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Sugar high

PHOTO BY LORNE STELMACH/VOICE

Kids had the chance to create their own yummy Easter cookies last Tuesday afternoon at the Co-op store locations in Morden, Winkler and Rosenort. Among those taking advantage of the opportunity at the Morden store were Lisa Neufeld and her daughter Savannah and sons Caleb and Connor.

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Stanley reservoir provides a welcome safety net

By Lorne Stelmach

A project years in the making is now in operation and represents a significant step in ensuring reliable access to water in the Rural Municipality of Stanley.

Dignitaries gathered last Thursday to celebrate having the potable water reservoir near Boundary Trails Health Centre online.

With a holding capacity of four million litres, it has been designed to hold two days' worth of water based on a 20-year trend analysis, so it is seen as ensuring resilience against fluctuating demands and emergencies.

"It's been quite some time in the making of this project, and it's nice to see that it's come to fruition," said Deputy Reeve Pete Froese, who noted it goes back to before 2017 when the idea was first put to the Manitoba Water Services Board. "For future planning, this was a much needed piece of the puzzle."

"We're really pleased to have this project completed now," said Reeve Ike Friesen, who called it a significant milestone in their ongoing efforts to enhance water infrastructure and ensure the well-being of the community. "We are confident that this investment will not only meet our current needs but also provide a foundation for sustainable water management



PHOTO BY LORNE STELMACH/VOICE

Dignitaries gathered to tour the new Stanley reservoir near the Boundary Trails Health Centre last week.

for years to come.

"It's been in the works for many years, and it just gives us security with water pressure in different areas of the municipality and the hospital as well ... it provides a secure water source for them."

Situated to accommodate future demands and consumption around the Hwy. 3 corridor and back towards

Schanzenfeld and Reinfeld, the reservoir serves as a critical component in the municipality's long-term water management strategy.

One of the key features is its ability to enhance water movement during peak demand times or water breaks. This capability is vital in ensuring continuous access to water, particularly during times of increased usage

or system maintenance.

Moreover, the reservoir's location allows for the integration of incoming water from the two major water treatment plants at Morris and Letellier. It also allows for incoming water from the cities of Morden and Winkler as well as Stephenfield in emergency situations.

Continued on page 9

Winkler council passes \$29M financial plan

Residents will see an average increase of about five per cent on their tax bills

By Ashleigh Viveiros

Winkler city council last week unveiled a \$29 million financial plan for 2024, which translates into an average tax bill increase of five per cent for residents.

"This is the culmination of pretty much a year's worth of work, but particularly the last six months," Mayor Henry Siemens said of the budget process, which includes multiple planning sessions as city staff and council work to hone in on the priorities for the year ahead. "Both staff and council take very, very seriously the awesome responsibility of going to our community and asking them for their money. This is significant.

"We know we need to provide what we need today and we have to make plans for what we're going to need

tomorrow in the community that we want to build."

City staff have drafted a detailed asset management plan for the community, itemizing every single asset Winkler has—big or small—and laying out a timeline for its eventual replacement.

"It's really important for us to make sure that the things that we have, that we're able to repair, renew, or replace them when the time comes," Siemens stressed. Winkler is looking at over \$373 million in replacement costs for its various assets—public buildings, equipment, infrastructure, etc.—in the decades ahead.

Ensuring future generations are able to pay those bills without undue stress is a big part of the reason council is putting so much money into its reserve fund, the mayor explained,

representing 30 per cent of the total budget this year.

Having a healthy reserve also allows the city to tackle large capital projects without having to hike taxes significantly in any given year, Siemens noted.

This year's big projects include the water treatment plant expansion (pegged at \$14.6 million), the wastewater treatment plant build (\$53 million), and the Centennial Arena renovations (\$23.7 million).

Funding from other levels of government will defray some of those costs, but the City of Winkler is still on the hook for millions to bring these projects to completion.

Siemens noted they've extended the tender deadline for the wastewater project to April 4. What those final numbers look like will determine whether it's fiscally feasible to move forward with the arena project this year or not.

The 2024 financial plan will also

"WE KNOW WE NEED TO PROVIDE WHAT WE NEED TODAY AND WE HAVE TO MAKE PLANS FOR WHAT WE'RE GOING TO NEED TOMORROW ..."

see Winkler spend nearly \$9 million on public works and recreation department equipment purchases (\$777,000); transportation and drainage improvements (\$1.75 million), which includes fixing North Railway St. between Main and 1st St; and the completion of the Clover Creek industrial park (\$3.3 million), connecting Icon Dr. to Hwy. 14.

Continued on page 9

PVWD honours two farms with 2024 Conservation Award

By Lorne Stelmach

Two farming operations that aim to be environmentally conscious in a variety of ways are sharing an annual award.

The Pembina Valley Watershed District (PVWD) in partnership with Manitoba Department of Environment and Climate has honoured both Fresh Roots Farm and Dogs Run Farm with this year's annual PVWD Conservation Award.

The Dogs Run Farm is a small family business near Clearwater operated by Katie and Colin McInnes that uses agro-ecological practices to raise cattle, pigs, sheep, broilers, turkeys and laying hens in a pasture-based system. It markets its products directly to the end consumer through online sales and farm-to-table deliveries.

Fresh Roots Farm near Cartwright is owned and operated by Troy Stozek and Michelle Schram. The duo decided to bring their shared passions for agro-ecology, social justice, and community development to Schram's home community to start a farm and food business.

PVWD manager Ryan Sheffield noted it would have been hard to choose between the two because they are both smaller farms that are creating a successful business with a smaller footprint, and they both help show what is possible by setting outstanding examples.

"They're doing the same as us—we're trying to lead by example and show people how to have an environmentally friendly farming practice and focus on communication and telling the story."



SUPPLIED PHOTO

Pembina Valley Watershed District reps with this year's Conservation Award winners. From left: Ryan Sheffield (PVWD manager), Michelle Schram (Fresh Roots Farm), Troy Stozek (Fresh Roots Farm), Colin McInnes (The Dogs Run Farm), Katie McInnes (The Dogs Run Farm), Bill Howatt (PVWD board chair), and Grant Matchullis (PVWD board member).

For 11 years, the McInnes' have been working to grow their farm from its start of only a few acres and feeding a few families to a full-time farm business that provides hundreds of customers every month with healthy pasture raised food.

As first-generation farmers raised in Winnipeg without ties to a farm, they were challenged with lack of access to land, capital, and infrastructure when they began their small operation in 2013.

Through the help of mentorships with experienced farmers and support from their new communities and customers, they have been able to grow to steward 230-plus acres of land, raising five different species of

animals and offering an array of meat products.

In 2023 they were the second farm in Manitoba to be "land to market" certified—a global verification system which uses quantifiable metrics to ensure producer practices are regen-

erative.

The goals for The Dogs Run Farm centre around managing for a diverse prairie landscape with space for both native species and a robust local community.

Continued on page 5

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WORK & WESTERN WEARHOUSE

Pembina Counselling working to meet rising demand

By Lorne Stelmach

Pembina Counselling Centre continues to see an ever-increasing need for its services, but there may be both good and bad in that unfortunate reality.

It is a challenge for the not-for-profit organization to keep up with the demand, but one can at least be thankful that people are seeking out help, executive director Chris Derksen suggested last week as PCC prepared for its upcoming spring fundraiser.

"I try to look at it positively in that I think, by and large, the stigma around struggling with mental health is declining, and so I think people are feeling more open to the idea of asking for help. I think that's a good thing," he said. "I definitely think there are a

lot of circumstances that are stressing people. There certainly are things that are concerning to us.

"We're seeing way more youth than we used to ... again, you can see that as a negative, as they are under a lot of stress ... perhaps in the past those services weren't as available to children or parents never had that possibility or that resource to help children."

PCC holds its spring fundraiser featuring comedian Phil Callaway of Laugh Again on Thursday, April 18 at 7 p.m. at the Winkler Mennonite Brethren Church. Tickets are free, but people need to register by calling 204-822-6622 or e-mailing reception@pc-cmb.ca.

The fundraiser is vital to the organization, as half of their income comes from client fees but the other half

needs to be raised through grants and donations.

"We've grown by so much in the last four years," Derksen shared. "Our budget has literally doubled since 2019 to now, and we more than doubled our counsellors from three in 2019 to eight currently, and we might be adding another one."

"Like any business, the more we grow, the more it costs to operate, so we've having to look at other sources of funding, but this certainly is our primary fundraiser for the year, although we might be doing another one in September."

