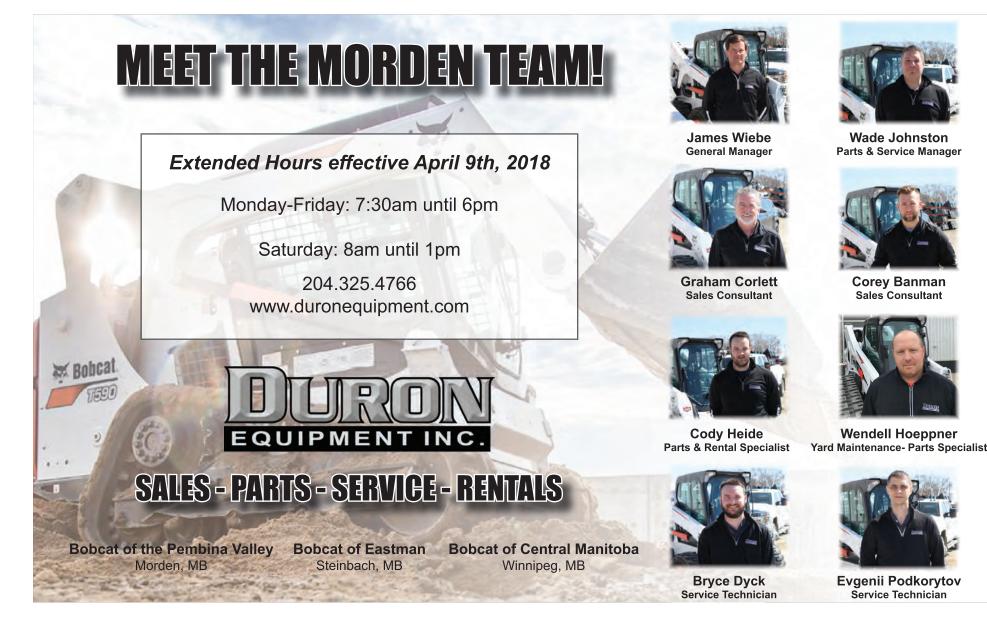
Duron offers a large selection of new and preowned inventory as well that will fit your needs today and for years to come. If your job does not suit a purchase, check out the rental selection for the right tool for the job.

"Being able to provide an extensive rental fleet, including nearly every Bobcat attachment, is a huge benefit. All these aspects combined is why we believe customers are drawn to our dealerships," said Wiebe.

Duron Equipment's main customers include those in the agriculture, construction and landscaping markets as well as municipalities.

For more information, contact Bobcat of the Pembina Valley at 204-325-4766.

Headquartered in West Fargo, North Dakota, Bobcat is a worldwide leader in the manufacturing and distribution of compact equipment with more than 550 dealer locations in North America.



KC's draws on decades of experience in repairs

Ken Thiessen has 31 years of experience to draw on as the owner and operator of KC's Shoe Repair and Work & Western Wearhouse.

It often comes in handy when customers walk into his Winkler shop hoping that something can be fixed.

"Sometimes it takes a few days for the brain to get wrapped around the project, but once that happens, away we go," Thiessen said. "Some jobs will take more time, it's God who gives me the ability to do what needs to be done."

Having learned how to handle a needle and threat as a kid, Thiessen seems to have been destined for this line of work.

He joined an existing business in 1987 and then bought it about six months later.

"I never looked back, and it's been fun," he said. "You have to learn to grow through everything that comes your way." Thiessen has moved the business a couple times over the years; their current location at 325 Kimberly Road has been home for about six years.

There is a lot to be found in the small store, including a sizeable selection of clothing, accessories, and footwear running the gamut from western boots to runners to hiking shoes.

"We've got all the footwear covered," said Thiessen, adding that more "sandals are on the way" in the lead-up to the warm spring and summer weather.

At the heart of the business are the repair services Thiessen offers, which includes fixes to shoes, upholstery, and just about anything else you can imagine.

"We put soles on work boots ... we do some stitching here and there even on a seat in your car ... or replace your leather jacket zipper," Thiessen cited as a few examples. "It's almost anything. We've done many different things."

The business continues to grow with the marketplace, Thiessen noted.

"It's a pretty big trade area," he said. "We work with people from past Winnipeg into the States and even into Saskatchewan and Ontario. It's kind of neat how a little business can draw people from all over."

Through it all, it is the customer service that remains paramount to Thiessen, who enjoys coming to work each and every day.

"I enjoy the customers, enjoy making sales ... I've made lots of friends through the business," he said in reflecting on what keeps him going. "It's just all seemed to work out really well, with the help of my sister, my wife and I love to help out our customers."



KC's Shoe Repair and Work & Western Wearhouse owner Ken Thiessen hard at work in his shop.



