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# Muffins of kindness

PHOTO BY ASHLEIGH VIVEIROS/VOICE

The Winkler Community Foundation's Myra Peters (left) and Julia Blais with just two of the dozens of packages of muffins staff and board members with WCF and the Morden and Area Foundation delivered throughout Morden-Winkler last week in honour of Pay It Forward May. See Pg. 11 for the full story.

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# Segue to a job that fits

By Ashleigh Viveiros

There are a lot of reasons why a person might struggle to find work.

For some, it's a lack of experience or perhaps low self-confidence in or awareness of their own abilities.

Others might have physical or mental disabilities that throw up roadblocks in their job search.

And still others might not even be able to pinpoint exactly what it is that stops them from acing interviews or keeping a job that meets their needs and goals for the future.

Whatever the reason, Segue Career Options has a program to help you tackle it.

The agency is the employment services arm of Eden Health Care Services, though program director Sheila Suderman stresses their free programming is open to everyone—a mental health diagnosis is not a requirement.

"It's grown far beyond that," she said, noting Segue evolved from the local Trainex program to encompass a much broader range of employment challenges.

Today the agency offers four programs, each designed to help participants hone their job hunting and job retention skills and to connect them with employers looking for staff.

"With all of our programs, we're looking to help them get their foot in the door with one of the businesses or employers in the area," Suderman said, stressing they work hard to align work placements with a participant's skills and interests. "It's not just putting somebody into a job for the sake of putting them into a job—it's making sure that it's the right fit."

## 'JUMP' TO IT

One program slated to get underway with a new session this spring is JUMP (Job Education and Mentoring

**"WE'RE LOOKING TO HELP THEM GET THEIR FOOT IN THE DOOR ..."**



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Shane Dubyk and Shelia Suderman of Segue Career Options help people overcome the barriers or challenges preventing them from finding employment.

Program).

JUMP is targeted at people ages 18-60 who find themselves unemployed or underemployed. It includes four weeks of classroom or online job skills training followed by up to eight weeks of unpaid work experience at a local employer and ongoing support after that.

There is no other requirement, save a willingness to put in the work to learn how to find and keep full-time employment, explained program coordinator Shane Dubyk.

"It's for everybody looking for work, essentially. Most of our other programs have certain restrictions, as far as age range or disabilities go, but for this one if you're between the ages of 18-60 and you're eligible to work in Canada then you qualify.

"We cover everything related to employment. The basics like resumé writing, interview skills, cover letters ... we also take a big picture approach and look at self-esteem, mental health—all of these other things that people may not necessarily think about in terms of the job hunt but that are relevant."

Since the pandemic began, Dubyk said they've seen an increasing number of people come to JUMP who they would consider to already be "work ready."

That means they might have education and prior work experience, but are still struggling to find a job.

"We're definitely getting more people over the past year where they have been looking and there's just nothing or they're not able to make the connections," Dubyk said, noting in some

cases participants may be fast-tracked through parts of the program they don't need to focus on the areas they do need help in. "We do keep things geared to the individual as much as we can."

In some cases, the temporary work placements that cap off each JUMP session turn into full-time jobs for participants.

For others they serve as valuable learning experiences and a chance to further assess one's skills on the road to other employment.

"Our success rate in terms of people who actually commit and follow through on their end is very, very good," Dubyk said, noting staff continue to work with participants as long as they need help. "The only way you fail at this is if you quit."

**"THE ONLY WAY YOU FAIL AT THIS IS IF YOU QUIT."**

## OTHER PROGRAMMING

Segue also offers the Opportunities Project for Employment and Skills Development (OPPS) and Employment Assistance for Persons with Disabilities.

Both these programs are designed to help people with disabilities that might hinder their employment prospects through one-on-one skills development and wage-subsidized work placements or help finding permanent employment.

The Employment Assistance for Persons with Disabilities program requires both a formal diagnosis of a disability and a referral from an eligible agency.

Continued on page 9



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# Morden Collegiate hands out gift bags of encouragement

By Lorne Stelmach

A small simple gesture recently provided a big boost for some students at Morden Collegiate.

An initiative of the school advisory council saw gift bags presented to about 40 students selected at random as a way to offer them some support and encouragement in what has been a challenging year.

The gift bags had donated items from the business community including Velocity, Farm Credit Canada, Dr. Watkins from Morden Chiropractic Centre, Meilun Denture Clinic, Focal Point, McDonalds, Manitoba Public Insurance, Morden Collegiate, and the advisory council and included a gift card with an encouraging message for the students.

"They don't know why they're getting called to the office. The kids have been really excited," said principal Jan Bonner.

"It was just to show the kids that they really understood what a different year it has been and to show that support," she said, noting the parent advisory council has shown its appreciation as well to the staff but now wanted to do something for the students.

"This year we have not been able to have any special events for the students due to COVID, so we wanted to make sure they felt like they got acknowledged in some way," said Sheri-

lyn Kosta, treasurer for the advisory council.

"We've seen what you're doing and what it's been like ... it's been a struggle," said Kosta. "We wanted to do a little something that would provide a bit of a bright spot in their day and to acknowledge the year they have been through and all the hard work they have put in to stick to it and be resilient."

"We love the community support we got for this; it was very much appreciated," she added.

The students very much appreciated the gesture as well.

"I think it's a pretty cool way of involving the kids, and I think it was a good thing for them to do for us," said Gr. 9 student council member Cameron Martens.

"It shows us some support in getting through COVID-19, and most schools maybe don't do this, so it's cool that this school would do this for us," he said. "It's been hard not coming to school every day and you have to do so much of your school work at home now by yourself, so it's been a bit of a challenge that way."

"It's been challenging ... I'm part of a whole bunch of clubs that have been cancelled this year because of COVID," said Gr. 10 student council member Keelyn L'Heureux.

"This is awesome. It's another thing to help encourage students to get excited for the end of the school year



PHOTO BY LORNE STELMACH/VOICE

Morden Collegiate Grade 9 student Cameron Martens and Grade 10 student Keelyn L'Heureux with advisory council members Sherilyn Kosta, Darlene Blatz and principal Jan Bonner and some of the goodies going out in gift bags to students.

and to be involved ... it's a nice little thing to help us out in a bad year."

Bonner said they have been very grateful for the involvement and support of the advisory council.

"We're very lucky to have them. We're really appreciative," she said.

"They've been really involved this year in terms of supporting the staff and letting them know and this time supporting the students and letting them know that we're here for them, the community is here for them."



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# Local church selling rain barrels in support of a good cause

By Lorne Stelmach

A local home church group is taking on a charitable project in the Morden and Winkler area that is a timely one.

The rain barrel sale launched by the Pembina Fellowship comes at a time of heightened awareness around issues related to water supply.

With the City of Morden enacting water conservation measures as a result of severe drought conditions, people need to do whatever they can to help, suggested group member Earl Dyck.

"We need to talk about water conservation ... we have to nail that one down now," he said.

"People have extravagant habits. We let the water run all the time," said Dyck, who suggested though that people are making more of an effort now, such as collecting their household grey water as much as possible for further use

"I know we've made all kinds of concessions," he said. "I think people are

really getting sort of anxious about it. What do we do if the lake goes down even further?"

The bonus with the rain barrel sale is that proceeds will go to a very good cause as the funds support Water First, a non-profit organization that addresses water challenges in First Nations communities in Canada.

"There's a unique initiative ... everything is done in close collaboration with the First Nations groups," said Dyck. "They ask what are your concerns, how can we support what you're doing?"

There are many reasons to use a rain barrel or connect several in a series to collect even more rainwater, including:

- Rainwater can help reduce pollution through the redirection of rainwater to permeable ground surfaces that filter and absorb the water, preventing rainwater from going into the storm sewer systems.

- Keeping down water costs and related charges and taxes.



SUPPLIED PHOTO

Need a rain barrel this summer? Pembina Fellowship has got you covered.

- Rainwater is naturally acidic and can balance out the alkaline nature of soils.

- Rainwater also has the benefit of being a similar temperature as the air and does not shock plants' roots

- When outdoor water restrictions are in place, water from a rain barrel can be used to wash vehicles or water lawns.

- Rainwater can also serve as water if an emergency ever arises.

- Collected rainwater is also redirected away from a home's foundation.

The rain barrels being offered for sale range from \$40 to \$85, with a few options available for stands, downspout diverters, and downspout pipes.

People are asked to order online by June 18 at [www.RainBarrel.ca/Pembina](http://www.RainBarrel.ca/Pembina). Barrel pickup will happen from 3-6 p.m. June 18 at Westside Community Church in Morden.

For more information, email [PFrainbarrel@gmail.com](mailto:PFrainbarrel@gmail.com) or [info@RainBarrelFundraising.com](mailto:info@RainBarrelFundraising.com). More information on Water First can be found at [waterfirst.ngo](http://waterfirst.ngo).

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# Taking a holistic approach to mental health

By Lorne Stelmach

Mental Health Week in Morden earlier this month featured a speaker who touted an integrative approach to mental health care.

Lesley Stepler spoke to participants online about what a holistic, integrative approach to mental health care looks like and offered some tips for managing anxiety, depression, and stress from a holistic approach that encompasses body, mind, and spirit.

"I want you to look at anxiety and depression as symptoms," Stepler stressed as a key idea in her presentation. "I fully believe that our perception about mental health can change when you start to see anxiety and depression or even other illnesses as symptoms rather than diseases or illnesses."

Stepler is the founder of Shine True Wellness, which is a business dedicated to supporting individuals through their mental health struggles.

A registered holistic nutritionist and social worker with counselling experience with all ages within the health care system and school system, Stepler noted how an integrative holistic approach can bring empowerment to people as it makes them a partner in the decision making and goal setting.

"A holistic integrative approach to mental health care is very individualized and it's client-centred, so it's not

going to be the same recommendations for each person," she explained. "It's focusing on the whole person, so body, mind and soul.

"It's also very functional, so it's not a band aid or a one time fix but an ongoing journey of discovery, self awareness and finding a balance between all body systems. It also assesses the individual's complete health picture and exams how all body systems connect before determining a plan of action."

Stepler noted it's often a very thorough process, with an initial appointment that could take up to 90 minutes.

"It's very strength based, so we investigate what are your strengths that can help you out here," she said. "It's finding the root cause of your mental health concerns.

"You're going to get a health plan that gives recommendations for the entire person and body, mind and soul."

Stepler offered a few practices or tips for thriving in those three areas:

- Body: dietary changes, nutritional supplements, exercise/movement, sleep, fun, detoxification and daily sunlight.
- Mind: counselling, thought work, emotional literacy, positive affirmations, unplugging, continuous learning and mindfulness
- Soul: meditation, writing, self discovery, acts of kindness, service and



SCREENSHOT

Lesley Stepler of Shine True Wellness spoke at Morden's Mental Health Week earlier this month.

connection.

Stepler said a health plan would cover a range of ideas including changes in diet and lifestyle, but there would especially be a focus on diet and nutrition as a key part of it.

"Food is the simplest place to make lasting changes in our health and vitality. It is also one of the most difficult

to put into practice because of our relationship with food," she concluded. "What we eat profoundly affects our health and not just on a physical level. There is no one size fits all approach to food ... it can be different for each client."

# Police fielding calls about local church defying health orders

By Lorne Stelmach

A Morden church which has been opening for services in contravention of public health orders is not being ignored, say local police.

Chief Brad Neduzak took to social media last week to address the issue after having received a number of calls and questions on what is being done about the Christian Church of Morden.

Neduzak stressed they are working closely with provincial justice and public health officials to ensure they provide an appropriate response.

"I can appreciate the frustration that some have expressed but please know that the situation will be dealt with in a manner and time frame that is permitted under the current legislation," he said in his social media post to the community.

In a follow-up interview, Neduzak said they want to assure the community that the situation is being ad-

**"PLEASE KNOW THAT THE SITUATION WILL BE DEALT WITH IN A MANNER AND TIME FRAME THAT IS PERMITTED UNDER THE CURRENT LEGISLATION."**

dressed, and while they have wanted to put the emphasis on education first before enforcement, they will do the latter when necessary.

"They have received several fines ... but it's not doing any good as far as them deciding not to hold their services," he acknowledged. "We're not ignoring that particular church or any other church that may be breaching the orders or restrictions."

Neduzak noted they want to avoid confrontation and further escalation of the situation as much as possible, and that the response needs to be coordinated.

"This is a decision that needs to be

well thought out," he said. "At the end of the day, this is actually a health order, though with the enforcement end of things we bear the majority of the responsibility.

"We very much are working with public health officials because this is a public health issue, so it has to be coordinated with them," Neduzak explained. "So there is some planning in place and there are some meetings, and we are getting some direction as we speak as to how this gets handled.

"It's not just this area; there are other areas in the province that are having the same issues, and we all want to come up with a concerted plan to deal

with everybody the same," he added.

"I want to get out the message that we're all in this together, and if we try to work together and pull in the same direction, it's going to be better in the long run and maybe we'll get out of this quicker. Working against each other, we don't want that battle, and I don't think it's going to do anybody good.

"There won't be a person out there who likes these restrictions or likes where we're at now ... the message is we all need to pull in the same direction."





