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Blast from the past

PHOTO BY LORNE STELMACH/VOICE

Pembina Hills Arts Council staff and supporters gathered at the Morden gallery Saturday to celebrate the agency's 30th anniversary. In honour of PHAC getting started in 1988, several people came to the celebration decked out in some tubular '80s attire. For the full story, see Pg. 4.

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Katie Cares sharing Kaitlyn's story with new book

By Ashleigh Viveiros

Randy and Ruth Reimer are no strangers to sharing their daughter's story, but a new children's book is giving them a brand new way to do it.

Unveiled at the seventh annual Katie Cares fashion show last month, *Love Like Katie: The Girl with a Dream* is available now at locations throughout the Winkler-Morden area, with proceeds going to support the work 15-year-old Kaitlyn Reimer began before her death in 2012.

While battling cancer, Kaitlyn spearheaded fundraising efforts to purchase care bags and stuffed animals for other sick kids, founded Katie Cares to keep that project going, and provided the inspiration for what would become Katie's Cottage, the eight-bedroom respite home located a stone's throw from the Boundary Trails Health Centre.

The book shares that part of Kaitlyn's story, but also her day-to-day life both before and after her diagnosis.

"We wanted to show the fun-loving kid that she was," Ruth says, pointing to pages showing Katie's love of

swimming, hanging out with friends, and creating music.

"We were trying to show she was a normal kid that did normal stuff," adds Randy, "and then bad stuff happens but she still gets past it and figures stuff out and cares about other people."

"That's what we're trying to get to the kids that are reading it: that it doesn't really matter who you are, you can make a change if you want, you can have a positive effect."

"It does not talk about dying. It does not talk about death," Ruth stresses, noting it is instead a celebration of "giving back. We wanted kids to know that they can do this. They don't have to start a charity. All they have to do is be able to give back. Whether that's shovelling snow or reading to someone at Salem who's a shut-in or just smiling and saying good morning or holding the door open for someone. It all goes a long ways toward making another person happy."

AN INSPIRATIONAL STORY

Tasked with sharing Katie's story in a kid-friendly way was local teacher

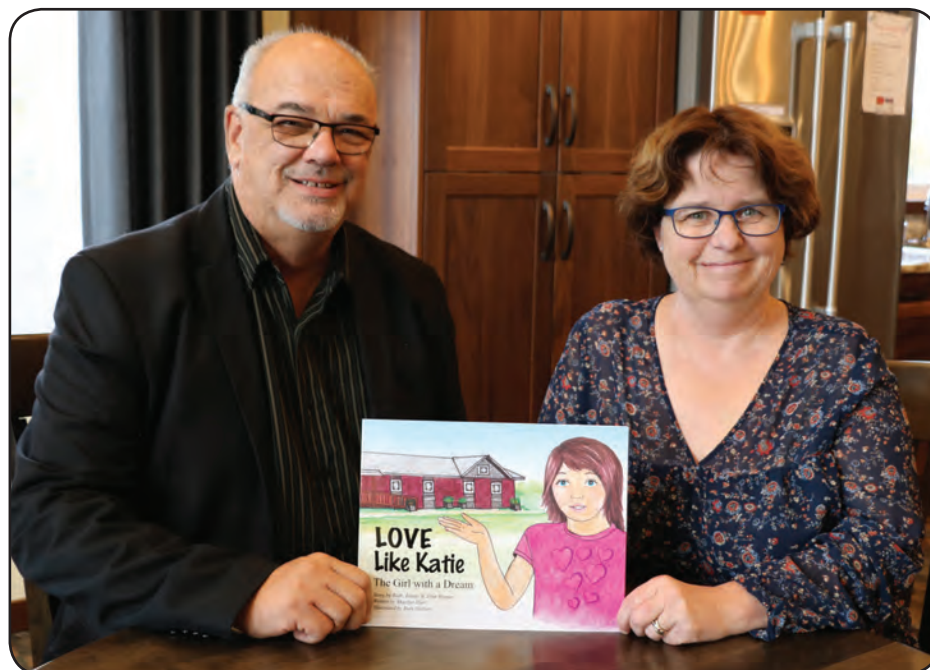


PHOTO BY ASHLEIGH VIVEIROS/VOICE

Randy and Ruth Reimer with the book *Love Like Katie: The Girl With a Dream*, which shares the story of their daughter, Kaitlyn, founder of Katie Cares and Katie's Cottage.

and first-time author Marilyn Hart. "I've always loved sharing stories about inspiring youth role models with my kids," Hart says, pointing to

people like Terry Fox and the Ladybug Foundation's Hannah Taylor as examples.

Continued on page 6

A large blue advertisement for two events. On the left, a portrait of Dr. John Neufeld, Bible Teacher, is shown. The text reads: "DR. JOHN NEUFELD BIBLE TEACHER", "CELEBRATING 60 YEARS OF BIBLE TEACHING IN CANADA", and "BOTH EVENTS LOCATED AT: EMMC - 600 SOUTHVIEW DR, WINKLER, MB". On the right, the text says "BACK TO THE BIBLE CELEBRATING 60 YEARS SAT, NOV. 3 - 7PM". Below this, a portrait of Phil Callaway, Host of Laugh Again, is shown. The text reads: "PHIL CALLAWAY HOST OF LAUGH AGAIN". To the right of Phil's portrait is a circular inset with a portrait of Amanda Stott, Special Musical Guest. The text reads: "SPECIAL MUSICAL GUEST AMANDA STOTT". At the bottom left, the text says "LAUGH AGAIN FRI, NOV. 2 - 7PM". At the bottom right, the text says "BOTH EVENTS ARE FREE! MINISTRY OFFERING WILL BE TAKEN".

Koats for Kids accepting donations at Morden fire hall

By Lorne Stelmach

The Morden and District United Way is once again giving back to the community through its Koats for Kids campaign.

The annual fall effort to collect gently used

winter clothing for distribution to families in need is always a worthwhile way for the United Way to return the favour for the financial support it receives from the community each year.

"It's one of the most rewarding ones because you know that you are really doing something

that is worthwhile," said board member Terry Gibson.

The clothing collection campaign began last week and will continue until the three distribution days in mid-November.

The red Koats for Kids collection box is located beside the storage shed behind the Morden fire hall. People are encouraged to donate all manner of winter clothing: coats, ski pants, boots, mittens, scarves, and toques.

"Anybody who's got a coat that they can't use anymore, it's a really good thing to drop it in the red box," said Gibson. "It means a lot to somebody."

Continued on page 5

Kicking off the annual Koats for Kids campaign were Morden and District United Way board members Andrew Plett and Terry Gibson along with Morden fire chief Andy Thiessen.

PHOTO BY LORNE STELMACH/VOICE



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Pembina Hills Arts Council celebrates 30 years

By Lorne Stelmach

The Pembina Hills Arts Council is now the hub for artistic and cultural activities in the Morden area, but it had simple beginnings 30 years ago.

Its roots are in a group of people who three decades ago came together as a club and dubbed themselves the Pembina Hills Artists.

"It just kept growing from there," recalled founder Pamela Yorke-Hardy as the organization celebrated the milestone anniversary with an open house Saturday at the gallery in downtown Morden. "It had always been a dream of mine to open a gallery for artists and crafters ... very seldom do you get a dream come true like that."

Yorke-Hardy recalled moving here in 1986 and having an art show with her husband John on Corn and Apple Festival weekend.

Eager to hold more exhibitions, they soon began making connections with other artists in the area.

The group bounced around several locations in town in the early years, eventually finding a home on the upper floor of the historic clock tower building, which at that time housed the library.

Brent Stewart, mayor at the time, made it a priority to see that a per-

manent gallery was established in Morden. Thanks to the work of many supporters, that promise was finally brought to fruition in 1996.

"Then it started growing from there because it started to include crafters also," Yorke-Hardy said.

Having a permanent gallery very much contributes to the quality of life in the community, she reflected.

"Art ... whether it's written or music or visual, it is very, very important and it's one of the ways that we've protected our history of the world," she said. "Art is awesome ... I think it draws people together."

"I've still got friends that I had when I first came here," said Yorke-Hardy, who added she is also pleased to see how far the arts council has come over the years.

"That place is a tourist attraction for sure ... it's really expanded, but it needed the staff in order to do all that," she said. "I think it's awesome. I feel it's in a very good position now."

Current board chairperson Vicki Campbell-Dyck agrees with that assessment.

"It's just amazing what it's turned into ... it's just amazing what they have accomplished ... how they started as that small art club," she said.

"It seems to be expanding. We're trying new things each year," Campbell-



PHOTO BY LORNE STELMACH/VOICE

Margie Hildebrand, Susan Pharaoh, and Tricia Dyck in conversation at the Pembina Hills Gallery anniversary open house Saturday.

Dyck added. "It's been really great to see the growth of the programming."

"It's just a great gathering place for people to get together and feel a sense of belonging."

Past chair Cathy Lone said PHAC's success is a tribute to all the people who have both supported and been involved with the local arts scene.

"It's the arts community, the people who are involved with running the programs and the artists that actually have their art for sale here," she said.

"It's also the community that continues to support when we have fundraising events, when we have some

Continued on page 5



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Morden council hires new city manager

Morden city council approved the hiring of a new city manager last week.

Faisal Anwar, the current director of sustainable economic development for the City of Selkirk, will step into the role Dec. 10.

"Council believes Mr. Anwar has the business acumen to implement and manage the long term economic business development plans of council as well as the day-to-day operations of the city," Mayor Ken Wiebe said in a statement. "He possesses good leadership and communication skills which will serve us well."

Anwar could not be reached for comment at press time.

A bio provided by the city notes he comes to the role with a range of experience, including having been with the City of Selkirk for over four years and, prior to that,



Faisal Anwar has been hired as Morden's new city manager. He starts Dec. 10.

an economic development officer in Saskatchewan with the City of Yorkton.

Anwar has three master's degrees to his credit, including a master of applied environmental studies in local economic development and business development from the University of Waterloo, an MBA in finance and financial services from Adamson University in Manila, and a master of arts, economics, mathematical economics and econometrics from Karachi University in Pakistan.

He steps into the position of city manager following a major restructuring of Morden's civic administration that saw the creation of two deputy city manager positions. Former Morden finance and administration officer Patrick Dueck stepped into the role of deputy city manager of corporate while former director of planning Dave Haines moved into the role of deputy city manager of operations.

Haines will continue serving as the interim city manager until Anwar arrives in December.

> KOATS FOR KIDS, FROM PG. 3

He estimated they typically hand out anywhere from 2,000 to 4,000 pieces of clothing each year for kids and adults alike.

The demand continues to grow alongside the community, he added.

"There's always a need ... and some of the stuff that we give away is really good stuff; some of it is brand new," said Gibson. "It's so rewarding having people come in who really need a coat."

"It's amazing how well used boots go ... they have to be in decent shape, but there's quite a demand, and we always get rid of all of them."

There is no charge for any of the clothing, and everyone is welcome to come for what they need.

"There's never any questions asked ... it's just there for the taking," Gibson stressed. "A lot of people do find something they really need and they're really happy to get it."

This year's distribution dates are Tuesday, Nov. 13, Tuesday, Nov. 20, and Thursday, Nov. 22 from 4-6 p.m. at the fire hall.

For more information, call 204-822-6992 or head online to unitedwaymorden.com.

> PHAC, FROM PG. 4

coffeehouses, the actual classes that we run."

The arts council will continue looking for new ways to grow and reach more people in the future, Lone said.

"Our biggest priority always is to find new ideas for fundraising," she noted.

"We're looking at offering coffeehouses once a month or also we may offer some game nights," added Campbell-Dyck. "We're hoping that a few more venues like that will draw different people out."

"There are still people who have lived here for more than 30 years who have never stepped in this building," said Lone. "Everybody's welcome, and you do not have to be an artist to enjoy the arts council."

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getheard

EDITORIAL > VIEWPOINTS > LETTERS

Weeding through the rules

Apparently it is legal to purchase and smoke cannabis in Canada now.

It happened in my sleep, I think. Sometime around 12:01 a.m. in Newfoundland it started and I suppose the world ended and then got going again before I woke up, because life somehow has managed to go on.

It seems the prospect of large numbers of calm, relaxed, somewhat giggly people wandering the country is not nearly as terrifying as some would lead us to believe.

Of course, time will tell and those who like to predict doom will continue to do so come hell or highwater.

You know, this must be what it felt like in the United States when prohibition ended in 1933 after 13 years that must have felt like a century to

some.

