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**Spinning for Genesis House**

The second annual Genesis House Spin-a-Thon took place at Dead Horse Cider near Winkler last weekend in support of the victims of domestic violence. For more, see Pg. 5.

PHOTO BY ASHLEIGH VIVEIROS/VOICE

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# Gateway Resources hosts impactful fundraising gala

By Ashleigh Viveiros

Gateway Resources' annual fundraising gala May 8 gave guests a glimpse at the impact its programming for individuals with intellectual disabilities is having in the community.

CEO Kim Nelson noted everyone in the packed-full room at the Butternut Celebration Hall was there for a shared purpose.

"We come together because we believe in making a difference," she said, thanking all who had a hand in making the night such a success.

Funds raised that evening will go to support Gateway's residential, life enrichment, and work programs.

"Though our services have evolved over the years, our core vision has never wavered: to support individuals living with an intellectual disability with compassion, dignity, and a focus on personal goals," Nelson said.

The agency's 260 staff "show up

each day to provide care, mentorship, encouragement, and advocacy," she continued. "We currently support 119 individuals through a wide range of holistic programs, focusing on emotional, physical, mental, and spiritual well-being. We do this by walking alongside each individual, encouraging, exploring, and empowering their choices every step of the way."

Gateway strives to be an integral part of the communities it serves, Nelson said.

"Each year, we process 2.5 million kilograms of recycling," she shared. "Last year, we expanded our woodworking facility, opening new opportunities and partnerships locally and regionally. Every year, our team produces approximately 24,000 crates, 10,000 pallets, and 19,000 separators. That's serious craftsmanship."

"But our impact does not stop there. We help individuals find paid and volunteer positions in the community, working with amazing partners like EcoPlus, Hometown Ford, Co-op,

**"GATEWAY ISN'T JUST AN ORGANIZATION—IT'S A COMMUNITY. IT'S A HOME FOR SO MANY."**



PHOTO BY ASHLEIGH VIVEIROS/VOICE

From left: Gateway Resources board chair Brian Derksen, participants Helen Wiebe and Steve Klassen, CEO Kim Nelson, participant Colleen Voth, and director of human resources Julie Douma, who interpreted for Wiebe, who is deaf, at the agency's fundraising gala last week, where stories of Gateway's impact in the community were shared.

King's Deli, Salem, Tabor, the humane society, and so many more. These relationships don't just create opportunities, they build pride, purpose, and connection.

"Our life skills program blends education, recreation, and community involvement," Nelson noted. "Whether it's participating in local cleanup days or attending events, our individuals are active, engaged, and thriving."

Gateway operates 19 staffed homes in Morden and Winkler and also has a thriving homeshare program and an independent living program that supports over 40 people.

"These services offer not just housing but dignity, belonging, and opportunity," Nelson stressed. "Because Gateway isn't just an organization—it's a community. It's a home for so many."

Attendees got the opportunity to hear from three Gateway participants about what the agency means to them.

Steve Klassen has been with Gateway in a variety of capacities since the early '90s. Today he is employed in the wood room and also attends the seniors program.

"I've learned how to use tools, like staplers, nail guns, and saws," Klassen said. "And I learned how to sort recycling. I've also learned computer skills and lots of other things."

"The staff at Gateway are helping me stay independent by teaching me skills and helping with cleaning and other things at my apartment."

Helen Wiebe, who is deaf and so spoke through an interpreter, shared

that she's worked in the kitchen, with the cleaning crews, and in the recycling department. She also attends community learning classes.

"I also live in my own apartment in the community and receive help through the week from staff in the supported independent living program," she said, noting she's learned how to "cook, to budget, save money, and manage my time."

Wiebe said that her time at Gateway has helped her to become more confident around people. Her favourite part about coming in every day is "being able to talk to my friends at coffee break and lunchtime."

Fellow participant Colleen Voth has lived in Gateway houses in both Winkler and Morden over the years.

"I have worked in recycling for a long time. Helped with cleaning and the laundry contract at Clay Owl," she said. "I've also been able to volunteer at the Hope Thrift Store and Clay Owl Studio."

"I have learned how to work and do different jobs at Gateway," Voth said. "I have learned about manners and how to have good friendships. At home, I have learned to take care of myself better."

## BECOMING UNSTOPPABLE

Overcoming challenges is something Gateway's participants have in common with the gala's guest presenter.



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# Central Community Homes launches 50/50 raffle

By Ashleigh Viveiros

Central Community Homes (CCH) has launched what it hopes will be Winkler's biggest 50/50 raffle ever.

Tickets are on sale now ([raffle.link/cch](https://raffle.link/cch)) starting at \$5 each. The pot is already at nearly \$11,000, with seven weeks to go until the July 1 draw date.

"We're going to run this thing to the highest in Winkler's 50/50 history," said CCH vice-chair Dave Kasdorf, noting proceeds from Monday's campaign kickoff luncheon allowed them to seed the pot with \$10,000.

Funds from the raffle will go to support the 28-unit affordable housing complex being built by CCH at the corner of North Railway Ave. and Main St.

"We've been working hard to get the financing together" for this project, shared board chair James Friesen. "We're looking at getting the staff in place, but meanwhile the building is on budget and ahead of schedule."

It's slated to welcome its first residents this fall, which will take a small but meaningful bite out the wait list—more than 100 people long—CCH currently has for its social housing units throughout Winkler.

Leveraging the equity from its other houses and apartment buildings, the non-profit was able to get construction going on this new build, but Friesen said they're still about half a

million dollars shy of what's needed to fully fund the project.

"We need to close the gap in our funding to put this thing over the top and set us up for moving ahead," he said.

They're hoping the final 50/50 pot will get them a good ways towards their goal. The randomly selected winning ticket holder will pocket half the pot, with the rest going to CCH.

"What we're doing here is a worthwhile project," Friesen said in reflecting on how high the pot might go. "Plus, there's an incentive to win big money."

The need for affordable housing continues to grow in Winkler, and organizations like CCH are trying their best to keep up to ensure the most vulnerable members of our community aren't left out in the cold.

"Housing is so fundamental to all of us," Friesen said, stressing safe, affordable housing is the foundation on which struggling people and families can grow and thrive, overcoming other challenges they may face.

"When we talk about ... what it looks like to be a successful community, it's when everybody across the whole spectrum is cared for, recognized, and supported," he said.

"We can do this in this community because of all you folks," Friesen told the more than 100 luncheon attendees representing numerous Winkler area



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Above: Central Community Homes is hoping their new 50/50 draw will help them raise the approximately \$500,000 still needed to cover the costs of their new 28-unit affordable housing complex on North Railway Ave. Right: Speaking at a luncheon to kick-off the fundraising campaign Monday was David Asper, whose Funding Change website is hosting the raffle.



businesses and social service organizations. "You get this. It's part of your DNA. It's something that we're on the map for. We're able to leverage things well beyond what we can do individually."

Also speaking at the luncheon was David Asper of Funding Change, the online platform CCH has teamed up with to host the raffle.

Asper's presentation shared stories of his varied business and philanthropic accomplishments. He urged attendees to continue making a difference by giving back.

"Do well in business and do good

... this has become my mantra for my own giving," he shared.

Asper is optimistic this will be a successful fundraiser for CCH, and he also hopes people take a moment to consider the impact affordable housing has on people's lives.

"The ripple effect across multiple other aspects of life that improve people's lives and that therefore improve the life of the community is profound," he said.

You can learn more and make a donation to the fundraising campaign online at [centralcommunityhomes.ca](https://centralcommunityhomes.ca).

# Morris town council unveils 2025 financial plan

By Siobhan Maas

In a short meeting last Thursday evening, Town of Morris council presented their 2025 financial plan with an expected budget of \$4.7 million, a decrease of eight per cent from last year.

Mayor Scott Crick spoke to the changes in the tax assessments that result in the municipal mill rate de-

creasing 12.5 per cent to 23.03 mills.

"Reassessments might affect taxpayers who end up paying more in school tax," he said. Total assessment increase is 12.56 per cent with residential and commercial sharing the bulk of the portioned assessment at 66.4 per cent and 30.8 per cent, respectively.

Proposed expenditures for 2025 remain similar overall to last year.


"The largest increase is seen in recreation and culture, an increase of 21 per cent to \$1.2 million," shared Coun. Mel Baxter. "This increase is to keep current residents and entice the new."

One-quarter of budget monies are allotted to recreation and culture. Meanwhile, fiscal services and capital purchases funded by reserves fall significantly following the artificial

jump last year due to the new child care facility.

The majority of \$4.8 million in proposed revenue comes from the tax levy at 62 per cent. Tax sharing grants and transfer from reserves also contribute to balancing the budget for the Town.

Continued on page 4



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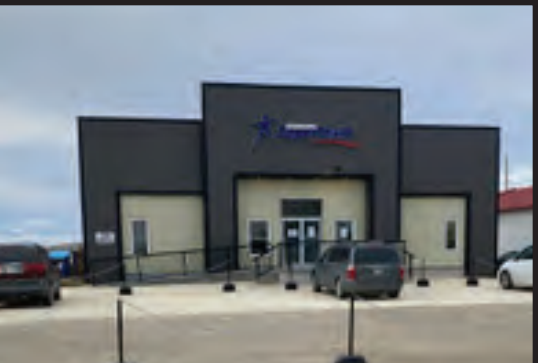






PHOTO BY ASHLEIGH VIVEIROS/VOICE

As the Gateway gala's guest speaker, the Unstoppable Tracy Schmitt shared her story of overcoming all obstacles en route to achieving everything she wants to in life.

## > GATEWAY GALA, FROM PG. 2

Motivational speaker, author, and athlete the "Unstoppable" Tracy Schmitt shared her story of perseverance with humour and insight.

Schmitt was born a four-way amputee, but she's never let it stop her from living life to the fullest.

She has climbed mountains, ranked in international sailing competitions, and medaled in alpine downhill para-skiing. In 20219, Schmitt was inducted into the Canadian Disability Hall of Fame.

Schmitt recalled her first day of Kindergarten and how the principal tried to turn her away, afraid she would rely too heavily on her teacher due to her disabilities.

Her mother convinced the principal to give it a week and see how it went, stressing to Schmitt that "everybody's included—nobody left behind, including you."

A few days later, Schmitt was late getting out to recess and the principal feared the worst—but when he went to see what had happened he found the five-year-old with no hands or feet was the only kid in the class that knew how to tie her shoelaces, and she was missing recess because she was helping her peers learn to do the same.

"I got to stay in that school," Schmitt said. "And that principal, he never said, 'No [she can't do something] again.'"

People have long underestimated the abilities of people living with a disability, but they don't have to let that define them, Schmitt stressed.

"We are 'dis-arming' those 'limb-iting' beliefs," she punned. "Sometimes when kids ask me what happened, I tell them, 'I was born without my limbs. I was born 'limb-itless.' And then I say, 'The bigger secret is that you were born limitless too.' We're all born limitless, and yet we don't always feel unstoppable."

Feeling like you can achieve anything is as much a mental accomplishment as a physical one, Schmitt said, stressing there are three parts to succeeding at it: exceeding uncertainty, embracing possibility, and earning independence.

When people believed she couldn't sail because of her physical challenges, Schmitt set out to prove them wrong—to exceed uncertainties—by finding ways to adapt and never giving

up.

"Feeling uncertain is no excuse for inaction," Schmitt said, noting she found a world-class coach and wouldn't stop bugging him until he agreed to train her. And then she didn't give up until she'd achieved her dream of competing.

It was the same attitude that got her out on the ski slopes for the first time.

"We didn't know how I would ski. And you might not know how you're going to face whatever you're dealing with right now," Schmitt said, sharing how she learned through trial and error the best way to adjust downhill skis to suit her body, and the many tries it took to get the hang of the high-speed sport.

"Embrace possibility. Even when you don't know how, don't avoid failure. We didn't know *how* I would ski, but I knew I *would* ski. Sometimes we get to show up and we get to believe it's going to happen ... we figure it out."

That attitude leads to the final part: earning independence, though Schmitt stressed, as she showed photos of her rock climbing, that doesn't necessarily mean doing everything alone.

"I was scared out of my mind when I was rappelling, when

I left that cliff edge ... I had forgotten someone was on my safety line," she said. "Someone had my back.

"Who's on your safety line? Who has your back? Somebody that says, 'Oh no' or somebody that says, 'I don't think that's realistic?' I think this is a room full of people that do and forevermore will say, 'You got this. You can do this' even when we don't know how. We get to earn independence, but it's not earning it alone ... earning independence is actually earning interdependence.

"Everybody here is interconnected in one way or another," Schmitt said, emphasizing that the key to being unstoppable is "when you get blindsided or you're feeling helpless, believe you are capable ... embrace possibility, even when you don't know how ... and you jump out of those airplanes—you just make sure you know who packed your parachute.

