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Winkler's Central Station cut the ribbon on its new home last week. For the full story, see Pg. 2.  
PHOTO BY ASHLEIGH VIVEIROS/VOICE

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# "We want to be a place where everybody knows your name"

By Ashleigh Viveiros

The words emblazoned on the shirts worn by Central Station staff and volunteers pretty much sum it up: "I Belong."

It's a motto board chair Phillip Vallelly hopes everyone will take to heart when they think of the community centre, which celebrated the grand opening of its new space at 555 Main St. last week.

"The 'I Belong' ... our dream would be that literally anybody who walks through here feels that," he said. "Part of the vision behind the building was this was not just to be a place for clients or people who had needs."

The facility's goal, Vallelly stressed, is to provide access to social services for those who need them, of course, but also to foster relationships and be a welcoming place for everyone in the community.

"It really doesn't matter who you are. We want to be a place where everybody knows your name."

The new, much larger location will go a long way toward making the centre more visible and accessible, noted executive director Bev Wiebe.

"Accessibility is a big thing for this building, being on one level," she said.

Central Station's original location not only had a second floor that those with mobility challenges struggled to get to, but it was also somewhat hidden from public view, located as it was on Industrial Drive. The new space, right off Main St., doesn't have

that problem.

It means the community can now "see what's happening here and feel like they can come through the doors at any time," Wiebe said. "Just noticing what's happening in the building as they're driving by."

The facility includes a huge commercial kitchen, multiple comfy spaces for people to gather to enjoy a cup of coffee and a chat, meeting rooms and offices for both staff and community partner organizations, a dedicated childcare room, and a large multipurpose room that can be used for community meals or be partitioned off into smaller activity spaces. Central Station is also home to the Winkler and District Food Cupboard, which operates out of spacious new digs in the south end of the building.

The community centre has been working towards this new space for some time, having long outgrown its old location.

"We cannot believe this day has come to fruition," said Wiebe. "It has been years in the making and this is really a dream come true."

That dream was made reality thanks to generous support from the Province of Manitoba, the City of Winkler, and countless individuals and businesses.

"Community support has been, from my perspective, overwhelming, in terms of the volunteer network that we have," Vallelly said. "Overwhelming in terms of ... just the donations through the build. As a not-for-profit, it's not that we've got lots of money—



PHOTO BY ASHLEIGH VIVEIROS/VOICE

The Central Station Community Centre was packed last week as volunteers and staff celebrated the grand opening of the new location at 555 Main St.

we have a bit of a mortgage that we'd love to pay off and it would be great just to get that off our backs—but in terms of financial support, it's been incredible."

As its roster of programs has grown—the list today includes the Community Care Program, a weekly community meal, the Better Access to Groceries (BAG) program, cooking classes, an advocacy office, financial counselling, Healthy Baby sessions, and more—word of mouth has led Central Station to become the place many in the community refers others to when they need help or are looking for a way to get involved.

"People say, 'Have you heard? Have you heard what they're doing? Have you seen what they're doing?'" Vallelly said, noting they intend to continue to build that reputation.

Their mission moving forward, he added, is also to continue fostering partnerships with a wide range of community organizations, provide a space for people to gather and build relationships, and help amplify the

voice of the voiceless. The agency also oversees Winkler's affordable housing units and works to create community and provide support to tenants.

You can learn more about Central Station online at [winklercentralstation.com](http://winklercentralstation.com).

Or simply stop by one day for a cup of coffee.

"Feel free," Vallelly said. "The coffee's always on, there's always fresh baking made daily. Check out the programming, ask if you can be involved ... if there's a way you can be involved in supporting people."

**"COMMUNITY  
SUPPORT HAS  
BEEN, FROM MY  
PERSPECTIVE,  
OVERWHELMING."**



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

The new facility is not only larger but much more accessible to the mobility challenged, being all on one floor. Right: It's also home to the Winkler and District Food Cupboard.





# United Way Pembina Valley kicks off annual campaign

By Lorne Stelmach

United Way Pembina Valley is aiming to go bigger and better with its annual fundraising campaign this year.

With a year now under their belts after the merger of the Morden and Winkler organizations, directors are optimistic they'll have their best campaign yet this fall.

"Knowing we were \$120,000 last year, we're hoping to get to at least \$140,000 .... that would kind of be where our benchmark is and then keep growing from there," suggested president Chris Willsey. "We're very excited that we're going to have a great campaign."

United Way Pembina Valley was able to distribute \$114,000 in grant funding to 20 local non-profit agencies thanks to the community's support of the 2021 campaign.

That support also allowed the United Way to present \$7,500 in scholarships and bursaries to graduates at Garden Valley Collegiate, Northlands Parkway Collegiate and Morden Collegiate.

"We were able to give out \$121,500 last year, but our requests were over \$180,000," noted Willsey. "That shows that there's agencies doing work or wanting to do new initiatives to pro-



PHOTO BY LORNE STELMACH/VOICE

United Way Pembina Valley volunteers were joined by local dignitaries and staff at the Winkler Senior Centre last week at the kick-off for the 2022-2023 campaign. The agency last year raised enough to give back \$121,500 in grants to local non-profits and scholarships to graduating students in Morden-Winkler.

vide social services in the communities.

"We've got to keep reaching and find ways to raise more money every year because there's more work to be done in the community."

Willsey reflected on the challenges of having the two agencies merge into one amidst the pandemic. A lot of work has been done over the last few years to get to a point where they feel they can really move forward.

"It's been the biggest challenge we've had ... how do you create energy around a new board, a new entity, when you can't actually get out and get in front of some people and spread the word?" he said. "No matter how many sources you try to put the message out in, nothing beats getting out in front of people and having them talk about it."

Willsey has faith that the local communities will come through, as they always have for the United Way.

"These are very giving communities. We're always very thankful for what we were able to do during tough times where we couldn't get in front of people, and we're looking forward for their support again."

Continued on page 4



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# CBC's 'Still Standing' in Morden to film episode

By Lorne Stelmach

An acclaimed Canadian actor, comedian, and host entertained an audience of Mordenites this past week as part of a television show that will put the community in the national spotlight.

The CBC series *Still Standing* is doing an episode on Morden, so it brought Jonny Harris here last Wednesday to film the live comedy show that will be part of the feature.

"A lot of research and a lot of time goes into picking the communities we visit," said Alex Lazarowich, series producer for *Still Standing*.

There were a few things that attracted them to featuring Morden, she said, including how it faced the adversity of a severe drought last year.

"We were really inspired by what the community did to conserve water as a community. I think that really speaks to how people come together in places," said Lazarowich. "We also really thought your famous Morden immigration program was also one of the reasons we wanted to come here. It's been such a huge success. We've been on the lookout for unique immigration stories like this, and it felt like Morden really sets the standard across the board when it comes to the program here.

"And, of course, we can't forget 'Bruce' and 'Dave' at the Canadian Fossil Discovery Centre. We felt that is such a unique thing as well."

*Still Standing* has Harris—known to many also as Constable Crabtree in *Murdoch Mysteries*—exploring small towns across the nation and performing stand-up.

The show had been filming season seven when it was interrupted by the pandemic, so it took about two years to finish those episodes.

"We've been really excited to be back out on the road again," said



**SUPPLIED PHOTO BY BILL BIDIAQUE**  
Comedian Jonny Harris performed in Morden last week as part of filming an episode for CBC's *Still Standing*.

Lazarowich. "We were really quite excited when we got green lit for another season.

"Right now, we're filming season eight, and it has been a wonderful experience being able to travel across Canada again and come to communities like Morden.

"We travel to these small communities and we are only here for a short amount of time—it takes us about five days to film in each community—but we get to meet some wonderful people from each community who I think really shine a lot on your stories, your

struggles, but also, I think, the beauty of what smaller communities across Canada are doing.

"They're showing off what people are able to do when they come together, when they take on challenges together and ultimately how they come together as a community," said Lazarowich. "And Canada is so diverse geographically, and it's so diverse with different communities, I think every story is so unique, and I think that is what people really love about *Still Standing*."

Harris very much seems like a natu-

ral fit for the show and is the biggest reason for its success, she added.

"It is Johnny's show. He is extremely talented ... and he has such a huge fan base," said Lazarowich. "People are shocked by how Jonny is able to pull together so many different stories with such a personal touch ... it makes the audience laugh, makes the community laugh, and really connects with the people and the towns that we visit.

"I really think that's what is endearing about his talent ... there is an authenticity to it."

Lazarowich stressed that they also want to ensure the communities are well represented in their episodes.

"I think what's unique about *Still Standing* is sometimes there's even history that people don't know about in their own communities," she said. "The show really comes together in a unique way at the end of the day.

"Obviously, we can't cover all of the history and all of the people in Morden, but we really try to do a diverse group of people who are community members, and we hope when people watch the show that they will be able to see themselves in the show."

The Morden episode of *Still Standing* is expected to air in January.

## ➤ UNITED WAY, FROM PG. 3

"This area always surprises us time and time again with its generosity," Willsey said. "We give to over 20 agencies a year, and they do phenomenal work in these communities, and we just like to help support them in their mission."

"Thanks to government funding that covers our basic expenses, every penny you donate is passed on to support vital programs and services

throughout our region," he added. "Working together, we can make a difference in the lives of our friends and neighbours."

Donations to the 2022 campaign can be made in person at the Access Credit Union branches in Winkler or Morden or online at [unitedwaypembinavalley.ca](http://unitedwaypembinavalley.ca). Cheques can also be mailed to United Way, PO Box 758, Morden, MB, R6M 1A7.

Businesses can also get in touch with the United Way to talk about making it easier for their employees to give through a payroll deduction program. For more information, you can email [unitedwaypembinavalley@gmail.com](mailto:unitedwaypembinavalley@gmail.com)

Applications for United Way funding will be available soon on the agency's website. The deadline to apply is Dec. 15.

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# In memory of Queen Elizabeth

PHOTOS BY LORNE STELMACH AND ASHLEIGH VIVEIROS/VOICE



The communities of Morden and Winkler each gathered in front of their memorial cenotaphs Monday to honour Queen Elizabeth II, who was laid to rest in England that day. The queen passed away on Sept. 8 at the age of 96 after 70 years on the throne. The local ceremonies included the laying of wreaths—with some attendees pinning red poppies on them in remembrance (above, right)—a Parade of Colours (above, left), music, prayers, dignitaries sharing a few words about the late monarch, and a singing of “God Save the King” at the close.



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# getheard

EDITORIAL > VIEWPOINTS > LETTERS

## Let's hear it for O'Leary's Losers

**L**ately the phrase "quiet quitting" has skyrocketed to the forefront of pop culture conversation with the combined fuel of TikTok, Instagram, and your grandma's Facebook.

Seemingly out of nowhere suddenly we are hearing all about quiet quitting and the people involved in this new trend. Everyone has an opinion, from people like Kevin O'Leary (folks who refuse to stay in their intellectual lanes) to your co-worker and your father-in-law.

Not to be left out of the mad rush to voice an opinion (and because I get paid to do so) I too will pontificate for a moment before you line the birdcage with my column.

First of all, what does quiet quitting mean?

According to Wikipedia: "Quiet quitting is an application of work-to-rule, in which employees work within defined work hours and engage solely in activities within those hours. The philosophy of quiet quitting, despite the name, is not connected to quitting a job, but rather doing exactly what the job requires."

Sooooo ... quiet quitting is coming in and doing the job you were paid to do? Hmm. Call me crazy, but in the

limited time I have on earth I am not sure this is a bad thing.

Canadian gazillionaire O'Leary thinks quit quitting is for "losers" and is "un-American" and "worse than COVID."

Of course, if you own and invest in all kinds of businesses that rely on employees maybe the idea of quiet quitting scares the heck out of you.

It really is a terrible phrase because what we're talking about is a rising awareness that I don't have to work 60 or 80 hours a week to be happy and survive. COVID helped a lot of people realize this.

Some nurses who were being forced to work well beyond what any healthy person should work decided enough is enough, for example.

Staff at restaurants and in offices came to realize that they were okay with just doing their job.

How is this a bad thing? Sure, to the owner and founder of a business who sacrificed time with family to make their dream come true by putting in 80 hours a week or more to create and develop a franchise like Subway this might make sense. But

don't expect your average sandwich jockey to be as passionate as you. It's your dream, not theirs.

The quiet quitting movement is saying something loud and clear to the current system: if the only way this is sustainable is to pressure people into going above and beyond, working extra hours, often without pay or benefits, than find a new system because this one is broken.

The days of the timid job applicant being cowed into compliance by a boss who says, "I put in 70 hours a week here and if you can't work as hard as me then this isn't the place for you" are gone. They have been replaced by the prospective employee responding, "You're right—this isn't the place for me. My job is NOT my life. My job is supposed to enable my life. My life is my family, friends, and hobbies. Goodbye and good luck."

As someone who lost so much time with his family to business travel that his son would point at airplanes and say "Daddy"—I wish I had joined the ranks of O'Leary's losers sooner.



**By Peter Cantelon**

### Letter policy

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

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

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

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

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

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# Shaking hands with the queen

By Lorne Stelmach

It was a difficult time in his young life, but there is a cherished memory there as well for Landon Klassen.

He was a cancer patient receiving treatment in Winnipeg between the ages of three and five when it so happened a new children's hospital building was being opened.

Klassen was chosen from among the youth who were receiving treatment at the time to be part of the dedication ceremony in October 1984.

Also in attendance that day was Queen Elizabeth II.

Having had the chance to present flowers to the queen that day 38 years ago is something Klassen and his parents, Morden's Jake and Debbie Klassen, were recalling fondly this past week following the death of the monarch, who was laid to rest on Monday. The queen died Sept. 8 after a 70-year reign.