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# getheard

EDITORIAL > VIEWPOINTS > LETTERS

## Israel and the Ballad of Ben Parker

**“With great power comes great responsibility.”**

The immortal words of Ben Parker to Spider-Man’s Peter Parker are ringing very true right now as we watch the latest death-fest that is the relationship in Israel between Jews and Palestinians.

Perhaps it would be more appropriate to say Likud versus Hamas. Hamas’ very charter calls for the destruction of Israel and is rabidly antisemitic. Heck, if we wanted to make too fine a point maybe it would be better to say Benjamin Netanyahu versus Ismail Haniyeh.

No matter how you slice it, though, there are a lot of people—both Jews and Palestinian—who are caught in an age-old battle of ideologies and hate that seems to have no end in sight.

If you have friends on both sides of this conflict then no matter what you say you run the risk of having no friends on either side.

There is no proper way to extricate this conflict from the myriad complexities that keep getting loaded onto it. Like trying to untangle a pot of spaghetti one-handed while peo-

ple keep dumping more noodles in, this Gordian knot of a problem just doesn’t uncomplicate.

History keeps getting thrown in going back 3,000 years and then you’ve got endless appeals to various conflicting religious texts and you know this is an irrational brawl cloaked in rationality by both combatants.

Endless cries of “take the high road” fall on deaf ears as rockets are lobbed from both sides and in the face of all the death and injury any advice sounds pathetic and weak.

“You just hold your head high and keep those fists down. No matter what anybody says to you, don’t you let ‘em get your goat. Try fighting with your head for a change.” The great Atticus Finch would not be able to resolve this conflict but he would keep at it and say, “Courage is when you know you’re licked before you begin but you begin anyway and you see it through no matter what.”

Back to the original quote from Ben Parker, I am reminded of a time when I was hanging about in the schoolyard in Kindergarten and began tossing stones and mouthing off to some kid in Grade 6. He just wandered over, stood directly in front of me, and then kicked me square between the legs as hard as he could (it lifted me off the ground).

I crept off all doubled over into a corner and waited out the pain and nausea. Eventually it went away. I

went home after school and by the next day I was in emergency surgery for a double hernia.

One might say that I deserved it for provoking. One might also say that kid in Gr. 6 did not use his “great power” responsibly when he chose to exercise it.

This is not a conflict between a Gr. 6 kid and his younger foe. No, this has far greater stakes: this is a conflict between an incredibly well-armed, well-resourced nation and an increasingly desperate people pressed further and further into physical and economic constraint and lashing out.

Every time someone points out that maybe they should elect a different leader or maybe they should stop lobbing rockets or maybe they should just shut up and take it all in silence it feels like injustice.

“Israel has a right to defend itself.” Yes, it does. But does it have the right to respond to a rock with a shotgun? Is there no better approach? Ultimately a government and its leader’s decisions are as a result of the people exercising their will.

Palestinians and Jews in Israel will need to hold their respective leaderships accountable if anything is to change, but one thing is certain: there is a significant power imbalance here and the greater responsibility lies with the one with the greater power.



**By Peter Cantelon**

# letters

### CELEBRATING PRIDE MONTH

June is Pride month in the Pembina Valley and in many other places around the world. Pride is a time when members of the Rainbow Community (Two Spirit, Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual, Non-Binary and other individuals) stand together to publicly assert our right to be who we are with support from our allies.

Pride started as a protest against the oppression of

our community, and in many places it still is. In others, where such protests have helped achieve a measure of freedom from oppression, it has become a celebration as well.

For members of the Rainbow Community in Southern Manitoba, celebrating Pride in our home communities is a relatively recent achievement. For years, we have had to travel to Winnipeg for Pride, and many of us have

Continued on page 7

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



## > LETTERS, FROM PG. 6

had to leave our communities permanently in order to live our lives openly and in relative safety. That began to change with the advent of Steinbach Pride and continued to change when a Pride march was held in Morden in 2019.

Being 2SLGBTQIANB+ in the Pembina Valley has long been a lonely, isolating, and sometimes dangerous experience.

Some of us are minors, and are dependent on others. We have to deny or hide who we are so that we don't lose our homes and supports. Some of us deny or hide who we are because we don't want to give up our family and friends. Some of us deny or hide who we are because we've been taught to hate a major part of ourselves. We've been taught that there is something wrong, evil, or disordered about being ourselves. Some of us deny or hide who we are because it is not safe to let anyone around us know. There are those in the area who think it's funny to "joke" about killing or torturing us.

Many of us thought that we were alone in our communities. We were not, and are not, a fact that local Pride events have made abundantly clear. Not only are there many Rainbow Folk in the Pembina Valley, but there are also many allies of our community here.

From its start as Morden Pride, Pembina Valley Pride has brought together and supported members of the Rainbow Community from all over the Pembina Valley.

People who are interested in finding out more can access our webpage at [www.pembinavalleypride.ca](http://www.pembinavalleypride.ca) as well as connecting with us through Facebook and Instagram.

In order to demonstrate our mutual support and care for each other, our Pride events this year, just like many other Pride events around the world, will be virtual.

For our Rainbow siblings across the Valley, we see you. You are valid, you are loved, and you have a community right here.

Keely O'Reilly-Towle and Peter Wohlgemut on behalf of Pembina Valley Pride

## DEAR MINISTER CULLEN ...

I read your Op-Ed in a recent edition of my local paper [*Guest commentary, Voice, May 13*] and to say that I was disappointed doesn't begin to capture what I felt. I was angered.

You opened with a statement that the criticisms of Bill C-64 are 'for the sole purpose of creating fear and anxiety for parents, school staff, and students.'

This is the sort of condescension and arrogance we've unfortunately been fed from the premier and, now, those who carry his water.

Your government withheld the K-12 Review for a year and only released it once Bill C-64 was up for second reading. The optics are difficult to misinterpret. You wanted to be sure that you had your 'reforms' in place before the public had a chance to read the recommendations of the review, many of which you chose to ignore. While that may be good politics in some circles, it is far from the transparent and accountable governance that we hear so much about.

You also write that nearly 50 per cent of trustees are acclaimed and lead your readers to draw the erroneous conclusion that they are somehow less legitimate. That is patently false. It could just as well be argued that voters are content with their representation. I have great respect for my local trustees. I regularly correspond with one of them and believe that she has the best interests of our community and students in mind. I cannot say that about the top down, centralized version that Bill C-64 will usher in. I trust her analysis far more than I trust those who drafted this power grab of a document.

You and your government get a F for how this has been handled. Vilifying opposition to and criticisms of your version of 'advancing Manitoba education' is a bad look and doesn't generate any good will or good faith in the significant percentage of Manitoba's population that didn't vote PC in the last election. In fact, I don't believe that you had any mandate to bring in such sweeping legislation.

My MLA, Doyle Pivniuk, told me a

month ago that you would be holding virtual town halls in the immediate future to allow us to voice our concerns. I've heard nothing since. Unfortunately, as spring and summer progress, rural folks will be busy with earning their living, and participation in such forums will very likely be diminished. Perhaps that's just more 'good politics.'

I have registered to speak at committee this fall and I fervently hope that many more do so also. There was no need to be so heavy-handed with this legislation and I believe our small rural communities will see far more bad than good come of it.

Bill Tiessen,  
Crystal City

## ATTACKING THE EDUCATION SYSTEM

Minister Cullen, you wanted to take the opportunity to address misinformation and you characterized the people who opposed Bill 64 as having the "sole purpose of creating fear and anxiety." This is was a foolish thing to say and does not create the environment for those who are concerned about what this government is doing to speak up.

Many concerned citizens, including trustees, have the best interest of students and staff at heart and do not objectively see Bill 64 as a way to improve education.

The advice from the education review, which had a price tag of a million dollars, you aren't even following. It does not recommend the abolition of school boards, yet that is what's being proposed. The misinformation this government spreads about the role of school boards is appalling. Saying that 80 per cent of the school boards' role is taxation is patently untrue.

Those who live in Morden can take heart that the current education their children receive is provided at the lowest cost-per-pupil in the entire province and our students beat provincial metrics in many areas including on-time graduation rates. This

is due to the amazing work the staff, division, and board does to support local learning. Replacing the administration of our local school with a top-down partisan lead system better come with strong evidence that it will improve education, and in my opinion, this evidence is non-existent.

Politicians, your attacks on an education system that is working here is disturbing. Please turn down the inflammatory language used against the staff and administration.

The views expressed here are my own, as a concerned parent.

Dave Guenther,  
Morden

## REACH OUT IN KINDNESS

Calling all Christ followers. Like many of you, I have wrestled with my emotions, opinions and frustrations. And then I have been convicted that we have been called to a higher purpose.

We have been called to love our neighbor as ourselves. We have been called to be patient, kind, not envious, not boastful, not proud, not rude, not self-seeking, not easily angered.

We have been called to protect, trust, hope and persevere. All of these traits are beyond our human ability to accomplish, so may I ask that we humble ourselves, pray and seek God's face?

Ask Him to wash us clean and to give us hearts that are drawn to Him.

If you find yourself with more time on your hands, please join together in unity and pray. If you find that you are overwhelmed, please ask someone to pray for you.

We are a community that is rich, generous, innovative, creative, helpful, thoughtful and willing to lend a hand where needed.

Please, will you join me in trying to be an ambassador for Christ?

Let's reach out to others in love and kindness.

Trish Berg,  
Schanzenfeld

## Letter policy

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

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

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

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

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

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The *Winkler Morden Voice* connects people through stories to build stronger communities.

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Phone 204-332-3456

The *Winkler Morden*  
**Voice**



# Mixing COVID vaccines could be safer than mixing drinks

By Patricia Barrett

Preliminary data on whether it's safe to administer different types of two-shot COVID-19 vaccines show participants experiencing more side effects than those receiving two jabs of the same vaccine.

Those findings were characterized as "short-term disadvantages" to mixing vaccine as no serious concerns were flagged.

The University of Oxford, England, study titled "Heterologous prime-boost COVID-19 vaccination: initial reactogenicity data," which is also referred to as the Com-COV study, was published online May 12 as correspondence in the medical journal *The Lancet*.

It's the first study to look at the "initial" reactogenicity [adverse reactions or side effects], safety and immunogenicity [immune response]. Data on immune response was not presented in the study but is expected to be released in June.

In February, the researchers recruited 830 participants, all of whom were 50 years of age and older. Participants included male and female subjects from different ethnic groups.

Researchers paired AstraZeneca's COVID vaccine with Pfizer-BioNTech's vaccine as well as the same vaccines in four groups: (1) AstraZeneca (first dose) and Pfizer (second dose), (2) Pfizer (first) and AstraZeneca (second), (3) Pfizer (first) and Pfizer (second), and (4) AstraZeneca (first) and AstraZeneca (second). They randomly assigned participants to one of the

four groups and looked at outcomes at 28-day and 84-day intervals.

The study found that using two doses of different vaccines resulted in participants' self-reporting more adverse effects compared to those getting two doses of the same vaccine.

"Both heterologous [different] vaccine schedules induced greater systemic reactogenicity following the boost dose than their homologous [same] counterparts," state the authors of the study.

Adverse reactions included feeling feverishness, experiencing chills, fatigue, headache, joint pain, malaise, muscle aches, nausea and diarrhoea, most arising after 48 hours. There were no hospitalizations reported, nor were there any incidents of rare blood clots occurring. The use of paracetamol (called acetaminophen in Canada) could tamp down those side effects.

Based on the study's "limited haematology and biochemistry data available," the researchers said "there were no concerns" with regard to the safety of mixing vaccines.

Potential harms can be difficult to determine depending on sample size. In terms of generalization to the wider population, large sample sizes in clinical research provide a higher degree of what is called statistical power, that is, a higher probability that a link exists between a drug, an intervention or other phenomenon and a particular outcome.

With COVID vaccines, that has been borne out in the real world, in which

millions of people of different ages, sex and ethnicity have received a vaccine. Both the AstraZeneca vaccine and the Johnson & Johnson vaccine have been linked the development of serious and/or fatal blood clots called vaccine-induced thrombotic thrombocytopenia (VITT) after significant numbers of people were immunized. The condition wasn't noted in clinical trials using relatively fewer test subjects.

The English researchers cautioned that because their data were obtained from those 50 years and older "reactogenicity might be higher in younger age groups."

In addition to assessing safety, the study was undertaken as a way to help mitigate worldwide vaccine supply shortages and to address concerns over AstraZeneca's link to VITT.

Several European countries, including Norway, Sweden, Germany, France and Denmark, are advocating the mixing of vaccines because of VITT cases that arose after people received AstraZeneca.

The English researchers wrote that "several countries are now advising that individuals previously primed with ... [AstraZeneca] should now receive an alternative vaccine [an mRNA vaccine] as their second dose," such as Pfizer-BioNTech's vaccine.

Last Thursday, Canada reported an additional 28 cases of VITT developing after AstraZeneca jabs. The blood clots and low platelet levels that characterize the syndrome can appear four to 28 days after immunization.

