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**Serving up soup**

Members of the St. Jean Knights of Columbus served 32 gallons of their signature pea soup during St. Jean Farm Days last week. For the full story, see Pg. 19

PHOTO BY LORI PENNER/VOICE

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Canada

# Altona women's centre in search of a new home

By Lori Penner

The Love Well Women's Drop-in Centre in Altona is experiencing what the founders are calling, "a good problem."

"We've grown so much that we're running out of space," says Gaetane Reimer, who opened the centre on 2nd Ave. NE with Robyn Sierks and Nadine Klassen three years ago to provide women with a safe space to talk, build friendships, and make healthy connections.

Reimer says what began as a conversation about goals and ideas over a birthday lunch has grown into a thriving facility which welcomes up to 200 women from Altona and surrounding areas every month.

The centre is open three weekday afternoons from 1-4 p.m., hosting full groups on Monday, a coffee time, craft café, and games nights on Wednesdays, and another coffee time group on Fridays.

They also host study groups and provide women with information

about where to receive other support.

"It's quite incredible how we've been growing," Reimer says. "Once a larger place is secured, we want to start offering more programs and services such as grief counselling and addressing mental health issues. This year we also want to bring in special speakers to empower women."

She adds that they've also been seeing a need for men in the community to have a place to talk and connect.

"We've had some men approach us and they're interested in having a supportive space like this. That's been on our heart, as well."

Not only are they growing out of their space, but they're also facing a deadline to move out by Feb. 29.

"The owners have been just wonderful by providing us with this spot until now, and we understand their own need to expand. So, finding an adequate space that meets our vision to keep growing and provide more services is going to be a challenge," Reimer says, adding that they still feel very optimistic.



SUPPLIED PHOTO

Gaetane Reimer and Robyn Sierks at the Love Well Women's Drop-in Centre.

"After hearing that we need to move, people are rallying behind us and trying to help us find a space because they don't want to see this place closed down."

Sierks says they're looking for about 1,500 to 1,600 square feet or more.

"That's a bit of a challenge to find in town. We're looking for anyone who has ideas of where we could go or if they have a space."

The prospect of expansion will also affect their operating costs.

"We rely on private donations, and everything at the drop-in is free. At a craft night, for example, we can host up to 30 women, all for free. But what they're receiving is priceless. We're helping people in the community do things they may not have had the finances to do and see talents that they didn't even realize they had. They're making connections they didn't have before. So, we're looking for monthly partners. We're hoping that if somebody hears this, if they have a space available that they'd be willing to let us use, we would be more than grateful."

The centre's support of women goes beyond local borders. When co-founder Nadine Klassen isn't helping at the centre in Altona, she's working at a women's centre in Guatemala. The annual Walk/Run Double Blessing event hosted by Love Well supports what they do there, as well.

"My heart is with both centres, and I'm thankful we've been able to collaborate. We've seen some real success stories in Guatemala," Klassen says. "It's nice to see that community

stretches beyond our own back door. I'm hoping people in Altona will realize the need for the centre here and will reach out."

While the current location has served them well, all three founders agree that wherever they end up, having a dedicated kitchen space would be a welcome addition to their facility.

"Our women would love that because we've got some really good bakers," pointed out Sierks. "Our hope is that the next space has a really good kitchen so we can get together and have baking bees and birthday parties and community dinners."

For now, their focus is getting the centre settled into a new place.

"Hopefully we'll end up with a stable home, where we don't have to worry about leaving in the near future. We feel very blessed to be so supported and we're looking to serve the community a lot longer," Sierks adds.

"We've turned into a family here and are building long lasting relationships. They're finding this is a place they can come to in our tough times. We're seeing relationships build between mothers and daughters and all the women who come here. It's multi-generational and non-denominational. Everybody can be themselves. Our job here is not to fix anybody. Our job is just to love them. That's why it's called Love Well. We want every woman to leave here feeling loved."

Those who want to help can contact Love Well Drop-in Centre by phone at 204-304-0044 or via email to lovewell-dropin@gmail.com.



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# The 39 Steps will have you rolling in the aisles

By Lori Penner

The Penner theatre troupe is at it again.

Local siblings Bruce, Scott, and Ken Penner and their sister Jan Funk will be playing more than 40 characters in their upcoming performance of the adapted Alfred Hitchcock whodunit, *The 39 Steps*.

The play combines a film masterpiece with a juicy spy novel, with a splash of Monty Python humour just for fun.

Set in 1935, this heart-racing spy story features the rather dull Richard Hannay who meets a woman with a thick accent who claims she's a spy. When he takes her home, she is murdered. Soon, a mysterious organization called The 39 Steps is hot on the man's trail in a nationwide manhunt that climaxes in a death-defying finale.

According to Bruce Penner, the play features a riotous blend of virtuoso performances and wildly inventive stagecraft, resulting in an evening of entertainment audiences won't soon forget.

"It's like a Sherlock Holmes kind of mystery, but what's fun with this one is that each of us play a wide variety of characters," he says. "While Scott plays the main character who falls into this role of saving mankind, our sister Jan plays three different women, and Ken and I take on the roles of about a dozen characters each. That's the part that makes this a spoof, with such a small cast being able to go through all those costume and character changes without skipping a beat and losing any of the momentum of the plot."

Continued on page 5



SUPPLIED PHOTO

One bad guy and one good guy, played by brothers Ken Penner and Scott Penner, in a scene from *The 39 Steps*, which hits the stage at Buhler Hall in Gretna next month.

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# Morden chamber announces business award winners, finalists

By Lorne Stelmach

The Morden Chamber of Commerce will be honouring a number of business and community leaders next month.

The chamber recently announced the award recipients that will be celebrated at the Feb. 8 gala as well as the three finalists for the Business Excellence Award.

The Entrepreneur of the Year Award



PHOTO BY LORNE STELMACH/VOICE  
Coffee Culture's Lisa Zacharias has been named Morden's Entrepreneur of the Year.

is going to Lisa Zacharias, owner and operator of Coffee Culture, while the new Lifetime Achievement Award will be presented to Appelt's Diamonds.

In addition, the Community Builder Business of the Year honour is going to Access Credit Union, and the Community Builder Organization of the Year is Pembina Valley Child Care Centre.

Meanwhile, the three finalists for the Business Excellence Award are Focal Point Comprehensive Vision Care, Huron Windows, and Fentro Technologies. The winner will be announced at the gala.

Zacharias was very surprised to learn of the award coming her way.

"I was very honoured," she said. "It means a lot to me that the community has seen the hard work that I've done and to be acknowledged like this is a huge thing."

It has been a lot of time and work to make Coffee Culture succeed since its opening in the fall of 2012, she noted.

"It hasn't been easy. There's been a lot of sacrifices over the years, especially when I first started ... long hours and all that ... so it was really good to be recognized," she said. "The reward

definitely is that the customers keep coming back, and they have become almost like a family to me here."

"My business has grown over the years, and it continues to grow ... and some of my staff have been with me for many years," noted Zacharias. "It's been a long time, and I'm still enjoying it. I would like to be not quite so busy ... but I'm going to continue to take care of my customers and make sure everybody walks out of here happy."

The Community Builder Award recognizes significant contributions to the community and its well-being, so that makes the honour particularly meaningful for Access Credit Union.

"As a credit union, supporting the communities where we operate is kind of fundamental to who we are, and it's a big piece of what Access prides itself on: the involvement in the community," said chief operating officer Rich Harries. "Being recognized by the Morden chamber is an honour. Across the organization, we're very proud of it."

"Everything we do, we kind of talk about our members and communities, so to be recognized as community builder by the chamber is something

I think that as an organization and obviously Candace Collins and her team at the [Morden] branch should be very proud of," he added. "It's nice to be recognized ... somebody felt putting our name forward was important, and obviously to be selected as the recipient is something we're very proud of."

Meanwhile, Appelt's is a fitting choice to receive the chamber's first Lifetime Achievement Award, which recognizes a significant number of years operating a business in the community and overall service to the community. Appelt's was founded in Morden in 1938.

Jeff Appelt said his grandfather Benjamin would be so proud.

"It feels like someone's recognized his legacy, and that's probably what makes me the most proud ... it means a lot that the City of Morden has recognized that as well."

"My grandpa had a career out of it, and my dad had a career out of it. I get to be a part of it, and now my son's also involved and my daughter's involved in our family business, so now we're a fourth generation ... I can help continue it on for them."

Continued on page 5

**Congratulations**

**Lisa Zacharias**

Coffee Culture Café & Eatery congratulates franchise owner Lisa Zacharias on winning the Morden Chamber of Commerce Entrepreneur of the Year Award for 2023.

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**Shortage of care homes! Sound familiar?**  
In response for the shortage of care homes in the region, Heavenly Care Agency is opening a care home facility in the RM of Stanley, 10 minutes away from Winkler.

**Heavenly Care Agency is inviting the public to attend the**

**Grand Opening**

**Jan. 20, 2024 1:00 pm - 5:00 pm.**  
**Location: 11 Neuenberg, MB.**

Heavenly Care Agency has been providing homecare services in the Pembina Valley since 2018. As the president and CEO of Heavenly Care Agency stated, "the shortage of care homes has displaced many families to unfamiliar areas." Our goal for the past 5 years has been to try to keep families in their communities. We hope in the next years ahead we can build more and more care homes for families to stay in their homes. Please join us on Jan 20, 2024 between hours of 1pm - 5pm for more information at the following address: 11 Neuenberg, MB.

**CELMA PINTO, BCom (Honours), CFP, HCA Cell: 204.952.9273**  
**Heavenly Care Agency Inc.**  
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# January is National Alzheimer's Awareness Month

By Ty Dilello

This January, during National Alzheimer's Awareness Month, the Alzheimer Society of Manitoba hopes to help Manitobans understand dementia and the resources available to those navigating the disease by sharing stories from individuals who experience dementia daily.

After Ken Krulicki's wife, Brenda, was diagnosed with young-onset dementia, he felt lost and alone. He turned to the Alzheimer Society for guidance and information. The First Link Client Support staff connected Ken with resources, including a care partner support group where he met and received support from others going through similar situations.

"I had so many mixed emotions after I learned about my wife's diagnosis. I simply didn't want to face it," said Krulicki. "The Society helped me move forward and encouraged me to join a support group. It was a game changer."

Krulicki's story can be viewed on YouTube at [www.youtube.com/watch?v=2Vlv0rBhce0](http://www.youtube.com/watch?v=2Vlv0rBhce0).

Since 1983, the Alzheimer Society of Manitoba has dedicated itself to being

a reliable source of information, education and resources for people living with all types of dementia, as well as their care partners and families. The Society has made significant strides in our community; however, dementia remains an incredibly challenging diagnosis.

"Here we are, forty years later, and there is still more work to do to break the stigma surrounding this disease so that families feel more comfortable reaching out to us for support," said Erin Crawford, CEO of the Alzheimer Society of Manitoba. "This campaign gives us an opportunity to talk about dementia so that families realize that they don't have to go through this alone."

More than 19,600 Manitobans live with dementia today – a number expected to reach 39,100 by 2050. The Alzheimer Society is a place for families to turn at any point while navigating cognitive changes or dementia – and the Society's First Link® Client Support program offers a community of support, including one-to-one counselling, support groups, education sessions and dementia-friendly programs.



SUPPLIED PHOTO

Ken Krulicki was struggling and is grateful for the support he has received through the National Alzheimer's Society, especially the care partner support group (below) he attends.

Read more stories from Manitobans living with dementia at [alzheimer.mb.ca/awareness2024](http://alzheimer.mb.ca/awareness2024) or emailing [alzmb@alzheimer.mb.ca](mailto:alzmb@alzheimer.mb.ca) or calling 1-800-378-6699.

You can also connect with your local Alzheimer Society office by calling



## > 39 STEPS, FROM PG. 3

Adding to the performance is a nine-member production crew helping in the background taking care of the set and costumes.

The Penner brothers performed the Hitchcock favourite *The Hounds of the Baskervilles* five years ago and have been searching for another crowd-pleaser to bring to the Buhler Hall stage ever since.

"We searched websites for years, for a play with a low cast number. This one showed up on Ken's YouTube feed one day," says Penner. "It was a book that was adapted for the stage, as a spoof for four people. I ordered the scripts right after he sent it to me, and away we went."

Finding the right score was also a lot of fun, he says.

"The play is set in the 1930s, so we included a lot of big band music from that era. That

## > CHAMBER AWARDS, FROM PG. 4

Shuana Richards, executive director of Pembina Valley Child Care Centre, said the Organization of the Year Award is very exciting for them.

"We were really happy and honoured to even be nominated," she said. "I think it's showing the community how really important child care is in the community, and it's acknowledging a lot of the hard work that our people are putting into providing child care to the community."

It is also encouraging at a time when it is

really adds to the mood and the action."

He adds that working together on a project like this feels very natural for the siblings.

"I think it's amazing. There's a dynamic between all of us that just seems to work. We've already had a lot of acting experience with other Cottonwood theatre productions and, siblings or not, we already know it always ends up feeling like you're all part of one big family. You become this tight knit group that gets together to rehearse for months, and then you go through a kind of withdrawal when it's all over."

*The 39 Steps* will be performed at Buhler Hall in Gretna Feb. 1-3 at 7:30 p.m.

Tickets range from \$25 to \$30 for adults and \$15 for 17 and under and are available online at [mciblues.net](http://mciblues.net) or by calling 204-327-5891.

such a challenge to meet an overwhelming need, added Richards.

"Our wait list is huge, and the stories of people needing care are heartbreaking," she said, noting the coming addition of more child care spaces in Morden will help, but "it won't take long and we will probably be back to having pretty full wait lists."

The awards gala will take place at the Access Event Centre. Event information and tickets are available online at [www.morden-chamber.com](http://www.morden-chamber.com).

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**OUR SISTER PUBLICATIONS**



**R**ecently my wife and I bought a nice telescope as a mutual Christmas gift.

It's a beautiful 8-inch Celestron Schmidt-Cassegrain design with a computer-driven tracking drive, and things like Jupiter and the Orion nebula are wonderfully clear through it.