"When you live a life of no excuses, the bonus is you get to live a life of no limits."

**"WHEN YOU LIVE A LIFE OF NO EXCUSES, THE BONUS IS YOU GET TO LIVE A LIFE OF NO LIMITS."**

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## > MORRIS FINANCIAL PLAN, FROM PG. 3

Reserve money transferred will be used to fund zoning and economic development, general operation, the resurfacing of Poplar Street, and contributions to the Pembina Valley Water Co-op Servicing Agreement, which is an ongoing, 10-year commitment.

Total outstanding debt has decreased by \$159,824 to \$1.7M as of Jan. 1.

"The Multiplex debt will be finished in 2026," noted Baxter. "Next year \$130,000 will be 'saved' from that project."

Major projects planned for 2025 include the purchase of several pieces of public works equipment, a backup generator for the fire hall, revitalization of Poplar St., and develop-

ment of a new municipal website.

Baxter shared the numerous grants and contributions amounting to \$118,000 gifted by the Town to various entities in Morris, including the Valley Ag Society, Valley Regional Library, Riverview Gold & Country Club, and Morris School scholarships and the robotics team, to name a few.

Not included in the 2025 budget are monies for the revitalization of Main St. following a survey that went out to the public last year.

"The Economic Development Committee continues to meet with businesses along Main Street to collect thoughts, concerns, and questions," said Coun. Chris Hamblin. "Everything takes time, and we are looking for the best way on how to move forward."



# Spin-a-Thon raises \$9,800

Genesis House teamed up with Aura Studio Saturday for the second annual Spin-a-Thon in support of the victims of domestic violence. The stationary bike marathon saw teams biking almost non-stop throughout the day at the Dead Horse Cider patio, collectively raising \$9,800 for the cause.

PHOTO BY ASHLEIGH VIVEIROS/VOICE



## Health officials urge measles vaccinations as cases increase

By Lorne Stelmach

As the measles risk continues to rise in the province—including particularly in the Winkler region—health officials are touting the importance of immunization.

An update from the province last week warned of another potential exposure to measles at the Boundary Trails Health Centre emergency department April 27 from 4:11 p.m. to 10:07 p.m.

It followed other recent potential exposures in late April at C. W. Wiebe Medical Centre, Winners, Dynacare, and the Real Canadian Superstore.

The spike in both exposures and cases of measles in the region is being widely linked to low immunization rates, and a statement from Southern Health Sante Sud aimed to address that issue:

“Immunization is crucial for protection against measles. Before we had a measles vaccine, there were 10,000 to 90,000 cases of measles in Canada every year,” RHA officials stressed. “We started immunizing against measles in Manitoba in 1967. By 1998, Canada had eliminated measles, meaning there was no local circulation of measles in the country.

“Unfortunately, it’s not eliminated everywhere, so people could still travel to a measles endemic country, get an infection and travel back to Canada while infectious. This caused some local outbreaks, but enough people were immunized so that the virus eventually had no one to infect, and the outbreaks ended.

“Right now in Manitoba, we are seeing mostly unimmunized children getting measles,” the statement continued. “One dose of vaccine is about 93 per cent effective at preventing measles, and two doses increases

the number of people protected to 97 per cent. So you can get some breakthrough infections in immunized people, but they are rare, and the infection is generally more mild, and the evidence indicated immunized people are less infectious if they do get measles.”

This outbreak is already larger than any the province has seen for a very long time, health officials noted, but they emphasized it can be stopped now and prevented in the future.

“With high immunization rates, you do not get large outbreaks. Even now, if a significant majority of the currently unimmunized individuals chose to get immunized, the outbreak would stop within a number of weeks.

“Some people who were recently exposed would still go on to get measles because it can take seven to 21 days for symptoms to start after someone has been exposed. But after that, if enough people are immunized, the virus has nowhere to go, and the outbreak would shrink rapidly.

“We have lots of experience with this vaccine ... over five decades ... so we know it can stop outbreaks.”

The province and health authority are working to promote and step up immunization in a number of ways.

“We’ve seen an increase in interest for immunization. We’ve been able to accommodate those families with existing availability, but we are also looking at additional clinics, potentially with advertising, where we see community interest,” the statement noted.

“This isn’t just something Public Health-Healthy Living is doing—this is a team effort. Primary care providers are talking to their patients. Specialist care providers are having conversations about immunization. Pharmacists are having these conver-

sations, as well as other trusted health care providers.

“We also continue to engage with community leaders, including religious leaders, to have meaningful conversations in an attempt to respectfully address any questions or concerns they have about vaccination.”

Anyone at risk of possible exposure is urged to monitor themselves for symptoms for a few weeks. Initial symptoms of measles may include

fever, runny nose, drowsiness, irritability and red eyes, and small white spots may also develop on the inside of the mouth or throat. Several days after the initial symptoms, a red blotchy rash appears on the face and progresses down the body.

For more information on measles, including immunization, head to [www.gov.mb.ca/health/publichealth/diseases/measles.html](http://www.gov.mb.ca/health/publichealth/diseases/measles.html) or call Health Links-Info Santé at 1-888-315-9257 toll-free in Manitoba.



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• DON'T MIND THE MESS

## Feathers and farewells

**I**t was just a bird. That's what I told myself later, through tears and guilt and the ache that settled into my chest for the rest of the day. But it wasn't just a bird. It was a tiny, fragile reminder of how helpless we are in the face of certain heartbreaks.

Sunday morning started with a bang—literally. My son was at my bedroom door before I could even shake off sleep.

"Mom! Something hit the window!" he called out, panic edging his voice.

Half-asleep, I assumed it was something minor. But the urgency in his voice pushed me into motion.

When I stumbled to the window, I saw him: a small robin, upright but clearly stunned, sitting beneath the window. His feathers ruffled, his eyes wide with fear. He looked so small. So vulnerable. Our two cats watched with unsettling anticipation—thankfully on our side of the window—unaware of the gravity of the moment. But I knew. I felt it deep in my chest.

I didn't touch him right away. I didn't want to make it worse. I didn't want to take him from his mama, who might be watching from a nearby tree. Instead, I stood there, heart breaking over a creature who had simply mis-

taken a reflection of the sky for the real thing.

I've been meaning to do something about that window. Some kind of decal. A visual warning for birds who don't know the danger. But I hadn't gotten around to it. And now, it was too late.

I texted a dear friend, a seasoned birder who's nursed many birds back to health. He told me to wait, to see if the little guy might recover from the shock. I clung to that hope. But within minutes, the bird flapped weakly, then collapsed. I knelt and gently picked him up, just as he exhaled his final breath.

It shattered me.

I've encountered dead birds before—courtesy of past outdoor cats or the occasional roadside tragedy. But this one—this moment—landed deeper than I expected. Maybe it was the timing. Maybe it was everything else I've been carrying lately. But that bird's death cracked something open in me. I wept. I sobbed to a friend on the phone, full of guilt and sorrow. I cried not just for the bird, but for the helplessness I felt. For all the ways I couldn't prevent pain.

And yet, in that moment of sadness,

something else quietly showed up: kindness.

My son's concern. My friend's gentle words. The understanding voice on the other end of the phone. The reminder that sometimes life, with all its randomness and heartbreak, simply happens. And sometimes it has nothing to do with what we did or didn't do.

Grief is funny that way. It shows up when you least expect it, and sometimes, it arrives wearing feathers.

That little robin wasn't just a bird. He was a reminder. A tiny, innocent life that made me stop, cry, reflect—and connect. Because when I reached out, people responded. With grace. With gentleness. With understanding. And that mattered. That helped.

It reminded me that even in loss—no matter how small it may seem to someone else—we are not alone. The people who know our hearts show up. And they help carry the ache.

Maybe the robin was on his first real flight of spring, chasing a new beginning, unaware of what lay ahead. Isn't that all of us, in a way?

I hope his last moments were peaceful. I hope he knew he was seen. That he was mourned.

And I hope the next bird sees the decal I'm finally putting in that window.



**By Lori Penner**

## Letter policy

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

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

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

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

Send your letters to us by e-mail at [news@winklermordenvoice.ca](mailto:news@winklermordenvoice.ca).

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# Busy summer schedule for Suncatch Plaza

By Lorne Stelmach

The City of Morden is encouraged to see the schedule of events for the downtown Suncatch Plaza starting to fill up.

The city's vision for the part-time seasonal closure of the half block of Eighth Street was to create a space that invites people to sit, experience arts and cultural events, enjoy music and food, and just connect with others in the community.

"It's filling up quite quickly and with a variety of different things," said Chris Moffatt, director of community services for the City of Morden. "We want a nice communal space that people can use for their events, and we hope to support those events and also put on our own as well."

The city adjusted its plans for the seasonal street closure this year in response to the concerns of some downtown merchants and their opposition to a full street closure. As a result, the street will be closed only on six week-

ends this summer, specifically when the Crocus Suncatch Sounds concert events are taking place. These closures will run from Thursday to coincide with the Morden Farmers' Market until Monday morning.

"I think it's a fair compromise," Moffatt said.

The Crocus Suncatch Sounds concerts kick off with M'Ladies May 23 followed by Seven Pines June 13, 10th St Jazz Band and Stephen Baker July 4, Faces For Radio July 25, Bare Yogis Aug. 15, and Beer Jammers Sept. 5.

Other events already booked at the plaza include a plant sale May 24, the Pembina Valley REDress exhibition May 25, a Menzies Medical Centre event June 13, Philippine Independence Day June 14, Chip and Citrus Show June 15, City LIGHTS worship circle July 27, and a Pembina Valley Humane Society event Sept. 6.

The space is free to book. Users can also rent tables and chairs from the city, which will have portable washrooms in place as well at the site.



VOICE FILE PHOTO

The first Suncatch Sounds concert in Suncatch Plaza is Friday, May 23.

Moffatt noted they would also like to have food trucks set up in the plaza through the summer.

"We've had a few reach out to us ... hopefully that happens, and it could complement our Suncatch concerts perfectly."

Along with the farmers' markets on the Thursdays, Moffatt is hopeful they can fill in the schedule with more events on Saturdays and Sundays

over those six weekends.

"We're trying to accommodate everybody with whatever they would like to do there," he said. "Come on down, and let's use the space ... we want to see the community come together there."

For more information, call community services at 204-822-5431 or e-mail recreation@mymorden.ca.

# Pembina Hills Arts Council reflects on a year of stability

By Ashleigh Viveiros

The Pembina Hills Arts Council's board of directors reflected on a year of stabilization at the Morden gallery's annual general meeting last month.

Chair Lorne Stelmach said the past few years have been plagued by staffing and financial challenges, but 2024 saw improvement in both those areas along with continued growth in PHAC's activities, classes, and events.

"Over the last number of years we've had a number of staff changes, and then with the pressure of COVID we had a number of years of deficits," he said. "This past year, though, we almost broke even financially, which was an improvement, and we have a great staff person in place."

The council's financial report puts the year's deficit at \$2,385—a far cry from the \$22,853 shortfall of the year before.

"We limited the unnecessary expenditures, reigned in costs where possible," Stelmach explained, noting they also sought out new sources of funding, including grants, and focused hard on fundraising. "[This is] an area where I feel we have made some progress with such initiatives as the Suncatch concerts, chili bowl [night] and other events."

Stelmach noted they are grateful for the ongoing financial support from both the City of Morden and the Province of Manitoba, which helps keep the gallery viable as it continues to seek out new stable forms of revenue sources.

On the staffing front, the gallery has been trying out different models in terms of the number of employees and their duties to find the right mix. Jennifer Smirl is currently the facility's director, and Stelmach says she's ably leading the gallery into the future.

"I feel like we're in a good place right now," he said. "A good place to start growing again and really move forward."

"We have a very good volunteer base, with a number of people who commit a lot of hours to support the arts council and the gallery," Stelmach

added. "That kind of thing maybe goes unnoticed in the community at large, but it has such an impact."

The gallery will continue to look at new ways to engage the community in the year ahead, be it through one-off events, monthly art exhibitions, or arts education.

"That was another part of the past year was that our programming really ramped up again," Stelmach said. "We always try to introduce some new things and to diversify so we can bring more people into the gallery."

"I think if people were to look through the list of ongoing workshops and activities and classes, they would be surprised at just how much is going on in the gallery week after week, day after day. It's a busy place. And that's great, that's what we need—we need people in the gallery getting involved."

Stelmach tenure as chair ends after this year. PHAC's board of directors are actively looking for someone to step

up to replace him.

"One key missing piece has been a vice chairperson to be prepared to then take the lead," Stelmach said, noting they also have room for other members of the board, if anyone is interested in diving in.

If you can't commit as a board member, Stelmach stressed they're also always looking for more volunteers for the events and fundraisers.