Derksen noted it is a positive that they have been able to return to doing events like this now post-pandemic.

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SUPPLIED PHOTO

Pembina Counselling Centre's Chris Derksen says the non-profit is working hard to meet the rising demand for their services.

"I THINK, BY AND LARGE, THE STIGMA AROUND STRUGGLING WITH MENTAL HEALTH IS DECLINING, AND SO I THINK PEOPLE ARE FEELING MORE OPEN TO THE IDEA OF ASKING FOR HELP."

Phil Callaway to speak at PCC fundraiser

By Lorne Stelmach

The increasing demand for the services of an organization like Pembina Counselling Centre (PCC) is exactly why Phil Callaway does what he does as an author and speaker.

The host of Laugh Again is known worldwide for his humorous yet perceptive look at life, and he sees that people in this day and age increasingly need to be cheered up.

"That's essentially what I do," said Callaway, who is featured at the April 18 spring fundraiser in support of PCC at the Winkler Mennonite Brethren Church.

"A big part of what I do is storytelling. That's really where it all started,

telling stories of hope in the midst of difficulties, which is something that is what I have really built my career on ... learning to laugh when life stinks."

Callaway is the best-selling author of more than 30 books and booklets, and he is the host of Laugh Again, a ministry of The Good News Broadcasting Association of Canada.

Laugh Again is a humour and storytelling-based program that strives to engage people of all backgrounds with a message of hope and joy found in a daily growing relationship with God and the Bible. It can be enjoyed on radio, web, mobile app, podcast, YouTube and multiple print resources.

Continued on page 7

Access Credit Union Director Elections

April 8th-12th Vote for **Scott Beattie**
beattiefortheboard.com



It's important **you exercise your voting rights** as an Access Credit Union (ACU) member.

The upcoming ACU Board of Directors election chooses individuals who are tasked with overseeing the activities and strategic direction of the ACU on behalf of members. **Member satisfaction should be central to every conversation and strategic direction the board undertakes.**

To serve members best, ACU board members should have the time and capacity to fulfill the role and should provide experienced and thoughtful representation. This means board members should be:

- Prepared for meetings.
- Continually learning.
- Understand the ACU's history.
- Be an active user of the ACU's financial services.

Any **change** to the individuals who make up the ACU board of directors should be **towards a qualified and experienced individual** who understands Credit Union history **and who actively uses its services.**

I have been an active Credit Union member since 1996. I have utilized all levels – community organization accounts, business accounts, and personal accounts – of the Credit Union's competitive financial services at both the Morden and Winkler branches throughout the last 30 years. I was elected to the ACU board of directors in 2018 and participated as ACU grew to include Crosstown Civic Credit Union and then to the amalgamation of Noventis and Sunova Credit Union.

I know how important the ACU is to the membership. I believe the membership can shape the direction of the Credit Union by **electing qualified leadership** that has a vested interest in the region in which the Credit Union serves. **It is important Southern Manitoba continues to have a voice at the ACU board of director's table.**

ACU members should vote to appoint a representative who exemplifies all the required qualities. **I believe I can serve ACU's diverse membership in new and exciting ways. I look forward to listening and connecting with members!**

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“There’s so much more work that needs to be done”

From Pg. 3

They strive to create positive change through planting native trees, managed grazing, holding water on the landscape and creating healthy soils which sequester carbon and retain water effectively throughout the seasons.

All of these practices create habitat, provide food for wildlife, reduce erosion, and help provide resiliency to climate change while at the same time increasing their profitability by increasing the carrying capacity of their land, improving the health of animals, and lowering input costs.

They are students of holistic management, and while the direct management of their farm and farm business is incredibly important to them, what they are probably most proud of is their community-minded approach to farming and food.

They have worked diligently to help build community in the regenerative agriculture and direct marketing community in Manitoba by mentoring young farmers, creating marketing partnerships with other farmers like Troy and Michelle of Fresh Roots Farm, educating consumers, and working to advocate for farms practicing regenerative agriculture.

They also share their knowledge and strive to foster a community that helps build the local food movement in Manitoba and increase awareness about regenerative practices. They have taken many opportunities to partner with Manitoba food security organizations to facilitate donations of their meat, eggs, and handmade soap—getting them directly to the individuals who can benefit from them.

“We’re honoured to have our work recognized by the PVWD,” Katie McInnes said via email. “As new farmers, the award signifies that what we have tried to do with our farm is valued within our community and by our peers.”

“We are also honoured to be recognized alongside our friends and collaborators Troy and Michelle at Fresh Roots Farm,” she added. “Our working relationship has been meaningful to our growth as farm-

ers and as a business. It feels fitting to be presented the conservation award together.”

Fresh Roots Farm’s Troy Stozek is a first-generation farmer from Dauphin with agrarian roots, while Michelle grew up on a multi-generation family farm.

Since 2012, they have dedicated themselves to establishing a farm business on part of the family land rooted in those core environmental, social, and economic value. They raise grass-fed beef and honeybees on primarily perennial forages and floral sources.

They believe there is great value in landscapes growing a high diversity of perennial plants, which can result in a much more balanced, dynamic and resilient ecosystem. They market all of the beef and much of honey they produce directly to customers throughout Manitoba through their website and retail stores.

Their holistic management training convinced them that focusing their cattle grazing management on improving soil health and increasing biodiversity can lead to cascading positive effects ecologically and economically.

The honey business began on a whim, after bringing home two hives in 2012, but it quickly turned into a full-blown passion and scaled up commercial venture of 200+ hives and on-farm processing and packaging facility.

They now work with a number of other landowners in the area with similar land management practices to house their growing apiary during the growing season and their honey can be found in 20+ retail stores.

“It is nice when we can benefit multiple farm enterprises with the same management practices, as is the case with managing for soil health and biodiversity,” said Stozek.

“Intensive grazing with long rest periods increases desired plant species, builds soil and offers bees, cattle and other critters a more balanced diet,” he continued. “The same is true of adding more legumes and trees to the landscape. The diverse and many flowers benefit the bees as nectar and pollen sources for a longer period during the season and also provide excellent forage, shade and shelter for our grass-fed beef program.”

Stozek sees it all as coming down to focusing more on the big picture.

“We’ve always had a pretty strong compassion and commitment towards a higher purpose beyond farming. We’ve always had the motivation to try to commit to a larger environmental cause,” he said.

It would be an added benefit if they could in turn inspire others.

“That’s not ultimately what we’re motivated by, but we do see that there is a real need, and we feel a sense of urgency for the bigger

picture,” said Stozek. “Agriculture has such a huge potential to have a positive impact on things like climate change and solving some of our water woes.

“There’s so much more work that needs to be done, and there are resources now than ever before to do some of this work.”

Sheffield said they value how these two farms really connect with their customers and build awareness around the importance of producing healthy food in the right way.

“They both seem to focus on every aspect of having a very environmentally healthy farming operation. They seem to always be trying to improve and develop more beneficial practices.”

The **Voice**

getheard

EDITORIAL > VIEWPOINTS > LETTERS



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OUR SISTER PUBLICATIONS



And then there was flavour

Like many a person, I had come to enjoy eating early in life, given its requirement for survival, but flavour was often an element that appeared to be inconsequential to the activity.

In terms of palate exposure, I was raised entirely by my mum and her Irish/Italian heritage, having known nothing of my Jewish father's heritage and its cuisine for years to come.

As far as cooking went, Mum leaned decidedly toward the Irish end of the spectrum (as she understood it). A common meal would always include one or more boiled potatoes, whole, without butter, margarine, salt, or pepper. Just an indifferent lump on the plate.

Included with this delicacy was often a strip of liver, fried plain within an inch of its life until what landed on the plate would have been a tremendously successful sole for a work boot.

Sometimes, with a bit of luck, the Italian side would show up in the kitchen, which meant spaghetti, chili con carne, chicken cacciatore, spinach and beans, etc. Foods with a modicum of flavour.

I need to cut Mum some slack. She had been kicked out of her home as a teen and being a single parent on welfare did not leave an enormous

amount of leeway for variety in terms of food.

As the years rolled on, student financial aid allowed me to go to university in Ottawa. While there I made a few friends, several of whom were girls that I was eager to impress given my lack of exposure to them growing up (other than sisters who were quite a different species).

At a certain point, my friend Nancy's parents came to visit and wanted to take her and some of her friends out to dinner.

"Where should I meet you?"

"We'll be having Malaysian food at the Chahaya Malaysia."

In my head I panicked—"What's Malaysian food? It doesn't sound remotely appetizing. How can I possibly eat something that isn't entirely potato-based?"