From the age of zero to 13 I was determined that one day I would be an astronomer. I had written to NASA when I was 10 explaining this and they wrote back sending me a HUGE envelope filled with all kinds of NASA documents.

I was overwhelmed with space shuttle plans, photos of the moon and varying astronomical phenomenon, etc. What an incredible encouragement.

As a teenager I bought a 4.5-inch Tasco reflector telescope with my own savings and for the first time ever I could see the rings of Saturn live and in colour. Unreal.

Some of you may have noticed that I mentioned I wanted to be an astronomer from the age of zero to 13. You may have wondered, "Well, what happened at 13 to change this?"

I will tell you. At 13 we all had to do those "what career is best for you?" quizzes along with a visit to the school guidance counsellor to discuss results and talk about a career path.

When I went in, I don't know what I was expecting because, as I said, I knew what my career was going to be. I had no doubt. There was no

need for a conversation about it, but I thought I would humour the school (and it was mandatory).

"So, Peter, what kind of career are you thinking about?"

Our guidance counsellor was also the gym teacher. He was a decent guy but, honestly, I didn't really connect with my teachers.

"I'm going to be an astronomer." I said this with certainty and confidence.

He listened and looked carefully at what appeared to be my midterm report card and the career quiz results in front of him for a few minutes.

"You should aim lower."

Something inside of me fell. This is the only way I can describe what I was feeling. He went on.

"Look, your math and science grades just aren't there for that kind of career."

Not "That's great. Let's see what we can do to help you prepare for that goal." or "What do we need to work on." Just, "Aim lower."

The rest of the meeting went by in a fog. As I left, I knew one thing: I would never be an astronomer. That was it.

It seems silly now when I look back on it. Adult me wants to go back and tell 13-year-old me that the guidance counsellor was a know nothing idiot

and I should simply ignore him. But 13-year-old me was taught to trust and listen to my elders and so I did.

I left believing one thing: I was not smart enough to be an astronomer. I carried those words with me for a long time. I never told my mum about the conversation. Why bother? She wasn't a teacher. She wouldn't have known better than a teacher, right?

Don't feel bad for me. I am very happy with my career choices and where I have landed in life.

You can however consider the following, understand it and try to live it: words matter. Your words to a child matter. You can change the trajectory of an entire life with a thoughtless, insensitive comment or phrase. You can shut a door that should never have been shut.

If you have any authority at all over children, if you are a parent, teacher, religious leader, coach and you play a role in the life of a child, you have ENORMOUS power over them. Your words matter and can shape (or break) dreams.

Take it seriously.

As for me I never became an astronomer, but my wife and I can go out into the backyard and look at the rings of Saturn together anytime we want. I count that as a win.



**By Peter Cantelon**

**Letter policy**

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

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

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

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

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View the *Voice* online at [www.winklermordenvoice.ca](http://www.winklermordenvoice.ca) or [altonavoice.ca](http://altonavoice.ca)

# Winkler hopes to receive funding for public transportation

## Council approves application to FCM for up to \$500K

By Ashleigh Viveiros

Winkler city council has approved an application it hopes will translate into big bucks for its in-the-works public transportation plan.

At its Jan. 9 meeting, council gave the green light to Winkler's application to the Federation of Canadian Municipalities (FCM) Green Municipal Fund.

The city is requesting up to 80 per cent funding for the \$625,000, three-year pilot project. If the application is successful, FCM would provide \$500,000 to the project while the City of Winkler would contribute \$125,000.

Mayor Henry Siemens noted city staff are still working on what public transportation in Winkler will look like, using information gleaned from a series of surveys and consultation meetings last year.

"There will be a request for proposal going out at some point in time in the new year, but this is a funding opportunity that we as a community of less than 20,000 people have an opportunity to apply for [now]," he said. "Any time we can do any kind of project with 20 cent dollars, it's exciting."

The FCM funding would certainly help get the project going quickly, but Siemens stressed the city will be moving forward in some way even without these grant dollars.

"We believe that this is a significant need in our community. We'd like to support it either way. To what level will be determined at annual [bud-

get] planning," he said. "We know it's a need. We know that we have to get to it. We know we have to get to it quickly."

Other items of interest from last week's council meeting:

- A public hearing was held regarding a special service proposal to promote and improve health care in the Winkler area.

Under the proposal, a special service tax will be levied annually from 2024 to 2027 on a per parcel basis against all rateable properties, including otherwise exempt properties, in Winkler.

Property owners will pay a projected \$91 a year for this levy, generating \$530,500 in funds annually for a total of \$2.1 million for the Boundary Trails Health Centre and the C.W. Wiebe Medical Centre.

Mayor Siemens explained why they opted to apply this levy per parcel rather than on the assessed value of properties.

"Health care is much more a personal type of cost than a business cost, and it doesn't change whether you live in the nicest house in town or not or whether you own the most expensive business in town or not—health care is equally important to each and every one of us," he said. "We wanted to make sure that this was as fair as

possible."

The funds will be used to aid in expansion projects at BTHC and the Winkler clinic in the ALG Professional Centre.

The City of Morden and the RM of Stanley are also partnering on this and are set to pass similar levies.

The proposal received first reading last week and will now be submitted to the Municipal Board for approval before returning before council.

- Shirley Janzen has been appointed to the Winkler Police Board. Janzen has served on the board for multiple terms but had stepped back this past year. She's now back to serve another four-year term.

- First reading was given to new indemnities for city councillors and the mayor, in line with the cost of living increases given to City of Winkler staff each year.

The mayor will receive \$40,665 for his work (up 5.1 per cent from \$38,692), the deputy mayor is paid \$21,805 (up from \$20,747), and councillors receive \$18,623 (up from \$17,719).

Council members also receive per diems and other amounts for attending meetings, community functions as a council representative, and attending to other council business. There was no change to these rates.

# Letters

## A FOUR-DAY WORK WEEK?

Towards the end of 2022, headlines began popping up trumpeting the arrival, at long last, of a new way of working.

Business Insider's, for example, read: "New Research May Have Just Paved the Way for the 4-Day Week." The research in question was the first large-scale, independent pilot programs to test the impact of reducing the workweek to roughly 32 hours, without any reduction in pay. The four-day work week is being considered again in 2024.

"Conducted by the non-profit organization 4 Day Week Global (4WDG), the two pilots were based on six-month trials that included 33 companies and a total of 903 employees, primarily in the U.S. and Ireland. They confirmed a thesis that has been gathering steam for a while: a shorter work week is better for both employees and employers."

Let's examine this a bit further. We have one study with 903 people. To use the information from one small study to affect the working life of billions is premature.

So I tried to find the peer-reviewed journal in which the study was published. I couldn't find it. However for those of you who like the World Economic Forum, they are providing this study and promoting its implementa-

tion (*New study shows 4-day week to be a success*, weforum.org).

I tried to look up information regarding the study's research team, 4 Day Week Global. I invite you to visit their website, [www.4dayweek.com](http://www.4dayweek.com).

You should find, as I did, that where the study was published is not to be found. The closest thing I could find to a published report was on the World Economic Forum site. 4WDG do state they are a nonprofit organization, but they do not provide information about who funds them. It's a big team they have assembled. I wonder who pays their salaries?

What I did find out is that the World Economic Forum is promoting the four day work week as part of their "Centre for new economy and society" ([www.weforum.org/centres-and-platforms/centre-for-the-new-economy-and-society](http://www.weforum.org/centres-and-platforms/centre-for-the-new-economy-and-society)).

So why bring this up at all? Because the news media and governments all over are looking at this proposal. All levels of government should do their own research on this topic and they will realize that no hard evidence supports the four-day work week.

Proceed with caution with the four-day work week.

Dr Al Kolt,  
Morden

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# It was a busy year for Winkler, Morden fire departments

By Lorne Stelmach

It was a busy year for both the Winkler and Morden fire departments in 2023.

Winkler only had two more calls than in 2022, but it was enough to set a new record, while Morden came up just shy of their highest call volume.

"It's growing just because we're a growing community," said Winkler Chief Richard Paetzold.

"We initially thought the year before may have been an anomaly because we were slowly creeping up to the 200 mark, and all of a sudden last year we made a significant jump," he said. "All of a sudden, in the fall, it started to pick up and didn't let off until the end of the year."

There were 222 calls in 2023 compared to 220 a year earlier, and 160 were in Winkler—a four per cent increase—while 59 were in the RM of Stanley—a four per cent decrease. The department also responded to three mutual aid calls.

Fires represent a majority of their calls at 32 per cent, while false alarms and vehicle accidents both came in at 27 per cent.

"There wasn't really anything significantly different," noted Paetzold. "The false alarms seems high, but that's pretty typical ... compared to other communities around us, it's lower than some."

He explained there are places like care facilities which have required alarm systems that are monitored, but there are others that are volun-

tary, such as what you would find in residential homes. They are supposed to contact the owner first, but no response then puts through a call to emergency services within 45 seconds.

"That's how it's supposed to work. It can cut out a lot of false alarms ... we work hard on trying to educate some places on that," said Paetzold, who added people often cannot immediately get through to the alarm company, so he advises them to leave their phone line clear and wait for the call so they can let them know emergency responders are not needed.

"Some of these security systems are a little finicky. We've had a few instances as well where it's actually a burglar alarm and for some reason it dispatched us."

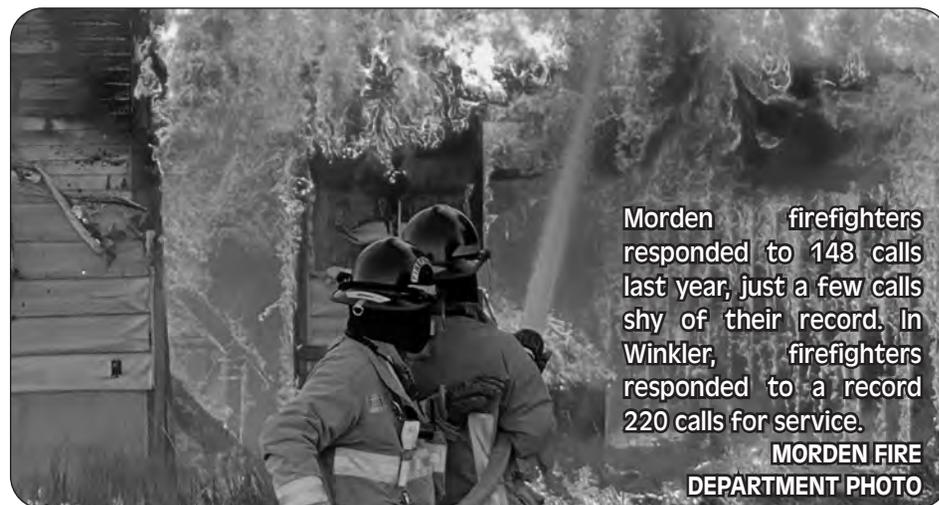
The biggest call for them in the past year was the fire that destroyed Janzen's Paint and Decorating.

"That one had lots of challenges with the weather we had. It was extremely cold ... and there were some water supply issues. We called in mutual aid for that as well," Paetzold recalled.

"What we learned this year was a lot of the tactics and the water conservation methods we've employed over the years, trying to get better at fighting rural fires, was helpful," he added.

Another message he wanted to get out was the importance of renters having content insurance in case of a fire.

"We find so many instances where



Morden firefighters responded to 148 calls last year, just a few calls shy of their record. In Winkler, firefighters responded to a record 220 calls for service.

MORDEN FIRE DEPARTMENT PHOTO

people do not have content insurance ... the building owner gets his repairs done ... but the renter is left on the hook for their loss. It's not worth it to go without."

In Morden, the range of calls also remained fairly consistent compared to the previous year.

"Our call numbers were close to being a record. We had 148 calls, and our record is 152," shared Chief Andy Thiessen. "It was up by about 24 calls from last year."

"What's kind of jumping out at us right now is home alarms are one of our biggest calls right now. Some of them are legitimate like carbon monoxide calls or someone cooking on the stove," he said. "A large majority of them are system failures like a bad detector, or they fail to change their batteries or didn't realize they have batteries."

"There's a need for a bit of education there. A lot of them are direct dialing

monitoring systems now," he said, echoing Paetzold. "We get there, and they say, sorry, we tried to call our monitoring company. If they don't get to the phone in time to call us off, we're coming."

Otherwise, the calls for 2023 were very much par for the course.

"We had a couple structure fires. We lost one home on Elmwood," said Thiessen. "We've had a couple kitchen fires that we were able to get at quickly, so there was minimal damage."

They also responded to numerous motor vehicle accidents, although none were too serious.

"And grass fire season wasn't that bad either. We had a few of them but nothing crazy there either," said Thiessen. "The Christmas season was awesome. It was the best Christmas I could have wished for because we had zero calls between Christmas Eve and New Year's Day."

## Morden Fire Dept. to purchase new pumper truck

By Lorne Stelmach

Getting a new main pumper truck in place is an involved and costly process for the city and Morden Fire and Rescue.

It is the most vital asset for the fire department, so Chief Andy Thiessen is looking forward to when they are able to get their hands on the new truck sometime in 2026.

"I call it our work horse. It's one that we need to depend on all the time," he said. "The truck we have now has been wonderful for us, and we've had next to zero issues with it. We're hoping with the same company ... we'll have the same luck as we've had with this one."

The department has been due to replace the current pumper truck for some time now under guidelines that set out how long such equipment

should be in use, but a few factors have delayed it.

"This one had timed out, but because of COVID and product shortages and such, we weren't able to get one this year," Thiessen explained. "They had shut down the plant for about two years, and now everybody is kind of in the same boat as we are and they're all ordering ... and they can only make them so fast. So we have to wait for our turn."

They expect it will be up to a 34-month wait.

"In one way, it's kind of a benefit to us as well," noted Thiessen. "We can now put a few dollars away each budget year, and when it comes time to pay for the unit, we should have the funds in place."

Thiessen said the new truck will have a couple important new features, including what he calls pump

and roll.