Of course, marijuana has been illegal in Canada for a lot longer: 95 years to be exact. Or, to put it another way, it was perfectly legal in Canada for 56 years from Confederation until it was criminalized.

I am guessing it will take a while for the stigma of almost a century of criminalization to go away.

One of the things I have noticed in the run up to cannabis (which is available at five locations in Winnipeg and one in Dauphin as of press time) is the intense communication of where you cannot smoke it.

I mean, we are more than well aware that cannabis acts as an intoxicant not unlike alcohol but without all the nasty liver damage. And while it is not safe for young, developing minds, studies have shown it is relatively harmless for the fully formed adult brain when used responsibly.

Still, some of the warnings verge on the ridiculous: "It is not legal to smoke cannabis in the workplace. It is not legal to smoke cannabis at high school. It is not legal to smoke cannabis while juggling toddlers on a unicycle across a tightrope over Niagara Falls."

We get it. It is being treated like alcohol but a little more strictly.

"Can I smoke it on a plane? Can I smoke it on a train? Can I smoke with a fox? Can I smoke it in a box?"

Definitely no to the first two but possibly yes to the last two if it is in your house or backyard.

There are all sorts of things we can do in some places that we cannot do in others, but we do not feel the need to go into painful detail about it.

For instance, while it is perfectly legal to wander around naked in your own home it is definitely NOT legal to do so at the grocery store (especially in the fruit and vegetable area).

Can you imagine if there were signs and notices to such?

"WARNING: It has recently become legal to exist in a naked state in your home. While this is fine in private please be advised that existing naked in church, on roller coasters, walking through the mall, or in the theatre is STILL illegal."

We get it. But frankly it is far easier to focus on the one place you can use it (at home) than belabouring the 2,712,322 places you cannot. It is high time we moved on.



By Peter Cantelon

> LOVE LIKE KATIE, FROM PG. 2

Katie's story resonated with her family in a similar way.

"Here was this local youth who was battling cancer and she was still actively seeking to make a difference for other people. That story touched me," Hart says, adding she felt a children's picture book would help even very young kids connect with Katie's story.

Inspired after hearing Lindsay Rae's song "Love Like Katie" on the radio, Hart first suggested the book idea to Katie herself ("She thought it was a cool idea," she recalls) and then reconnected with the Reimers a few years after her passing.

"I was very honoured and honestly a bit scared," Hart says when they gave her the green light. "I really wanted to make sure justice was done to Katie's story."

Nearly two years of work followed.

Hart sat down with the Reimer family many times to learn what memories they wanted to share, and then took those stories and worked to write them up in a way that would be interesting and engaging for kids.

"It's never been a cancer story," Hart reflects. "Cancer is part of it, of course, but it's really been about making a difference ... having youth empowered to know that their actions matter, that they can change the world."

After going through many drafts to get the story just right, the next phase was putting pictures to the words with the help of Winkler artist Ruth Hiebert.

The Katie on the cover of the book doesn't look exactly like her real-life inspiration, and that was by design, says Ruth Reimer.

"We wanted her to look cute, but we didn't want her to look exactly like Katie," she says, explaining that bit of distancing makes it a little less painful for Katie's family and friends. "We wanted to actually be able to look at the book."

Ruth thinks her daughter would have gotten a big kick out of having her story immortalized in book form. She was an avid reader and lover of words.

"That's why we put some words in the front cover that were her favourite words," Ruth says. "She would be very excited about this book and that it's in the hands of children."

Love Like Katie is available for purchase at Pharmasave, Gingerwood Lane, Marni LuHu, and Katie's Cottage. Full proceeds go toward the ongoing operations of the respite home.

Wiebe looks back on two terms as mayor

By Lorne Stelmach

Eight years have gone by very quickly for Morden's departing mayor.

This week's municipal election brings in a new leader for the city, with Ken Wiebe having made the decision to not seek a third term in office.

"I was seriously contemplating not running for a second term," Wiebe noted in a final interview from the mayor's office at the Morden Civic Centre last week, "but I looked and I thought we've got some things started here that need some continuity, and I was glad to see that most of council came along.

"I'm very happy that I did because we were able to get some things done."

Looking back to nearly a decade ago, Wiebe recalled his decision to first run for mayor in the 2010 election.

He had several friends who were involved in council, and he thought that

he would like to be a part of it.

"I'm a Morden boy ... I was raised here, went to school here, and I grew up here," Wiebe said. "I've always loved this community.

"I spent 30 years in the military, but the one constant in my life was always that Morden was home," he continued. "How could you not be interested in your home and want to see it flourish? That's kind of what got me into this."

Wiebe touched on a range of key initiatives that council tackled during his tenure as mayor.

One highlight for him early on was revamping community organizations like the Pembina Hills Arts Council with the aim of helping them rely less on tax dollar support.

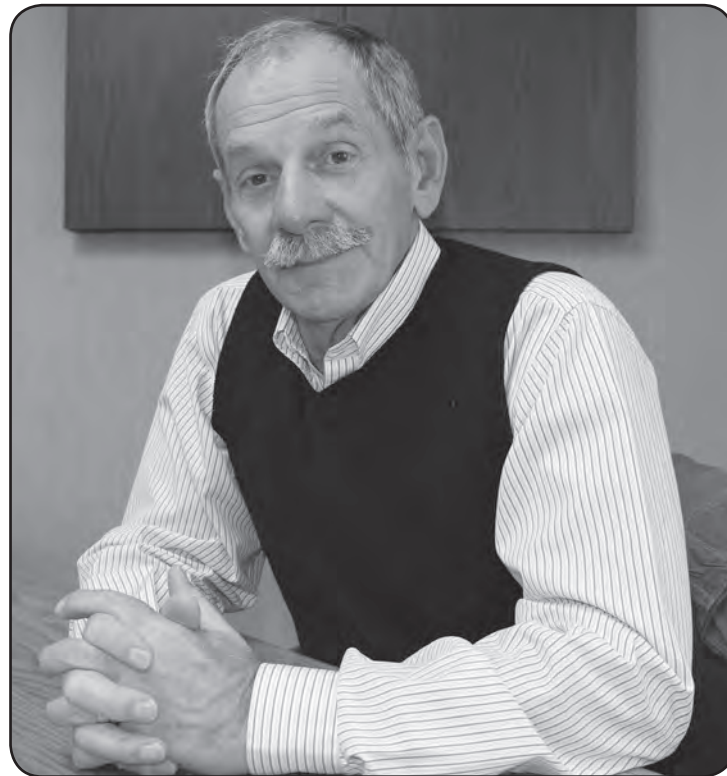
"The arts are never totally self sufficient. If you want to have an arts community, it has to be supported to some degree with the public dollar ... and for the most part, they are doing well."

Continued on page 8

Ken Wiebe's second term as Morden's mayor came to an end this week with Wednesday's election.

He's proud of what he and the rest of council were able to accomplish during his time in office.

PHOTO BY LORNE STELMACH/VOICE



Letter policy

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Smile Cookie campaign raises nearly \$10K for Big Bros.



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Tim Hortons staff presented Michael Penner, executive director of the local Big Brothers Big Sisters agency, with a cheque for \$9,825 on Monday. The funds were raised through the Smile Cookie campaign that ran at the Winkler and Morden restaurants in September.

By Ashleigh Viveiros

Morden-Winkler residents certainly did their part to put a big smile on the faces of staff at the regional Big Brothers Big Sisters this fall.

Tim Hortons' annual Smile Cookie Week last month raised \$9,825 for the mentoring agency.

"We're up I think about \$700 or \$800 over last year, so that was a great showing," said restaurant owner Jeff Doerksen as he presented the money to Big Bros. executive director Michael Penner on Monday.

Doerksen said Big Brothers Big Sisters, which matches potentially at-risk youth with adult mentors, is providing a vital service in our community.

"They do some great work with kids in the Pembina Valley," he said, noting Tim Hortons also teams up with the organization to help select campers for the Tim Horton Children's Foun-

ation summer camps.

The money helps the agency with the costs of supporting ongoing mentoring relationships, Penner explained.

"It's absolutely critical. This campaign goes an incredibly long way to help us financially," he said. "This spring we unfortunately lost quite a few matches, and so we've been working hard at recruiting mentors, because there's always kids waiting. There's always kids who would benefit from a mentor and want to benefit from a mentor.

"So a lot of this will help us get that extra push and help recruit to have more matches."

If you'd like to learn more about volunteering as a mentor in the Winkler, Morden, or Altona area, contact Big Brothers Big Sisters at 204-325-9707 or check them out online at pembina-valley.bigbrothersbigsisters.ca.

> WIEBE, FROM PG. 7

Another priority was helping boost the Canadian Fossil Discovery Centre.

"We as a council looked at it and realized what it could become," Wiebe said. "We saw opportunity here,

and it has turned into just a huge benefit to the City of Morden."

Those kinds of amenities are important parts of building our quality of life and drawing people here, Wiebe stressed, also citing helping get the Minnewasta Golf and Country Club on solid financial footing as a high point.

"I firmly believe that you need arts and culture ... you need history ... and we have a great sports and recreation facility with our Access Event Centre."

Wiebe also touted the importance of building regionalism.

"That's always a very important aspect, having a good relationship with your neighbours and being able to do things together ... and we're working on several things," he said, pointing to the expansion of the Boundary Trails Health Centre. "Anything that happens in the region is good for us as well ... when the City of Winkler grows, we grow ... growth in the region is growth for each of us."

Another memorable initiative was making changes to the city's administrative structure, which Wiebe noted is still an ongoing process.

He also holds up the introduction of the new three stream waste collection system as perhaps one of council's most important accomplishments.

"There was a phenomenal amount of pushback on that, which was unfortunate because it created a divide in the community.

"We firmly believed that was the way to go," Wiebe said. "After three months, the pushback almost disappeared ... and we were getting praise for what we had done. Our goal was to reduce our landfill by 50 per cent in five years ... we did that in less than a year."

He sees the introduction of the Morenet com-

munity-owned high speed internet service as being another big step ahead for the community.

"There's still a lot of naysayers out there," Wiebe acknowledged, though he suggested what's in place so far is working great and quickly proving itself. "They can go to our Access Event Centre and test it themselves ... and they will be surprised."

Wiebe went on to highlight projects ranging from the industrial incubator mall to the development of Pembina Connection on the east end of Morden.

"We're trying to create an environment where businesses and industry can succeed with minimum of risk," he said.

"We also have a great immigration program ... we have had nothing but success with that ... everybody that we have recommended has been accepted," Wiebe added. "I'm very proud of the city. We have expanded the city, our population has grown, and that's in part due to the fact we're a great place to live."

Wiebe encourages his successor to step into the role ready to learn.

"It's going to be a huge learning curve, and you have to keep your mind open," he said. "Be prepared. Learn to listen and ask questions and listen to the answer.

"Be sure you understand all the different things you have to vote on," he urged the new council. "Make your decisions based on the information you have and you can't go wrong."

As for what comes next for him, Wiebe said he is not rushing into anything.

"I've never really not done anything. I've never been without a job," he said. "I don't want to do any long term commitment for at least a year."

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Winkler chamber celebrates Small Business Week

By Ashleigh Viveiros

The Winkler chamber marked Small Business Week Oct. 17 with its annual luncheon, providing a platform for a local company and a non-profit agency to share their stories.

"If people don't know what's going on at these places they don't know to go there," said chamber president Kori da Costa. "Every year we look forward to showcasing different ones and hopefully we're bringing something to them by letting the community know."

There's certainly no shortage of entrepreneurial ventures to highlight.

"You go anywhere in Winkler and there's a little business on the corner or there's a strip mall full of them," da Costa said. "Small business is huge to keep people here and offer more things to the community."

Speaking first was Linda Marek from the Pembina Valley Pregnancy Care Centre.

The agency, which has been operating in the Winkler-Morden area for over 30 years, is a faith-based organization that relies on community donations to exist.

"We see anyone and everyone, no matter what they believe and regardless of what situation they find themselves in," Marek said, adding that all their services are free and confidential.

Last year the agency counselled over 135 people, both men and women. So far this year about 100 people have gone to the centre for information about their options or for emotional and practical support.

"It might not be easy to accept that these things are happening in our community," Marek said. "Teen pregnancy, multiple sexual partners, girls or young women being kicked out of their homes by a parent or a partner simply because their pregnant, and

the immense pressure in our culture to have an abortion.

"These are not comfortable topics," she said, but they are ones that need to be addressed, and the PVPCC is there to help.