Out loud, eager to appear worldly, I said, "Sure that sounds awesome!" and my fate was sealed.

At dinner, varying foods I could not identify arrived and, in communal style, we dug in. I followed other people's leads and soon the plate was packed with rice, spring rolls, chicken, beef and pork dishes, along with veggies of varying types all glazed in

a multitude of sauces and grilled in varying styles.

With the first tentative bite something unfamiliar overwhelmed me: flavour. Complex, spicy, bright, powerful flavours unlike anything I had ever had in my life.

So began my lifelong love affair with South Asian cuisine. To this day the Chahaya Malaysia (now celebrating its 39th year) is my favourite restaurant of all time and every time I get to Ottawa I am required to eat there.

Without exaggeration, if I could only eat a select set of foods for the rest of my life, they would be Indian, Pakistani, Malaysian, Sri Lankan, and Nepalese. Nothing else compares.

This is one of the reasons I have been excited to see the burgeoning growth of restaurants offering Indian and Pakistani food and groceries in the Pembina Valley, including places like Chat Masala, Kitchen of Spices, Wow Indian Food, and Stop & Shop for groceries.

Flavour—it scares a lot of people who like to stick to the familiar, but I would urge you to expand your palate and try something new. You can

Continued on page 7



By Peter Cantelon

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.

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> CALLAWAY, FROM PG. 4

All of these family-friendly programs and resources feature Callaway as he focuses on real-life matters communicated through humorous stories that engage people with both practical and biblical wisdom.

He sees this career path as having its foundation in his upbringing.

"I come from a family where my mom and dad, but particularly my mom, had mental health issues, and so my start in comedy was cheering her up and getting her to laugh when I was just five," he shared. "So that was just a natural response for me to trouble and discovered it was fairly magical," said Callaway. "She would get up out of bed if I did it fairly right ... she would go to the kitchen and fix

me breakfast, so it was my first paying gig."

He continues to do a lot of fundraising events and always likes opportunities to support organizations that are doing worthwhile things.

"I used to speak a hundred times a year, but we've cut down on that," he said, noting he now wants to spend more time with family as well.

"I just love doing it. I love being around people and watching them laugh, but then to do fundraisers for organizations that are doing something substantial ... that's a bonus.

"It's a challenging time ... the statistics are rather alarming when it comes to depression," Callaway said in reflecting on the need for organizations

like Pembina Counselling Centre. "They're doing substantial work, so we need to stand behind them.

"People need wise counsel and they're not getting enough of it," he said. "We're in a culture and time where people are discouraged and down and broken and struggling, so when a place like this is over-run ... if I can help them raise some money by bringing them some hope to an audience and giving them something to laugh about then it's right in the centre of where I want to be."

PCC executive director Chris Derksen said Callaway very much fits with their vision and mission.

"We had Phil here a number of years ago, and we thought it was a good



SUPPLIED PHOTO

Phil Callaway is the guest speaker at the Pembina Counselling Centre's spring fundraiser later this month.

time to bring him back," he said. "They say laughter is the best medicine, and truly laughter is a great way to deal with whatever stress there is at the moment."

Tickets for the event are free but need people to register by calling 204-822-6622 or e-mailing reception@pc-cmb.ca.

> PEMBINA COUNSELLING, FROM PG. 4

"We want it to be a really great time of fellowship," he said. "Coming back into doing live events, we wanted to do something special with it."

The evening will also be a bit shorter than in the past, with the entertainment and a bit of an update on the centre. Though they are a faith-based organization, Derksen stressed the performance and evening overall is open and accessible to everyone.

"It's faith-based, but it doesn't make it inaccessible to people who don't hold any faith at all ... it's

open to everyone."

And he added the support of event sponsors like Access Credit Union makes a big difference.

"Every donation raised beyond that goes directly to our programming, goes directly to providing support to those who can't afford the full cost of counselling."

Looking ahead, Derksen touched on their plans to add a ninth counsellor.

"Our mission is to serve the Pembina Valley as best as we can, and with the demand not diminishing, we are in need of more people to

do it," he said. "Our waiting list doesn't seem to be getting any shorter unfortunately.

"We're doing our best to grapple with that, but really the only way to do that is to add more counsellors," Derksen said. "It's overwhelming ... we've gone from three to eight counsellors in four years, and just when you think we will start to chip away at that waiting list, it just continues to go up.

"There is certainly a big demand for counselling, and we are doing our best to help meet it."

"A BIG PART OF WHAT I DO IS STORYTELLING ... STORIES OF HOPE IN THE MIDST OF DIFFICULTIES."

Letters

A VOICE FOR THE COMMUNITY

Peter Cantelon's column *The Loss of a Voice* in the March 21 edition of the *Altona-Rhineland-Morris Voice* was poignant.

The *South East Journal* community newspaper closed in December, leaving our community without a newspaper.

The *Voice* is attempting to fill the void. That newspaper took over from the *Journal* using the post office for distribution. The newspaper is looking to develop a case to continue to extend the newspaper to Morris.

To publish a newspaper is no easy feat, and a community newspaper really is owned by the community and the people who live in it.

The *Voice* staff are willing to help coordinate the news week in and week out, but they can't do it for free. Writing, producing, printing, and

distributing all come with a cost and requires the support of the business community, the provincial, federal and municipal governments, and the readers themselves.

Newspapers need advertising dollars to tell the stories of the people who help to build our communities.

If you want to make sure that the newspaper is around to record the history of your local community, you can purchase an In Memoriam to remember a loved one, say thank you with a Card of Thanks, wish a family or friend Happy Birthday, or share the birth of a baby with an Announcement. All of these help the newspaper.

And when there is news going on, the community can do their part and take photos and share the details.

In past weeks, there have been many stories in the *Voice* about giving to the Morris community. Without a news-

paper, where are those stories recorded? The stories of school functions or kid's hockey games. The stories of fundraisers to support a fallen member of our community or raise money to create a place for kids to play.

I have yet to find a parent or grandparent that doesn't clip a picture of their offspring if it appears in the newspaper. In my home, it first appears taped to the fridge and after turning brown with age it finds a last resting place in a scrapbook.

Full disclosure: I have written stories for newspapers for 21 years*. When I first started, I attended writing for a newspaper course funded by the Winnipeg Foundation. The foundation recognized the value

of newspaper in communities and budgeted accordingly.

I ask those in any position that can support a newspaper to factor into the business case the understanding that newspapers tell stories about their community when they are budgeting for advertising. Those stories have value. They are at the heart of the community.

**Sean Conway,
Morris**

** Conway has been writing freelance stories in the Morris area for the Voice in recent months. He's now beginning a sabbatical from the job, but wanted to share these thoughts before he left.*

> CANTELON, FROM PG. 6

learn a lot about a people and their culture simply through their cuisine.

Any of the local businesses I mentioned here would gladly offer you

guidance if you tell them the food is new to you and who knows—trying a new cuisine could be the beginning of a lifelong passion.

getinformed

“We’re working hard to get back on track”



PHOTO BY ASHLEIGH VIVEIROS/VOICE

June Letkeman, shown in front of the Prairieview Elevator Museum in Plum Coulee, has come on board as the general manager of Central Manitoba Tourism.

Central MB Tourism getting to work promoting the region

By Ashleigh Viveiros

It's a new day for Central Manitoba Tourism with June Letkeman at the helm.

Letkeman stepped into the general manager role last fall and has set her sights on bringing back the value the tourism agency provides to its member municipalities across the region.

"It's a huge area," she says. "We go from Crystal City and Pilot Mound all the way to Emerson-Franklin, and then all the way up to Macdonald, Oak Bluff, Cartier, Headingley, west to Glenboro and Treherne."

They're tasked with showcasing what Central Manitoba has to offer, posting about events and tourism sites on their social media pages, drumming up interest in the area at trade shows, and putting together the annual visitor's guide.

The agency has had a rocky couple of years thanks in part to the pandemic but also staff turnover. So much so, in fact, that they've waived their per-capita municipal membership fees for 2024.

"We feel members didn't get the value for the fees they paid," Letkeman says. "And that's why towns were leaving us, and I don't blame them."

The Town of Altona, for one, cut ties with the agency last October, citing a lack of return on investment and frustration at the dearth of new content created to promote the region.

"It started with COVID, and then somehow it all got behind," Letkeman says. "I think when Altona left, it was a wake-up call."

"So this year we have no fees. Everyone's a member. And I'm hoping to get a rep on the board from every municipality and town and city in our catchment area."