"There's any number of ways people can get involved," he said. "I often hear from people about how much they value the arts and culture in Morden; this is the way that you can get involved and support that and help build that."

You can contact the gallery for more information.

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# getinformed

## Pembina Valley Kidney Walk set for June 8

By Lorne Stelmach

Like many other local volunteers and residents who get involved with the annual Kidney Walk here in Morden, Graham and Lin Corlett have personal motivation to lace up their shoes.

The Morden couple have been on their own journey with kidney disease since Lin was diagnosed just before COVID really took off and had returned to Canada after having travelled to England for Christmas.

"On the way back, Lin was really, really sick," Graham recalled. "So we got to the doctor, and they did some blood tests and sent it to a specialist, and all of a sudden they say you've

got end stage kidney failure.

"Basically, it was you're going on dialysis at the end of the week," he recalled, noting that Lin was assessed as being at only four to five per cent kidney function.

Lin shared she was diagnosed with amyloidosis, which is a rare disease that occurs when a protein called amyloid builds up in organs and can make organs like the kidney not work properly. Some types of amyloidosis may lead to life-threatening organ failure.

"We started out with having to go to Winnipeg for the first six months or so ... it gets so expensive to drive back and forth," she noted. "Then they finally got me in here [at Boundary



VOICE FILE PHOTO

Lace up your shoes for the Pembina Valley Kidney Walk taking place in Morden Park on Sunday, June 8.



PHOTO BY LORNE STELMACH/VOICE

Mordenites Lin and Graham Corlett with the home dialysis machine that keeps Lin alive. Funds raised for the Kidney Foundation provide support for families like the Corletts as they live with kidney disease.

Trails Health Centre], and I did close to two years here."

"Then they said would you consider home dialysis? So we looked into that, and we had to go for evaluation at Seven Oaks [General Hospital]," said Graham.

They passed the evaluation and then had staff come out to Morden to evaluate the home if it was suitable, and it also meant Graham taking several weeks of training to be able to take on the task.

"A training nurse comes out for the first treatment with us," he said, recalling they started in 2021 and were the first in the Morden area to start with home dialysis, though there are a few now in the area.

"It's worked out well because we can adjust our schedules as required," he said, noting they do it three days a week but are able to do it at night now to get the six to seven hours that she needs.

"It's while I'm sleeping, so that's really nice because then you don't waste the whole day," Lin said.

"It's also a lot easier on the body," added Graham.

The Kidney Foundation holds fundraising walks across the country as a vital means of supporting their mission to ensure all Canadians with

chronic kidney disease have access to high quality health care and essential support.

Every dollar raised fuels programs and services for those affected by kidney disease, which affects an estimated four million Canadians.

The local Kidney Walk is set for Sunday, June 8 in Morden Park with registration starting at 1 p.m. followed by a program at 1:30 p.m. and then the walk around 2 p.m.

"All of the money that's raised here for the foundation mostly stays in this area ... stays in Manitoba," noted Graham.

This year will be the couple's fourth time participating. Last year they raised \$2,600.

"The more people you can get involved the better it is," said Lin, who noted she looks forward to seeing the expanded Boundary Trails Health Centre having a new area for dialysis treatment.

"So hopefully we'll be able to get more beds and hopefully be able to support more people coming in instead of them driving to Winnipeg."

If you'd like to get involved in the Kidney Walk, register at [kidney.akaraisin.com/ui/MBWALKS25](http://kidney.akaraisin.com/ui/MBWALKS25).

*The* **Voice**

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# Local United churches prepare to mark milestone anniversary

## Celebrations include a car rally June 7

By Lorne Stelmach

As the United Church celebrates its 100th year, local leaders with the Pembina Parish have been reflecting on the church's journey.

In various ways, being inclusive and accepting has been a core principle, but that hasn't always been an easy path for the faith community.

"It's changed a lot over time," said Morden's St. Paul's United Church minister Carrie Martens, who noted such milestones as the first female minister being ordained in 1936 and the move to affirm gays and lesbians in the 1980s. "And that's a continuing evolution."

"So there's this ongoing evolution in the church towards how are we continuing to be this uniting church that gauges what it means to be the love of Christ in the world," she said. "I think there's always been a sense that if we want to be the body of Christ ... everyone is part of that; everyone can be a part of it. The tent is open for everyone."

"Social justice has always been one of the main pillars of the United Church," said Susan Ching, who is part of the leadership team and centennial planning committee as well as a member of Pembina Parish, which also includes Zion Calvin United Church in Darlingford.

"That work still continues, but it's also just reaching out locally and making a difference in your own community and providing a place where, if people feel they don't fit in, come and try United Church."

The United Church of Canada is the largest Protestant denomination in Canada, ministering to over one million people in about 2,500 congregations across the country.

It was inaugurated June 10, 1925 in Toronto when the Methodist church, Congregational Union of Canada, and 70 per cent of the Presbyterian Church entered into a union. Also joining was the small General Council of Union Churches centred largely in western Canada.

"It was the first union of churches in the world to cross historical denominational lines, and received international acclaim," noted Pembina Parish member Marlene Holewka.

"We are an evolving church, striving to be inclusive and welcoming to all people," she noted. "We continue in our history as a uniting church and we have been enriched by several additions since 1925."

Ching touched on the development of what is now the Pembina Parish, citing such examples as the original church southeast of the village of Thornhill back when there were no roads at that time and you travelled by horse and wagon.

"When you follow the Boundary Commission trail, the churches were built along there," she said, noting the tremendous influx of settlers into the region meant there was a flurry of church building in the late 1800s.

"It was a combination of Methodist and Presbyterian churches mainly," she said, adding that "1925 was the year of union nationally, but the churches at that time were already working together because to come to a small community and have everybody build their own church was too much. There was a lot of that co-operation. They were holding services



PHOTO BY LORNE STELMACH/VOICE

From left: Marlene Holewka, minister Carrie Martens, and Susan Ching from St. Paul's United Church in Morden, which is gearing up to mark the United Church of Canada's 100th anniversary in June.

together.

"It's been much of what the United Church has built its existence on," she said. "The idea of melding and bringing in new ideas and joining people together."

Martens is still relatively new to the United Church, having joined Pembina Parish about four and a half years ago.

"One thing that has really struck me is how appropriate the name is ... the United Church of Canada," she said. "There is this strong impulse to unite ... all these denominations had to not set aside who they were but bring who they were along and find ways to be together as one church."

"It's evolved a lot. I think, in its early days, there was this strong feeling of making Canada Christian," she observed. "I think there's been an evolution of how the United Church of Canada understands relationship to the country and to its communities, which has been really amazing to see."

She commented on the changing face of love and how the church has evolved from starting off paternal and colonial to more current times of being inclusive and also coming to

grips with the tragic errors of things like residential schools and various social issues.

"It doesn't do us any good to stand away from them, but it does us every good to get involved in them and to have deep and important conversations, to be continually learning and growing," said Martens.

"I don't think it always has been an easy journey," she added. "Feeling called to take on large social issues hasn't always been comfortable for people ... I don't think there's ever been a sense of regret for having stepped out."

A number of things are planned to celebrate the anniversary, with the Darlingford location having already held a Victorian tea in April and planning to ring its bell a hundred times to mark the milestone.

On Saturday, June 7, there will be a car rally that will tour various significant locations in the region before heading back to St. Paul's for fellowship.

The next day there will be special services in both churches with anniversary cake and refreshments and a fundraising component in support of the Truth and Action Working Group.

# Spring fire season prompts provincial burn permit reminder

By Annaliese Meier

The Manitoba government is reminding residents that provincial burning permits are required for outdoor fires set within designated burn permit areas from April 1 to Nov. 15 each year.

Permits, issued under the Wildfires Act, can be obtained through Natural Resources and Indigenous Futures district offices. However, they may be cancelled or restricted on short notice depending on fire danger conditions.

The province will not issue burn

permits in areas where municipalities have already imposed their own fire restrictions.

Spring wildfires are most often caused by human activity. Dry, dead vegetation and matted grass can ignite easily and fuel fast-moving fires, especially on windy days.

ATV users should stop frequently to check for debris buildup around engines and exhaust systems, and dispose of any material safely. Riders are also urged to carry a fire extinguisher, axe and shovel in case of small fires.

Permit holders are reminded to

check local weather conditions before burning, have adequate suppression equipment on hand and ensure fuel breaks are in place. Outdoor fires must never be left unattended and must be fully extinguished before leaving the area.

Residents can find up-to-date information on municipal burning restrictions at [www.gov.mb.ca/wildfire/burn\\_conditions.html](http://www.gov.mb.ca/wildfire/burn_conditions.html).

To help reduce the risk of wildfire, Manitobans are encouraged to take FireSmart steps around homes and properties. One spring tip is to prune

tree branches within two metres of the ground and remove any flammable debris that may have accumulated, which can help keep surface fires contained.

For wildfire updates, restrictions and prevention information, visit [www.gov.mb.ca/wildfire](http://www.gov.mb.ca/wildfire) or follow the Manitoba government's X (formerly Twitter) account at @mbgov.

To report a wildfire, call 911 or the toll-free TIP line at 1-800-782-0076.





# Curtis Klassen Memorial Run brings 13-year tally to \$120K

The 13th annual Curtis Klassen Memorial Fund Run & Walk to Remember attracted nearly 200 participants and raised upwards of \$15,000 in support of local community projects, sports, and education in memory of the fund's namesake. This year's proceeds bring the event's total to around \$120,000 raised. Left: Runners of all ages set out on the 5k and 10k routes. Left, bottom: Altona's Viktor Friesen gets a high-five as he crosses the finish line. Below: Savannah Sawatzky and Avery and Rowen Wiebe were ready to ring their cowbells in support of their fathers as they ran past.

PHOTOS BY LORI PENNER/VOICE



National  
**Nursing  
Week**



The Power  
of Nurses  
to Transform  
Health



## Public health nurses: caring for communities

This year's theme is *The Power of Nurses to Transform Health*. It's the perfect time to recognize the invaluable contributions of nurses, especially public health nurses (PHNs). Here's an overview of their vital role.

### AN ALL-ENCOMPASSING PROFESSION

Nursing is a diverse field with various specialties. Many nurses focus on individual patient care, but PHNs operate on a broader scale, working diligently to enhance the health and safety of entire communities.

- **They provide education.** PHNs play a crucial role in educating communities about health issues, promoting well-being and ensuring individuals have access to necessary care. They work in various settings, including underserved areas like First Nations and remote communities, reaching those who might otherwise have limited access to health care.

- **They provide care.** Public health nurses deliver essential direct care services to individuals. They administer vaccines and immunizations to protect against preventable diseases, conduct health screenings and perform assessments to identify potential health risks within the population.

- **They focus on advocacy.** PHNs design and implement health education campaigns to raise awareness about critical health issues, such as mental health, maternal and child health and infectious diseases. Their advocacy efforts play a vital role in shaping a healthier environment for everyone in the community.

This National Nursing Week, take a moment to appreciate the dedication and hard work of public health nurses as they strive to keep communities safe and healthy.

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# Marking Mental Health Week in Morden



A variety of events and activities took place in Morden last week to mark Mental Health Week. They ranged from yoga and pilates to a paint night with artist Jen Martens and a 'What's your Story?' writing workshop. The overall aim was to focus on well-being, foster a sense of community, and encourage people to take proactive steps towards better mental health and resilience.

PHOTOS BY LORNE STELMACH/VOICE



## EMS WEEK

### Deep dive: 4 types of EMS providers

National EMS Week, held from May 18 to 24, is an occasion to recognize the dedicated individuals serving in emergency medical services (EMS). Here's a breakdown of the four different levels of EMS providers in the United States.

**1. EMERGENCY MEDICAL RESPONDERS (EMR)**  
Emergency medical responders are the first line of defense in emergencies. They provide basic life-saving interventions, such as CPR and bleeding control, until more advanced medical help arrives. EMRs typically assist higher-level EMS personnel and provide initial care at emergency scenes.

**2. EMERGENCY MEDICAL TECHNICIANS (EMT)**  
The emergency medical technician is the most common type of EMS provider and receives more training than EMRs. They provide essential care, performing tasks like controlling bleeding, stabilizing fractures, and addressing signs of shock. EMTs transport patients to medical facilities and operate basic emergency medical equipment, such as oxygen machines and defibrillators.

**3. ADVANCED EMERGENCY MEDICAL TECHNICIANS (AEMT)**  
Advanced emergency medical technicians receive additional training beyond the EMT level. In addition to performing all EMT-level duties, the AMT can administer certain fluids and medications, helping to stabilize patients. AEMTs can also operate specialized equipment, such as advanced airway devices and cardiac monitoring systems.

**4. PARAMEDICS**  
Paramedics provide the highest level of pre-hospital emergency care. They perform advanced medical procedures, including airway management and drug administration, and can use sophisticated monitoring equipment. Paramedics perform triage, make complex medical decisions, and handle severe emergencies.

