

The *Winkler • Morden*
Voice

VOLUME 14 EDITION 47

THURSDAY,
NOVEMBER 23, 2023

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Want s'more?

People lined up to get all the fixings to make s'mores at Morden's tree lighting celebrations over the weekend. For more photos, see Pg. 11.
PHOTO BY LORNE STELMACH/VOICE

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get informed

Nicholas Hoepfner joins Morden mayoral race

By Lorne Stelmach

Nicholas Hoepfner hopes that his candidacy for mayor of Morden will engage other young people in the community.

The 24-year-old has let his name stand in the Dec. 20 by-election against council incumbent Nancy Penner.

Hoepfner sees it as an important goal to get more younger people involved "especially if they are going to be the next generation to take over.

"I hope that by me running that I can promote and encourage younger citizens to take part in politics," he said. "They have a say in the issues that's happening and occurring in their city.

"No one's really interested in politics at a young age until it really affects them," observed Hoepfner. "Even in small ways, everyone has a say ...

"I HOPE THAT BY ME RUNNING THAT I CAN PROMOTE AND ENCOURAGE YOUNGER CITIZENS TO TAKE PART IN POLITICS."

but some people just say, oh, my vote won't count ... your vote does help and does count toward specific issues or topics."

It was some of his own personal interests that led him to put his name on the ballot.

"I've been studying ancient Greek history a lot and, in their culture, it was like everyone needed to get involved. It affects everybody. There's not a lot of young people getting involved in politics here, so I thought maybe me getting involved would get other people involved and en-

courage our young generation to get involved."

Hoepfner grew up in Morden and worked in Fort McMurray, Alberta for a time before returning to Manitoba. He currently spends a lot of time studying at home while looking for a new career opportunity. He would ideally love to find something connected to him being "interested in ancient cultures and how societies began and how we evolved ... how democracy and western politics started, and how we've been influenced by other cultures.

"Morden needs new, fresh minds with ideas to help every single citizen of Morden, making life easier for the citizens," Hoepfner said. "If I can make a difference for the citizens who live in our beautiful city of Morden, I will.

"I hope to see Morden grow and thrive ... I encourage people to build Morden up more," he added. "I see this as a challenge."

The by-election will see the City of Morden get two new city council members as well as a new mayor.

Following the earlier resignations of councillor Florian Lassnig and then Brandon Burley as mayor, current councillor Nancy Penner announced she was resigning from council to seek the mayor's chair.



PHOTO BY LORNE STELMACH/VOICE
Nicholas Hoepfner is running to be Morden's next mayor.

As of the nomination deadline last week, seven names were registered for the vote to elect two new councillors: Chris Abrams, Megan Giesbrecht, Dave Hildebrand, Brenda Klassen, Tracey Krause, Allan Spearman, and Darlene Wiebe. The *Voice* will be profiling each of the council candidates in an upcoming edition.

Voting will take place Wednesday, Dec. 20 between 8 a.m. and 8 p.m. at St. Paul's United Church. A mobile voting station will also be set up at Boundary Trails Health Centre, Tabor Home and Homestead South on election day.

Advance voting will be at Morden Civic Centre Thursday, Dec. 7.

Winkler forming affordable housing task force

By Ashleigh Viveiros

The City of Winkler is creating a task force to address the growing affordable housing crisis in the community.

The City's transportation and utilities committee is taking the lead in the group's creation, explained Coun.

Marvin Plett at the Nov. 14 council meeting.

"It's a pressing challenge. And so the proposal was made at the committee to start a group task force that would be looking at all possible ways that we can tackle this," he told council.

Continued on page 11

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PEMBINA HILLS ARTS COUNCIL

Morden

CO-OP

Central Station welcomes new executive dir.

By Ashleigh Viveiros

Winkler's Central Station Community Centre welcomed its new executive director last week.

Anita Wiebe has stepped into the role held by the retiring Bev Wiebe.

Anita is certainly no stranger to Central Station. She's been a familiar face at the centre through her role as Southern Health-Santé Sud's Healthy Baby coordinator for the past 14 years, providing community support programming for new parents. Prior to that, she had a few roles in the non-profit sector.

"So I've done a lot of social services type stuff," Wiebe says, noting the Healthy Baby program took her to communities throughout the RHA.

"With the Winkler group, we were in the old building with Central Station and then here in the new one now," she says. "It was a great opportunity to see and to be part of things, to be one of the community partners that got to piggyback on some of the relationships that Central Station has built. For us, that was really important. Central Station is a place where people connect."

When the role of executive director became available, Wiebe says she did some soul searching to see if it was something she wanted to pursue.

"It was a little overwhelming at first," she admits. "But I think to be able to have the perspective of having been a community partner and having had experience in other areas—whether it be involvement in the community or with volunteering or pieces like that—there's all sorts of little pieces that give you skills to go, okay, maybe there is something that I

could bring to the position."

Meeting with Bev and the board of directors left Wiebe feeling it would be a good fit and an exciting new chapter in her career.

Her role, she says, is to continue to ensure Central Station is living up to its mandate to be a welcoming and supportive place for everyone.

"I want to build on the work that's already been done. Bev and the staff here have done such an incredible job in really building relationships and making Central Station a place where people feel welcomed and valued and like it's a place that they belong."

"So I want to continue that and to be able to continue to grow programs and services that we're able to offer the community," Wiebe says. "I'm excited about the opportunity."

Bev Wiebe will stay on at Central Station for a few more weeks to aid in the transition.

She served in the role of executive director for seven years, following years of involvement on the Central Station board and as a host at the facility.

"Thank you to the community for being a part of the greater vision and for allowing me to champion the work of all the different agencies in town," Wiebe says in reflecting on her tenure with the organization. "Thank you for trusting me to lead this extraordinary team."

"We have incredible staff and incredible volunteers. I think often the volunteers aren't noticed, but without them we really wouldn't be where we're at today."

"It's been a great journey," she says. "Very challenging but also extremely rewarding."



Anita Wiebe is the new executive director at Winkler's Central Station Community Centre.

PHOTO BY ASHLEIGH VIVEIROS/VOICE

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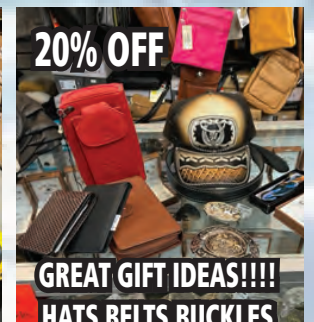
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Local man on hand for King Charles coin unveiling



SUPPLIED PHOTOS

Callum Morrison got to see the very first loonies roll off the press bearing the effigy of King Charles III on them.

By Ashleigh Viveiros

An Altona area man got the chance to see the first loonies bearing the face of King Charles III roll off the production line last week.

Callum Morrison was invited as one of three Monarchist League of Canada Manitoba reps to attend the unveiling at the Royal Canadian Mint in Winnipeg Nov. 14. The event coincided with the King's 75th birthday.

"Two of the others were the co-chairs of the Manitoba Monarchist League," Morrison says. "I'm a life member, though I don't have an official role. But they asked me if I'd like to go because they knew I was very much into history and I've organized a few events in the past in Altona celebrating the Queen's jubilee and the King's coronation."

Morrison got to watch as Canadian artist Steven Rosati unveiled his official effigy of King Charles and as Mint president and CEO Marie Lemay struck the first Canadian circulation coin bearing the image.

"That was certainly exciting because they're just such huge, loud machines," Morrison says. "You see the first one come out and everyone wants to hold it ... and then a whole bunch more got pressed. It was more loonies than I've ever seen."

It was an honour to be there for such a historic occasion, Morrison says, noting this is the first time

a new monarch has been on the coin in 70 years. The late Queen Elizabeth II has graced Canadian coins since her coronation in 1953.

"When I was young, I was very interested in coins and I still have a massive collection," Morrison says. "I think it's an interesting reflection of society, what a country puts on their coins.

"And they last such a long time," he adds, pointing out you still occasionally see coins in circulating bearing the face of King George VI, Elizabeth's father. "These new coins, they will be in the pockets of people's grandchildren one day."

Morrison was impressed by Rosati's work—both the speed in which it was done (King Charles' coronation was in May, eight months after the death of the Queen) and the detail he was able to infuse in the likeness.

"I love the fact that they went with an image where he's incredibly human, in the sense that you can see his wrinkles, you can see he's a man of his age," he says. "And he's not wearing a crown. He's looks very personable. It's kind of a very caring, sort of sympathetic figure, which is nice to see."

The mint plans to begin circulating a small volume of King Charles coins in all circulating denominations by next month. Coins bearing the Queen's likeness remain legal tender.

King Charles' image will also eventually replace his mother's on the Canadian \$20 bill, though that process is still in the early stages.

"THESE COINS, THEY'LL BE IN THE POCKETS OF PEOPLE'S GRANDCHILDREN ONE DAY."

Attention Kids...

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4. Write about a character who is returning home for the holidays for the first time in a long time.

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DEADLINE: Monday, Dec. 4, 2023



Morrison (far right) with dignitaries at the Royal Canadian Mint in Winnipeg last week and the giant version of the coin, which was created by artist Steven Rosati.

The **Voice**

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get informed

“I think we have some good hope” for the future

By Lorne Stelmach

An information evening last week aimed to raise awareness around the challenges facing the health care system in Morden, but there was also some optimism.

The challenges of course center around the shortage of physicians and its impact on services, but representatives of Menzies Medical Centre emphasized they remain hopeful things will start to improve soon.

“I think we have some good hope. There’s some really great initiatives happening through the Manitoba government with some recruitment and retention initiatives. So I think that’s going to help,” said executive director Nicole Walske.

“We also have a fair amount of local residents who are in medicine right now,” she added. “And so that is giving us some hope that hopefully they’ll want to return to our community because they know it. We have those conversations on a regular basis.”

“We have a huge opportunity in the next couple years with a lot of local graduates to keep many more,” agreed Dr. Kevin Earl, who has been practicing in Morden since 2010 and is also the medical site lead for Boundary Trails Health Centre (BTHC).

The presentation noted that, on average, the wait time for a family physician right now can be three to five years.

In total, there are about 24,000 patients who access care services through the clinic, and there are around 14,000 who have a family doctor or primary care provider.