Letkeman has spent the winter visiting municipal councils to share her vision for the agency and encourage them to get involved in shaping its future.

"I really feel it's important that they take part—we need an engaged board to be successful."

Before she was GM, Letkeman was a longtime member of the organization's board, so she's no stranger to its mission. She says they plan to re-assess the strategic plan they drafted a few years ago to ensure everyone's still on the same page.

"I want to revisit that as soon as I get my board together so we have a plan to move ahead with and do what we're supposed to do, and that's promote our area."

High on Letkeman's to-do list has been working to improve the agency's website and social media presence to do a better job promoting the various community celebrations and tourism draws.

"We're going to get it much more modern," she says of the website, "so people can see what's all in our catchment area. People don't know."

She's also been busy getting the 2024 Visitor's Guide printed. She'll be personally delivering the finished guide to communities this month.

"I have something in there about every community in our catchment area, because they all deserve to be mentioned," she says of all the various attractions and events on the schedule for the year. "I'm sure I missed stuff, but I really did try to get it all in there."

More people than ever are looking for things to do and see close to home, Letkeman says.

"With COVID, I think, because they couldn't go anywhere, people got used to it and realized what's all here. It's amazing what you can discover."

The summer ahead is poised to be a busy one for the agency, which hopes to hire a student that will head out to see the sights across the region and create social media content about them.

"I'm very excited about our plans," Letkeman says. "And I just want the public to know that we're working hard to get back on track."

Roland Town Wide Garage Sale on June 15

By Ty Dilello

The Roland Town Wide Garage Sale will be held on Saturday, June 15, from 8:30 a.m. to 4:30 p.m.

Community members will sell some items at the Roland Rink, an indoor location, and at various garage sales around the town.

"We've had scattered garage sales in previous years, but it was never the same person volun-

teering to organize it, and it was much less advertised," said organizer Janessa Davis.

Davis has been organizing the town-wide event for the past two years. Last year they had about a dozen garage sales and a fantastic turnout that they hope to replicate again in June.

"I see it as an opportunity to support one another in a rural town with lots of families," said Davis. "So please come out and check out the town-wide garage sale."

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> RESERVOIR, FROM PG. 2

Another benefit is its contribution to system pressure stability, official shared. By strategically distributing water throughout sections of the municipality, it helps to mitigate pressure fluctuations, thereby ensuring consistent and reliable water supply for residents and businesses.

"There's not much to see. It's all underground, the big reservoir, but there's been a lot of dollars, a lot of engineering gone into it," said Friesen, who noted there was a bit more to be done yet. "There's still some work to do. There's one line that has to still come in and be connected. It is going to happen once the ground thaws."

Joel Nelson, director of health services at Boundary Trails Health Centre, heralded what the reservoir will

mean for the hospital.

"It just adds an extra layer of protection for our water security," he said. "It has dedicated lines coming right into the hospital, so it allows us to have the confidence that we can avoid any kind of boil water advisories or things like that because they're able to kind of manage the water for our facility and protect our residents and staff."

The Rural Municipality of Stanley expressed its gratitude to the following stakeholders involved in the planning, development and implementation of this project: WBS Construction, the Manitoba Water Services Board, Southern Health-Santé Sud, Associated Engineering, and the Pembina Valley Water Co-op.



PHOTO BY LORNE STELMACH/VOICE

A glimpse inside the new Stanley reservoir, which provides additional water security for the region.

> WINKLER BUDGET, FROM PG. 2

"We're spending \$9 million on projects outside of the big three," Siemens observed. "We want to make sure we're not just building new, but that we're being very careful to make sure that we repair, replace and renew our existing assets as well."

The city also has a fair bit of debt it is carrying from past capital projects, including \$0.37 million left on the Pembina Ave. fire hall (slated to be paid off this year) and \$13.97 million on the Meridian Exhibition Centre (which will be paid off in 2038).

BREAKING IT DOWN

Of the \$29,241,115 Winkler intends to spend in 2024, 56 per cent (approximately \$16.3 million) is covered through taxes, with the remaining 44 per cent (\$12.8 million) coming in through other revenue sources—

things like public land sales, investments, provincial and federal funding, and recreational/cultural user fees.

When it comes to expenses, the transfer to reserves for future capital projects eats up the biggest share of the money at the aforementioned 30 per cent, followed by recreation/culture expenses (14 per cent of the budget), police (14 per cent), transportation (11 per cent), fiscal services (10 per cent), administration (10 per cent), waste disposal (four per cent), fire services (three per cent), economic (three per cent), and planning (two per cent).

So what does all this mean for taxpayers?

In his presentation of the financial plan last week, director of corporate services David Martens explained

that with the municipal mill rate increasing from 13.302 in 2023 to 13.967 in 2024, the average taxpayer will pay about five per cent more this year.

A home valued at \$300,000, for example, will pay \$2,045—up \$114 from 2023. That includes an increase in municipal taxes of about \$90, plus \$25 more in waste fees (those are set at \$160 per household, compared to \$135 last year).

A business valued at \$1 million will pay \$9,078 in taxes—an increase of \$432 from the year before.

Winkler home and business owners will also pay an additional \$91 on their taxes every year from now through 2027 for council's health care funding special levy, which is earmarked to promote and support local health care services. Morden

and Stanley have passed similar levies to address health care needs in the region.

"This is a levy that will be on your tax bills for only four years," Martens explained. "In 2028, you will see this \$91 disappear again."

Mayor Siemens stressed that asking for a tax increase greater than the cost of inflation isn't something council takes lightly.

"We're keenly aware of the fact that we're not the only expense that the community has," he said. "So we want to be careful to make sure that before we come and ask, that it's money we absolutely need to make sure that we are building the community we want today, and will also be the community that our children and grandchildren will want as well."

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



Scott Dick
Agrologist, Agra-Gold Consulting
Landmark, MB

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Come back to the village for a good dose of Low German fun

Village of Neuberghthal hosting Plautdietschet Tietfedrief April 6, 13th

By Lori Penner

Once again, the Village of Neuberghthal will be doing their part to teach you a new language.

Plautdietschet Tietfedrief (Passing the time with Low German) is back by popular demand, where you'll laugh and reminisce, and learn about the language introduced to Canada by the Mennonites 150 years ago.

The event will take place two Saturdays this month, offering stories and readings, music and comedy, and a little history lesson just for good measure.

The Commons Barn will provide the vintage vibe to help you immerse yourself in the hilarious tales and jokes that make you wish you understood Low German a little better, so you could laugh even harder.

Organizer Joe Braun says over the years they've drawn a full house to each of these Low German events, and he's anticipating the same response now.

The first session on April 6 will feature stories and readings by Joyce Kehler Friesen.



PHOTO BY LORI PENNER/VOICE

Neuberghthal Heritage Foundation member Joe Braun with a selection of Low German dictionaries. "The language is alive and well," he says. Braun is one of the organizers of "Plautdietschet Tietfedrief" taking place two Saturdays this month.

"She's absolutely hilarious, and her timing is so great," Braun says.

The afternoon will also feature guest speaker Hans Werner, who teaches Canadian History and Mennonite studies at the University of Winnipeg. His current research includes German

and Mennonite migration in the Soviet Union and early Mennonite settlements in Western Canada.

His presentation is titled: "Sent dit onse Lied?" (Are these our people?)

This year marks the 150th anniversary of the Mennonites arriving in

Canada in the 1870s, and the 100th anniversary of the second wave of Mennonites arriving the 1920s. Werner's discussion will touch on the complicated relationships between the different generations of immigrants.

"There was some very interesting development among the Mennonites, in terms of education and music, commerce and farming during those early years," notes Braun. "When the second wave arrived, the more conservative, original settlers saw them as rebels, that had thrown away a lot of the old customs. There was a lot of tension there."

The April 13 event will feature the music of Enspire, a trio of sisters from the Winkler area.

"The whole performance is in Low German, of course," Braun says. "The music is quite upbeat and lighthearted, with a good measure of humour."

Presenter Ron Plett from Mitchell will round out the afternoon with his reading from "Koop enn Bua" (Koop and Buhr).

Both Low German events take place at 2 p.m. at the Neuberghthal Commons. The cost is \$20 a session, and yes, fasha is included.

For more information, contact Braun at 204-324-6259 or via email to events@neuberghthal.ca.

Central Community Homes' 28-unit build gets the okay from city council

By Ashleigh Viveiros

At its March 26 meeting, Winkler city council gave the green light to a couple multi-family projects designed to address ongoing housing shortages in the community.