Together, these four EMS providers ensure a structured and effective approach to emergency care.



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# getinformed

## Fire at Altona/Rhineland landfill

By Ashleigh Viveiros

A stubborn blaze at the Altona/Rhineland Waste Disposal Site kept members of the local fire department hopping last week.

Chief Greg Zimmerman says they received a report of smoke at the site north of Altona around 4 p.m. on Wednesday. Firefighters arrived to find a fire underway at the south end of the site.

"We were out there for a couple of hours and then we got everything handled and we went home," he said.

But fire crews barely had time to relax before a second call came in, around 8 p.m., that the fire had broken out again.

"The fire wasn't reburning where we put it down—it was burning below that," Zimmerman explained. "It dropped down and went further south a couple of feet and then popped back up again."

Firefighters resumed their work dousing the flames and using heavy machinery to dig up the area around the fire to stamp it out. The Winkler Fire Department was called in to help with a couple of their tanker trucks.

They were at it until about 3 a.m. and were then called back at 8 a.m. Thursday morning to find the fire had sprung back up on the northwest corner of the landfill.

Modern landfills do a great job of limiting fire risk, but once one starts it can be tricky to put it out, Zimmerman said.

"Our public works crews are doing a great job at the landfill—they get so much garbage and then they cap it off, put soil on top, and compact it all down. And then they start putting more garbage on top. So it's no longer 10 or 15 feet deep; now it's only a few feet deep and much easier to get to."

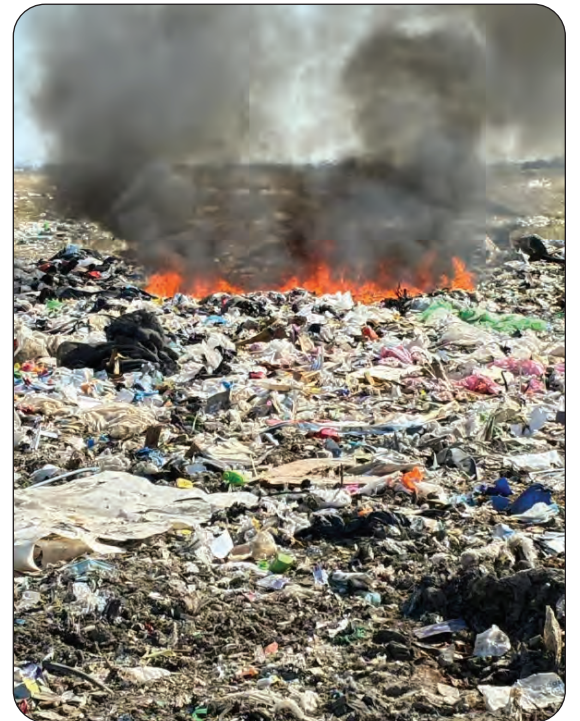
As to the cause, it's hard to say, but there are some likely culprits.

"It could be a lithium battery," the chief said. "People throw those out, though they're not supposed to, and then what happens is the compactor runs over top of them and it



A.R.E.S. PHOTOS

Altona Rhineland Emergency Services fire crews were at the regional landfill for hours last week Wednesday and Thursday battling a persistent fire.



breaks the battery and then it catches fire.

"Another one that happens is people throw oily rags out, and then once it's in the landfill and gets buried and is under pressure it starts smoldering a little, eventually igniting."

Zimmerman reminds people that batteries can be safely disposed of at Blue Sky Opportunities in Altona.

He also reminds area residents that fires should not be lit in especially dry conditions nor when winds are over 30 km/hr, as has been the case in recent days.

Zimmerman sends thanks out to the employ-

ers of the nearly two dozen firefighters who spent the night and day away from work battling this blaze.

"We'd like to thank the employers that allow our members to attend these things," he said. "We're very fortunate here in Altona that I can run up to 22 people or so at a call in the middle of the day. A lot of departments can't because their people work elsewhere. Our members work here in town and our employers are very generous about letting them go for things like this."

*The Voice* What's *Your* story?



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# Winkler Elementary School teacher honoured

By Ashleigh Viveiros

Winkler Elementary School Gr. 4 teacher Cynthia Kalansky was among the educators honoured at the University of Manitoba's Students' Teacher Recognition Reception this spring.

The annual event invites graduating U of M students to shine a spotlight on two teachers—one from their K-12 years and one from university—who had a profound impact on their academic journey.

Chosen to represent the College of Pharmacy at the event was Kezra Gerbrandt, who put Kalansky's name forward for the honour.

"I had really good memories of my time in Gr. 4 with her," Gerbrandt shares. "She has a really good sense of humour and I remember having lots of fun times in her classroom and outside the classroom as well, like when we went on the Gr. 4 hike."

"She's just really good at problem-solving as well, and teaching her students how to problem solve, which at that age is so important."

"She was such a great teacher," Gerbrandt says, adding she appreciated the opportunity to recognize Kalansky in this way. "It was a cool opportunity to look back and reminisce. I was thinking the other day about how Mrs. Kalansky has taught so many students in Winkler through the years ... she's had such an impact."

Gerbrandt also honoured U of M professor Kristi Watson, who she says brought an incredibly posi-

tive attitude to the classroom.

Her selection for this recognition came as quite a surprise to Kalansky.

"I didn't even realize this award existed," she says.

She says Gerbrandt "was an amazing student" so it comes as no surprise she was selected to stand up amongst her peers.

"They pick one student they think embodies what they want their faculty to represent, so it's obviously a top academic student but also one who embodies the character and qualities [of that faculty]... so Kezra was chosen out of her entire cohort of graduates for this honour."

The fact Gerbrandt in turn selected her is quite an honour, Kalansky says.

"It's actually a little overwhelming. I mean, as teachers we're thrilled if we go out in public and somebody who is a former student actually recognizes us and says hello ... it's really neat to connect with them years down the road and see where they are in life."

"For Kezra, she's graduating at the top of her class, about to enter a profession. It's pretty exciting."

Kalansky has been an educator for 30 years, the bulk of which has been spent teaching Gr. 4 at Winkler Elementary School.



SUPPLIED PHOTO

Kezra Gerbrandt (right) and Cynthia Kalansky at the University of Manitoba's Students' Teacher Recognition Reception.

Continued on page 20

The 35th Annual Altona

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# Hope & Healing Acupuncture Clinic opens in Winkler

By Ashleigh Viveiros

After trying everything she could to find relief from her chronic pain caused by a connective tissue disorder, Linda Hiebert finally found relief in an ancient source: Chinese acupuncture.

“I tried it all: massage, chiropractor, osteopath,” the Winklerite recalls. “And I never felt any better, nothing was changing.”

Noticing her insurance covered acupuncture, she figured she had nothing to lose by trying it. So she overcame her fear of needles and went for a session—and it changed her life.

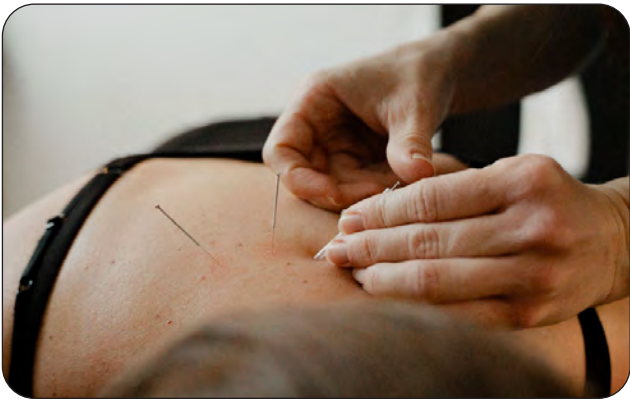
“I was in less pain, I was moving better ... and the only thing that was different was the acupuncture. The rest is history.”

Hiebert embarked on a three-year course from the Acupuncture College of Manitoba to become an accredited acupuncturist. This spring she opened her own business: Hope & Healing Acupuncture Clinic.

It’s her chance, Hiebert says, to help people the way she was helped.

“It’s something that I’m passionate about, giving everybody the correct treatment for their situation.”

Acupuncture can provide relief for a variety of ailments, Hiebert says, including chronic and acute pain, digestive issues, menopausal symptoms, issues with or during pregnancy and post-partum, menstrual pain, insomnia, stress



ABOVE PHOTO SUBMITTED; RIGHT PHOTO BY ASHLEIGH VIVEIROS/VOICE

Linda Hiebert has opened the Hope & Healing Acupuncture Clinic in Winkler to help people with a variety of illnesses.

and anxiety, and more.

Acupuncture “taps into the nervous system,” she says, explaining the needles are inserted to stimulate specific nerves, muscles, and connective tissue to ease pain and promote healing.

The needles used in this practice are very thin, Hiebert stresses.


“My needles are the width of two hairs. Oftentimes people won’t even feel them go in,” she says, noting some patients may feel a slight tingling or a heavy sensation as the needles do their work.

“Often patients will feel sensations in the connect-



ed organ—especially uterus and stomach—and often there are gurgling sounds almost immediately as the digestive system starts to ‘boot up,’” she says. “They may also feel sensations travelling up or down that channel.”

Continued on page 15



Public Notice is hereby given that Enbridge Pipelines Inc. (Enbridge) intends to conduct the following Pesticide Program from June 1, 2025 – November 15, 2025, to control noxious weeds on Enbridge ROW’s, temporary workspaces, stations, and various facilities along the Enbridge Mainline and Bakken corridors.

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## Cookie campaign raises \$50K



PHOTO BY LORNE STELMACH/VOICE

The Boundary Trails Health Centre Foundation received a donation of \$50,182 last Friday as the proceeds from the local Tim Hortons Smile Cookie campaign. Morden and Winkler franchise co-owner Linda Doerksen noted how everyone involved “worked incredibly hard to build this number, and we exceeded our goal ... we’re so excited.” Husband and co-owner Jeff Doerksen noted it was the biggest week they have ever seen. “We’re able to engage our generous communities to end up with that total.” Foundation executive director Shannon Samatte-Folkett was overjoyed. “We are ecstatic,” she said. “It is amazing how many people ordered cookies more than once, and it is all a testament to the volunteers that we had. They put in a lot of work ... the staff were amazing ... so much fun at both locations.”



# Winkler Senior Centre reaches out

## Marks Let No One Be Alone Week with free ice cream

By Ashleigh Viveiros

The Winkler Senior Centre's Services for Seniors marked Let No One Be Alone Week with free ice cream on May 8.

Resource coordinators Cathleen Bergen and Denise Enns greeted dozens of visitors to the centre that afternoon with complementary revels and fudgesicles.

While the tasty treats were certainly a draw, it's the message behind this year's awareness week that Bergen hopes will stick with people.

"It's a reminder of how important it is to spend quality time with the people we care about," she said. "In our busy lives, it's easy to overlook how much of a difference a few moments of connection can make ... time shared with others is the greatest gift we can give."

"That's why we do this: to give an opportunity for people to gather. I often tell people to bring a friend,"

Bergen continued. "It's about raising awareness about the significance of connection, especially for those who are experiencing isolation."

"It's a wonderful opportunity to encourage people to reflect on their relationships and take action to ensure no one feels alone."

The senior community especially sees high rates of isolated individuals, and the senior centre's different events and programming each month seek to give people a place to gather and connect.

"We try to do different things to reach different people—everybody has a different walk in life," Bergen said, noting there is programming for just about every interest and concern—everything from sports leagues to health information sessions to informal coffee groups.

"This is a place where they can come to meet friends, where they can come and socialize," she added, urging any older adult who hasn't come down yet to check out what the senior centre has to offer to do so.

Learn more about what's coming up at the Winkler Senior Centre online at [winklerseniorcentre.com](http://winklerseniorcentre.com) or stop by their space in the Buhler Active Living Centre at 650 South Railway Ave.



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Services for Seniors resource coordinator Cathleen Bergen with some of the ice cream the Winkler Senior Centre handed out May 8 for Let No One Be Alone Week.

### > ACUPUNCTURE, FROM PG. 14

The needles generally stay in place for 20-30 minutes. For some symptoms, Hiebert will also make use of a needle stimulator (similar to a TENS machine).

As she gets started in this new career, Hiebert is eager to continue learning how best to help people.

"It's lots of continuing education," she says of the job. "I feel like I want to be prepared for anybody who walks in my door, so I'm constantly studying."

Hope & Healing Acupuncture Clinic is open by appointment. Connect with Hiebert at 431-256-0412 or go to [hopeandhealingwinkler.ca](http://hopeandhealingwinkler.ca).



PHOTO BY LORNE STELMACH/VOICE

Morden Legion president Bob Frost, Elks raffle committee chairman Gary Graboweski, Legion first vice-president Jason Evert, Legion honours and awards chairman Larry Davidson, and Elks exalted ruler Henry Penner at the Legion last week as the Elks donated \$5,000 towards new doors for the building.