Of the remaining 10,000, there are only 2,000 who are registered on the family doctor finder, and Walske and Earl both stressed it is vital that more people sign-up.

When new physicians arrive, they go to the family doctor finder list. With two recent arrivals, the clinic asked for a list of 75 patients which would include 15 with higher needs and the remainder moderate to low needs.

“They need to register with family doctor finder because that’s where we get our list from,” said Walske.

“And also the province doesn’t see the need in our area [if people don’t

register],” added Earl.

As primary care providers, the doctors here deeply care for the community and for the health of the community, Earl said.

“We realize that access is challenging and difficult, and so this evening was hopefully to provide a little bit of insight into the background behind those challenges and just to give some simple ways to maybe making access to care easier for them.”

In outlining the demands placed on local doctors, Earl explained there are 30 roles they have to fill daily at BTHC.

“Between the roughly 50 physicians between Morden and Winkler, there are those 30 roles that are required just to allow the hospital to function, and those roles are over the course of 24 hours, so evening and overnight roles.

“If you’re working overnight, it means that the next day you’re not able to do duties, so it’s really a puzzle to put our schedule together and to make it work.”

As a result, it has meant some reduction in some of the services at times.

“We currently have double coverage with some crossover for 11 hours of the day, and then there’s 13 hours during the day where there is only one physician for the emergency department.”

Earl noted there are some key things to keep in mind in addressing both recruitment and retention.

“The key to recruitment ... what we’ve seen over the past decade is having learners that rotate through the area, fall in love with the area, fall in love with the community, and want to set down roots and practice here,” he said.



PHOTOS BY LORNE STELMACH/VOICE

Menzies Medical Centre executive director Nicole Walske and Dr. Kevin Earl discussed the state of local health care at an information session at the Morden clinic last week.

“And so the interactions with those learners, those are key when they make their decision of where they want to practice and work,” Earl continued. “So seeing that the community is caring and accepting of them, seeing that they’re willing to see them when they’re in the learning stage [is important] ... and when they hear from people in the community all the wonderful things about living in the community, it gets them excited about being here.”

Earl also noted another key step that has been taken to up their recruitment efforts.

“Residency is the last stage of a physician’s training, and so when our clinical teaching unit started taking on residents, we would take on two

per year in a two-year program, so four in total. Starting this July, we’ve expanded to five per year, so 10 residents in our community every year at any given time,” he explained. “So we’ve really expanded that ... that’s a huge opportunity to keep all 10 of those people here.”

Walske concluded by stressing they want to do all they can to help people navigate the system.

“We hope that people access resources. I’m always willing to have conversations with people to help them to understand,” she said. “I want people to be able to help themselves with the information that we have and maybe sharing that with everyone.”

Cindy Dick is Maple Leaf’s new principal

By Voice staff

Cindy Dick will step into the principal role at Maple Leaf School, Western School Division has announced.

Dick assumes the position from current principal Samuel Jerema, who has been appointed principal of the new Discovery Trails School in

Morden. Both Dick and Jerema start in their new roles in January.

Dick is currently one of the vice-principals at École Morden Middle School. She has been a teacher and principal for over 30 years, including serving as principal at a K-8 charter school in the U.S., at Maple Leaf School previously, and at Ro-

land Elementary School.

The division shares that Dick “believes in a student voice and a strong positive and collaborative approach to leadership.

“She is honoured and extremely excited to return to Maple Leaf School and take on this leadership role in Western School Division.”

The **Voice**

getheard
EDITORIAL > VIEWPOINTS > LETTERS



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OUR SISTER PUBLICATIONS



• **DON'T MIND THE MESS**

The book that made wishes come true

Most people from my generation will remember that famous line from the 1979 movie *The Jerk* where Steve Martin ecstatically cries out, "The new phonebook's here! The new phonebook's here!"

Well, when it came to the annual arrival of the Sears Wish book, our reaction was pretty much the same: "The Christmas catalogue's here! The Christmas catalogue's here!"

Every fall, my mom would go pick it up at the local Sears office, and later the post office, fully aware that coming into the house with this thing would be like walking through a pack of starving dogs while carrying a T-bone steak.

We'd fight fiercely over who got to look through it first. For me and my six siblings, it was a book of dreams, signifying that the pre-Christmas season of longing had finally begun.

It was the gateway. Somewhere within those glossy, colourful pages was the object of our desire, complete with an order number and price.

Now, all we had to do was convince mom that this object was worth every penny.

We knew she was the secret liaison between us and Santa, and if she didn't think something was practical

or appropriate, or if it was way above her holiday budget, there was no way that item would appear under the tree on Christmas morning.

As farm kids, we learned at an early age that Santa's level of vulnerability to our requests was in direct proportion to how the crops did that fall. A good yield meant the lights at the North Pole might just shine in our favour.

But the catalogue was a good place to start.

We'd search through that book for hours, dog-eared the pages, circling the pictures of the toys or games that the TV commercials had convinced us we desperately needed.

Artfully displayed on each glossy page, generations of careful marketing strategies had worked their magic, and we knew we would just curl up and die if we didn't get that doll or that electric race track.

And lo and behold! There it was on page 135! Perfectly pictured in all its splendour.

With the book as our guide, the list making and the begging would commence sometime in October, but there was just never any guarantee. We didn't have that sense of entitlement

when I was a kid. The suspense of not knowing if we'd get what we wanted more than life itself just added to the magic and surprise.

The years rolled on, and soon, it was my own kids who practically tore this book to shreds with their dreaming and pleading.

I took the tradition for granted, never thinking that the advent of online shopping would ever make such an impact.

I was sad when Sears Canada closed its doors in 2015. After 65 years of providing a path to our dreams, the Wish Book disappeared forever. No more frayed pages and secret brown paper packages, marked "Sears" hidden away from our curious eyes until Dec. 25.

This generation of kids will never know that fresh inky smell as they turn each glorious page, or the joy of coming home from school to find the Christmas catalogue waiting on the table, like a genie's magic lamp.

I've kept a few of those catalogues over the years, simply too lazy to throw them away. Now, they've become treasures. A window into a

Continued on page 7



By Lori Penner

Letter policy

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

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

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

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

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• GUEST COMMENTARY

Schools and misinformation

Submitted by the Garden Valley School Division board of trustees

Garden Valley School Division has always been unique. Though we are relatively large compared with most rural school divisions (about 4,200 students), we are a division with a small-town feel. Many of us know our neighbours well; we shop, work, go to church, and socialize together. Your friend's child, or the child you taught in Sunday School might now be your child's teacher. GVSD teachers, whether they grew up here or moved here more recently, are our fellow citizens.

This is one reason we as your school board felt it important to clarify the facts when it comes to parent access to schools and the curriculum. We feel it is important that we always maintain your confidence and nurture a positive sense of community and trust.

We welcome and encourage a healthy partnership between parents and schools. GVSD teachers call, email, and meet with parents regularly. Our staff want you to know what's happening in your child's classroom and for you to know what they are doing at school. They host a variety of annual community events (meet the teacher, student involved conferences, culture fairs, grandparents' day, art shows, school dramas, etc.). They invite phone calls and visits to ask questions you may have, because,

like you, they want your children to thrive.

Every GVSD school unit has an active Parent Advisory Council that asks for volunteers at their annual meeting, a further opportunity for connection. We have school liaison workers bridging the gap between students' homes and school. Regardless of a student's situation, dedicated staff pour their hearts into making sure each family is receiving support, so each child can have a successful experience in school.

Manitoba Education is responsible for setting the goals and learning outcomes across our province. The Family Life and Health curriculum emphasizes knowledge for kids to be physically active and healthy. Within GVSD the material is made available to parents prior to being taught and families can choose to opt out of sections that they prefer to teach at home. As with any curriculum, parents have the opportunity to ask questions of their child's classroom teacher. This has always been the case.

Ours is a community built upon values of dignity, compassion, love, and respect. In our schools, children are taught to respect themselves and others, appreciate the gifts of others, and show kindness to others. The ultimate goal is to promote student success and ensure our schools are safe spaces and places for every student. Walking humbly, loving mercy, and

doing justice is a journey, as well as a destination. In the context of public education, these principles remain central as we engage in conversation, practice tolerance, and protect human rights and dignity for all people.

Recognizing that family support is critical for our youth to both be and become healthy and productive members of our community, we believe working in partnership with parents and families is vital. At the same time, we realize that some family settings may not always offer a safe place and that it is also our mandate to keep all children safe. Knowing when and how to make these choices is informed by the provincial protocols and guidance that have been provided to those who work with our children when they are in school. Our staff make professional judgements, guided by these Manitoba Education protocols but also in keeping with the laws given to us by the Manitoba Human Rights Code and the Charter of Rights and Freedoms.

In addition to teaching curriculum, Garden Valley School Division is committed to teaching our children to love their neighbours, to treat others as we would expect them to treat us, and to being peacemakers when difficult situations arise. Our new mission statement captures this beautifully: "Creating an environment where everyone is inspired to reach their full potential as learners and citizens."

We are equally committed to working in partnership with parents and supporting every parent's right to bring up our children in the way they should go. Your child's classroom teacher, principal, and superintendent are there for you to talk through any concerns. Our educators wish to be partners with families in the pursuit of learning. Please connect with them, engage in your child's learning, and have respectful and open conversations with our educators. Treat them as your partners and fellow community citizens, because they too want what's best for your children. They want to use their training and expertise to help your children succeed and reach their full potential as learners and citizens.

> PENNER, FROM PG. 6

time when a toy didn't have to be electronic to be captivating, and dreams didn't just appear with the click of a mouse. Back then, a kid actually had to master the art of parental convincing to make their wishes come true.

Letters

LEST WE FORGET

To all the businesses and staff that had the day off on Monday Nov. 13th, I hope you used that day to either go to a Remembrance Day ceremony or watch some Remembrance Day shows on TV. Oh right, there weren't any.

The government website states that "Unlike general holidays, Remembrance Day cannot be substituted for another day." I know that it also states that employers may "provide

an additional day off," but employers may also close any other day that they choose (i.e. for a staff party). I am concerned that by granting an additional day off, people will just treat this as any other long weekend.