Central Community Homes (CCH) and K-Block Developments are looking to build a 28-unit affordable housing complex on the northwest corner of North Railway Ave. and Main St.

The project will include two studio apartments, 18 one-bedroom units, and eight two-bedroom units. Twenty of the 28 units will be rented as affordable housing by Central Community Homes, which manages Winkler's social housing program.

The building's design was previously approved by council to be built

on a lot on Victoria St., though that project ultimately fell through due to funding challenges.

"The need [for affordable housing in Winkler] is just rising," K-Block's Frank Klassen told council.

They were asking council for a conditional use to build a multi-unit dwelling in what's currently zoned as a commercial general zone, as well as a variances to reduce the minimum number of parking stalls from 42 to 23 and to increase the maximum density allowed from 20 dwelling units per acre to 27 dwelling units per acre.

"With the people that will be using or occupying this space, a lot of them don't own a vehicle, so that's the reason for the variance on the parking," Klassen explained.

"It's also a really good location for

this project," he added, "because people living there can walk to some services right down Main St."

The site is a short walk from the clinic, the Co-op grocery store, the senior centre, multiple pharmacies, restaurants, and the Central Station Community Centre.

CCH's Dave Kasdorf said they're eager to partner with K-Block on this build.

"Affordable housing continues to be a challenge in the community," he said. "The rental market continues to be a challenge in the community. This is needed."

Council received no objections from the public about the applications. It approved both the conditional use and variance requests.

"This is a good project. It's nice to see and it's a good place for it," Mayor Henry Siemens said after the vote, which was unanimous.

Council also approved conditional use and variance applications for a project slated to be built on 14th St.

Do-It-All Builders is planning to

build a four-unit, single-story building on two lots on the west side of the street, backing onto Salem Crescent. These lots previously had single-family houses on them (one of which has already been demolished).

Neighbour John Funk addressed council to ask whether the building will fit with the look and feel of the established neighbourhood.

Developer Abe Wall stressed that the four units, three of which are already pre-sold to seniors or near seniors looking to move to the community, are to be owner-occupied.

They intend to keep as many established trees as possible on the lots, he said. They also don't expect to see traffic increase significantly on 14th St. nor on Salem Cres. as a result of this project (no rear driveways are being built to access the back).

Council approved the application for a conditional use allowing for multiple residential units in a lower density zone as well as variance connected to the required size of the side yards.

The **Voice**

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Regional table tennis tournament coming up

Table tennis fans may have had a little extra incentive to hone their skills when they turned out last Wednesday for the weekly gathering in Morden. The Morden-Winkler Table Tennis Tournament is happening Saturday, April 27 from 11 a.m. to 6 p.m. on the Huron Arena surface in the Access Event Centre. There are categories for junior (born in 2005 or after) and senior (born in 2004 or earlier) players, with fees varying for Manitoba Table Tennis Association members and non-members. Volunteers are also needed for officiating, with free training provided. For more information or to register, email bwolfe@mymorden.ca or head to mymorden.ca/rec.

PHOTO BY LORNE STELMACH/VOICE



Morden Festival of the Arts continues with April sessions

By Lorne Stelmach

The Morden Festival of the Arts had a successful first month of sessions and now continues on to the next ones this month.

March included the strings session, which attracted 109 entries.

"They were successful and an encouraging opportunity for the entrants," said co-ordinator Robyn Epp. "The adjudicator Karen Barg was a supportive and positive person who offered a very encouraging experience for the performers."

There were also 100 entries in the piano sessions, and co-ordinator Rose-

mary Klaassen noted the participants had an equally impressive experience with adjudicator Daniel Tselyakov, who performed a piece by Maurice Ravel at the end of one session.

"Originally an orchestral work, he emulated an entire orchestra on the piano with a spectrum of colour, emotional intensity and mesmerizing energy," said Klassen. "He also demonstrated practice techniques and musical additions over the two days to aid the students in their piano studies."

Next up for the festival is the vocal session Monday, April 8 at 9:30 a.m. and 1 p.m. at the Morden Mennonite

Church. There are 35 entries from students in Kindergarten to Gr. 12 in solo, duet, and trio categories across a range of genres.

The adjudicator for this session is Loretta Thorleifson, who has taught choral music extensively at the junior and high school level.

Following that will be the choral sessions on Tuesday, April 9 at 9 a.m. and 1:30 p.m. at the Morden Mennonite Church. Performing will be choirs from École Morden Middle School, Minnewasta School, Maple Leaf School, Northlands Parkway Collegiate, and Morden Collegiate.

Adjudicating the session is Avon-

lea Armstrong-Green, who has been teaching music in the St. James-Assiniboia School Division in Winnipeg for 20 years at the elementary, middle, and high school levels.

There is a break, then, until the English and French speech arts sessions throughout the day and evening April 23-25 at St. Paul's United Church.

Session adjudicator Lori Neufeld is a life-long educator, performer, and accomplished musical entertainer who performs extensively as "Lulu" in the bilingual children's entertainment group LuLu and the TomCat.

The festival's final session will feature performances from local bands on April 30 at Morden Collegiate. It will be adjudicated by accomplished Winnipeg band and jazz band instructor Kathy Byrne. Her bands have consistently been given superior achievement awards in the Manitoba Band Association's family of festivals as well as invitations to perform at the national band festival.

The festival also includes its highlights concert Sunday, April 28 at 2 p.m. at the Westside Community Church. It showcases performances that have been recommended by the adjudicators of each discipline featured throughout the festival season. Awards, including the 2024 Loreena McKennitt Award for musical excellence, will also be presented.

All festival sessions are open to the public, and organizers encourage everyone to come out and support the youth as they showcase their talents.

Festival programs featuring the complete schedule and class categories are available for \$5 at the Morden Library and Pharmasave. Digital copies are also available for \$4 by e-transfer to mordenfestivalofthearts@gmail.com. Admission to the various sessions is free for children and \$2 for adults.



SUBMITTED PHOTO

Students were busy in rehearsals last week for this weekend's performances of Moana Jr. at the Manitou Opera House. The musical is being presented by Candlewick Production's regional junior drama students (Gr. 4-8). The group of over 30 cast and crew come from across southern Manitoba—all the way from Mather to Darlingford and Snowflake to Notre Dame—and will be singing, dancing and acting for the production of the popular Disney story. Shows are at 7 p.m. Friday and 3 p.m. Saturday. Ticket information can be found online at candlewick.ca/candlewick-jr-musical.

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Community comes through for Lodge fundraiser



SUBMITTED PHOTOS

On March 23, the Manitou Coffee House Musicians hosted their final show of the season and raised over \$1,500 for the La Riviere Lodge seniors housing complex. Above: A captive audience filled the Manitou Opera House. Left: Lodge resident George Mitchell, James Sharpe, and Charlie Howatt performing *Waltz Across Texas*, *I'll Step Aside*, and *Old Log Cabin For Sale*.

By Voice staff

The Manitou Opera House Coffee House Musicians closed out their 33rd season with a bang March 23, raising over \$1,500 for the La Riviere Lodge.

It was the first-ever fundraising event at the coffee house for the Lodge, a community non-profit which provides affordable housing for seniors. Funds raised will go towards renovations of one of their suites.

"The call for help went out to the community one

month prior to the event," share organizers. "The community and surrounding area responded re-soundingly.

"The Coffee House Musicians are part of a large group of community members within the community who have taken the responsibility of care for the Opera House, and who entertain at these events because they are musicians who love playing and making music, all the while benefitting those local charities who are willing to help promote these events."

The night featured performances from a range of musicians of all ages and hailing from across the region.

Event organizers and Lodge reps send thanks out to all who attended and donated, as well as to the many volunteers and musicians who helped put on the evening.

You can stay up-to-date on Opera House events online at manitouoperahouse.com/events-calendar.

Spring flood risk remains low across the province

By Voice staff

The province is seeing some rise in water levels on the Red River, but it is still predicting low to moderate risk of spring flooding overall, with no expectation that it will have to operate the floodway.

The latest flood forecast outlook released last week sees the flooding risk as low for the Red River and its tributaries, low to moderate for the Assiniboine River and its tributaries and the Interlake region, and generally low for the Souris, Qu'Appelle,

Rat, Roseau, Pembina, Saskatchewan and Churchill river basins and the Whiteshell Lakes region.

The positive forecast is largely due to the normal to below normal soil moisture at freeze-up and well below normal to normal winter precipitation for most Manitoba basins.

Water levels are expected to remain below dikes and community or individual flood protection levels. However, the risk of flooding could change depending on future weather conditions, including rate of snow melt and the timing and amount of snow and

rain received between now and the spring runoff.