## Morden Elks donate \$5K for Legion to replace aging doors

By Lorne Stelmach

The Morden Legion will be installing much-needed new doors for both the clubroom and hall, and the project got a \$5,000 boost last week from the Elks Lodge.

"The Morden Elks appreciate our relationship with the Legion," said Elks exalted ruler Henry Penner. "We think it's a valuable thing for the community because the Legion is a big part of the community ... we appreciate the Legion, and we appreciate being able to help them."

"We've had a great relationship with the Elks over the years," said Legion

president Bob Frost, who noted the Elks use the facility for meetings and many events and as a result bring in revenue. "We also have a lot of Elks members who are also Legion members."

It will also be a fairly expensive project for the Legion, noted first vice-president Jason Evert.

"The doors were installed in the '60s when the building was built ... having them updated is not only going to provide us with more energy efficient space but also make them more accessible," he said. "It's important to make our Legion more accessible to everybody here in the community."

The **Voice**

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# your FARM



## Manitoba farmers helps crack hunger with egg donations

By E Antonio

Manitoba Egg Farmers (MEF) continue to step up to help Manitobans in need — including doubling their monthly egg donations to Harvest Manitoba.

Notre-Dame-de-Lourdes egg farmer and MEF vice-chair Don Gaultier is one of 170 egg farmers across the province who donate more than 43,000 eggs each month to help feed families.

“When someone needs a helping hand, we should be there to help fellow Manitobans,” said Gaultier.

A first-generation egg farmer, Gaultier and his family began harvesting eggs in 2013 and have grown to love the industry. Their hens live in enriched housing equipped with perches, nests and scratching areas, allowing them to exhibit natural behaviours.



Don Gaultier and his wife, Shannon, operate their family egg farm in Notre-Dame-de-Lourdes.

The MEF slogan — We are egg farmers. We love what we do. — reflects how Gaultier feels about the work.

“It’s absolutely true,” he said. “We love producing a nice, wholesome and nutritious egg that is both tasty and sustainable. We’re fortunate eggs are one of the most affordable forms of protein.”

That affordability makes eggs an ideal food source for low-income families — high in protein, low in cost



SUBMITTED PHOTOS

Notre-Dame-de-Lourdes egg farmer Don Gaultier, right, is among the 170 Manitoba Egg Farmers who now donate more than 43,000 eggs per month to Harvest Manitoba. Pictured with him is Harvest Manitoba president and CEO Vince Barletta.

“WHEN SOMEONE NEEDS A HELPING HAND, WE SHOULD BE THERE TO HELP FELLOW MANITOBBANS.”



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and highly versatile.

Since 2020, MEF has made regular donations to Harvest Manitoba. In 2025, they doubled their contribution to meet rising demand.

Gaultier said the decision to increase donations was unanimous.

“We wouldn’t be in business if Manitobans didn’t support us,” he said. “Giving back is woven into our culture, and with great outlets like Harvest Manitoba, it’s one way we can say thanks. Harvest does great work for the province, and the impact they make is huge.”

Harvest Manitoba is a charitable organization that collects 13 million pounds of food annually to distribute through more than 380 food banks

Continued on page 17



# Your FARM



Manitoba Egg producers board and volunteers, including egg farmer Don Gaultier, gathered at Harvest Manitoba to help pack thousands of eggs donated by Manitoba Egg Farmers.

## > MANITOBA EGG FARMERS, FROM PG. 16

and agencies. Each month, they feed more than 100,000 Manitobans — and that number continues to rise.

"This donation comes at a time when families need it most," said Vince Barletta, president and CEO of Harvest Manitoba. "Eggs are one of our most requested items. They're nutritious, versatile and bring joy to our clients. Thanks to Manitoba Egg Farmers, more families will find this welcome surprise in their hampers each month."

Gaultier toured Harvest Manitoba's facility this winter and volunteered by packing donated eggs into 12-packs.

He said the experience was humbling.

"Being able to help those in need

definitely made it a positive, feel-good day for sure," he said.

Harvest Manitoba is always in need of donations. To support the organization or get involved, visit [www.harvestmanitoba.ca](http://www.harvestmanitoba.ca).

"THIS DONATION COMES AT A TIME WHEN FAMILIES NEED IT MOST. EGGS ARE ONE OF OUR MOST REQUESTED ITEMS."

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# Your FARM



## Roland resident hatches plan to legalize backyard hens

By Becca Myskiw

A Roland resident is petitioning for laying hens to be allowed in the rural municipality (RM).

Riley Martens has created an on-line petition to gather signatures in support of residents being allowed to raise up to four laying hens in the town of Roland. According to the RM of Roland's bylaw No. 4-2020, "to provide for the regulation and control of animals within the limits of the Rural Municipality of Roland," section 9(5) states that the keeping of animals is prohibited: "The keeping of livestock within any Townsites located in the Municipality is strictly prohibited."

The RM defines livestock as animals kept for the production of meat, other animal products, herding, protection of livestock, draft work, breeding stock, or for the purpose of improving or preserving any species.

Animals included in this definition are:

- Dairy cattle, beef cattle, goats, sheep, horses, bison.
- Swine, wild boars.

- All cervids on game production farms.

- Llamas, alpacas, and other members of the Camilidae family.

- Chickens, turkeys, ducks, geese.

- Specialty fowl.

- Any other animals prescribed as livestock under The Animal Liability Act regulations

In other words, as of now, laying hens are not allowed in the RM of Roland. That's why Martens created the petition — to show council there is community support for the change.

"Sustainability is a priority for me and many others," he says in his statement on the petition site. "It starts at home and small steps, like keeping a

few laying hens, can contribute to a big change."

He went on to say that producing their own eggs would lessen the burden on grocery stores and allow homeowners to ensure their hens are raised with care and fed a nutritious diet, contributing to their family's overall health.

"It's been a dream of ours to collect eggs ourselves for a while now," said

**"IT'S BEEN A DREAM OF OURS TO COLLECT EGGS OURSELVES FOR A WHILE NOW."**



SUBMITTED PHOTO

Laying hens could soon be allowed in Roland if a resident's petition to permit backyard flocks gains council approval.

Martens. "They're not a nuisance. They're quiet, they're very easy to take care of, and they don't smell as long as you do your due diligence and take care of them. They provide eggs, and I don't see why it shouldn't be allowed."

Martens is proposing that each household be allowed to raise up to four laying hens, should they wish to. After researching what other communities do, he found that four birds was a common limit.

After just one week, the petition garnered 98 signatures — just two shy of Martens' goal. He said the restriction on laying hens restricts residents' paths toward self-reliance and green living, and the aim of the petition is "to seek legislation that allows homeowners in the RM of Roland (specifically urban properties inside the villages of Roland and Myrtle) to raise up to four laying hens per property."

Continued on page 19

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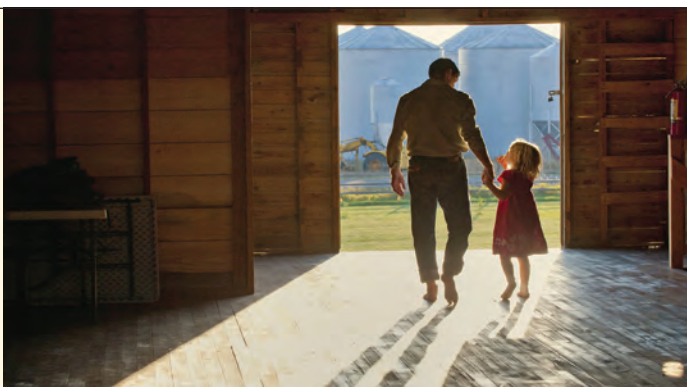


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# Your FARM



## Manitoba invests \$13M in downtown agriculture tech hub

By Annaliese Meier

The Manitoba government is investing \$13 million in a new Global Agriculture Technology Exchange (Gate) to be developed in Winnipeg's Exchange District, Premier Wab Kinew announced recently.

The funding will support construction and equipment costs for the Cereals Canada-led project, which will provide research, innovation and training facilities to help grain producers and processors expand into global markets.

"Agriculture is the backbone of Manitoba's economy, and this investment will protect jobs as farmers and producers are facing a trade war on two fronts," said Kinew. "This new exchange will help showcase Manitoba's grains to the world and help drive up global demand for high-quality Canadian grain products."

Gate is set to feature space for specialty milling, a pilot bakery, pasta ex-

trusion, as well as training and office areas. The new centre aims to attract international buyers and investors while retaining Cereals Canada's headquarters in Winnipeg.

"Canada produces some of the highest quality grains in the world and that gives us a unique advantage," said Agriculture Minister Ron Kostyshyn. "Retaining Cereals Canada in Winnipeg will solidify Manitoba as the centre of the Canadian grains industry and a hub for global trade."

Business, Mining, Trade and Job Creation Minister Jamie Moses said the government is working with Cereals Canada to bring more investment to the province.

"This partnership will protect Manitoba jobs and deliver opportunities for long-term growth," said Moses.

Cereals Canada CEO Dean Dias said the centre will help diversify markets and reduce trade risk.

"Gate is an essential investment in

providing global buyers with trusted technical knowledge and expertise, and maintaining Canada's leadership as a supplier of high-quality cereal grains," said Dias.

The province said the investment aligns with its commitment to down-

town revitalization, which includes funding for Portage Place redevelopment, the Your Way Home homelessness strategy, upgrades to the downtown YMCA and support for community events such as Winnipeg Jets whiteout celebrations.

### > HENS, FROM PG. 18

He also proposes several restrictions in his petition to address common concerns:

- No roosters, to prevent noise issues.
- No commercial sale of eggs or chicken products, to prevent commercial exploitation.

Martens said studies have shown that regulated backyard poultry promotes animal welfare and food safety, and hens that are well cared for produce higher-quality eggs

than those on factory farms.

"This shows the proposed change could not only encourage sustainable living but also promote health and welfare," he said. "However, these possibilities are currently limited by our laws."

So far, the response to Martens' petition has been overwhelmingly positive. He plans to leave it up throughout May before taking it to council to make his case.

To sign the petition, visit [change.org](http://change.org).

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PHOTOS BY LORNE STELMACH/VOICE

The City of Morden ushered in spring with a family fun afternoon Saturday afternoon at the Access Event Centre. It featured a petting zoo by the Niverville-based Prancing Pony Petting Zoo as well as games and cotton candy and other treats for attendees to enjoy.

## Stepping into spring



## U-turn Parkinson's program coming to Morden-Winkler

By Lorne Stelmach

A program with a mission to empower people living with Parkinson's disease in their pursuit of wellness is hoping to expand to the Pembina Valley region.

U-turn Parkinson's runs a group of physical exercise orientated programs out of Winnipeg and is looking to spread out into this region in the hope of improving people's quality of life while living with Parkinson's by offering a variety of accessible in-person classes and community support.

"I've known some folks who live out in the Winkler and Morden area for quite some time ... and we've always talked about us coming out there and starting up a class," said Tim Hague Sr., founder of U-turn Parkinson's.

The name U-Turn is taken from Hague and his son's experience in winning *The Amazing Race Canada*.

During the show, competitors are given the opportunity to u-turn other racers with the intent of either slowing them down or eliminating them from the race. So at U-Turn Parkinson's, it is the desire to slow the processes of the disease.

Hague founded the program in 2016 after having been diagnosed with Young Onset Parkinson's Disease (YOPD) in 2011.

Walking out of the doctor's office that day with nothing more than medication and a six-month return appointment, it didn't feel as though he was set up to really handle the diagnosis well. While grateful for the

resources provided to him at the time, he knew there was more he could be doing.

Being a nurse for 21 years prior, Hague knew that exercise was crucial in slowing the progression of one's symptoms. However, there weren't any exercise or wellness-focused programs available in Winnipeg.

Hague was determined to learn how to manage Parkinson's to the best of his ability. Thus, U-Turn Parkinson's was created not just to serve a personal need but a larger need for all those living with the disease.

They see wellness as having six focuses: intellectual, occupational, spiritual, physical, social and emotional. At U-Turn Parkinson's, they aim to provide the tools for the person living with Parkinson's to pursue wellness in each of these categories.

In Winnipeg, they offer 20 different classes weekly both in person or online.

"The whole motivation is that exercise is medicine for people with Parkinson's," said Hague. "It's been proven that aside from our one and only medication that we use to treat Parkinson's that the next best thing we can do for ourselves is exercise."

He believes there is a substantial population in the Morden and Winkler area who are living and dealing with Parkinson's Disease.

"Manitoba and Saskatchewan are leaders in Canada per capita ... it is a growing base," he noted.