"We believe that each person has value, we believe there is hope for every situation, and we want to see individuals, couples, and families and future generations making healthy, wise decisions for themselves and their relationship."

Next up, Kurtis Fox from Rise Athletics and Wellness shared how he took his love of fitness and turned it into a thriving business.

Fox worked as a Winnipeg firefighter before taking the leap as an entrepreneur.

"It wasn't the machines and the equipment that excited me. It was the people," he said. "Working with and coaching people in fitness to help them achieve their goals, to help

"SMALL BUSINESS IS HUGE TO KEEP PEOPLE HERE AND OFFER MORE THINGS TO THE COMMUNITY."



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Linda Marek from the Pembina Valley Pregnancy Care Centre and Kurtis Fox from Rise Athletics shared their organizations' stories at the Winkler chamber's Small Business Week luncheon Oct. 17.

them gain confidence and see how that helped them become the best versions of themselves.

"I didn't want a gym. I wanted a place where people felt comfortable and safe, where we could remove all the hesitations and stereotypes that come with joining a gym for the first time.

"I wanted to create the un-gym experience."

Fox opened up The Muscle Hut in 2012, operating a small workout space and a retail storefront. They've since moved twice to larger locations, the most recent move earlier this year coming with a name change.

As a newcomer to the world of business, the past six years have certainly been a learning experience for Fox.

"Our first two locations, without those, without our first service offerings, without our first products, our first attempts at marketing, our first attempts at selling, our first attempts at embarrassing business plans ... we wouldn't be where we are," he said.

After struggling to attract customers in the early days, Fox turned to mentors for advice and threw himself into learning all he could about effective marketing, business management, and leadership.

"I learned quickly that it was my job to produce outcomes, not just sit and wait," he said. "I learned it was my job to listen to the market and understand what they want and define what kind of solution I could offer to their problem.

"And so I haven't had a boring day since 2012."

Today, Rise Athletics employs seven staff and offers a myriad of professionally coached fitness and nutrition programs for all ages and fitness levels out of its nearly 8,000 square foot location on Kimberly Rd.

GALA GUEST SPEAKER

The luncheon wrapped up with the unveiling of the 2019 P.W. Enns Business Awards gala guest speaker.

Taking the stage at the April 4 event will be author, director, and marketing expert Terry O'Reilly, host of CBC Radio's *The Age of Persuasion*.

"We wanted to do something a little bit different this year," said da Costa, noting they've been fortunate in recent years to host some very well-known guest speakers with inspirational stories.

"Terry O'Reilly brings something different," she said. "He's more of a business advice kind of thing, marketing, which I think is something every business struggles with and could use more ideas on.

"You have to be inspired to start a business, but to keep that business going there's lots of other aspects and his marketing expertise and his business experience is going to be very well-received, I think."

Tickets for the gala go on sale Nov. 1. Nominations for the Business Excellence, Business Builder, Customer Service, Not For Profit, and Community Builder awards will open that day as well.

More details are available online at winklerchamber.com.



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Access Credit Union's Rob Unruh and Winkler chamber president Kori da Costa announced Terry O'Reilly will be the 2019 P.W. Enns Business Awards gala guest speaker.

Community stakeholders talk immigration

By Lorne Stelmach

An initiative is taking a regional approach to helping build welcoming and inclusive communities for newcomers here in south central Manitoba.

The Pembina Valley Local Immigration Partnership hopes to play a role not only in finding where there are gaps in programs and services but also developing a coordinated and collaborative approach involving all sectors of the communities in the region.

Now, with the project having recently held a strategic planning session, co-ordinator Elaine Burton-Saindon is encouraged to see where this is headed.

"I'm really, really excited because I saw there was so much passion in that room ... there was so much energy focused on finding these solutions and working towards them," she said following the Oct. 11 event in Winkler.

About 40 stakeholder group representatives participated to help build a strategy to improve the integration of immigrants and other newcomers.

Seen as a three year project, the partnership began with meetings in Morden, Winkler and Altona this past spring that brought together stakeholders ranging from local government to education to business.

It began with two working groups—one of newcomers and the other made up of the community stakeholders—to work towards an overall action plan that Burton-Saindon



SUBMITTED PHOTO

About 40 stakeholders were involved in an Oct. 11 planning session to help develop a strategic plan for the Pembina Valley Local Immigration Partnership.

believes could go a long way towards helping find out what is lacking and how to address it.

"We want to know what can we do better as far as helping families when they locate here ... to have a sense of belonging, to feel like they fit in, to know how to fit in and ultimately feel like this is their home and that they will plan to stay here long term," she said.

"The idea is that we partner together, that we connect, that we collaborate on the best practices and on the best options that we have so that we don't try to invent something that may already exist," Burton-Saindon continued. "The local immigration partnership is kind of that catalyst to keep that conversation alive."

The recent planning session identified three key priorities, starting

with having communities lay out a welcoming and inclusive community policy.

"That's important because that's the groundwork for what we need to go forward. We know a lot of the concerns we would like to address and fix," said Burton-Saindon, adding it is vital to ensure they are "having the buy-in from all of the communities to want to establish that for themselves."

"As each community is in a different place as far as how many families they associate with in their communities ... it's really key that each municipality does adopt a policy that we can then build on, and we can get partners to come to them and help them."

A second priority identified was communication.

"We'll be working on smaller groups in each community to know how is

that best delivered for that community," said Burton-Saindon.

Lastly, the group was encouraged to address concerns surrounding mental health for newcomers.

"All of these barriers that they come up against, it ultimately comes back to their sense of well-being," said Burton-Saindon. "We want to be aware of how to make supports available so that at the end of the day we don't have more crises; we can eliminate some from happening because we're prepared and we have things in place."

Burton-Saindon said the planning session broke down each priority into a variety of specific goals. A comprehensive report on those goals is expected to be released next spring.

• POLICE BLOTTER

Child struck by car on Wardop St. avoids serious injuries

• Oct. 15: Just before 9 a.m., a child travelling eastbound in the bike lane on Wardop St. in Morden collided with a vehicle travelling south on 6th St. EMS was on scene and cleared the child of any serious injuries.

Oct. 15: Winkler police received a report of approximately five males that were walking with flashlights through the backyards of residences on 10th St. Officers patrolled the area but were unable to locate the suspects.

Oct. 17: Shortly after 4 a.m. Winkler police were dispatched to a residence on 7th St. regarding an assault in progress.

Officers located an intoxicated male outside the home, along with an in-

toxicated female in distress.

Upon speaking with the female, police learned that she had been assaulted by the male suspect.

The 24-year-old Winkler man was arrested for assault.

• Oct. 18: At 1:33 a.m., Morden police were dispatched to a residence on 9th St. South regarding a domestic dispute.

Officers arrived on scene, arrested a 36-year-old female, and released her on a Promise to Appear in Morden Provincial Court in November.

She is charged with one count of assault and two counts of failing to comply with conditions of an undertaking.

• Oct. 19: Winkler police received a

report of an elderly female who went missing in the area of Norquay Dr. With the public's assistance she was safely located in the area of Barrie Bay.

• Oct. 20: While on patrol, police observed two individuals who were believed to have been involved in previous thefts from several retail stores in Winkler.

The officers conducted a traffic stop, during which time the driver consented to a search of the vehicle. Numerous stolen items were located inside.

A 38-year-old woman from Winnipeg was arrested for possession of goods obtained by crime, two counts of theft under \$5,000, breach of an un-

dertaking, and on the strength of two warrants from another police agency.

Another occupant of the vehicle, a 34-year-old male resident of Winnipeg, was arrested for possession of methamphetamine, possession of goods obtained by crime, and two counts of theft under \$5,000.

The driver of the vehicle, a 41-year-old woman from Winnipeg, was arrested for possession of goods obtained by crime.

• Oct. 21: Police received information regarding a theft from the Morden Liquor Mart and Shoppers Drug Mart in Morden.

Two suspects have been identified and police are continuing their investigation.

Mom hopes to put Rett Syndrome on the radar

By Lorne Stelmach

Imagine symptoms like those associated with autism, cerebral palsy, Parkinson's, epilepsy, and anxiety disorder, but all in one little girl.

That is how Trish Guimond describes her daughter Ema, 9, who lives with a little known disease called Rett Syndrome.

The youngest of five children was diagnosed with the rare genetic neurodevelopmental disorder about five years ago, though it took time to arrive at that conclusion.

"Rett Syndrome wasn't on anybody's radar because there's very few in Manitoba with it," explained Guimond, who lives in Winnipeg but whose family roots are here in the Winkler-Morden area.

Telling her family's story to help mark October as Rett Syndrome Awareness Month, Guimond said more children like Ema are starting to be diagnosed with Rett Syndrome.

"A lot of kids go undiagnosed, and they are labelled with autism ... that's what my daughter was originally given was autism," she recalled.

"At least they're learning more and more about it every day now," Guimond said, noting there is a leading researcher at the University of Manitoba.

Rett Syndrome is characterized chiefly by the loss of spoken language

and hand use.

The disorder, which is seen in infancy and occurs almost exclusively in females, is usually caused by a mutation of the MECP2 gene on the X chromosome.

Named after Dr. Andreas Rett, who first recognized the syndrome, it's estimated it affects one in every 10,000 live female births.

Early developmental milestones appear normal, but between six and 18 months of age there is a delay or regression in development, particularly affecting speech, hand skill, and gait.

A hallmark of Rett syndrome is repetitive hand movements that can become almost constant while awake. Other common medical issues encountered include epileptic seizures, muscle stiffness, osteoporosis, and scoliosis.

Guimond said they started noticing some regression with Ema at around the age of one. She was talking, but not very fast. Walking also came with difficulty.

Amidst multiple medical tests to try and figure out what was wrong, Ema lost what speech she had and her mobility began a steady decline.

It was then the family first heard about Rett Syndrome through a friend of a friend. They finally got the diagnosis for Ema about five years ago.

Despite its multiple handicaps, Rett

Nine-year-old Ema lives with Rett Syndrome, a rare neurodevelopmental condition that affects her language and motor skills.

SUPPLIED PHOTO



Syndrome is not a degenerative disease, and many individuals with it live long into adulthood.

"Some have full mobility, some have no mobility ... there's not really two girls who are the same," said Guimond.

"My daughter is fortunate. She has full mobility still," she said. "It's hard for her to walk, but she still does ... some have never walked. My daughter had words and lost them, but some girls never spoke."

It's somewhat similar to being a stroke victim, Guimond said.

"They're locked in their bodies, so they know everything that's going on around them," she said "It's a very tough disease to watch.

"The hardest thing is to get people to believe that they understand ...

they're fully aware. Unlike you and me, they can't communicate."

Despite all of the various difficulties that come with living with Rett Syndrome, Ema is fully capable of learning and growing, and she is fully integrated in her school with the help of a full-time aide.

"It is challenging," admitted Guimond, who nevertheless holds out hope that they will keep learning more about this condition and how to help with it.

"It's a daily fight for most, but at least there's some progress being made," she said. "It is moving slowly ahead, but they do have a tough go. They have a daily struggle."

Learn more about Rett Syndrome online at rettsyndrome.org.

Co-op hands out \$2 million in equity cheques



Winkler Co-op distributed \$2,028,756 in equity cheques to members in Winkler and Morden last week.

"It's similar to previous years," said general manager Evan Toews, who added Co-op Week is always a fun time for the company.

"It's a good opportunity for us to give back," he said. "All of our profits belong to our members, and this is the one week a year when we hand out all the cheques and celebrate the success

that we had in the previous year.

"It's been a very good year," Toews added. "We've continued to do well and we continue to pay it back to our members."

Co-op currently has about 18,000 active members in Winkler, Morden, Plum Coulee, and Rosetown.

Al Ruttan and Michelle Sawatzky had the pleasant task of handing out equity cheques to members last Wednesday at the Co-op's Winkler food store.

PHOTO BY LORNE STELMACH/VOICE

The *Winkler Morden* **Voice**

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Career symposium gets kids thinking about their futures

By Lorne Stelmach

The array of alternatives available to graduating high school students were on display Oct. 17 at the Garden Valley School Division Career Symposium.

The expo at Northlands Parkway Collegiate hosted 45 exhibitors ranging from post-secondary institutions to government agencies to local businesses.

Over 1,100 Gr. 9-12 students took in the event, learning more about what their futures might have in store for them after high school.

"There's lots of different options here," said Gr. 11 student Amy Lloyd. "There are so many options and so many trades, too."