"I'm a hundred per cent healthy now, so it's a neat story, and it's part of my history," observed Klassen. "Probably, at that time, it was the last thing I was thinking about ... but it was definitely a humbling, special experience."

Klassen has some sense of the prepa-

ration that went into being ready for that big moment.

"We were given very specific instructions on what was going to happen ... where to meet and security, because the security was obviously very tight."

"I was given very specific instructions—I had to practice bowing, that was one thing I was constantly practicing to perfect that for the ceremony."

Following the ceremony, his family attended a special event he recalls as being like a tea party.

"With my parents last week, we were looking back at all kinds of official documents and all that kind of stuff ... lots of pictures," Klassen said. "They had even made a special coin for the Children's Hospital dedication for the queen's arrival."

At five, he was obviously too young to have much specific memory of it all, but he does have some sense of what the queen was like.

"I would describe her as being very pleasant, a very pleasant person ... I don't know if there were any actual words exchanged," Klassen said.

"It was a neat experience for sure ... it's hard to remember when I was so



SUPPLIED PHOTOS

At the age of five, Landon Klassen got to meet Queen Elizabeth when she was in Winnipeg for the grand opening of the Children's Hospital.

young," he said. "But how many people get to do this kind of thing? It's a really cool piece of my history."

"It's definitely a cherished memory. Looking back on it now, it's something special ... it's a humbling experience now when you look back on it."



## Steps in HOPE grief support group returns Oct. 4

By Voice staff

The Pembina Valley Pregnancy Care Centre is again hosting a support group for women who have experienced miscarriage and stillbirth.

Steps in HOPE (Healing Our Pregnancy Experiences) is a vital service, the agency stresses, because women impacted by the grief and loss need support to work through their feelings and traumatic experiences.

"We know that losing a baby can be one of the most difficult experiences anyone can go through and providing a caring space for women to share, knowing they aren't alone, is so important," said executive director Linda Marek.

"Sometimes the pain is so deep, but women are told they should be over it by now or they feel misunderstood when they do take that brave step to be vulnerable about their experiences."

Steps in HOPE is a free and confidential support group that will run for six weeks starting Oct. 4.

Sessions focus on sharing your experience with other women, learning to cope, cycles of grief, self-care, honouring your difficult journey and creating a keepsake.

"We have always offered one on one support to women experiencing any type of loss, and one client indicated having a group to connect with would be helpful to them in their grief journey," noted Marek. "So with a grant from the Morden Area Foundation, we were able to create this program over the past few years and ran it in 2020 before COVID restrictions required us to close. In fall 2021, we were able to run the program in its entirety."

"Miscarriage can happen at any time, pandemic or not, and women's grief has been even more complicated with all that's been going on in the past few years."

Pre-registration is required. You can do so by emailing [stepsinhope@gmail.com](mailto:stepsinhope@gmail.com), calling 204-325-7900 or going online to [www.pvpcc.com/miscarriage-and-loss-support/](http://www.pvpcc.com/miscarriage-and-loss-support/)

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Manitoba 



# getinformed

## Dr. Jacob honoured for 55 years of practice in Winkler

By Ashleigh Viveiros

Winkler's longest serving physician was celebrated by his peers last week.

The CW Wiebe Medical Centre hosted a staff recognition event Sept. 14 to hand out service awards to its employees.

Dr. Don Klassen, himself a 44-year veteran with the clinic, explains staff are recognized with these awards after every five years of service. Dr. Jacob hit 55 years in 2022.

That's three years longer than even the esteemed Dr. Cornelius W. Wiebe, for whom the Winkler clinic is named, served the community.

"He was one of the first if not the first rural general surgeons," Klassen said of Jacob, who began working Winkler in 1968.

At that time, a doctor specializing in general surgery covered a broad range of what today are surgical sub-specialties. Jacob for years trained and worked in orthopedics, gynecology, plastic surgery, and even cardiac and vascular surgery.

Being able to practice such a varied scope of medicine in a small-town setting is what drew Jacob to Winkler in the first place.

"Essentially, I wanted a quieter place," Jacob said, noting he had a few friends already working here and he was intrigued at the opportunities the area offered.

"I had a pretty wide areas of training ... [here] I could practice in different areas and help people in that way," Jacob said, noting he was also able



SUPPLIED PHOTO

Dr. Eric Lane (centre) and Dr. Don Klassen (right) presented Dr. Chandy Jacob with a golf putter in recognition of his 55 years of service in Winkler last week.

to have an active hand in the growth and development of the community's surgical department.

Jacob worked hard to create bridges between the Morden and Winkler medical communities. That work culminated in 2001 with the opening of the Boundary Trails Health Centre.

That facility, located right between the two towns, was a game-changer.

"That helped a lot of people from

having to go to Winnipeg ... getting treatment much faster closer to home," Jacob said, pointing to the two communities' drive to add such services as an MRI machine and a CT scanner. Working together made it all possible. "All these things would not have happened unless

we had a combined site."

Today, Jacob is still an active surgeon in Morden-Winkler, though, at 86, he has scaled back his practice sig-

nificantly.

"I had a very big practice and I just slowly cut it down as I encouraged other specialists to come here and join," he said. "We have a number of them now."

When he first started work in Winkler, there were just four doctors on staff. Today the clinic has nearly 50. Morden's clinic has another two dozen physicians.

But while he's not scrubbing into as many surgeries as he did in his younger years, he still remains as sharp as ever.

Dr. Klassen shared that Jacob, once he reached the age of 75 and again at 80, had to take an exam to show his continued competency as a surgeon.

He "easily passed those exams," Klassen said, "and he might not tell you that he was in the top ten percentile."

It's rare for a doctor to continue practicing medicine so far into his 80s, Klassen observed, and it's meant that Jacob has been a mentor to generations of area physicians.

"All the people that he has worked with have benefited from his surgical knowledge, for sure," he said.

For his part, Jacob is quick to downplay all that, saying, simply, "If I could be of any help, I was happy to do it."

He has no intention of retiring anytime soon, but when he does finally hang up his scalpel, he'll have the tools he needs to relax: his clinic colleagues last week presented him with a golf putter in recognition of his 55 years of service.

"IF I COULD BE OF ANY HELP,  
I WAS HAPPY TO DO IT."

## Winkler chamber announces business award winners

### Musician Steven Page to speak at Nov. 9 awards gala

By Ashleigh Viveiros

The Winkler and District Chamber of Commerce announced the winners of the P.W. Enns Business Awards on Monday.

Executive director Tanya Chateaufneuf appeared on the latest episode of the *Stride* business podcast, hosted by Nathan Knight and Valerie Froese in partnership with the chamber, to make the announcement.

Chateaufneuf could not be reached for further comment at press time.

The winners include:

- Business Excellence Award: Valley Fiber.
- Business Builder Award: Thunderstruck Sales and Marketing.
- Customer Service Award: Shoppers Drug Mart Winkler.
- Community Builder Award: Winkler Co-op.
- Not For Profit Award: Central Sta-

tion Community Centre.

Chateaufneuf also announced that the gala's guest speaker will be former Barenaked Ladies' frontman Steven Page, who will be speaking on his struggles with mental health and addiction.

The gala, which takes place on Wednesday, Nov. 9 at the Meridian Exhibition Centre, will also celebrate the chamber's 100th anniversary.

Tickets are \$150 per person or \$1,200 for a table of eight. They can be purchased by calling 204-325-9758 or emailing [admin@winklerchamber.com](mailto:admin@winklerchamber.com).

"We invite the community get involved," Chateaufneuf said, noting the gala is open to chamber members and non-members alike. "We have this huge venue, let's pack it."

"Let's really, really celebrate business in our community."



# "We really got to know the people"

By Ashleigh Viveiros

This month, Joyce Bergen took her final bow as a settlement worker at Regional Connections Immigrant Services.

It was a journey that started in 1998 with what was supposed to be a short-term position to help get the 50 families who were immigrating to Winkler from Germany settled in the community. The newcomers were part of the Manitoba Provincial Nominee Program pilot project, which helped launch the Pembina Valley immigration boom that has scarcely slowed down since.

"The employers in town were saying, 'We can provide them with jobs, but there's so much other settlement stuff these families needed help with,'" recalls Bergen. "I was asked if I would do it for six months and I thought, sure, I would love to be part of this history for six months."

It was a fitting role for Bergen, who was already serving as the Winkler Welcomes You coordinator, reaching out to new people in town with a welcome basket and advice.

"So I was hired—I was the first one hired—and told, 'Just help these people.' So I helped them get their kids registered for schools, get their immunizations—all those things you have to do."

That six-month position turned into a nearly 24-year career for Bergen, who has loved just about every minute of it ("Short of the computer," she says. "Computers and I will never be close friends").

Bergen, who was enjoying her first days of retirement last week, recalled that those early years where it was just her and fellow settlement worker Pat Gerber-Pauls were quite different from how things are done today.

"We had no real mandate, we had absolutely no job description beyond 'Help them settle.' We had no office at the start—we worked in the car and in the people's homes."

On the plus side, this grassroots way of operating fostered deep relationships with those first families.

"We really got to know the people," Bergen says. "That's not happening in the same way anymore—today they're in and out the door."

Settlement work these days still focuses on helping people integrate into the community, Bergen observes, but as the numbers of newcomers has grown exponentially and more pro-

grams have been created to help them with everything from finding employment to learning the language, her job shifted from having a present role in a little bit of everything to being more of a facilitator, helping people connect to those programs.

In the beginning, though, Bergen was driving families into Winnipeg to pick up their belongings after they were cleared by customs officers, taking them on tours of local businesses as they looked for work, and accompanying them on shopping trips and medical appointments to act as a guide and, sometimes, an interpreter.

"It was so hands-on," she says.

While the job may have changed, what didn't is its focus: helping people. That's really what's kept her at it all these years.

"I've definitely been thankful for the opportunity to help to make a difference. What becomes a mountain in their eyes, when something

goes wrong or they can't understand something, might be an hour's appointment in our office and we've got the problem solved," Bergen says. "Or people just coming in and you can tell they really had nothing they needed, they just wanted to come and talk, because we developed a relation-

ship over time and they felt comfortable. That's always special."

She'll also miss her fellow Regional Connections staffers, whose numbers have swelled from that one lone co-worker at the start to dozens today.

"When I wake up in the morning and realize I'm not going to see any of my colleagues, that's going to take some getting used to," Bergen says. "But there's a telephone, I can invite them over ... I'm known as the Muffin Lady, so I've told them, 'If you need muffins, phone.'"

And, of course, she'll miss connecting with newcomers. Two decades of seeing so many new faces join our community has been a blessing, Bergen says.

"I think we are just a richer community for it," she says, noting she'll likely continue to find ways to reach out and get involved in helping where she can with the ever-growing mosaic of the community.

For one, she intends to continue with the Low German ladies group she started up decades ago to give newcomer moms the chance to get together and get out of the house. While the pandemic forced them to pause



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Joyce Bergen has been welcoming newcomers to Winkler for nearly 24 years as a settlement worker. She started her well-earned retirement last week.

meetings for a time, they're ready to get back into it.

"We would visit and I would bring in public health nurses, dieticians, different things, and we'd talk about food and whatever—all kinds of different issues. And we'd just have coffee together and connect. The women loved it," Bergen says. "In winter we would all tie blankets for MCC. That's

just been a really wonderful thing because it's been a chance to give back.

"Now that I'm not at work anymore, I know exactly what's going to happen: we're going to get together again."

Beyond that, she's game for whatever life brings her next.

"It's an open book now," Bergen says. "I'm on a new journey."



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# Tire maintenance keeps drivers safe

Maintaining tires is an important component of safe driving. Tires are some of the hardest working parts on a car or truck and are subjected to wear and tear every time rubber meets the road.

Tires affect many components of driving, including handling, braking and the comfort of the ride. Maintaining tires makes driving safe not only for drivers and their passengers, but also for fellow motorists.

The National Highway Traffic Safety Administration says that, in 2017, 738 fatalities occurred because of tire-related crashes. Many of those crashes were no doubt preventable, and that only highlights the importance of maintaining tires and monitoring their performance.

Poor tire maintenance can lead to premature wear and potentially result in a blowout. The automotive group AAA notes it is important to visually inspect tires as often as possible. Drivers should look for overall tread wear. Pay spe-

cial attention to tread wear on one edge of the tires, which could indicate poor alignment. Erratic tread wear may mean tires are out of balance.

Drivers also should pay attention to how their cars drive and sounds. Unusual vibration or thumping noises suggest issues with the tires. A car that pulls in one direction also may be experiencing tire problems.

Vehicle owners should be aware of the routine maintenance steps that can keep them safe and improve the life expectancy of tires.

- **Tire pressure:** The NHTSA says only 19 percent of consumers properly check and inflate their tires. Keeping tires properly inflated is one of the most important steps to maintaining them. Tires lose around 1 psi per month, and underinflated or overinflated tires can contribute to unusual wear, blowouts and even excessive fuel consumption.
- **Rotation:** Check the owner's manual or recommendations

from the tire manufacturer, but know that most mechanics advise having tires rotated every 5,000 to 8,000 miles. Rotation helps distribute wear more evenly on tires.

- **Balancing:** AAA says balancing also helps minimize uneven wear and tear. Balanced tires are achieved by using small weights attached to the wheels to limit vibration of the tire and wheels as they turn. New tires should be balanced, and tires also should be balanced after one or more is removed to repair a puncture.

- **Alignment:** Vehicles have wheel alignment measurements that pertain to manufacturers' specifications. Alignment that falls outside of the range can impact handling, fuel economy and tread wear. A drift or pull suggests alignment problems and should be addressed.

Vehicle owners should keep tire inspection and maintenance in mind as part of their overall car care plan.