"The way it's set up, we can actually drive down a road and keep pumping ... if there's a grass fire along the highway or along the road, for example, we can pump and keep moving at the same time."

"It also has what we call a clean cab program in it. When we're at a fire scene, our guys can do a quick wash off and then take the gear and put it in a compartment completely separate from everything else ... so all of the carcinogen product that is on our gear doesn't get into the cab," Thiessen said. "It doesn't eliminate our contact with that stuff but it reduces it quite dramatically."

It is a valuable aspect that they can customize the truck to their needs, to a degree.

"The whole process is beneficial ... in about three or four months from now,

we'll go to the plant," said Thiessen. "It's called a pre-build where we go through every line of what we need ... from a light bulb to a handle to the engine ... we get everything on it that we ask for, and then we wait for it to get built ... it's customized to what we will need in our area."

The cost for the truck went up dramatically in a short time—a 35 per cent increase to cost nearly \$1.5 million. The motor itself became more costly because Canada now won't allow an earlier engine because of the emissions.

"So we had to go to the next level, and that alone was a change of \$90,000," Thiessen said.

Thiessen expects this new truck will serve the department for a long time.

"It's going to be good. It's going to take us through the next 25 years."

# get informed

## Stanley County Cutups in Manitou Jan. 27

By Lorne Stelmach

A musical collective described as Winnipeg's bluegrass supergroup takes to the stage at the Manitou Opera House Jan. 27.

The members of the Stanley County Cutups are all well known in folk music circles, and organizers with the Manitou Opera House Foundation are excited to welcome them to town.

"There are a lot of folk in this region who really appreciate their talent and their music and have for years," Al Thorleifson said of the group that includes Jeremy Penner on fiddle, Tim Osmond on banjo and dobro, Jeremy Hamm on mandolin, TJ Blair on guitar, and Jess Reimer on bass.

He noted Reimer and Hamm both lived in La Riviere for a time, so it kind of built from there.

"I think they started gathering other musicians over the last 10 years or so," said Thorleifson. "Jess and Jeremy have performed here before, and we've invited them back because so many people appreciate their music, and we know they appreciate local folk and local music and helping promote the music that so many people here appreciate."

When band members explain where

the name came from, they might say it is because bluegrass legend Ralph Stanley is "hands down the best singer on the entire earth."

They might also note several of them grew up in the Morden/Winkler area.

In any case, there is no doubt the name provides a sense of the style and attitude of their bluegrass sound.

"We have been playing together in various groups over the past 20 years, but this group is pretty new," shared Osmond.

Reimer, Blair, and Hamm trade off on lead vocals and harmonies. Recent concertgoers will remember how Penner brought the Manitou Opera House down with his searing fiddle playing at The Duhks concert in September.

Since joining forces to create the band, the Stanley County Cutups have played a variety of gigs, including this past September's Banjo Bowl, Zoo Lights at the Assiniboine Park Zoo, and The Northern Lights Bluegrass Festival in Big River, Saskatchewan.

A sense of the style of the band can be found on their website at stanley-countycutups.com.

Notably, the band's music shows the influence of such greats as Bill



SUPPLIED PHOTO

The Stanley County Cutups bring their bluegrass sounds to the Manitou Opera House next week.

Munroe, the Stanley Brothers, Flatt & Scruggs, Hazel Dickens, and Jim and Jess McReynolds.

The evening in Manitou will open with a performance by Linda Hiebert, a local singer-songwriter who was instrumental in the development of Morden's annual Back 40 Folk Festival.

In describing her approach to music, Hiebert notes that in performances "the heart and soul of your music have to come through in it."

The concert will also feature the new Manitou Opera House sound and lighting systems.

The Manitou Opera House Foundation was aware of problems in the

systems, which had served well for several decades, but components were becoming obsolete, so the decision was made to completely upgrade both.

Financial support for the upgrades came from both federal and provincial governments, local donors, as well as the Pembina Manitou Area Foundation.

Doors and cash bar open at 6 p.m. for the 7 p.m. concert start. Reserved seating tickets are available by calling or texting 204-242-4287.

Tickets are \$25 each or \$15 for youth 17 and under.

## Icon Technologies, Monarch earn CME awards

By Voice staff

Icon Technologies and Mitch Tetrault of Monarch Industries will be honoured at the Canadian Manufacturers & Exporters (CME) Award this spring.

CME announced its 2024 CME Award recipients on Monday.

Icon Technologies Ltd., which is based in Winkler, will receive the Export Award, which is given to a company that demonstrates excellence

in expanding its market numerically and geographically.

Tetrault is CEO of Monarch, which is headquartered in Winnipeg but has a foundry here in Winkler. He is slated to receive the Safety Leadership Award celebrating individuals who have demonstrated leadership in safety and health in the manufacturing industry and have created a lasting safety legacy within their organization and industry

Also being honoured is Dickson Gould of the Progressive Group of Companies Inc. with the Hall of Fame Award, the Manitoba Cooperative Honey Producers with the Pioneer Award, and Global Drain Technologies Ltd. with the Emerging Award.

"Manufacturers work tirelessly year-round, contributing in no small part to Manitoba's GDP," said Ron Koslowsky, vice-president of CME Manitoba in announcing this year's

winners. "It's time for us to make room in our busy schedules to celebrate our industry's successes, raise a glass to the hard work and contributions of manufacturers, and inspire our community with stories of leading manufacturing leaders and companies."

The awards will be presented during Manitoba's Manufacturing Week at CME's annual Gala Dinner on March 21.

The **Voice**

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What's *Your* story?

# arts & culture

## Morden artist paints to escape and hopes it can do the same for others

By Autumn Fehr

They say habits start young. Throughout his childhood, Jeff Bergen always kept a pencil and notebook close at hand.

Bergen, 55, grew up in Carman and moved to Grand Manan Island on the east coast for several years. Eight years ago, he moved to Morden, where he lives with his wife Ty, whom he has been married to for five years.

Bergen has been honing his artistic talents since he was six years old, dabbling in drawing, painting, and music creation.

"I got pretty bad grades since I never did what the teachers wanted. I was too busy drawing stuff," said Bergen.

Once Bergen started, he couldn't stop. He was fully consumed with what the world of art had to teach him and the escape it brought him, too.

He remembers, starting at eight years old, making weekly trips to the Carman library. There, he would eagerly check out large volumes on renowned French artists such as Pierre-Auguste Renoir and Claude Monet, both known for their work in impressionism and modern art.

"I just devoured their stories and art. Weird kid I was," said Bergen.

It wasn't long before he started pursuing the art he was reading about. And he became pretty good at it, too.

Throughout grades 8 to 12, he consistently achieved the class art award.

"I honestly can't tell you why because I only did things like drawing 'star destroyers' and never did actual school work," he said.

Every Saturday at 3 p.m., Bergen tuned in to Bob Ross, an American painter, and watched what he loved come to life.

"I couldn't believe that someone could do what he did in just half an hour, so I picked up paint and brushes and tried to duplicate what Bob did."

"At the age of 15, I found myself feeling extremely uninterested. After realizing that I was able to easily create a painting similar to his in just 20 minutes, I abandoned that particular style. Instead, I challenged myself to explore my potential within an hour, or potentially even a few days."

That started Bergen on a new path in his artistic journey—a path of creating fine art.



Artist Jeff Bergen

At the age of 19, Bergen vividly recalls stumbling upon another artist who left him in awe - Robert Bateman, a Canadian naturalist and painter.

"I mean, they looked like photographs."

At that point in his life, he had renewed inspiration and wanted to see what he could do with it.

Two months later, his first painting sold for \$4,000.

Bergen's first show was alongside Bateman himself.

"It was kind of nerve-racking since thousands of people turned out to see him, but he and I became friends."

Now, Bergen doesn't paint to save the world like Bateman, he says, but when it comes to why he creates, he has one goal: to create something beautiful with meaning, to create emotion.

Since Bergen made that turn, he says his style has remained relatively the same.

"Hopefully, just getting better."

Bergen's paintings are inspired by what he knows. He grew up in the bush and said he found nature wonderful, so it's become his forte.

"However, when I paint two swans in courtship, for example, the meaning is 'passion.' My paintings must have some definite purpose," he said.

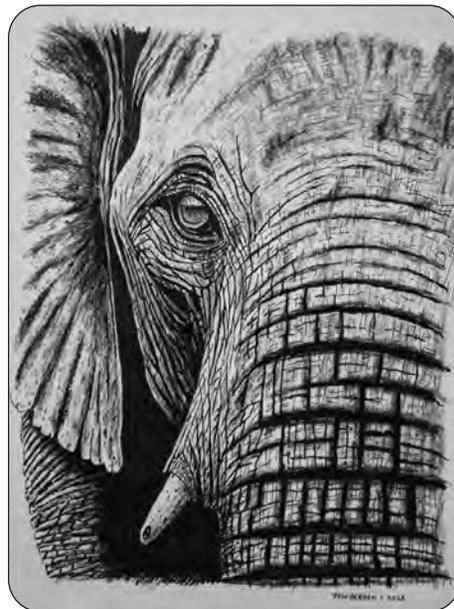
Bergen paints primarily in acrylic on Masonite since it lends itself better to detail and colour. Anything massive is a canvas.

When he sketches, Bergen says he uses everything and anything that does the job.



PHOTOS BY DOUG BERGEN

'Passion' is Jeff Bergen's first painting of 2019. He started it the previous year when he was feeling passionless but the spark that he felt when he locked his eyes on swans in courtship, allowed him to paint with passion. Passion is hard to explain, so he painted what he felt. Below: A few other examples of his work.



"From charcoal to paint to the prick of my finger, I use it all."

If Bergen had to choose one medium to use for the rest of his life, though, he said he would choose to paint acrylic and sketch in between.

So why has Bergen stuck with this habit for so long?

For him, the why is simple: it's an escape from the hustle and bustle of life and take in the natural beauty that the world has to offer that's right in front of us.

"My why is to make people smile and to notice the beauty around us. There's simply too much drama and technology in the world for me, and I hope my art takes people away from that a bit... It does for me," said Bergen.

Bergen's work can be found on his page on Facebook, Agassiz Art, or you can contact him personally for a commission piece at either 1-431-400-9920 or jeffbergen01@gmail.com.

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

# Winkler gallery launches annual Rental Exhibit

By Ashleigh Viveiros

If you're a business looking for a way to spruce up your walls with some local art, Winkler Arts and Culture (WAC) has got you covered.

The gallery has launched its annual Rental Exhibit featuring over 50 paintings and photographs available for loan. The show is on display until early February.

"The goal is that these pieces will be displayed in relatively public areas so that

more of our community can get to see what our local artists can do," says WAC's new executive director Jered Hildebrand.

Artists represented in the show include Olga Krahn, Marge Fehr, Cyndie Sutherland, Valerie Klassen, Walter Dueck, Jeff Zacharias, and Terrence Klassen.

The gallery has run an art rental pro-

gram for years, with pieces showing up in such places as the C.W. Wiebe Medical Centre and Access Credit Union. Hildebrand would love to see more companies connect with him about the program.

"If they want to be involved, they're welcome to stop by any time and take a look," he says, noting business owners can also contact him at 204-312-7991 or [admin@winklerarts.com](mailto:admin@winklerarts.com) for more information.

Hildebrand has taken over as WAC's executive director from his wife, Alesha, who is moving on to another career opportunity.

Last week was his first on the job, though he's certainly no stranger to the gallery.

"I've done quite a bit of volunteer work with events and hosting here, and really enjoyed that time," Hildebrand says. "So when this opening

**"STOP BY ANY TIME AND TAKE A LOOK."**



SUPPLIED PHOTO

Winkler Arts and Culture's annual Rental Exhibit features work from seven different local artists, all available for loan to local businesses.

came up, I was very keen on doing more with the organization."

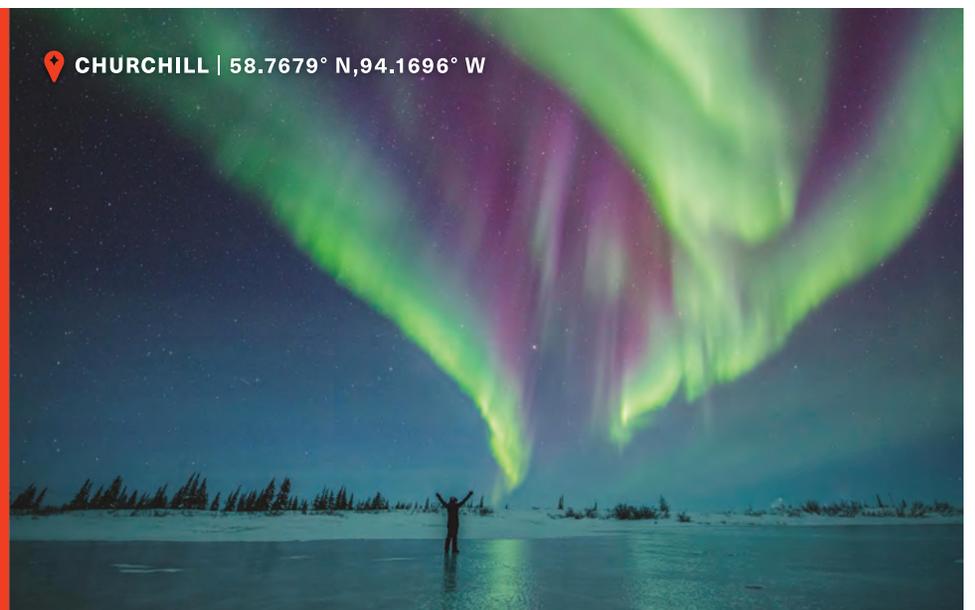
Hildebrand has spent the last few years working as a project liaison with Regional Connections Immigrant Services.