As in most years, there is a risk of ice jam-related flooding on areas historically susceptible to ice jamming. Most Manitoba lake levels are normal to below normal.

The Red River floodway is not expected to be operated during this spring flood season based on forecasted conditions. Minimal operation of the Portage diversion may be necessary under unfavourable weather conditions to control water levels on the lower Assiniboine River, the prov-

ince says. The Shellmouth Reservoir is being operated to reduce the risk of flooding downstream on the Assiniboine River while also providing sufficient storage for water supply and recreation.

Gradual run-off has started in some southern Manitoba basins including the Red River Valley. Levels are starting to rise along the main stem of the Red River, and residents are cautioned about the impact of rising water levels as well as weak ice on the river.

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

EMPATHY: How to combat bullying through kindness

Understanding and sharing the emotions of others is what empathy is all about. When it comes to bullying, you can gain valuable insight into someone else's struggles and emotions by putting yourself in their shoes. Here's how to fight bullying with empathy.

Listen. Take the time to genuinely listen to others, especially those who may feel isolated or vulnerable. By showing empathy and understanding, you can create a safe space for people to share their experiences and feelings.

Reach out. If you notice someone being bullied, offer a helping hand and let them know they're not alone. Even small acts of kindness can have a significant impact on someone's life.

Lead by example. Treat everyone with respect and understanding. Your actions can inspire positive change and create a ripple effect of kindness and compassion.

Encourage inclusivity. Embrace diversity and create an inclusive environment where everyone feels valued and accepted for who they are. Celebrate differences and encourage people to share their unique perspectives and experiences.

Raise your voice. If you witness bullying, don't hesitate to intervene. Simply standing up for someone can diffuse a harmful situation and create a sense of safety and security.

This Pink Shirt Day, lead with empathy. Taking the time to understand others will lead to a kinder and more compassionate society.



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Flyers finish off Terriers

By Ashleigh Viveiros

The Winkler Flyers punched their ticket to the second round of the MJHL playoffs last week.

The junior team made short work of the Portage Terriers in round one, winning the best-of-seven in five.

After an opening weekend that saw the series tied at 1-1, Winkler took the lead and kept it in games three through five.

Game three last Wednesday night in Winkler saw control swing back and forth, with the Flyers getting a 2-0 head start in the first on the strength of goals from Jayce Legaarden, and then Portage tying it up in the first minute of the second, only to have the Flyers retake the lead 4-2 thanks to goals from Avery Anderson and Trent Penner before the midpoint.

Portage's Daniel Siso started to close the gap with a third-period marker seven minutes in, but one more from Legaarden sealed the deal and gave Winkler the win 5-3.

Malachi Klassen stood tall in net for the Flyers, making 29 saves as Por-

tage outshot Winkler 32-23.

Klassen gave up just one goal in game four in Portage two nights later, while teammates Brady Craik, Anderson, and Mike Svenson lit up the net to give the Flyers the 3-1 win and a 3-1 series lead.

The Flyers then hammered home the final nail in Portage's coffin Saturday night in front of a sold-out hometown crowd, doubling up on their opponents 6-3.

Craik, Trent Penner, and Jakob Jones made it a 3-0 affair in the first 20 minutes.

Penner scored his second of the night midway through the second, following up on two from Portage to make it 4-2 for Winkler heading into the final frame.

There, the Terriers managed just one goal to Winkler's two (Legaarden, Blake Matheson), and saw their season come to an end as a result.

Klassen was between the posts once again, making 27 saves off 30 shots. His teammates fired 30 the other way.

Winkler is now awaiting the outcomes of the MGEU West Division

PHOTOS BY RICK HIEBERT/VOICE

Winkler defenceman Isaiah Peters successfully puts himself in front of a shot on goal from Portage's Owen Wit in last Wednesday's playoff game, which Winkler won 5-3 to take a 2-1 lead in the series. Below: Andrew Dalton fights off the defensive effort of the Terriers' Daniel Siso.



playoffs to see who they'll face in the next round. At press time the Virden Oil Capitals were up 3-2 against the

Neepawa Knights, as were the OCN Blizzard against the Dauphin Kings.

Mordenite part of the seniors womens championship curling team

By Lorne Stelmach

A Mordenite has another curling title to her credit and now looks forward to going after a national championship.

Lynn Sandercock was third for the team skipped by Kathy Isaac which recently won the Pharmasave senior women's provincial championship in Winnipeg.

Sandercock has curled for some time with Isaac, who curls out of Charleswood. They were joined by Sheila Gregory and Sandra Cowling of Hamiota at second and lead.

This was the first time out for the four of them as a team, but they went into it being quite familiar with each other.

"Kathy and I have curled a lot together in the last few years in different events," Sandercock said. "The two girls from Hamiota, we've played against them like a gazillion times, so we knew what they were like ... and they had lost the front end of their team.

"So it's not like we didn't know them at all. We knew them well enough.

I think we just jelled really well as a team together."

There were 10 teams on the womens draw for the seniors championship. After winning their pool, Team Isaac lost the initial page playoff game but then won the 2-vs-2 to get another shot at the title.

"And the final was a close game," Sandercock said. "It went to an extra end."

Sandercock has a few curling achievements now under her belt, having won the provincial masters championship a couple of times with Isaac in 2017 and 2018. She also won the seniors title in 2012.

She has been fortunate to be on a number of good teams, she says, and it makes a difference, given how much of a challenge it can be to win in Manitoba with the quality of the curling here.

"When you look at the names in senior now, whether it be men or women, there's a lot of people there who have done a lot," Sandercock noted. "The numbers have picked up again in the seniors. For a while there, they weren't quite as strong."



CURL MANITOBA PHOTO

Team Isaac (Hamiota CC) won the 2024 Pharmasave Senior Women's Championship with skip Kathy Isaac, third Lynn Sandercock, second Sheila Gregory, and lead Sandra Cowling.

They foursome now look forward to representing the province at the national championship in Moncton, NB in December.

"Wearing the Manitoba jacket, that's

everyone's dream," said Sandercock. "You never know when you're going to get this opportunity again, especially in Manitoba. There's a lot of good curlers."

Hawks coach pleased at team's strong showing at season's end

By Lorne Stelmach

It was a rough start to the season for the male U18 Pembina Valley Hawks, but a late surge led to a strong post season showing.

The Hawks finished in seventh place, so it matched them up with the second-place Southwest Cougars, and a dramatic 2-1 overtime victory in game five gave the Hawks a 3-2 series victory.

Their championships hopes then came to an end at the hands of the Brandon Wheat Kings, but the Hawks can still hold their heads high after the three-game series sweep by a team that had only suffered one overtime loss all year.

"Brandon is a pretty special team this year," reflected coach Brendan Edie. "We got swept, but you look at game three, we were tied with them going into the third ... so we pushed them.

"There's definitely some good memories for the guys there," Edie said, citing especially the overtime win over the Cougars.

He was proud of how the team came together after having had a rough start to the year.

"We would have liked to have finished a little higher in the regular season, but we kind of got around to it

and peaked at the right time leading up to the playoffs.

"We dealt with some adversity early in the season ... and with a tough schedule as well, so we kind of put ourselves behind the eight ball a bit to start," he said. "Our last 10 games leading up to the playoffs we went 8-1-1, so that's obviously how you want to finish a season.

"There was a lot of growth, a lot of development, some learning and some mistakes along the way, but overall I think most guys can walk out of this hopefully having had a positive experience."

Twisters on verge of advancing to MMJHL finals

By Ty Dilello

The Pembina Valley Twisters are a game away from the MMJHL championship finals. The Twisters are currently up three games to zero in their league semifinal best-of-seven series with the St. Boniface Riels.

On March 27, the Twisters took Game 2 on the road with a big 3-1 victory over St. Boniface. Kyle Van Deynze led the way for Pembina Valley with a pair of goals, while Lucas Jolicoeur had the other tally. Owen LaRocque

was excellent in the Twisters' goal, stopping 42 shots for the win.

A few nights later, on March 30, back at home in Morris, the Twisters snuck by the Riels in a tight 3-2 win that gave them a stranglehold in the series. Merek Degraeve, Kyle Van Deynze, and Brett Bergman scored for the Twisters, while goaltender Logan Enns stopped 27 shots for the win.

"We've been digging deep, prioritizing defensive zone first, and getting in the shooting lanes," said Twisters' head coach Braeden Bernaerts. "Our

goalies have been the backbone for us, and we've been capitalizing on timely chances. We started well last game, but we got flat footed after taking a few penalties in the third period, but in the end, the boys buckled down for the win."