Earlier this month Canada's National Advisory Committee on Immunization (NACI) said the mRNA vaccines [Pfizer-BioNTech, Moderna] are "preferred" over the adenovirus vaccines (which use traditional vaccine technology) developed by AstraZeneca and Johnson & Johnson. AstraZeneca's vaccine delivers protection against COVID using a genetically modified chimpanzee cold virus. NACI said if people can wait for an mRNA vaccine, they should.

Several provinces are no longer offering AstraZeneca as a first dose but may offer it as a second dose to those who already received it and who cannot physically tolerate an mRNA vaccine.

Last week the Ontario government bumped up the chances of developing VITT from AstraZeneca to 1 in 60,000. Although the Manitoba government announced it is no longer offering AstraZeneca for a first dose, it said the vaccine can still be offered as a first dose at pharmacies and doctor's offices when people can't access other vaccines. The Canadian government is currently deciding what it should do with the 665,000 AstraZeneca doses it has in reserve and which will expire in August.

Studies involving the combination of Moderna's mRNA COVID vaccine with other vaccines are ongoing, said the English researchers. Studies on mixing vaccines are "crucial to informing the appropriateness of mixed COVID-19 vaccine schedules."

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## Caution advised in relying on protection from one dose of Pfizer

By Patricia Barrett

Researchers have determined that the Pfizer-BioNTech vaccine is only partially effective against COVID-19 after one dose, according to the results of an observational study carried out in Israel.

The authors of the study – some of whom hold stock and stock options in Pfizer – advised caution with regard to relying on one dose for protection against COVID and its variants as people will have lower levels of antibodies against the disease.

The study titled, "Impact and effectiveness of mRNA BNT162b2 vaccine against SARS-CoV-2 infections and COVID-19 cases, hospitalizations, and deaths following a nationwide vaccination campaign in Israel: an ob-

servational study using national surveillance data," was carried out from Jan. 24 to April 3, 2021, and published online May 5 in the medical journal *The Lancet*.

It shows "moderate effectiveness" against COVID after one dose. But it is "highly effective" after two doses.

The vaccine's effectiveness against death was estimated to be 77 per cent two-three weeks after the first dose in contrast to 98.1 per cent two weeks or longer after the second dose was administered.

The authors wrote that "relying on protection against COVID-19 from a single dose might not be prudent; BNT162b2 [the Pfizer-BioNTech vaccine] was developed and evaluated in the RCT as a two-dose schedule, and

substantially lower levels of neutralising antibodies were observed after one dose compared with after two doses."

They go on to say that little is known about how long one dose will protect an individual.

"It is possible that one dose will provide a shorter duration of protection than two doses, particularly in an environment where new SARS-CoV-2 variants continue to emerge."

Israel, which has universal health-care, is leaps and bounds ahead of other countries in terms of the numbers of fully vaccinated individuals. By the beginning of April, 72 per cent of its population aged 16 years and older had received two doses of the Pfizer vaccine.

Pfizer-BioNTech recommends that its two-shot vaccine be given three weeks apart. But Canada's immunization advisory group, NACI, has recommended a four-month delay between first and second doses because of vaccine shortages. That delay also applies to other two-shot vaccines approved in Canada: Moderna and AstraZeneca.

As Canadians are expected to experience a longer than advised delay between their first and second shots of vaccine, medical experts recommend vaccinated people continue to follow public health fundamentals such as wearing masks, avoiding gatherings, physical distancing and frequently washing their hands.



# Garden Valley back to remote learning

## Too much strain on health care system, top doc warns

By Lorne Stelmach

Students across Garden Valley School Division moved to remote learning this week as the province continued to grapple with a third wave of the pandemic.

Garden Valley as well as Red River Valley schools were to remain on remote learning at least until May 30 as a response to the rising infection rates of COVID-19.

"We could see the trend that was occurring and the risk that was there, and we felt we had to do something to break that chain and this was one mechanism to break that community transmission, and so we had to act on that," said deputy chief provincial public health officer Dr. Jazz Atwal in announcing the change.

It came amidst a week of continued high case counts, which led chief public health officer Dr. Brent Roussin to continue to sound a cautionary note in his regular update Monday.

"We need to ensure we're all still familiar with how severe COVID-19 is," said Roussin. "It's just a reminder of how severe COVID-19 is and how much it is affecting the health of Manitobans directly and also indirectly by putting strains on our health care system."

"We're in that scenario again. We need to bring down these numbers. There's far too

much strain on our health care system. There's far too many Manitobans in ICU and hospital with COVID-19 right now."

"We certainly need to stay focussed," said Roussin, who rejected suggestions the province had not acted aggressively enough to stem the third wave.

"A lot of our delay in this third wave might be attributable to some of our travel restrictions that we've had in place. We were able to vaccinate many many more people in our population by the time the third wave did hit us," he said.

"We did act. We've always had very strict restrictions on this, and we've taken steps to make those more strict over time ... I think it's just the nature of this pandemic, the nature of these variants, that caused a very quick upturn in numbers."

Public health announced one new death Monday of a man in his 60s from the Southern Health-Santé Sud region, and Manitoba had passed a milestone with the total number of deaths in people with COVID-19 at 1,011.

The current five-day COVID-19 test positivity rate was 12.7 per cent provincially with 430 new cases of the virus identified to bring the total number of lab-confirmed cases in Manitoba to 45,579.

The new cases Monday included 44 in the Southern Health-Santé Sud health region with the active case count at 102 in Winkler, 22 in Morden and 10 in Stanley.

Overall, there were 4,568 active cases and 40,000 individuals who have recovered with

**"IT'S JUST A REMINDER OF HOW SEVERE COVID-19 IS AND HOW MUCH IT IS AFFECTING THE HEALTH OF MANITOBANS DIRECTLY AND ALSO INDIRECTLY BY PUTTING STRAINS ON OUR HEALTH CARE SYSTEM."**

## > SEGUE, FROM PG. 2

With OPPS, however, people who simply self-identify as having a disability are welcome to register.

Finally, new to the Segue family as of last fall is the Wellness U30 program for people age 15-30.

Like the other programs, it includes employment readiness training and work experience but also offers a variety of wellness sessions that deal with other life skills, such as financial literacy or social skills.

"It's a broader, flexible, holistic approach to working with young adults," Suderman said, explaining Segue staff work alongside participants in creating a tailored plan to become more successful in their lives.

Not sure which program makes the most sense? Suderman urges people not to let that deter them from contacting Segue.

"We're not going to have them go into a program that we don't think they'll be successful

in," she said. "We will always look at what the individual's needs are and which program will be the best fit for them."

Thanks to the pandemic, Segue staff had to pivot last year to move some of their in-class learning and one-on-one sessions online.

It was a challenge, to be sure, but things still never really slowed down for them.

"We've still had continuous intake of individuals coming into all of our four programs," Suderman said, acknowledging that while some participants have struggled with virtual learning others have thrived, and staff continue to work hard to work to keep people engaged and motivated.

"We've still been providing services, we've still been getting applications in and doing the best that we can for those who are looking for employment."

Learn more about Segue's programs online at [edenhealthcare.ca/segue-career-options](http://edenhealthcare.ca/segue-career-options).

209 people in hospital with active COVID-19 as well as 56 people in hospital with COVID-19 who are no longer infectious but continue to require care. There were 53 people in intensive care units with active COVID-19 as well as 20 people with COVID-19 who are no longer infectious but continue to require critical care.

Meanwhile, Manitoba reached another milestone in the largest immunization campaign in the province's history as 50 per cent of people aged 18 and older had received at least one dose of a vaccine. To date, a total of 629,943 first and second doses of the COVID-19 vaccine have been administered.

As well, Manitoba became one of the first jurisdictions in the country to allow young people aged 12 to 17 to book their Pfizer vaccine appointment as of Friday.

All young people aged 12 and up are eligible to book their first-dose appointment. The Pfizer vaccine is generally available at super sites and urban Indigenous clinics located throughout the province.

Health Canada approved the use of the Pfizer vaccine for children aged 12-15 May 5, and it has been approved for use in people aged 16 and older since Dec. 9, 2020.

It is estimated there are about 111,000 young people aged 12 to 17 in Manitoba.



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# Province introduces paid leave for COVID-19 vaccination

By Voice staff

The provincial government is making changes to the Employment Standards Code to ensure Manitoba workers are able to take the time they need to get their COVID-19 vaccine shots.

Finance Minister Scott Fielding announced last week that the proposed amendments will make it mandatory for employers to allow staff up to three hours of paid leave each time they require a dose of vaccine.

"We're obviously at a very critical point in Manitoba's third wave in the fight against COVID-19," Fielding said at a press conference in Winnipeg May 11. "Immunization is cru-

cial to protect ourselves, protect our neighbours, and those around us. We want to encourage all Manitobans to get their COVID-19 vaccine as soon as possible.

"We want Manitobans to be confident to book COVID-19 vaccinations during work hours without worrying that they're going to lose out on regular wages. That's really important to make sure that all Manitobans are vaccinated."

The wage rate would be fixed at an employee's regular wage rate, or the average wage for employees whose wage varies, such as those paid on commission.

Employers would be able to require

employees to provide them with reasonable verification of the necessity of the leave as soon as possible, but could not require a physician's note or medical certificate.

"We don't want to add additional burden to medical officials and doctors while we're dealing with COVID-19," Fielding said.

Employees who need more time to travel to vaccination appointments or who suffer from vaccine side effects would be allowed to take a longer unpaid leave.

Fielding noted many Manitoba employers were already offering staff paid time to get vaccinated, but the government feels it's important to

put this into legislation in light of the need for a second dose of the vaccine and potentially booster shots in the future.

"For the most part employers are giving employees time off to do this, but we wanted to make sure this is in legislation to make sure it is the law," he said.

"We all have a role to play in protecting ourselves and our communities," Fielding said. "The faster we can get vaccinated the sooner we'll be able to loosen ... restrictions to get our lives back."

# PHAC puts call out for writers, artists

By Lorne Stelmach

A summer art exhibit in Morden will offer a unique melding of art forms.

Literary and visual artists will join forces for the exhibition entitled Illumination: Word Enfleshed that will be featured in August at the Pembina Hills Gallery.

The Pembina Hills Arts Council is now accepting submissions for the collaborative project being spearheaded by local writer Peter Cantelon.

He sees this as a creative way to showcase the literary arts like poetry by seeing how visual artists might interpret and be inspired by the written word.

"The idea of illumination, for me, is

a reference back to the ancient manuscript art," Cantelon noted. "To me, this idea that word is art has always been there. And word inspires visual art, so I'm really excited to see how things will be interpreted."

"He's a writer himself and he's passionate about this, so we feel this is an excellent opportunity to join forces and make something unique and interesting out of it," said Tricia Dyck, PHAC programs and outreach co-ordinator.

Writers are encouraged to submit works that are no longer than one page in length in 12-point font and to include on another page their inspiration.

Then, in June, visual artists will

choose from the written pieces to create art inspired by it.

The authors and artists will remain anonymous to each other until the exhibition opens in August.

Entries will be limited to 15, and arts council staff will jury the entries if there are more submissions.

The deadlines are June 4 for literary submissions and June 25 for artist registration. Completed art will need to be dropped off at the gallery by Friday, July 30.

You can make your submissions to [info@pembinahillsarts.com](mailto:info@pembinahillsarts.com) or drop them off at 352 Stephen Street in Morden.

Dyck sees this exhibit as offering a great opportunity given their aim to

support all art forms and to particularly highlight the literary arts as a vital part of our cultural richness.

"It isn't often brought forward ... the gallery is often seen as a place of visual art, and we really do want to encompass all forms."

"It usually doesn't get a lot of showcasing," agreed Cantelon, who has been writing poetry for more than 30 years and sees how it usually ranks low in the artistic hierarchy. "All artists of course have to work hard at getting a platform, but generally poetry doesn't have the opportunity to utilize platforms like public art galleries."

# Volunteer Manitoba opens nominations for annual awards

By Sydney Lockhart

Volunteer Manitoba is looking for community members to nominate local volunteers for their annual province-wide awards.

The awards celebrate the contributions and time that volunteers in Manitoba have put into helping others over the past year.

"Our role in the community is to promote and encourage volunteerism and highlight the good work that volunteers are doing right across our province," said communications manager of Volunteer Manitoba Dawn Bourbonnais. "We also work with the non-profit sector just to support charities and non-profits in their professional development

and in getting their messages out."

The awards ceremony will be virtual this year due to the pandemic and will be broadcast on their Facebook page in September.

Currently Volunteer Manitoba is looking for nominations. Both groups and individuals can be nominated at [www.volunteermanitoba.ca/awards](http://www.volunteermanitoba.ca/awards)

"It is to highlight the incredible work volunteers have been doing in this past year, especially during COVID," Bourbonnais said. "We know that volunteers were still going to work. Even though we faced a lot of shutdowns and restrictions, people were still giving back to their communities in different ways."

Nominations can be for multiple

awards such the Lieutenant Governor's Make a Difference Community Award or the Premier's Volunteer Service Award.