Hague has connected with Kurtis Fox of Rise Athletics and Wellness in

Winkler to rent the gym space, and he is looking to begin classes in October starting with a class called Empower You.

"It's a functional fitness class," he said. "There's a focus on strengthening the body generally, core strength and balance."

"We want to be able to maintain our daily activities. We want to be able to get out of bed in the morning. It's tough some days," Hague said. "We want to be able to do all the things we would normally do, so that's what the class is about for us."

"Our goal now is to find some instructors and some volunteers for the fall," he noted. "We're talking to a support group that meets out there," he added.

"We want people to be able to live well ... we want to help keep them healthy."

Anyone who is interested or wanting more information can go online



SUPPLIED PHOTO

Amazing Race Canada winner Tim Hague is bringing U-Turn Parkinson's to the region this fall.

to [www.urnpd.org](http://www.urnpd.org) or call 204-510-4869.

### > KALANSKY, FROM PG. 13

"I think it's the perfect age to teach," she says. "They're developing more of their independence, they're finding more confidence, you can have fun with them, banter back and forth. It's a fun age."

What does she love most about being a teacher?

"It's the time that I get to have with my kids," Kalansky says. "Building relationships with kids."

She recalls advice she was given

early in her career that she still lives by today:

"Kids will always remember how you made them feel when they were in your classroom. That's stuck with me, and so I work hard to build relationships with the kids and build an atmosphere in the classroom so that we can learn and have fun. And I think that's what makes teaching fun, too."



# sports & recreation

## Pitch perfect

Altona's softball dreams take shape

By Lori Penner

A vision cast in the fall of 2023 became a reality last week as the Altona Angels Softball Club officially opened their brand new diamond at École West Park School.

Club president Derek explained how the idea began with the organization's executive members two years ago.

"At that point, we were kind of striking the vision of what could become our new facilities and what we actually wish that we had," he said. "We got a committee together and we started to itemize things into how much it would cost so that we can start getting a campaign together to ask donations from various local businesses."

A 50/50 draw was added to the club's fundraising toolkit and proved to be quite popular.

"It was highly successful. We're actually going to do another 50/50 campaign. Start date will be within the season here," Sawatzky shared. "The plan is that we'll be drawing the final winner on the Sunflower Festival weekend."

Sawatzky praised the support they've received from the community for local softball.

"The businesses are very welcoming, and the community stepped up in a big way. There's a huge amount of support, whether it's financial, whether it's volunteer-based. Our

parent community is huge to come out and rake diamonds, keep things clean and tidy so that they can be re-used the next day and the next day."

Altona Mayor Harv Schroeder was also at the field on opening day, watching as the players took to the diamond for the first time.

"This community has pride of place. People come into our community and are always amazed at how well-maintained everything is," he said. "Clearly, there's passion in this community—an identity that says we want things to be done well and we're willing to put in the work."

The diamond was built on school property, which required some coordination with the Border Land School Division.

"They've been an excellent partner," said Sawatzky. "Altona has a great partnership between the rec. department and the school division to run programming throughout the school year and summer months. Border Land was willing to allow that property to be developed as we hoped and as we dreamt."

When the girls finally stepped onto the new diamond for the first time, their excitement was palpable.

"Tuesday was an awesome day for Altona, an awesome day for our girls to just feel that pride," said Sawatzky. "This is a real quality diamond. It's upgraded from a partial grass infield to actually feel and look like a softball diamond ought to."

"It really adds to their confidence too, when you have that pride. You have a real professional place to play.



SUPPLIED PHOTO

The Altona Angels celebrated the opening of their new softball field at École West Park School last week.

It definitely enhances the experience. Our girls definitely—they're worth it."

With the first major project complete, the club is continuing with its Dollars for Diamonds campaign. Their \$250,000 fundraising goal will support future upgrades such as covered dugouts.

"It might be drizzling and raining, and it would be good to keep our equipment and our kids dry in between innings," said Sawatzky. "Also, we know that it's hot outside, so we want to make sure that a covered diamond helps the girls stay cool."

Bleachers are also part of the next phase.

"[It's] for our fans to not have to bring a lawn chair. You're biking by in the evening and you want to take five minutes to catch a ballgame. Now there's a spot for you."

The Altona Angels program has grown significantly over the past few years. With 117 players registered this

season, Sawatzky is confident the future is bright.

"Those U7s eventually become our travel ball girls. When kids see their cousins, siblings, or friends playing on those diamonds, they start to identify and say, 'Hey, I want to do that too one day.'"

The club also places a strong focus on skill development and coaching.

"We've got lots of great coaches. What we're starting to see is more athletes return after their playing days to coach in the organization," said Sawatzky. "The girls look up to them. A coach is a really critical person in the life of athletes."

Clinics in pitching, batting, and catching are helping improve performance—and keeping girls in the game.

"They feel like, hey, we win some games, we lose some games, and I'm having fun," Sawatzky said. "Kids want to find success in getting better at batting, pitching, or playing certain positions. It drives them to come back."

Sawatzky, who has been with the organization for four years, says the new diamond is just the beginning.

"What makes me the most joyful is when I see the kid who's striking out all the time start to connect. When the kid who's struggling starts to throw with accuracy. Seeing that development—that's what drives me forward."

To learn more or to contribute to the campaign, visit [altonasoftball.ca](http://altonasoftball.ca).



PHOTO BY LORI PENNER/VOICE





## Altona Bisons fall to Giants

The Altona Bisons' season got off to a rocky start in Manitoba Junior Baseball League action Sunday as they fell 16-2 to the visiting Elmwood Giants. The Giants next take a crack at the Pembina Valley Orioles Wednesday in Winnipeg while the Bisons host the Interlake Blue Jays that same night. Over the weekend, the Bisons square off against the Orioles in Winkler on Sunday.

PHOTOS BY EDWARD VINCENT ARCENAL/VOICE

## Speedway is off to the races

By Lorne Stelmach

The roar of the engines will soon be heard again at Dead Horse Creek Speedway, and the Valley Motorsports Association is excited to get racing underway again at the track west of Morden.

President Chris Unrau said they are excited to be more established now and ready to grow and move forward after the association formed in 2023 and took over operation of the former ALH Motor Speedway.

"Going into our third season, it's starting to feel a little more routine," he said. "It's not quite as new anymore, so we're starting to figure a few more things out now."

"It's exciting to go into a year that way where we don't have so much development work to do, and now we can focus on what we have and making it all even better."

A lot of their initial efforts were focused on revitalizing the track, starting with reshaping and resurfacing it, but there are always improvements that can be made every year, including planning more events this year.

"It's something we can do incrementally," Unrau said. "In the beginning, it was such a huge undertaking to get this thing up and running again and

get it going. Now, we've got the opportunity to just incrementally continually improve it.

"There's always improvements going on around the facility, and we've already got some of that underway this year," he continued. "The big one for us this year is Morden Home Hardware stepped up and donated all the materials for a new concession booth, so we've got construction underway for that now."

"The other one is we're excited about bringing a class back to the speedway to race which will help the younger crowd get involved," he said in reference to a class called slingshots, which are basically smaller cars geared for kids. "It's a safe form of racing. It gets them introduced to the sport. It teaches them all sorts of skills ... it gets families involved, and it's just a really neat idea to get the young ones into it."

Unrau was especially excited about having added to the schedule with the expectation that an event or two could possibly be rained out.

"We wanted to grow out our events a little bit as far as being able to round out the summer a little more," he said. "We wanted to build a little more capacity and a little more flexibility into our schedule."



VOICE FILE PHOTO

Opening race weekend at the Dead Horse Creek Speedway is May 23-24.

Racing kicks off May 23-24 with the McNaught Cadillac Cup. That's followed by a Father's Day weekend event June 20-21. Next will be the GVE-sponsored Deere Run July 4-5 then the Summer Showdown July 18-19, and the Proven Seed King of the Corn Aug. 22-23 to coincide with the Morden Corn and Apple Festival.

"The big deal for that one this year is we've got the NLRA [Northern Late Model Racing Association] coming," said Unrau. "That's a touring series made up of very highly competitive late models out of the northern U.S. and southern Manitoba. That's going to be a huge event to close out the summer."

They have also tentatively planned an event for September that will run

if they have had earlier cancellations in the season.

Unrau feels they have built a strong base of support in the area.

"We've had some really, really positive feedback from the community. All three of our major sponsors from last year immediately signed back up ... and we've got more. It tells me that the businesses are seeing value in it," he said.

"We're getting great engagement from racers and fans on social media ... and the community as a whole is stepping up to volunteer and help out."

More information about upcoming races is available online at [www.deadhorsecreekspeedway.ca](http://www.deadhorsecreekspeedway.ca).



# U15 AAA Central Energy dominate with back-to-back blowouts

By Annaliese Meier

Central Energy's U15 AAA squad stole the spotlight over the weekend, crushing Smitty's Terminators in back-to-back games behind powerhouse performances at the plate and in the circle.

Shyanne Goertzen was nearly unstoppable in Sunday's 23-1 victory, belting two home runs and collecting nine RBIs. The fourth inning saw Central erupt for 13 runs, capped by Zoey Shantz's second homer of the game and a three-run shot from Goertzen.

Goertzen also homered earlier in the game and contributed two more RBIs in a 10-run third inning. Shayna Driedger earned the win, allowing just one unearned run over four innings. Shantz and Bree Pearce each had three hits, while the team piled up 16 hits and 10 walks.

Earlier that day, Driedger hit a grand slam in a 12-4 win over Smitty's. Ella Conrad also went deep, and Goertzen struck out nine over five strong innings to earn the win. Central collected nine hits and drew seven walks in the opener.

Up next: U15 AAA Central Energy visit the Manitoba Angels this Sunday.

## U17 CENTRAL ENERGY SWEEP EASTMAN IN PAIR OF CLOSE CONTESTS

Central Energy's U17s picked up two tight victories over the Eastman Wildcats, led by speed, timely hitting, and solid pitching.

In Game 1, Molly Cowan sparked the offence with a two-run inside-the-park home run in the second inning, giving Central a lead they wouldn't relinquish en route to a 5-1 win. Kennedy Funk struck

out five over four innings, and Addison Nikkel threw three shutout frames in relief.

Game 2 saw Kara Buhler go 3-for-3 with an inside-the-park homer, double and single in a 6-4 win. Brooklyn Friesen added a two-run home run, while Gabrielle Hildebrand earned the win in relief with three scoreless innings. Central collected 11 hits and turned two double plays in the win.

Up next: U17 Central Energy visit Westman Magic this Saturday.

## U13 CENTRAL ENERGY SPLIT DOUBLEHEADER AFTER NEAR-COMEBACK

U13 Central Energy rallied from a five-run deficit but fell 9-8 to Smitty's in the first game of Saturday's doubleheader in Morden. Addison D drove in two runs and went 2-for-3, while Kinley C made nine defensive plays in an error-free performance.

They bounced back in the rematch with a 12-7 win, thanks to a 3-for-3 outing from Addison D and three RBIs apiece from her and Reese F. Collins V shut the door with three innings of one-hit, eight-strikeout relief.

Up next: U13 Central Energy host Eastman Wildcats on Saturday.

## U19 CENTRAL ENERGY DROP TWO TO WESTMAN MAGIC

It was a tough weekend for the U19 Central Energy squad, who fell 8-2 and 13-3 to Westman Magic.

In the opener, Molly Conrad tied the game with a two-run double in the fourth, but Westman pulled away with runs in each of the final three innings.



SUBMITTED PHOTO

Kara Buhler Scores As Central Energy Down Eastman Wildcats In U17 League Opener

Delaney Penner took the loss, while Westman's Emma Franklin struck out 10 over seven innings.

In Game 2, Central jumped out to a 3-1 lead after Karli Toews delivered a two-run sac fly. But Westman stormed back with a six-run second inning and never looked back. Nelia Fehr was tagged with the loss, while Westman racked up 11 walks and five stolen bases.

Up next: U19 Central Energy face the Manitoba Thunder on Saturday.

# Moto Park X races into summer with first event Sunday, June 1

By Lori Penner

Motocross fans, mark your calendars: Moto Park X in Altona is revving up for its first big racing event of the season on Sunday, June 1.

As part of the newly formed MBMX series, the race promises a full day of high-speed thrills, tight-knit community spirit, and action for all ages.

The June 1 race is round three in the nine-round MBMX series, and it's set to run from 8:30 a.m. to about 5:30 p.m.

"It will feature different classes, from little 50cc kids' classes all the way up to plus 60 vet class," said Moto Park X president Landon Stephenson, who has been racing since 2001 and will be participating in the event himself. "Almost everybody on our board is racing, actually."

The high-speed, mostly clay track boasts a 40-bike starting gate, with jumps, doubles, whoops, and bermed corners that keep both riders and spectators on the edge of their seats.