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MONARCH

Bowl for Kids raises \$29K

By Lorne Stelmach

Big Brothers Big Sisters of Morden-Winkler raised around \$29,000 at its annual Bowl for Kids Sake Saturday at Valley Bowl in Winkler.

There were 41 teams taking part, putting it at about where the event usually ends up.

"We're really happy with that. It was great to see that many teams come out. Participation-wise, that's right around average ... that's typically about the number of teams that we get," said executive director Michael Penner.

"Financially, we're down a little bit over last year ... it was around \$33,000 last year," he noted. "We're still really pleased with the outcome. That's still really good."

Penner said the annual bowling fundraiser always makes a big difference for the organization financially, estimating it brings in about a quarter of their annual budget.

"This is our biggest fundraiser. If this fundraiser does well, then our year usually ends really well," he said.

The organization now turns its at-

PHOTOS BY LORNE STELMACH/VOICE Bowl for Kids saw 41 teams come out on Saturday to bowl for Big Bros. Above: Sibu Thomas, Mike Webb, Abe Wall, and Rick Wiebe of Meridian dubbed themselves Team Strikeforce.

tention to its next event, which is the Big Night Out Supper Edition at the Pembina Hills Gallery in Morden, April 7. The night will feature wine pairings with food by Winnipeg chef Ben Kramer, who is partnering with The Olive Tree's Kevin Funk.

"We're finally getting into Morden to do an event. I've been wanting to do something in Morden for a while," said Penner.





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Winkler Senior Centre celebrates 35 years

By Lorne Stelmach

The Winkler Senior Centre marked a milestone on Monday.

A free faspa sponsored by Sunvalley Tire was part of the centre's 35th anniversary celebrations, which also included door prizes, a few short speeches, and entertainment.

Seeing the packed room at the Buhler Active Living Centre, executive director Nettie Dyck reflected on the important role the senior centre plays in bringing people together.

"It is so important to be able to have a place where they can fellowship, where they can just be together and share time," she said.

"I've only been a very small part of that 35 years—I've only been here now for the last three years," Dyck added. "When I see how the board operates, how these seniors volunteer ... some of them have been here for almost as long, right from the beginning ... what a super group, how they pull together ... they see something, they have a vision and they



PHOTO BY LORNE STELMACH/VOICE

The Winkler Senior Centre was packed Monday afternoon for its 35th anniversary celebration, which included entertainment and faspa.

make it happen, and that is why we are here 35 years later."

Dyck stepped into the executive director role at an interesting time as the agency made the transition to the Buhler Active Living Centre.

That move presented some challenges, as it meant"lots of change, lots of re-figuring things out, how things are going to work," Dyck said.

"Even our coffee afternoons ... when we were in limbo, it was very hit and miss ... now it's like you know your regulars are going to come out. They're able to spend time with each other and have something outside of their everyday life," she said.

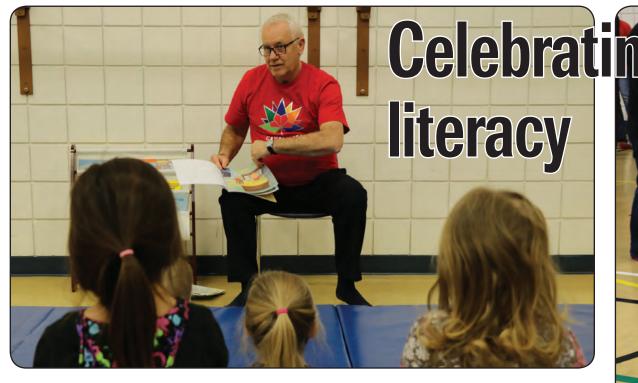
"Now we're two years into it, and it feels like home. It's great, and the volunteers I think are all very comfortable too," Dyck continued. "That transition stage I think was the hardest because you're always working out of boxes ... we were kind of on the go all the time."

Their new home in the seniors housing complex opened up a lot of opportunities for the centre.

"We are offering programs that we couldn't offer before," Dyck said, citing the example that"we have the fitness room, which I think has been a fantastic addition.

"I love seeing the younger seniors come in and access that as well," she added, noting the importance of getting that next generation interested and involved."One way to keep a senior centre going is you have to bring in the younger ones and get them hooked."

Continued on page 25



PHOTOS BY ASHLEIGH VIVEIROS/VOICE The Winkler Family Resource Centre hosted its annual Literacy Fair at J.R. Walkof School Friday night. The Olympic-themed evening included guest readers like Mayor Martin Harder (above), an obstacle course (right) and other activity stations, including a craft table where kids could make personalized Olympic medals. Each child also got to pick a free book to take home.