"We really just want to show people that through everything, it has been a tough year for all of us, but there's really positive examples out there of folks who stepped up and met that challenge and gave back to their community ... we want to hear those stories," said Bourbonnais, noting even seemingly small acts of kindness can make a huge difference. "Showing people that volunteerism is still alive and well is really important because a lot of people this past year, I think, have made the assumption that we can't volunteer right now, or things have

shut down so they don't need help."

She added that they hope the nominations and awards will inspire younger generations to volunteer more.

"As a volunteer center we're looking at data that was just released by Statistics Canada and the overall percentage of volunteerism has gone down over time," she said.

Bourbonnais said they usually get anywhere from 300 to 400 nominations and that they would hope to see more than that this year despite the challenges of the pandemic.

"Let's spread the good news. Let's thank all these people."

The deadline to submit nominations is May 24.



# Paying kindness forward

By Lorne Stelmach

Winkler Community Foundation (WCF) and Morden Area Foundation (MAF) kicked their Pay It Forward May campaigns into high gear last Tuesday with the delivery of tasty treats throughout the two communities.



SUBMITTED PHOTO

“We’re spreading kindness today, visiting businesses and people out in the parks and on the streets to hand out gift cards and muffins and hopefully just give people a positive moment in their day,” said WCF’s Julia Blais.

“Everybody could use a little pick-me-up right now, especially after the recent news [of increased pandemic restrictions] ... we wanted to put some smiles on people’s faces,” said Jennifer Ching-Faux, community foundations coordinator for the Endow Manitoba south central region, while preparing to hand out muffins in Morden.

Volunteers in both cities headed out armed with 168 packages of muffins donated by Co-op.

All they asked of recipients was that they pay the kindness forward in some way.

“We kind of throw it out as a challenge to people: we’re here to Pay It Forward and we encourage you to do the same and keep it going,” said Myra Peters, executive director of the Winkler foundation.

“People can pay it forward, and we’ll create a nice, kind community for the next few days and weeks,” Ching-Faux said.

In Morden, the foundation is also planning a Pay It Forward parade on May 27. It will be similar to and follow



PHOTO BY LORNE STELMACH/VOICE

Morden Area Foundation volunteers set out last Thursday armed with dozens of muffins to distribute to businesses throughout the city. Left: Winkler Community Foundation board members did the same and also handed out gift cards, putting smiles on the faces of more than a few recipients.

the same route as last year and will start around 6:30 p.m. that evening.

In Winkler, Blais noted that countless local businesses and community groups have launched Pay It Forward campaigns in recent weeks.

“It’s been a very quick start to Pay It Forward May. Businesses have jumped in so fast, a lot of people are doing their own initiatives ... it’s really exciting to see the community actual-

ly come together and be excited about trying to give positive vibes during this hard time.”

Share the acts of kindness you’ve seen by using #pifmay on social media and tagging the Winkler Community Foundation and Morden Area Foundation.

—with files from Ashleigh Viveiros

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# COMMUNITY NEWS



## Coulee fdn. grants \$14K to 11 community projects

By Ashleigh Viveiros

The Plum Coulee Community Foundation is paying it forward this spring with \$14,627 in grants to 11 different projects.

The foundation board unveiled its 2021 grants at their annual general meeting held virtually May 13.

Board chair Heather Unger said they reached out to all the local non-profit groups and projects to see what the needs were in the community.

"We were assuming everybody probably had a challenging year, so we contacted them and asked what their projects and their dreams were and how we could be a part of them.

"A nice diverse bunch of projects came together," Unger said. "We try so hard to diversely give ... we want to touch the old, we want to touch the young, we want to support health, recreation. We want to keep it broad and I think we certainly did that this year."

Projects receiving funding include:

- Plum Coulee School, \$1,000 for a new electronic sign.
- Centre on Main, \$1,000 for new tables.
- Sensory Path, \$800 for more sensory activities.
- Dolly Parton Imagination Library, \$2,000 to help them continue sending free monthly books out to local preschoolers.
- Winkler Family Resource Centre, \$1,500 for its Plum Coulee programming.
- Pembina Valley Humane Society, \$500 toward a new van.
- Plum Coulee Parent Advisory Council, \$827 for ball diamond upgrades.
- Plum Coulee Fire Department, \$1,000 for water rescue equipment.
- Plum Coulee LUD, \$1,500 for flowers for downtown beautification.
- Plum Coulee Pedestrian Bridge project, \$4,000 for concrete.
- Plum Fest/Plum Coulee Commu-



SUPPLIED PHOTO

A team of Plum Coulee Community Foundation volunteers (including from left June Letkeman, Ava Lysohirka, Heather Unger, and Moira Porte) served up 102 litres of soup and 187 pieces of pie at their spring soup and pie fundraiser, which had people pick up their dinners from The Centre on Main last Thursday night to enjoy at home.

nity Connections, \$500 for community connections.

### A SOLID YEAR, CONSIDERING

On the event front, 2020 proved to be a quiet one for the foundation, which was forced to cancel everything from its soup and pie dinner to its citizen of the year and community builder awards ceremony.

Financially, however, the foundation fared pretty well, receiving donations for its various funds and a solid return rate of 7.93 per cent on its investments.

"We had a pretty normal year to start off and then lost our footing there all through the summer. But we managed to regroup in the fall," Unger said, noting that was when Lynda Lambert came on board as a staff member. Lambert is the Endow Manitoba's new community foundations coordinator for the region, working with foundations in Plum Coulee, Manitou, Miami, Morden, and Morris.

November's 24-hour Giving Challenge then provided a huge boost to the foundation's coffers.

"We raised just over \$16,000 for our endowment fund, so we managed to kind of salvage the year," Unger said.

The community endowment fund currently sits at over \$423,000. Since 2008 it has generated over \$121,000 in grants for local projects.

"We're pretty proud to have developed a really nice fund that's taken good care of our volunteers in Plum Coulee," Unger noted.

The foundation also has the Plum Coulee Prairie View Elevator Muse-

um Heritage Trust endowment fund, which is now in its second year. The value of that fund sits at \$68,000. It generates over \$1,200 in interest to support the local heritage museum.

"We're pretty proud to have come up with the funds for an endowment fund specifically to look after our museum, which is a pretty interesting museum," Unger said, noting they also have a second fund in place that covers the costs of the upkeep of the old grain elevator the museum calls home. "So we're taking pretty darn good care of our history here in Plum Coulee."

Looking ahead to the future, Unger says they're working on a major restructuring behind-the-scenes at the foundation.

"Our board is going to restructure, that's part of having Lynda working with us now," she explained. "We're excited to be meeting over the next few months and restructuring the directors and the roles. We'll have some very specific skill sets in mind that we'll be after."

To that end, they'll be reaching out to community members both past and present to see if they would be willing to lend their expertise in everything from accounting to marketing.

"The next 20 years is going to look a little bit different," Unger said, noting they're putting together a fairly aggressive business plan for the future. "We're ready to take on some new things"

If you'd like to get involved with the foundation, contact Unger at heather-unger2@gmail.com or 204-829-3243.

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# Manufacturer coming to Morden

By Lorne Stelmach

An Ontario-based company is expanding its manufacturing operations into western Canada, and Morden is the beneficiary of its plans.

Drive Products and its manufacturing division Voth will soon be breaking ground in the Morden industrial park.

The new 'Voth West' manufacturing facility will produce a mix of truck bodies and truck mounted equipment to support the strong demand in Canada's western markets, and company officials last week noted they see the Morden facility as being key in creating more manufacturing capacity to support their continued strong growth.

"Southern Manitoba in general came about because of the family that was really responsible for the manufacturing facility in Tillsonburg, Ontario. There's a deep family connection with that part of Canada, and that sort of opened our eyes to that region in terms of manufacturing," said Tyler Moss, vice president of sales and marketing.

"We wanted a western Canadian

manufacturing operation, and the Voth family in Tillsonburg, Ontario just really mentioned that we should be looking in this region because of the strong family connections, and it really just took life from there."

It is anticipated that the new 60,000 square foot manufacturing facility on Jefferson Street in Morden would be up and running by the first quarter of 2022, and it is forecast that the plant could employ 20 people in the first year with the potential to increase to 50 by year two and 75 by year three or later.

Drive Products was established in 1983 to supply products and systems to the truck mounted equipment industry in Ontario. The foundation was set with a leased 3,000 sq. ft. building in Toronto, three employees and \$100,000 starting inventory.

Drive Products continues to operate as a family-owned business and offers a complete range of truck mounted equipment, products, services and solutions through a growing branch and partner network across Canada.

It has established its position as a leader of truck equipment manufacturing in Canada with the additions



DRIVE PRODUCTS PHOTO

The new Voth West manufacturing facility will produce a mix of truck bodies and truck mounted equipment.

of premium truck equipment manufacturers.

The company has a main manufacturing facility south of Woodstock, Ontario with a second plant in Windsor, and there are five different brand names under the parent company Drive Products.

There are locations for distribution across Canada including a new one now in Winnipeg, but Moss reiterated that they saw a need to further boost their presence, and they had good discussions with Morden economic development officer Jason Dyck.

"We needed to increase our capacity ... with our capacity constraints, it became clear we needed to have western Canada bricks and mortar manufacturing," said Moss. "From there, it really took off."

There was another key benefit to the Morden location given its proximity to the border.

"It doesn't just give us access to western Canada but also the mid-west United States, and we have a major exporting component to our manufacturing division, so this really opens up a big part of the U.S."



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# The joys of spring

AT HOME

## The inc

## 4 ways to make the most of a small yard

If you have a small yard, landscaping can be a challenge. Here are four tips to help you maximize your space and create an outdoor oasis.

### 1. Furnish wisely

Multifunctional pieces are ideal for small areas. For example, a sturdy deck box can be used as both storage and seating. Modular furniture is another option, as it can easily be rearranged and adapted to suit awkward spaces.

### 2. Design vertically

Growing vines up a wall, fence or trellis is a great way to add greenery to your yard without using up a lot of floor space. You can also hang planters, string fairy lights, install a tree swing and store garden tools on hooks along the fence.

### 3. Use corners

Nooks and crannies have a lot of potential, so use them wisely. Increase your seating with a wooden corner bench or take advantage of an unusual angle to highlight a decorative piece such as a sculpture, shrub or fountain.

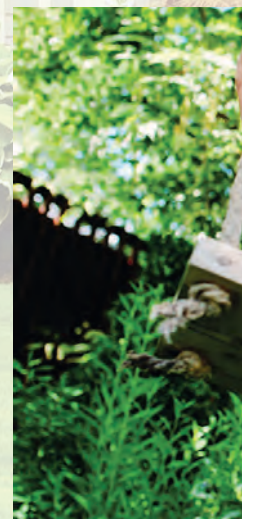
### 4. Create depth

If you have a narrow yard, opt for long, thin pavers rather than square ones to draw your eye toward the back of the yard. Alternatively, create a winding path to make the space appear wider. Place plants with small, dark foliage at the rear of your garden, and choose red, orange and yellow flowers with big, bold leaves for the front.

Find everything you need to make the most of a small yard at your local garden centre and hardware store.

A garden shed is a great way to store your garden pool equipment, lawn mowers and everything else you need for your outdoor activities. It's also a great place to store many things to store your garden. It's possible to live without a garden shed, but it's not a good idea to stop your indisposition from turning into a complete disaster.

Three elements are essential to your shed tidy and organized space: a pegboard, a shelf and a hook.



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# Indispensable garden shed

A garden shed is an ideal place for keeping gardening tools, lawn mower, lawn chairs, bicycles and other items you need for your backyard or activities. In fact, there are so many things to store, it's practically impossible without one. But how do you choose an indispensable garden shed from a complete mess?

Storage accessories are essential for keeping your shed tidy and maximizing available space. Pegboards, hooks and shelves. In

hardware or renovation stores, you can find sets of storage hooks that are manufactured specifically for peg boards. These hooks are great for hanging up and organizing small gardening tools.

In the storage accessories aisle, you'll also find hooks that can support heavier tools such as rakes, brooms, spades and pruning shears. Put up some shelves (or a small shelving unit) and use them to organize your flower pots and small containers in which you can store a variety of objects. Get some

bins for the floor where you can keep bags of potting soil, compost or children's backyard toys. Some bins come with casters so they're easier to move around — an advantage to keep in mind.

If you're thinking of building or modifying a garden shed, be sure to check current municipal regulations before you start work. Depending on where you live, you may need to get a permit.



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# Top citizen pays it forward

PHOTO BY LORNE STELMACH/VOICE

Dave Destoop, who is this year's recipient of the citizen of distinction award from the Morden Area Foundation, paid it forward Monday by choosing the Morden Legion for the \$1,000 grant which the winner can donate to the community. "Dave does so much work for us," noted Tammy Petkau, president of the Morden Legion, "and then for him to give us a \$1,000 cheque, I'm so glad that he thought of us. It's wonderful to have this kind of support in the community." Destoop noted that "the Legion supports the community extremely well ... we have to support them back as well." He then joined foundation members in delivering Pay It Forward May gifts to staff at McDonalds, Tim Hortons, George's Kitchen and Dairy Queen.



# Morden Physio offering new at-home service

By Lorne Stelmach

Morden Physiotherapy is adding a new service that will offer the option of home visits in the Morden and Winkler area starting in June.