"There is a lot of options ... and it's great that I get to see what kind of schools they are and what kind of programs they offer," said fellow Gr. 11 student Brooke Thiessen.

NPC guidance counsellor Charlie Siler says the event is a treasure trove of information for students of all ages.

"It's about making connections and exploring options," he said. "They

have a chance to explore future career pathways ... and they get to see the connections between post-secondary education and training and then also employment opportunities that those lead to."

In addition to gathering information from the booths, students were also encouraged to engage and ask questions.

"We also have some information sessions that take place during the lunch hour," Siler said, adding those provided a chance to hear more from some of the post-secondary institutions represented.

Having a few local businesses on hand to outline the career opportunities they offer is also an invaluable part of the event.

"It makes for a really good mix," Siler said, noting that what a student gets out of the symposium often depends on what age group they fall into.

"For a Gr. 9 or 10 student, it's about exploration and just seeing what's out there, looking at all the possibilities ... and they may not be aware of some of those things," he said. "For the older students, the Gr. 11 and 12, some of them have already started that process and started to discern which direction they might at least initially take. So for them, maybe it's more about comparing those different opportunities, looking at some different options that they have."

That's just what Thiessen and Lloyd set out to do.

Thiessen is thinking about going



PHOTO BY LORNE STELMACH/VOICE

Winkler students got the chance to speak with representatives from 45 exhibitors at the GVSD Career Symposium held at NPC Oct. 17.

into accounting, business, or possibly psychology, so she stopped by a number of university booths to learn more about the related programs they offer.

"I'm interested in their sports programs too because I play volleyball and softball," she said.

"It's just really educational ... and this creates some awareness ... so that I can maybe have a better idea of where I might want to go," Thiessen added. "It could help me figure out what I want to do."

"There's lots of information here," agreed Lloyd. "As well, they're talking about scholarships ... and I think that's really important to me as well to maybe get that support going into university."

"They're really open about letting you know what's out there and what options are available for us," she said. "Even people who might not have thought about pursuing post-secondary, by having it at a venue like this, you can reach so many more students."

"IT'S ABOUT MAKING CONNECTIONS AND EXPLORING OPTIONS."

Become-yoga finds a permanent home in Winkler



PHOTO BY ASHLEIGH VIVEIROS/VOICE

From left: Pembina Valley Humane Society volunteer Karla Rootsart, Morden-Winkler MLA Cameron Friesen, and Winkler Mayor Martin Harder helped become-yoga owner LaDawn Insull cut the ribbon on her new studio Saturday.

By Ashleigh Viveiros

Winkler's first dedicated yoga studio held its grand opening over the weekend.

Become-yoga cut the ribbon on its new space at 390 1st St. on Oct. 20, fittingly kicking off a new era for the small business on what's been dubbed nationally as Small Business Saturday.

For owner LaDawn Insull, it's an exciting step to take.

"I've been running become-yoga for two years," she says, explaining classes were previously held at Northlands Parkway Collegiate. "Finding a permanent home, it's just an awesome opportunity."

Insull says they'll start off with Hatha yoga classes but plan to expand their offerings in the months ahead.

"What I'm going to start in Novem-

ber is what are called feature classes," she explains. "I'm starting with a beginner class in November and in December I'm doing restorative yoga."

"I'm going to try to feature a different type or focus on a different group" each month.

"I just want it to be a place where people can gather," Insull says of the studio, which is located down the hall from TiAnna's in the East Gate Mall.

The grand opening Saturday included several free yoga classes, with donations being accepted on behalf of the Pembina Valley Humane Society. Forty-one people came out, raising \$131 for the animal shelter.

Insull offers classes Tuesday and Thursday evenings. Participants can simply drop-in or purchase one of several class pass packages.

More details are available online at become-yoga.ca.

Abandoned Manitoba author releases sequel

By Lorne Stelmach

Gordon Goldsborough never anticipated authoring the book *Abandoned Manitoba* would lead him any further along that road.

But that first book has sold over 5,000 copies, and now readers can add *More Abandoned Manitoba: Rivers, Rails and Ruins* to their collection.

"If you had said two years ago that I would do a sequel to the book I would have said, 'No, I don't think so' ... mainly because I just thought I had covered all the bases with that previous book," Goldsborough said in advance of three appearances in the region next month.

"What I found was that it had just barely scratched the surface and there was lots more that I could talk about ... and even then it wouldn't have necessarily led to another book but for the fact that the first book did so well. It sold far better than I ever expected it would."

Goldsborough will be at the Morden Library Nov. 6 at 7 p.m. for a book launch followed by similar appearances at the libraries in Manitou Nov. 8 and Altona Nov. 13.

An aquatic ecologist at the University of Manitoba and a former director of the Delta Marsh Field Station, Goldsborough is also an active member of the Manitoba Historical Society. It is that passion for history that led to the weekly *Abandoned Manitoba* radio series on CBC and then the books under the same name.

In this latest book, he not only visits abandoned sites around the province but also describes what they tell us about the history of Manitoba.

For example, there is what little is left of Crabby Steve's Dance Hall along the highway towards Gimli.

"It kind of looks like a giant sat on it," Goldsborough suggested. "It's squashed flat ... it gradually sort of sank in the sand."

Continued on page 21



SUPPLIED PHOTO

Gordon Goldsborough, author of *More Abandoned Manitoba*, standing beside an abandoned dredge on an artificial island in Hudson Bay at the mouth of the Nelson River.



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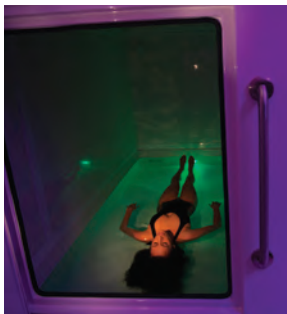
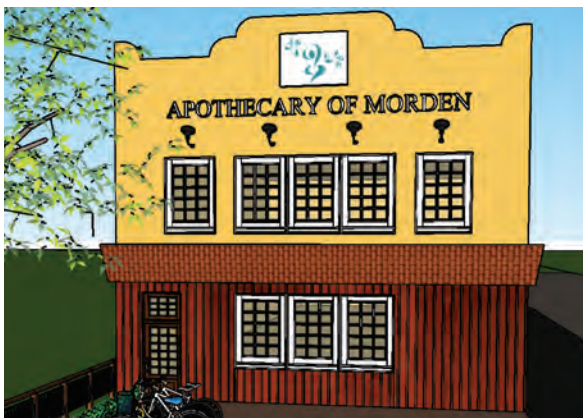
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Career Training Close to Home

Explore Red River College's Winkler Campus, offering a range of full-time and part-time program options.

Cargill helps Katie's Cottage set up compassionate fund

By Ashleigh Viveiros

Thanks to Cargill, families struggling to make end's meet while their loved one is in the hospital won't have to worry about the cost of accommodations.

The agricultural company recently donated \$5,000 to the Katie Cares respite home to allow it to establish a compassionate fund.

"Cargill has a Cargill Cares committee," explains Jody Magotiaux, regional commercial leader for the company in Manitoba. "We look at different opportunities across the entire province and region to not only donate financially but also look for volunteering opportunities.

"We have locations in Morris, Elm Creek, and just outside of Winkler here," he says. "And we looked at [Katie's Cottage] as a great opportunity to give back to the communities in which we serve."

While there is a set nightly fee to stay at Katie's Cottage, they never want turn someone away due to fi-

nancial troubles, says executive director Ruth Reimer.

"We've made it work ... we've taken it from our own budget," she says of past instances where families have found themselves unexpectedly having to stay the night while a loved one received care at the hospital. "Now we don't have to take it from that budget, we can use the money from this."

The fund has already been put to good use, helping cover the costs of one man from out of province who, with no warning, had to spend a week in the area after his brother was airlifted to BTHC for emergency treatment.

The man's relief when he found out there was financial help available was palpable, Reimer says, and reinforced how important this fund is going to be moving forward.

Katie's Cottage has had a busy fall thus far, with an average of four of its eight rooms filled each night. The average stay is three or four days.

Continued on page 18



Cargill's Rheanne Serediuk and Jody Magotiaux and Katie's Cottage's Ruth Reimer (centre) in the respite home's Room #2, which has been dedicated to the company in thanks for its donation of \$5,000 to help set up a compassionate fund.

WAB KINEW - ON THE RESIDENTIAL SCHOOL SYSTEM

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Massage Therapy Association of Manitoba warns that “no pain no gain” is not always the case in massage therapy



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Public understanding of the complex modalities and techniques of massage therapy is growing

October 16, 2018 WINNIPEG, Manitoba -- The expression “*no pain, no gain*” got popular in the early 1980’s and expressed the belief that in order to get strong muscles, one must train hard and suffer. This expression also is still a common belief of massage therapy treatments.

In massage therapy in Manitoba, many clients will ask to **work deeply** or **give more pressure** because they believe if they do not feel pain, nothing is being accomplished.

“Deep pressure massage techniques are only one small part of all the proven techniques that a massage therapist can use to be effective,” explains MTAM Managing Director and Registered Massage Therapist, Tricia Weidenbacher.

According to Weidenbacher, the best amount of pressure will vary for each person and a qualified and professional RMT will work with you to find the appropriate massage therapy techniques to provide the best therapeutic results in the shortest period of time without causing unnecessary discomfort.

“It is up to each professional RMT to educate our clients so they understand the difference between discomfort and pain,” Weidenbacher insists.

In 2010, researchers at Cedars-Sinai Medical Center in Los Angeles did a study on massage. Twenty nine healthy adults got a 45-minute session of deep-tissue

Swedish massage and twenty four received a session of light massage. The studied showed that those who had the light massage experienced greater increases in oxytocin, a hormone associated with contentment, than the Swedish massage group, and bigger decreases in adrenal corticotrophin hormone, which stimulates the adrenal glands to release cortisol. (SOURCE: <https://www.cedars-sinai.org/newsroom/adults-demonstrate-modified-immune-response-after-receiving-massage-cedars-sinai-researchers-show/>)

Overall though, the MTAM believes Manitobans who use massage therapy regularly understand and are educated about other techniques and the way their RMT can help.

“Manitobans who see an RMT regularly have a good understanding of the variety of techniques that a professional RMT can use to help them with anything from chronic pain treatment to overall stress reduction massage,” Weidenbacher says.

The MTAM regularly markets information and visits companies across Manitoba to help educate on the effectiveness of massage therapy as well as what to expect at a professional massage therapy appointment. Visit <https://mtam.mb.ca/106/what-is-mt-and-what-to-expect>

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Massage therapy **POPULARITY EMERGING**
in Manitoba

LITTLE SCIENTIFIC RESEARCH
showing the efficacy of
massage therapy

Top health benefit providers
DID NOT INCLUDE
massage therapy as a
regular part of their plans

MTAM now has **1,230 MEMBERS**

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PROFESSION WILL BE REGULATED
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multi-disciplinary clinics

OVER 60% OF MANITOBANS
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A LARGE BODY OF SCIENTIFIC RESEARCH
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ACU's Jeans for Charity gives back \$60,742



ACU PHOTOS

Access Credit Union staff presented \$60,742 in donations to 22 local organizations last week through the Jeans for Charity program, including the Winkler food cupboard (above) and Genesis House (left).



Assiniboine Community College is coming to town!

Tuesday, October 30, 2018

Assiniboine is grateful for its partnership with the city of Winkler, and we are proud of our graduates in the community. To celebrate, we're coming to visit and bringing a day full of activity. All events are free to attend—we hope you stop in to say hello!

Public Events

- 11 a.m. - 1 p.m. Lunch n' Learn: Keys to Successful Communication
Quality Inn, Winkler | No cost to attend | Limited space
RSVP required | Call 204.725.8725 to register
- 6 p.m. Alumni & Friends pre-game reception
Quality Inn lounge, Winkler
- 7:30 p.m. Winkler Flyers game | *Winkler arena*

Closed Events

- 11 a.m. - 2 p.m. Northlands Parkway Collegiate

assiniboine.net/accdays



Access Credit Union's Jeans for Charity program reached a new milestone this year with over \$300,000 donated to local charities since the program was started in 2013.

ACU staff who want to dress casually on Fridays donate a minimum of \$2 per week to do so. Those donations are then matched by Access, resulting in \$60,742 being distributed this year to 22 organizations throughout the service area, as selected by branch staff.