The Twisters and Riels were back in action for Game 4 of their best-of-seven series on Monday, April 1 at Southdale Arena in Winnipeg. No score was available at press time.

Continued on page 19

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EMPLOYMENT

EMPLOYMENT OPPORTUNITY FOR CULINARY CREATIVITY

Morris Area Senior Services (M.A.S.S.) is a non-profit organization seeking a Meal Coordinator for their Congregate Meal Program. The Congregate Meal Program assists to meet the nutritional and social needs of its senior participants. The meal is served to those 55 plus and older (some exceptions apply). The successful applicant will plan one month in advance, a meal program served daily to these participants.

We are looking for someone to prepare and serve nutritious meals while keeping a clean and sanitized work and eating area. We are looking for someone who takes pride in their work and has an eye for presentation, so that the quality of the food, and its visual appeal, will keep our participants coming back. All those with a love for cooking are encouraged to apply! Training is provided. Must be a minimum of 18 years of age or older.

Full job description on Facebook and Pembina Valley Online

For more information about the job or to apply please:

Mail resume: to Morris Area Senior Services,
PO Box 997, Morris, Mb. R0G1K0

Email resume: to morrisareaseniorservices@gmail.com
Drop off or visit us @#20 - 153 Montreal Ave E. Morris, MB
(Davidson Centre entrance) Phone 204-746-6336

NOTICES

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CAREERS



MAINTENANCE MECHANIC/MILLWRIGHT

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

Preference will be given to those candidates holding a valid provincial Millwright or Industrial Mechanic ticket. Candidates who do not hold a valid ticket will be expected to enrol in the apprenticeship program to obtain their ticket as soon as possible. Overtime and on-call duties are required. The successful applicant will possess excellent written and verbal communication skills, trouble shooting skills, and be a team player.

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

Starting Wages:

- Mechanic \$32.70/hour
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A job description for this position can be found online on the Bunge website: <https://obs.bunge.com/>. enter "Altona" in the field "Search by Location". Click on "Maintenance Mechanic/Millwright" to read the description. Applications should be made online with an attached resume.

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UPCOMING EVENTS

CARMAN GUN SHOW

Date:

April 6, 2024

Time:

9AM to 3PM

Place:

Carman Hall

\$7 ADMISSION

CAREERS

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Location: Altona, MB CA R0G 0B0

Company: Bunge

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CAREERS

Chief Financial Officer

The Municipality of Rhineland is accepting applications for a full-time permanent Chief Financial Officer.

A complete job description is available at our website: <http://www.rmofrhineland.com/p/employment-opportunities>

Position Summary

The Chief Financial Officer is responsible for the financial functions of the Municipality along with various other administrative management functions.

Qualifications and experience

Candidates are expected to have a thorough knowledge of accounting acquired through a university degree in business accounting, through a professional accounting program (CPA) or through related experience and training. Municipal experience would be considered an asset.

Pay Package

The salary will be competitive with a comprehensive benefits package.

Please submit your resume and cover letter detailing how your experience and qualifications meet the requirements. We thank all that apply, however, only candidates selected for an interview will be contacted. The position will remain posted until filled. The candidate being considered will be required to undergo a Criminal Record Check.

Michael Rempel
Chief Administrative Officer
R.M. of Rhineland
Box 270, Altona, MB R0G 0B0

Phone: 204-324-5357

Fax: 204-324-1516

E-mail - Michael.rempel@rhinelandmb.ca

PUBLIC NOTICE



MUNICIPAL NOTICE OF INTENT

TAKE NOTICE that on March 12th, 2024, the Council of the Municipality of Emerson-Franklin gave first reading to By-Law No. 2024-05 to designate as a municipal heritage site under The Heritage Resources Act, the lands and premises commonly known as the Tolstoi Heritage Centre, (formerly known as the Tolstoi Holy Trinity Roman Catholic Church) at 9 Main Street Tolstoi, Mb. The land is described in Certificate of Title No. 2898123 as follows:

SP Lot 3 Block 1 Plan 16289 WLTO Subject to the reservations and provisos contained in the original grant from the crown in SE ¼ of 35-1-5EPM.

A copy of the proposed By-Law can be inspected at the Emerson-Franklin municipal office at 115 Waddell Avenue East Dominion City, Mb between the hours of 8 a.m. to 4 p.m. Monday through Friday and on the municipal website www.emersonfranklin.com

A public hearing will be held at the Municipal Office at 115 Waddell Avenue East Dominion City, Mb on April 23rd at 10 a.m.

At that time, any person may submit an objection or other representation on the proposal. If there is no objection, council may resolve to adopt the proposed By-Law, or not to proceed with it.

Date this 18th day of March, 2024.

Tracey French
Chief Administrative Officer

PUBLIC NOTICE

Public Notice

Zoning By-law Amendment NO. 23-11:

Intent of Zoning By-law Amendment 23-11: The applicant is proposing a change in zoning in the Zoning By-law from "AG1" Agricultural 1 Zone to "M" Industrial Zone for the purpose of expanding an existing truss manufacturing business.

Current Title Area: CT No: 2940774/1, Roll No: 236600 CT No: 2878468/1, Roll No: 236620

A copy of proposed By-Law 23-11 and supporting material may be inspected at our office during normal business hours, Monday through Friday, 8:00 AM to 4:00 PM (excluding holidays).

Copies may be made upon request.

Electronic copies may be obtained by emailing: info@emersonfranklin.com.

When: April 23, 2024, 9:30 AM

Where: Municipality office Council Chambers
115 Waddell Ave E Dominion city, MB R0A 0H0

For More Information: Contact
Chief Administrative Officer

Tracey French
Phone: 204-427-2557

Email: info@emersonfranklin.com




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PUBLIC NOTICE



**MUNICIPALITY OF EMERSON-FRANKLIN
PUBLIC NOTICE
2024 FINANCIAL PLAN**

Public notice is hereby given pursuant to subsection 162(2) of the Municipal Act that the Council of the Municipality of Emerson-Franklin has scheduled a public hearing at the Municipal Council Chambers at 115 Waddell Avenue East, in Dominion City, MB on the 23rd day of April, 2024 at 11:00 a.m. to present the 2024 Financial Plan. The purpose of the public hearing is to give the public the opportunity to make a representation, ask questions or register an objection with respect to the plan. Copies of the Financial Plan are available for review during regular office hours from 8:00 a.m. to 4:00 p.m. Monday to Friday at the Municipal Office and on the municipal website www.emersonfranklin.com

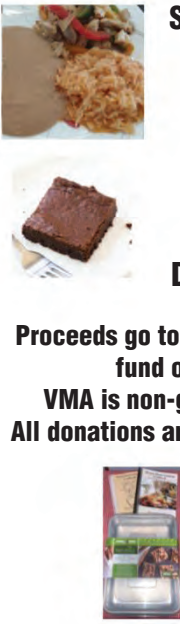
Tracey French
Chief Administrative Officer
Box 66 Dominion City, MB ROA OHO
Phone: 427-2557
Email: info@emersonfranklin.com

COMING EVENTS

Valley Mennonite Academy
Bethel Bergthaler Mennonite Church

Sat., April 13, 2024
Fajitas, Beans, Rice & Dessert
4130 MB-32 Hochfeld, MB
4:30 - 7:00 PM
Dine in & Take Out

Proceeds go to the general operating fund of the school.
VMA is non-government funded.
All donations are greatly appreciated.