# Why it's important to wash your car

The first things to come to mind when many people ponder vehicle maintenance are oil changes and routine tune-ups. Though each of those things are vital components of automotive maintenance, it's important that drivers recognize the value of a thorough car wash as well.

Drivers may see a car wash as a way to make their car look good, and that's not untrue. An effective car wash can give a car a look that mirrors how the vehicle appeared the moment it was driven off the lot. But an effective wash is more than just cosmetic. According to Consumer Reports, a thorough car wash removes grit and residue, thus protecting the car's paint job and reducing the likelihood of corrosion. Though late model vehicles aren't as susceptible to rust, fading and peeling as cars made decades ago, they still need a thorough and routine wash to remove dirt, grime and bird droppings that, over time, can adversely affect the paint job and, if left unchecked, eat away at the metal.

Another benefit to routine car washes is they can prevent damage related to seasonal issues. For example, individuals who live in regions where winter snowfall is common may routinely drive on roads that have been salted. Deicing the roads makes driving safer, but salt can accumulate on the undercarriage of the vehicle and contribute to corrosion. Winter may not be a time many drivers visit the car wash, but it's important to do so

after snow has melted and salt on the roadways has been washed away by rain. Most car washes now offer high-pressure undercarriage treatments that can wash off salt and prevent corrosion and the formation of rust. But it's not just the exterior of the car that can benefit from routine washing. When taking their cars to get washed, many motorists pay a little extra to have their vehicle interiors cleaned. Sometimes referred to as "interior detailing," cleaning the cabin of the car helps to maintain the interior so it looks new longer. Routine interior cleaning also can remove dust and other particles that can serve as irritants if allowed to build up over time.

Resale and trade-in value is another factor to consider. The automotive experts at Edmunds note that the average transaction price for a used vehicle in the second quarter of 2021 was \$25,410, which marks a 21 percent increase over the year prior. Much has been made of the microchip issues that have compromised auto manufacturers' ability to produce new automobiles, and that led many motorists to the preowned vehicle market. Dealerships also offered incentives to drivers willing to trade in their late model cars. By taking care of a vehicle's interior, drivers are putting themselves in position to capitalize on the increased reliance on the preowned market. Prospective buyers, whether they're private citizens or dealerships, will see more value in a vehicle

with a well-maintained interior than one with a cabin that's seen much better days.

Car washes may be seen as a purely cosmetic form of vehicle maintenance. But the benefits of routine and thorough car washes extend far beyond aesthetic appeal.



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# Coming to terms with alopecia

By Ashleigh Viveiros

The past 14 months have been quite a journey for Audrey Dyck.

In honour of September being Alopecia Areata Awareness Month, Dyck sat down with the *Voice* to share her experience with the condition, and how she has come not only to accept it but embrace her new reality.

Alopecia is an autoimmune disorder that causes one's hair to fall out. How much hair you lose—whether it's a few bald patches here or there or every strand on your body—varies greatly.

For Dyck, it all started last summer. "Middle of July 2021 I took a close look at myself in the mirror and realized, just off my part, I had a tiny pink spot. I thought, 'What is this?'"

A closer look revealed a small bald patch on her scalp where there hadn't been one before.

"It was about the diameter of my pinky finger," Dyck recalls, noting she thought at first it might be simply attributed it to recent stresses in her life. "We had just come through a stressful year of school. And my husband and I have a farm, so we'd been busy seeding.

"I sent a frantic text picture to my hairdresser, which may have included many question marks and exclamation points," she says. "By the end of July, I went to see my doctor and he used the word alopecia."

Dyck recalls she had heard of the condition but never given it much thought. No one else in her family has ever dealt with it before.

The diagnosis came with a lot of questions: Why did she get it? How bad would it become?

There were no real answers to the first; sometimes there's just no clear reason why a person's immune system is triggered to begin attacking their own hair follicles.

"It's one of those mysteries," Dyck says. "My dermatologist said to me, 'Audrey, you could spend a lot of time driving yourself nuts trying to figure out why it happened. It could be a thousand different things and we'll probably never know which.'"

As for how bad it would get, Dyck found that out pretty quickly.

"It was less than 12 weeks from when I found my first bald spot, my first patch, to when it was basically all gone and my hair dresser just shaved off the last remaining strands of it."



PHOTO BY ASHLEIGH VIVEIROS/VOICE


Audrey Dyck, who is the smiling face that greets visitors to the office at Emerado Centennial School in Winkler, was diagnosed with alopecia last summer. Since then, she's lost hair all over her body but has kept her positive spirit.

It was three months of watching clumps of hair go down the drain when she took a shower or come out on the comb whenever she brushed.

When it came to treatment, there

wasn't a whole lot that could be done. Dyck notes she at first used a topical cream to try and retain some hair

Continued on page 18



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# AGM

ANNUAL GENERAL MEETING 2022

**WINKLER CO-OP**  
ANNUAL GENERAL MEETING

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TUESDAY  
OCTOBER 11,  
2022

**7:00 p.m. Call to Order**  
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**The purpose is to consider:**

1. Financial Statements
2. Report of Board of Directors
3. Auditors report
4. Appointment of external auditors
5. Election of Directors
6. By-law changes
7. Any other business authorized by the by-laws to be transacted at Annual Meeting of Members

[winklercoop.com](http://winklercoop.com)



## REMINDER NOTICE OF PUBLIC HEARING

### You're Invited

#### to share your views about the proposed rate changes from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has applied to the Public Utilities Board (Board) for a 0.9% decrease to Basic Autopac vehicle and driver insurance rates and premiums effective on April 1, 2023 through March 31, 2024.

For further details, please contact MPI at [inquiries@mpi.mb.ca](mailto:inquiries@mpi.mb.ca) or visit the Board's website at [www.pubmanitoba.ca](http://www.pubmanitoba.ca).

An electronic based virtual public hearing on the proposed decrease will be held beginning:

**Wednesday, October 19, 2022 at 9:00 a.m.**

Please view the hearing via the PUB website link:  
<http://www.pubmanitoba.ca/v1/live-stream.html>

If you are interested in learning more about this rate decrease, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's online comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christle at 204-945-2638 or toll-free 1-866-854-3698, no later than **October 1, 2022**.

For more information, visit <http://www.pubmanitoba.ca>

**Manitoba Public Utilities Board**

400-330 Portage Avenue

Winnipeg, Manitoba R3C 0C4

Phone: 204-945-2638 | Email: [publicutilities@gov.mb.ca](mailto:publicutilities@gov.mb.ca)



# Fdn. handed out \$97K in scholarships in 2022



SUPPLIED PHOTO

The Winkler Community Foundation's Peer to Peer program had 12 participants this year. The program connects past Gordon Wiebe Education Award recipients with new ones to provide advice on life in university.

By Voice staff

The Winkler Community Foundation last week released the names of the 46 students who received financial support from the Gordon Wiebe Education Fund this year.

The fund, which was founded at the bequest of the late Winkler pharmacist, was able to grant out \$97,000 to local students attending post-secondary institutions across the country.

Recipients are selected based on their contributions to the community, capacity for leadership, and academic achievement, the foundation said.

"The Gordon Wiebe Education Awards alleviate the financial pressures that attending university full-time can bring," the agency said. "The

Winkler Community Foundation is proud to award these scholarships every year to help equip young people from our community to succeed in their educational pursuits."

The funding has been a huge help, noted Patricia Derksen, a recipient of the Ongoing Education Support scholarship (\$2,000 per year for up to three years).

"This award has allowed me to prioritize my education over this past year and a half by alleviating financial stress," she said. "Because of the generous scholarship, I have been able to dedicate time to pay it forward through volunteering and student groups."

"Receiving this award relieves me from a financial burden every semester," noted recipient Aaron Doerksen. "Knowing that the community I have grown up in is supporting me, allows me to concentrate fully on working towards my future aspirations."

"Without this scholarship I would have had to work during the school year and divide my attention from the schooling and community around me."

The 2022 award recipients include:

- Make It a Reality Award (\$20,000 over four years): Tina Reimer (2022 recipient), Mikaela Warkentin, and Bailey Neufeld.

- Ongoing Education Support (2002 recipients): Cerulean Wolfe, Matthew Fehr, Emily Penner, Ethan Vallyelly, Caleb Vallyelly, Michael Neufeld, Divine Beghela, Jakiya Friesen, and Erica Lepp.

- Ongoing Education Support (returning recipients): Patricia Derksen, Peter Enns, Madison Fehr, Jessica Giesbrecht, Amy Lloyd, Yeketrina Kuryata, Saad Nizamani, Indigo Wiebe, Katelyn Ens, Aaron Doerksen, Lani Ens, Quinn Hamilton, Allyson Klassen, Kayla Penner, Mark Giesbrecht, Kali Falk, Jennifer Halloran, Nolan Wall, Kezra Gerbrandt, and Chloe Driedger.

- Garden Valley School Division Graduate Awards (\$2,000): Jaelynn Courchene, Alia Elias, Tyron Kornelson, Holly Martin, Dmitriy Polishuk, Liam Unrau, Anna Dyck, Tegan Peters, Angelica Baier, Chloe Dyck, Liam Neufeld, and Janae Zacharias.

This year the Winkler Community Foundation also awarded for the first time the Kaitlyn Marie Reimer Scholarship (\$1,000) to GVC graduate Kristin Buhler.

Applications for the 2023 awards will open Jan. 1. Details are available at [winklercommunityfoundation.com/scholarships](http://winklercommunityfoundation.com/scholarships).

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## Building for Tomorrow

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Winkler Mennonite Church, 31 Willowdale Crescent, Winkler

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Dinner starts at 6:30 PM

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# Old Farmer's Almanac makes its winter predictions

By Lorne Stelmach

The 2023 Canadian edition of the *Old Farmer's Almanac* delivers a warning for the country to be prepared for a chilly winter.

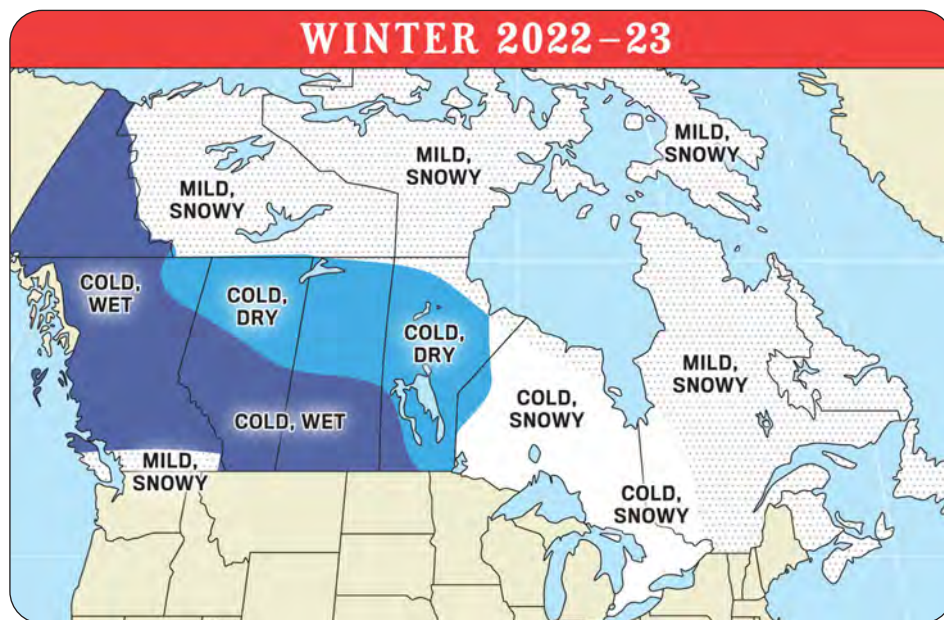
The annual weather forecast predicts that there is a good share of cold in store for most Canadians this winter, with a number of unusual mini-deep-freezes throughout many parts of the country.

Most people will be hoping the forecast is incorrect this time, though *The Old Farmer's Almanac* touts that its predictions over the past 231 years have been 80 per cent accurate.

The forecast usually gets the most attention with the annual release of the almanac, but managing editor Jack Burnett is always quick to note there is much, much more to it each year.

"Weather is only about five or six per cent of *The Old Farmer's Almanac*," he noted. "It's food, it's gardening, it's history, it's folklore, it's astronomy; it's all kinds of other things."

"We go back to the founder of *The Old Farmer's Almanac*, who was a guy named Robert B. Thomas ... he started *The Old Farmer's Almanac* in 1792 outside Boston, so we're the oldest continuously published periodical in North America," said Burnett. "What he had as his guidepost was to be use-



SUPPLIED IMAGE

The Old Farmer's Almanac is predicting a cold, dry winter in Manitoba.

ful with a pleasant degree of humour, and so that is what we have always tried to do."

The 2022-2023 weather forecast predicts that winter will arrive early with cold temperatures dropping down from the Yukon and northern Alberta to settle in across the Prairies and into southern Ontario and southwest Quebec.

By mid to late November, icebox conditions will arrive to likely worsen as the season progresses. For ex-

ample, in January, temperatures on the prairies could average 7 C below normal.

The southern portions of the prairies and most of British Columbia will sometimes be more wet than white with sleet and freezing rain more prevalent than usual.

In addition to its much-anticipated weather forecasts, *The Old Farmer's Almanac* Canadian edition also offers a variety of other highlights, including stories from family farms, garden-

ing tips, recipes, practical life advice, and more.

Burnett noted their sales statistics show the annual editions always have strong readership and sales in Manitoba.

"The power of the prairies is unbelievable, and we know even in southern Manitoba we have thousands of friends, so we're very blessed in that regard," he said. "What people tell us is, number one, we have a lot of useful information about just about everything you can think of."

He also suggested they are getting younger readers now as well.

"In particular, now that they're gardening more, hanging around the house or farm more, they find that the farmer's almanac is really useful. It is practical information," Burnett said.