A few of the local charities receiving funding this year were Genesis House, the Pembina Counselling Centre, Winkler and District Food

Cupboard, Morden Christmas Cheer Board, Morden Youth for Christ, the Boundary Trails Health Centre Foundation, and the Miami Children's Facility.

"Community support is in our DNA," says Larry Davey, president and CEO of Access Credit Union. "Those values are deeply held by all staff inside the credit union and we are proud to match their contributions."

"Every year the impact grows and we are looking forward to the expansion of the program next year," he says, noting the staff contribution in 2019 will increase to \$3 per week.

> KATIE'S COTTAGE, FROM PG. 15

Reimer reminds people that they don't need to be staying overnight to enjoy the services the home offers.

Anyone looking for a refuge from the hospital is welcome to stop by to relax in the facility's common living and kitchen areas.

"We give them their privacy," Re-

imer says of everyone who walks through the doors. "If they want to talk, we're willing to listen. We're not counsellors here at Katie's Cottage, but we're really good listeners."

Katie's Cottage is open to visitors Monday to Friday from 8 a.m. to 8:30 p.m.

The *Winkler Morden*
Voice

What's *Your* story? Call **325-6888**

THANK YOU to these community-minded businesses for their support!

November

Men's health: five good practices to adopt



The Movember Foundation encourages men to attend to their health, not only this November, but throughout the year. Here are some of the best ways men can take care of themselves.

1. GET MOVING

Regular physical exercise boosts your overall health and wards off a host of medical problems. So get active! Both low-intensity and high-intensity exercise offers an array of benefits; simply choose the type of sport or activity that suits you best. Yoga, hockey, running and swimming are among the many possibilities.

2. SPEAK UP

When times are tough, many men suffer in silence. If you're feeling anxious or down, talk with someone you can trust. Consider reaching out to a non-profit organization, a counselling centre or a mental health service provider

nearby.

3. GET INFORMED

Know your family's medical history: you'll be able to adopt a lifestyle that keeps potential health problems at bay. In addition, this information will be invaluable to your doctor, as it will give him or her a more complete understanding of your health.

4. STAY CONNECTED

Keep in touch with friends and family. This will help to stave off or combat mental health problems like depression and generalized anxiety disorder.

5. SEE A DOCTOR

Don't delay in attending to health concerns. If you have symptoms that are worrying you, visit your doctor right way. In the case of a serious illness, an early diagnosis can significantly increase your chances of making a full recovery.

To learn more about the Movember Foundation and about men's health, visit the site ca.movember.com

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get informed

NEWS > VIEWS > WINKLER > MORDEN > SURROUNDING AREAS

Morden Home Hardware building a new home

By Lorne Stelmach

The growth of Home Hardware in Morden is taking the next step with construction of a new building on the east end of the city.

Work is already underway on what will be a 26,000 square foot store that will allow the business (currently located in a smaller space on the west end of the city) to expand into building supplies.

"It will be a full Home Hardware Building Centre, which means we have the full line of products available to us ... everything you need to build your home," co-owner David Janzen said at a ceremony at the Pembina Connection site last Thursday. "We have almost six acres of property here for lumber storage, etc., so we should have the capabilities of having a full line of product."

Janzen and wife Elizabeth took over ownership of both the Morden and Altona Home Hardware stores in 2015. They've lead the charge for steady growth ever since, including with a renovation at the Morden location in 2016.



PHOTO BY LORNE STELMACH/VOICE

Officials with Home Hardware and the City of Morden last Thursday were excited to officially unveil plans for a Home Hardware Building Centre in the Pembina Connection development on the east end of Morden.

"Our vision was to make the store that we had better," he said, noting they had a lot of encouragement from the community and contractors that the area needed another building supplies store.

"Morden is not a quiet city. It's

not sleeping. It's growing, and it will continue to grow," he said. "The building isn't going to stop ... so we approached Home Hardware and after some deliberation and figuring things out, we said, 'Well, let's go for it.'"

"We have a partner from northern Alberta that's partnering with us in

a small way to make it happen," he added.

Janzen said the building will have a newer design and a concrete panel construction.

"It's a significant investment, but we think it's definitely going to serve the community well."

And with 16 staff currently between the stores in Morden and Altona, he anticipates needing six to 10 more.

"The walls are going to start going up early [this] week," Janzen said, adding that current Morden building will be put up for sale. "If construction continues to move ahead the way it is now, we're hoping for a spring opening."

The coming construction of the new Home Hardware was welcomed by Morden business development officer Chad Sheldon, who has been thrilled to see the Pembina Connection develop rapidly in recent years.

"This completes the whole frontage of this Pembina Connection development," he said. "It's very exciting."

Sheldon added that there will still be some "opportunity for more expansion" in the development.

"We get calls daily from businesses and business owners ... people looking to move to Morden because they've heard of the growth, the expansion and the boom," he said. "This is where they want to be."

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Horse Nation Memorial Ride passes through Morden-Winkler

By Lorne Stelmach

Family members from the Roseau River Anishinaabe First Nation were part of a horse ride last week in memory of a departed loved one.

The Horse Nation Memorial Ride for Chief Gus High Eagle of the Chanupawakpa First Nation travelled across south central Manitoba.

The journey over four days covered about 100 miles from a sacred site near the junction of PR 218 and PR 201 east of Dominion City to Pilot Mound.

It retraces a route done four years in a row a decade ago by High Eagle, who died in 2014.

"He did it to honour the Wounded Warrior Rock, which is located about 12 miles east of Dominion City," noted his sister Maryanne Patrick, explaining the site is in tribute to a fallen warrior in a conflict between the Ojibway and Dakota nations.

"[High Eagle] did these rides to honour the spirits of the fallen warriors," Patrick said. "We do memorials for our loved ones on the anniversary of their passing, and we've done this every year for four years."

The ride this year had eight riders and six horses, including High Eagle's own horse, which his grandchildren took turns riding.

High Eagle was instrumental in leading various unity rides for such things as honouring residential school survivors and supporting reconciliation between peoples of all races.

Patrick said it was important for the family to honour High Eagle for all he did for peace and reconciliation.

"Memorials are part of the healing process when you are grieving, so this ride is dedicated to him, and we have closure on our grieving," she said, adding events like these also go a long way toward bringing people together.



SUPPLIED PHOTO

The Horse Nation Memorial Ride for Chief Gus High Eagle rode from just east of Dominion City to Pilot Mound last week.

"We spend time together throughout the day and the evening; we share a meal at the end of the day, and everyone gets to visit and talk with each other and share stories," she said. "Everyone feels good at the end of the day."

"It is a very special time for every-

one," Patrick said, adding her brother was also a strong proponent behind bringing back horsemanship to his people.

"So this is one of his wishes because the grandchildren are riding," she said. "We believe that his spirit is with us."

Province upping distracted driving penalties Nov. 1

Drive around with a cell phone in your hand and starting next week you'll be hit with stiffer penalties than ever.

Changes under The Highway Traffic Act and the Drivers and Vehicles Act that come into force Nov. 1 will allow for short-term roadside licence suspensions for using a cellphone or other hand-operated electronic devices while driving, Infrastructure Minister Ron Schuler announced last week.

"Our government is focused on keeping Manitobans safe, and we are determined to reduce the growing threat posed by distracted driving that adversely affects Manitoba's citizens and communities," he said. "By using the right combination of tools such as public education, legislation and enforcement, we aim to change public perception and make distracted driving as socially unacceptable as impaired driving."

The amendments mean drivers will be subject to a three-day roadside licence suspension for the first time a driver is caught using a cellphone or other hand-operated electronic device, and a seven-day suspension for a subsequent occurrence within 10 years.

Suspended drivers will be required to immediately surrender their driver's licence at roadside.

The amendments will also require officers charging a driver with careless driving to immediately notify Manitoba Public Insurance (MPI) to review the driver's record in order to determine if further penalties may be required. As part of the changes for roadside license suspensions, MPI will collect a \$50 licence reinstatement fee on behalf of government.

"These stricter penalties mirror those for impaired driving because

the consequences are just as serious," said Schuler. "This legislation underscores the seriousness of distracted-driving infractions and enacts stricter penalties for this behaviour."

Distracted driving was a leading cause of collisions causing serious injury in 2017 in Manitoba, and increases the risk of collision by nearly four times.

Thirty people lost their lives and 184 people were seriously hurt last year

because someone chose not to put their cell phone down or engaged in other distracting behaviours while driving, Schuler said.

Further distracted driving penalties will also come into force on Nov. 1, including an increase in the fine for using a hand-operated electronic device while driving to \$672 from \$203 and an increase in demerits for careless driving to five points from two for each infraction.

> ABANDONED MANITOBA, FROM PG. 13

It was the place to be in its heyday, though.

"There weren't many options for you other than the weekend dance," Goldsborough said. "So these dance halls were all over the province."

"I think the subtext to it all is there were other things that went on there besides dancing," he added, suggesting drinking was perhaps much less commonplace back then. "So what I talked about in this particular chapter is where this liquor came from."

"It was mostly homemade. So I talk about bootlegging and moonshining," he said. "It certainly is a reflection of the reality at that time."

Nostalgia is certainly one reason Goldsborough feels his first foray

into telling these types of stories was so successful.

"People have fond memories of the past, but I think it's also because it provides them with an insight into how things have changed," he suggested.

"We are living in a time when we have such abundance. We have such an easy life compared to the lives of our predecessors. I think we tend to take that for granted, and I think it's worthwhile being reminded periodically that we're really lucky, we're really fortunate."

"Each of the chapters in this book connect to that theme ... how things have changed."

Goldsborough noted he welcomes

opportunities to meet with readers, who can oftentimes point him in the direction of a great local story.

"A lot of time I find out about these things from the people that I go out and meet," he said, adding that's how the stories of the old dance halls came his way.

Most every reader will be able to find a familiar location to learn about in the book, Goldsborough noted.

"I wanted it so that, no matter where you were in Manitoba, there was something close to you that you can connect to."

Head to abandonedmanitoba.ca to learn more.

The ramblings of a retired schoolteacher

A new school year has begun and my mind does its usual reminiscing.

I found myself walking down the school supply aisles of our local department store recently. How I wished I had a good excuse to buy new notebooks, new markers, and new pencils. Our last child graduated in 2000 and I retired from teaching in 2008. Even my young grandson's school has thwarted my needs by bulk purchasing. Now, I no longer have an excuse to walk the aisles with them, comparing and contrasting and finally choosing the exact items required.



By Florence Dyck

When I had children in school I prided myself on following the supply lists carefully. When I taught I was often dismayed at how carelessly the

lists were regarded. The wrong colours of duotangs, the wrong markers, and the wrong crayons were often sent. Parents did not seem to realize that teachers have specific reasons for requesting certain brands and certain colours. I stayed hours after the first day of school to sort out all the supplies for each student and to make sure the supplies not needed right away got placed in a named draw-string bag and hung in the storage closet for later use.

I was so excited to enter my Gr. 4 class in Morden Maple Leaf School in September 1952. This was the first year I knew some of the children in my class. I was eight years old and had already been in six different schools: preschool in Fort Garry, MB, Gr. 1 and Gr. 2 in two different country schools near Plum Coulee, Gr. 3 in three different communities in Ontario, and, finally, three months in Gr. 3 in Maple Leaf School in Morden. My fourth grade teacher, Mrs. McCulloch (later Mrs. Ching) made each of us feel welcomed and comfortable. She was kind and loving and found it difficult being stern to even the most troublesome child.

Gr. 4 was the year we had to buy ink



SUPPLIED PHOTO

The author's fourth grade class at Maple Leaf School in 1952.

and fountain pens. We had learned cursive writing previously and now we were to write everything in cursive using ink. What a disaster! Almost every day entire bottles of ink were spilled over desks, books and floor. Our old hardwood floors and chipped desks verified this!

When my bottle spilled, I worried more about Mom's reaction than I did about my teacher's. Mom did not appreciate ink on school clothes or the expense of buying another bottle.

In high school, I began buying fountain pens that used ink cartridges. I kept a bottle of ink at home to refill empty cartridges as they were expensive. Ballpoint pens were invented just before World War II and in common use during the '50s, but for whatever reason still not allowed when I was in school.

When I went to school we did not need to buy much in the way of supplies but we were responsible for our textbooks. I was only a year behind Jeanne so could use hers, but Jeanne had to find older students and ask if she could buy their books. She tried to pick students whose books were already dirty and well-worn so the price would not be as high. Our bean-picking money, as little as it was, and later our baby-sitting money had to be used to buy them.