Canadian pork producers visit Japan

By Harry Siemens

In March, in observance of the signing of the Comprehensive Progressive Trans-Pacific Partnership and to celebrate Canadian pork's ongoing relations with Japan, a delegation representing the sector traveled to Japan to meet with customers.

Scott Peters, a Steinbach area pork producer and executive director of Manitoba Pork, said it was only after arriving in Tokyo that he became aware of the significance of Canadian pork to the Japanese market.

"From the very first meeting in Japan until the day we left, Japanese representatives told us how important and how great the quality of Canadian pork is to the people of Japan," said Peters."Specifically the marbling, the texture, and the fact that there's no odor to it is specific to that market. When they slice the pork in Japan, they want it extremely thin, and that's called shabu-shabu. Because our product is firm and the fat is firm, it slices extremely well, and so the people of Japan prepare their meat exactly like that just to get that full taste."

Déjà vu all over again

By Harry Siemens

On March 12, the Standing Committee on Agriculture held a four-hour House agriculture committee emergency meeting on grain transportation.

"It started with the CP and CN talking about everything that happened this winter, and it was déjà vu all over again from '13-'14," Gerry Ritz in an interview the morning after.

"The excuses are always the same: it got cold, it was winter, it happens for every commodity, it happens for everybody who lives in Canada, we all know what's coming. The excuses didn't hold water, as they never really have.



It's a matter of logistical coordination with the shippers, with farmers, everybody in that whole value chain."

Ritz said it almost appears like a no-brainer.

"It comes down to a lot of coordination between everybody sitting down and discussing what's going to move, when. They even talked at the hearing how this large crop caught them unawares," he said. "StatsCan's coming out with projected crop reports before anybody's even done combining. So, I mean, the numbers are always there, and they're within the margin of error, but they should have a pretty good idea of the tonnage of grains they're going to have to move in that particular calendar year."

The grain sellers, the big line companies, are good about telling them what they're going to need. They do that by ordering cars in advance, and the railway still can't figure out that when somebody orders 500 cars, that's what they're going to need this week. The rest of it just comes

Peters said Canadian pork producers are hitting the nail on the head for that market.

"From my perspective as an owner-operator, I would say we should just keep doing what we are good at and keep the ball rolling because we're doing an excellent job," he said.

"Regarding the trade to Japan, I would say we've only scraped the surface of that market potential. They will continue to buy more of our product, and as long as we keep doing it right, I think there will be lots of opportunity there."

Peters said that when he stepped into a cold Japanese storage unit filled with hundreds of thousands of boxes of Canadian pork—boxes

Continued on page 20



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HEALTH CORNER

Baby Blues-the most common childbirth complication

don't know why we had a baby. Sometimes I feel like we would've been better off without kids. Why is it screaming so much? I wish it would stop, I just want to sleep. This is hopeless, it's just going to keep crying and there's nothing I can do about it. It's overwhelming. This was supposed to be a happy experience, but I don't even want this baby.

Those are some pretty intense thoughts and feelings, but can be very real. Most people think of "Baby Blues" and dismiss this, but postpartum depression (PPD) is much more intense and long-lived than that and can interfere with your ability to care for yourself and your baby.

Postpartum/Baby Blues happen in anywhere from 10-85 per cent of women and start

within the first 10 days after birth.

The blues can last around two weeks, and women usually respond well to support, reassurance, and with time. The symp-



time. The symp- **By Ryan** toms are similar to **Hanan, RN** PPD, but are less

severe and come and go within a short period of time.

Postpartum depression, however, does not leave so easily. It can happen in 10-12 per cent of births, start anytime in the first year after birth and sometimes start even before

birth.

It can be hard to spot as a lot of the symptoms can be related to having a baby, like fatigue, change in appetite, and worrying about the baby's health. Uncontrollable crying, loss of interest for the baby, and feelings of sadness, anxiety, and failure are also some of the symptoms.

It can take some time to diagnose, especially if it is not severe. When you're in the middle of it, you might not even realize what's happening just that nothing seems to be working, nothing seems right, and nothing brings you pleasure.

The good news is that it is treatable. There are ways to help you cope with the depression and also to help you recover and start to enjoy your new life. There are medications that are safe to take while breastfeeding that can help stabilize your mood. There are therapies that can help you process your emotions and help you learn coping techniques. Massage, exercise, sleep modification, and support groups can help as well.

If you recently had a baby and some of this sounds far too familiar, please do talk to your family doctor (or any doctor), midwife, public health nurse, Child and Family Services, pastor, partner, best friend—anyone. Just talk to someone and let them know that something isn't quite right.

Be open, honest, find help where you can, and talk to a health care provider as soon as you can.

If you know someone who has recently given birth, talk to them, give them support, help them out where they ask for it. It can go a long way to help someone who might be suffering silently, and it definitely won't hurt if they're not.