"I was ready for a new challenge, and this definitely seems like one,"

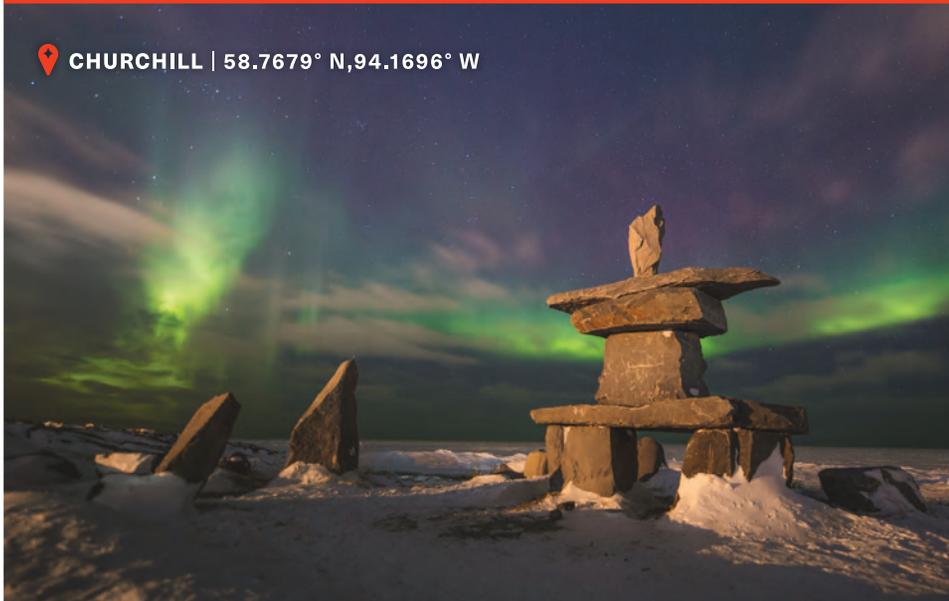
he says, going on to explain his goal in the role is to continue the push to "create more programming and reach some new fundraising goals, bringing more events, bigger events possibly as well, and just seeing continued growth through this next year."

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# WELCOME TO ALL PARTICIPANTS!

## Morden is ready for the Scotties

By Lorne Stelmach

Excitement is building for when the top female curlers from across Manitoba arrive in Morden for the 2024 Morden Scotties Tournament of Hearts next week.

CurlManitoba executive director Craig Baker anticipates Morden will be putting on a great week for the curlers and fans alike.

"I think it's going to be a phenomenal event down there ... and it's always exciting to see an arena transform into a curling club for a week," said Baker.

"It looks like they've had some great support. It looks like the community is behind it," he continued. "Any community we end up in down there, we get tremendous support ... it shows the desire of the fans to be there."

"The biggest thing is, when we come into a community like Morden, we kind of become the show. We don't get lost, and the community rallies behind it," he added. "We see the community support and what they do to make it special ... there's that desire for it and there's the support for it."

Teams arrive a day ahead of the competition, which runs Jan. 24-28. Twelve teams will be playing in the round robin Wednesday to Friday, with three draws daily. The elimination playoff round then goes Saturday and Sunday.

Activities start Tuesday evening with a banquet for the teams and sponsors at the Access Event Centre.

Saturday evening features a social with live music for anybody who wants to attend. It's \$10 a ticket, and they will be available at the door if there's room.

Organizing committee chairperson Ernie Epp said last week that everything was in place and there have been good ticket sales so far.

"Sales of tickets are going really well. CurlManitoba stated last month already that our sales are really good in comparison to what they normally see, so that's thrilling for us."

"We expect to see a fair number

of people, and I think part of what helps is there's one team that's fairly local," Epp said in reference to the Carman foursome skipped by Shaela Hayward.

The excitement built even further Monday when the volunteers came to pick up their clothing and materials, Epp noted.

"It will be the first time that about 200 of us are all together, and I was really looking forward to it. It was exciting."

And he paid tribute to the volunteers and other supporters who have really rallied to make the championship a success.

"Morden is a community where volunteering is second nature to a pretty big percentage of the population," Epp said. "It was a little of here's what we need to do, and off they go, and they will make Morden look good."

"It's important for me that we recognize all of the volunteers and how tremendous it is that there are people willing to help out," he continued. "And the business community and what they have done for sponsorship. We've exceeded our target with corporate sponsorship with fundraising, so that's been a phenomenal thing."

"There's response still happening," Epp added, noting the Morden Chamber of Commerce sent a notice out to its members encouraging them to decorate and help make the week special. "I'm hoping that there's a whole bunch more businesses who are going to be sharing that excitement."

Five of the top 20 teams on the women's Canadian team rankings (CTRS) will compete at the Scotties.

The top seed status went to the rink skipped by Kaitlyn Lawes (Selena Njegovan, Jocelyn Peterman, Kristin MacCuish). Currently ranked CTRS #4, Lawes and her Fort Rouge team finished second in the preliminary round a year ago with a 7-1 record but lost the semi-final to Abby Ackland.

The second seed is CTRS #8 Kate



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Morden 2024



SUPPLIED PHOTO

Twelve teams compete in Morden next week at the 2024 Scotties Tournament of Hearts, including Carman's own Team Hayward, which features Shaela Hayward, Keira Krahn, India Young, Rylie Cox, and coaches Diane Hayward and Ron Westcott.

Cameron (Meghan Walter, Taylor McDonald, Mackenzie Elias). Walter and Elias were half of the Ackland Scotties playoff team a year ago.

The third seed is CTRS #9 Jolene Campbell, who returns to the Manitoba Scotties after a disappointing first appearance a year ago with Chelsea Carrey. She and teammate Rachel Erickson have joined forces with Abby Ackland and Sara Oliver, the other half of last year's finalist team.

The #4 and #5 seed positions go respectively to CTRS #14 Beth Peterson (Jenna Loder, Katherine Doerksen, Melissa Kurz, Kelsey Rocque) and CTRS #20 Kristy Watling (Laura Burtnyk, Emily Deschenes, Sarah Pyke). Peter-

son's Assiniboine Memorial team had a 5-3 record a year ago. Watling and her East St. Paul team won the Scotties berth bonspiel and a strong local bonspiel showing placed them at the top of the MCT rankings.

Two other Manitoba teams, also ranked in the top three of the Canadian team rankings, have already qualified for the national Scotties in Calgary in February. Kerri Einarson's defending champions currently occupy the CTRS #3 spot, while wild card entry Jennifer Jones is currently CTRS #2.

More information can be found online at [morden2024.ca](http://morden2024.ca), where you can purchase tickets for specific draws, certain days, or the whole event.



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# WELCOME TO ALL PARTICIPANTS!



Team Campbell has Jolene Campbell back skipping after a 6 year hiatus. She is back with Rachael Erickson at 2nd, this will be their 3rd season together. The two have teamed up with long time teammates Abby Ackland and Sara Oliver, who are coming off an incredible season where they competed as a Wildcard #3 at the 2023 Scotties! We have had a successful 2023/2024 season thus far and we are excited to continue on with that success and compete for that Manitoba Buffalo.



Team Armstrong curls out of the Dauphin Curling Club, lead by Skip, Tiffany Armstrong, Third, Morgan Kropelnicki, Second, Stacy Sime and Lead, Tamara Kolida. This is our 5th season together and will be our first team debut at the Manitoba Scotties! We have made three appearances at the Club Curling Provincial Championships with 5th place being our best finish. We welcome Cassandra Lesiuk to the fifth position this week!

Would like to wish all the players a great tournament! Enjoy your time!

MLA FOR MIDLAND  
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Good luck to all participants! A special goodluck to the Hayward team from Carman!



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Wishing all players a great tournament. Good luck to all participants!



carmanmanitoba.ca





# WELCOME TO ALL PARTICIPANTS!



Team Cameron, made up of Kate Cameron, Meghan Walter, Taylor McDonald, and Mackenzie Elias, is a new and successful Women's team out of the East St. Paul Curling Club. Our team entails a triumph of accomplishments, with a few that include medaling at a World and National level.

This season Team Cameron has had early success, capturing quarter, semi and finalist finishes. As well, as an event win at the Morris Icebreaker Challenge. Those results have got us invitations to participate in all of the Grand Slam of Curling tour events. Where we have competed among the top teams in the world.

We would not have this success without our amazing sponsors. Team Cameron would like to recognize Nissan, Axiom Mortgage Solutions, DMM Energy/Doaks Bulk Fuels partnered with Esso, Peace Hills Insurance, Beaver Construction, Access Storage, Curtis Carpets, Candice Semeniuk Realtor, Hardline and Asham.



Emma, Lane and Becky of Team Jensen are happy to add Steph Feelus to their team for the 23-24 curling season.

Together we have combined for 5 Manitoba Junior Provincial curling championships and we reached 2 semi finals on the MCT this year.

We are excited to play in our second Manitoba Scotties and are looking forward to competing with Manitoba's best curlers. None of our success would have happened this season without the support of our amazing sponsors.



Team Cherwinski is thrilled to be competing in the 2024 Manitoba Scotties, this is our teams first season together. Team Cherwinski is a Junior Women's team, with Emily and Maddy having competed at the Manitoba Scotties last year. As a team, we competed in Best of the West 2023. Individual, we have all competed at Canadian Juniors and some at U18 Canadian Championships. A fun fact about our team is we've represented 3 different provinces at a National level, BC, Northern Ontario and Manitoba! Lastly, we would like to thank our sponsors for all their support!

Team Hayward is a U18/U20 junior team that curls out of the Carman Curling Club. The team has played together for 5 years and all four girls are in their grade 12 year at Carman Collegiate. They are Silver Medalists at 2022 Canada Games Trials, 2 time MHSAA Provincial Champs and have had success on the MJCT tour this season. We are excited to be playing in our first Scotties and want to thank our families, friends and sponsors for all their support

Team Kaatz is a newly formed five-person squad out of the Assiniboine Memorial Curling Club. Rachel, Gaetanne, and Kadriana are continuing to build off of their previous year together and have added Jenna and SJ to the mix for the 2023-2024 season. Each player brings a lot of experience and success ranging from a 2x Manitoba Junior Provincial Finalist to a Pre-Olympic Trials Participant to a Canadian Mixed Doubles National Finalist. Team Kaatz is excited to add to that success going forward.

Ranked #4 in Canada, Team Lawes has their sights set on the top spot. Team Lawes is looking forward to playing in their home province, in front of family and friends.

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## Provincial Championship Official Draw

		A	B	C	
Wednesday January 24	8:30am	HAYWARD vs LAWES	PETERSON vs JENSEN	WATLING vs CHERWINSKI	
	12:15pm	ARMSTRONG vs CAMERON	CAMPBELL vs TERRICK	MCLEOD vs KAATZ	
	4:00pm	CHERWINSKI vs JENSEN	LAWES vs WATLING	PETERSON vs HAYWARD	
	6:45pm	OPENING CEREMONIES			
Thursday January 25	8:00pm	KAATZ vs TERRICK	CAMERON vs MCLEOD	CAMPBELL vs ARMSTRONG	
	8:30am	JENSEN vs LAWES	CHERWINSKI vs PETERSON	HAYWARD vs WATLING	
	12:15pm	TERRICK vs CAMERON	KAATZ vs CAMPBELL	ARMSTRONG vs MCLEOD	
	4:00pm	WATLING vs PETERSON	JENSEN vs HAYWARD	LAWES vs CHERWINSKI	
Friday January 26	7:45pm	MCLEOD vs CAMPBELL	TERRICK vs ARMSTRONG	CAMERON vs KAATZ	
	9:00am	CHERWINSKI vs HAYWARD	LAWES vs PETERSON	WATLING vs JENSEN	
	1:00pm	KAATZ vs ARMSTRONG	CAMERON vs CAMPBELL	MCLEOD vs TERRICK	
	6:30pm	NO TIEBREAKERS			
Saturday January 27	10:00am	Asham Black 1 vs Asham Express Red 3 Asham Black 3 vs Asham Express Red 1 Asham Black 2 vs Asham Express Red 2			
	CHAMPIONSHIP ROUND	4:00pm	Asham Black 1 vs Asham Express Red 2 Asham Black 2 vs Asham Express Red 1 Asham Black 3 vs Asham Express Red 3		
		4:00pm	Asham Black 2 vs Asham Express Red 3 Asham Black 3 vs Asham Express Red 2 Asham Black 1 vs Asham Express Red 1		
Sunday January 28	8:00pm	One Tie Breaker Draw ONLY (if needed)			
	PLAYOFFS	9:30am ICE B	Semi Final 2 vs 3		
		2:00pm ICE B	Final 1 vs winner of Semi final		
		Closing Ceremony - immediately after Final Game			



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# WELCOME TO ALL PARTICIPANTS!



Team Peterson has a seasoned history, with this being their sixth year as a team together. This year has brought a slightly new look, adding Kelsey Rocque and her extensive experience to the squad. The team competed on the tour this year from several local MCT events, to also finding success in WCT events in both Red Deer and Calgary. The team would like to thank their title sponsor, FoodFare, for the unwavering support over the years to continue chasing their curling goals.



Canadian Juniors. We are also the MJCT Tour Championship winners for the 2022-23 season and are point leaders for past 2 seasons. We have 3 event wins this season so far, and our worst finish this season has been as semi-finalists. We can't wait to see what the MB Scottie's holds for us!

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Team Terrick curls out of the Heather Curling Club in Winnipeg, MB and consists of Zoey Terrick, Cassidy Dundas, Tessa Terrick, Jensen Leatham, Jaycee Terrick and our coaches Clint Cullen and Craig Terrick. Our team has curled together in different combinations since the 2017-18 season. Zoey, Cassidy and Tessa have curled together since 2017 with the exception of the 2022-23 season, when Jensen and Jaycee joined forces with Zoey and Tessa. Although this is our first MB Scotties appearance, we have had some great success in juniors. We have a combined 10 MB jackets between us at the U18 and U20 level. Zoey, Cassidy and Tessa are the 2022 U18 Junior Provincial Champions and Jensen represented MB 2 in the same season. Jaycee, Zoey, Jensen and Tessa are the 2023 Telus Junior Women's Provincial Champions and went on to win bronze at New Holland



“Team McLeod is a 5-person curling team based out of the Portage la Prairie Curling Club in Manitoba. This team has experience at provincial and national levels (including Western Canadian University events and CIS University Nationals) for women's curling and mixed curling, as well as experience competing in Olympic Pre-Trials and on

the Grand Slam of Curling Tour (Tier 1 and Tier 2). Team McLeod earned their Berth to the 2024 Manitoba Scotties Tournament of Hearts through Manitoba Curling Tour (MCT) points. Team McLeod would like to thank their sponsors for affording them the opportunity to play the sport they love. They look forward to representing all the generous companies who have joined as a valued sponsor at the 2024 Scotties Tournament of Hearts in Morden.”