Remembrance Day is getting to be more difficult because most of us left here on this earth cannot remember a World War; we can only hear stories or watch movies or documentaries. We can't 'remember' because we weren't there, we can only imag-

ine what it must have felt like while the war was going on, not knowing how long it would last, not knowing who would win, not knowing who would come home, and wondering what the world would look like afterwards.

To those of you that did use that day to remember, good for you.

Lest we forget, to imagine.

Andy Fehr,
Reinland

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Local teacher helping preserve stories of First World War heroes

By Lorne Stelmach

A Morden teacher with a passion for history and particularly in connection to the First World War is playing a role in helping to preserve the stories of Manitobans who fought and gave their lives.

Daryl Toews' work for the Manitoba Historical Society started around 2014 and came about because of research he was doing in connection to the cenotaph memorial here.

"I wanted to check out the names on the memorial to include in my history class ... and I found while there were some details I could find about the men, there were quite a few where it was difficult to find anything," said Toews.

He reached out to Gordon Goldsborough of the Manitoba Historical Society for help.

"He suggested if I was interested that there were many war memorials ... and they were working on a project to catalogue war memorials in communities as well as institutional honour rolls and plaques and things like that," Toews said. "If they had names on them, the goal was to identify the people and find out a little more detail."

"So I've been actively doing that now for almost 10 years, and we are still finding memorials that we didn't know about."

He cited the example of having recently been in Notre Dame de Lourdes, where he discovered a memorial in the cemetery there that wasn't on the list.

Most of the names were French reservists who had come to Canada in the early 1900s, but they were then expected to return to France to serve in the war, he explained.

This project is a labour of love for Toews, who hails from Kane and has always been interested in history, which was the focus of his first two teaching degrees.

He is now in his 24th year of teaching in Morden. It was in 2013-14 when he got involved in researching local names of veterans for what became the project that installed a series of plaques in Confederation Park.

"The city had this plan to do events for the 100th anniversary of the war," said Toews, who involved students in the research that eventually led to adding three additional names to the cenotaph. "It was rewarding ... having the students help out and having the city so interested in turning this park into such a nice remembrance spot with the mural and plaques."

His continuing research now into all of Manitoba's First World War dead—more than 10,000 in total and now involving over 400 memorials and counting—is not an easy task, even with having war records that can be



PHOTO BY LORNE STELMACH/VOICE

Morden teacher Daryl Toews's work with the Manitoba Historical Society began with a project on the names on Morden's war cenotaph. Today he helps the society catalogue cenotaphs across the province.

accessed. Second World War data is easier to find, he noted, but earlier records are more challenging.

"It's not always easy. There are often mistakes made," Toews said, noting for example how one soldier originally had been named on the local cenotaph but in fact was not killed in the war.

"You can't always easily find the records ... and looking for a specific name, you might find 30 or 40 versions of that name, so which is the one I am looking for?"

"This project, it's something I find important to put an identity again to that name so that we know who they were," he said. "I find it quite inter-

esting to have people sending me information about people on a war memorial to add a bit more to what we know about them."

"For me, it was the idea that we, as a community, maybe don't remember who these men were and what their contribution was," said Toews. "I always tell my students, when a war memorial is put up, the people who were at the unveiling were the families, the friends ... now, a hundred years later, for the most part we don't know who they are anymore. We have that disconnect from that time period."

"It's going to be ongoing for a long time ... but it's detective work, and I find that very interesting."

Morden Festival of the Arts expects to be in full swing this year

By Lorne Stelmach

Organizers believe the Morden Festival of the Arts will make a big return in the coming year.

Spokesperson Erika Dyck said they anticipate the numbers will fully rebound in 2024 now that the pandemic is further in the past.

"I think it will be back full swing this year," said Dyck, who noted this could possibly be the first time for some children to be involved. "It could very well be, with having it paused for a few years. Some of the younger kids won't have experienced the festival yet. Hopefully we'll be able to draw in some of those numbers as well."

Now in its 49th year, the Morden Festival of the Arts is a volunteer-run registered charity that provides a venue for student and adult performance as well as instruction and adjudication in band, strings, sacred music, piano, vocal/choral, and French and English speech arts.

"It's a good opportunity for kids who have been practising music to present it to an audience and receive feedback from the adjudicator," said Dyck. "It really is a great learning opportunity. It takes something special to be able to perform in front of an audience."

The 2024 tentative schedule is strings March 10-12, sacred evening and piano March 17-19, band to be announced, vocal/choral April 11, speech arts April 23-25, and then the highlights concert wrapping everything up on April 28.

Entry information can be found online at mordenfestivalofthearts.com. The 2023 syllabus can also be downloaded from there, and print copies can be found at all Morden school libraries and the Morden branch of the South Central Regional Library. Hard copies can also be ordered by calling 204-231-4507.

Updated speech arts manuals are also on the website and will also be available at all the

schools.

Piano, strings, sacred and vocal registrations are generally done through the students' private music teachers.

For all disciplines, emailed entry forms and e-transfer payments are the preferred method of submission. Entry forms along with the required payment in cheque form can also be mailed. A festival volunteer will be at Maple Leaf School Jan. 24 and École Morden Middle School Jan. 25 to assist with speech arts entries with payments. Jan. 26 is the final deadline for all entries.

In order to encourage all the children of the community to share their love of the arts, the festival strives to keep entry fees as low as possible.

The festival is always looking for volunteers. Anyone interested should call volunteer coordinator Marlene Britton at 204-823-0794.

If you would like to support the Morden Festival of the Arts financially, send donations to Morden Festival of the Arts, Box 493, Morden, MB, R6M 1A5.

Donations of \$20 or more will receive a tax receipt and two free passes to all festival sessions, including the highlights concert.



CANCERCARE MANITOBA BOARD ANNUAL PUBLIC FORUM

Friday, December 1, 2023 | 12:30-1:30 p.m.

Basic Medical Sciences Building, Theatre B
University of Manitoba, Bannatyne Campus

All are welcome to participate in person or via Zoom.
For the Zoom link contact CCMBCPAffair@cancercares.mb.ca

Artist brings windows to life for the holidays

By Ashleigh Viveiros

It all started with a simple Christmas scene painted in the window of Morden's Chicken Chef over three decades ago.

In the years since, Art Friesen has become the area's go-to artist for holiday window decorations, his creations on display through November and December in dozens of stores and business across the Pembina Valley.

"It was 30, 35 years ago ... I don't even know when I started," Friesen shares during a break from decorating the windows at the ALG Professional Centre in Winkler earlier this month.

"I had started a little sign shop and one day Chicken Chef called me and said, 'Could you paint a Christmas thing for us?' I was like, I don't know, I've never done that before."

But cartooning and caricatures had always been a fun hobby for him, and he figured holiday window scenes weren't that different.

"So I just went for it," he says, recalling that a lone poinsettia that first year took him the better part of a day to paint, the restaurant's patrons watching behind him the whole way.

"No pressure," jokes Friesen. "At first it's kind of intimidating, but over the years you tune it out. You've always got the smart-alec in the back, and that's just fine, but you also have very encouraging people watching too."

These days, Friesen can get a window pane done in about an hour or less, depending on the complexity of the piece.

"It's really just learning what works and what doesn't," he says, explaining he uses a water-based paint that is hardy enough to withstand curious

hands but easy for maintenance staff to wash off.

After that first Christmas, word of his skill spread, and today his handiwork can be seen in storefronts all over.

It's makes for a busy few weeks for Friesen, who works at Eden's Segue Career Options by day and so spends most evenings and weekends in November working on his window art.

"I work until five o'clock and then I turn my hat around and go paint," he says.

He has a book of images he's pulled together over the years that he can show to clients unsure about what they want on their windows. Repeat clients often just provide him with a general idea of what they're looking for and let Friesen run with it.

"I enjoy it because it's all freehand, so you can just let your imagination go," he says. "I like it when I don't have to follow the lines and get to just give 'er."

"Nativity scenes, Santa Claus, winter wonderland, even the Grinch, there's so many different ways it can go," Friesen says. "I try to build on it, come up with new ideas every year so it doesn't stay the same. You want people to notice it when they're going by. That's the whole reason—to keep it festive, to build community."

He generally doesn't start painting until after Remembrance Day, but from there on he's kept busy making his way to venues all over Morden-Winkler. He's also done paintings for various Altona businesses and this year has a gig with Homestead South's facilities in Winnipeg and also the Ronald McDonald House.

Doing this kind of work has been incredibly rewarding for Friesen, who admits it's quite a kick to see his art all over town.

He has so many fond memories, he shares, and more than a few funny encounters.

"Years back, I was painting and a mom and a little boy came by as I was doing a

Art Friesen at work on a nativity scene in downtown Winkler—one of his favourite scenes to paint for the Christmas season.

PHOTOS BY ASHLEIGH VIVEIROS/VOICE



ABOVE PHOTO SUBMITTED Friesen gets to put his skills in cartooning and caricature work to good use in his window paintings.

cartoon reindeer. I heard the mom through the glass say, 'When we get back, you'll see a reindeer there.'

"Awhile later I see the little guy come running down the sidewalk, all excited. He gets to my window, stands there, looks at the window and goes, 'That's a moose!'

"Everyone's a critic," Friesen laughs. "But it's all good. I get to meet so many people doing this—half the fun is painting and meeting our community."

EFFICIENCY MANITOBA

ANNUAL PUBLIC MEETING

THURSDAY, DECEMBER 14, 2023

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

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

REGISTER NOW AT efficiencyMB.ca/publicmeeting



Intergenerational, multicultural cooking classes create community

By Lorne Stelmach

A series of intergenerational cooking classes were as much about making connections as they were about making food.

Both objectives were equally satisfying to participants in the initiative involving the Winkler Senior Centre and Regional Connections Immigrant Services.

"This was definitely community coming together, and it's been really good. I'm looking forward to more cooking and more eating," said Aubrey Krahn, a settlement worker with Regional Connections.

"And I know my new co-worker is from Armenia, and she is very new to the community, so she was happy to be able to share a dish from back at home," she noted. "The people who have led this, I've spoken with them afterwards, and it just feels good that they are able to share something from their own culture."

The project received funding through the Manitoba Association of Senior Communities with a Building Intergenerational Connections grant.