"*The Old Farmer's Almanac* was kind of like the google of its day," he observed. "There was no place where you could find everything ... even today, people like *The Old Farmer's Almanac* because everything is sort of curated for you; it's all in one place."

"The second thing people tell us is it's safe, it's a known quantity. It's like we're reliable," he said. "People appreciate that; they use *The Old Farmer's Almanac* as something that is steady and reliable and safe and enjoyable ... it's like an old friend."

# Red Hat Society looking to expand with new chapters



REDHATSMANITOBA.COM

Red Hats Manitoba are hoping to grow the number of chapters in the province from the current 20. In the past, there have been as many as 167 chapters.

By Lorne Stelmach

Rossita Schau and her friends will usually stand out in a crowd thanks to what they're wearing—and that's just the way they like it.

Dressed in purple and wearing red on their heads, the Red Hat Society is an organization that is simply about fun and fellowship.

The Red Hat Society has members (called "Red Hatters") across Manitoba, and they are trying to reach as many communities as possible to join in the fun in conjunction with their 25th year in the province next year.

"We go out once a month and partake in some sort of activity," said Schau.

"Because you're dressed in purple attire and wearing a red hat, everyone would look at you when you're sitting in a restaurant and a lot of people and especially ladies would come up and ask what is this all about," she said. "Being a member of the Red Hat Society gives you the chance to meet

so many wonderful ladies who will become friends."

It all started in 1998 in Fullerton, California when Sue Ellen Cooper gave her friend, who was turning 50, a thrift shop hat and a poem by Jenny Joseph called "Warning" as birthday gifts. Thus, the Red Hat Society was born.

The organization today includes not only the Red Hat Society for ladies 50 and over but also the Pink Hat Divas for women under 50.

The movement has spread across the globe. There are currently 20 chapters in Manitoba, although Schau believes at one time, in the early 2000s, there were as many as 167 chapters here.

She would love to see those numbers grow once again, including, potentially, with new chapters in Morden, Winkler, and Altona or any of the surrounding communities.

"We would absolutely love to see more people get involved, especially



# Barnswallows unveil Manitoba 150 quilt

By Lorne Stelmach

A special project to mark Manitoba's 150th year almost three years ago finally got unveiled last week.

The Manitoba 150 quilt created by two dozen members of the Barnswallow Quilt Guild was put on display at the Morden Library after years of delays.

"It was very special to engage on a large project like this together," said Allison Halstead, former president of the Barnswallow Quilt Guild and part of a group of five who spearheaded the project.

"It was a mosaic quilt that was to represent the province," she said. "There was a little committee of five of us, and we brainstormed and drew out the plan and invited the members of the guild to each make a block."

The quilt consists of 24 blocks and involved 23 people, with a few who did more than one block while others

teamed up on a block.

The end product features an array of symbols and images closely associated with Manitoba, ranging from the provincial tree, bird, and a fossil to a rock painting, a Manitoba dam, and a York boat on the river.

"We brainstormed what would be key things to represent from the province ... and we came up with a huge list," said Halstead. "Then it was how big do we want to make the wall hanging? That was the next parameter. And then it was what's realistic in a number of blocks ... the number of people we might expect would be willing to participate."

The project then unfortunately got put on hold thanks to COVID-19.

"It was heartbreaking actually when we had to stop at the beginning for the first quilt show that was cancelled. And then it was very hard to get back into it," Halstead said.



PHOTOS BY LORNE STELMACH/VOICE

The Barnswallow Quilt Guild unveiled its Manitoba 150 quilt at the Morden Library last week.

Around Christmas 2020, it was hauled back out in anticipation of the spring show happening in 2021.

"It was really hard this year for sort of a second go-round of getting back into it," Halstead said. "We had stopped; we worked as hard as we could, but we did not have all of the blocks completed. There was two of them that we had to finish as a planning group."

One part of it that posed a bit of a quandary as to how to work it in was a strip of flying geese. It wasn't quite working at first, recalled Halstead, but they persisted and made it work.

"The flying geese was always going to be a bit curvy, and it's just got few maybe more curves to it than it was originally going to have."

In the end, they're all very happy with finished piece.

"Truly they got a very basic sketch of an idea and a description of what it was supposed to be and then some



paint chips for colours ... and go away and do it your style; you interpret this," Halstead concluded. "Everybody turned it into their own; we had no idea what was going to come back ... and yet it all works. It blends together."

"It's absolutely amazing how that works together ... it is even better than I had imagined it."

## > RED HAT SOCIETY, FROM PG. 13

rurally, and start more chapters here," said Schau, who has been involved since 2005 and is currently a member and Queen of the "Bling Sisters" chapter in Winnipeg.

They meet once a month to participate in an activity. Dressed in purple and a red hat, members have been to plays, the ballpark, pole dancing, lawn bowling, painting classes, trips to some unique museums in Manito-

ba, and much more.

There is also the possibility to travel to many conventions hosted by various Canadian provinces and international locations, but particularly the U.S.

As women age, society sees their roles of having raised children and taken care of family as done, so it is time to sit back, Schau said, and embrace the golden years with joy.

"As you age, a lot of times, you lose friends ... now you need girlfriends, people to chum around with," she said. "It's just wonderful friendships ... we don't do fundraising; we don't have meetings."

"What drew me to it was it just seemed like such a wonderful group of women. It was the camaraderie that you get with the different ladies in the group. It was a wonderful way

to meet new friends and experience just different activities."

She encourages people to either join a chapter or better yet get a bunch of friends together to start their own chapter.

For more information, call 204-253-1579 or head to [www.redhatsmanitoba.com](http://www.redhatsmanitoba.com).

Check out the Voice online at [www.winklormordenvoice.ca](http://www.winklormordenvoice.ca) or [altonavoice.ca](http://altonavoice.ca)



# Local Spirit of Hope rider raises nearly \$4K

By Lorne Stelmach

Weather conditions played a role recently for the 14 riders who took part in the Spirit of Hope cycling fundraiser in support of Habitat for Humanity.

Debra Fehr, who is a local volunteer with the Winkler and Morden chapter, was on board for a second time with the group of riders on the five-day cycling adventure.

It followed along the shores of Lake Winnipeg from Winnipeg to the northern tip of Hecla Island and back to Winnipeg from Aug. 29 to Sept. 2, and there were some tough conditions.

"It was a week of extremes," said Fehr, who started out with a cold but still managed to do about 200 km out of the 388 km journey.

"We started a bit late. We had a three hour rain delay to begin with," she said. "And then we had northwesterly winds the first day that were pretty

tough. A lot of people said it was the hardest hundred kilometres they had ever done.

"The week got better though, and the weather was beautiful and sunny," Fehr said. "Then on Friday, on the way back, we had the tail winds of a lifetime that helped us get back in record time."

The overall goal for Spirit of Hope was to raise \$25,000, and its online tally was closing in on \$18,000 as of last week.

The fundraising target for each participant was to bring in at least \$1,000. Fehr had raised \$3,800 and counting as of last week and had her sights set on topping \$4,000.

Fehr has seen firsthand the good Habitat for Humanity can do. She's currently on the family selection committee of the local chapter.

"I love Habitat for Humanity, and it is exciting to see we have three houses being built over the winter, and fam-



SUPPLIED PHOTOS

Winkler-Morden Habitat for Humanity chapter volunteer Deb Fehr (left) biked 200 kilometres to raise funds for the cause Aug. 29 to Sept. 2.

ilies have been chosen," she noted. "Everyone is happy and eager to get started on their sweat equity."

"I believe a good home is very important for the future of a family, and I think it can change the direction of a person's life, so it excites me to be able to help families get good homes."

You can find out more about the Spirit of Hope ride online at [www.habitat.mb.ca](http://www.habitat.mb.ca)

You can still make a donation to

Fehr's fundraising campaign online at [www.canadahelps.org/en/charities/habitat-for-humanity-winnipeg/p2p/SOH2022/page/debra-fehr](http://www.canadahelps.org/en/charities/habitat-for-humanity-winnipeg/p2p/SOH2022/page/debra-fehr).

Fehr was grateful to have had the opportunity to participate again.

"The support team was amazing. I was happy to sit and chat with them at those times I couldn't ride. It was very well organized ... it was a great week of cycling and visiting and promoting Habitat."

## • INCREDIBLE CREATURES

# Ants: amazing, numerous, talented and social

By John Gavloski

Ants are one group of insects you don't have to look hard to find. While at times their presence may be unwanted, ants do have quite incredible traits and many beneficial roles. In this month's Incredible Creatures we will explore the fascinating world of ants.

## Sharing Food with the Community

There are about 14,000 different species worldwide, with possibly thousands more yet to be discovered. Although the majority of species live in limited areas of the tropics, there are 229 species of ants in Canada, and 82 species of ants in Manitoba.

Ants have two stomachs. The larger of the two stomachs is called the crop, and is a community stomach. Ants will share the food in this stomach with other ants. When a fellow ant is hungry, it strokes the food-gathering ants head in a certain way with its antennae. The two ants then put their mouths together, and liquid food is passed from the food gatherer to the hungry ant. The smaller stomach is the ants personal stomach. When the ant needs to nourish itself, some of the food in the crop is passed into this stomach and digested.

## Working Together to Survive

Ants cannot live as individuals. For one ant to survive, it must work together with other ants. Ants are thus considered "social" insects. They must function together, each doing their own special job, to keep the community alive.

There are three main types of adults in an ant colony; one or more queens, a few males, and many, many female workers. Some of the workers may be soldiers, which are extra-large workers with big heads and powerful jaws. Other workers may be nurse workers. The queen is the largest ant in the colony. Her job is to mate and lay eggs. The males' only duty is mating with the queen. Remaining work, such as building the nest, caring for the young, gathering food, and defending the nest, is done by the workers.

## Inside the Nest

Most local ants nest in the earth, although carpenter ants make tunnels in damp, rotten wood, and an invasive species called the pharaoh ant can nest indoors. In the ground, under the anthill, are tunnels with rooms branching off. In a typical nest there are many rooms, each with its own special use. One of the rooms is reserved for the queen. Other rooms will be nurseries for the eggs, larvae and pupae. Workers take piles of newly laid eggs to these rooms, and there nurse workers take care of the young. Ant larvae are white, blind and have no legs. There are usually many nursery rooms. Other rooms may be storerooms for food, or resting places for the workers.

## Food for the Colony

The food that ants eat varies depending on the species. They get sugar from plant juices and sweet liquids, and protein from the bodies of insects and



SUBMITTED PHOTO

Stomachs have two stomachs, one for feeding other ants and one for nourishing themselves.

animals. Some species are primarily seed gatherers. Other species will protect insects such as aphids, so they can eat the sweet honeydew the aphids produce.

In some species, "scout" workers will leave the nest to find food. If they find something too large to handle alone, such as a large insect, they rush back to the nest and tell the other workers about their find by tapping them with their antennae. Other workers will then head out to find the food.

Ants can at times have less admirable traits for some, when they show up at picnics or in the kitchen. But ants can be helpful as well. They may eat insects that feed on crops. They are also food for animals such as other insects, frogs and some species of birds. Their underground tunnels help to make the soil healthy by letting air circulate through it. Although their presence may not always be welcome, ants are ecologically beneficial, and have some amazing traits.



# "The occupancy has been through the roof"

## Genesis House reports on a busy, challenging year

By Lorne Stelmach

The past year became extraordinarily challenging for Genesis House.

The local shelter for abused women and their children saw the demands on their services and programs continue to climb as the world emerged from the pandemic.

"The occupancy has been through the roof, and it hasn't been just our agency ... it's been that way in every shelter," executive director Ang Braun said following the organization's annual meeting last week in Winkler.

Braun's annual report highlighted what was a nationwide increase in women and children not only suffering abuse but an overall 26 per cent increase in deaths compared to the previous year.

Statistics from the local information and crisis line services showed an increase in those seeking shelter from 244 to 396. There were increases across the board for both residential and non-residential services.

Braun said it was incredibly challenging for everyone, but she praised the staff and volunteers for doing whatever was necessary to meet the

growing need for services.

"It has been creativity, juggling, moving people around ... part of the challenge is finding housing for individuals that are coming to the shelter, if they choose not to return to their partner and want to live independently. There is just such limited housing options," said Braun.

"So that's a challenge. It's not only that the shelters are fuller, but the same person is staying so much longer because there's no place for them to move to," she said. "We always look at safety first ... if we have a new caller calling in, what do we do with the houseful of people we already have? So often it is juggling people a little."

They have a longer term goal to pursue some form of transitional housing and have funding to start some exploratory work to find out what could be done and how it could look here.

Meanwhile, Braun was grateful that the province finally came through with some additional support in the past year.

"The interesting thing about that is our funding had been stagnant for years and years ... just this spring, the province announced that they would

flow additional funding to shelters ... which we haven't seen in 14 years," she said.

But more is needed not only in terms of funding for crisis services but to also address the root causes of domestic violence.

Braun cited, as an example of the former, the need to always have at least two people on staff at the shelter at all times.

"Our staff are not only doing that crisis line and counselling, but they're cooking supper, they're cleaning up dishes and doing laundry. They're just doing everything," she explained. "Having that second staff person not only increases the safety but the effectiveness of what our programming can be."

Braun also particularly cited their progress in addressing things like homelessness and men's programming; she saw the Caring Dads program as being especially vital on that front.

"We've never had a wraparound service where we could provide the ongoing support," she said, expressing hope that program will be extended further. "We'll see where the next



**The Genesis House women's shelter had a challenging year, says executive director Ang Braun.**

two years take us. We're really hopeful the province will see the worth ... definitely we would like to see it get bigger."