Team Watling is comprised of experienced skip, Kristy Watling who reached the final of the 2022 Manitoba Scotties Championship. At third, Laura Burtnyk, a familiar name in the world of curling. A former Manitoba Junior Provincial Champion and more recently, a participant at the 2021 Olympic Pre-Trials. New to the second position is Emily

Deschenes fresh off her success as a 2023 World Junior-B Competition Gold Medalist. Rounding out the lineup at lead, Sarah Pyke with her extensive experience at the national and world level. Most notably, her Bronze Medal at the 2013 Canadian Scotties Tournament of Hearts. With unwavering support from major sponsors Astrope Zettergren Group RE/MAX, Pollock & Wright Land Surveying, and Johnston Group, Team Watling's is ready to chase the title of 2024 Provincial Champion.



**BEST OF LUCK to all Curling Participants!**



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# arts & culture

## The Comedy Invasion returns to Altona

By Ashleigh Viveiros

The DIY Comedy Tour's Comedy Invasion returns to Altona next week.

Tour founder Scott Porteous won't be back in town himself (he was one of three comedians to take the stage locally last fall), but he's sending a quartet of talented comics to generate the giggles at the Altona Hotel on Saturday, Jan. 27 at 8 p.m.

"It's a totally different line-up of comics," Porteous says, explaining his goal with this tour is to bring Manitoba stand-up comics out beyond Winnipeg's perimeter.

"I'm also trying to go for some of the newer comedians, the ones that are really eager about getting out on the road," he adds. "There's valuable lessons that can be learned about building your act and adapting to certain situations."

Performing at the Altona show are Ainsley McPhail, Jeff Gobeil, Milan Horanski, and Scott K.

Gobeil is a stand-up comedian from Winnipeg known for his unique storytelling style and clever humour.

McPhail hails originally from Kitchener but now calls Winnipeg home. She is a comedian, television host,



SUPPLIED PHOTOS

Ainsley McPhail, Jeff Gobeil, Milan Horanski, and Scott K. perform a comedy show at the Altona Hotel next week as part of the DIY Comedy Tour's Comedy Invasion.

and writer who has performed at numerous comedy clubs across Canada and the United States and showcased for the Just for Laughs festival.

Koropas is a Winnipeg funny man who is known for his irreverent take on being an adult with autism in today's world.

Horanski has performed at Yuk Yuk's Winnipeg and Edmonton locations. Known for his small-town sensibility, his material often pokes fun at his large family and blue-collar

cousins.

The tour continues with stops in Beausejour Feb. 10 and Oakbank on Feb. 17. Plans are also in the works for a return to Winkler, another one of their fall stops, in spring.

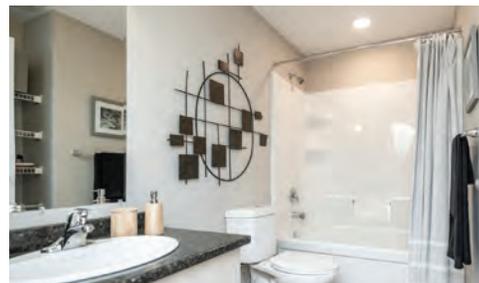
Tickets are available by searching "The DIY Comedy Tour presents: The Comedy Invasion" at eventbrite.ca. You can also stay on top of upcoming local show announcements by following Porteous on social media.

News or sports tip? E-mail [news@winklermordenvoice.ca](mailto:news@winklermordenvoice.ca) or call 204-325-6888

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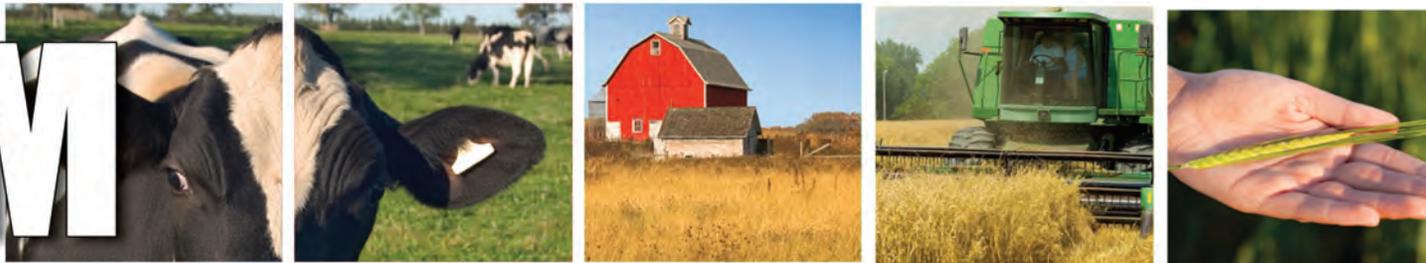
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# Your FARM



## UKKO Robotics doing big things in agricultural world

By Ty Dilello

Notre-Dame-de-Lourdes' Ukkö Robotics is receiving a \$100,000 grant from the Manitoba government to better its innovative company as part of the Innovation Growth Program (IGP).

The Innovation Growth Program (IGP) is there to help commercialize their products and grow their business as the program provides cost-shared grants of up to \$100,000 to eligible Manitoba small and medium-sized enterprises to assist with the commercialization of innovative products or processes and accelerate growth.

Ukkö Robotics owners Daniel Badiou and Katrina Jean-LaFlamme are receiving the \$100,000 to commercialize their mobile monitored livestock shades and poultry micro barns that can move autonomously in pasture settings.

Badiou and Jean-LaFlamme were thrilled to learn that they have successfully secured the Innovation Growth Program from the Province of Manitoba.

"Ukkö Robotics specializes in automating the return of livestock to pasture," said Daniel Badiou. "Given the nature of our work, extensive research and development efforts are invested in creating new products



Ukkö Robotics owners Daniel Badiou and Katrina Jean-LaFlamme.

for our farmer customers. Utilizing the grant to offset some of these costs will expedite the introduction of new products to the market."

Raised on a dairy farm near Notre-Dame-des-Lourdes, Badiou developed an unparalleled knowledge of agricultural machinery and animal farming from an early age. He continuously strived to learn more about



PHOTOS BY DANIEL BADIOU

Ukkö Robotics out of Notre-Dame-des Lourdes have recently received a \$100,000 grant from the Manitoba government to help out with its company that produces autonomous barn.

the mechanical operation of agricultural machinery, finding solutions for problems and designing his own multi-purpose machines.

Badiou designed, developed and implemented an autonomous barn. He tested it on his own farm to better understand the needs of chicken farming and adapt his future machines.

Ukkö Robotics was launched in September 2016 with the goal of using

technology to transform the traditional barn, making pasture-based farming more accessible. Partnering with mechanical engineer Katrina Jean-LaFlamme, Ukkö specializes in manufacturing an all-in-one autonomous barn that falls under the company's ROVA Series.

ROVA provides farmers and aspiring farmers with never-before-seen flexibility, allowing individuals to raise their animals on pasture while having the same benefits as most high-tech barns.

In 2021, Ukkö Robotics first launched its flagship product, the ROVABARN PRO, and has since experienced exponential year-over-year growth.

"Our primary customers are farmers engaged in pastured poultry farming, aiming to scale their operations without increasing labour demands," said Badiou. "Our units reduce the labour required for raising true pasture-raised poultry by 90 per cent. The ROVABARN autonomously moves birds to fresh pasture multiple times a day, handles automatic feeding and watering, provides automatic ventilation, and is solar-powered, with connectivity to smartphones. Our barns are operational across provinces in Canada and in certain states in the United States. Additionally, we are in the process of sending our first batch of units overseas this year."

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# Annual farm show draws hundreds to St. Jean

By Lori Penner

Despite the Alberta Clipper that swept through the region last week, St. Jean Farm Days still attracted a big crowd.

Known as “Canada’s Biggest Little Farm Show,” the event drew hundreds of local producers and exhibitors to the Centennial Hall in St. Jean-Baptiste Jan. 10 -11 to connect with other farmers and ag dealers from across the region.

Jennifer Sabourin chairs the six-member organizing committee which also includes her husband Brunel Sabourin, Wayne Klassen, Gilbert Sabourin, Rachel Neumann, and Kat Dequier.

She said this year marks the 37th anniversary of the show, and it was great to see so many members of the farm industry come in and enjoy the event.

“Farm Days has enjoyed a long history. It was my husband’s parents and Gilbert’s parents and a few other couples from St. Jean that started it. We’re the second generation organizing this, and now the third generation is also slowly trickling in.”

The purpose of the show has always been to connect local producers with each other and experts in the industry.

“We wanted to provide a place where they didn’t have to travel very far to get the advice and the products they needed,” said Sabourin.

One of the big sellers, she added, is that at this show they know they’ll get to talk to a familiar face.

“We work hard to get experts who can present on current topics that are relevant to local producers. The peo-



BY LORI PENNER/VOICE

Rory Penner (right) of LD Seeds chats with a producer at St. Jean Farm Days.

ple who can help them are all right here. With some of the larger shows such as the three-day event in Brandon, it might be harder to connect with your person on the day you’re there. Here, they’ll be there. Whether they’re looking for new bins or whatever it is, they can do things efficiently here, plus get all the great information and a wonderful lunch, all for just \$10. There’s nowhere else you can find something like this.”

Once again, visitors enjoyed the same great food Farm Days has come to be known for, including a continental breakfast, home made soup featuring the region’s signature pea soup, open faced buns and the increasingly popular wine and cheese reception.

For decades, St. Jean-Baptiste proudly held the title of “Soup Pea Capital

of Canada.”

“That market has since moved to Saskatchewan, but they’re still famous for the best traditional soup in the region,” Sabourin says.

The soup is prepared and served by the local Knights of Columbus to raise funds for local projects and families. This year, they served 32 gallons of pea soup, five gallons of vegetable soup, and two gallons of lentil soup.

Visitors at Farm Days also had the opportunity to network with other producers and over 50 exhibitors about what’s going to be important to their farm operation this upcoming season.

LD Seeds employee Rory Penner spoke to dozens of producers over the course of the event.

“This is such a great place to net-

work and talk. I don’t think retailers come here expecting to sell a lot. They’re mostly putting faces to the names and asking what other companies are seeing in the current market.”

Marlen Bergen of Komb Ag Services agreed.

“It’s really about connecting with the community and meeting farmers in the region. Often when talking on the phone, they’ll ask me if I’ll be at Farm Days. Even if they’re your neighbour, they still like to meet at the farm show.”

With a full speaker program lined up for both days of the event, Sabourin said producers were able to hear about relevant topics to their business.

“It’s been the same format since we began. People want to know about the forecast in terms of market, weather, and insects, along with other things like the resistant weeds that we have coming up from the states.

We are seeing them, and we need to take a close look at how to manage them. They’re coming with a lot of built-in resistance, so we are almost behind the eight ball. We need to stay ahead of the game. We bring all these experts here where people can get all the information they need and talk to local people about local issues. They get answers, right down to how to survive the current market. It’s really a great event.”

Sabourin extended a huge thank you to all the presenters and producers who braved the weather to attend this year’s show.

“Mark your calendars for next year, which will run Jan. 8-9, 2025.”



The ROVBARN autonomously moves birds to fresh pasture multiple times a day, handles automatic feeding and watering, provides automatic ventilation, and is solar-powered, with connectivity to smartphones.

## > UKKO ROBOTICS, FROM PG. 18

Ukkö Robotics has much more in the works going forward as they are developing the capability of the ROVBARN to bring smaller livestock to pasture.

“In the near future, we plan to initiate testing for larger animals such as cattle and sheep. Furthermore, we are working on introducing a micro ROVBARN model designed for mod-

ern homesteaders, accommodating up to 12 hens, which we anticipate will be popular on many farms and acreages.”

For more information about the Innovation Growth Program, including details on how to apply, please visit <https://gov.mb.ca/jec/busdev/financial/igp/index.html>.

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# sports & recreation

## Hawks down Interlake 2-1

By Lorne Stelmach

A week that saw the female U18 Pembina Valley Hawks end up in a trio of one-goal games at least ended on a winning note.

It began with a 3-2 loss to Central Plains last Wednesday in Morden followed by a 3-2 shootout loss to Westman Saturday in Carman, but the Hawks then picked up a 2-1 shootout win over Interlake Sunday in Morden.

The Hawks trailed 1-0 and 2-0 to Central Plains at the intermissions, but they fought to get back into it in the final frame but came up just short.

Jessica Anderson and Abigail Brigg scored for Pembina Valley. Vayha Willis made 18 saves in net, while the Hawks were stymied by Lightning goalie Elyse Denbow, who stopped 45 of 47 shots on goal.

On Saturday, the Hawks forced overtime by tying the game with just 20 seconds remaining in regulation, but they then lost it in the shootout.

Anderson and Ava Dalebozik scored for Pembina Valley, who were outshot 29-16, with Kasia Rakowski taking the loss on 27 saves.

Rachel Haldorson kept Interlake in the game Sunday in finishing with 52 saves overall, but the Hawks managed to pull it out in the shootout.

Emma Durand scored in regulation and then connected for the only goal of the shootout, while Rakowski earned the win on 21 saves and then



PHOTO BY RICK HIEBERT/VOICE

Pembina Valley's Naomi Scharf escapes the defensive efforts of Interlake's Adriana Duna in Sunday's 2-1 shootout victory for the Hawks.

stopping all three Lightning shootout attempts.

The Hawks remain in seventh place at 6-12-4 for 16 points, which has them tied with Interlake, although the

Lightning have three games in hand as well as one more victory. Central Plains remains in the cellar at just eight points.