The service will be a good alternative for those clients who have difficulty leaving their homes but want to maintain their independence.

It's a need they identified even before the arrival of COVID-19, though the pandemic certainly highlighted how important such a home-based service can be, said physiotherapist Rebecca Atkinson, who will be the

lead therapist on this initiative.

"I think there's a greater appreciation for having more care before these big life changes happen," she said.

While these kinds of services are available through the health care system, they can be difficult to access in part because "there's huge waiting lists, so people don't get seen right away necessarily," Atkinson noted.

Physiotherapy aims to improve one's participation in meaningful activities, which are different for everyone.

For example, someone living with dementia may love to cook but is unable to recognize key components

in the kitchen and is at risk for falls. Atkinson can help a client reorganize the space to support orientation and safety and work with them to practise balance skills in the home so they can continue participating in their passion of cooking.

Another example may be a stroke survivor who wants to use the library. Participation physiotherapy would address physical barriers for the person to get to and mobilize within the library and would advocate for broader changes such as for the library to have a slanted work table.

Atkinson sees this service as be-

ing not only needed for seniors but anyone who may have more capacity for life engagement than they're currently able to enjoy due to their disabilities.

They're also hoping to reach out to community partners willing to help seniors find a way to get involved and give back in small ways, perhaps through weeding flower beds, serving meals with agencies like Many Hands, or cleaning a local storefront's display window. It could also include teaming up with independent and assisted living facilities who promote preventative health care and an age-in-place philosophy.

Caregivers are also a big part of the puzzle, Atkinson noted, be they spouses, children, or grandchildren.

She sees caregivers benefitting not only by learning strategies to positively engage their loved ones but also enjoying some respite time knowing their family member is having quality whole-self activity time working towards goals with a physiotherapist.

"Caregivers have a burden. It is hard work caring for people, and especially if you're family because there's so much emotion tied to it," she said. "This service is equally there to assist the caregiver."

As part of its lead-up to kicking off the service, Morden Physiotherapy is offering a one-hour interactive webinar called Finding Ease In Caregiving on Wednesday, May 26 at 10 a.m.

You can register for this free Zoom event by emailing [mordenactivity-centre@gmail.com](mailto:mordenactivity-centre@gmail.com) or calling 204-822-3555.



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## Winkler Harvest Festival cancelled for 2021

By Ashleigh Viveiros

Winkler Harvest Festival fans will have to wait one more year to enjoy the next community celebration.

Festival organizers announced last week that the 2021 festival scheduled for Aug. 6-8 is a no-go thanks to the ongoing pandemic.

"It's the best thing to do for the safety of everybody," says Winkler events coordinator Nolan Dueck.

While the tight public health restrictions in place now may have been eased by August, it's still unlikely a large-scale event like the festival—which draws tens of thousands of people to the Parkland fairgrounds each year—will be allowed in a few months.

Trying to limit the number of visitors to even a scaled-down version of the festival simply isn't feasible, Dueck

said.

"Unfortunately, with the layout we have, the grounds that we have, we just wouldn't be able to accommodate that kind of event."

Still, the festival committee is optimistic they will be able to do at least something this summer.

"Our thought was trying to incorporate maybe little elements of the festival ... maybe bringing out food trucks one day," Dueck said. "We want to do something because this has been hard on everybody ... so to be able to have at least a few things to look forward to throughout the summer to boost people's spirits ... that's what we're going to try to do."

Those details are still being hashed out but will be publicized on the festival website ([winklerharvestfestival.com](http://winklerharvestfestival.com)) and social media pages.



PHOTO BY ASHLEIGH VIVEIROS/VOICE

The 2021 Winkler Harvest Festival has been cancelled. Organizers are hopeful they'll be able to do some smaller community events through the summer, public health restrictions allowing.

## Plum Coulee's first community gardens set to open

By Ashleigh Viveiros

Plum Coulee's first community gardens are poised to open for the season.

Organizer Erica Rempel says they're aiming for a May long weekend start date for the 20 plots she and fellow volunteers have prepared beside the arena.

It's a new feature for the community and, even prior to seeds going in the ground, it's already taking off.

"At first our goal was 10 plots. We wanted to see if we could get 10 people interested," Rempel said. "It didn't take long and now we're at 20 plots."

"People are excited ... they're really excited that this is happening and this is another thing to keep them occupied," she added. "It's a place to go,

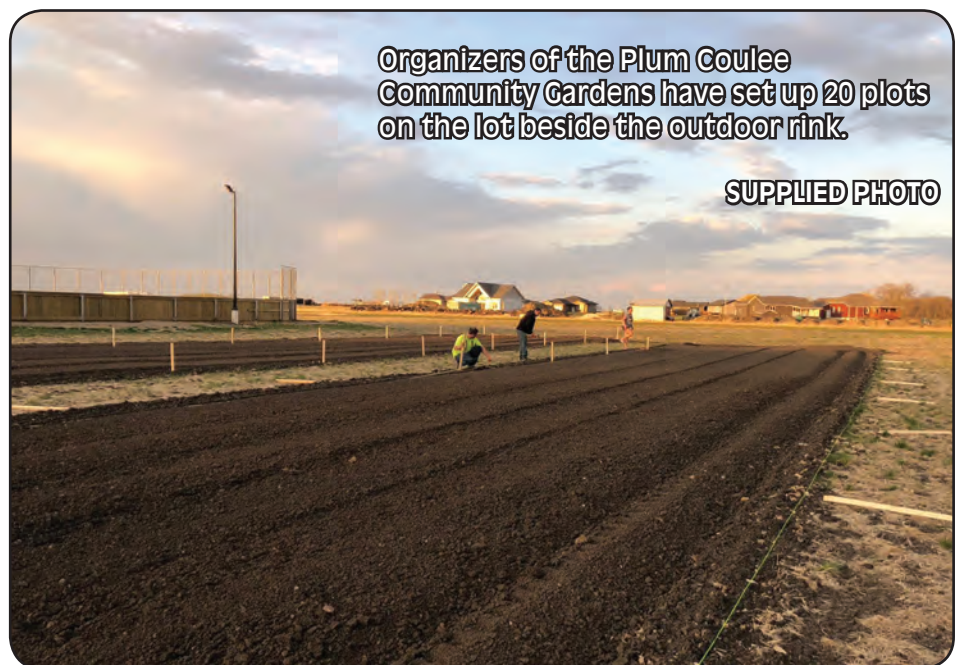
something to tend to, and you get to reap what you grow."

In addition to providing those with limited space at their own homes with room to plant gardens, Rempel hopes this project will provide local green thumbs with a space to gather and learn from one another.

"Some are brand new gardeners and they don't know what to do, but we're all here together, that's why we're doing it as a community garden. We can learn from each other and get to know our neighbours."

There were still a couple of plots available at press time so if you live in Plum Coulee and want to get one reach out to Rempel at 204-371-6284.

Each plot is 15x25 feet and costs \$15 for the season. Water is available on-site.



## Freedom rallies debated

By Lorne Stelmach

It's become an almost weekly sight on the streets of Morden and Winkler in recent months: a parade of vehicles festooned with signs speaking out against the ongoing COVID-19 public health restrictions.

Organizers behind the freedom rallies, as they're called, say it's their way of peacefully protesting what they see as the government stepping on the rights of Manitobans.

"Everyone's entitled to their own opinion," stressed Joe Peters, who

heads up a local Facebook page where many of these events are organized. "I know the ones that we're getting the negative feedback from feel we're being disrespectful and disobedient ... but I feel we're not doing anything wrong."

While the parades themselves are not illegal so long as everyone participating stays in their vehicles, the outdoor gatherings that have been held in Winkler's Parkland the last few weekends have resulted in tickets issued for being in violation of gathering limits. Under the current public

health orders, outdoor gatherings are limited to five people.

Peters acknowledges the Sunday gatherings—which have been called both rallies and worship services in recent weeks—are in violation of current restrictions, but they feel like they're still in the right to host them.

"We don't really feel like it's really constitutional," he said of the restrictions. "We feel like it's our duty to stand up and do this, especially having the church service in the park. We feel that's where we need to be."

"If we get fines or tickets for it, that's fine ... it's not really scaring us from doing what we feel like we need to do."

Since the first vehicle parades were

held earlier this year, Peters said they've seen their numbers grow steadily. It began with perhaps 50 cars and today draws upwards of 100.

The participants largely come from the Winkler and Morden area, but there are also some from outlying communities like Manitou as well as a few from Winnipeg.

"Our goal is to try to do a peaceful protest," Peters said. "And with the driving rallies, everybody stays in their vehicles and kind of decorate their vehicles with flags or banners."

Their claims include such things as questioning the effectiveness of masks and the need for the restrictions the government has put in place

Continued on page 19



# Manitoba seed company helps green thumbs go greener

By Iris Dyck

Two years ago, Kennedy Collins planted a cover crop on a portion of his garden for the first time. He scattered a mixture of grass and legume seeds where his vegetables normally grew, stomping the vegetation down before it went to seed. The following summer, he didn't need to fertilize that side of his garden, and there were significantly fewer weeds.

"I was really quite pleasantly surprised at the results," Collins said.

Collins is the co-founder of ReWild Garden Seed, a Manitoba seed company focused on improving soil health for backyard gardeners. The company's first seed mix is a cover crop blend like the one Collins used on his own garden.

"You're basically using plants to feed your future plants," he said.

Stomping down cover crops helps bacteria grow and forces the plants to pull more carbon into the soil. This trampled "green manure" gives the soil a chance to recover, restoring the nutrients agriculture strips away.

"Rather than just treating the soil as a medium, we need to treat it as the living ecosystem that it is," said Collins.

Collins saw the potential to market a cover seed blend to backyard gardeners after he saw what it did in his own garden. He connected with his friends at an agricultural seed supplier, Covers & Co. ReWild Garden Seed "grew organically," and in just five months, the Covers & Co. subsidiary was ready to launch its first blend, Spring Fling.



PHOTO SUBMITTED

Kennedy Collins saw the benefits of cover cropping in his vegetable patch and knew that other gardeners could benefit, too.

"We thought this is the next natural step, because gardeners are also green-minded," Collins said.

Spring Fling Cover Crop, contains a mix of annual grasses, broadleaves, and nitrogen-fixing legumes.

It helps reduce weeds, and acting like green manure, can also eliminate fertilizer use by naturally adding organic matter into the soil. When Spring Fling is rotated annually through a garden, soil biology is stimulated, and the diversity of flowering plants is increased, offering valuable food for bees, butterflies, and other beneficial pollinators.

Regenerative agriculture is a sustainable way of farming and gardening. It improves soil health through cover cropping, moving away from chemical fertilizers. While fertilizers help plants grow, they don't feed the soil, causing it to erode. In 2014, the United Nations reported that all the world's topsoil could be gone by 2050. That weighs heavy on Collins's mind.

"It can be incredibly daunting and scary," Collins said. "That's in our lifetime."

Collins and his ReWild Garden Seed co-founders hope their seed blends will grow the conversation around regenerative agriculture and the importance of healthy, living soil.

"That's the bottom of the food chain," he said. "We need to take care of it so the top can survive as well."

The fifteen plant species in the Spring Fling mix are locally sourced whenever possible, and the company has two more blends in the works.

Spring Fling Cover Crop garden blend is available at seven garden centres across Manitoba: Alternative Choice Garden Centre, Morden Nurseries, Pilot Mound Home Hardware, Schott Ranch Greenhouse and Market, The Green Spot Home and Garden, Vervain Greenhouse, and online and in-stores at T&T Seeds.

## > FREEDOM, FROM PG. 18

to slow the spread of COVID-19.

"What we started off with is just to get our message out there ... as people kind of on the other side of the fence, we kind of have a different view on what is going on," Peters said, acknowledging it's become an increasingly divisive issue in the community. As such, they've received both positive and negative feedback on their efforts.

"We've heard from both sides ... it seems what has happened with all of this is a lot of division, which is unfortunate. I thought we were a tight knit community, but what all has happened has caused a lot of division."

One thing both sides can agree on, Peters noted, is that everyone wants things to go back to at least some semblance of normal.

The disagreement lies in how we get to that point.

Public health officials maintain that science tells us it's the fundamentals—lowering the number of contacts outside your household, staying home when sick, wearing a mask and practising good hand hygiene—coupled with vaccination that will limit the spread of COVID-19 and make it safe to lessen restrictions once again.

Peters and his fellow protestors generally believe otherwise, and say they'll continue speaking out against restrictions they feel are unwarranted.

"I know a lot of people think we're being disrespectful and being rude," he said. "That's not our goal."

"It's not considerate"

The local protests and rallies held in recent weeks are a source of some frustration for Winkler Mayor Martin Harder, who also laments the divisiveness

the pandemic has brought to the Morden-Winkler community.

"I've heard of families who are absolutely broken apart, and they are not even talking to each other ... this is just not right."

The individuals and community groups who are choosing to disregard public health orders are doing a disservice to the entire community, Harder said.

"To me, to blatantly stand up and ignore it and just say, 'No, I'm going to do this because I have my rights' is wrong. It just is wrong," he said. "It's not considerate of your neighbour ... we need to change that attitude because it's breaking our country apart."