This is the most common complication of childbirth, but with recognition, time, and help, it can be overcome.

> JAPANESE MARKET, FROM PG. 19

from Maple Leaf, Olymel, and HyLife—it struck him with a sense of pride in the knowledge that he was a part of producing that product.

It was a sentiment echoed by fellow trip member and producer Rick Bergmann, chair of the Canadian Pork Council.

"What a testament to going to the Costco stores in Tokyo seeing Canadian branded pork, the verified Canadian pork brand on a lot of the meat," said Bergmann."So for me, it was great to see the brands of HyLife, Maple Leaf and Olymel and others is a testament of all the hard work that producers are doing here in Canada to provide a product recognized as superior in Japan."

Bergmann said things are getting a little easier for producers with the Manitoba Pork Council creating a group to help with all the red tape when it comes to hog barn construction and expansion.

Such growth is important if Canada is going to keep up with global demand for its pork, he said.

One of the major importers they met with in Japan asked

the delegation if Canada would be able to meet the rising demand in Tokyo retail stores.

That's a good sign, Bergmann said.

"When you have a customer concerned about a depleting supply, that means they like your product and want it to continue in larger quantities," he said. "So there's a lot of good things right now that pork producers can be happy about."

Bergman also agrees with Peters having grown up eating farmer sausage—that going to Japan and having shabu-shabu was quite an experience.

"What I found out very quickly with the group is the firmness of the meat, cut into very thin slices, the firmness of the Canadian product is that where it doesn't matter how thin you slice it, it still maintains its texture and firm-

> SIEMENS SAYS, FROM PG. 19

down to physically being able to do it, Ritz said.

"Years ago, CP made a change to lay off a whole bunch of crews and get rid of a bunch of engines and streamline down, so their bottom line looked good, and CN is now going through that. They just changed their CEO, and the only thing different this time around was the railways apologized for coming up short, but that's not something any farmer can take to the bank," he said. "They're constantly making changes in personnel at the top. That's the nature of answering to a board. But at the end of the day, I'm not sure that any of that speaks to shippers' concerns and farmers' concerns as to what these railways can do."

Ritz said they both talk a good game about infrastructure; CN is talking about spending some

With a lot of producers taking on more debt just to carry things over because of a lack grain movement and cash flow, one of the presenters— Rick White from the Canola Council, which administers the advance payment program—had a suggestion.

"They're talking about doubling the program, and that's been a thing ness," he said, adding it's a quality not seen in pork from other countries around the world."That's a testament to the work of our producers and processors.

"It's a lot of things that have to come together to have that product and market into a higher marketplace like Japan."

they've been kicking down the road for years. But the reality is, it's only five per cent of farmers that ever use the max, the \$400,000. Everybody's interested in that first \$100,000 interestfree portion picked up quite widely," Ritz said. "But what the government can do, as we did in '13-'14, is not call the fall advance and allow them to take the spring advance, which gives them that second \$100,000 interestfree.

"By taking on more interest-bearing debt is not right. That means the debt load just transfers back to the farm gate, as we've always seen."

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

Former Mordenite launches GoFundMe for ballet training

"I WOULD LIKE TO

CONTINUE ALL MY

EXPERIENCES OF

THIS JOURNEY A

LITTLE LONGER."

By Lorne Stelmach

A former Mordenite is turning to crowd funding to help propel him into his career in ballet.

Jonah Schroeder has a \$25,000 goal for his GoFundMe campaign to help make it possible for him to continue studying at a prestigious Russian ballet academy.

In an e-mail interview, Schroeder

noted he is also looking into getting scholarships and grants but thought he would try crowd funding as well, though he was at first reluctant about the idea last year.

"There are so many people who are suffering in the world or who really need money to survive and make it to

the next day, and it didn't feel right to ask people for money knowing this," said Schroeder.

"There are millions of people who spend their day wondering if they'll have their next meal or not or if they'll have a safe place to sleep at night. That is why I didn't make a GoFundMe last year, but in my current GoFundMe, I made a point that I only want people who are truly passionate about ballet or the arts to donate." When it comes to the arts, Schroeder is very much following in the footsteps of his mother, Marillee, who is a graduate of the Royal Winnipeg Ballet teacher training program after having also been a student in the Royal Winnipeg Ballet School professional division.

From 2012 until his graduation in 2017, Schroeder trained at the Royal Winnipeg Ballet School and received his diploma with the

RWB professional division.

He won a number of awards and scholarships and was involved in a range of RWB productions. He also entered his own choreography into the Royal Winnipeg Ballet annual First Steps competition, winning an award for classical choreography.

He was then accepted into the Vaganova Academy of Russian Ballet in Saint Petersburg, Russia.

