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Building bridges



Lizette Denechezhe chats with presenters Josephine Hartin and Gail Lakatos at the "Let's Meet with Our Neighbours" event in Altona Saturday. For the full story, see Pg. 4.

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A new look and a new manager for Altona IGA

By Lori Penner

District representatives, staff and customers showed up bright and early at Altona IGA on Jan. 19 to celebrate the store's grand re-opening.

There were gift cards for the first 100 customers, and great deals on a number of grocery items to also mark the day. And, of course, an official ribbon cutting ceremony.

District operator Loretta Friesen says after about seven months of upgrades at the mall location, they were ready to show off all their hard work.

"We definitely took the store to the next level, and we had lots of fun doing it, for sure," she said. "We also discovered lots of things from when the store was initially opened back in the '70s."

The space was occupied by Penner Foods when the mall was built. Since it transitioned to IGA, there have been thousands of customers come and go, along with owners, managers, and staff.

"It's been a long, great journey in this spot, and successful, as well," said Friesen. "But it needed some refreshing. So, we've been replacing



PHOTOS BY LORI PENNER/VOICE

Surrounded by staff, Altona IGA district operator Loretta Friesen and new store manager Alan Leung (at right) cut the ribbon for the official grand opening of the newly-upgraded Altona Mall location.

shelves and flooring. We did a center of the store reline and brought in some new products. We brought it up to the standards of our company and

expanded some of the offerings here in our store for our customers."

There are 70 Sobey's locations across Saskatchewan, Manitoba, and Northern Ontario.

"The IGA banner has a different décor package compared to our traditional bigger stores," Friesen explained. "We wanted the fresh and full appearance, so we added some new offerings such as a full-service floral shop.

"In the kitchen we added a deep fryer, as we've seen lots of walk-in traffic for lunch. To really cater to the community, we can offer wedges, rings, flings, chicken—all sorts of things. We also added a pizza oven so there's more efficiency in the kitchen."

New lighting along with updated produce and bakery tables and coolers complete the new look.

In honour of the day, Altona IGA made a donation of \$1,000 to the Kid-die Sunshine Centre for their new daycare project.

"We also met with a representative from the local food bank," Friesen shared. "We donate to them once a week, so we're already discussing our partnership with them."

Altona IGA employs 47 people. "Some of them have been here for a long time. They're all phenomenal," Friesen said, noting they recently welcomed manager Alan Leung to the team.

"I jumped at the opportunity," Leung said. "I was an assistant manager at one of their stores in Winnipeg, so to come here as a store manager is a



great learning opportunity.

"It's a smaller store, so I'll have to be more involved in every department. But that's good. It will give me a good general view of operations here."

It's a busy life, he adds, commuting back and forth to Winnipeg for now.

"I love the staff at this store. Everyone knows everyone here. They've all welcomed me here. They really have a pride and passion for their work, and it shows."

While there will be a bit of a learning curve, Leung says the store was already being run well when he arrived.

"I'm just basically continuing their model."

So far, he says he loves the town as well.

"It's clean and quiet, and everyone is friendly. I'm hoping to be here for a while. I'm looking forward to learning more about this community, and eager to see what the future holds."

NOTICE OF NOMINATIONS

RHINELAND MUNICIPALITY

NOTICE IS HEREBY GIVEN that on the following days: February 8th, 9th, 10th, 13th and 14th, 2023

between the hours of 8:30 am and 4:30 pm at the following

location Rhineland Municipal Office - 109-3rd Avenue NE Altona, MB

I or my Assistant S.E.O. will receive nominations for the office of COMMITTEE MEMBER AS FOLLOWS:

Committee Member - LUD of Plum Coulee - One (1) to be elected

of the aforesaid Local Authority.

The nomination deadline is Tuesday, February 14th at 4.30 pm. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above locations, on the date and hours specified, by an official agent, or by fax. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the S.E.O. at the telephone number listed below or at the Rhineland Municipality Office in Altona.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Dated at Altona, Manitoba on January 17th, 2023.

Jake Bergen

Senior Election Official
Rhineland Municipality

Phone (204) 324-7693 or (204) 324-5357

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Email - bergenj42@gmail.com



Meeting with neighbours a step toward reconciliation

By Lori Penner

Altona's Steps Toward Reconciliation group recently hosted a gathering to explore and discuss the similarities and differences in schools, community, and culture with presenters from Roseau River Anishinaabe First Nation.

The "Let's Meet with Our Neighbors" event took place on Jan. 21 and drew about 150 participants to the Rhineland Pioneer Centre.