"I wish they would find a different way to make their point without blatantly ignoring the health concerns that are there."

## Gone Fishing

Tyler Foster and Cole Sawatzky of Morden enjoyed the beautiful weather this past weekend out on Lake Minnewasta for the start of the fishing season. Manitoba's fishing season officially got underway last Saturday with the lakes open for business in the south, while the season begins in the rest of the province this weekend. All you need to get out there is some equipment and an angling license, which can be purchased online at [manitobalicensing.ca/licensing.page](http://manitobalicensing.ca/licensing.page). You can also head to [manitobafisheries.com](http://manitobafisheries.com) for details on fishing regulations, maps and stocking information.

PHOTO BY RICK HIEBERT/VOICE





# Manitoba 4-H competition leaves many local winners

By Becca Myskiw with files from Jennifer McFee

Local youth competed in 4-H Manitoba's first ever virtual provincial communications competition last month and several brought home a win.

On Saturday, April 24, 60 4-H members competed in the Zoom event after rising to the top through a series of club-level and area-level competitions across the province. The well-attended virtual event included more than 100 families gathering remotely to enjoy the speeches and presentations, followed by awards for first and second place.

Among the winners were Wyatt Penner from Winkler in the Cloverbud Speech category, Alyssa Bruce from Miami in the Senior Speech, Aubree Hiebert from Plum Coulee and Emmet Rey from St. Claude in the Cloverbud One Person Visual Presentation category, and Rylan Hiebert from Plum Coulee in the Intermediate One Person Visual Presentation.

For their presentations, each youth could come up with their own topic. They pre-recorded their presentations and played them over Zoom for the judges. Each person presenting at provincials received first place in their club competition and in regionals.

Eight-year-old Wyatt Penner did his speech on the many things cows can be made into and received second place.

He and his mom, Laura Penner, spent a full evening researching the topic, another evening organizing and mapping out his speech, and then Wyatt went off on his own to record himself on the iPad practicing over and over.

Laura said a few years ago, they had

seen a presentation on the different by-products of cattle, and it's just stuck with him.

"I thought it was pretty cool to see all the parts that the cow can be made into," said Wyatt Penner.

Cow skin is made into basketballs — one cow hide, he said, can make 12. The fat is made into gelatin and the meat is made into the various beef products.

Alyssa Bruce presented her speech on addressing the problems related to fast fashion and how it negatively impacts the earth. She received second place.

Fast fashion, she said, is a growing industry because of social media trends and it's the second biggest polluter in the world.

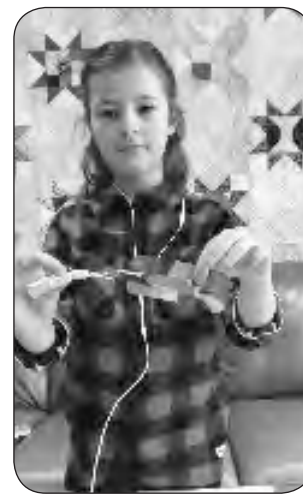
"Most people want trendy clothes right away," she said. "They don't wear them for a long time."

It's where companies make cheap clothes quickly and they cut corners to do it — they dump dyes in waterways and use microplastics which then get into the ocean and affect plant and animal life.

Those are only some of the problems, she said. If this continues, the world will eventually run out of clean water.

To combat it, Bruce suggests shopping at small local businesses, doing consignment, not throwing out unused clothes (because 85 per cent of them end up in landfills each year), and thrifting. Reusing is key, she said.

Emmet Rey's speech was on his favourite animals — the wolf, polar bear, seal, eagle, and gibbon. He educated the judges on some facts about them. An eagle's wingspan is from the floor to the ceiling, seals can sleep underwater, and wolves travel



VOICE PHOTOS SUBMITTED

Left to right, Rylan Hiebert won second place for his presentation on kayak fishing; Aubree Hiebert won first place for her presentation on making bookmarks and Alyssa Bruce won second place for her speech on fast fashion and how it's killing the planet.

in packs of 13.

"Also," he said. "Did you know a polar bear's fur isn't actually white?"

The polar bear's fur is clear. He got second place for his fun facts.

Aubree Hiebert and her brother Rylan Hiebert were both recognized for their speeches. Aubree got first and Rylan got second in their respective categories. Rylan, 14, did a visual presentation on kayak fishing.

He showed how to set up the kayak, which supplies to use, and the best places to fish. Rylan's favourite place to fish is in the lake in Morden because there are lots of crappie there. He got into kayak fishing thanks to his cousin and he likes it because he uses more muscle and is good exercise.

"It's a very easy topic to talk about when you know the main things you're going to talk about," he said. "You always want first place when you've gone that far, but getting sec-

ond was also quite relieving because you know you're second in the province."

Aubree, eight, used her brother's love of fishing and her bookmark-making expertise to clinch first place. She loves reading and crafting, so she combined the two and started making bookmarks.

In her video, she made a bookmark for the judges, showing them step-by-step what to do. This bookmark was for her brother Rylan and on it was a green fish swimming in a multicoloured background.

She said she thinks her expression and love for her topic got her to the top.

For more information about 4-H Manitoba, visit [www.4h.mb.ca](http://www.4h.mb.ca) or call 204-726-6136.

## City and business in dispute over airport space

By Lorne Stelmach

A dispute between the City of Morden and a local business has now become a legal matter.

It revolves around Mountain City Aviation and the lease of hangar space at the Morden airport. Both sides only offered limited statements this past week with legal proceedings pending.

Jim Peters of Mountain City Aviation claimed the city had not given an explanation for not renewing the lease and that they had contacted the city in an attempt to re-negotiate terms of a new lease.

"We deeply regret that we are in this

position but feel it is important for the community to be aware of the situation as we are looking for support in order to keep Mountain City Aviation open for business on its current lot at the airport," said Peters in his statement.

"I am a very reasonable person and have never had issues with the city in the past, and all I want to be able to do is negotiate a fair deal in order to keep the lease going so that Mountain City Aviation can stay open and remain where it is," he said.

"We believe that Mountain City Aviation is a vital part of the Morden

airport and the city's economy, and our students, employees, along with individuals who have a passion for aviation would agree. We do not want to close our doors and have been doing everything in our power to try to negotiate with the City of Morden to continue to offer the gift of flight to the people of Morden, Winkler and the surrounding area."

Mayor Brandon Burley's statement touched on council's decision and reason for not renewing the lease.

"Mr. Peter's lease at our airport expired February 28, 2020 and was not renewed as it was in severe default at

that time," said Burley.

"Council of the City of Morden have been in regular communication with Mr. Peters since that time to determine how to move forward in a sustainable way including continuing to offer for lease a portion of the space previously occupied," he maintained.

"Mr. Peters retained a lawyer to engage the city and, as a consequence, our engagement on this matter is exclusively through legal channels at this time," Burley added.

"City council and administration is committed to preserving the public interest in all our dealings."



# Art finding a home in nature

## First two pieces for Art On The Trail being installed

By Lorne Stelmach

Two artists have embraced the challenge of creating work that will be set amidst the natural beauty of Lake Minnewasta.

The Pembina Hills Arts Council is working with representatives from the City of Morden and the Stanley trail association on Art on the Trail, and David Peters and Jen Martens were the first two artists chosen to take on this unique project.

The vision was to have artists design, plan, create and install sustainable and land-conscious public art near the Lake Minnewasta trail to not only encourage outdoor physical activity but connecting trail users and art as well.

Teaching art at the University of Manitoba, Peters was drawn to the idea of creating something that could blend into the environment, and he set to work this past weekend

on a location on what is an alternative path from the main trail.

"I want this to work with the space instead of against it. People are coming here to experience a little bit of nature, so I don't want to take away from that," said Peters, who is an artist, writer and educator originally born on Cape Breton Island. "I think that's one of the reasons I chose this particular site. It looks like it was already disturbed to a degree. There were not trees, a little bit of fresh growth but not much."

Peters works with salvaged building materials, analog photography and writing, and his vision for this piece was a rammed earth structure using natural materials, and it will form a benched area that will invite people to pause and enjoy the setting a little ways along the early portion of the north shore trail section. He anticipated it will take a number of weekends for him to complete it.

"It can be permanent if you maintain it," he noted, adding though that "I'm going to be embedding some lo-

cal seeds in the project, and hopefully that will grow and sort of cause it to degrade over time.

"One of the nice things about this is it's kind of a prolonged investment in a particular space," said Peters. "As the artist and creator, you get to meet people; they get to stop by and ask what's going on ... almost immediately, as soon as you start to interact with materials, people are curious.

"The nice thing in a public space like this is people are coming here for a lot of different reasons ... so to add to that in a way is very nice," said Peters.

"A gallery space is interesting because people go there with expectations ... making work in the public

sphere or on a path like this is interesting in that people are not expecting an artwork. They're coming here for a different purpose."

Martens was planning to install her piece this week as well, but her sculptural work was complete and will just need to be set in place somewhere along the first section of north trail.

Her creation called Technology Takeover is a lifesize figure of a

woman made out of a number of elements ranging from sticks to wire.

"I was foraging for sticks in my backyard, and I use a stump, her whole base is kind of a big stump log," explained Martens. "I'm planning on pegging her down into the ground so she can't wander off too easily.

"She's very organic, and she's got leaves and vines coming out of her, but she is holding a cell phone ... and coming out of the cell phone are electrical wires, and they are creeping out of the phone and wrapping up her hands and arms," she explained.

"So she is this organic figure but she's being taken over by this technology," she said, so it is a reflection on "how much time are we spending looking at screens and how is that affecting our way of life."

Martens has always had a passion for creating art, and her favourite subjects have always been animals and people.

She developed an interest in sculpture in university but had not done much of it recently, so she was drawn

**"PEOPLE ARE COMING HERE TO EXPERIENCE A LITTLE BIT OF NATURE, SO I DON'T WANT TO TAKE AWAY FROM THAT."**



PHOTO BY LORNE STELMACH/VOICE

Artist David Peters chats with Tricia Dyck of the Pembina Hills Arts Council at the site of his Art On The Trail installation.



SUBMITTED PHOTO

Artist Jen Martens was planning to install her Art On The Trail piece entitled Technology Takeover this week.

to this opportunity as a chance to pursue that medium again.

"I think this was my strongest idea, and it was materials that I felt could dictate the way it was going to go," she noted. "I really hope people enjoy it and appreciate it."

Tricia Dyck, programs and outreach co-ordinator for the arts council, suggested both artists were being very mindful of the environment with their creations.

"They were great candidates be-

cause you could see that they had that awareness of it in their proposals," said Dyck.

"Watching David work here, I can see his passion, and I just feel really lucky that we have these artists working here on the trail," she said.

"I think the process here is almost part of the beauty of it. I just know it's going to be like happening upon a treasure. We have the beauty of nature ... this is another level."



## Province, Xplornet teaming up to improve broadband, cell service

By Ashleigh Viveiros

The Manitoba government is teaming up with Xplornet Communications Inc. to connect Manitobans in northern and rural communities with reliable, high-speed internet.

Premier Brian Pallister last Thursday announced the signing of a memorandum of understanding with the company.

The agreement will provide broadband services to nearly 30 First Nations and approximately 270 rural and northern communities. It will also provide 350 communities with cell-phone access.

The pandemic has made it clear that

access to reliable internet isn't a luxury but a necessity in today's world.

"We've met virtually, we've shopped virtually, we've exercised virtually, we've marked the holidays virtually," Pallister said. "You name it, we've gone virtual.

"Being connected and living virtually are no longer choices. They're necessities. They're a way of life in 2021." But not all Manitobans have equal access to that way of life. It's time, the premier stressed, to change that.

"Too many Manitobans, more than in any other part of the country, are deprived of the opportunity of reliable internet and cell service," he said.

"We'll advance as a province only

when we advance our knowledge infrastructure that allows everyone to join in that progress."

Through Manitoba Hydro, the province owns thousands of kilometres of fibre-optic cable across Manitoba, however much of the network is surplus, unused capacity. The network was created to communicate with northern hydroelectric facilities and transmit data.

Xplornet will make use of this surplus capacity to connect more than 125,000 unserved or underserved Manitobans to its broadband and cell phone services as early as this fall.

"Xplornet looks forward to collaborating with the government of Mani-

toba and accelerating our facilities-based network investment plans to deliver improved speeds and unlimited data plans at affordable prices to rural Manitoban homes and businesses," said company president and CEO Allison Lenehan.

Communities across the Pembina Valley are on the list to receive increased broadband and/or cellular service under this project.

The Manitoba government, Manitoba Hydro and Manitoba Hydro Telecom are collaborating to finalize the contract in the coming weeks.

## Council approves revised 7th St. development

By Ashleigh Viveiros

K Block Developments returned to Winkler city council May 11 to detail new plans for its condo development on 7th St. between Mountain and South Railway avenues.

A public hearing for the project in April saw a great deal of pushback from the neighbourhood, who raised concerns about the impact the pair of proposed four-storey buildings would have on the area's population density, parking congestion, privacy, and property values.