Pembina Valley heads into the home

stretch of the regular season starting with a road trip to take on Yellowhead in Shoal Lake Saturday and then Westman in Hartney Sunday afternoon.

## Male Hawks come out ahead against Lightning

By Lorne Stelmach

The male U18 Pembina Valley Hawks picked up a big win this past weekend against one of the upper tier teams in the league.

Bryson Yaschyshyn stopped all 39

shots he faced in leading the Hawks to a 4-0 shutout of the third place Interlake Lightning Saturday in Teulon.

Pembina Valley took a 1-0 first period lead and then fired home three more unanswered goals in the final frame for the win.

Ryder Wolfe, Sam Delaquis, Liam Goertzen and Lane Apperley scored for the Hawks, who were outshot 39-30.

Pembina Valley remains in seventh place at 11-12-3-4 for 29 points, and it kept them one up on Norman and

three ahead of Eastman while sitting six behind the Winnipeg Thrashers.

The Hawks had a chance to gain some ground on them this week when they hosted the Thrashers Wednesday. They then head to Winnipeg Sunday to take on the fourth-place Wild.

*The* **Voice**

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What's *Your* story?

# Flyers flawless so far in '24

By Ashleigh Viveiros

The Winkler Flyers extended their 2024 win streak to five with victories against Selkirk and Neepawa last week.

The team blanked the Steelers 4-0 last Tuesday on the road.

All the scoring happened in the second period courtesy of Noah Diemer, Zach Nicolas, Jakob Jones, and Blake Matheson.

Malachi Klassen stopped all 21 shots the Steelers fired his way. The Flyers, meanwhile, had 34 shots on goal.

A few nights later in Neepawa, Winkler drowned out the home team's two goals with five of their own.

Trent Penner drew first blood with the opening frame's only goal and

then Jones made it 2-0 early in the second. Two more Winkler goals from Isaac Deveau and Jayce Lagaarden gave the Flyers a comfortable 4-1 lead heading into the third.

There, Neepawa managed its last of the night seven minutes in before Tanner George made it a 5-2 win with just a few minutes left to go on the clock.

Winkler outshot Neepawa 36-23, with Klassen getting 21 saves in net for the Flyers.

The wins move the Flyers into second place in the MJHL MGEU East Division with a record of 25-5-2-2 for 54 points, five behind the first-place Steinbach Pistons (with a game in hand over them) and just one ahead of the Portage Terriers in third place.

This week, Winkler hosts the Winni-



PHOTO BY BRETT MITCHELL/VOICE

The Winkler Flyers blanked the Selkirk Steelers 4-0 on the road last week to extend their win streak to four games. They went on to defeat Neepawa 5-2 a few nights later.

peg Freeze Wednesday night and Selkirk on Friday before hitting the road to play in Waywayseecappo Sunday.

# Altona Skating Club to host provincials

By Lori Penner

The Altona Skating Club has been chosen by Skate Manitoba to host the 2024 Skate Manitoba Provincial Championships.

The three-day competition will take place from March 1-3 at the Sunflower Gardens Arena.

Organizing Committee Chair Lisa Hiebert-Penner says they applied to host last spring.

"We are absolutely thrilled to be chosen and have been planning and organizing for the event ever since."

She adds this is the first time Altona has hosted this event.

"We've held other skating competitions here in the past, but not at a provincial level. So, this is pretty exciting news for our club and our community."

"There are a lot of details to consider," Hiebert-Penner adds. "We're anticipating over 300 skaters from across the province will compete in over 100 events."

"This event will draw a large number of visitors to town, including participants, their families, coaches, and 30-35 judges along with Skate Manitoba staff from all across Manitoba, so we'll be looking for a large number of volunteers to help things run smoothly."

An event like this doesn't just benefit the club, she notes.

"It also benefits the community. We have people coming from across the province who have never been to southern Manitoba, so it's a great opportunity to show off our beautiful facility and our town."

Adding to the excitement is the opportunity for local Altona and Pembina Valley area figure skaters to be able to compete close to home, in front of friends and family. The Altona Skating Club currently has 50 CanSkaters who are learning to skate, and over 20 StarSkaters who are part of their figure skating program.

"We are looking forward to seeing talented skaters, pairs, and synchro teams from across the province showcase their skills and entertain," says Hiebert-Penner. "Local businesses can expect to see information in the coming weeks on how they can partner with the Altona Skating Club for this event."

If you're interested in getting involved as a sponsor or volunteer, contact the club at [altonaprovincials skating2024@gmail.com](mailto:altonaprovincials skating2024@gmail.com).



SUPPLIED PHOTO

# Maroons fall to Beavers, Bombers

By Ashleigh Viveiros

The Altona Maroons found themselves on the losing side of two games in SEMHL action last week.

The Maroons dropped their Thursday night game to the visiting Carman Beavers 6-5 in a shootout and then bowed to the Bombers in Morden 4-2 Saturday night.

Justin Augert had a hat trick in the Thursday game, including scoring the tying goal late in the third period to force what proved to be a fruitless overtime and eventual shootout. Cole Kehler made 60 saves in net in regulation for Altona.

Against Morden a two nights later, Augert contributed Altona's only goals of the night while the Bombers' Jay Fehr (with two), Andrew Clark, and Jaden Townsend (with an emp-

ty-netter) scored for the home team.

Morden massively outshot Altona this game, 74-35, with Cole Kehler making 71 saves in net for the Maroons and Easton Hildebrand stopping 32 shots on goal for the Bombers.

The Bombers also beat the Northstars in Ile des Chenes 6-4 Friday night. Townsend contributed a hat trick while Andrew Perrault scored twice and Tyler Peers once to round out the win.

Tanner Wiebe and Brady Klassen split netminding duties for the Bombers. Wiebe made 23 saves off the 27 shots he faced in 40 minutes, while Klassen stopped 19 out of 20.

And the Red River Wild walked away from their match against the second-place Warren Mercs with a win of 2-1 to add to their records.

Daniel Taillefer and Justin Baudry

scored for the Wild. Mark Friesen made 33 saves in net as Red River outshot Warren 48-34.

The Wild's scheduled Monday night game against Notre Dame was cancelled due to a power outage at the rink. A makeup date was not available at press time.

With that, Red River remains in third place with 21 points, behind Ste. Anne in first (26 points) and Warren in second (24 points).

Morden is in fourth place (16 points), Winkler's in eighth (10 points), and Altona is in ninth place (seven points).

This week Morden is in Ste. Anne Wednesday, Saturday sees Winkler in Carman and Altona at Ile des Chenes, and on Sunday Red River hosts Notre Dame

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

# Mateychuk captains Canada at World Juniors

By Ty Dilello

Denton Mateychuk, hailing from Dominion City, served as the captain for Team Canada at the 2024 World Junior Hockey Championships in Gothenburg, Sweden Dec. 26 to Jan. 5.

Mateychuk, a prospect of the NHL's Columbus Jackets, accumulated four points for Team Canada during their matches throughout the tournament.

Mateychuk credits his family and growing up in a small town for helping him get to where he is today in hockey.

"My dad played college baseball, and so he's always been a huge sports guy, while my mom was also into sports too," said Mateychuk. "Growing up in a small town, there are ups and downs as there are good things that come from it and some disadvantages as well. There was certainly more access to ball fields or hockey rinks in Dominion City than other places. I'm sure. In the winter, my Dad could get the rink for me whenever I wanted, which was nice when I was younger, and I would skate for hours. That really helped, and it just

gave me the love for the game that I have today."

Having come up through the Eastman Selects AAA system, Mateychuk has spent the last four years playing defence for the Moose Jaw Warriors in the WHL. He was appointed team captain for the last two seasons and currently boasts 34 points in 25 games during the 2023-24 season.

Mateychuk was selected as the 12th overall pick by the Columbus Blue Jackets during the 2022 NHL Entry Draft. In the past two years, he has participated in the team's training camp and is expected to have a chance at making it onto the main roster for next season.

During this season, he achieved the dual honour of being selected for Team Canada's World Juniors team and chosen as captain. Despite a 3-2 loss to the Czech Republic in the quarterfinals, the Canadian squad won three out of five games in a successful tournament.

Mateychuk, who comes from a big family of three brothers and one sister, will return to Moose Jaw for the



PHOTO SUBMITTED

Dominion City's Denton Mateychuk recently captained Team Canada to a quarterfinal finish at the 2024 World Junior Hockey Championships in Gothenburg, Sweden.

second half of his WHL campaign.

"It's hard being away from all of my family, but I especially miss my brothers," said Mateychuk. "We do a lot of

stuff together, whether it's fishing, baseball or golf. We love doing that together. Having my family support makes going away a bit easier."

# Winning streak, 10 in a row, continues for Twisters

By Ty Dilello

The Pembina Valley Twisters are making waves in the Manitoba Major Junior Hockey League (MMJHL) with their spectacular winning streak. After two impressive victories over the weekend, they have now secured ten consecutive wins and are showing no signs of slowing down. With these recent triumphs, the Twisters have climbed up to second place in the MMJHL standings, boasting an impressive record of 18-8-2.

On Jan. 12, the Twisters were 4-2 winners on the road over the Raiders Jr. Hockey Club. Slade Sotheran led the charge for Pembina Valley with a pair of goals, while Brett Bergman and Cody Clark had the other Twisters' tallies. Logan Enns stopped 26 shots in net for the win.

On Jan. 14, during another road game a few nights later, the Twisters managed to defeat the Transcona Railer Express with a score of 5-4. Scoring for the Twisters were Riley Goertzen with two goals, as well as Brett Bergman, Kyle VanDeynze, and Derek Wiebe with one goal each. Owen LaRocque was fantastic in the Twisters' net as he stopped 33 shots in the win.

"It was a bit of a Sunday grind for the



The Twisters defenceman Brett Bergman scored from the point against the Transcona Railer Express.

game with Transcona," said Pembina Valley Twisters head coach Braeden Beernaerts. "Every game isn't going to go your way and neither will the bounces. We are very fortunate and pleased with our goaltending these last few games, as they have been holding us into games when we haven't been at our best."

Twisters' sniper Wiebe is currently third in the MMJHL's scoring race with 46 points in 28 games and Merek Degraeve is in eighth with 42 points in 29 games, while Enns is currently



PHOTOS BY EMMA GISTI

The Twisters' Riley Goertzen and Merek Degraeve battle for the puck in the 5-4 win against the Transcona Railer Express this past Sunday. The Twisters are now in second place in the MMJHL.

fourth in the goalie rankings as he boasts a 3.03 goals-against average and a .912 save percentage.

The Twisters are back in action with a road game on Jan. 19 against the St. Boniface Riels. The puck drops at 8 p.m.

The Twisters have reached ten consecutive wins for the third time in

franchise history. They are now aiming to break their record of 12 consecutive wins.

"To get on a winning streak, you have to be consistent and put in the work every night," said Beernaerts. "These boys have been incredible through the year, and we hope to keep it up."

# Elm Creek's Corinne Schroeder makes history in PWHL

By Ty Dilello

Corinne Schroeder, hailing from Elm Creek, is making a name for her hometown in the world of hockey. The talented 24-year-old goalie recently achieved a shutout for her New York team in the inaugural game of the Professional Women's Hockey League (PWHL).

The PWHL is a brand-new professional women's hockey league featuring six teams from Minnesota, New York, Toronto, Boston, Montreal and Ottawa. The league is the first full-fledged league for women's hockey, and it's gotten a ton of exposure since its inception.

Schroeder was chosen by the New York team during the first-ever PWHL Entry Draft a few months ago. Following that, she took part in their training camp over the past month and was ultimately named their starting netminder.

"Training camp went really well," said Schroeder. "It was very busy, but it was awesome to see the team come together through that time."

On Jan. 1, Schroeder was in goal for the PWHL's first-ever game between her New York squad and Toronto. The game was broadcast nationally from coast to coast as the entire country was able to see Schroeder shine on television.

Schroeder got between the pipes for



Corinne Schroeder

New York in a New Year's Day game against Toronto at that city's Mattamy Athletic Centre in front of a sellout crowd of 2,537 fans.

New York ended up winning the game 4-0 as Schroeder earned a 29-save shutout, with many of the saves of the high-quality variety.

"I was very nervous for the game," said Schroeder. "With it being the first ever, it felt like there was a lot of pressure and expectations for the game, but I managed to settle into the game though and played my best. The game went very well. As a team, we did a really good job pressuring Toronto and creating chances for ourselves. We weren't afraid to get phys-



PHOTO BY JOHN E. SOKOLOWSKI/USA TODAY SPORTS

Corinne Schroeder made history on New Year's Day in Toronto. The 24-year-old picked up the first shutout in PWHL history, stopping all 29 shots she faced.

ical either."

Schroeder's family watched the game from their home in Elm Creek but will have an opportunity to watch her live soon enough as the season progresses.

"I had a lot of people reach out from Elm Creek with their congratulations and praises. I'm very thankful to everyone who watched the game and was cheering me on back home."

Schroeder is settling in nicely with

her new home in New York. She lives nearby in Stamford, Connecticut, where her team trains. She also got a new set of goalie pads for this season to mark her debut with New York, as she wanted to design her pads initially with some sort of tie to New York City.

"I didn't want it to look too busy, so I did a simple navy boot, teal up top and then Lady Liberty, the Brooklyn Bridge and the Empire State Building across the width of my pads."

## Thanks for Giving Run raises \$22K for Winkler Food Cupboard

Representatives of the Winkler and District Food Cupboard were pleased to receive a \$22,500 financial boost recently. Dwight Suderman (centre) stopped by their location in the Central Station Community Centre to present the food bank with the proceeds from the annual Thanks for Giving Run. The event held on Thanksgiving weekend attracted record participation in 2023.