In the late '50s, many changes to the educational system in Manitoba were proposed. The provinces would be

divided into larger school divisions. Textbooks would be provided for all grades. Smaller rural schools would be amalgamated or closed down and country children would be bused to town. Larger and better equipped high schools would be built. This resulted in more children graduating.

The entire time I went to school in Morden only a few students drove in from the country. In Gr. 12, a Polish student's parents bought a house in town so he and his sister could go to high school. This was quite unusual at the time. Some parents could car-pool but others had to drive in twice a day every day. This was a real hardship for many rural families.

Until I retired, almost my entire life had revolved around the school cycle. The year I retired I planned a backpacking trip in Europe with my sister and a friend for the months of September and October. The next few years I made sure to have plans the September Labour Day weekend.

Now, ten years later, I'm pretty much over all the August preparations but I do miss the excitement of that first day and all those eager little faces. I also miss the smells of freshly scrubbed classrooms and the crisp feel of new notebooks along with the promise of new beginnings.

Florence Dyck is a former Mordenite now living in the Okanagan

Snowflakes



Snow is one of the most fascinating creations in nature. It is formed when water vapor in the atmosphere condenses and crystallizes into ice without going through the liquid stage. The ice crystals absorb additional water vapor and grow into snowflakes and then fall to earth as snow. Each snowflake is unique in its size and shape, although all snowflakes have six sides.

- Excerpt from *Footprints of Hope* by Henry Martens. Illustrated by Raymond Klassen.

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• YEAR OF THE BIRD

Talkin' turkey

By Paul Goossen,
Discovery Nature Sanctuary

October is not a happy month for turkeys, especially the domestic variety!

April, on the other hand, is much more exciting—spring is in the air and males are anxious to strut their stuff and impress females.

Turkeys get a lot fun poked at them and, if you think about it, they are not the prettiest birds on the planet. They have strange looking adornments, some with peculiar names: a snood, caruncles, wattles, spurs and a beard.

They also don't have a lovely song, rather a loud inharmonious gobble uttered by males. Despite that, the gobble does get the attention of females, which is after all important for the survival of this species. Young males are known as jakes, adult males as toms. Females are simply known as hens.

Turkeys are social creatures and can be seen in flocks feeding in fields or sparse woodlands. After the breeding season, males hang out together while females and young find safety in groups. Most of their day is spent walking around looking for food. In the evening, a short flight into trees gives them a safer place to roost for the night.

Although the Wild Turkey is native to North America, it was not originally found throughout the continent. Over time, the turkey has been released into numerous locales. It was initially introduced as a game bird into Manitoba near Miami in 1958 by Wild Gobblers Unlimited.

Although turkeys have about 5,000-6,000 feathers, winter can impact their survival, especially when deep snow covers much of their food sources. With the help of some farmers who provide food and shelter, turkeys are better able to make it through the



A male Wild Turkey on display in La Rivière.

PHOTO BY EV JANZEN

season's cold and snow.

Wild Turkeys were apparently domesticated twice by Indigenous people, first in Mexico for their feathers and then in the U.S. for their meat. The turkey's importance historically as food for Indigenous people cannot be underestimated. After deer, the turkey is the most hunted species in the United States today.

There is at least one turkey in the

U.S. that is thankful during November. That's the one that gets ceremonially pardoned by the president during the Thanksgiving season!

Conservation organizations around the world are marking 2018 as the Year of the Bird in recognition of the centennial of the Migratory Bird Treaty Act. Check out this column each month for a snapshot of the diversity of our local feathered friends.

Former mayor Neil Schmidt to speak at heritage banquet

Grab a bite to eat and learn a bit of local history at the Winkler Heritage Society's fall banquet next month.

Tickets are on sale now for the annual banquet, which takes place Thursday, Nov. 8 at the Winkler MB Church (120 Pineview Dr.). Doors open at 5:30 p.m., supper is served at 6:30 p.m.

The evening will feature a hearty meal, music from Jayme Giesbrecht, and a keynote address from former

Winkler mayor Neil Schmidt, who will share some highlights from his time in office and reflect on the growth of our community over the years.

Heritage society members are also working on several displays of historical artifacts and papers for people to explore.

Tickets are \$30 and available by calling 204-325-2983.

Beatles vs. Stones at concert hall Nov. 10

Fans of two of rock and roll's biggest bands will square off at the Winkler concert hall next month.

Winkler Arts and Culture is bringing their popular fundraising concert *The Beatles vs. The Rolling Stones* back to the P.W. Enns Centennial Concert Hall for one night only on Saturday, Nov. 10, at 7 p.m.

The concert will feature live music

played by some of the finest musicians in the Pembina Valley who are volunteering their talents to share the music they love.

Performers include Bill Dowling and the Even Breaks, Jayme Giesbrecht, Frank Maclean and the New Originals, the 7-ups, Reckless Tram and the Frying Pan, Jenessa Kehler, Controlled Chaos Trio, Caleb Vallylly

Band, and BK and the Bad Habits featuring Steve Keys.

Tickets are \$20 each and are available at the Winkler Civic Centre box office or online at winklerconcerthall.ca.

Proceeds from the evening go to support the arts centre.

Flatlands Theatre Co. goes to Narnia

Flatlands Theatre Company is taking its audience to the magical world of Narnia to kick off its 2018-19 season.

The Winkler theatre troupe presents the C.S. Lewis classic *The Lion, The Witch And The Wardrobe* next week.

The dramatization by Joseph Robinette set in the land of Narnia faithfully recreates the magic and mystery

of Aslan, the great lion, his struggle with the White Witch, and the adventures of four children who inadvertently wander into Narnia through an old wardrobe.

All the memorable episodes from the story are represented in this dramatization: the temptation of Edmund by the witch, the slaying of the evil wolf by Peter, the witnessing of

Aslan's resurrection by Susan and Lucy, the crowning of the four new rulers of Narnia, and more.

Show time is 7:30 p.m. Nov. 1-3 and 3 p.m. Nov. 4 at the P.W. Enns Centennial Concert Hall.

Tickets are available at the box office or online at www.winklerconcerthall.ca.

The *Winkler Morden* **Voice**
 What's *Your* story?
 Call 325-6888
 Do you have a suggestion for our news team?
 Is there someone you would like to see recognized in the newspaper for their accomplishments - athletic, academic or community service.

Plenty of Halloween fun in Morden this weekend

By Lorne Stelmach

Morden marks Halloween with a host of events starting this weekend.

The City of Morden Halloween Spooktacular runs Friday evening at the Access Event Centre from 6-8:30 p.m., including free public skating from 7:15-8:15 p.m.

The night will include a games and colouring room as well a contest for the best decorated pumpkin and a costume prize draw.

The Canadian Fossil Discovery Centre is also getting in on the fun, offering activities aimed at both kids and adults.

Starting Saturday, families are invited to stop by to help the CFDC decorate for Halloween.

"They can decorate any part of the museum any way they want, [and] they could also win the prize for best decoration," said Yevgeniya Tatarenko, programs and volunteer co-ordinator.

Also on tap for the days leading up to Halloween are showings of family-friendly movies, a special photo booth, arts and crafts, scary dino stories, and other fun activities. Every child who stops by will receive a free gift.

Halloween evening shifts gears to offer a Night at the Museum for adults only.

From 8 p.m. to 1 a.m., stop by to take part in the costume contest and enjoy spooky games, horror music, a Mosasaur ghost hunt, horror movies, and more.

There is no charge for any of the Halloween events aside from the regular museum admission fee.

Learn more online at discoverfossils.com/news/halloween-week-night-museum.

• HEALTH CORNER

Food and mood

While mental health is a product of a complex puzzle of risk factors and behaviors, a growing amount of evidence indicates that what we eat can affect our mood.

Many of us know this intuitively. Do you ever find yourself reaching for the chips or ice cream after a stressful event? We don't call them "comfort foods" for nothing. While experiments tell us that consuming sweet and fatty foods reduce the stress response in the short-term, the immediate benefit is offset by the negative long-term effects if this becomes a regular event.

Regular consumption of "junk" food can affect the part of the brain that is central to learning, memory, and mental health.

A study conducted between 2012-2015 on the connection between diet and depression found those who improved their diet had a much greater reduction in their depressive symptoms. The eating pattern that was followed included fresh fruits, vegetables, whole grains, legumes, nuts, extra virgin olive oil, and fish.

Another way that diet affects our mental health is that food provides the nutrients that are needed to build messages for cell-to-cell communication.

For example, serotonin is a message that makes us feel content. In order for our body to make serotonin it needs a nutrient called tryptophan.

Tryptophan is found in turkey, plain yogurt, milk, eggs, cheese, spinach, cabbage, pineapple, oatmeal, brown rice, almonds, pecans, and peanuts.

Dopamine is another type of message that makes us feel motivated and happy and is made from the nutrients called tyrosine and phenylalanine. Tyrosine is found in turkey, chicken, cheese, avocados, green beans, plums, and raisins. Phenylalanine is found in asparagus, lentils, chickpeas, soybeans, beef, chicken, fish, eggs, pork, seafood, salmon, cottage cheese, peanuts, soy milk, walnuts, and peanuts.

Lastly, the food we eat affects our mood because food determines which gut bacteria survive. Why is this important? Because gut bacteria creates an environment in our gut that can affect inflammation (a risk factor for depression) and communication to the brain.

To keep the good bacteria alive, adults need to consume 25-35g of fibre a day. This can be achieved by regularly consuming vegetables, fruit, whole grains, nuts or seeds, and beans. The digestion of these fibre rich foods creates an environment in the gut that helps reduce inflammation and send positive messages to the brain.

Diet matters to mental health. While it is not the magic bullet, better quality diets are consistently associated with better mental health. Consuming a variety of nutrient-dense food is helpful for brain health, in providing the nutrients our body needs to communicate messages, and beneficial for our gut bacteria.

To learn more about the connection between food and mood, join mental health clinician Monica Ballard and myself at the Winkler Centennial Library on Nov. 13th from 7:30-8:30 p.m. The presentation is free but seating is limited, so please call 204-331-2337 to register.

Candice Comtois is a registered dietitian at the C.W. Wiebe Medical Centre



CFDC PHOTO

The Canadian Fossil Discovery Centre in Morden invites kids and adults alike to come enjoy some Halloween fun Oct. 27-31.

The *Winkler Morden*

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INSIDE > OUTSIDE > UPSIDE DOWN



Flyers best the Blues in SO

PHOTO BY RICK HIEBERT/VOICE

Winkler's Eric Fawkes slips the puck past an outstretched Blues goaltender Jack Branby in the shootout to win the game for the Flyers 3-2 Sunday night.

By Ashleigh Viveiros

The Winkler Flyers' winning streak hit four in the row Sunday with a thrilling 3-2 shootout win against the Winnipeg Blues.

Winkler had a firm hold of the game through the first two periods, up 1-0 at the first intermission thanks to a goal from Brody Moffatt and 2-0 in the second after Josh Kagan scored. The home team led in shots on net, as well, 14-9 in the first and 15-3 in the second.

Winnipeg pulled it together in the third, outshooting Winkler 19-6 and finding their mark on two to send the game into what proved to be a fruitless overtime.

In the resulting shootout, the Winnipeg shooter missed his mark while Kagan found his.

Round two swung the other way, with Winnipeg scoring and Winkler's Colton Friesen stonewalled by the

Blues' goalie.

After Winnipeg missed their third round shot, Eric Fawkes got the win for Winkler.

Aaron Brunn played the full 65 minutes in net, stopping 32 shots as Winkler narrowly outshot Winnipeg 36-34.

The win capped off a solid week for the team, who two days earlier had bested OCN 1-0 in overtime (Fawkes scored the game-winner there as well, while Brunn had a clean sheet in net off 25 shots) and on Oct. 16 defeated the visiting Virden Oil Capitals 5-3.

The Tuesday game saw Jesse Korytko, Moffatt, and Drake Burgin contribute singles while Friesen scored twice en route to victory. Riley Morgan got the win in net, making 19 saves off 22 shots.

With that, Winkler's record sits at 7-5-1 for 155 points, putting them in sixth place and five points back of the

first-place Portage Terriers.

The Flyers wrap up October with away games against Dauphin and Waywayseecappo this weekend and then host Winnipeg next Tuesday.

TRADES AND COLLEGE SIGNINGS

In other Flyers news, the team has traded defenseman Matt Boren (1999) to the SJHL's Thief River Falls Norskies for future considerations.