It supported three sessions that took place in the kitchen of the Grace Men-



PHOTO BY LORNE STELMACH/VOICE

The Winkler Senior Centre and Regional Connections Immigrant Services teamed up this fall for an intergenerational cooking class designed to get people connecting.

nonite Church on Oct. 3, Oct. 20, and Nov. 17 featuring class leaders from Afghanistan, Ukraine, India, and Armenia

There were about eight seniors and

three or four volunteers from Regional Connections for each session.

"It's to build connections and learn to cook new recipes with families," said Cathleen Bergen, Winkler Services for Seniors resource co-ordinator.

"It's just so people can connect with people from other countries, learn different foods, how different foods are used ... and more importantly, it's to connect, to talk with each other," she said. "We had some time for learning about their countries and traditions."

"We've all enjoyed learning about the different foods and how they make it," noted Krahn.

"Through this, our brains are going because we would like to incorporate a little bit more at Regional Connections with our local seniors," she suggested. "My job specifically is to work with the kids, so we would like to have some kids come down and play some games at the senior centre and just do some integration."

It was especially satisfying for all of the participants to enjoy the results of their efforts together, Krahn noted.

"We're fortunate there was usually enough food to bring home after to friends and family, and we make sure that the church staff are fed as well."

Bergen suggested it may have been especially valuable for the seniors to

expand their horizons foodwise and seeing how different ingredients can be used in different ways.

"For the seniors, I think they found that very interesting to see what was being used and what's possible."

"I really was thankful that I heard about it, and I got to participate in all three classes," said participant Margaret Thiessen.

"It's not just the food, it's also the camaraderie of cooking together in the kitchen and enjoying them speak about things they do their way," she said. "It's great to make the international connections."

Viktoriia Istomina, who came here from Ukraine, led participants last week in making borscht and

piroshki with potato and sweet filling. She said it was a good experience for her.

"It was very nice, a lot of fun," Istomina said. "It's an integration ... we can share a piece of our culture. Everybody asked for a recipe. They were very satisfied with the dishes."

"I think it's very important when different people from different cultures meet ... we have a lot that we can share. It's very nice."

Krahn saw a lot of potential for doing more of these classes in the future.

"We'll see what we can do with it ... we've got a lot of different cultures here and a lot of different foods."

"From Everywhere to Bethlehem"

**Friday, November 24
6-9 PM**

**Sat.-Sun., November 25-26
5-9 PM**

A live, interactive Nativity presented in the Winkler Park by the Winkler EMM Church along with other community churches. Bring your family and go back in time to experience the first Christmas by walking through and outdoor drama. After that, warm up with a cup of hot chocolate and a cookie. Baking and crafts may be purchased in the tent to help support local charities. Feel part of the drama by bringing your "taxes" with a non-perishable food item for the local food cupboard



Morden lights up for the holidays

Mild weather made for a great evening to be out Friday for the annual Morden tree lighting festivities. New this year was an orchestra playing seasonal music inside Murray Dodge Ram (above, left). People also gathered around the fires to make s'mores (above) and volunteers were on hand to collect donations for the Christmas Cheer Board (left). The evening concluded with a fireworks display.

PHOTOS BY LORNE STELMACH/VOICE

Council appoints Winkler's SCRL board citizen rep

From Pg. 2

The task force will include community representatives involved in business development, immigration, and property development as well as reps from Central Station/Central Community Homes, city council, and city staff.

Mayor Henry Siemens welcomed the idea.

"Housing is without a shadow of a doubt at the very top of the issues that we need to help our community with in terms of how can we help move it forward, how can we support it, and where do we need to get out of the way and how can we get the different groups to coordinate with each other the best way forward?" he said.

The City already has a pretty good idea of what the needs are, as council recently submitted a detailed as-

essment as part of its application for affordable housing funding from the federal government's CMHC Accelerator Fund, which was created to incentivize local governments to take steps to increase the supply of housing across Canada.

There's no word yet on whether Winkler will receive a chunk of the \$4-billion earmarked for the fund, but Siemens says they want to be ready.

"We believe, as we wait for some responses there, that it makes good sense for us to engage with our local community where more than likely there are good ideas," he said, noting the task force can "help get the process started so that when we have an award for the Accelerator Fund that we're completely ready to go."

A few other items of interest from last week's council meeting:

- Council unanimously passed a resolution calling on Manitoba Trans-

portation and Infrastructure (MTI) to investigate speed zone reductions and improved pedestrian safety at 15th St. where it crosses PTH. 14.

- Council approved a resolution that would see the Pembina Valley Recycling Network be dissolved. The agency was created in the early days of recycling, noted Coun. Don Fehr, but in recent years an increasing number of former member municipalities have moved on to tackle the issue of recyclable goods on their own or with processing agencies other than Winkler's Gateway Resources. As a result, the network has become less necessary than it once was, leading to the group to recommend its own disbandment.

- With Coun. Andrew Froese on medical leave until year's end, Marvin Plett has been appointed deputy mayor on a temporary basis and Coun. Michael Grenier chair of the commu-

nity services committee. Council alternates will serve on Froese's other committees until his return.

- The City of Winkler's new citizen representative on the South Central Regional Library board is Kevin Driedger.

Driedger comes to the role with 22 years experience working as a librarian and library technician. He is currently the community liaison with the Pembina Valley Local Immigration Partnership.

Mayor Siemens noted they had four quality applicants for this position, but Driedger's experience and enthusiasm made him stand out.

Driedger expressed his gratitude "for the opportunity to serve and support both our community and our wonderful library system."

Winkler's other SCRL rep. is Coun. Don Fehr.

The **Voice**

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Winkler chamber hands out P.W. Enns Business Awards

By Lorne Stelmach

The annual awards gala of the Winkler and District Chamber of Commerce honoured four businesses and one non-profit organization last week.

The 2023 P.W. Enns Business Awards were presented Thursday at the Meridian Exhibition Centre.

The honours included Bloom Floral Creative for business excellence, Renew Wellness Centre for business builder, Ed Penner Construction for community builder, Outpost Grill for customer service, and Winkler Arts and Culture as the not-for-profit service winner.

"It's truly an honour," said Bloom Floral Creative owner Madison Schiller, who cited their commitment to "have an amazing quality product and also to have the best customer service possible.

"I think Bloom is unique because we're constantly trying to push the envelope on design and what people expect from Manitoba flowers," she suggested.

"It's very, very validating to see that other people have seen that work," Schiller continued. "Our goal at Bloom is to just share the beauty of flowers with others and to share the joy and the emotion that they can convey ... it elevates a space."

She especially thanked her business partner Kristina Peters as well as their husbands and families while also noting their "extremely loyal and amazing customers.

"They have really become truly, tru-

ly our friends. We've gone through a lot in the last five years owning this business, and the way that our community has rallied around us ... we put our heart into it ... we look forward to creating for all of you again."

Business Builder Award winner Renew Wellness Centre "stands out due to the quality of service that we offer," said Crystal Thiessen, who thanked her staff for ensuring all of their customers get a quality and complete experience.

"I'd just like to thank the community for the amazing support over the last four and a half years," she added.

"I'D JUST LIKE TO THANK THE COMMUNITY FOR THE AMAZING SUPPORT ..."

"It's truly amazing to think that when I opened this business in July of 2019, just two days after I graduated, with three employees and six students. I could not have imagined how big the growth would be ... within five months, we were already making plans to build a bigger

space."

And that project got started despite being shutdown as a result of the pandemic, Thiessen noted.

"We had no idea how long we would be out of work. It was another act of faith on trusting God," she said, sharing they now have 17 employees, one naturopathic doctor, and four students.

"Thank you to our community for just the outpouring of support. We could not have done this without you, and we would have not experienced the growth that we have without your support."

Community Builder Award winner



PHOTO BY LORNE STELMACH/VOICE

The staff at Bloom Floral Creative with their Business Excellence Award.

Ed Penner shared that he's "humbled and grateful" to receive this honour.

"We're grateful for the continued support of our community," he added. "This award did force me to stop and reflect on the past 20 years, and it's been a ride, quite a ride. It's amazing to look back and see how far we've come.

"My original plan was that I was going to work all on my own ... little did we know we would grow to a staff of over 40, and we've been able to work with so many great companies over the years. We've been truly, truly blessed.

"We enjoy being involved in our community," continued Penner, who cited the values taught by his parents such as honesty and integrity. He also thanked God as well as his family and his staff. "They're always willing to go the extra mile. They take pride in what they do."

Customer Service Award winner Frank Peters noted how Outpost Grill works very hard at being part of the community, and he especially just loves being around people and per-

haps making someone's day better.

"That's why I like the restaurant business. We believe customer service is super important because I think sometimes in today's society it lacks."

He cited the importance of things like having regular staff meetings, and their aim is always to do whatever they can to make it a good experience for customers.

"Without our unbelievable staff, we couldn't do this," he said, calling the award an incredible honour and "a celebration of the collective commitment of our entire team and the loyalty of our valued customers.

"Receiving this customer service award is a testament to the dedication and hard work of our amazing team," he said. "We want to express our deepest gratitude to each employee. Your commitment, exceptional service are a driving force behind this achievement.

"Our customers play a pivotal role in our success, and we extend a heartfelt thanks to each one of you."

Continued on page 13



PHOTOS BY LORNE STELMACH/VOICE

Above: Ed Penner Construction took home the Community Builder Award. Right: Outpost Grill won the Customer Service Award.





PHOTOS BY LORNE STELMACH/VOICE

Above: Renew Wellness Centre received this year's Business Builder Award. Left: Winkler Arts and Culture received the Not-for-Profit Service Award

> BUSINESS AWARDS, FROM PG. 12

Winkler Arts and Culture executive director Alesha Hildebrand observed how fortunate they are to be in a community that is so full of creativity and

creative people. "Winkler Arts and Culture wouldn't be here without the support of the City of Winkler," she said, adding as

well her appreciation for all of the board members and volunteers and supporters.

"I've worked in non-profit for 15 years, and I've seen first hand the importance that community has on

non-profits like Winkler Arts and Culture," said Hildebrand. "This community outshines support. It's incredible. We could not be running non-profits like Winkler Arts and Culture without community support."

"I believe that kindness should prevail"

By Lorne Stelmach

Tareq Hadhad shared his inspiring life's story as the guest speaker at the Winkler and District Chamber of



PHOTO BY LORNE STELMACH/VOICE Peace by Chocolate CEO Tareq Hadhad shared his story at the Winkler chamber's business awards gala Nov. 16.