SUBMITTED PHOTO



The **Voice**

Get in touch with us via e-mail:

Send news items to: [news@winklermordenvoice.ca](mailto:news@winklermordenvoice.ca)  
Advertising inquiries to: [ads@winklermordenvoice.ca](mailto:ads@winklermordenvoice.ca)

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

Plan your advertising for success in 2024! Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Now booking advertising for January, February and March. Please Call 204-467-5836 to book, or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com



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 www.mcna.com

**PUBLIC NOTICE**



**PUBLIC NOTICE Municipality of Rhineland**

Public Notice is hereby given that pursuant to Section 194 of the Municipal Act of Manitoba, the audited financial statements for the Municipality of Rhineland for the year ended December 31, 2022 have been completed and are available for inspection by any person during regular office hours at the Municipality of Rhineland Administration Office, 109 - 3rd Street NE, Altona, MB. Michael Rempel Chief Administrative Officer

**EMPLOYMENT**



Border Land School Division invites applicants for a **TERM GRADE 6 CLASSROOM TEACHER (1.0 FTE)** FOR ÉCOLE WEST PARK SCHOOL IN ALTONA, MB  
 FOR DETAILS VISIT WWW.BLSD.CA

**EMPLOYMENT**



Border Land School Division invites applicants for a **TERM BASIC FRENCH TEACHER (1.0 FTE)** FOR ÉCOLE WEST PARK SCHOOL IN ALTONA, MB  
 FOR DETAILS VISIT WWW.BLSD.CA

**CAREERS**



**MAINTENANCE MECHANIC/MILLWRIGHT**

Bunge Altona has an opening for a Maintenance Mechanic/Millwright. Work involves process equipment installation, maintenance and repair, lubrication, steel fabrication and welding.

Preference will be given to those candidates holding a valid provincial Millwright or Industrial Mechanic ticket. Candidates who do not hold a valid ticket will be expected to enrol in the apprenticeship program to obtain their ticket as soon as possible. Overtime and on-call duties are required. The successful applicant will possess excellent written and verbal communication skills, trouble shooting skills, and be a team player.

The following would be considered an asset for this position:

- Experience in grain handling, processing, or manufacturing facility
- Experience in industrial equipment maintenance and repair
- Ability to read blueprints and technical documents
- Pressure or structural welding tickets and related experience

This is a regular full time position providing an excellent wage and benefits package. Bunge is committed to providing a safe, healthy, and rewarding workplace for all employees.

Starting Wages:

- Mechanic \$32.70/hour
- Red Seal Millwright: \$38.08/hour

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

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

Book Your Classified Ad Today - Call 467-5836 or Email ads@winklermordenvoice.ca

**SCRAP METAL**

Buyer for all farm-yard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

**2023 Show Home for Sale**

Starting at \$289,000

**Aurora Plus RTM**

1648 SqFt 3 bedrooms, ensuite, large kitchen with quartz countertops 9ft walls, double cathedral ceiling

www.wgiesbrechthomes.ca  
 204-346-3231

**APARTMENT FOR RENT**

Main floor 1 bdrm. apt., 151 Caron St., St. Jean. Modern apartment, hardwood floors, laundry, sauna, garage, satellite TV. All utilities included. \$925/mo. Phone 204-712-6433.

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Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

**McSherry Auctions**

12 Patterson Dr., Stonewall, MB

**Online Timed Auctions @ iCollector.com**

**Estate & Moving Featuring Farm-Tiques**  
 Wed., January 24 @ 7:00PM

**Estate & Moving Featuring Guns & Ammo**  
 Wed., January 31 @ 7:00PM

204-467-1858  
 Consignments Welcome!

**EMPLOYMENT**



Border Land School Division invites applicants for a **FULL-TIME FINANCE ASSISTANT FOR THE PAYROLL DEPARTMENT** IN ALTONA, MB  
 FOR DETAILS VISIT WWW.BLSD.CA

**CAREERS**



**Wide Open Welding is seeking a qualified structural steel erector.**

- Must be able to read and interpret erecting drawings.
- Perform basic layout for column and beam placement in the field.
- Rigging and crane signal knowledge a must.
- Use of basic site surveying equipment an asset.
- Familiar with erecting tools and their use.
- Welding tickets (CWB) are an asset, basic welding experience acceptable.
- Clean driving record.
- Telehandler and aerial work equipment tickets an asset.

**Due to attrition this position will lead to a site foreman/superintendent position for the right applicant. Located in Pemberton BC. Please forward your resume to contactus@wideopenwelding.com**

# Classifieds Announcements The Winkler-Morden Voice

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## HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewood elkbranch@mymts.net

## CARD OF THANKS

The family of Gerald Des Lauriers would like to thank you for your kind expression of sympathy and thoughtfulness during this difficult time. It is deeply appreciated and will always be remembered. Special thanks to Pastor Bob Pauls and Mark Reimer from Doyle's Funeral Home for all of the care and compassion you showed to our family.

## OBITUARY



### Ben Toews

Ben Toews, age 77 years, of Altona, MB passed away at the Altona Hospital on January 8, 2024.

He is survived by special friend Elaine Toews, six sisters, one brother and many nephews and nieces.

He was predeceased by his wife, Denise in 1974, by two brothers and three sisters.

A memorial service for Ben Toews was held Saturday, January 13, 2024 at the Altona EMM Church. Interment followed at the Altona cemetery.

Donations in memory of Ben may be made to Altona and District Palliative Care.

Wiebe Funeral Home Altona  
In care of arrangements  
www.wiebefhaltona.com

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**Todd The Coin Guy**  
250-864-3521

## FARMLAND TENDER

### FARM LAND FOR SALE BY TENDER

Sealed, written tenders for farmland in the RM of Pembina

described below will be received by:  
**Franz Hoepfner Wiens Law Office**

Box 99, 1 - 880 J 15th Street  
Winkler, MB R6W 4A4

#### LAND:

SW ¼ 11-1-7 WPM (160 acres) - Title Number: 1912661/4

W ½ 8-1-7 WPM (320 acres) - Title Number: 1730053/4

\*\* Please see [fhwlaw.ca/tenders](http://fhwlaw.ca/tenders) for sketch of land location

#### BUILDINGS:

SW ¼ of 8-1-7 WPM contains grain storage with a total capacity of 26,200 bushels. There are eight flat bottom corrugated steel bins:

- 1 - 8000 bushels
- 4 - 3200 bushels
- 3 - 1800 bushels

The yard site on which these bins are located has Hydro service.

\*\* Please see [fhwlaw.ca/tenders](http://fhwlaw.ca/tenders) for photos of the bins

#### NOTES:

Tenders may be submitted for the SW ¼ of 11-1-7 alone, for the W ½ of 8-1-7 alone or for both parcels of land. For the purposes of this tender process the W ½ of 8-1-7 will not be split. Arable number of acres on each parcel may be less than the number of acres listed on the Title.

#### CONDITIONS OF TENDER:

1. Tenders must be received on or before 5:00 PM on January 25, 2024.
2. Highest or any tender not necessarily accepted.
3. Possession is March 1, 2024.
4. Tender must be accompanied by a refundable deposit of \$20,000.00 (cheque made payable to Franz Hoepfner Wiens Law Office).

#### TERMS OF SALE:

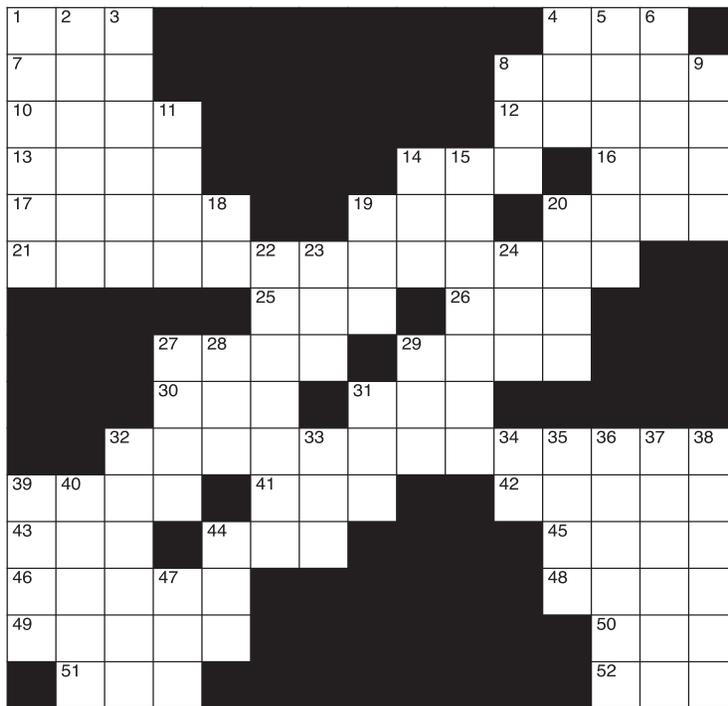
1. The successful bidder(s) shall enter a formal agreement covering terms and conditions of sale.
2. Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
3. If the balance of the accepted tender is not paid on the Due Date, the deposit paid may be forfeited as liquidated damages.
4. Successful bidder will be responsible for real property taxes commencing January 1, 2024.
5. The purchaser is responsible for GST or shall self-assess for GST.

For further information contact  
Franz Hoepfner Wiens Law Office at 204-325-4615.

# X CROSSWORD

### CLUES ACROSS

1. Microgram
4. Where golfers begin
7. Each
8. Warm weather metropolis
10. Coat with sticky substance
12. Girl's given name
13. Myth (Spanish)
14. Ultrahigh frequency
16. Former NBAer Jeremy
17. Where rockers work
19. Your consciousness of your own identity
20. Soft-finned fishes
21. Localities
25. Paddle
26. Union
27. Member of religious community
29. Small shrill flute
30. Small constellation in the Milky Way
31. They \_\_\_
32. College kid on vacation
39. de Armas and Gasteyer are two
41. Part of the human body
42. A progressive grading
43. Sound unit
44. Noise some birds make
45. Abba \_\_, Israeli politician
46. Portuguese city
48. Be extremely, uncritically fond of
49. Resembling old Norse poems
50. Ask for out of extreme need
51. Sino-Soviet block (abbr.)
52. Midway between south and southeast



### CLUES DOWN

1. An insane person
2. \_\_\_ Boothe Luce, American author
3. Buttock muscles
4. Men's fashion accessory
5. "Hotel California" rockers
6. Electronic communication
8. Magnetomotive force (abbr.)
9. Hostelries
11. A way to resound
14. Exclamation: yuck!
15. A resident of Indiana
18. Exclamation of surprise
19. Make a mistake
20. Boundary
22. Antilles island
23. It's used to make furniture
24. Clod
27. They indicate where places are
28. Bobby \_\_, NHL champ
29. Prints money
31. Honorable title (Turkish)
32. Appetizers
33. Midway between north and northwest
34. Spanish be
35. Breezed through
36. Grilled dishes
37. In a way, excites
38. Change mind
39. A French abbot
40. Popular candy
44. Partner to cheese
47. Wood or metal bolt

# Classifieds Announcements

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The *Winkler Morden* Voice

**OBITUARY**



### Kimberly Jane Hoban (nee Loewen)

It is with great sorrow that we announce the passing of Kimberly Hoban on December 30, 2023 at the age of 56.

Kimberly will be dearly missed by her husband, Derek Hoban; her parents, Viktor and Betty Loewen; mother-in-law, Shirley Hoban; brother, Derek (Tara) Loewen; sister, Tricia (Shelby) Wiebe; brother-in-law David Hoban along with many nephews, nieces, family and friends.

A Celebration of Life service will take place at Chapel Lawn Funeral Home on Sunday, January 21, 2024 at 2:00 p.m.

Tribute Link [www.alternacremation.ca](http://www.alternacremation.ca)

**OBITUARY**



### Valerie Siemens 1962 – 2023

Valerie Siemens was born on June 24th, 1962 in Altona, MB. She passed away on December 31st, 2023 after a sudden decline in her health at only 61 years of age.

Val accepted Jesus Christ as her personal Savior in her youth.

Val is survived by her daughter Jayme Siemens, parents Menno and Marge Siemens, sisters Lynnette (Howard; Connor/Callie – baby Renley, Shaye) Demke and Leanne (Patrick) Derlago. Her memory will also be treasured by aunts, uncles, cousins and countless friends.

Val did not lead a traditional lifestyle, she always looked for adventure and challenge. An interesting conversation was to be had when you were in her presence.

Following high school Val went on to become a licensed automotive mechanic through Red River College being one of the only females in her class. Val had a love for cars, her passion for Firebird cars led to an impressive collection. Val also decided that she needed to fuel this passion into racing. Val was the first female stock car racer at the Red River Speedway. Val also became quite a collector, displayed in various forms on both her yard and in her store.

The family would like to extend a special thank you to the staff at BTHC for their diligent and compassionate care, and also a thank you as well to Wiebe Funeral Home.

Funeral Service was held with interment at the Plum Coulee Cemetery.

If friends so desire, donations may be made in Val's memory to the Pembina Valley Humane Society or the Winkler Bible Camp.

Wiebe Funeral Home  
In care of arrangements

**PUBLIC NOTICE**

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

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

#### CITY OF MORDEN BY-LAW 17-2023 Being an AMENDMENT to the CITY OF MORDEN ZONING BY-LAW 08-2017

**HEARING:** Morden Civic Centre  
**LOCATION:** 195 Stephen St., Morden, MB  
**DATE:** January 22nd, 2024  
**TIME:** 7:00 pm  
**From:** "CR" Community Reserve  
**To:** "I" Institutional

**AREA:**  
part SE 07-3-5  
1200 Wardrop Street,  
Morden, MB

As shown outlined in red lines on the map attached here to as Schedule "A" and forming part of this by-law.