The track underwent a significant layout change last year, and Stephenson said further tweaks have been

made this season.

"We had a couple new jumps put in and a bunch of new corners. So we're just kind of revising that. It worked well, but we can make it a little bit better yet."

Moto Park X is located just a short drive from Altona. From town, head south on Hwy. 30, then turn east on Road 6 North and travel 0.8 km. The track is on the north side.

Spectator admission is \$15, with kids five and under getting in free. The facility is designed with safety in mind and is highly spectator-friendly.

"The whole track is fenced, so it keeps everybody out of where they shouldn't be," Stephenson said. "We have a bunch of different spectator areas, some tunnels underneath some jumps where you can go to the infield and watch there."

In addition to bleacher seating, spectators can perch on the dike for an excellent view of the races. The track can accommodate anywhere from 300 to 450 race entries depending on the weekend, drawing riders from across Manitoba and even Saskatchewan and Northwestern Ontario.

"There's people from Virden, and some people are coming from Kenora. North to south, there's people from all over the province," said Stephenson. "Last year we probably had close to 300 spectators."

For those who want to make a weekend of it, camping is welcomed. While there won't be open practice on Saturday this year due to soil conditions, there will be a pit bike race Saturday at 5 p.m.

Adding to the fun, food and refreshments will be available throughout the weekend.

"Altona YFC will be doing the can-teen there for the food truck, and then Co-op will be there with a coffee truck as well," Stephenson noted.

The atmosphere at Moto Park X is more than just about racing—it's about community.

"It is totally a moto family for sure," Stephenson said. "It is an individual sport at the end of the day, but when we're all there, it is like one big family. Everybody's looking out for one another, helping each other. If somebody goes down, there's 10 people rushing over to lend a helping

hand. It is a great family sport, from four years old all the way up to plus 60-year-olds out there."

That commitment to community extends beyond the track. Moto Park X, a non-profit organization run entirely by volunteers, also gives back through donations to local initiatives.

"For the last five years, we have been giving back to some sort of community initiative. We have donated to YFC before. We've also supported The Community Exchange. This year we actually donated to the March or Die! men's conference in Gretna in April."

Beyond the June event, fans can look forward to VetFest on the weekend following the September long weekend.

"It's just strictly a vet event. So 30-plus, and if you're racing as a parent, then your kid can race as well," said Stephenson. "We ran our first one in Altona last year with them, which was their third annual. So this will be the fourth annual one."

For updates, race schedules, and volunteer opportunities, follow @motoparkx on social media.



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## UPCOMING EVENTS

**JOIN THE FIGHT AGAINST PROSTATE CANCER!** The Motorcycle Ride for Dad is Saturday, May 31, 2025, 10 a.m., Polo Park, Winnipeg. Visit [ridefordad.ca/Manitoba](http://ridefordad.ca/Manitoba) to register or make a pledge.

## NOTICES

**URGENT PRESS RELEASES** - Have a newsworthy item to announce? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See [www.mcna.com](http://www.mcna.com) under the "Types of Advertising" tab for more details.

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**Lumber Auction**  
May 22nd @ 7:00PM  
**Firarms, Ammo & Accessories**  
May 27th @ 7:00PM  
**McSherryAuction.com**  
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**or 204-886-7027**  
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## PUBLIC NOTICE

### NOTICE OF PUBLIC HEARING UNDER THE PLANNING ACT

The City of Winkler, under the authority of The Planning Act, will hold a hearing at which time and place the council of the City of Winkler will receive representation from the applicants and any other persons who wish to make representations in respect of the Rezoning Application No. RZ2025-004 and By-law No. 2347-25, being an amendment to Winkler Zoning By-law 2271-21 of the City of Winkler.

The general intent of the above By-Law No. 2347-25, is to zone the land described below, Namely:

**1219 Mountain Ave, legally described as Pt. Lot 1, Plan 721 MLTO.**

as shown outlined in a heavy solid line on the map attached hereto as Schedule "A", and forming part of this by-law, be rezoned

**FROM: "R1" RESIDENTIAL LOWER DENSITY**  
**TO: "R2" RESIDENTIAL MEDIUM DENSITY**

A copy of the above By-Law No. 2347-25 and supporting material may be inspected by any persons between the hours of 9:00 AM and 5:00 PM, Monday to Thursday and 9:00 AM and 4:30 PM, Friday, in the City Office.

**Date of Hearing:** May 27, 2025  
**Time of Hearing:** 6:30 p.m.  
**Location:** Winkler Council Chambers, 185 Main Street, Winkler, Manitoba

DATED at Winkler, in Manitoba, this 22nd day of April 2025.  
Designated Officer, City of Winkler



185 Main Street, Winkler MB R6W1B4  
204-325-9524 | [permits@cityofwinkler.ca](mailto:permits@cityofwinkler.ca) WWW.WINKLER.CA

## CAREERS

**BUNGE**

### MAINTENANCE MECHANIC/MILLWRIGHT

Bunge Altona has an opening for a Maintenance Mechanic/Millwright. Work involves process equipment installation, maintenance and repair, lubrication, steel fabrication and welding. Preference will be given to those candidates holding a valid provincial Millwright or Industrial Mechanic ticket. Candidates who do not hold a valid ticket will be expected to enrol in the apprenticeship program to obtain their ticket as soon as possible. Overtime and on-call duties are required. The successful applicant will possess excellent written and verbal communication skills, trouble shooting skills, and be a team player.

The following would be considered an asset for this position:

- Experience in grain handling, processing, or manufacturing facility
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- Mechanic \$32.70/hour
- Red Seal Millwright: \$38.08/hour

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

**Bunge Canada is an equal opportunity employer.**

## CAREERS

### Musée St-Joseph Museum Inc.

#### Job Title: Museum Administrator

**Job Description:** Reporting to the Board of Directors, the Museum Administrator is responsible for the general operations of the museum including administering archives, collections, tours, activities and programming including the Montcalm Heritage Festival.

**About the Museum:** The Musée Saint Joseph Museum is a cultural and tourist destination in the Red River Valley of Manitoba. Located an hour's drive south from Winnipeg in the town of Saint Joseph, it is open year-round with a mission to preserve, exhibit and tell stories of the livelihood of people of the Red River Valley, the Francophone and Franco-Métis communities of Manitoba.

#### About the Role:

- Plan, organize and direct the activities, programs and archives of the museum.
- Recruitment, training and management of seasonal staff and volunteers.
- Manage the collections including cataloguing, acquisitions & deaccessioning.
- Coordinate the Montcalm Heritage Festival including programming, sponsorships and marketing.
- Complete all other assignments and tasks as directed by the Board of directors.

#### Qualifications:

- Ability to work independently with minimal supervision, within group settings and with the public.
- Good sense of responsibility with strong organizational skills.
- A keen interest in Manitoba's history.
- Computer skills including Microsoft Office.
- Bilingual (French - English) an asset, oral and written.

**Other:** Wage to be negotiated based on skills and experience.

**Starting date:** June 1, 2025 Full Time position.

**Submit your resumé by:**  
**May 20, 2025**

**Email to: Robert Parent**  
**President of Musée St-Joseph Museum Inc.**  
**St-Joseph, MB PH 204-324-4209**



*Frederick Mykytyshyn*  
Frederick Mykytyshyn  
Assistant Associate Secretary Manitoba Public Utilities Board



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## PUBLIC NOTICE

### NOTICE OF PUBLIC HEARING UNDER THE PLANNING ACT

The City of Winkler, under the authority of The Planning Act, will hold a hearing at which time and place the council of the City of Winkler will receive representation from the applicants and any other persons who wish to make representations in respect of the Rezoning Application No. RZ2025-002 and By-law No. 2339-25, being an amendment to Winkler Zoning By-law 2271-21 of the City of Winkler.

The general intent of the above By-Law No. 2339-25, is to zone the land described below, Namely:

**All of Plan (Deposit No. 385-2024) MLTO  
in the SW 9-3-4W**

as shown outlined in a heavy solid line on the map attached hereto as Schedule "A", and forming part of this by-law, be rezoned

**FROM:** "DR" DEVELOPMENT RESERVE

**TO:** "R1" RESIDENTIAL LOWER DENSITY ZONE  
"R3" RESIDENTIAL HIGHER DENSITY ZONE  
"PR" PARKS & RECREATION  
"PI" PUBLIC INFRASTRUCTURE

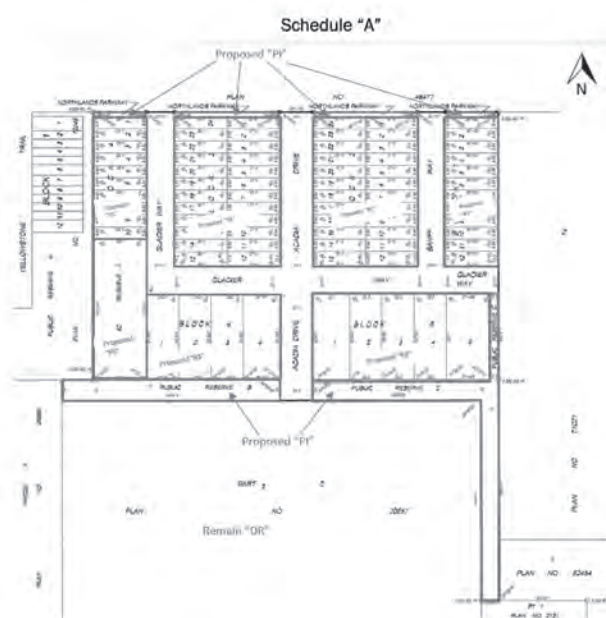
A copy of the above By-Law No. 2339-25 and supporting material may be inspected by any persons between the hours of 9:00 AM and 5:00 PM, Monday to Thursday and 9:00 AM and 4:30 PM, Friday, in the City Office.

**Date of Hearing:** May 27, 2025

**Time of Hearing:** 6:30 p.m.

**Location:** Winkler Council Chambers,  
185 Main Street,  
Winkler, Manitoba

DATED at Winkler, in Manitoba, this 24th day of April 2025.  
Designated Officer, City of Winkler



185 Main Street, Winkler MB R6W1B4

204-325-9524 | permits@cityofwinkler.ca WWW.WINKLER.CA

## PUBLIC NOTICE



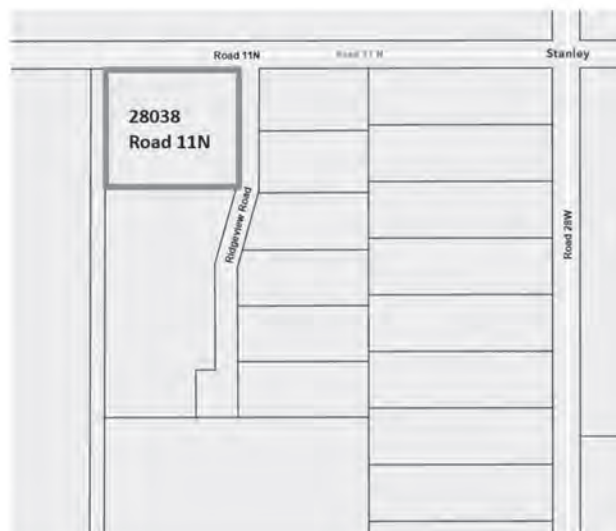
### UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

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

THE RURAL MUNICIPALITY OF STANLEY BY-LAW 6-25  
Being an AMENDMENT to the R.M. OF STANLEY  
ZONING BY-LAW 8-18, AS AMENDED.

**HEARING:** R.M. of Stanley Council Chambers  
**LOCATION:** 1-23111 PTH 14, SW 7-3-4W  
**DATE & TIME:** May 22, 2025 at 9:05 a.m.  
**GENERAL INTENT:** To re-zone a parcel of land in the RM of Stanley  
From: "AL" Agricultural Limited  
To: "RR" Rural Residential  
Lot 1, Plan 50895  
Within the NE 29-2-5W

**AREA:**



FOR INFORMATION  
CONTACT:

Melissa Groening,  
Planning and Development Officer  
Rural Municipality of Stanley  
1-23111 PTH 14,  
Stanley, MB R6P 0B1  
Phone: (204) 325-4101  
Email: mgroening@rmofstanley.ca

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

## NOTICE TO CREDITORS

### NOTICE TO CREDITORS

In the matter of the Estate of WESLEY GIESBRECHT, late of the City of Winkler, Manitoba, Deceased.