Commerce 2023 business awards gala last week.

From growing up in and then fleeing Syria to now living and succeeding in Canada as the CEO and founder of Peace by Chocolate, Hadhad put things into perspective for the audience at the Meridian Exhibition Centre Nov. 16.

"Becoming a refugee is not a life goal. It's not a choice. It's not a decision," he stressed. "The only difference between you sitting in this room today and any refugee out there in the world is luck, pure luck. Being a refugee means that you were born in the right place at the wrong time, and no one is immune to becoming a refugee.

"In 2013, during the war, that tore my family apart, killed many of my family members," he said. "In 2020, when the pandemic started, we were asked to stay in our homes and we were asked to stay safe. You see the difference. Life is all about perspective.

"Trust me, your lowest lows in this country ... you are a lot more privileged than billions and billions of people around the globe," said Hadhad. "In any crisis, you can play the role of a victim or you can play the role of victor. It is up to you."

Hadhad explained how his father graduated as a civil engineer in Syria but then didn't want to follow that as a career as he didn't see it making an impact on the world. A turning point for him came at a wedding.

"Something changed when they started serving chocolate," said Hadhad, whose father then came up with his own recipe, and that was the start of what would become a successful chocolate business.

"My father's favorite motto was that in business, you do not only seek success but you also seek significance," he said. "So that became his motto ... chocolate makes happiness. I don't make chocolate. I make happiness."

They started with two shops and eventually became the second largest chocolate producer in the region, at one point employing 450 people.

Meanwhile, Hadhad noted the entire extended family was living in one building with perhaps 60 members spread out over 10 floors.

"In times of test, family is best," he recalled his grandmother saying. "I didn't know what that meant until I lost them all. I didn't know what that meant until after the war started in 2011.

"In Canada, many people take many

things for granted, but the one thing that you cannot take for granted is our freedom."

Hadhad recalled at age nine when he and his older sister would talk of one day becoming president of Syria, but his mother shushed them.

"Imagine as little kids you cannot dream of becoming a president or a prime minister ... that's what it's like to live in a dictatorship where you have a ceiling on your dreams."

When it came to elections in Syria, there in reality was no choice.

"You will be pushed to greet those who were selected to represent you," Hadhad said. "So when the time comes, please show up to defend what many have sacrificed so much for us to enjoy."

In 2012, war fully broke out in Syria. "These soldiers were breaking into every house in that neighborhood, taking every man between the age of 18 and 60, and they were shooting them ... because they were afraid they would become rebels," Hadhad recalled.

Their entire extended family all went to hide in the basement. Hadhad asked the audience to imagine 60

Continued on page 15



PHOTOS BY LORNE STELMACH/VOICE

It was a busy and festive evening in downtown Morden last Thursday with the annual Wrapping Up A Morden Christmas event. The shop-local celebration is organized each year by the Morden Chamber of Commerce. Twenty-two businesses took part, including RuffMutts (above), offering special deals and promotions. Right: Also open that evening and handing out popcorn treats for Christmas shoppers was the Pembina Hills Art Gallery, manned by Dani Johnson and Liza Isakov.

Wrapping Up a Morden Christmas



New signs make Stanley Trail more accessible

By Ashleigh Viveiros

New detailed signage will make it a little easier to navigate your next hiking or biking trip on the local stretch of the Trans Canada Trail (TCT).

Stanley Trail Association volunteers installed six new trailhead signs along the Stanley portion of the TCT this fall.

Association board chair Travis Wiebe says the improved maps and informational displays have been in the

works for some time.

"It's been talked about for a while," he says. "But it was about a year ago when I initially applied for grants to do the project."

Wiebe explains the project was completed in partnership with the Trans Canada Trail Association, Trails Manitoba, and the RM of Stanley with corporate support from Capital Landscaping, Winkler Home Hardware, and D.A. Loewen Electric. The signs were designed by Little Bluestem Ar-

chitecture.

Previously, most of the Stanley trailheads either didn't have a sign at all or had something highlighting the TCT provincially, with few local details.

"People would just stand there and kind of look confused as they tried to figure out where exactly they were," Wiebe says, noting the Stanley trails are all on private property that landowners generously open up to the public.

The new signs should help people to figure out they're on the right path.

"There's distances and accurate GPS information on there, as well as a little bit of a description and a rating system," says Wiebe.

While many Morden-Winkler area residents know the trails around Lake Minnewasta, not everyone is aware there's a regional trail network be-

yond that, winding its way through over 60 kilometres of the Manitoba escarpment.

"There is a growing awareness," Wiebe says. "And I even run into people that are from Winnipeg or further away coming to use our trails because they've heard about it."

The trails are open year-round for hiking, cycling, and snowshoeing, though they are not groomed in the winter, so conditions can vary.

Because the trail is on private properties, Wiebe urges users to be respectful in their use: pack out your garbage, provide right-of-way to hikers, stay on the trail, clean up after pets, and remain mindful of wildlife.

For a full trail map and other information, head to www.stanleytrail-manitoba.ca or tctrail.ca/explore-the-map/.



SUPPLIED PHOTOS

Stanley Trail Association volunteers put up six new signs at the trailheads along the Stanley portion of the Trans Canada Trail this fall.



Abstract art on display at Pembina Hills Gallery this month

By Lorne Stelmach

It's the abstract that draws and inspires Esther Hildebrand to create her art.

Abstract art permits a freedom of expression with no restrictions for specific shapes or recognizable forms. Instead, it's more about color, energy, shapes, lines and balance.

"I finally realized why I hated art in school because in school you had to draw something that was a recognizable shape or form," Hildebrand noted recently with her exhibit *Symphony of Art* being featured this month at the Pembina Hills Gallery in Morden.

"Whereas abstract art is so freeing. You don't have to have a recognizable

object, but you still have to deal with colour and energy and balance and all the rest of it," she said. "I've always been drawn to the abstract art."

It makes for an interesting creative process.

"I do search the internet a lot for some ideas, and it often becomes a starting point, but it doesn't take very long for it to become my own," Hildebrand shared. "I go through several stages with almost every piece. I have found that I'm totally in love

with it when I start. I love the colours, I love my idea, but then it doesn't take very long where it's 'okay, what was I thinking?'

"I need to sometimes walk away from it then for awhile, leave it alone," she continued. "I've done this often enough to know that, in the end, it will come together, but it's often a bit of a process, a mental one as well as the actual painting."

"Sometimes, you start changing a few things and then, oh, all right, this will be okay. It comes together somehow. I can't explain how or why, but it does."

It can be interesting then for her to see how a piece has evolved.

"Sometimes the finished product is so far from what it initially started out."

Hildebrand noted there is often some sort

of story behind her paintings.

"Part of it is also hindsight. When I look at a painting I've done, let's say three months later, I look at it and I'm thinking it makes sense because of the space I was in at the time."

For example, a piece lacking colour was likely done at a time when she was dealing with something difficult. So that begs the question: will people viewing the painting get the same feeling?

"That is something, when I often talk to people, they still want to look at an abstract painting and say 'I see this' and their imagination takes off. That's okay. However, I will often challenge them to say instead of finding what you see, which I didn't put there, how does it make you feel?" said Hildebrand. "It's interesting to get the responses from people when they start looking at it differently."

An interesting example is a piece that came about after her youngest brother passed away suddenly while waiting for

"YOU DON'T HAVE TO HAVE A RECOGNIZABLE OBJECT, BUT YOU STILL HAVE TO DEAL WITH COLOUR AND ENERGY AND BALANCE ..."



PHOTO BY LORNE STELMACH/VOICE

Esther Hildebrand's abstract paintings often reflect her mood and tell a personal story. She encourages people to consider how any given piece makes them feel.

a transplant during the pandemic.

"I did a painting shortly after that ... there was pretty much every kind of emotion you could imagine in that particular painting," she said. "It also depicts who he was; there's warmth in there because he had a very warm personality and was always very energetic, so there's a ton of energy in that painting."

"There's definitely an inner expression that comes through ... when I start a painting, I don't start out with the intention of painting my mood on that day. It's something that just happens."

There is a sense of satisfaction that

comes with seeing a collection of her work on display.

"It's just very interesting to see my work up there ... all in one space," said Hildebrand. "I feel good about it. It makes me want to do more."

She always appreciates the connections that she can make with people who view her art.

"I hope that they can appreciate it," said Hildebrand. "They will definitely be drawn to certain pieces and not to others. So when they come to my exhibit, I often ask them to pick a favorite and to also pick a least favorite and give me the reason ... I love that feedback."

> PEACE BY CHOCOLATE, FROM PG. 13

people crammed into a space that realistically could hold no more than 20, and that was with no food or water until a one-hour cease fire six days later.

"The only thing that we had was each other," said Hadhad, whose family eventually fled the country. "Those 60 members of my family I'm talking to you about are scattered over 22 countries ... my family is literally everywhere around the globe now."

There was one day when his father and workers left their factory just in the nick of time.

"Almost 12 minutes after they left, the factory was bombed by an air strike," said Hadhad. "Imagine building something with blood, sweat and tears and just having it gone like this ... in the blink of an eye. It was something our family was so happy to have built ... and it

was just destroyed."

Hadhad and his immediate family applied to emigrate to 14 countries. They were only accepted by Canada, where they settled in Nova Scotia.

Hadhad recalled the heartwarming experience of being so warmly greeted and welcomed at the airport.

"It was a true lesson of empathy. It was a true lesson of how you can care about strangers."

He closed his presentation with the following thoughts for everyone:

"All human life is sacred ... I just believe that kindness should prevail," he stressed. "Hatred and anxiety is not born, it is taught. And now is the perfect time to unlearn and to unteach hatred and anxiety and teach love, peace and kindness instead."



Gateway Resources holds art show at WA+C

By Ashleigh Viveiros

Gateway Resources program participants invite you to come "Under the Sea" with them at the Winkler Arts and Culture Centre.

The agency, which works with adults with intellectual disabilities, has provided this month's spotlight exhibit for the art gallery.

Their art show this year has an underwater theme and features the work of countless artists working in a variety of mediums.