Housing outreach co-ordinator Taylor Richards touched on her work, which highlighted that homelessness—especially when put it in a rural context—goes deeper than the usual assumptions that it involves things like addictions and poor choices. Rather, it often connects to a wider range of adverse childhood experiences.

Continued on page 17

## Morris RCMP officer assaulted by man wielding metal bar in Lowe Farm



RCMP PHOTOS

Morris RCMP were called to Lowe Farm last week to deal with a man, believed to be high on meth, who was smashing vehicles with a metal bar (shown at left) and threatening bystanders. An officer was injured in the man's arrest.

By Voice staff

A Morris RCMP officer was assaulted by a man with a weapon in Lowe Farm last week.

Police were called to the small community west of Morris on Wednesday, Sept. 14 just after 10 a.m.

Witnesses reported that a man was walking down Main St., screaming and smashing vehicles with a metal bar.

The first officer on the scene found the man yelling and threatening bystanders. The officer advised the suspect that he was under arrest and tried to de-escalate the situation.

Police say the suspect refused to listen to commands and assaulted the officer with the metal bar. The officer deployed pepper spray on the man, which had little effect. It is believed the suspect was under the influence of methamphetamines.

The suspect eventually dropped the bar, which allowed the officer, with the assistance of several bystanders, to gain control and handcuff him.

The officer was treated on the scene by paramedics and released.

Trevor Guenther, 37, has been charged with assault on a police officer with a weapon, possession of a weapon for a dangerous purpose, and two counts of mischief. He was remanded into custody.

"I want to thank the bystanders at the scene who helped the officer yesterday," said Cpl. Pierre Demers, acting Detachment Commander of the Morris RCMP. "It was an incredibly difficult situation and we are extremely grateful for their courageous actions to help bring this situation to a resolution."



# Homegrown peaches

By Lorne Stelmach

A Morden resident is enjoying the rewards of his efforts to defy the odds and grow a peach tree in Manitoba.

Paul Penner purchased the veteran dwarf peach tree from Ontario a few years ago, and it produced a very nice crop of fruit this year.

"It's been fun ... and it's satisfying ... we were going to be enjoying peach cobbler with ice cream," said Penner, who recalled that first moment when he sampled one. "It was very juicy and had a nice texture and very sweet."

Peach trees obviously are not suited to the climate of Manitoba, but Penner had decided to give this particular variety a try.

The veteran dwarf peach originated in Canada in 1928 and is described as being resistant to colder climates. It produces a yellow, medium-sized fruit and yields above-average results when canning and freezing.

"It's supposed to be good to -35 C ... so that's borderline," noted Penner.

There was a Morden connection though that led him to take a chance on it.

"I have pears; I have plum, cherry, apricot, apple ... what inspired me to try out peaches was that I heard Henry Marshall had grown a peach tree in Morden, so I figured I would do some research ... so that's what made me think this could be possible."

Dr. Marshall, who worked at the Morden Research Station, became famous for developing dozens of new cultivars of vegetables, trees, and ornamentals during his career.

In tackling this project, it seemed to Penner that the veteran dwarf peach would be the most cold hardy variety.

"It was all trial and error ... I looked online to see how to prepare the soil and where to plant it and things like that," he said. "I was hoping it would make it ... you're watching everything so close ... I protected it from the wind chill. "I figured I would put up a hut around it ... I put it around the peach tree for two years."

He then bought something else to shelter it last year so that he could adapt and make higher bales to keep up with the tree's growth.

"It was pretty miserable weather in Manitoba the last three years, but it made it," said Penner. "I was always out there inspecting it, every week for sure, often daily. I would walk around it; never really knew what I was looking for, when it started, I didn't know did it take or not."



SUPPLIED PHOTO

## > GENESIS HOUSE, FROM PG. 16

"There's actually a different reality that's affecting them," she said. "We know that they would have had trauma growing up. We know that likely they would have been born into poverty. We know realistically they wouldn't have had secure, stable housing."

She referenced a University of Seattle study that showed if someone had zero adverse experiences, their chance of experiencing homelessness was 1.3 per cent. Having had four adverse experiences increased that likelihood to being 11.1 per cent more likely, and eight then increased the likelihood to being 33.6 per cent more likely.

"It looks like women couch surf-

ing, hopping from house to house to house with friends. It looks like staying in really unhealthy relationships in order to have roofs over their heads, and it also looks like shelter hopping," said Richards.

"There's an invisibility and denial in rural homelessness. Lots of people will take that it doesn't exist," she said. "We know the housing availability, the affordability and quality and safety is poor in southern Manitoba."

"I think it's important to understand where a lot of our clientele come from in order for us to bridge the barrier for them to have effective housing in the future."



PHOTO BY LORNE STELMACH/VOICE

Paul Penner with the peach tree he successfully grew in Morden. After several years, the veteran dwarf peach tree finally bore its first fruit this summer.

"So I was quite excited that it was growing and produced. When you can squeeze in and it pulls off easy, then it's ready."

It makes Penner wonder what else

might be possible to grow here in Manitoba.

"It doesn't really cost much to try, right, and it's kind of fun ... if we can make it through the winter."

## Investing in Our Communities



### Manitoba is investing \$34 million this year in culture and communities through the Arts, Culture and Sport in Community Fund.

This fund supports capital projects, special initiatives and community celebrations - allowing local arts, culture and amateur sport organizations to innovate and respond to emerging community needs, including those that are led by Indigenous, Francophone and ethnocultural communities.

Online funding applications open August 16, 2022. All eligible non-profit organizations are encouraged to apply.

To learn more please call **1-866-626-4862** or visit **Manitoba.ca/ACSC**.

**Manitoba** 



> ALOPECIA, FROM PG. 11

growth, but that quickly became a losing battle.

"At some point it's coming out in handfuls and so a cream that you put on is not going to make a difference."

More powerful medications exist, but they come with potentially serious side effects.

"I've chosen not to go that route," says Dyck. "As much as I would love to have some hair, I have a greater desire to keep my liver and my kidneys, my heart and my lungs functioning."

"While alopecia has a huge impact, it doesn't have a life expectancy kind of an impact."

Still, losing one's hair can be a truly traumatic experience, and Dyck struggled to come to terms with her diagnosis and the aftermath.

"Initially, I wasn't telling anybody those first few weeks," she recalls. "I could kind of change my hairstyle a little bit ... I absolutely did the combover thing for as long as I could."

Dyck's alopecia didn't just stop with the hair on the top of her head. She also lost her eyebrows, eyelashes, arm hair—all the hair on the rest of her body.

She takes an optimistic stance on some that loss—she never again has to worry about shaving her legs—but has also found herself having to deal with some unexpected challenges.

"I'm a seasonal allergy sufferer and my main symptom is itchy eyes," she shares, explaining she has worked with an allergist for years to control that. Last fall her allergies hit her like they never had before. "I was ready to scratch out my eyeballs, they were so itchy."

Turns out, the lack of eyelashes and nose hair were making it easier for allergens to get into her system and wreak havoc.

"Those are the body's filtration systems, and when that's gone ..."

There was an emotional toll as well.

"It's so distressing and it's so isolating," Dyck says. "Emotionally, it is so, so hard because our hair is really part of our identity. It's not a part that keeps us alive, like our organs, but it's a big part of who we are."

"At one point, I stopped by a cosmetic counter and I said, 'Okay, help me' because I had no eyebrows, no eyelashes and I just felt like I was disappearing."

A little makeup helped a lot.

"It's amazing the difference it makes to just draw on some eyebrows," Dyck says, adding that her husband, upon seeing her for the first time with painted-on eyebrows, joked, "You don't look nearly as bald."

She laughs at the memory. "Of course, I'm still very, very bald, but it did help."

One thing Dyck has decided she will not do is wear a wig.

"I chose not to go the wig route for a couple of reasons. One, everything I've read about them says they can be uncomfortable. Itchy and hot. Life is just too short to be that uncomfortable."

"The other thing is I just want to try to be my authentic self. Right now that means that I'm bald. And I'm actually kind of okay with that. I have come to a point of acceptance with it."

"It's just how I am right now and I keep balancing that out with the fact that I'm otherwise healthy," Dyck says. "And, truthfully, it's incredibly comfortable and freeing not to have hair. I mean, if you have

to look for a silver lining in all this, there are a few."

She may never have a bad hair day again, she quips. And it certainly makes for a cooler dome on hot summer days (though sun block has become more important than ever).

It's been a process to get to the point where she can joke and laugh about her condition. A big part of that was simply time—getting used to the new look that greeted her in the mirror every day—as well as learning to lean on friends and family for support.

The community at Emerado Centennial School in Winkler has been phenomenally supportive, Dyck says. She works in the middle school's front office, greeting visitors and students alike every day.

"I was so self-conscious and so uncomfortable" at the start of the 2021-2022 school year, she recalls. She had left the school that past June with a full head of hair, and was returning completely bald.

Before the first week of classes, she sent out a mass email to her colleagues explaining a bit about her situation.

"I work with a terrific bunch of people and I knew there was going to be concern, so I wanted to put it out there before. It was really empowering."

What she didn't do, at least initially, was share her story with the students.

"Kids are amazingly perceptive and also amazingly oblivious, all at the same time. It's a real gift," Dyck says, noting it wasn't until late November that the first student asked her—fittingly, during a Spirit Week day where everyone was allowed to wear hats to school—why she wore a head covering every day.

It was a question she had been bracing for and for which she had rehearsed the answer, laying out in kid-friendly terms what alopecia was and how it had impacted her.

The student's response was simple: relief that Dyck didn't have cancer—clearly the student body had come to their own conclusions about the reason behind Dyck's newly bald head.

A few weeks later, Dyck recorded a video that was shown in all homeroom classrooms explaining a bit about her condition to dispel any rumours.

"That was really cool because it gave the kids permission to come talk to me about it, if they wanted," she says. "The best response was a young student who came into the office and told me, 'Mrs. Dyck, I'm so sorry your hair left you!'"

"I've chosen to be open about it. I never wanted to be a poster child for anything in my life. And yet, when you have this kind of opportunity—these are my life circumstances."

She hopes that by sharing her story she can help others who might find themselves dealing with this or another challenging medical condition.

"It's exactly what I told my students in the video: we're all going to do hard things in life. My hard thing might be the same as yours. It might be something different. But when we're faced with hard things we need to find people we trust and talk about it. We need to reach out for support. And when we give people an opportunity to support us, people are incredible."

For her situation specifically, Dyck has found additional support online.

"I found organizations like the Canadian Alopecia Areata Foundation (CANAAF) and their support

## 101 years young



SUBMITTED PHOTO

Over 100 friends and family from across the nation gathered to celebrate Hazel Windsor's 101st birthday on Sept. 10 with a come and go tea and a supper at the CE Building in Manitou. The celebration showcased Windsor's love for butterflies through the hall decorations and trimming on her birthday cupcakes. Windsor expressed her gratitude for the party, all her friends, her health, and blessings throughout her life.

groups. There are virtual support groups, support communities on social media sites; that's all been a huge source of information."

She urges anyone who finds themselves on a similar kind of medical journey not to be afraid to reach out to the support groups that exist. Being able to share one's experience with someone who's going through the same thing is invaluable.

"Any burden that's shared is lighter," Dyck says.

She also hopes anyone reading her story will give some thought to how they react when they encounter someone who is clearly dealing with a challenge in their life.

"It can be startling. It can be a little surprising to meet a woman who doesn't have hair," she acknowledges.

"Now that I'm this far into it, I'm much more comfortable talking about it. And I have no problem with somebody saying, 'Hey, what's going on? Are you okay?'" Earlier on I would have found that a little more difficult."

Just be kind, she urges. Don't point or whisper. And do not ask to touch her bald head, Dyck adds, laughing.

"Genuine kindness is what we all want to receive and what we should extend to everyone."

Since shaving her head last year, Dyck has seen some peach fuzz coming up on her scalp and other parts of her body. But there's no way to know whether more hair will return or not.

Whatever happens, she's working to be at peace with it.

"It'll be what it'll be. I'd love for it to come back, and it might ... anything could happen."



# sports & recreation

## Flyers win first two

By Ashleigh Viveiros

The Winkler Flyers are off to a fine start, winning their first two games of the Manitoba Junior Hockey League 2022-2023 season last weekend.

Their season-opener playing the Freeze in Winnipeg ended in a 5-3 victory, with goals coming in from Brody Beauchemin, Zach Nicolas, Sully Ross, and two from Dalton Andrew.

Beauchemin and Andrew drew first blood in the second half of the opening frame.

Two more unanswered goals from Nicolas and Ross in the first 10 minutes of the second had Winkler firmly in the lead 4-0 before the Freeze managed to find the back of the net, scoring twice in quick succession. Andrew's second of the night a few minutes later made it 5-2 heading into the final period.

There, the Freeze managed one more while Winkler's 21 shots on goal failed to hit their mark.

Overall, the Flyers outshot Winnipeg 55-20. Malachi Klassen went the distance in net, making 17 saves.

Winkler won their next game the next night by a much wider margin, dropping the visiting Winnipeg Blues 7-2 Saturday.

The Blues' two goals both came in the game's final 10 minutes, while Winkler's offensive lines fired home three in the first, one in the second, and three more in the third period.

Mike Svenson led the way with a four-goal night. Contributing singles were Beauchemin, Dayton Kiesman, and Jayce Legaarden.

Klassen was back in net for Winkler, making 27 saves off 29 shots. His teammates sent 37 back across the ice.

The wins came after a pre-season that saw Winkler split a pair of games with the Steinbach Pistons (losing game one 4-2 and then trouncing them 6-0) and then lose both matches against the Selkirk Steelers (by scores of 4-3 and 2-1).

Pre-season struggles aside, head coach and general manager Justin Falk is feeling pretty good about where the team is at this fall.