All claims against the above estate, supported by Statutory Declaration must be sent on or before June 19, 2025, to the attention of:

WALTER GIESBRECHT  
Personal Representative of the Estate of WESLEY GIESBRECHT  
c/o Franz Hoepfner Wiens Law Office  
Box 99, Winkler, MB R6W 4A4  
DATED the 8th day of May, 2025

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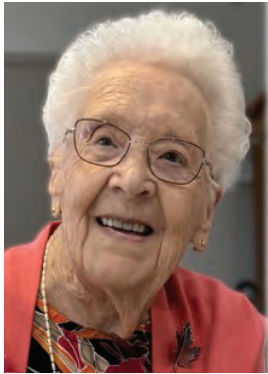
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## CELEBRATION OF LIFE



**Hazel Eileen Windsor (nee Jackson)**  
September 15, 1921 - November 29, 2024

A Celebration of Life will be held Saturday, May 24, 2025 at St. Andrews United Church

338 Hamilton St., Manitou, MB at 1:00 p.m.

Following the service, the family invites you for a time of fellowship and visitation at the Christian Education Building.

A family Interment will take place at the Riverside Cemetery.

The family request that no flowers or cards be presented, but that any donations be made in Hazel's memory to the La Riviere Recreation Centre; PO Box 29, La Riviere, MB, R0G 1A0 or to a charity of your choice.

## OBITUARY



**Edward (Ed) Carl Youdan**  
July 3, 1946 - February 24, 2025

Edward (Ed) Carl Youdan was born on July 3, 1946 in Rotherham, South Yorkshire, England, to William Edward and Patricia Youdan (née Duffy).

Ed grew up in England with his parents and two brothers, David (Christine) and Martin (Lynn). In 1977, he moved to Canada with Mary and their two children, Gareth and Amanda.

After the divorce, Ed met Ginger (Hilda) at Sahara Nights in Regina. They married on November 13, 1992 and together they raised foster children, Ryan, Davis, and Jessica (Robert). They cherished their time traveling in their trailer and creating lasting memories.

After retiring from Inco, Ed and Ginger settled in Morden, where they enjoyed welcoming friends and family to their home, often gathering on their big deck. In the late summer of 2024, they moved to Homestead, where they embraced the community and participated in many social activities. Sadly, Ginger passed away in September 2024.

Ed will be deeply missed by his stepchildren Audrey (Ken), Robert, Sharon, Stacy (Ed), and daughter-in-law Erin (Gareth).

He was a loving grandfather to Nikita (Vitaliy), Aslan, Mathieu (Alicia), Jacob, Darcy, Eric (Ben), Alanna, Casey (Hamoon), Max, Joshua, Jordan, and Jade (Zack), and a proud great-grandfather to Veeka, Nikola, Ataliyah, and Ariyah.

Ed was predeceased by his parents, Ginger, and grandson Joey.

His loved ones and extended family will forever cherish his memory.

Service will be held on June 16th at St. John the Evangelist, 2 Academy Dr. Morden, Manitoba, at 10:30 a.m.

In remembrance donations can be made to Canadian Cancer Society, Lung Association, or to a charity of your choice.

## OBITUARY



**Esther Alma Peters**  
January 1930 - May 2025

Esther Alma Peters, age 95, passed away peacefully on May 5, 2025 at West Park Manor in Winnipeg.

Lovingly remembered by her children Richard (Candy), Don (Loretta), Gerald (Kathy), Cheryl (Doug) and Sandra as well as eight grandchildren and nine great-grandchildren.

A private family gathering will be held at a later date.

See Chapel Lawn Funeral Home page for detailed tribute - [www.chapellawn.ca](http://www.chapellawn.ca)

Chapel Lawn Funeral Home  
in care of arrangements  
[www.chapellawn.ca](http://www.chapellawn.ca)

*Your memory will live forever Engraved within our hearts*

## CROSSWORD

### CLUES ACROSS

1. Two-person German submarine
6. 60-minute intervals (abbr.)
9. Database management system
13. Vertical position
14. American jazz singer Irene
15. Ancient Greek City
16. Former Senate Majority Leader Harry
17. Japanese seaport
18. Self-immolation by fire ritual
19. Assigns tasks
21. Beloved type of cigar
22. Discounts
23. Cambodian communist leader Pot
24. Important football position
25. Kilometers per hour
28. Lentil
29. Extremely angry
31. Yellow-flowered European plant
33. American state



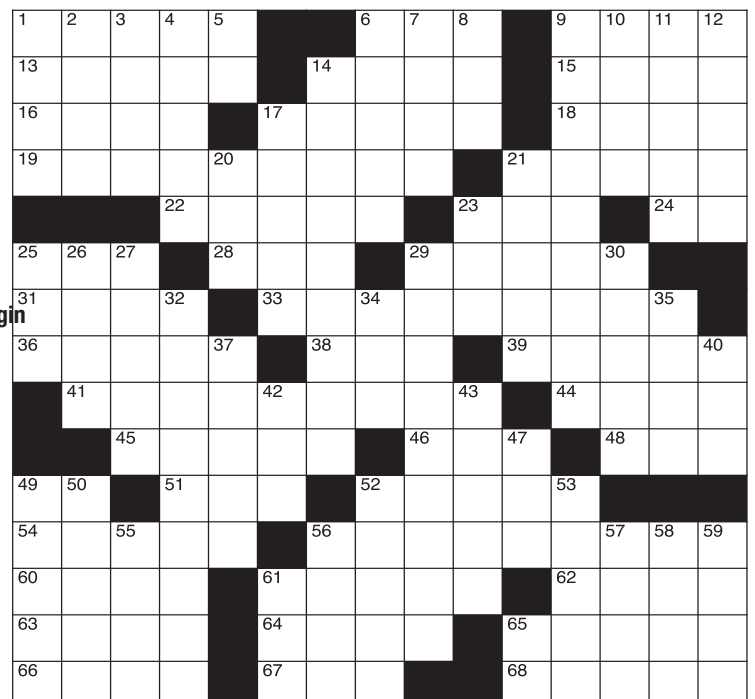
Crossword Answer

36. Some are made by rabbits
38. Express with a head movement
39. Affair
41. Cured
44. Youth organization
45. 18-year astronomical period
46. Automobile
48. Focus a shot
49. The NFL's big game (abbr.)
51. Mouth
52. Infections
54. Curved pieces of a horse collar
56. Shameless
60. Assist in escaping
61. Capuchin monkey genus
62. Cold wind
63. Retired Brazilian NBAer
64. Tropical Old World tree
65. Bulgarian city
66. Speak indistinctly
67. Soviet Socialist Republic
68. Between-meal sustenance

### CLUES DOWN

1. Not soft
2. Sharp-pointed dueling sword
3. Line a roof
4. Greek god of the underworld
5. Software
6. Large-headed elongated fishes
7. Shag rugs
8. Type of whale
9. Lacking a plan
10. Spill the beans
11. Some is "heavy"
12. One who has been canonized
14. Indicate times
17. Greeting
20. Broadway actor Josh
21. Seashore

23. Indicates before
25. Electrical power unit
26. Destitute
27. Drags forcibly
29. Impropriety
30. Word forms
32. Equal to 10 meters
34. Neither
35. Computer language
37. Practice of aging film or TV characters (abbr.)
40. A woolen cap of Scottish origin
42. A promise
43. Challenges
47. Official
49. People living in Myanmar
50. Notable tower
52. Type of sword
53. Vaccine developer
55. Listing
56. Summertime insects
57. Concluding passage
58. Guitarist Clapton
59. Damp and musty
61. Central nervous system
65. Against





# get inspired

> MEAL IDEAS



## Potato Salad

salt, to taste  
pepper, to taste  
smoked paprika, for garnish

Coarsely chop potatoes. In Dutch oven, boil until fork tender. Drain then add coarsely chopped eggs and pickles.

Add garlic powder, onion powder, bacon pieces, mayonnaise and mustard. Season with salt and pepper, to taste. Mix well.

Transfer to large bowl and refrigerate 1-2 hours. Garnish with smoked paprika.

Recipe courtesy of "Cookin' Savvy"  
Servings: 4-6  
3 pounds potatoes  
4 boiled eggs, coarsely chopped  
2 dill pickles  
1 tablespoon garlic powder  
1 tablespoon onion powder  
1 package (2 1/2 ounces) real bacon pieces  
2 cups mayonnaise  
2 tablespoons mustard



## Greek Beet and Watermelon Rice Salad

chopped, for garnish

Prepare rice according to package directions. Allow to cool completely.

In medium bowl, whisk oil, lemon juice, salt and pepper.

Add rice to bowl with dressing and stir to combine. Let stand 5 minutes.

Transfer rice to serving platter. Lay beet slices down one side of rice. Lay watermelon slices down opposite side. Top with feta, olives, red onion and mint. Garnish with walnuts.

Tips: Substitute capers for olives, if preferred.

To diminish "raw" flavor of onions, soak in ice water at least 5 minutes before using in recipe.

Use roasted, boiled, steamed or grilled beets.

Prep time: 15 minutes  
Cook time: 10 minutes  
Servings: 4  
1 bag Success Jasmine Rice  
1/4 cup olive oil  
2 tablespoons lemon juice  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 cup thinly sliced, cooked golden beets  
1 cup thinly sliced watermelon  
1/4 cup feta cheese, crumbled  
1/4 cup pitted black olives, halved  
1/4 cup red onion, thinly sliced  
1 tablespoon fresh mint, thinly sliced  
2 tablespoons walnuts, toasted and



## Spring Corn and Rice Salad

1/2 cup diced red onion  
1/2 cup vinaigrette dressing  
2 green onions, chopped  
1/2 teaspoon salt  
1/2 teaspoon black pepper

Prepare rice according to package directions. Allow to cool completely.

In medium bowl, combine corn, tomatoes, basil, red onions, vinaigrette and green onions. Fold in rice, salt and pepper.

Serve salad at room temperature or chilled.

Prep time: 5 minutes  
Cook time: 10 minutes  
Servings: 4  
1 bag Success Basmati Rice  
1 cup frozen corn, thawed  
2 Roma tomatoes, seeded and diced  
1/2 cup minced fresh basil

## Avoid these training mistakes for better results

By Fitness Expert Julie Germaine Coram

One of the biggest challenges in getting into shape — and staying fit — is maintaining strong motivation, which often comes from seeing great results. If you're feeling frustrated with a lack of progress despite your efforts, you may be making one of these common training mistakes:

Changing your workout too often.

While variety is the spice of life, there's a lot to be said for repetition when it comes to resistance training and muscle development. My clients often experience only slight variations in their exercise programs over the first 12 weeks. This helps their bodies improve at the motions and allows for safely increasing the weight used.

Skipping progressive overload.

If this term is new to you, progressive overload refers to gradually using heavier weights to avoid training plateaus. This technique forces your body to grow stronger over time and is essential for long-term results.

Obsessing over the scale.

While tracking your weight can be helpful, there are many other — often more positive — ways to gauge success. Are you feeling more energetic? Are you lifting heavier? Is chronic pain reduced (not counting sore muscles from workouts, of course)? For women especially, body weight can fluctuate daily and throughout the month, so focusing solely on the scale often leads to unnecessary frustration.

Not pushing hard enough during workouts.

Imagine I'm right there with you. You're nearing 12 shoulder press reps, and I say, "10 more!" If you can do 10 more, then it's time to increase the weight. The ideal rep range for strength training is 8 to 12 reps



Fitness Expert Julie Germaine Coram

per set. More than that leans toward endurance training and won't help build muscle mass as effectively.

Working too hard.

This might seem contradictory, but sometimes more isn't better. Rest days are crucial for recovery and muscle repair. As you become more fit, your rest schedule and training intensity should adjust accordingly.

Let's banish training plateaus for good! Consider these suggestions to boost your progress. And if you're still stuck, reach out to me before you give up and slip into winter-couch-potato mode — summer's calling, my friend.

Want to chat about your nutrition, health goals or fitness struggles?

Schedule a free online consultation: [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)

*Coach Julie Germaine Coram is passionate about lifelong health. She's an active mom, Registered Personal Trainer, two-time Pro Fitness Champion, Certified Nutrition Expert and Fitness Specialist. Since 2005, she's helped thousands of people worldwide improve their health and well-being.*



## Easy Pasta Salad

2 tablespoons sugar  
1/2 cup juice from bread butter pickles  
1/4 cup balsamic vinegar  
2 tablespoons mustard  
salt, to taste  
pepper, to taste

Cook pasta according to package instructions. Drain and place in large bowl. Add peas, carrots, ham, bacon pieces and cheese cubes.

In separate bowl, mix mayonnaise, sugar, pickle juice, vinegar and mustard. Season with salt and pepper, to taste. Pour mixture over pasta and mix well.

Refrigerate 1-2 hours before serving.

Recipe courtesy of "Cookin' Savvy"  
Serving: 4-6  
1 pound pasta noodles of choice  
1 can (15 ounces) peas, drained  
1 can (15 ounces) carrots, drained  
1 package (16 ounces) diced ham  
1 package (2 1/2 ounces) real bacon pieces  
1 package (6 ounces) cheddar cheese cubes  
2 1/2 cups mayonnaise