"There's a lot. It looks like almost everyone from Gateway made some-

thing," says direct service provider Chelsey Lincoln, noting some pieces make use of the recycling materials Gateway processes for local municipalities. "There's a few bottle cap pieces, some paintings, lots of different types of materials."

Michael Redekop was proud of the fish he coloured to contribute to the wall of marine life in the show.

"I tried to do some more," he shares, adding he very much enjoyed the aquatic theme.

He hopes the community will come out to see his and the other artists' handiwork.

"I sure do," he says, noting people "deserve to come see it."

Fellow artist Robby Thiessen had a few different pieces, including an octopus and several themed construction-paper hats.

"I just wanted to do an octopus," he says, urging art lovers to "come every day" to check out the show. "[I want] everyone to come."

Lincoln noted the show is always a fun way for the community to get to know Gateway's clients a little better.

"They took a lot of time and it took



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Gateway participants Michael Redekop (left) and Robby Thiessen are proud of the work they and their peers have contributed to the annual art show, which is on display now at Winkler Arts and Culture.



a lot of effort for them to do all this," she says. "This is all their skills, so it's a chance for people to come see the

talents, see what they enjoy doing." Under the Sea is on display until Nov. 30.

Pre-cadet training program geared for Indigenous youth

By Jennifer McFee

Indigenous youth have the chance to apply for a specialized RCMP pre-ca-

det training program and learn about potential career opportunities.

All First Nations, Inuit and Métis youth aged 19 to 29 are invited to apply for the Indigenous Pre-Cadet Training Program.

Through this program, participating Indigenous candidates can experience a modified three-week RCMP training experience at the Regina-based training academy.

During this training, the participants will learn skills to help them prepare to apply to become a police officer. After the program, they'll receive ongoing support and guidance as they go through the application process.

"It gives indigenous youth the opportunity to experience a training session and a first-hand view of what a

possible career in police work might entail," said Cpl. Maureen Greyeyes-Brant, a graduate of the program who is now the national co-ordinator.

Candidates must be Canadian citizens of First Nations, Inuit or Métis descent who have a Canadian high school diploma or equivalent. In order to be considered for the program, they will also need to pass an enhanced reliability security check and they must be in good physical condition.

The RCMP will cover the costs for all successful candidates, including their travel, meals and accommodations.

The application deadline is Dec. 5. To learn more, email Brett.Montour@rcmp-grc.gc.ca or Debbie.Beck@rcmp-grc.gc.ca.

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Teaching the next generation of pickleball players

By Ashleigh Viveiros

The pickleballs were flying in the Garden Valley Collegiate gymnasium last week as students got tips from local experts in the sport.

Physical education teacher Steve Goertzen invited members of the Winkler Pickleball Association to work with his Gr. 11-12 students during class Nov. 15.

"We're always looking for ways to incorporate the community," Goertzen said. "So we thought this was a really practical way to invite community members in and for our students to kind of see what's out there and to learn from them.

"I'm hoping that kids can see there's options to play pickleball in Winkler once they've graduated," he added. "Pickleball is a really good sport in that it is for everybody. You can have any age playing and any skill level playing. It's a really inclusive sport."

Six pickleball players came out to work with the kids in groups of four.

One of the guest instructors was retired GVC gym teacher Lorne Warkentine.

"We were already playing pickleball here for quite a while before I retired," he shared. "We were playing it regularly with our Gr. 9s as well as other unit courses and intramurals during the pandemic—singles pickleball was one of the few activities we could do."

Getting the chance to return to his old stomping grounds to help stu-

dents fine-tune their pickleball skills was an opportunity Warkentine wasn't going to pass up.

"We have a very strong pickleball community down here and we're just trying to have some fun with it, evangelize the game a bit here."

Fellow guest instructor Dave Goertzen, another retired GVC teacher, said it's great to see the next generation embrace the sport.

"There's a lot more young people playing it now," he said, sharing that he didn't have to think twice when the association put a call out for instructors. "I love pickleball and I've done a lot of teaching and coaching ... working with kids has always been a joy in my life."

Every sport has its tips and tricks for improved play, Goertzen said, and working with a small group of kids allows for much more one-on-one advice than a usual gym class.

"If you've got 20 kids and you're circulating around, you can help one little group for a little while, and if you're doing them then the others don't get the benefit."

After the guest instructors had put them through their paces, a few students shared their thoughts on session.

It was a chance, reflected Jonathan Felski, Gr. 11, to "learn from people in our community."

He said he's only really played pickleball in gym class but he's had fun with it so far.



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Members of the Winkler Pickleball Association stopped by Garden Valley Collegiate last week to teach students the ins and outs of the sport.

"It's just like tennis," he said, adding he thinks he'll be playing more pickleball in the future.

Fellow Gr. 11 student Kade Neufeld has played a few times outside of school and enjoyed learning from people who have logged a lot of hours on the local courts.

"It was pretty fun to learn from my instructor here," he said. "Just seeing other people play the sport and come and teach us is pretty cool."



Holiday Smile Cookies support local cheer boards

By Lorne Stelmach

The Tim Hortons locations in Winkler, Morden, and Carman did their part to support the local Christmas cheer board campaigns last week.

The restaurants were donating 100 per cent of the proceeds from the sale of their Holiday Smile Cookies Nov. 13-19 to be split with the local cheer boards and Tim Hortons children's camps.

The team in Morden along with overwhelming support of Morden Cheer Board volunteers led the way in making and selling over 5,700 cookies. This means each of the charities will receive over \$4,200

In Winkler, they sold 3,790 cookies for a total of \$2,842.50 each for the Winkler and District Cheerboard and children's camps.

And the Carman location sold 3,721 cookies for a total of \$2,790.50 for each



FACEBOOK.COM/TIMHORTONSPEMBINAVALLEY

The Tim Hortons in Morden (left), Carman (right), and Winkler got some help from volunteers to create Holiday Smile Cookies, partial proceeds from which went to the Christmas Cheer Board campaigns in each community.

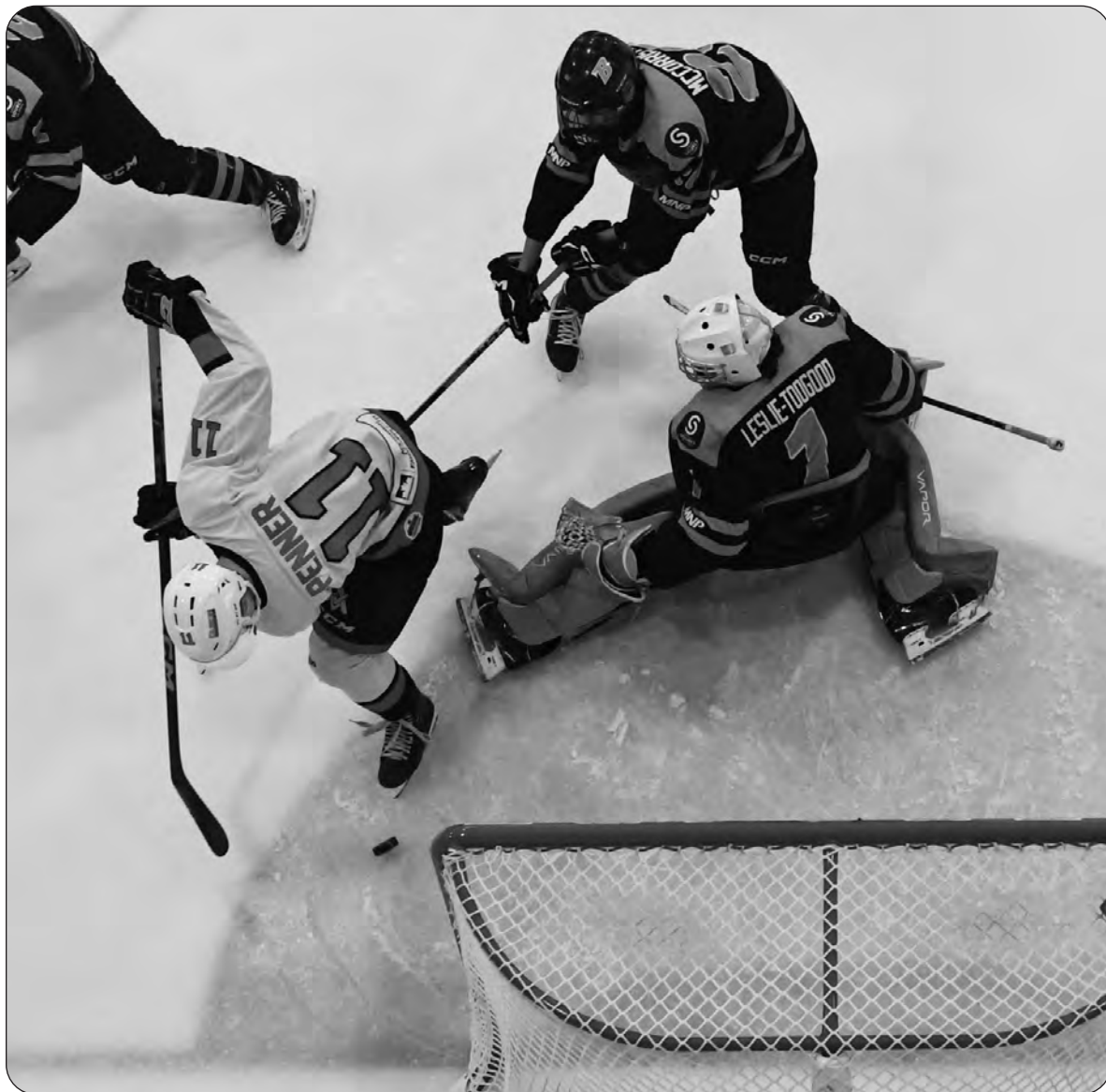
charity.

"We are very happy with the first promotion of the holiday smile cook-

ie," said owner Jeff Doerksen on Monday. "Linda and I want to thank our valued guests, our charity of choice

and our amazing team for making this such a success."

sports & recreation



Flyers best Blues

By Ashleigh Viveiros

The Winkler Flyers came out on top in a big way in their lone game of the week.

The MJHL team welcomed the Winnipeg Blues to Winkler last Friday, and ended the night flying high with a 7-2 win.

Winkler was up 3-0 after 20 minutes thanks to goals from Jayce Legaarden, Dalton Andrew, and Kobey Edwards.