Considered to be one of the best ballet schools in the world, the academy receives upwards of 3,000 applicants a year and invite only about 100 to study there.

Schroeder noted the tuition is about \$17,000 US (\$21,000 CAD), and flying from Winnipeg to St. Petersburg is also quite expensive at well over



\$1,000 each way.

Any money that people donate is going towards tuition, travel costs, and other necessities such as the ballet uniforms and shoes, he said.

For his current, second-last year of training at the school, Schroeder was able to get a bank loan, but he isn't optimistic about his chances for doing so again for his final year of studies.

"There is also the possibility I could get student loans, however since the academy is international, a ballet school and not a designated school of study, it may be a challenge to get them," he explained. "I recognize that going into debt is a normal for many students after high school, however if possible I would like to avoid doubling the debt that I will already have after this year of study."

fter this year of study." Schroeder said his time at the academy so far has been incredible.

"My experience so far has been great. I've really loved everything about it," he said.

"I came to St. Petersburg with the focus of improving my ballet technique, however I've met many great people, started to learn Russian ... most of my friends are impressed by how quickly I'm learning ... and I've also tried to explore much of the city.

"I'm hoping to return next year not only with the goal of graduating from the Vaganova Academy of Russian Ballet, but I also would like to continue all my experiences of this journey a little longer," said Schroeder, adding that following his training he would love to return to Manitoba and teach, perhaps at the Royal Winnipeg Ballet or even in the Morden area.

Continued on page 24

An active start to spring break



Some students were intent on staying active for their week off from school by getting involved in the spring break sports camp offered by the City of Morden. The camp kicked off Monday with activities that included fencing (left), table tennis (right), and pickleball. Maxed out with 16 registered youth, the camp continued with soccer and archery sessions on Tuesday, curling and badminton



PHOTOS BY LORNE STELMACH/VOICE

on Wednesday, and cricket and lacrosse on Thursday.

22 The Winkler Morden Voice Thursday March 29, 2018





PHOTO BY RICK HIEBERT

Winkler goalie Troy Martyniuk kicks aside the point blank shot of Virden's Jeran Knorr in Sunday's 5-2 loss. At press time prior to Tuesday's game, Virden was up two games in the best-of-seven semi-final series. Game four is back in Winkler tonight, Thursday, at 7:30 p.m.

Virden takes early lead in best-of-seven semi-final

By Ashleigh Viveiros

The Winkler Flyers were still struggling at press time to find their footing in their playoffs series against the Virden Oil Capitals.

The junior team dropped games one and two of the semi-final series to the Oil Capitals over the weekend, which put the pressure on them to pull it together for game three on Tuesday. That result was not available at press time.

Virden, who ranked second in the MJHL regular season standings, found themselves scrambling in overtime to take the win from the fifth-placed Flyers Friday night.

After a scoreless opening frame, Winkler pulled ahead 2-0 with goals from Mitchell Dyck and Matt Krawiec before the second period's midway mark.

They held onto that lead until the 16th minute, which saw Virden's Rylee Zimmer and Jeran Knorr slip goals past netminder Troy Martyniuk in quick succession.

Neither side was able to break the deadlock in the third, forcing an extra period for a decision.

There, Ben Dalke bested Winkler's defenses three minutes in to give the win to Virden 3-2.

Martyniuk played 63:27 minutes in net, making 44 saves as Virden outshot Winkler 47-36. Across the rink, Riley McVeigh stood tall with 34 saves.

Game two Sunday in Winkler was unfortunately a much more decisive affair, going Virden's way 5-2.

Trent Halfdanson got Winkler on the board seven minutes into the first period. His goal came sandwiched between goals from Dylan Thiessen and Josh Belcher from the Oil Capitals.

Virden pulled ahead 3-1 just a few minutes into the second period thanks to Knorr. Cole Kirkup scored what ended up being Winkler's final goal at the 9:50 mark, while Virden added two more insurance goals late in the third courtesy of Marco Cretna and Tristen Cross, the latter scoring on an empty Winkler net.

Martyniuk was in net once again, minus that last-minute bid for the extra attacker late in the third, this time making 43 saves as Virden outshot Winkler 47-33.

Game four takes place in Winkler Thursday at 7:30 p.m. If necessary, game five is back in Virden Saturday, game six is in Winkler Monday, and game seven is in Virden next Wednesday.



Get in touch with us via e-mail: Send news items to: news@winklermordenvoice.ca Advertising inquiries to: ads@winklermordenvoice.ca

Hawks hope to tie with game four in title series

By Lorne Stelmach

The female Pembina Valley Hawks were looking to come from behind this week in their bid to repeat as Manitoba AAA champions.