Boren, who hails from Devil's Lake, North Dakota, suited up in five games for the Flyers this season and failed to record a point.

In a separate move, Winkler also signed defenseman Caydon Meyer (2000), who started the year with the Springfield Jr. Blues (NAHL).

Meyer is a 5'11", 185lbs defenseman from Woodbury, Minnesota.

"Caydon is a puck moving defense-

man with decent size, he moves the puck well and will add depth to our back end," said general manager Ken Pearson.

The team also announced that 17-year-old forward Eric Fawkes as committed to Rensselaer Polytechnic Institute to play NCAA Div I hockey for the 2020-2021 season.

The Winnipeg right-winger wracked up 74 points (37 goals, 37 assists) in 47 games with the Winnipeg Wild in the Manitoba AAA Midget Hockey League last season. He currently has one goal and three assists in 12 games with the Flyers.

"I want to thank everyone who has helped me along the way and most of all my family," said Fawkes. "[I'm] excited to further my education and play high level hockey."

The R.P.I. Engineers play in the ECAC in NCAA Division I Men's Hockey and are based out of Troy, New York.

Lady Hawks gain four points, confidence

By Lorne Stelmach

The female Pembina Valley Hawks gained far more than just four points over the weekend.

The AAA team also got a significant boost in confidence with a pair of wins that not only brought their record above .500 but also lifted them into third place in the standings.

Coming into the weekend having lost three of their first four, the Hawks followed up a 5-3 win over the Eastman Selects Friday by edging the Winnipeg Ice 3-1 Saturday.

The Hawks took control of the game against the Selects with three unanswered second period goals as they gained a measure of revenge for a 2-1 overtime loss to Eastman the weekend before.

Tessa Odell had a pair of goals and a four point night while Abbi Conrad also contributed a pair and an assist. Also scoring was Cora Fijala.

Isabell Reutter stopped 17 of 20 Eastman shots while her teammates fired 43 shots at Selects' goaltender Emma Plett.

The Hawks again grabbed a second period lead Saturday with a pair of goals in the middle frame against the Ice.

Maiya Aschberg scored for the Hawks alongside Fijala and Odell, while Reutter got the win with 17 saves.

The Hawks improved to 3-2-0-1 for seven points, which has them trailing the Yellowhead Chiefs and Westman Wildcats, both at 10 points. On their heels are Eastman at six followed by the Central Plains Capitals and Winnipeg Avros at four points. Bringing up the rear are the Ice with just one

win in six games and the Interlake Lightning, who are winless through six games.

Pembina Valley is in Stonewall Saturday to take on the Interlake Lightning and then return home to Morden to host the Yellowhead Chiefs Sunday afternoon.

HONOURS

Fijala earned honours as the league's Player of the Week.

The Gr. 11 student from Manitou earned five points during the week ending Oct. 14, picking up a goal and three assists in an 8-2 win over Interlake followed with an assist on the lone goal in the Hawks' 2-1 OT loss to Eastman.

Fijala, who is in her third year with the Hawks on defence and serves as an assistant captain, has also made Hockey Manitoba's Top 40 Camp.

Hawks struggle at AAA showcase

By Lorne Stelmach

The Manitoba AAA showcase weekend in Portage proved to be a less than memorable one for the Pembina Valley Hawks.

They dropped back-to-back games for the first time this season, falling 3-0 to the Winnipeg Wild on Friday and then 5-3 to the Interlake Lightning on Sunday.

This was their second loss to the Wild, who remain unbeaten through

their first seven games.

Dylan Meilun made 31 saves for the Hawks as they were outshot 34-25.

Pembina Valley then let Sunday's game get away from them, as they held period leads of 2-1 and 3-2 before giving up three unanswered goals in the third.

Contributing to the tally was Tyson Allison, Jacob Carels, and Michael Hlady.

Brock Moroz stopped 35 of the 40 shots he faced, including 18 in the

third period alone. Pembina Valley managed 38 shots overall on net.

The losses drop the Hawks to sixth place with a record of 5-4-0-0 for 10 points. That's just two back of the Winnipeg Thrashers and Bruins but also only two up on the Kenora Thistles and Brandon Wheat Kings.

This weekend the team hosts the Bruins in Morden Saturday and then heads to Beausejour for a Sunday afternoon game against the Eastman Selects.

Pembina Valley Twisters in tight battle for 1st

By Lorne Stelmach

A strong start to the season has the Pembina Valley Twisters continuing to challenge for the league lead.

The MMJHL team has gotten points in every game since a regular season opening loss to Transcona, including five wins and two overtime losses in that seven game span.

They rebounded from a tough 4-3 overtime loss Friday to Charleswood with a 6-5 win Sunday over Transcona that left them tied for first with the Raiders at 12 points, though the Winnipeg club has a game in hand and a slightly better record at 6-1-0.

The Twisters salvaged a point against the Hawks Friday by coming back from being down three goals to force overtime.

Trailing 3-0 after two periods, Elijah Carels got the Twisters on the board 1:51 into the third and then Jeremie Goderis got his ninth in at 3:10 to pull them within one. Travis Penner then tied it at 6:36.

There was good action in overtime with Travis Klassen making a big slid-

ing save across the crease, but the Hawks broke the deadlock with 1:23 remaining.

Klassen made 33 saves as the Twisters won the shots battle 41-37.

On Sunday, the team rode a strong second period to victory, breaking

open a 1-1 game with four unanswered goals in the middle frame and then withstanding a third period charge from the Railer Express.

Pembina Valley connected twice on the powerplay and spread the scoring around with goals from Carels,

Penner, Owen Wiebe, Wyatt Sabourin, Derek Wood, and Brendan Keck.

Shots were 41-33 for Transcona. Martin Gagnon earned the win in goal with 36 saves.

This weekend the Twisters head into Winnipeg to face the Raiders.

High school sports round-up

- Morden Collegiate's JV cross country team ranked third at the Provincial High School Cross Country Championships hosted by the school in Roseisle Oct. 17.

The team competed in the A-AAA category and came in just behind teams from Westgate Mennonite and College Beliveau.

- In Zone 4 varsity volleyball, both the GVC boys and girls teams

downed the Thunder in three straight sets Oct. 16.

Playing in the SCAC, the NPC volleyball teams faced the J.H. Bruns Broncos Oct. 17. The boys won in four while the girls lost in three.

NPC's boys also hosted their invitational tournament Saturday, going 3-0 in the round robin and then beating Gabrielle Roy in two to make it to the championship final against Green

Valley, which they lost.

- Zone 4 high school hockey got underway last week.

After falling 10-2 to Morris, the Morden Thunder lost to Portage 3-1 and the Altona 6-0.

NPC, meanwhile, downed Carman 7-3 on Saturday and were slated to host Morris Tuesday. Results were not available at press time.

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

Agriculture

Producers like new sow group housing

By Harry Siemens

Research scientist Dr. Jennifer Brown with the Prairie Swine Centre says those producers who switched from stall housing of gestating sows to group housing like the new system—in many cases more so than anyone had anticipated.

In response to changes to Canada's Code of Practice for the Care and Handling of Pigs, which calls on pork producers to move to group housing by 2024, scientists working in partnership with Swine Innovation Porc have been tracking and documenting barn conversions to provide information for other producers as they make the change.

Brown said those already working with the new system are finding the sows more relaxed and comfortable to work with.

"We're seeing very consistent across the board producers happy with the systems," she said. "Go into free access or an electronic feeding system barn, it's very quiet, the sows are easier to manage."

"They're used to walking around so people often note that it's easier to get into a farrowing pen because the sows are more comfortable to walk down the hallway and to walk into a farrowing crate than they would be if they spent their gestation in a stall. The sows are very calm if you have your feeding system set up properly."

Brown said everyone knows their place in the social hierarchy, so mixing pens and forming groups is another discussion.

"That's another important area to get right when you're using these systems ... the training and the mixing, but once you've got those working properly people seem very happy with these systems."

The Suncrest Colony near Steinbach built a new group housing barn back in early 2017.

"We love it. While people may think it is more legwork, it isn't," hog boss Bob Kleinsasser said back then.

Today the system still gets a big thumbs up from Kleinsasser and his staff.

"The sows are more at home on the loose, and they can socialize more," he said. "It's terrific."

While admitting the new system is better for employees as well, Kleinsasser points out it's not less work.

"It's different work. You get to know the sows better, 'cause you walk 'em long, and it's just more personal," he said.

The Suncrest Colony is currently building a new feed mill.

"The other one's getting to be pretty old, and too small. Hopefully, we'll have the new feeder barn up and running in a couple of years, and then we'll for sure need the capacity," said Kleinsasser.

With trade talks, tariffs and disease in herds overseas, the hog industry and prices have been see-sawing up and down lately. But Kleinsasser says they're in good shape at Suncrest.

"We've been sitting pretty good. We've forward-priced basically all our hogs, which were 80 per cent, and even when the price dipped a bit there a couple of

months ago, we still got quite a bit of money," he said. "Right now it's up, it's excellent now, and what's going to happen with trade, that's hard to say with the disease in China. It's all gonna iron itself out in a couple of months."

"People still like pork and there is a reason for that: because it tastes good."

"IT'S VERY QUIET, THE SOWS ARE EASIER TO MANAGE."



By Harry Siemens

Earlier this year, with all the name calling and hand twisting regarding the trade rhetoric, I maintained things would settle down because of the demand for all products grown by producers—whether grain, special crops, livestock, or poultry—will grow as the population grows. We love to eat, and yes there were hiccups and some losses, but things keep going.

The National Pork Producers Council is welcoming encouraging developments on the U.S. trade front.

These come on the heels of the United States concluding negotiations aimed at modernizing trade agreements with Canada, Mexico, and South Korea as well as the Trump administration announcing plans to negotiate agreements with the European Union, Japan, and the United Kingdom.

NPC senior communications director Jim Monroe said it is good news for hog producers.

"Our number one priority with new free trade agreements will be the completion of an agreement with Japan because that country recently signed agreements with the European Union," said Monroe. "It is also part of the new TPP agreement

Tariffs still hurting hog producers

which involves 11 nations, most of them in the Asia-Pacific region and, without a free trade agreement with Japan, we risk losing market share as those agreements formed by Japan go into effect likely next year."

He said that is why the news about negotiating a new agreement with Japan is very favourable.

"We ship a lot of pork to Japan today on certain terms, and if we can get improved terms through a new free trade agreement I think we're going to be in an even stronger position and will not be at risk of losing market share where I think we would be without an agreement," Monroe said.

"One of our top priorities will be seeing the ratification of the revised U.S.-Mexico-Canada trade agreement," he said noting the U.S. Congress will most likely take that up early in 2019. "We will be watching that as a critical vote, making sure that our members—who represent the interest of 60,000 U.S. pork producers—we'll make sure that they are clear on the yes and no votes for that agreement."

"We believe strongly Congress should ratify, and as soon as possible."

Despite the new NAFTA, tariffs on U.S. pork remain an issue for North American producers.

Tyler Fulton, the director of risk management with h@ms Marketing Services, said those tariffs are hurting U.S. pork exports. The most recent pork export sales figures showed that sales to China were down about 21 per cent from year-ago levels and sales to Mexico are down about five to six percent. Those are significant numbers.

"Those are two large players regarding destinations for U.S. pork, but when you also apply the market context we see significant price discounts throughout August," Fulton said. "We thought that would trigger greater sales volumes to those locations but I think the tariffs did put the brakes on some of those sales and, as a result, the North American hog and pork prices have taken a hit because of the restrictions that have slowed the sales of U.S. pork."

Fulton said because the Canadian market tends to reference U.S. prices, when American producers are hurting Canadian producers feel a proportionate effect.

"Canadian pork processors aren't feeling the same pinch so, if this goes on, discussions around getting a more equitable split of the value of pork produced in Canada may need to happen," he said.



Shop of horrors

The classic Kenmor Players filled Morden's Kenmor Theatre Oct. 12-14 for the sci-fi musical comedy *Little Shop of Horrors*. Telling the tale centred around an alien plant intent on taking over the world, the play offered some great music and hilarious comedy. Coming up next for Candlewick Productions is the senior high comedy *The History of Dating in Manitou* Nov. 2-3, *It's a Wonderful Life* in conjunction with Steinbach Bible College Nov. 11 in Morden, and the youth production of *A Hobbit's Tale* Nov. 16-17, also in Morden.

SUBMITTED PHOTO

take a break

> GAMES

SUDOKU

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

Level: Intermediate

Fun by The Numbers - Like puzzles?