The Blues finally got on the board in the second period, scoring twice, though those goals were matched by Legaarden's second of the night and one from Brody Beauchemin to keep the home team firmly in the lead 5-2.

Legaarden made it a four-goal night for himself with two more unanswered ones in the third period.

The Flyers more than doubled the Blues in shots, 46-22, with Malachi Klassen between the posts for Winkler, making 20 saves.

Winkler remains in second place in the MGEU East Division with a record of 15-2-0-1 for 31 points, which puts them four back of the Steinbach Pistons. The Portage Terriers also have 31 points, but Winkler has five games in hand over them.

This week the Flyers are in Selkirk to play the Steelers Tuesday night before hosting the Portage Terriers Wednesday night.

Winkler's Trent Penner scores in the third period, though the goal was disallowed as the referee blew the play dead thinking the puck had been secured by Winnipeg goalie River Leslie-Toogood. Nonetheless, Winkler got the win by a wide margin: 7-2.

PHOTO BY RICK HIEBERT/VOICE

Royals, Wild post wins while Bombers, Maroons fall

By Ashleigh Viveiros

The Winkler Royals had a winning week in the SEMHL.

They kicked things off with a 6-4 victory over the Islanders in Portage Nov. 15 and then sent the Carman Beavers home with a 6-2 loss to add to their record.

There was quite a bit of back and forth in the Wednesday night game in Portage, with the Islanders drawing first blood midway through the opening period. Keith Grondin then scored for Winkler a minute later to tie it up.

Early second-period goals from Remi Laurencelle and Marlin Froese followed by Portage's second of the

night just before the buzzer made it 3-2 for the Royals heading into the final frame.

There, Laurencelle scored twice more while Grondin added one, sandwiched between two final Portage goals, to give Winkler the win.

Jayme Janzen made 46 saves in net as the Islanders outshot the Royals 50-34.

Playing against Carman Sunday night, Janzen's 31 saves off 33 shots kept the Beavers at bay while goals from Aaron Lewadniuk, Grondin (with two), Marlin Froese, Laurencelle, and Cody Friesen won it for the Royals.

Elsewhere in the league, the Red

River Wild had a 4-3 shootout win against the Bombers in Morden Thursday night.

Goals from Jessi Freund, Mike Rey, and Thomas Stuart-Dant for Morden and Paul Remillard, Cody Siemens, and Jared Magne for Red River (the latter two scored in the third period to foil the Bombers' 3-1 lead) forced a fruitless overtime period followed by a shootout that went the Wild's way.

Mark Friesen made 34 saves for the Wild while Reed Peters stopped 50 for the Bombers.

Finally, the Altona Maroons fell 8-1 to the Warren Mercs on the road Friday night. Justin Augert scored Altona's lone goal. Cole Kehler (53 saves,

eight goals against) and Eric Martel (four saves, zero goals against) were in net for the Maroons.

With that, Red River is in third place with eight points behind Warren (10 points) and Notre Dame (eight points). Winkler is in fourth (six points), Morden in seventh (four points), and Altona is in ninth place, tied with Portage with zero points.

This week, Winkler is in Ste. Anne Wednesday night, Morden hosts Ile des Chenes Thursday, Altona hosts Morden Saturday while Winkler is in Warren that same evening, and Red River hosts Ile des Chenes Sunday.

The **Voice**

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PHOTO BY JO-ANNE PROCTER/VOICE

Pembina Valley's Zenith Vanstone battles for the puck against Interlake Lightning's Chloe Minkus and Adriana Duna Friday night. Interlake came out ahead 3-2.



PHOTO BY RICK HIEBERT/VOICE

Pembina Valley's Leah Klaassen delivers a pass despite the efforts of Eastman's Abby Dixon Sunday in Morden. The Selects won it 2-1.

Female Hawks still looking to end losing streak

By Lorne Stelmach

Only one goal was the difference in possibly producing different results this past weekend for the female U18 Pembina Valley Hawks.

Instead, the narrowest of losses in three games now has the Hawks stuck in an eight-game losing streak.

Pembina Valley returned from a

break in league play with a three-game weekend that saw them fall 3-2 Friday to Interlake, 4-3 Saturday to the Winnipeg Ice, and 2-1 Sunday to the Eastman Selects.

Pembina Valley trailed 2-0 and 3-1 at the intermissions against Interlake but could only get one back in the final frame.

Sophia Cox and Emma Durand

scored for the Hawks while Kasia Rakowski made 25 saves off 28 shots on goal. Her teammates fired back the same number.

A three-goal second period had Pembina Valley up 3-2 on the Ice after 40 minutes before Winnipeg scored twice in the third period.

Jessica Anderson had a pair for the Hawks with the other goal coming from Emma Durand. Shots on goal were 38-23 for Winnipeg, with Rakowski making 34 saves.

A third straight close game Sunday

then saw all the scoring done in the second period with Anderson getting the lone Hawks' goal. Rakowski made 30 saves as Eastman held a slim 32-30 edge in shots on goal.

Pembina Valley has slipped to seventh place at 3-8-0 for six points, which has them ahead of only Central Plains at one point and just behind Interlake at seven points.

The lone Hawks' game coming up is Sunday afternoon when they host the Winnipeg Avros.

Hawks put up a good fight, but lose to Southwest

By Lorne Stelmach

They put up a good fight, but the male U18 Pembina Valley Hawks came up short in a pair of games against one of the top teams in the league this past weekend.

A 4-2 loss to the second place Southwest Cougars Friday in Souris was followed by a 4-3 overtime defeat in the Saturday rematch in Morden.

Spencer Sabourin and Ben Dias had given the Hawks a 2-0 lead in game one, but the Cougars came back with four unanswered goals including an empty net marker in the final minute to seal the deal.

Southwest's Jack Clark provided the difference with two third period goals including a penalty shot marker and a powerplay goal.

Ryler Gates helped keep it close in stopping 36 of 39 shots, with Southwest overall holding a 40-29 edge in shots on goal.

Bryson Yaschyshyn had an equal-

ly busy night in net Saturday as he made 40 saves. The Hawks were out-shot 44-20.

Pembina Valley held period leads of 2-1 and 3-2 with goals coming from Sam Delaquis with a pair and a single

from Lane Apperley, but the Cougars scored 1:08 into overtime to pick up the extra point.

Pembina Valley remains in ninth place at 6-9-1-2 for 15 points. They are two back of Eastman and even with

Yellowhead, but the latter have three games in hand. Three back of the Hawks are Parkland and Norman.

The Northstars welcome Pembina Valley to Thompson this weekend for games Saturday and Sunday.

Pembina Valley Twisters drop third in a row

By Ty Dilello

The Pembina Valley Twisters suffered their third consecutive defeat, this time a 6-1 loss against the St. James Jr Canucks on Nov. 17. With the loss, the Twisters move into seventh place in the MMJHL's standings with a record of 5-7-2.

The Twisters found themselves in a familiar position - trailing for the entire game. Despite a goal from Riley Goertzen in the second period, assisted by Merek Degraeve and Derek Wiebe, that's as close as they would

come to evening the score after giving up two goals in the first period.

St. James would pull away in the third period with four answered goals to win the game 6-1. Logan Enns stopped 47 shots in the Twisters' goal in the loss.

"St. James is a very skilled and tough team to play against," said Pembina Valley Twisters head coach Braeden Beernaerts. "We played with them for 40 minutes, but a few mistakes got taken advantage of in the third period and the score didn't exactly reflect how the game went. To break

this losing streak, we have to get more pucks to the net, keep it simple, and out work the opposition for a full 60 minutes."

Despite the team's recent string of losses, Twisters' Derek Wiebe remains a top performer in the MMJHL, holding fourth place in the scoring race with 24 points accumulated over 14 games.

The Twisters are back in action with a home game on Nov. 21 against the St. Vital Victorias. The puck drops at the Morris Multiplex at 8 p.m.

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PUBLIC NOTICE

PC Progressive Conservative

Notice of Morden-Winkler PC Association

Board Selection Meeting
AGM & Delegate Selection
Date: Monday, December 11, 2023
Time: 6:30pm
Location: RM of Stanley Office (RM of Stanley 1-23111 PTH 14)

PUBLIC NOTICE

NOTICE OF ELECTION



CITY OF MORDEN

Notice is hereby given that a vote of the City of Morden will be taken to elect Mayor and Councillors from the following duly nominated candidates:

- | | |
|---|--|
| For the Office of Councillor:
(Two to be elected) | For the Office of Mayor:
(One to be elected) |
| 1. GIESBRECHT, Megan | 1. PENNER, Nancy |
| 2. HILDEBRAND, Dave | 2. HOEPPNER, Nicholas |
| 3. KLASSEN, Brenda | |
| 4. KRAUSE, Tracey | |
| 5. ABRAMS, Chris | |
| 6. WIEBE, Darlene | |
| 7. SPEARMAN, Allan | |

VOTING PLACES

Voting places will be open for voting on Wednesday the 20th day of December 2023 between 8:00 a.m. and 8:00 p.m. at: St. Paul's United Church, 353 Thornhill Street, Morden.

IDENTIFICATION MAY BE REQUIRED BEFORE BEING ALLOWED TO VOTE. A person may be required to produce one piece of government issued photo identification (for example - driver's license) or at least two other documents that provide proof of identity.

ADVANCE VOTING

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend their proper voting place on election day, an advance voting opportunity will be located at Morden Civic Center, 100-195 Stephen Street, Morden, and will be open Thursday, December 7, 2023 between 8:00 a.m. and 8:00 p.m.

MOBILE VOTING

For the purpose of accommodating persons who are qualified to vote, but reside at a health care facility, a mobile voting station will be set up at the following health care facilities on election day:

- Boundary Trails Health Centre, 12140 Road 24W, Stanley from **9:00AM-11:00AM**
- Tabor Home, 450 Loren Dr, Morden from **1:00PM-3:00PM**
- Homestead South, 400 Loren Dr, Morden from **4:00PM-6:00PM**

APPLICATION TO VOTE BY SEALED ENVELOPE

A voter who is unable to go in person to the voting place or vote in advance, may apply in person, in writing, or by fax to the senior election official at City of Morden, 100 - 195 Stephen Street, Morden MB, R6M 1V3, Fax: 204-822-6494 or by email at seomorden2022@gmail.com.