**INFORMATION CONTACT:**

Jose Yanez, Planning Development Officer  
133 7th Street, Morden, MB. R6M 1V3  
Phone: (204) 822-2567

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



**OBITUARY**



### Jonathan Duane Zacharias 1969 - 2023

The world changed on May 17, 1969 when Jonathan Zacharias entered it. Born to John and Marge Zacharias in Winkler, joining siblings Cheryl and Ron with Tanya born five years after Jon. He kept his family entertained and on their toes. After a whirlwind of a childhood, Jonathan surprisingly graduated from Garden Valley Collegiate in 1987. Jon worked in Winnipeg for a bit and then entered psychiatric

nursing program at Brandon University in 1989. Jon and Rhonda's love story began in June 1989 at the Kenmor Theatre. They were engaged and married a year later. They loved each other hard, knew they were each other's person, and stuck with it until the very end. Bailey was born on March 1998 with Olivia following in November 1999. Jon left nursing to hit the road and drove truck for the past 14 years, working for others and eventually owning his own truck. This new path allowed his family to join several trips making family memories. Jon was the fun coordinator in the family. He found adventure wherever they went whether big or small. He was the calm voice of reason for his family. If Bailey and Olivia needed advice or did something wrong, he was always willing to listen with peace and no condemnation. Jonathan cared deeply for people, especially those with struggles in their lives. Familiar with the pain and difficulties life can bring, Jon opened their home to various people throughout the years. His heart was big and open towards those needing a safe space and extra support. Jon loved to spend time in his garage building, rebuilding, breaking, rebreaking, tinkering, problem solving, and exploring his cars, dirt bikes, quads and trucks. To see Jon in clothes not stained in grease was rare. In 1993, Jon bought the red MGB that he would spend his lifetime improving and it became a symbol we all came to know him by. Jon was a skilled musician, mechanic, comedian, craftsman, actor and a true jack of all trades. All would say Jon had an infectious laugh that could light up a room and get a party started. He could have those around him in stitches with the adventure of the week, or a recollection from years ago. Jon drew people in with his humor, wit, and storytelling. People will forever recall him as being friendly and warm, always willing to lend a helping hand and leave space for others. Conversations could be hilarious, joking about the most mundane of topics or they could take a deep meaningful side, discussing spiritual ponderings and philosophical thoughts. Jon consistently believed that people deserved to be loved with no judgement, and that life was meant to be lived to the fullest. Jon had little to no fear and loved an adrenaline rush. He would never deny that life is both full and beautiful and consists of struggles that shadow your path. Jon faced challenges with courage and showed us that there is strength in vulnerability and beauty in imperfection. Just after dreaming up the future and making an empty nest plan with Rhonda and shifting to a new job, Jonathan contracted Influenza A and Double Pneumonia in December 2023. The world changed again on Thursday January 4, 2024 when Jonathan passed peacefully with his family at his side.

Forever grieving this loss is Rhonda and their children: Bailey and Olivia. Jonathan is also survived by his parents, John and Marge Zacharias; siblings, Cheryl (Vern), Ron (Constance), Tanya (Shawn); parents-in-law, John and Ruth Friesen; brother-in-law, Mark (Jung Min); and many nieces, nephews, great nieces and nephews. Jonathan also leaves his close group of friends to toast his memory in the barn or the garage.

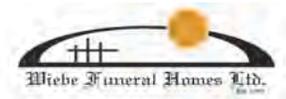
He was predeceased by friends, Mike Blatz and Jude Wolfe.

In lieu of flowers, the family kindly requests donations to the charity of your choice in honor of Jonathan's memory.

A celebration of Jonathan's life was held at 2:00 p.m. on Saturday, January 13, 2024 the Kenmor Theatre with a private interment at Southside Cemetery in Morden prior to the service.

In the words of Ted Lasso, one of Jon's favorite shows: "I promise you there is something worse out there than being sad, and that's being alone and being sad. Ain't no one in this room alone."

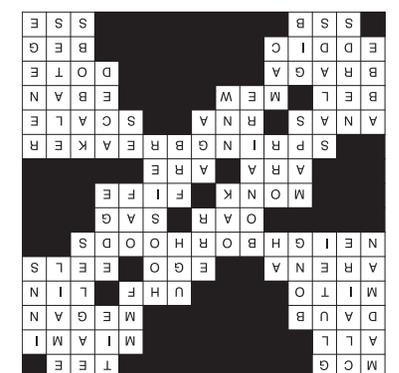
Wiebe Funeral Chapel, Morden  
In care of arrangements  
[www.wiebefuneralhomes.com](http://www.wiebefuneralhomes.com)



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Crossword Answer

# Friesens supports Cdn. Children's Book Centre

By Lorne Stelmach

Friesens Corporation continues to support a national initiative with the goal to promote the love of reading and literacy in all Canadian children for the present and future.

The Altona business has been a supporter and sponsor of the Canadian Children's Book Centre Gr. 1 book giveaway since the beginning of the program over two decades ago.

It works alongside the centre in printing and producing around 600,000 books each year that are given as a free gift to every Gr. 1 student across Canada.

"For Friesens, because our whole entire brand is around helping everybody share their best story with the world and promoting literacy for children so they can have a better life, this really speaks to who we are," said marketing manager Pamela Hiebert.

"For 23 years we've supported the children's book centre and supported this initiative to provide books into grade one classrooms, so it's definitely part of who we are and who we try to be to support literacy in youth."

The Canadian Children's Book Centre

is a not-for-profit that helps Canadian parents, librarians, educators, and caretakers foster a lifelong love of reading in children and teens.

It's been bringing quality Canadian books to young readers for over 45 years through a variety of programs and resources, from book giveaways to helpful book reviews and beyond.

It also supports the creators and publishers who bring these books to life, ensuring a healthy ecosystem of literature for Canadian youth.

For 2023, the book giveaway had Friesens print the book *Chaiwala*, written by Priti Birla Maheshwari, illustrated by Ashley Barron, and published by Owlkids Books.

*Chaiwala* is described as a sensory celebration of family, food, and culture.

When their train makes a 10-minute stop at the station in Jaipur, a young girl and her mother hurry to get in line for a cup of chai.

While the girl waits for her mug of milky spiced tea, readers are treated to the sights, sounds and smells of the *Chaiwala's* cart.

Inspired by the author's childhood visits to India, *Chaiwala* celebrates



SUPPLIED PHOTO

Friesens Corporation's Pamela Hiebert does a quality check on the book *Chaiwala*, which the company printed on behalf of the Canadian Children's Book Centre.

the pleasures of taking time for food, family and tradition, even for a brief moment.

The book was also translated into French so that francophone Canadians and French immersion students will receive copies of the French translation.

The Canadian Children's Book Centre donated the books while Friesens covered the freight and logistics to get them to their destinations.

This ongoing partnership has helped to make a positive impact on

the lives of many young Canadians, said Hiebert, who noted Friesens has always been a strong advocate in promoting the benefits of literacy and ensuring it uses every opportunity to instill the love of books and love of reading to every child.

"You can't learn without being able to read. You can't interact or communicate without reading, so promoting literacy is critical to the health and well being of our children."

# RM of Morris welcomes new CAO

By Sean Conway

The Rural Municipality of Morris has a new chief administration officer.

In November, Larry Driedger retired after 12 years in the administrative office, and Wes Unrau took over the responsibilities.

Unrau has focused his career efforts on public administration. Born in Winkler, he grew up in Steinbach and spent his high school years in Gimli. His career path to public service started in 2008 at West St. Paul as an administration assistant.

Manitou made gave him his first start as a CAO in 2010. In 2015, the community merged with the R.M. of Pembina, and he became the CAO there.

"Larry Driedger always spoke highly of the RM of Morris. He said it was a nice municipality to work for," Unrau shared. "It was always in the back of my mind as a place I would like to work. When Larry announced his retirement, it was the right fit and the right time."

The R.M. is an agricultural, commer-

cial, and industrial community with a population of 3,047 as of 2016. It includes the communities of Aubigny, Kane, Lowe Farm, McTavish, Riverside, Rosenort, Sewell and Sperling.

"I had no clue I wanted to be an administrator until I did in," Unrau reflected. "I've worked in banks and customer service for Manitoba Liquor Commission. When I first got the job in the West St. Paul job, I didn't really understand that the position had a lot to do with politics, but after about 10 minutes there, my mindset changed."

The CAO of an RM has to have knowledge of all the undertakings needed to keep the municipality running.

"I know more about lagoons and water plants than I ever thought I would," he said. "Everything from human resources to information technology I have to know."

The 51-year-old lives with his two kids and partner in Altona and commutes to the RM office in Morris.

"My partner works in Altona. I prefer to do the driving in the winter rather than having her drive to work



PHOTO BY SEAN CONWAY/VOICE

Wes Unrau has taken over as the chief administrative officer for the RM of Morris.

each day," he said.

Since taking over the position, Unrau has discovered the R.M. of Morris comes with plenty of exciting challenges to tackle.

"This is a very busy R.M. There is a lot happening and I am working at coming up to speed."

Unrau says his management style is team oriented.

"I remember a story my father told me from when he worked at the Winkler hospital. There was a specific job

that was dirty and needed to be done once a year. My father would work alongside people doing the job. Never ask someone to do something you won't do yourself.

"The staff here are absolutely amazing," he added. "If I have a question, someone here has the answer or knows where to go get the answers. I look forward to the challenges of this position and hope to be here for many years."

# get inspired

> MEAL IDEAS



## Mini Greek Yogurt Pancakes with Cinnamon-Maple Topping

3/4 cup plain Greek yogurt (fat free, 2% or 5%)  
 1/2 cup milk (skim, 2% or whole)  
 3 tablespoons melted butter  
 1 teaspoon vanilla oil

1 cup fresh blueberries or chopped fresh strawberries

To make topping: Stir yogurt, syrup and cinnamon. Cover and refrigerate.

To make pancakes: In mixing bowl, stir flour, sugar, baking powder, baking soda and salt. In separate bowl, whisk egg, yogurt, milk, butter and vanilla. Add yogurt mixture to flour mixture. Stir just until combined (batter should be slightly lumpy).

Scrape batter into large plastic food storage bag. Oil nonstick griddle or large nonstick skillet. Heat over medium heat. Cut off about 1/2 inch from corner of plastic bag. Squeeze batter, about 1 tablespoon at a time, onto hot griddle. Cook 1-2 minutes per side, or until pancakes are golden brown, turning to second sides when bubbles form on surface of pancakes and edges are slightly dry.

Serve warm pancakes topped with cinnamon-maple yogurt and sprinkled with berries.

Recipe courtesy of Marcia Stanley, MS, RDN, culinary dietitian, on behalf of Milk Means More

Total time: 25 minutes

Servings: 6

Topping:

1 3/4 cups plain Greek yogurt (fat free, 2% or 5%)

1/3 cup maple syrup

1/2 teaspoon ground cinnamon

Pancakes:

1 cup all-purpose flour

2 tablespoons sugar

1 teaspoon baking powder

1/4 teaspoon baking soda

1/8 teaspoon salt

1 egg, lightly beaten



## Sweet Chili Shrimp with Quinoa

wave-safe bowl, combine shrimp and vegetables. Microwave on high 30 seconds.

Stir in sweet chili sauce. Blend well.

Serve shrimp mixture over rice topped with green onions and peanuts.

Prep time: 2 minutes

Cook time: 2 minutes

Servings: 1

1 Minute Brown Rice & Quinoa Cup  
 4 ounces (1/2 cup) cooked shrimp, peeled and deveined

1/2 cup frozen Asian-style mixed vegetables, thawed

2 tablespoons sweet chili sauce

2 tablespoons thinly sliced green onions

1 tablespoon chopped peanuts

Heat rice and quinoa cup according to package directions. In small, micro-

## Whole Grain Sesame Chicken Stir-Fry

Prep time: 3 minutes

Cook time: 12 minutes

Servings: 3-4

## Expert patient here to help!



Susie Schwartz

By Susie Schwartz

It's a new year, which means no more tears, right? Well, not usually. Health doesn't always comply with our resolutions, hopes, and dreams.

So what do we do when another year is looming?

Well, we take it one pain attack, sick day, or appointment at a time. I personally can't manage the thought of dealing with an entire year of chronic illness all at once. And I do not need to add 'overwhelm' to my symptoms list right out of the gates. It lands there often enough as it is.

Also, if I may make another suggestion, try not to get sucked into all the pressure to perform. While Tony Robbins is cheering the world on to goal-set for the year after he bounces on his trampoline to hype himself up, you're probably thinking, trampolining? Making plans? Tony, I'm glad if I'm well enough to feed my dog and get groceries once a week. (The groceries. Hopefully, your dog isn't starving.)

Okay, and one more piece of advice. (Which is allowed, right? Because this is an advice column. I promise I'm not just being bossy).

Try not to fall into the comparison trap. Definitely not with the healthy that surround you. But also with your fellow sick or worse, your personal best.

In fact, unfortunately for some of you, this year might be your most challenging yet. The comparison game only ever creates losers. Be gracious to yourself when the laundry pile topples over, when the vacuum gets a little dusty when you have to say 'no' to babysitting your grandchildren because the fatigue or nausea is too strong, when you need to ask for a friend to clear the snow off your drive so you can get to your next medical appointment—pride go-eth before a fall...into a relapse or worse.

I know you know this stuff already. But it feels like a good time for a reminder. I'm not sure about you, but I feel societal pressure to plan for big things like new exercise programs, high productivity, and exciting new achievements.

Well, I'm stepping out of that pressure cooker and making a revolutionary plan: a year of un-plans.

Boom. Take that, you over-worked, over-stressed rat race.

Less health stress, yes?

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1 bag Minute Instant Rice & Quinoa

1 cup vegetable broth

1 tablespoon sesame oil, divided

2 eggs, lightly beaten

1/2 cup thinly sliced red onion

2 garlic cloves, minced

2 cups rotisserie cooked chicken, shredded

2 cups frozen, Asian-style mixed vegetables, thawed

2 tablespoons soy sauce

Prepare rice and quinoa according to package directions, substituting broth for water.

In medium wok or skillet over medium-high heat, heat 1/2 tablespoon sesame oil. Add eggs and, using spatula, quickly soft scramble. Continue stirring eggs until light and fluffy. Remove from pan and reserve.

Add remaining sesame oil to wok or skillet over medium-high heat. Add on-

ion and garlic; stir-fry 2 minutes.

Add chicken and vegetables; stir-fry 2 minutes, or until heated through. Fold in rice and quinoa, eggs and soy sauce.