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SUMMER JOB POSITIONS

Summer Job Positions 2024

The Emerson Centennial Park and Roseau Crossing Heritage Park are now accepting applications for the following positions:
Swimming Instructors
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Pool Assistants

We offer competitive wages and training reimbursement. Must be available to work days, evenings and weekends. Applicants have the option of applying to the Emerson Centennial Park (Emerson, MB) and/or the Roseau Crossing Heritage Park (Dominion City, MB). Please state your preference in your application. Please send a cover letter and resume with certificates by **April 12, 2024** to: Emerson-Franklin Recreation and Wellness Box 66 Dominion City, MB ROA OHO
Email: kath@emersonfranklin.com



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

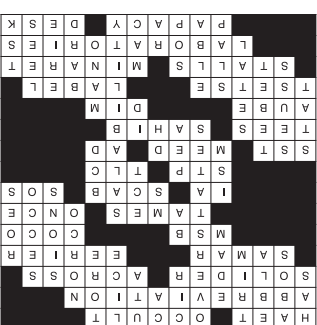
Level: intermediate

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Sudoku Answer

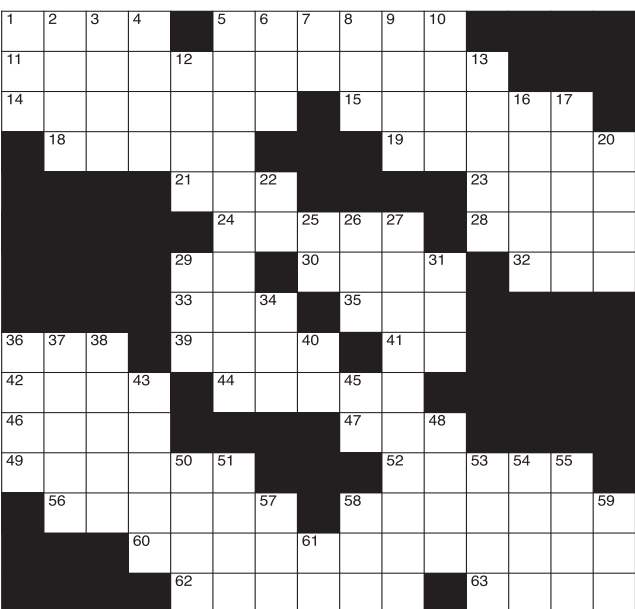
4	9	7	1	8	9	3	2	5
2	8	6	5	3	4	6	7	1
3	5	1	6	2	7	4	8	9
9	9	5	8	4	3	7	1	2
7	4	2	9	5	8	1	3	6
8	1	3	7	2	6	5	9	4
9	3	6	4	7	1	2	5	8
5	7	4	2	9	8	6	3	1
1	5	8	2	1	3	9	4	6

Crossword Answer



X CROSSWORD

- CLUES ACROSS**
- A minute amount (British)
 - Mystical or magical
 - Shortening
 - More satisfying
 - Other side
 - Philippine island
 - More unnatural
 - Mutual savings bank
 - Famed designer Chanel
 - Makes less wild
 - At some prior time
 - The cops who investigate the cops
 - Immune system response
 - Distress signal
 - Engine additive
 - "No Scrubs" trio
 - Very fast airplane
 - A reward (archaic)
 - Commercial
 - Spots where golfers start
 - Polite form of address (Indian)
 - French river
 - Reduce the light
 - Blood-sucking fly
 - A way to categorize
 - Procrastinates
 - Tall slender tower
 - Where researchers work
 - Office of the Pope
 - Office furnishing
- CLUES DOWN**
- Possesses
 - American Board of Orthopedic Surgery
 - Ancient Syrian city
 - Clip
 - In a way, misleads
 - Human gene



- The Golden State (abbr.)
- Lizard genus
- Parasites that invade the skin
- Took apart
- Mild yellow Dutch cheese
- S. California town
- Suffix plural
- Painting technique
- Small Eurasian deer
- Mr. T character
- Microsoft
- Shock therapy
- Able to be sold
- A doctrine
- These three follow A
- Pulse
- Quantitative fact
- Doctor __: children's
- book author
- Hebrew calendar month
- Designated hitter
- Norther Poland village
- A passport is one form
- Hand (Spanish)
- Actor Idris
- Shakespeare's nickname "The ___"
- Northern U.S. lake
- Marvin and Horsley are two
- Soak
- Partner to cheese
- Expression of disappointment
- College dorm employee

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SUBMITTED PHOTOS

The Winkler Curling Club held its league championships March 22. Clockwise from left: Mens club champs Marcus Titchkosky, Andy Schmidt, Devin Rachul, Kyle Peters, and Clayton Giesbrecht; mens B champs Randy Suderman, Rick Suderman, Paul Giesbrecht, and James Hildebrand; mens C champs Brent Haney, Ken Hildebrand, Derrick Klassen, and Rod Wiebe; and ladies champs Brooke Friesen, Holly Friesen, Calista Friesen, and Sonia Janzen. The Monday league grand aggregate winner was the Chris Driedger team while the Wednesday league grand aggregate winner was the Andy Schmidt team.

Winkler curling champs



Women's soccer league starting up in Pembina Valley

By Ty Dilello

A new women's soccer league hopes to launch its inaugural season this summer in the Pembina Valley.

Laura Visscher and Rhonda Vandebos are sisters who grew up playing soccer in the Carman area. Vandebos started at age five, and Visscher at age 11 through the minor soccer club in town then.

Both sisters were eventually goalkeepers for the DCS Stingers team in high school. They both went on to become involved in Carwin United FC, a women's soccer team that played in the Winnipeg Women's Soccer League (WWSL), through playing, coaching, or managing.

During the pandemic, the WWSL switched all its games to being played in Winnipeg, and they continue to play all games there to this day.

"Since COVID-19 we've struggled to get our Carwin team back up and running because every game is played in Winnipeg, and this is a large commit-

ment for many ladies, as they have jobs and families," said Vandebos. "The ladies we talked to expressed how they would love to play, but they would prefer to have at least the home games be played in town; that way, they wouldn't have to travel somewhere every week. Those comments got us thinking: why couldn't we have a rural league? Both of us have either been on or are currently on our local minor soccer board, so we have an idea of how to run a league, but we still want help."

The sisters sent a poster to all the municipalities in the area, and by sharing it with the local papers and their own contacts, they hope to get the news out there as much as possible so that the inaugural season can take place this summer.

The new women's league will have eight games plus playoffs in July and August. There will be a cap of 20 players per team, and everyone must be 18+ (born in 2006 and earlier). This will give teams extra players because

summers can get very busy with travel and family time.

"Ideally, we hope to have at least four teams, but we aren't sure what to expect at this time," said Vandebos. "We've had interest from some clubs in Morden who sounded really excited about the idea, as they also had some interest expressed to them from parents in the past about playing."

Teams can register by sending an email to pvwsoccer@gmail.com. Each team will need a manager to whom all league emails will be sent.

The new league doesn't have a cost

established at this time as the field costs differ from community to community, and they won't know until they lock in all of the teams.

"We do hope to keep costs down as we aren't in this to make money, but to share our love of the sport and to give ladies another way to stay active," Vandebos said. "We would like to start a board by using a member from every community that has a team in the league, as this way, every community gets fair representation and has a say in how things are run."

> TWISTERS, FROM PG. 15

One more victory will put the Twisters into the MMJHL, where they would meet up with the St. James Jr. Canucks, who have already won their semifinal series in four straight games.

"As we go deeper and deeper into

the playoffs the message is that: it only gets harder and harder," said Beernaerts. "Every little detail gets magnified. We hope to remain focused and keep pushing the pace in our games moving forward."

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



We want to make sure everyone impacted by Parkinson's knows that you can turn to us for support, wherever you are on your journey.

Symptoms of Parkinson's

Parkinson's is commonly characterized by its motor symptoms. But many people experience other changes that are often not identified as symptoms of the disease. These are known as non-motor symptoms and are often left untreated. Below, you will find information outlining both types of symptoms, how to identify symptoms you may not realize are linked to Parkinson's, and how to manage them.

Motor symptoms

Parkinson's is characterized by:

- Slowness of movement
- Rigidity
- Tremor
- Postural instability

Non-motor symptoms

Non-motor symptoms can impact your quality of life and can be experienced prior to motor symptoms. You may not realize that these symptoms are linked to Parkinson's disease. As a result, many non-motor symptoms often go untreated.

Depression may be an early symptom of Parkinson's

Depression is one of the most common, and most disabling, non-motor symptoms of Parkinson's disease. As many as 50 per cent of people with Parkinson's experience the symptoms of clinical depression at some stage of the disease. Some people experience depression up to a decade or more before experiencing any motor symptoms of Parkinson's.

Clinical depression and anxiety are underdiagnosed symptoms of Parkinson's. Researchers believe that depression and anxiety in Parkinson's disease may be due to chemical and physical changes in the area of the brain that affect mood as well as movement. These changes are caused by the disease itself.

- drooling
- change in taste and smell
- choking and swallowing difficulties
- nausea and vomiting
- constipation
- uncontrolled loss of stool
- bladder dysfunction
- unexplained changes in weight
- dementia and cognitive impairment
- hallucinations
- sexual dysfunction
- orthostatic hypotension
- excessive daytime sleepiness
- insomnia
- REM sleep behaviour disorder
- restless leg syndrome
- leg swelling
- excessive sweating
- double vision
- delusions and impulse control disorders

Other non-motor symptoms

Non-motor symptoms can vary substantially from patient to patient and can include:

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