**PHOTOS BY RICK HIEBERT/VOICE**  
Winkler Flyers goalie Malachi Klassen keeps an eye on the puck (in circle) Saturday night at the team's home opener. Klassen's skills in net helped the Flyers win their season opener 5-3 against the Freeze Friday and then beat the visiting Blues 7-2 the next night. Right: Flyers forward Nicholas McKee celebrates Winkler's second goal of the game, scored by Mike Svenson.

"It was a great start to the season," he said on Monday. "I really liked how the guys showed up to camp and battled hard through the week and a half of training camp and pre-season."

"Obviously we don't evaluate wins and losses as closely in pre-season, as we're looking at growing and building our detail and the strength of our group together," he noted. "I liked how that translated to the start of the season."

The Flyers' roster continues to take shape.

"There's still lots of moving parts going on through pre-season and even in the first handful of weeks to a month of the start of the regular season," Falk said. "There's guys still looking to make impressions through-

Continued on page 20





# Twisters open pre-season with a win over Jets



By Lorne Stelmach

The Pembina Valley Twisters started off on a winning note Friday with the first of three pre-season games against the Stonewall Jets.

The Twisters broke open a game that had been deadlocked 2-2 after 40 minutes by firing home five goals to earn the 7-3 victory in Stonewall.

**PHOTO BY LANA MEIER/VOICE**  
Pembina Valley's goaltender Gabe Mondry had 36 saves and three goals against him Friday night in Stonewall.

Anthony Lehmann, Slade Southeran and Luke Van De Velde all scored a pair for Pembina Valley with the other goal coming from Joel Vigier.

Stonewall had a 39-37 edge in shots but Gabe Mondry made 36 saves in net for Pembina Valley.

The Twisters will take on the Jets twice more this weekend, with games Friday and Saturday. The two teams will then be quite familiar with each other for the regular season opener next week Friday, Sept. 30, in Stonewall. The Twisters then have their home opener Oct. 6 against St. James.

## Hawks 0-1-3 at Calgary Firestarter tournament

Regular season starts with game against Interlake next week

By Lorne Stelmach

The female U18 Pembina Valley Hawks were put to the test this past week against some tough competition at a tournament in Calgary.

The Hawks came away from the Firestarter female U18 hockey tournament with a tie and three losses.

Emma Durand had the lone goal for the Hawks in their opener last Thursday as they battled the Notre Dame Hounds to a 1-1 tie.

Later that same day, Pembina Valley was doubled up 4-2 by the Southern Alberta Hockey Academy. Erica Fijala and Zenith Vanstone scored for

the Hawks while Kasia Rakowski stopped 32 of 36 shots on goal. Pembina Valley only managed 18 shots on goal.

Friday then saw Pembina Valley keep it close against Lloydminster but in the end were edged 3-2 by the Steelers. Ava Dalebozik and Mya

Pearce scored for the Hawks, and Kaylee Franz stopped 25 of 27 shots on goal with Pembina Valley managing 27 shots on goal.

In their final game Saturday, the Hawks were edged 1-0 by the Thompson Okanagan Lakers on Saturday. Hawks goaltender Kasia Rakowski

made 26 saves, while Pembina Valley was blanked on 22 shots.

Pembina Valley hosts Yellowhead for a pre-season game this Sunday then kick off the regular season with a pair of home games. The Hawks welcome Interlake Oct. 1 then Central Plains Oct. 2.

## Male Hawks fall to Thistles

By Lorne Stelmach

A penalty-filled affair saw the male U18 Pembina Valley Hawks fall 7-4 to the Kenora Thistles in their pre-season opener Sunday.

The Hawks trailed 1-0 and 4-3 at the intermissions before giving up three more goals in the final frame.

Pembina Valley and Kenora both took 12 penalties in the game, and it

led to the Hawks connecting on two power plays and Kenora scoring three times with the man advantage.

Liam Goertzen had a hat trick and a four point night for the Hawks while Sebastian Hicks had a goal and a pair of assists.

Shots on goal were 38-25 in favor of Kenora with the Thistles firing 23 shots in the third period alone. Splitting the goaltending duties for

the Hawks were Cam Perrier, who stopped 20 of 25 shots, and Bryson Yaschyshyn, who stopped 11 of 13.

The Hawks were hosting a second pre-season game Thursday with the Central Plains Capitals coming to Morden, and Pembina Valley then kicks off the regular season schedule against the defending champion Wild Sept. 30 in Winnipeg.

### > FLYERS, FROM PG. 19

out this process as we continue to evaluate our group here. But I like the direction we're trending."

This week, Winkler hosts the Niverville Titans Wednesday night and then travels to play in Niverville Friday. On Saturday, the Flyers host OCN. The puck drops for both home games at 7 p.m.

## Winkler Storm lose to Lucania 2-0

By Voice staff

The Winkler Storm dropped a 2-0 decision against Lucania FC last week in their second-last game of the regular season.

With that, the Storm are in sixth place

in the seven-team Premier Division of the Manitoba Major Soccer League with a record of 3-12-2. They're ahead of the last-place Luso Canadian CCS by one point.

Leading the league is Hellas SC in first place (12-2-1), FC Winnipeg Li-

ons in second (9-4-2), and Lucania in third (8-5-2).

Winkler has one final game on their schedule: a match against Hellas SC in Winnipeg this week Wednesday.

*The* **Voice**

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# Denim and Dust sees highest number of barrel racers this season

By Becca Myskiw

There are more barrel riders than ever, thanks to the Denim and Dust series.

This summer was the third year of Carman's weekly barrel racing series. Denim and Dust started July 5 and went to Aug. 20, when the whole Saturday was dedicated to the series' finals.

This season was different compared to the last two. In past years, barrel racers competed in a 115 x 185-foot size ring. But this year, a group of volunteers created a new, bigger arena with tilled ground and fences. The new competition grounds measure 150 x 250-feet.

Also added this year was a second competition ring for the PeeWee racers. Because there were so many new faces and children trying out the sport of barrel racing, each Tuesday evening took longer than expected to get through the age groups. So, organizer Carlene Reimer had the PeeWee barrel racers in two arenas so the event would go by quicker, finishing the youth and the open classes before nightfall.

"There are lots of kids getting into the sport," said Reimer. "It's great to see."

Denim and Dust Barrel Racing Series also had a second jackpot each night that was Manitoba Barrel Racing Association (MBRA) sanctioned. It gave people who race in Carman the opportunity to



SUBMITTED PHOTO

This Denim and Dust season was one with the most riders yet.

qualify for the MBRA finals in Brandon later this year as long as Denim & Dust had five sanctioned runs for them to be eligible in — they had seven.

"It went extremely well," said Reimer. "We ended up just having mass amounts of people, which is fantastic."

About 75 per cent of the total number of barrel racers also competed to get in the MBRA sanctioned event in Brandon. This year, the greatest number of barrel racers for one day was 156 — more than Reimer's ever had.

"The atmosphere's super positive at all times there," said Reimer. "It doesn't matter where you're starting, everyone's welcoming."

And with more and more people coming to Carman for barrel racing this summer, the town's economy had a bit of a boost. Reimer noted that one family camped during the week at the campground and had the children sign up for swimming lessons in town.

Reimer and the team behind the Denim and Dust Barrel Racing Series are working on sponsorship letters for next year and adding a few more new things.

## Miami Ag Soc. fundraising for new rodeo ring

### Aiming for \$46,000 in donations

By Becca Myskiw

The Miami Agricultural Society will now have its own rodeo ring to host a number of events in the future.

For the past 25 years, Miami has rented panels annually to create the rodeo arena many have seen and competed in. Every year, they hold a Heartland Rodeo Association event during the annual fair, and in the past they've hosted other events like mounted shooting, team penning, barrel racing, and more. The Miami Agricultural Society is also hosting the Manitoba High School Rodeo this year.

Heather Turner, secretary for the organization, said they're excited to have their panels create their rodeo arena. They decided to purchase

their own because they wanted the freedom to be able to put on more events at their ag grounds.

"Our new rodeo arena will have the ability to be dismantled and moved

Continued on page 22



## ANNUAL PUBLIC MEETING

WEDNESDAY, OCTOBER 12, 2022

7:00 P.M. TO 8:00 P.M.

Join us virtually to learn more about Manitoba's newest Crown corporation dedicated to energy efficiency.

REGISTER NOW AT  
efficiencyMB.ca/publicmeeting



## Share your views

### Building a Plan with Manitoba Seniors

The Manitoba government is developing a Manitoba Seniors Strategy and is looking for input from the general public, seniors, family members and caregivers, and people working with, or providing services to seniors.

This is the second in a series of consultations through EngageMB. This survey focuses on the future: ideal states and priorities.

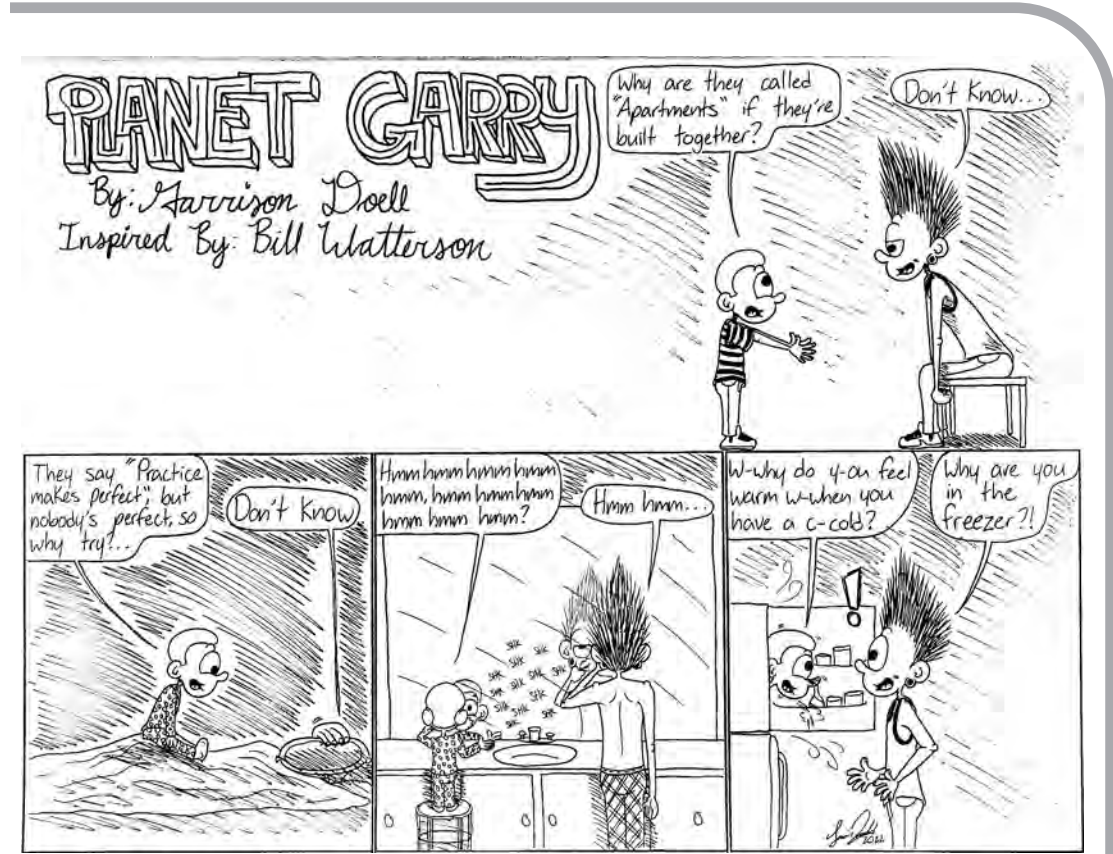
Visit EngageMB today, provide your input, and help Manitoba become the ideal place to age in Canada.

[www.EngageMB.ca](http://www.EngageMB.ca)

Engage MB







**take** *a break*  
≥ GAMES

# SUDOKU

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

## 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!

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

## Sudoku Answer

[illegible]

### Crossword Answer



# CROSSWORD

### CLUES ACROSS

1. Fall down
5. Gas usage measurement
8. Golf score
11. A superior grade of black tea
13. Wrath
14. Eating house
15. Delay leaving a place
16. People now inhabiting Myanmar
17. Canadian flyers
18. Walks back and forth
20. Frequently
21. Humans have two
22. Surrounds with armed forces
25. Made proper
30. Medical buildings
31. Patty Hearst's captors
32. Hits with a drop shot
33. Italy's PM 1919-20
38. Promotions
41. En \_\_: incidentally
43. Queens baseball team
45. Commoner
47. Expenses in insurance world (abbr.)
49. Payroll firm
50. Broadway actress Daisy
55. Skipper butterflies
56. Hint
57. Daniel \_\_, French composer
59. English children's author Blyton
60. Midway between east and southeast
61. Spiritual leader of a Jewish congregation
62. Patriotic women's group
63. The woman
64. Tall, slender-leaved plant

### CLUES DOWN

1. Parts per thousand (abbr.)
2. Jump
3. Eaten as a vegetable
4. Residual paresis after

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				

- anesthesia  
5. Brunchtime staple  
6. Makes money off of  
7. Refined  
8. Nocturnal S. American rodents  
9. From a distance  
10. Officials  
12. It helps you see  
14. Central Canadian indigenous person  
19. Invests in little enterprises  
23. They help in tough situations  
24. Industrial port in Poland  
25. Type of screen  
26. Peyton's little brother  
27. Alcoholic beverage  
28. Newspapers need it  
29. Herbal tea  
34. Distinctive practice  
35. Exercise system \_\_-bo  
36. Explosive  
37. Belonging to a thing  
39. Presidential candidates engage in them  
40. Of the Swedes  
41. Meadow-grass  
42. "Rule, Britannia" composer  
44. Hooray!  
45. Greek city  
46. One way to do it by example  
47. Imitated  
48. "Game of Thrones" actress Headey  
51. Swiss river  
52. Drought-resistant plant  
53. A French abbot  
54. One point east of northeast  
58. Get free of

> RODEO RING, FROM PG. 21

so we are able to have other events in front of our grandstands," she said.