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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!

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

Sudoku Answer

Crossword Answer

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X CROSSWORD

- CLUES ACROSS**
- Rhythmic patterns
 - Ethical theory
 - Nightclub
 - Upsets
 - Type of railroad
 - Home of The Beatles
 - Political organization
 - Disgraced cyclist Armstrong
 - Seven
 - Enlarges hole
 - Some are big
 - August __, German socialist
 - Unappetizing food
 - Cast out
 - Adult male
 - After uno
 - Midway between northeast and east
 - Kenyan settlement
 - Oxygen deprived
 - British writer
 - Synchronizes solar and lunar time
 - Vehemently expressed
 - Hurt
 - Relative biological effectiveness (abbr.)
 - Gradually weaken
 - Cool!
 - Touch softly
 - Israeli city
 - Indicating silence
 - Protein-rich liquids
 - Tropical Asian plants
 - A very small circular shape
 - Type of wrap
 - Potato state
 - Spinning toy
 - Type of degree
 - Ornamental molding
 - Closes again
 - Verses
 - Rise up

CLUES DOWN

- Spanish seaport
- Equal to one quintillion (abbr.)
- Powders
- One of the "Great" ones
- Increase motor speed
- "E.T." director
- Caught sight of
- Congressional investigative body
- Aroma
- Runs without moving
- Southeast
- About remembering
- Slang for famous person
- Potential criminal
- Body part
- All over the place
- Conqueror
- Actress Ling
- Mauna __, Hawaiian volcano
- Distributes
- Golfing legend Sam
- Laos musical instrument
- Open payment initiative
- Having no fixed course
- Type of dog
- Digital audiotape
- Hit lightly
- San Diego ballplayers
- Stop working
- Suitable for growing crops
- Musical groups
- Soft
- Lowest point of a ridge
- Beloved late TNT broadcaster
- Thin strip to align parts
- Cardinal number
- Frozen water
- One who is incredibly special
- Rhodium
- Top lawyer in the land

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 www.mcsherryauction.com

NOTICES

Public Notice Regarding Auditor's Report

Pursuant to Section 194 of The Municipal Act, notice is given that the Financial Statements and Auditor's Report for the City of Winkler for the year 2017 are available for inspection by any person at the City of Winkler office during regular office hours.

Dated at the City of Winkler, this 23rd day of October 2018.

David Martens
 Director of Finance

City of Winkler
 185 Main Street, Winkler, MB, R6W 1B4
 204-325-9524 | 204-325-5915



NOTICE OF PUBLIC AUCTION

NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF THOMPSON



Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 23rd day of November, 2018, at the hour of 10:00 AM, at Rural Municipality of Thompson, 530 Norton Avenue, Miami Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
114050	ALL THAT PORTION OF THE SE 1/4 OF SECTION 9-6-7 WPM LYING TO THE SOUTH AND WEST OF SOUTH WESTERN LIMIT OF ROAD PLAN 104A MLTO EXC FIRSTLY: THE SLY 519.5 FEET AND SECONDLY: ALL MINES AND MINERALS AS SET FORTH IN DEED 31550 MLTO - 31044 RIDGE RD.	L - \$31,400 B - \$225,700	\$ 11,642.04

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the Rural Municipality of Thompson as follows:
 - The full purchase price if it is \$10,000 or less; OR
 - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.
- The purchaser will be responsible for registering the transfer of title in the land titles office, including the registration costs.

Dated this 4th day of October, 2018.

Managed by:

Nicole Enns
 Chief Administrative Officer
 Rural Municipality of Thompson
 Phone: (204) 435-2114
 Fax: (204) 435-2067



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Meyers Gun Auctions

Estate of Wayne Bowles
 10 am Sat. November 3
 Souris, Manitoba

Estate of Dick Pollock & Consignors
 9am Sat. November 10
 Meyers Auction Site, Arden MB

Both Auctions feature Rifles, Shotguns, Handguns, Ammo & Hunting Items

Bradley Meyers
 Auctioneer
 204-476-6262

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FARM PROPERTY FOR SALE BY TENDER IN THE MUNICIPALITY OF ROLAND

Sealed tenders in writing for the purchase of the property described below will be received by McCulloch Mooney Johnston Selby LLP as follows:

PROPERTY FOR SALE:

- PARCEL I:
 NE 1/4 32-5-3 WPM
 EXCEPTING - WATER CONTROL WORKS PLAN 1204 MLTO
 (Approximately 159.74 acres)
- PARCEL II:
 SE 1/4 32-5-3 WPM
 (Approximately 160.00 acres)

CONDITIONS OF TENDER

- Interested parties must rely on their own inspection and knowledge of the property.
- Tenders must be delivered to McCulloch Mooney Johnston Selby LLP by 2:00 p.m., November 2, 2018.
- Tenders must be accompanied by a \$20,000.00 deposit cheque payable to "McCulloch Mooney Johnston Selby". Deposit cheques accompanying unacceptable bids will be returned.
- The highest or any tender will not necessarily be accepted.
- Property is not subject to any right of first refusal.

TERMS AND CONDITIONS OF SALE

- The bidder(s) whose tender is accepted will be required to complete an Agreement for Sale covering the terms and conditions of the sale.
- Tenders may be placed on all or part of the lands
- Purchaser shall be responsible for taxes beginning on January 1, 2019.
- In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing, which shall be December 1, 2018, or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the purchase price is not paid by the possession date or under such acceptable conditions, the deposit paid shall be forfeited as liquidated damages and not as a penalty.
- The purchaser shall be responsible for payment of GST or shall self-assess for GST.

McCulloch Mooney Johnston Selby LLP

P.O. Box 1670, 14 Main Street South, Carman, Manitoba R0G 0J0 (204) 745-2546

Attention: Chris Bowler

Please Mark Envelope "E 1/2 32-5-3 Tender"

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AUCTION

HOUSEHOLD, TOOL AND YARD AUCTION FOR DAVID MARTINS

Sat., Oct. 27 • 10 am

**Rocky Ridge Ave. in Reinfeld
2 miles east of Winkler**



Concrete working tools, insulated tarps, screener etc.
Woodworking tools, Honda 1400 genset, GMC Kid's electric pickup, Snow blower, merry tiller, Very nice looking furniture and appliances, newer fridge, range, washer, dryer.
Check it out! Lunch available at the auction.

See website www.billklassen.com for photos and listing

Bill Klassen Auctions Ltd.
Ph: (204) 325-4433
Cell: (204) 325-6230
Fax: (204) 325-4484

ANNOUNCEMENT



**Kathleen Joanne Vandenberghe
(nee Grift)
1971 - 2017**

Forever missed, fondly remembered,
Always loved.
The memory of your smile
Remains in our hearts.

-Marilyn and Bill

OBITUARY

**John Ginter
1924 – 2018**



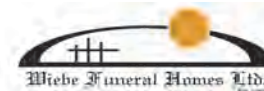
Peacefully after a long and productive life, John Ginter age 94, of Winkler, Manitoba went to be with the Lord on October 13, 2018 at the Boundary Trails Health Centre.

Dad was born on March 4, 1924 at Hamburg, North of Plum Coulee. He was one of 13 children of Peter Ginter and Maria Falk. He grew up and worked in the Winkler area all his life, although he did spend some time at Banff National Park in Alberta during the war years. At this time, he was courting his sweetheart, Helen Enns, whom he married on October 22, 1944. Three sons were born to this union: Richard, Ronald and Howard. Mom and Dad settled in the Schanzenfeld area on a small farm to raise their boys. Dad was baptized upon the confession of his faith on May 28, 1944 at the Winkler Bergthaler Mennonite Church, where he was a lifelong member. For many years Dad worked as an AI technician and wore out many a car on the gravel roads of southern Manitoba. It was not a nine to five job as he was on call from early morning to late evening. He enjoyed it and made many friends. He knew every farmer that owned cattle in southern Manitoba. After retiring from the AI business, he worked at Winkler Co-op, first in the dry goods area and then as manager of the hardware department. He enjoyed his time there, as he knew so many of his customers personally. After leaving Co-op he worked at Winkler Furniture, with his son Rick for many years. The business enjoyed much success as so many customers knew Dad. After retiring at age 65, he worked part time at the sugar beet loader with his son Ron, which he enjoyed very much and often talked about. He was predeceased by our Mother, and the love of his life, in 1981. In 1984, he married Mary Hildebrand.

He leaves to mourn his passing his three sons, Rick and wife Anne, Ron and wife Fran, Howard and wife Linda as well as seven grandchildren, Corri (Henry), Pamela, Kurtis (Julie), Krista (Max), Cheryl, Julie (Joel), Jaime (Dan) and 21 great-grandchildren, Evan, Noelle (Brayden), Karli, Tanner, Cody, Jaden, Benson, Lauren, Kate, Emily, Bohden, Finley, Samuel, Madison, Isaiah, Noah, Owen, Raina, Riley, Jordyn and Jaelyn. He also leaves to mourn two sisters, Sadie and husband Ken, Mary and husband Henry. Dad is survived by second wife Mary and her family, Delores and husband Otto, Rob and wife Patti, Val and husband Jack, Randy and wife Linda and their families.

Memorial service was held at 2:00 p.m. on Thursday, October 18, 2018 at the Winkler Bergthaler Mennonite Church with interment prior at the Winkler Cemetery.
If friends so desire, donations may be made in John's memory to the Salem Foundation Inc.

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



OBITUARY

**William Bruce Mulholland
1956 – 2018**



Bruce was diagnosed with acute myloid leukemia on June 13, 2018. After four months of a hard fight, he peacefully went to be with the Lord on Saturday, October 13, 2018.

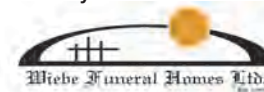
Bruce is survived by his loving wife, Tina Mulholland; daughter, Mary D'Hoore; daughter, Tara Ketler; son, James Mulholland and daughter, Charline Mulholland and their families which include eight grandchildren and one great-granddaughter. He is also survived by his sister,

Liz Mulholland and brother, Terry Mulholland and their families. Bruce was predeceased by his parents, Mary and Garnet Mulholland.

Funeral service was held at 2:00 p.m. on Friday, October 19, 2018 at Wiebe Funeral Chapel, Morden with a private family interment.

In lieu of flowers, donations may be made in Bruce's memory to South Central Cancer Resource.

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



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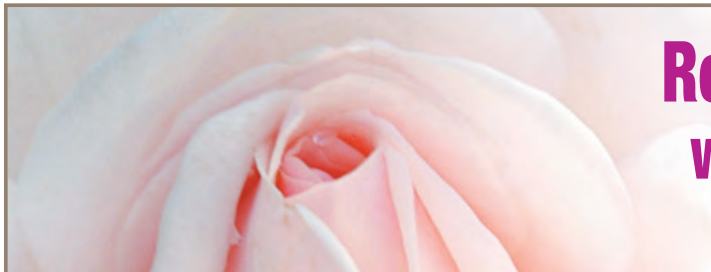
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COMING EVENTS

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for Valley Mennonite Academy
Fri., Nov. 9
5:00 - 7:00 PM
Winkler Mennonite Church
Soup, Salad & Pie
Admission by Donation
School Choir Performing
Nordic Ware Cookie Sheets
and Baking Pans will also
be available for purchase

COMING EVENTS

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October 27
9 am to 4 pm
Carman Community Hall
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Approximately November 15, 2018 to March 15, 2019
General duties include cleaning of building; making and care of natural hockey ice, and artificial curling ice.
Submit resumes to:
R.M. of Roland
Box 119, Roland MB R0G 1T0
Email: caormofroland@gmail.com
Phone: 204-343-2061 Fax: 204-343-2001
Deadline: November 7, 2018 4:30 p.m.
We thank all for applying. Only those selected for interview will be contacted.

AUCTION

LARGE TOOL AND HOUSEHOLD AUCTION FOR MR. AND MRS. DAVID MARTINS
SATURDAY, OCTOBER 27 - 10 AM
ON ROCKY RIDGE AVE., REINFELD, MB.
Good household furniture, snowblower, garden tiller, concrete working equip., and other tooling. Some toys etc. It's all in the Family.
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Cell: (204) 325-6230
Fax: (204) 325-4484

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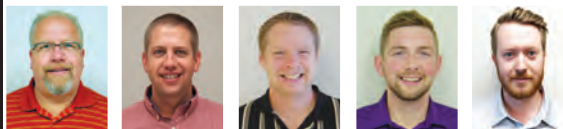
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