Rather than make a decision on the matter last month, council deferred the public hearing and gave the developer time to see if they could address some of those concerns.

After meeting with a number of area residents for further discussion on the

matter, K Block's Frank Klassen said they are now seeking approval for a scaled-down version of the project.

Instead of two four-storey buildings with 37 units, they're looking to do a single three-storey building with 27 units.

They've also removed their request to purchase a nearby back lane for the development. Area residents objected to that idea on the grounds the lane is used to access surrounding lots.

"We were not able to address all of the concerns to get everyone happy, but I think we've come a long way," Klassen said, noting he believes the newly designed site will ease both traffic and parking congestion in the area.

"Our proposal wouldn't rely on street parking at all," he said, pointing out they're actually providing more

parking for tenants than is required under multi-family zoning.

Meanwhile, decreasing both the height of the building and the number of units in it should help with both population density and privacy concerns, Klassen said, noting they're also prepared to plant trees on the north edge of the property to shield existing homeowners in that direction. They're also willing to discuss contributing financially for trees on the property to the west of the development as well as a fence for the homes to the north.

K Block also took the neighbourhood's request for additional green space to heart.

"We've shifted the building a little further north so that we could have some green space between Oakview Terrace and the proposed building," Klassen said. "That could be raised

vegetable gardens or flower beds and the like."

The new proposal also moves the building's waste bins to an enclosed area on the lot for easier access (the trucks won't need to back up as much, which will cut down on the noise). Klassen noted they'll also be emptied regularly, which should cut down on smell.

Neighbourhood representatives thanked K Block for listening to their concerns and doing what they could to address some of them, though it was noted that issues of increased congestion and noise remain.

Council unanimously gave the new proposal of the project its approval to move forward. A development agreement is in the works.

## La Riviere hosting drive-thru fish fry May 30

By Lorne Stelmach

La Riviere is again coming together in an effort to support its recreation centre.

A drive-by fish fry is set for Sunday, May 30 from 4-6:30 p.m. to help raise funds for the La Riviere and Community Recreation Association and the recreation centre.

Like so many organizations and facilities, it has continued to be impacted by the ongoing pandemic restrictions which have kept the centre closed.

"It's pretty tough when you have bills coming in, and you have no way of paying them except through fundraising, and your building is shut

down," said chairperson Evelyn Janzen.

"It's been a difficult year, but we're managing and we're working towards getting out of this," she said. "We've been fortunate. We did receive a couple bridge grants, so that has certainly helped us out, but it does still leave a big gap."

The spring fish fry is their biggest fundraiser and it proved to be a hit last year, even with the pandemic forcing a pick-up format.

"Overall, the community was very receptive to this last year, and we were very grateful for the support," said Janzen. "We had tons of support from all over southern Manitoba."

For \$20 you get an adult plate that

includes two pieces of pickerel. A children's plate of one piece goes for \$10.

Each meal includes a baked potato, coleslaw, and homemade beans as well as a bottled water and vanilla ice cream for dessert.

There are no pre-orders, so you can just show up, enter the lane north of Blair Morrison Hall from Valley Street, place your order, pay for your selection, and then have it delivered to your vehicle.

Traffic controllers will be on hand to direct attendees through the ordering/pick-up line.

To ensure proper social distancing, people are asked to stay in their vehicles. If driving is not an option for your family, you can bike or walk to

Blair Morrison Hall rear entrance to place your order.

Janzen noted their plans have been sanctioned by public health officials.

"We're just pleased to be able to do it again with the nod from Manitoba Health officials and are excited to invite everyone out to enjoy some good fish with us," she said. "We just hope for a good turnout. We were so blessed with tremendous support from our citizens and surrounding communities last fall when we did our first ever drive-by event."

Contact Janzen at 204-242-3272 for more information or if you wish to volunteer.



# get inspired

> MEAL IDEAS



## Thousand Island Burger Pizza

Unroll dough and spread on 13-by-9-inch nonstick baking sheet. Bake 8 minutes; remove from oven.

In small skillet over medium-high heat, cook ground beef, stirring frequently, 8-10 minutes, or until no longer pink; drain. Spread sauce evenly on baked dough to within 1/2 inch of edge. Top with beef and cheese.

Bake 8-10 minutes, or until crust is golden brown. Top with lettuce, bacon and salad toppings from kit and pickle slices. Drizzle with Thousand Island dressing from kit. Cut into 12 (3-by-3-inch) pieces.

Prep time: 15 minutes  
Total time: 25 minutes  
Servings: 6  
1 can (11 ounces) refrigerated thin pizza crust  
12 ounces lean ground beef  
1 cup pizza sauce  
2 cups shredded cheddar cheese  
1 package (9.4 ounces) Fresh Express Bacon Thousand Island Chopped Kit  
1/3 cup dill pickle slices  
Heat oven to 400 F.



## Kickin' Chicken Tostadas

1 avocado, peeled, pitted and cut into 1/2-inch pieces

In large, covered skillet over medium heat, cook chicken in salsa verde 20 minutes, turning once, until internal temperature reaches 165 F.

Remove chicken, reserving 1/2 cup salsa verde; shred with two forks. Toss with reserved salsa verde.

Place salad from kit in large bowl; toss with half the salad dressing from kit. Add toppings from kit; toss to combine.

Divide salad evenly among tostada shells. Top each salad with chicken and avocado; drizzle with remaining dressing.

Prep time: 30 minutes  
Total time: 35 minutes  
Servings: 6  
1 pound boneless, skinless chicken breasts  
1 jar (16 ounces) salsa verde, any heat level  
2 packages (10.2 ounces each) Fresh Express Kickin' Bacon Ranch Chopped Kit  
12 tostada shells

## Orange Moscow Mule Mocktail

Recipe courtesy of Gina Homolka of "Skinnytaste"

Servings: 1  
1 California Cara Cara orange  
1 cup ice  
1 bottle (6.8 ounces) light ginger beer



fresh mint leaves, for garnish  
Slice orange in quarters then cut 2-3 slices for garnish and set aside. Juice rest of orange and place in copper mug (or any glass). Fill glass to top with ice. Add ginger beer and garnish with orange slices and mint leaves.

## Spring Clean your mind and your mouth

By Shawna Howard Certified Life Coach

The other day, my grandpa (almost 83 years old) told me that he thought he'd never reach this golden age; seeing his great-grandchildren, let alone see them grow up. My 13-year-old daughter was listening and she turned toward him and innocently asked "Why did you think that?"

Grandpa was taken aback and looked at her with wide eyes and simply shrugged his shoulders, with palms up saying, "I don't know, I just thought I wouldn't live to see it."

Now, as innocent as this was, it really got me thinking about the lies that get planted in our minds and we just "think" them. Your thoughts are powerful enough to create your reality, so with spring upon us; what better time to take a look at what needs to stay and what needs to go in life.

- Recognizing defeating thoughts, because they eventually show up in our words, actions, attitudes and behaviours. Have you ever noticed a time when you consistently thought negatively about someone or a situation and this led you to take actions in the direction of these thoughts? I most certainly have, and what I got was not at all what I wanted! I remember the days of dwelling on the negative, choosing to magnify the things I didn't like in myself and others. We must choose our thoughts carefully, making sure that they're leading us to what we want in life, aligning with our core values and beliefs. On the other hand, if we allow negative, defeating, fearful thoughts to rule our mind, we can and often will fall prey to them. Meaning; we will say what we are thinking, do what we are thinking, become exactly what we are thinking. The good news is, we have a choice! We get to choose our thoughts!

- Once we clear out the unwanted thoughts, we need to replace them with worthy thoughts. Some thoughts are on autopilot in our mind and we may not even realize we are harming ourselves as we accept them. Choose to think good, right, honorable, uplifting and true thoughts. Replace the bad with good, the wrong with right, the lie with truth. Do you know someone who has been through tremendous trials in life and still maintains a positive outlook, a joyful countenance, displaying hope for the future? They have discovered the power of choosing their thoughts carefully.

- It's time to look at what we are saying. Ask yourself how you have been speaking lately. What words are coming out of your mouth? What's your tone of voice, the attitude behind your words? Are you speaking life into your situation, or are you speaking

defeat? Are you thanking God for all the good, or are you constantly complaining? We all complain from time to time, the important thing here is to recognize it and take action.

Maybe you've been talking about how you can't stand your job. Maybe you're upset because you feel like your spouse never helps you, or the kids are driving you nuts because they never listen. Maybe this pandemic has left you frustrated and angry and you are telling everyone who will listen.

We all complain, get frustrated, feel fearful, but it's important to recognize, replace and speak life to gain ground in the direction we wish to go in life.

Having a job at all is something to celebrate, it pays the bills and provides purpose. Choose to be grateful. Watch as your day becomes productive and fun!

Your husband may not help much, but there's a lot of good in him; take a moment and reflect on those qualities that you fell in love with in the first place. Shift your focus and you'll see; he's a wonderful father to your children, a hard worker, honest, faithful, good looking, he makes you laugh and he knows you like no one else. If you've forgotten, make a list and read it everyday. As your thinking changes so will your marriage.

So, the kids are driving you nuts, they don't listen, they make such a mess and the n-o-i-s-e! But you have them! They are here, healthy, whole, amazing blessings from God. They whisper "I love you" at bedtime and hug you in front of friends, they need you more than you know. Let's hold onto the good, and try not to dwell on what drives us crazy!

This pandemic is stretching all of us, but that's no reason to be defeated. You were created and fashioned for such a time as this and maybe someone that looks up to you needs to hear an encouraging word. You can be that voice that speaks hope, truth, faith and love in a time when there's so much unrest, division, uncertainty and aggression.

In conclusion, let's learn to recognize what's going on in our thought life because our words will follow our thoughts and eventually lead us to act.

"Where the mind goes, the man follows" -Joyce Meyer

If you need a change in direction, I encourage you to reach out to me! Coaching can be the bridge that gets you from where you are today to where you want to be tomorrow.

Thank you for reading! For a list of the coaching questions pertaining to this article or to be included in my upcoming messages; I'd love to hear from you! Reach me at Daretosoarlifecoaching@gmail.com

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The successful applicant will have demonstrable experience in managing all aspects of a daycare centre, as well as strong leadership skills. You should display a friendly demeanour, have a love for children, and strive to create a supportive and encouraging environment for both children and staff.

**Duties will include (but are not limited to):**

### Administration

- Carrying out the policies established by the Board;
- The general organization and management of the W.D.C.C. in all its activities;
- The enforcement of all lawful rules and regulations and observance of the W.D.C.C. policies, and of all legislation applicable to the W.D.C.C.;
- Maintain accurate record keeping;
- Complete monthly financial requirements;
- Purchase supplies and groceries as needed;
- Ensure licensing requirements and policies are being met.

### Human Resource

- Recruit qualified staff;
- Engaging and discharging employees of the W.D.C.C. and determining that all employees engaged are duly qualified;
- Arrange staff scheduling to ensure ratios are maintained;
- Organizing staff meetings;
- Prescribing the duties of all employees;
- Implement appropriate disciplinary actions.

### Program/Child Development

- Ensure safety and wellbeing of all children enrolled at the center;
- Ensure the delivery of developmentally appropriate program;
- Ensure the implementation of an inclusive program and environment that meets the needs of all children;
- Ensure communication with families, and address any concerns in a timely manner.

### Board Relations

- Attend all board meetings;
- Submitting to the finance committee an annual budget and wage scale for approval by the Board upon the work of the W.D.C.C. indicating the relationship of the work to the budget as well as needs which call for additional expenditures;
- Provide a written report on the status of the center at each meeting;
- Inform board of maintenance, repairs, and equipment requirements;
- Informing the Board of all W.D.C.C. matters about which the Board should have knowledge;

### Job Types: Full-time

- Expected Start Date: June 1, 2021

**Salary:** to be determined based on experience

### Benefits:

- 5 miscellaneous days;
- Pension plan;
- Single coverage group insurance;
- Health and dental plan.

### Experience:

- Must have a minimum of ECE III;
- Must have a minimum of 2 years supervisor/management experience in a Manitoba Day Care Centre.

### COVID-19 precaution(s):

- Remote interview process may be utilized;
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## CAREERS



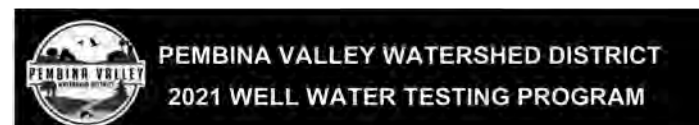
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**TUESDAY JUNE 1<sup>ST</sup> AND TUESDAY JUNE 8<sup>TH</sup>**

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- Municipality of Killamey-Turtle Mountain Office – Drop Off By – 9 a.m.
- Municipality of Cartwright-Roblin Office - Drop Off By - 9:30 a.m.
- Municipality of Louise Office - Crystal City - Drop Off By - 9:45 a.m.
- Recreation Office (Old TD Bank) - Pilot Mound – Drop Off By – 9:45 a.m.
- Municipality of Lorne Office - Drop Off By – 10:30 a.m.
- PVWD Office - Manitou - Drop Off By – 10:00 a.m.
- R.M. of Stanley Office – Drop off By – 11:00 a.m.