The project has left the ag society with a fundraising goal of \$46,000. To meet it, they're holding a "Buy a Panel" fundraiser, where people can purchase a panel for \$200.

So far, the group has raised \$6,000 for their cause, leaving \$40,000 yet to be raised. They started the "Buy a Panel" fundraiser in June and will do it as long as they can to raise as much money as they can.

"We have amazing community support in Miami and surrounding area," said Turner. "We are supported in our mission to put on fun family events and continue to promote agriculture in our community."

To support the organization and their new rodeo ring, contact the rural municipality (RM) of Thompson at (204) 435-2114. People can pay by cheque, cash or e-transfer.

The new rodeo arena will be debuted at the high school rodeo in Miami on Sept. 24 and 25, both days starting at 10 a.m.

**"WE HAVE AMAZING  
COMMUNITY SUPPORT IN  
MIAMI AND SURROUNDING  
AREA."**



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*The Voice*  
Call 204-467-5836

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Antique tractor for sale - 1953 McCormick Standard Super W4. \$3200. Ph 204-322-5735.

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## NOTICES

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

## NOTICES

Advertise NOW in the 32 Weekly Manitoba Community Newspapers to get your messaging out now and be seen all over the province! Hiring? Selling something? Have an on-line store? Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. [www.mcna.com](http://www.mcna.com)

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- Carbon Monoxide Leaks
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## MANITOBA COIN CLUB'S Fall, Coin, Stamp & Collectibles Show

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treasurer@  
[manitobacoinclub.org](http://manitobacoinclub.org)

Come with paper,  
leave with gold.

## PUBLIC NOTICE

## CITY OF MORDEN

### PUBLIC NOTICE - BOARD OF REVISION 2023 REAL, PERSONAL AND BUSINESS ASSESSMENT ROLLS

**PUBLIC NOTICE** is hereby given that the 2023 assessment roll for the City of Morden has been delivered to the Municipal Office at 195 Stephen Street, Morden, Manitoba and is open to public inspection during regular business hours. Applications for revision may be made in accordance with sections 42 and 43 of the Assessment Act:

#### APPLICATION FOR REVISION

A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to:

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under subsection 13(2).

#### APPLICATION REQUIREMENTS

##### 43(1) An application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- state the grounds on which the application is based; and
- be filed by:
  - delivering it or causing it to be delivered to the office indicated in the Public Notice given under subsection 41(2), or
  - serving it upon the Secretary,

at least fifteen (15) days before the scheduled sitting date of the Board of indicated in the Public Notice.

The Board of Revision will sit on **Monday, October 24, 2022 at 7:00 P.M.** in the Council Chambers of the City of Morden to hear applications.

The **final date** on which the Secretary of the Board may receive applications is **Tuesday, October 11, 2022 by 4:30 p.m. local time.**

Dated at Morden, in Manitoba, this 13th day of September, A.D. 2022.

**Michelle Braun, Secretary**  
**Board of Revision**  
**City of Morden**  
**100 - 195 Stephen Street**  
**Morden, Manitoba**  
**R6M 1V3**

*Morden*

## CELEBRATE THE SPECIAL MOMENTS!

*Don't forget to send your special wishes to your friends and family.*

## LAND TENDER

### LAND FOR SALE BY TENDER

Completed Tenders and a \$10,000.00 per parcel deposit of the Tender Price are invited to be received up to 12:00 PM (noon) on September 28, 2022 (the "deadline") on the property described below, which Tenders and Deposits shall be received at:

#### PKF Lawyers,

326 Stephen Street, Morden MB R6M 1T5  
Attn: Stéphane Warnock / Kaitlyn Sutherland  
Ph: 204-822-4463

#### Property for sale (Any of the following):

- THE NE 1/4 OF SECTION 23-2-6 WPM  
EXC THE ELY 375 FEET PERP OF THE NLY 680 FEET PERP  
CT #3201624/4 154.15 acres
- THE ELY 1320 FEET PERP OF THE  
SE 1/4 OF SECTION 23-2-6 WPM 80 acres  
CT #3201636/4 (East 80)
- THE SE 1/4 OF SECTION 23-2-6 WPM 80 acres  
EXC THE ELY 1320 FEET PERP (West 80)  
CT #3201639/4

#### (the "Land")

-Located in the Rural Municipality of Stanley  
-Contact PKF Lawyers for details, information package and map.  
Parcels are being tendered together or separately

#### Conditions of Tender

- Financing must be pre-approved.
- Tenders to be in the form prepared by PKF Lawyers. To obtain tender form or more info, contact Kaitlyn Sutherland @ PKF Lawyers.
- Each Tender must be accompanied by a certified cheque, payable to PKF Lawyers (in trust), in the amount of \$10,000.00 per parcel. Deposits of tenders not accepted will be returned to the tenderers.
- Highest Tender or any Tender will not necessarily be accepted.
- The Possession date and the due date of the balance of Tender Price shall be October 21, 2022.
- The maker of any Tender relies entirely upon his/her personal inspection and knowledge of the Land, independent of the representations made by the vendor or the solicitor and agent of the vendor. The Land will be sold "as is" and the bidder is solely responsible to determine the value and condition of the Land, Land quality, Land use, environmental condition and any other information pertaining to the Land.

## PUBLIC NOTICE



**BOUNDARY TRAILS HEALTH CENTRE FOUNDATION**  
**ANNUAL GENERAL MEETING**  
**Monday, September 26, 7:00 p.m.**  
**In the Multi-Purpose Rooms**  
**At the Boundary Trails Health Centre. Financial Year-End**  
**Statements will be available at the meeting and online.**

Due to COVID restrictions, space is limited.  
If you would like to attend, please contact the office to confirm a spot.

204-331-8808 ext2 or [office@bthcfoundation.com](mailto:office@bthcfoundation.com)  
You will be required to wear a mask in the facility that will be provided to you upon screened entry.

## NOTICE TO CREDITORS

### NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF:  
ELISABETH FRIESEN, late of the Town of Plum Coulee, in Manitoba, deceased

ALL CLAIMS against the above Estate, duly verified by Statutory Declaration, must be sent to the undersigned at 387 Broadway, Winnipeg, Manitoba R3C 0V5 on or before the 25th day of November, 2022, after which date the Estate will be distributed having regard only to claims of which the Executrix then has notice.

DATED at Winnipeg, in Manitoba, this 22nd day of September, 2022.

BD Oakes Jardine Kaneski Unruh LLP  
Attention: Cory A.M. Tokar  
Solicitor for the Estate



## CAREERS

### TABOR HOME INC. IS HIRING:

#### Director of Resident Care

Type of Position: Registered Nurse / RPN  
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Please email your resume and Tabor Home application to [info@taborhome.ca](mailto:info@taborhome.ca) or mail to:

**TABOR HOME INC.**

Attention: CEO

450 Loren Drive, Morden, MB R6M 0E2

Please visit our website at [www.taborhome.ca](http://www.taborhome.ca) for a detailed listing of the other available positions such as

Health Care Aides, LPN's, RN's, RPN's,

Visitation Hosts, Recreation and Dietary Aides,

Cooks and Housekeeping.

You will also find details on qualifications, documentation required, how to apply and access to the Tabor Home application form.

## MORTGAGE SALE

### MORTGAGE SALE ADVERTISEMENT

The land and building known as 353 Kerby Avenue, Miami, Manitoba, as described in Certificate of Title No. 2815405/4 will be sold at auction on Wednesday, the 19th day of October, 2022, at 11:00 a.m. The auction sale will be held by way of video or teleconference. There will be no in-person attendees at the auction.

**In order to participate in the auction sale, you must pre-register at least 24 hours prior to the auction by contacting Sonia at 204-957-6437 or by email at [sruppel@ltglc.ca](mailto:sruppel@ltglc.ca).**

The Vendor is informed that there is situated on the property a single family 2 1/2 story residence of approximately 2,048 square feet with 4 bedrooms, 2 bathrooms, living room, dining room, kitchen, den, partial unfinished basement and a double detached garage.

**TERMS:** Deposit of \$8,000.00 by certified cheque, bank/credit union draft or solicitor's trust cheque to Levene Tadman Golub Law Corporation, or cash (the cash component of the deposit not to exceed \$7,500.00) to be provided within 24 hours of the date and time of auction and the balance in accordance with the conditions to be announced at sale.

The Property is sold subject to a RESERVE BID of \$49,143.66 plus such other additional and incidental costs which may be incurred by the Lender from the 13th day of September, 2022 to the date of auction and which costs will be announced prior to the commencement of the Sale.

Property Taxes are paid to December 31, 2022.

Purchaser to be responsible for payment of any outstanding water accounts owing by the Mortgagor.

Property is subject to Nil.

The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: [www.teranetmanitoba.ca](http://www.teranetmanitoba.ca)

**Further information and copies of Conditions of Sale may be obtained from:**

**LEVEVE TADMAN GOLUB LAW CORPORATION**  
Barristers & Solicitors  
700 - 330 St. Mary Avenue  
Winnipeg, MB. R3C 3Z5  
Attention: Mara Koven-Lapointe/Sonia  
File No. 120817  
Phone No. 957-6437

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Drop off your resume at the office. Email to [office@derksengroup.mb.ca](mailto:office@derksengroup.mb.ca) PH 204-324-5564

## FARMLAND TENDER

### FARMLAND FOR SALE BY TENDER MUNICIPALITY of RHINELAND

Title #	Legal Description	Total Acres
1189432/1 & 1237327/1	N 1/2 of SW 1/4 21-1-1 EPM	80
1189280/1 & 1894035/1	S 1/2 of SW 1/4 21-1-1 EPM	80

When submitting an offer, please note:

1. The highest, or any, offer will not necessarily be accepted.
2. Title Nos. 1189432/1 & 1237327/1 will be sold together.
3. Title Nos. 1189280/1 & 1894035/1 will be sold together.
4. Offers may be for either or both sets of parcels.
5. The date of closing and possession will be November 1, 2022.
6. The date of adjustments will be January 1, 2023.
7. You must provide a certified check or bank draft in the amount of \$10,000.00 payable to Cole & Mace Law Office. The cheques accompanying unsuccessful tenders will be returned.
8. You must rely on your own research of the property.
9. Tenders are binding upon acceptance and not subject to any conditions precedent.
10. Tenders may only be submitted in the form provided by Cole & Mace Law Office; a form of tender may be requested from Cole & Mace Law Office in person at the address below, or by emailing: [adam@colemacelaw.com](mailto:adam@colemacelaw.com).
11. The Vendor will be responsible for the taxes on the property up to the date of adjustments.
12. The Purchaser will be required to pay GST unless the Purchaser is registered for GST and agrees to self-assess.
13. Title to the land will be transferred free and clear of all encumbrances and liens, excepting for Caveat No. 2754301/1.

**Signed and sealed Tenders will be received up to 12:00 noon on October 11, 2022 at:**

**Cole & Mace Law Office**  
26 Centre Ave. East, Box 2039, Altona, Manitoba, R0G 0B0  
Attn: Adam Mace

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## TENDER

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The Winkler Morden Voice

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## CAREERS



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Seeking applications for

### STORE MANAGER

To apply:

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10 Main St. and return in person

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**Applications being accepted until Oct. 25.**  
**204-324-8323. Ask for Corny Fehr**

## SNOW REMOVAL TENDER

### TENDERS FOR SNOW REMOVAL

BORDER LAND SCHOOL DIVISION  
Life Long Learning

**Border Land School Division Invites Tenders for Snow Removal  
at the Following Locations for the 2022-2023 School Year**

1. Gretna Elementary School
2. Rosenfeld Elementary School
3. W.C. Miller Collegiate, École Parkside School, École West Park School, École Elmwood School and the Administration Office in Altona
4. Roseau Valley School in Dominion City
5. Administration/Transportation Office in Dominion City
6. Shevchenko School in Vita

All driveways and parking lots must be cleaned by 8 a.m., Monday-Friday. Please include type of machine, truck/machine sizes and hourly rates. Lowest or any tender may not necessarily be accepted.

**Tender Deadline is 1:00 PM on Friday, October 7, 2022**

Address All Submissions to:

Border Land School Division

**Attention: Barry Friesen, Maintenance Manager**

120 – 9th St. NW Altona, MB ROG OB1

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Phone: 204-324-9536

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Sealed tenders in writing will be received for the purchase of all or any of the following two parcels:

Parcel 1:

NW 1/4 4-4-10 WPM  
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Parcel 2:

N 1/2 16-4-10 WPM (in and adjacent to the  
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residence and 624 sq ft attached garage)  
(320 acres)

#### Terms and Conditions of Tender and Sale:

1. Offer shall be submitted with a cheque payable to "Treble Gie LLP Trust" in the amount of \$10,000.00 as a deposit. Deposit cheques with unaccepted offers will be returned.
2. If an offer is accepted, the party submitting it will be notified of this acceptance and will be required to pay a deposit of ten percent (10%) of the accepted offer (purchase price) within ten (10) days of acceptance of the offer.
3. If an offer is accepted, the deposit will be held in trust and credited to the Vendor on the Possession Date as part of the purchase price.
4. Possession Date: December 1, 2022.
5. Property taxes adjusted as of January 1, 2023.
6. If the balance of the purchase price is not paid by the Possession Date, or other satisfactory arrangements are not in place, the deposit shall be forfeited to the Vendor as liquidated damages and not as a penalty.
7. If part of the purchase price is to be paid from the proceeds of a new mortgage, payment of that amount may be delayed by the time required for registration of the mortgage to be completed by the Land Titles Office and reported to the mortgagee and, if so, that amount shall bear interest payable to the Vendor at the same rate as the new mortgage until paid.
8. The Purchaser shall be responsible for payment of the GST on the Purchase Price or shall self-assess the GST.
9. The Purchaser relies entirely upon its own personal inspection and knowledge of the property independent of any representation made by or on behalf of the Vendor.
10. Offers for more than one parcel must show a separate price for each parcel.
11. Highest or any offer not necessarily accepted.