If applying in person*, a voter may apply between November 22 and December 15.
* A voter applying in person may pick up a sealed envelope ballot package at the time of application.

If applying by mail or fax**, a voter may apply between November 5 and December 17.
** A voter applying by mail or fax will receive a sealed envelope ballot package by regular post, or by making alternative arrangements with the senior election official.

Ted Fransen
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PUBLIC CONSULTATION FORUM



GARDEN VALLEY SCHOOL DIVISION Public Consultation Forum 2024 - 2025 Pre-Budget Discussion

The Trustees of Garden Valley School Division invite you to a public consultation forum as they set the priorities for the 2024 - 2025 GVSD budget.

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CITY OF Winkler **CORPORATE SERVICES**
Finance and Administration
PUBLIC NOTICE

The City of Winkler purchases approximately 35% of its water from the Pembina Valley Water Cooperative (PVWC). The Public Utility Board has approved a rate increase for PVWC in the amount of \$1.17/1000 gallons, effective January 1, 2024. This rate increase reflects a "pass through" rate increase of \$0.41/1000 gallons for Winkler consumers.

Public notice is hereby given that the utility rate increase will be \$0.38/1000 gallons effective for the March 15, 2024, quarterly billing in the City of Winkler. That being from the present water rate of \$10.21/1000 gallons to \$8.76/1000 gallons and the sewer rate from \$6.59/1000 gallons to \$8.42/1000 gallons.

Jody Penner
 City Manager

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

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PUBLIC NOTICE

CITY OF Winkler **NOTICE OF PUBLIC HEARING UNDER THE PLANNING ACT**

The City of Winkler, under the authority of The Planning Act, will hold a hearing at which time and place the council of the City of Winkler will receive representation from the applicants and any other persons who wish to make representations in respect of the Rezoning Application No. RZ2023-005 and By-law No. 2308-23, being an amendment to Winkler Zoning By-law 2271-21 of the City of Winkler.

The general intent of the above By-Law No. 2308-23, is to zone the land described below, Namely:

119 & 135 Victoria St, legally described as Lots 20 & 21, Block 5, Plan 30045 MLTO.

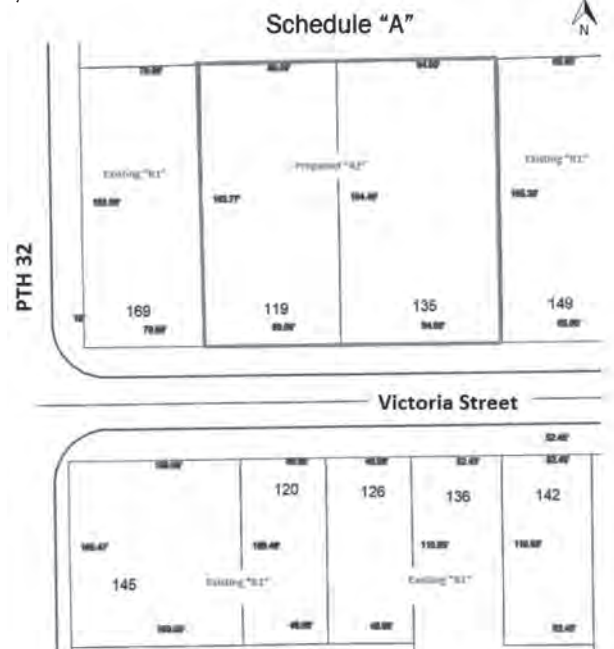
as shown outlined in a heavy solid line on the map attached hereto as Schedule "A", and forming part of this by-law, be rezoned

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

A copy of the above By-Law No. 2308-23 and supporting material may be inspected by any persons between the hours of 9:00 AM and 5:00 PM, Monday to Thursday and 9:00 AM and 4:30 PM, Friday, in the City Office.

Date of Hearing: December 12, 2023
Time of Hearing: 6:30 p.m.
Location: Winkler Council Chambers,
 185 Main Street, Winkler, Manitoba

DATED at Winkler, in Manitoba, this 25th day of October 2023.
 Designated Officer
 City of Winkler



get inspired

> MEAL IDEAS



Grapefruit Avocado Bruschetta

Servings: 3
 1 cup Florida Grapefruit sections
 1 baguette, sliced on bias
 2-3 whole garlic cloves, peeled and halved
 3-4 ripe Roma tomatoes, seeded and chopped
 1 large avocado, chopped
 1/2 small red onion, chopped
 1/4 cup chopped cilantro
 2 tablespoons olive oil
 salt, to taste
 pepper, to taste
 Florida Grapefruit segments, for garnish (optional)

cilantro sprigs, for garnish (optional)

Preheat oven to 350 F. Chop grapefruit.

Place baguette slices on baking sheet and toast 5-7 minutes, or until golden brown.

Rub toasted sides of bread with cut sides of garlic cloves; reserve.

In medium bowl, combine tomatoes, grapefruit, avocado, red onion, cilantro and olive oil; season with salt and pepper, to taste. Toss gently to combine.

Spoon grapefruit mixture over prepared bruschetta.

Garnish with fresh grapefruit segments and cilantro, if desired.



Popovers with Cranberry Butter

Recipe courtesy of Shereen Pavlides (@CookingwithShereen) on behalf of the American Egg Board

Prep time: 10 minutes
 Cook time: 45-50 minutes
 Yield: 6 popovers

Popovers:
 1 1/3 cups all-purpose flour
 1 teaspoon kosher salt
 1 1/3 cups whole milk
 4 large eggs
 2 tablespoons avocado or vegetable oil
 nonstick cooking spray
 Cranberry Butter:
 1/2 cup unsalted butter, softened
 2 tablespoons cranberry sauce
 1 pinch salt

To make popovers: In large bowl, whisk flour, salt, milk and eggs until silky smooth. Add oil and whisk to combine. Transfer to pourable pitcher, cover and refrigerate at least 6 hours, or overnight.

Heat oven to 375 F. Place 6-cup popover pan in oven 10 minutes. Remove pan and spray with nonstick cooking spray. Stir batter, divide and pour into cups, filling each 3/4 full. Bake until puffed high and cooked through, 45-50 minutes. To make cranberry butter: In medium bowl, mix butter, cranberry sauce and salt until well combined. Remove popovers from oven and serve with cranberry butter.

Chocolate Cherry Pecan Snack Mix

Recipe courtesy of Emily Caruso of "Jelly Toast" on behalf of the American Pecan Promotion Board

Prep time: 5 minutes
 Cook time: 20 minutes
 Servings: 20
 1 large egg white
 1/4 cup light brown sugar
 1 1/2 tablespoons unsweetened cocoa powder
 1/2 teaspoon vanilla extract
 1 teaspoon salt
 1 tablespoon water

1 1/2 cups pecan halves
 1 cup dried tart cherries
 1 cup small pretzels
 3/4 cup yogurt-covered raisins
 Heat oven to 325 F.

In bowl, whisk egg white, brown sugar, cocoa powder, vanilla extract and salt until well blended. Add water to thin mixture slightly. Fold in pecan halves until well coated. Spread mixture onto parchment-lined baking sheet.

Bake 15-20 minutes, or until mixture is well set. Stir mixture several times during baking. Allow pecans to cool completely and transfer to bowl. Mix in dried cherries, pretzels and raisins.

Signs you may have nutritional deficiencies

By Julie Germaine Coram, Pro Trainer Julie Germaine Coram

Do any of these symptoms sound familiar to you: muscle pain, weakness, tingling in your hands or feet, chronic fatigue, or even heart palpitations? You may not even realize that these could all be related to a nutritional deficiencies, easily corrected by improving your diet in the right area.

It's cold and flu season, so feeling under the weather is certainly not uncommon, but if the flu-ish feelings are frequent and paired with deep body aches, then (essential) vitamin D, which plays a key role in immunity and bone health, could be deficient in your system. Perhaps this is the excuse you need to book that winter vacation (vitamin D comes from sun exposure), but if travel isn't in the budget then adding fortified cereals and dairy products is recommended, along with eating fatty fish 2-3 servings each week.

Cramps coupled with other issues such as dental problems, slow wound healing and splitting hair or nails could indicate more vitamin C and calcium are necessary in your diet. Vitamin D compliments uptake of calcium (see how everything works together in harmony?), so add some fruit to your breakfast, and pair your salmon with a red peppers and broccoli medley for optimal results.

Surprisingly, magnesium deficiency can show as heart palpitations, weakness or tiredness, and is involved in hundreds of your body's muscle and nerve functions, so it's extremely important to combat this common worldwide health issue. You may be at risk if you consume excessive amounts of alcohol, take certain medications, have a diet low in leafy greens, whole grains, seeds or nuts. Magnesium supplements are a good, easy option without having to make drastic, immediate changes to your lifestyle.

If you are a vegetarian or vegan suffering from tingling extremities or exhaustion, then replacing



Fitness and Nutrition expert Julie Germaine Coram

some of your plant-based alternatives for ones fortified with vitamin B12 may help. Memory issues and digestive concerns are other possible symptoms of this deficiency.

Making notes about how you feel each day can help when it comes to changing nutritional habits. You can pinpoint your personal issues by recording the foods you've eaten over the week and see if the changes you implement make an impact in how you feel. If this sounds like a lot of work, lean on a professional! I help my clients chart their foods and create diet plans that allow them to eat the things they enjoy while feeling their very best. Don't hesitate to reach out to enjoy my end-of-year promotions! Email julie@juliegermaine.fit

Of course, your symptoms could be related to a more serious condition, so it is always best to see your doctor before making any major changes to your diet, and to ensure you don't miss a more serious illness in the early stages.

Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. Coach Julie has helped tens of thousands of men and women improve their health since 2005. Visit juliegermaine.com or www.calendly.com/juliegermaine



Grapefruit Paloma

Servings: 4
 24 ounces Florida Grapefruit Juice
 16 ounces silver tequila
 16 ounces seltzer
 ice

margarita salt (optional)
 4 Florida Grapefruit wedges (optional)

In large pitcher, mix grapefruit juice, tequila and seltzer with ice.

Rim four glasses with margarita salt, if desired.

Divide paloma among glasses; garnish with grapefruit wedges, if desired.

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