### TEST COSTS

<b>Bacteria:</b>	<b>\$22.31</b>	(Total Coliform and E. coli) *SUBSIDY PRICE
<b>Bacteria:</b>	<b>\$27.30</b>	(Total Coliform and E. coli) *NON-SUBSIDY PRICE
<b>N:</b>	<b>\$42.00</b>	(Nitrates, Nitrites)
<b>Mi2:</b>	<b>\$120.00</b>	(Calcium, Magnesium, Hardness, Sodium, Potassium, Manganese, Iron, Zinc, Nitrates and Nitrites, Chloride, Sulphate, pH, and Conductivity)
<b>Mi2HL:</b>	<b>\$130.00</b>	(Includes all tests in Mi2 tests plus Arsenic, Boron, Barium, Fluoride and Uranium)
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### Fun By The Numbers

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

Level: Intermediate

### Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

# CROSSWORD

## CLUES ACROSS

1. Large, flightless birds
  5. Lifts and moves heavy objects
  10. Hyundai sedan
  12. Wear away by erosion
  14. Arranged alphabetically
  16. Top prosecutor
  18. \_\_\_-de-sac: Short dead-end street
  19. Digital audiotape
  20. Linguistics pioneer
  22. Singer DiFranco
  23. Arms of the sea
  25. Near-reach weapon (abbr.)
  26. Ballplayer's accessory
  27. You get one at the beach
  28. U.S. founding father
  30. W. Australia indigenous people
  31. Amounts of time
  33. Put on the shelf
  35. Russian dynasty member
  37. City along the Elbe River
  38. A peninsula between the Red Sea and the Persian Gulf
  40. Actor Damon
  41. \_\_\_ King Cole, musician
  42. Company that rings receipts
  44. Scatter
  45. Basics
  48. Part of a door
  50. Indicates silence
  52. Moved quickly on foot
  53. Monetary units
  55. A place to crash
  56. Many subconsciouses
  57. Group of countries
  58. About line of latitude
  63. Female follower of Bacchus
  65. A dentist can treat it
  66. Dull brown fabrics
  67. Int'l nonprofit
- ## CLUES DOWN
1. Midway between northeast

		1	2	3	4		5	6	7	8	9				
	10	11						12					13		
	14						15						16	17	
18						19			20			21			
22					23			24		25					
26					27			28		29		30			
		31	32						33		34				
35	36									37					
38					39				40						
41				42		43		44					45	46	47
48			49		50		51						52		
53				54		55							56		
57			58		59				60	61	62				
	63	64						65							
								67							

2. Partner to cheese
3. One from Utah
4. A way to move
5. Playing cards
6. Baseball stat
7. Long river in western Asia
8. Grandmothers
9. Entertainment legend Sullivan
10. Steam bath room
11. One who kills
13. Food
15. Swiss river
17. Fleet
18. Taxi
21. Working class
23. More (Spanish)
24. High schoolers' test
27. Large heavily built goat antelope
29. Murdered in his bathtub
32. Tease good-naturedly
34. Morsel
35. Cause persistent resentment
36. A radioactive element
39. Perform in a play
40. Witty remark: Bon \_\_\_
43. A great place to kayak
44. Conclude by reasoning
46. In an unfavorable way
47. Complex of nerve tissues (abbr.)
49. Machine for making paper
51. Feline
54. Yugo's hatchback
59. Check
60. Press against lightly
61. Wind-pollinated plants
62. \_\_\_compoop
64. Commercial



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Only successful applicants chosen for an interview will be contacted.

**AUCTION**



**3 WINKLER AUCTIONS**  
 May 28, timed online  
[www.billklassen.com](http://www.billklassen.com)

See our website [www.billklassen.com](http://www.billklassen.com) for list and pictures!

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**Garden Park Estates in Winkler has suites available.**

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**ANNIVERSARY**



Happy 65th Wedding Anniversary to Basil and Barbara Agnew who were married on May 21, 1956 Let the good times roll!  
 -Love, your family

**AUCTION**



**Collector Tractor Auction for Claude Bruneau 1 mile west of St Claude, MB on hwy #2. Timed, online, closing May 28, 7 pm.**  
[www.billklassen.com](http://www.billklassen.com)

See our website [www.billklassen.com](http://www.billklassen.com) for list and pictures!

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**AUCTION**



**Large Farm Auction for SHANNONDALE FARM.**  
 Harry & Brenda Dalke, 4 mile north of Morden MB on 1st street. Timed, online, begin closing May 28, 10 am. See [www.billklassen.com](http://www.billklassen.com) - click on register for farm auctions and scroll to The Shannondale/ Dalke auction

See our website [www.billklassen.com](http://www.billklassen.com) for list and pictures!

**Bill Klassen Auctions Ltd.** Ph: (204) 325-4433  
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## OBITUARY



### Tina Nickel Falk (nee Kehler) 1933 – 2021

Tina Kehler was born April 4, 1933 to Jacob P and Helena (Dueck) Kehler at their farm home 5 ¼ miles north of Horndean, MB. She attended the Melba School which was followed by a winter at the Winkler Bible Institute. She was lead to the Lord Jesus Christ as her personal Saviour by her loving mother and was baptized on July 24, 1949 at the age of 16 by Rev. John J Neufeld at the Grossweide Church and received into membership at the Mennonite Brethren Church. Tina married Benjamin Nickel of Gnadenthal on September 8, 1956. They lived in the Gnadenthal area and later in Rosetown where they joined the Blumenort Mennonite Church. In 1985, they moved to Winkler. Benjamin Nickel died December 8, 1995. Tina married Peter F Falk of Lowe Farm on July 17, 1999. They spent

time living in Lowe Farm in summer and the winter in Winkler. They lived in the Cedar Estates condos. Peter F Falk passed away November 2, 2012.

Tina leaves to mourn her passing, one son, Wayne Nickel; eight grandchildren; five great-grandchildren; one brother and his family. She was also predeceased by her son, Andrew Nickel and her daughter, Colleen Bueckert; her parents; baby brother, Johnny; sister Helen and brother, Jake.

A private graveside service was held at the Winkler Cemetery.

If friends so desire, donations may be made in Tina's memory to the Gideons International or the Winkler EMMC.

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



## OBITUARY

### Beverley Havelock Towns

Peacefully at the Riverview Health Centre on Sunday May 9, 2021, Mr. Beverley (Bev) Towns passed away at the age of 95 years.

He leaves to cherish his memory his children, Cheryl Robinson, Pamela Gillert and Robert Towns; daughter-in-law Debra Towns; his grandchildren Corrinne, O'Jay (Alison), Quentin (Seema) Robinson, Joseph, Carolyn Pearson, Jacob (Brandie), Luke (Amanda), Charity, and Dawn (Matt); his great-grandchildren, Avery, Grace, Anoushka, Theodore, Hailie, Colton, Morgan, Malia, Carter, and Ariel; Helen's daughters Marlene (Bob) Walker, Lila (Murray) Lovie, and their children and grandchildren. He also leaves to mourn his passing numerous nieces, nephews, relatives, and friends.

He is predeceased by his first wife Ruth Towns (née Standing); his second wife Helen Towns (née Delf); his son Christopher Towns; his parents Reuben and Edna Towns; his brothers Orville



(Doris, Bessie), George (Edythe, Freda, Jo), Francis (Pearl), Vincent (Charlotte) Towns, and his sister Marno (Al) Culchesky.

Bev was born at Holmfild, Manitoba on January 18, 1926 and received his schooling at Enterprise School. He loved to tell stories about his time as a fireman for the railroad and shoveling coal to keep the train running. He worked a variety of jobs until he bought a farm near Ninette after marrying Ruth Standing in 1951. In 1971 they bought the Rathwell Solo store and became storekeepers and Postmasters in Rathwell. Ruth passed away in 1974 and the following year he married Helen Spencer of Rathwell. They continued running the store and post office until their retirement in 1986. They built a house in Rathwell and became very active volunteering in the community. They enjoyed travelling to other countries for several years and later purchased a winter home in Mesa, Arizona where they made many friends and enjoyed the activities with friends and relatives. Bev enjoyed gardening, square dancing, cards, music, golfing, and especially visiting with friends and family. In 2011 Bev and Helen moved to Oak West Estates in Morden and enjoyed making friends in their new community. In 2014 Helen passed away and Bev moved into Homestead South in Morden. The following year he moved to River Ridge Assisted Living in Winnipeg to be closer to his daughters and in 2019 he moved to Riverview Health Center.

We would like to thank the staff at Homestead South, River Ridge Retirement Center, and Riverview Health Center for their kindness and the care they took of Beverley while he was there.

A Virtual Funeral Service will take place at Woodlands Cemetery in Rathwell, Manitoba on Saturday, May 22, 2021 at 2 p.m.

The service will be available via Live Streaming. If you would like your name to appear in the guest book, please email your name to office@afh.ca

In lieu of flowers memorial donations can be made to the Canadian Cancer Society.

To view the service and leave condolences, please visit [www.afh.ca](http://www.afh.ca)

Adam's Funeral Home of  
Notre Dame de Lourdes, Manitoba  
in care of arrangements  
Phone 204-248-2201

## OBITUARY



### Lauren Arlene Zylstra (nee Paracholski)

It is with great sadness that we announce the unexpected passing of our beloved Lori on May 11, 2021.

Lori impacted and touched the heart of everyone she came across. She loved so very deeply and would help anyone in need. Once she welcomed you into her life, you were forever family. Her memory will be cherished forever by all. She will continue to be held in the hearts of her loving husband John of 43 years; son Michael (Kari), daughter Ashley (Adam), Jenn (Glen), grandsons Noah, Lucas and Linkin as well as her adoring father Percy Paracholski, her sisters and brothers, countless nieces and nephews and her extended Zylstra family. Lori was predeceased by her mother Irene Paracholski, who was her very best friend.

Lori was most proud of her family. They meant the world to her, and she would say that was her biggest accomplishment. She would text or call every day, and never let you go without an I love you. She gave the best hugs, lit up the room with her smile, and had the most contagious laugh. It was never a dull moment with Lori, she had a wicked sense of humour and she would take every opportunity to embarrass you with her silly dance moves in public. Her intoxicating personality allowed everyone to feel accepted for who they were, as she was forever joking, pranking, and was never too old to run through a sprinkler or throw water balloons. Lori loved flowers, gardening and cooking, all traits she was proud to have gained from pastimes with her mom. Everything about Lori was special. Our only regret is that if we had known that the last time we saw you, would be the last time we saw you.

Private family interment has taken place at Green Acres Cemetery. A celebration of life will take place at a later date.

GREEN ACRES  
Funeral Home & Cemetery  
Highway #1 East at Navin Road, Winnipeg, MB  
(204) 222 3241  
Condolences may be sent to  
[www.greenacresfuneralhome.com](http://www.greenacresfuneralhome.com)

## OBITUARY

### Gordon Bruce Klassen

It is with great sadness that after a long and courageous battle with gastric cancer, we announce the passing of Gordon Bruce Klassen on May 13, 2021 at his home surrounded by his loved ones at the age of 65.

Gord was born in Morden, Manitoba and grew up on the family farm in Bagot, Manitoba and attended school in MacGregor. After high school he met the love of his life Nadine at the Drive-In Theatre in Portage la Prairie and they were married for 42 years.

Once he received his Red Seal Carpentry from Red River College, a job opportunity relocated Gord and Nadine to Calgary, where their family grew with their son Riley and daughter Jodi. After spending 10 years in Calgary, they decided to return to Manitoba to raise their family. Gord spent the next 33 years building and developing much of Portage and the surrounding communities.

Gordie was always working with his hands, everyone that met him knew that he was one of the hardest workers. He always took pride in his work and made sure that it was done right the first time. Gord was always willing to lend a hand or help out with a project. His passion was building, so much so that he taught his children to swing a hammer before they could walk!

Gord was also very passionate about the people he loved. He would tell anyone listening that his greatest joy in his life was his family, Nadine, Riley, Jodi and two grandsons Asher and Fynn. How proud he was of them. He brought so much joy and love to everyone that knew him.

Gordie was such a jokester, always making people laugh. Doing anything to embarrass his wife and children or make his grandsons laugh. He was a beacon of light that drew people in and you could feel the warmth of life being near him.

When Gord wasn't working, he loved spending his time with family and friends at the family cabin in Clear Lake. He loved nature and his walks with Montey. He enjoyed spending his evenings in the cookshack with friends.

After retiring, Gord was proud to spend his time building Jodi her forever home which included a granny suite where he spent the rest of his days.

Gordon will be lovingly remembered by his wife, Nadine and his children Riley (Carly) and Jodi (Kristjan) and his two grandsons Asher and Fynn. Gordon will also be remembered by his mother Irene and brothers Darrell (Jo) and Wayne, in-laws Francis and Keith Pickell, Brent Pickell, Holly Brookes (Kinelm) and Mike Polson as well as numerous nieces, nephews, extended family and dear friends.

Gordon was predeceased by his father Herb and sister Marlene Polson.

In lieu of a funeral, a celebration of life will be held at a later date.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)



Gilbart Funeral Home, Selkirk in care of arrangements.



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