#### Please submit tenders

(placed in a sealed envelope marked "TENDER – October 20, 2022")  
to TREBLE GIE LLP, 115 Broadway St. S., P.O. Box 10,  
Crystal City, Manitoba R0K 0N0 before 3:00 p.m. October 20, 2022.

#### For more information contact:

Doug Treble at (204) 873-2427

Email: doug@treblelaw.com



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## CARD OF THANKS

THANK YOU  
101 - I had FUN!

Many thanks to friends and family for making my birthday celebrations extra special with your attendance, butterfly note good wishes, stories and blessings. Your generous donations of \$489.00 to PMHC Palliative Care are very much appreciated. Thank you

## COMING EVENTS

**GRACE VALLEY MENNONITE ACADEMY**  
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Meal  
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**SEPTEMBER 22, 6 PM CLOSING, TIMED ONLINE AUCTION FOR SHERRY PLETT. ACREAGE, SHOP TOOLS, CATTLE EQUIPMENT, HOUSEHOLD, ETC.**



Large auction, features John Deere 2130 tractor, cab, 3pth, 143 loader, unused 36 in culverts, snowmobile, Ford Tractor 8N, Antique plow, cultivator, etc. Very good yard equipment including Ag Fan grass / leaf catcher with dump and self-contained fan blower, Cutting torch, lots of Name brand oil by the cases, in liter bottles, older vehicles {parts or scrap}. Inspection will be Sept 14 from 4 pm to 6 pm at the acreage, from west Morden, 3 miles west on Hwy 3 then one mile north on road 32 w and ¼ mile west on mile 14 north. **SEE LISTING AND BID online at [www.billklassen.com/nextlot](http://www.billklassen.com/nextlot)**  
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## IN MEMORIAM



**Diane V. Penner**  
August 7, 1958 - September 20, 2017  
Five years have passed  
From sunrise to sunset,  
Every moment would have  
Been more wonderful  
If you were with us today.  
Your memories will  
Never be forgotten  
Missing you Mom!

-Love your children  
Charity, Carla, Courtney, Cindy,  
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## DEVOTION

### Devotion

If you do not know  
Jesus before you die,  
Heaven will not be  
your home.

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## OBITUARY

**Charles M. Parent**

**June 17, 1937 – August 28, 2022**

Charles Maurice Parent, late of Morden, Manitoba passed away peacefully at Boundary Trails Health Centre on Sunday, August 28, 2022 at the age of 85 years.

Charles is survived by his children, Greg (Sheri) of Winnipeg, Monica Penner of Brandon, Glen (Nicole) of Calgary, Marc of Winkler and Michael of Austin, Texas; four grandchildren and one great-grandchild; his siblings, Alice Smythe, Denise McKenzie, Lorraine Benisz and Gerard Parent; as well as numerous nieces and nephews.

He was predeceased by Irene, his loving wife of 50 years; parents, Helena and Hermenegilde Parent; his siblings, Therese Dolyn, Norbert Parent, Vivian Desaulniers and Arthur Parent.

A memorial service will be held at 11:00 a.m. on Saturday, September 24, 2022 at Wiebe Funeral Chapel, 1050 Thornhill Street in Morden, with Pastor Michael McGregor officiating. All are welcome to join Charles's family for the service and for the ash interment at the Chapel Columbarium followed by a reception and light lunch at the Chapel.

In lieu of flowers, those wishing to make donations in honour of Charles's memory may do so to Faith Christian Fellowship Benevolent Fund: Faith Christian Fellowship, 940 Thornhill Street, Morden MB, R6M 1J9, [www.fcfchurch.ca/giving](http://www.fcfchurch.ca/giving), 204-822-4219, [office@fcfchurch.ca](mailto:office@fcfchurch.ca).

"In My Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with Me that you also may be where I am." John 14: v2, 3.

Wiebe Funeral Chapel, Morden  
In care of arrangements  
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# get inspired

> MEAL IDEAS



## Mexican Street Corn Bowls with Grilled Chicken

Prep time: 20 minutes  
Cook time: 8 minutes  
Servings: 4  
1 cup dry instant brown rice  
1 1/4 pounds boneless, skinless chicken breasts  
2 large ears fresh corn, silks and husks removed  
1 1/2 tablespoons olive oil  
3/4 teaspoon kosher salt  
1/2 teaspoon ground black pepper  
3 Dole Limes, juice only (about 3 tablespoons), divided  
2 tablespoons chopped fresh cilantro  
1/4 teaspoon smoked paprika  
2 tablespoons grated Parmesan cheese  
1 package (12.9 ounces) DOLE® Chopped Chipotle & Cheddar Kit  
1 Dole Avocado, peeled, pitted and thinly sliced  
1 cup chopped Dole Pineapple

Prepare grill for direct grilling over medium-high heat. Prepare rice according to package instructions.

Brush all sides of chicken and corn with oil; sprinkle with salt and pepper. Place chicken and corn on hot grill rack; cover and cook 8 minutes, or until grill marks appear and internal temperature of chicken reaches 165 F, turning chicken once and corn frequently. Transfer chicken and corn to cutting board; let stand 5 minutes. Cut corn kernels from cobs into medium bowl. Slice chicken 1/4-inch thick crosswise.

Add 1 tablespoon lime juice, cilantro and paprika to corn; toss and fold in Parmesan cheese. In small bowl, whisk dressing from salad kit and remaining lime juice.

Serve rice in bowls topped with avocado, pineapple, chicken, corn mixture and remaining contents of salad kit drizzled with dressing mixture.



## Brulee Pumpkin Pie

To make pie crust: Preheat oven to 350 F. In bowl of food processor, add flour, sugar and salt; pulse to combine. Add cold plant butter and shortening. Process about 10 seconds until it looks like coarse meal.

With food processor running, add ice water. Process until mixture clumps together. On lightly floured surface, roll dough into 14-inch circle. Transfer to 9-inch pie dish. Lift edges and allow dough to drape into dish. Trim, leaving 1-inch overhang. Fold excess dough under and crimp edges.

To make pumpkin filling: In medium saucepan over medium heat, add syrup and vanilla; warm about 2 minutes then remove from heat and set aside.

In large bowl, combine syrup mixture, pumpkin, coconut cream, plant cream, brown sugar, cinnamon, ginger, nutmeg, clove, salt and cornstarch; blend with hand mixer until smooth. Pour mixture into pie crust.

Bake 1 hour. If crust starts to burn, cover edges with aluminum foil. The middle will still be jiggly.

Cool at room temperature 30 minutes then cover and transfer to refrigerator to chill at least 5 hours or overnight.

Before serving, sprinkle pie with white sugar and, using kitchen torch, brelee until sugar is melted and dark brown.

To make whipped topping: Using electric hand mixer or stand mixer, whisk plant cream, powdered sugar and vanilla on high until mixture thickens and stiff peaks form.

Slice and serve with whipped topping.

Prep time: 45 minutes  
Cook time: 1 hour  
Servings: 8  
Pie Crust:  
1 1/2 cups all-purpose flour  
1 teaspoon sugar  
1/4 teaspoon salt  
8 tablespoons Country Crock Plant Butter, cold and cut into cubes  
2 tablespoons chilled vegetable shortening, cut into pieces  
4 tablespoons ice water  
Pumpkin Filling:  
1/2 cup maple syrup  
1 tablespoon vanilla  
1 can (15 ounces) pumpkin puree  
1/4 cup coconut cream  
1 cup Country Crock Plant Cream  
1 cup brown sugar  
1 teaspoon cinnamon  
1 teaspoon ginger  
1 teaspoon nutmeg  
1/8 teaspoon ground clove  
1/2 teaspoon salt  
3 tablespoons cornstarch  
3 tablespoons white granulated sugar  
Whipped Topping:  
2 cups Country Crock Plant Cream, chilled  
1/4 cup powdered sugar  
2 teaspoons vanilla extract



### Submitted

It is one thing to deal with the tantrum of a two-year-old. It's easy to pick him up and put him in his room, where he most likely will fall asleep. What if the child is between 5 and 8?

A toddler having a tantrum is angry and may simply lie on the floor and kick his feet. An older child tends to act out towards people or things when in the midst of a tantrum. She may yell out insults, slam doors, or even throw things around. Conventional wisdom holds that when a toddler has a tantrum, the best thing to do is to ignore it.

With an older child, it is hard to know what to ignore. If the child is being physically or verbally abusive, to ignore such behavior would seem to be condoning it.

The key to avoiding tantrums in older children is to keep communicating with them. If they are angry, let them explain why they are so angry. Don't argue with them, just listen. Once you convey to the child that you understand why she is so angry, you may be able to do some problem solving.

If she is angry because you have said "no" to a sleepover, you can explain your reasons once again and suggest a compromise. Perhaps she could go over for the evening, and you'll pick her up before bedtime. Asking a child what they might

# Tantrums

suggest as a compromise gets them into some logical thinking and out of the emotional turmoil, if only for a few moments. It's unlikely at this point, to revert to a tantrum.

Toddlers have tantrums because they do not have the skills to express what they want, or to argue their point. Older children have tantrums because they think they are not being heard.

The worst thing you can do with a child in a tantrum is to get angry and have a tantrum yourself. You need to stay calm, set the boundaries, and defuse things as much as you can. Tell the child that when he calms down, you will listen what he has to say.

If the child is out of control, being verbally abusive or damaging things, you need to step in. At this point you are not dealing with the issue, simply attempting to control the situation. Tell the child that they can be mad, but they cannot be abusive. When things have settled, you must reiterate with the child that such behavior is unacceptable. They must understand at an early age that being angry does not justify abusive words or behaviors.

Communication and anger management skills must be developed early. This is the first step in the elimination of family violence.

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



## No-Bake Chocolate Peanut Butter Cheesecake

1 cup semi-sweet chocolate chips  
Grease 9-inch pie dish with plant butter; set aside.

To make crust: In medium bowl, combine graham cracker crumbs and melted plant butter; mix thoroughly. Add crust to greased pie dish and press firmly to bottom and sides; refrigerate. To make filling: In bowl of electric mixer, beat cream cheese until smooth and creamy. Add powdered sugar; beat until fully incorporated. Add peanut butter, vanilla extract and plant cream; beat until smooth and creamy. Pour filling into prepared crust and refrigerate 5-6 hours or overnight. To make chocolate ganache: In pan over medium heat, add plant butter cubes and chocolate; stir continuously.

Spread chocolate ganache evenly on top of chilled cheesecake. Refrigerate at least 1 hour before slicing and serving.

Prep time: 5-10 minutes  
Cook time: 5 minutes  
Total time: 6-7 hours  
Servings: 8  
Country Crock Plant Butter, for greasing  
Crust:  
1 1/2 cups graham cracker crumbs  
1/2 cup Country Crock Plant Butter, melted  
Filling:  
2 packages (8 ounces each) dairy-free cream cheese, at room temperature  
1 cup peanut butter  
1 tablespoon vanilla extract  
1/2 cup Country Crock Plant Cream  
1 cup powdered sugar  
Chocolate Ganache:  
1 stick Country Crock Plant Butter, cubed



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## DKW Plumbing and Heating continues to grow and thrive

The mission at DKW Plumbing and Heating is simple: to provide high-quality services in a timely manner.

Offering a full range of plumbing, heating, and air conditioning and ventilation services, DKW is committed to providing service of the highest quality, paying particular attention to working efficiently while keeping the lines of communication clear and concise.

"That is really important," Devin Warenko said of the importance of establishing relationships and trust with their customers. "That's one of the main reasons I started this was to have control over quality and what I can offer ... it's really important to earn that trust."

Born and raised in Morden, Warenko got into plumbing right after high school, spending time working in Winnipeg for a couple of years before returning to Morden in 2003.

He got his plumbing ticket in 2006 and worked for a local company until 2020 when he started DKW Plumbing and Heating on his own.

They started out in the Cochlan Drive incubator mall overseen by the Morden Community Development Corporation.

"I rented a spot from them for two years and then I built this new shop on Ninth Street South. I've been in here for about three months now," said Warenko. "It's going really well. I needed something bigger. I had 1,500 square feet on Cochlan, and I now have 5,000 square feet."

He has two adjoining spaces at 469 Ninth Street South, one 3,000 square feet and another 2,000 square feet that serves as warehouse space.

"It really helps me with inventory," said Warenko. "The last couple of years, with the pandemic, it's been really hard to get material, so I've been able to order bigger quantities and I can store it, so I don't have the supply chain issues."

"To get furnaces and air conditioners and water heaters, it's been a big challenge," he con-

**MORDEN CHAMBER OF COMMERCE**  
  
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*Devin Warenko started up his own business to have better control over the quality of services he can offer.*

tinued. "It is starting to get better ... but it still takes a bit of time to get some things."

DKW employs four people, and that is a main factor in any potential further growth of the business.

"We do a wide range. We do residential, commercial, new construction, service ... everything related to plumbing, heating and ventilation," Warenko said. "There is a lot of potential with the growth here. The biggest challenge I've had is finding employees in this area."

"I've done quite a few commercial jobs now ... I would definitely like to grow and get into more commercial projects. I just need the manpower."

You can find more information online at [www.dkwplumbing.com](http://www.dkwplumbing.com).

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