The Hawks fell behind two games to one in the best of five provincial final with a 2-1 loss in the third overtime Saturday against the Eastman Selects in Morden.

Hayley Johnson scored in the sixth period of play to put the Selects in the driver's seat after Pembina Valley had earlier opened the final last Tuesday with a 3-1 victory in game one in Morden before being shutout 2-0 in game two Thursday in Ste. Anne.

Sage McElroy-Scott had the lone goal for the Hawks, while goaltender Halle Oswald and Eastman netminder Raygan Kirk were both credited with 39 saves.

"It was a battle, and it's going to be a battle going forward. Neither team wants to give in," said Hawks coach Dana Bell.

"Our forecheck's been there, we're playing well. Game three, I felt we were at a hundred per cent. It's down to a goaltender battle right now."

The Hawks were looking to keep their title hopes alive with a game four win in Ste. Anne Wednesday night. The result was not available at press time. Game five is in Morden Friday night.

Bell suggested the key for the Hawks would be to come out really strong

"The biggest thing is we've got to capitalize on every chance," he said.

"I knew from day one it wouldn't be an easy series ... for our girls, it's go time. They've got to realize that



PHOTO BY RICK HIEBERT

Pembina Valley's Karsty Nicolajsen and Danielle Paskal look for the puck in a hard fought game Saturday that would eventually end in triple overtime 2-1 for Eastman. At press time, the Hawks trailed the Selects two games to one in the championship series, with game four scheduled for Wednesday night.

they've got to go out and play a solid 60 minutes," he said. "We've got to find the back of the net, we've got to find the back of the net early. We need to come out with guns blazing."

Earlier last week, the Hawks spotted the Selects a powerplay goal by Chelsea Dinnin to open the scoring in the second period of game one.

Pembina Valley responded before 40 minutes were up with two on the man advantage by Hannah Petrie and Breanna Millions just 10 seconds apart. McElroy-Scott fed Makenzie McCallum for an empty-netter to put the game away in the third period, where the Hawks also had a critical penalty kill in a five on three powerplay opportunity for Eastman.

Continued on page 24



Local skaters win big

The Pembina Pizazz synchronized skating teams attended the Crocus Invitational competition March 17 in Souris and came home with some hardware. The pre-novice team earned a bronze medal, while the elementary team received a gold and the newly formed beginner team made its debut and earned a participation award. The Pembina Pizazz teams also collectively won the event's Spirit Award. 24 The Winkler Morden Voice Thursday, March 29, 2018



Aspiring young filmmakers were hard at work Monday at the Pembina Hills Gallery in Morden for the Freeze Frame Workshop. Instructors from Freeze Frame Manitoba led the one day session that guided students through the process of filming their own short stop motion films utilizing Lego.

> PHOTO BY LORNE STELMACH/VOICE

Morden Magics shine at spring classic

The Morden Magics had 38 of their athletes compete in the Spring Magic Classic last weekend.

There were 253 athletes who came to compete in Morden from 14 clubs across the province, including 228 girls and 25 boys.

The day featured four levels on the girl's side including beginner, intermediate, advanced and pre-provincial, while the boy's events were divided into beginner and advanced.

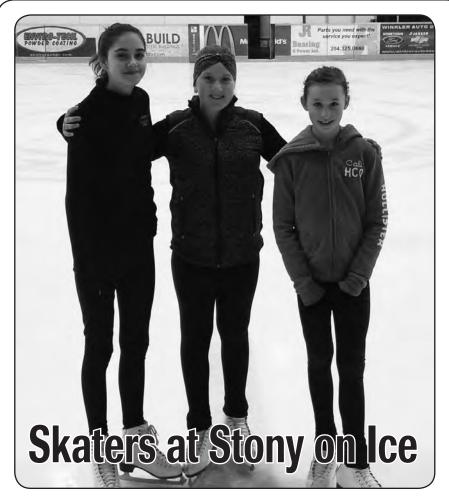
Events included vault, uneven bars, balance beam, floor, pommel horse, rings, parallel bars and horizontal bar. "It was the first competition of the season [in Canada] for 14 of our gymnasts. For the rest, 21 out of 24 Magics achieved their personal best scores of the 2018 competition season," noted head coach Crystal Westfall, calling it a successful competition all around for the club.

Beginners who achieved their highest scores included Zoe Geake, Danae Dick, Madison Shields, Cali Patterson, and Rory Lumgair.

Intermediates achieving personal bests were Kassidy Bourgeois, Grace Bueckert, Jadyn Thiessen, Alejandra De La Vega, and Amalie Kletke.

Advanced personal best scores were achieved by Raeleigh Ratzlaff, Molly Clyde, Natalie Rach, Emma Patterson, and Ange-Aimé Brodie.

Pre-provincial personal bests were set by Ella Sterling, Kate Fennell, Tessa Elias, Jackie Penner, Ava Apperley, and Devin Toews.



SUBMITTED PHOTO

Winkler Skating Club members Rebecca Giesbrecht, Naomi Hildebrand and Jane Hiebert competed last weekend at Stony on Ice 2018. The competition, held at the Stony Mountain Recreation Centre, saw Hiebert place second in Star 6 free skate and third in interpretive, while Giesbrecht came in third in Star 4 13 & over flight A and Hildebrand was sixth in Star 5 under 13 and first in Star 5 Elements flight A.

> HAWKS, FROM PG. 23

Oswald, fresh off being named the league MVP and top goaltender, backstopped the Hawks with another solid performance in goal by making 36 saves.

It was Eastman goaltender Kirk's turn to shine Thursday in game two, earning the shutout on 29 saves including 14 in the third period alone.

Dinnin scored her second of the series just over a minute into the final frame, with the other goal coming from Kylie Lesuk shorthanded with about six minutes left.

> BALLET, FROM PG. 21

"It would be great to return to the Morden area and teach or guest teach a bit. After all, that is where this whole journey began ... at Danceworks about ten years ago," he said.

"Beyond graduating from the academy, I hope that I will be able to dance in a ballet company in Europe," Schroeder said. "Graduating from Eastman outshot the Hawks 33-29, with Oswald taking the loss in goal for the Hawks.

In addition to Oswald being named MVP and top goaltender, there were also season-ending honours for other members of the Hawks last week.

McElroy-Scott was the league's top scorer and also earned first team allstar honours along with Oswald and McCallum.

Hannah Petrie, meanwhile, earned second team all-star status.

the academy opens many doors in the dance world for me. I may have many new opportunities to dance in ballet companies across Europe and beyond."

If you'd like to contribute to Schroeder's GoFundMe, head online to gofundme.com/jonah-schroeder-vaganova-ballet.

Daffodil Days a big hit

Volunteers set up shop at locations throughout the Winkler-Morden area last week for the Canadian Cancer Society's Daffodil Days campaign, which sold thousands of flowers.

The Morden area campaign sold 1,080 bunches and raised over \$7,650. In the Winkler and Plum Coulee area, 1,020 bunches were sold, raising nearly \$7,500.

Regional coordinators Lois Dudgeon and Nettie Dyck send thanks out to everyone who purchased flow-

ers and to the scores of volunteers who make this campaign possible.

Missed out on buying a flower? Pick up a daffodil pin at retail locations across the region to wear throughout the month of April, Daffodil Month.

At right: The crew of volunteers preparing and wrapping the daffodils last Tuesday at the Morden Activity Centre included Dave Kortash, Marion Dudgeon, Gerry Kortash, and Lois Dudgeon.

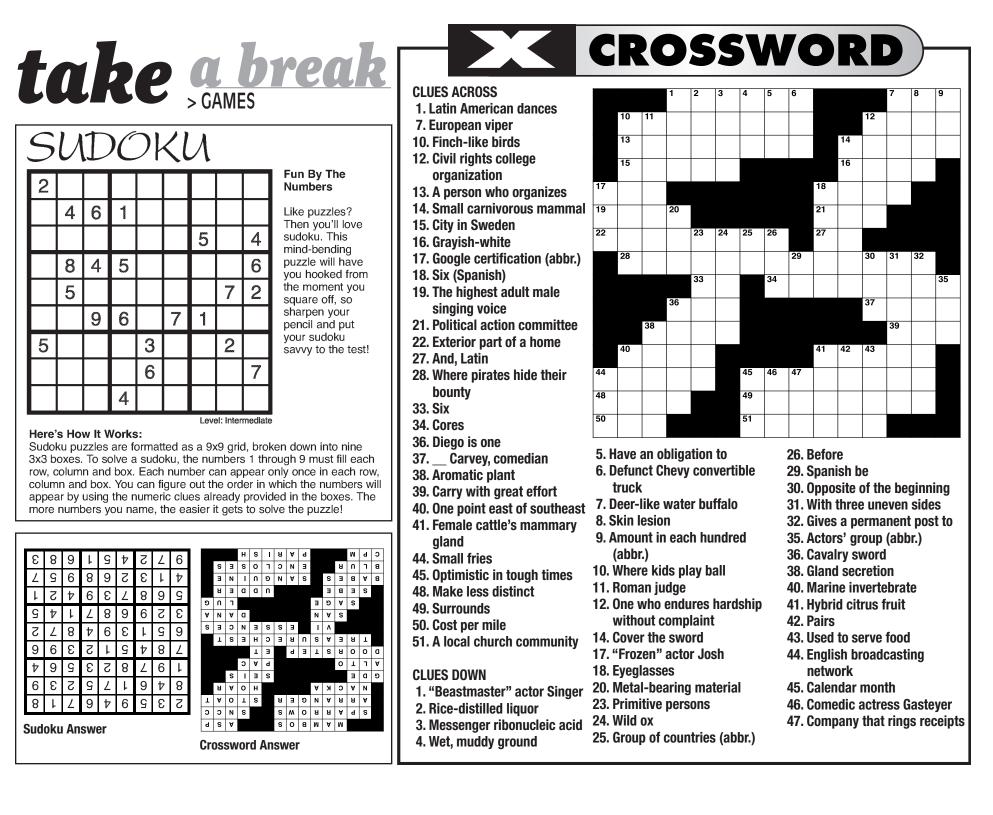
> SENIOR CENTRE, FROM PG. 18

Dyck suggested the senior centre is in a strong position to keep growing and developing with membership of

just over 300 members.

"Our numbers are going up all the time," she said, adding there are also

always projects in the works, whether it be improvements for the kitchen or a grant application for ceiling fans. "We're always working on projects and ideas."





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CARD OF THANKS

A heartfelt thank you to all the people who sent flowers, cards, food, emails, special messages and hugs to our family during this difficult time. We are very thankful for the caring thoughts and prayers shared by all of you. Your thoughtfulness has not gone unnoticed.

> -With sincere thanks and gratitude The Butler Family





Please join us as we celebrate Jean Spencer's 90th Birthday Come & Go Tea Saturday, April 7th 2 p.m. – 4 p.m. Miami Community Centre Your presence is your gift.



IN MEMORIAN

April 11, 1939 - March 31, 2017 Don't think of her as gone away... Her journey's just begun; Life holds so many facets, This earth is only one. Just think of her as resting, From the sorrows and the tears; In a place of warmth and comfort, Where there are no days and years. And think of her as living, In the hearts of those she touched; For a sister loved is never lost, And she was loved so much. -Forever remembered,

Wayne and Lorraine Kroetsch

Announcements



Cody Ryan Scott Unrau July 14, 1994 - March 19, 2018

We are profoundly saddened to share news of Cody's passing at Boundary Trails Health Centre on Monday, March 19, 2018 at the tender age of 23 with his mom and Auntie Dee by his side.

Born in Morden, the first of fraternal twins, Cody was a lifelong daredevil who never turned away from a challenge. Never one to be still for long, among other interests Cody especially loved snowboarding, golfing, quading, snowmobiling and biking. He was a welder by trade but devoted to family above all.

He spent his life with the people who most loved him and his memory will never fade from their hearts. He was predeceased by his grandparents, George McKay, Pete and Marge Unrau, uncles, John (Muriel) McKay (Kristy and Free), Jim (Deb) McKay

(Kirby, Nicole, Bobbi-Jo) and cousin, Marcia Snider (Rachul). Cody will be deeply missed by his parents, John and Georgina Unrau (McKay), twin brother, Corey, older brother, Dusten and elder siblings, Jennifer (Glen) Wiebe (Morgen, Trinity, Ashlynn, Lukas), Larry (Tamsen) Unrau (Jullien, Leah, Nathan, Kaleb), J.C. (Krista) Unrau (Everly and Gatlin), grandma McKay, uncles and aunts, Alex McKay, Rick (Dee) Unrau (Lukas, Lindy), Chris (Larry) McMurray (Christen, Michael, Faith, Charity), Gerald (Julianna) Unrau, Lori (Maurice) Rachul, Michael (Juleen) Rachul (Jericho), Dave Snider (Charity), Lillian (Charlie) Hildebrand, Sherri (Colin) (Tamara, Tyler, Tanner), Carl, Joey and extended family.

The family invites Cody's friends to services at 2:00 p.m. on Saturday, March 31, 2018 at Wiebe Funeral Chapel in Morden to be followed by the ash interment at Chapel Cemetery Columbarium and fellowship luncheon at Wiebe Funeral Chapel.

In lieu of flowers, friends who desire may direct donations in Cody's memory to Youth for Christ.

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

NOTICES





ANNUAL GENERAL MEETING Notice of Winkler Co-op Annual General Meeting April 10, 2018 - 7:00 P.M. BUHLER ACTIVE LIVING CENTRE 650 South Railway Ave, Winkler

TO: ALL MEMBERS OF THE WINKLER CONSUMERS CO-OPERATIVE LTD.

The purpose of the meeting is to consider:

- 1. Financial Statements
- 2. Report of the Board
- 3. Election of 3 Directors
- 4. Auditors Report
- 5. Appointment of External Auditors
- 6. Any other business authorized by the by-laws to be transacted at an Annual Meeting of Members

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King Also Available - Reg. \$1199 - Sale \$999



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