Guests were encouraged to listen and ask questions, not only to broaden their knowledge but also to preserve the mutual understanding and respect between the two communities.

Waawaashkeshi'ikwens (also known as Josephine Hartin) and Niibidewaashiik (also known as Gail Lakatos) led the interactive forum.

Both presenters are long-time em-

ployees of Ginew School. Hartin serves as vice-principal, and about 20 years ago, she founded the Annual Gathering of Friends Education Celebration to provide teachers and students the opportunity to share in the wealth of Anishinaabe culture.

Lakatos is a long-time teacher, having taught a variety of grade levels throughout her career. She has designed and delivered culturally relevant curriculum to all her students and proudly shares many lessons and gifts passed down by her mother, father, and grandparents.

Along with the rich background that Hartin and Lakatos brought to last week's session, they also shared their insights into how to break some of the barriers between understanding and inclusion, showing that a large part of reconciliation between present and future generations lies in education, and creating opportunities to learn.

"RECONCILIATION BEGINS AT HOME. IN YOUR OWN HOME."



SUPPLIED PHOTO

From left: Hizee Friesen-Pankratz, Lizette Denechezhe, Jaime Friesen-Pankratz, and Monique Scholte at the "Let's Meet with Our Neighbours" event held in Altona last weekend.


Hartin was inspired to bring these presentations to communities after attending an event hosted by the Dakota Sioux Nation while attending university.

"They had a circle of teepees and in front of each of them was a table, so went from station to station and


learned about the Dakota language, their regalia, and many other things. I talked to people about it. I know we have that knowledge here, too. I know it's needed. When I was going to school, we didn't see ourselves in a positive light."

Continued on page 11

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WORK & WESTERN WEARHOUSE

Morden's Liz Reimer joins Conservative nomination race

By Lorne Stelmach

Liz Reimer will be no stranger to Conservative Party supporters in the region, so it likely comes as little surprise she is throwing her hat in the ring in Portage-Lisgar.

She is seeking the Conservative nomination to succeed MP Candice Bergen, who announced last September that she would not be seeking re-election.

Reimer joins the race for the nomination, which is also being sought by Branden Leslie, a former campaign manager for Bergen who has advised several MPs and cabinet ministers.

Reimer comes to the contest with similar qualifications including having been an assistant to Morden-Winkler MLA and current finance minister Cameron Friesen as well as regional director for the Conservative Party of Manitoba.

"I've been working both as a staffer and a volunteer for the provincial party probably for about 11 years," said Reimer, who works as the business development specialist for the

Morden Community Development Corporation.

"Maybe I don't have the experience on the federal level as a staffer, but I have the experience provincially," she said. "I've been working with constituents and people right here on the ground for many years.

"I hadn't necessarily considered running federally. I thought Candice had always done a really good job ... I thought she might do one more term," Reimer added. "When she did say she wasn't going to run again, I had a number of people contact me to say, 'Hey, are you going to run? Maybe you should consider it.'

"It took me a time to get to the point where I said, yes, it's right for my family ... it is worth working for and working toward ... to me, what's really important is to ensure that our voice, the Portage-Lisgar constituents, that their voice is represented well in Ottawa."

Reimer feels having lived in the southern part of the riding for the last 20 plus years but also having grown

up on a farm northwest of Portage gives her a broad understanding of the region. She also has a background in business, including her current role in Morden.

"Right here in Morden, with my job, it's helping start up businesses, helping immigration and also seeing right at floor level, what are people's struggles, what are some real struggles?"

"I think, even as a single mom, being able to recognize that people with tight budgets or fixed incomes and inflation where it's at, it's a real struggle. We all feel it," she added.

Reimer said she feels a key strength is that she knows how to listen with intent and hear what people are saying and then translate that into action.

"It's having learned to listen with intent and then being able to move on that and be creative in helping or perhaps solving those problems or concerns or to act on it," she suggested.

"One of the things I really enjoy is how can we find a solution together ... and to be an advocate. I know how to do that and I enjoy doing that,"



SUPPLIED PHOTO

Liz Reimer has announced her intention to run for the Conservative nomination in Portage-Lisgar.

Reimer concluded. "And then taking that to the people who need to hear it, and then how can we solve it."

Check out the Voice online at www.winklermordenvoice.ca or altonavoice.ca



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Winkler police testing out officer body cams

By Ashleigh Viveiros

The Winkler Police Service is giving officer-worn body cameras a test run this winter.

The department launched a pilot program for their use last month, equipping about half a dozen officers with the units while they're out on the beat.

Adding body cameras to their crime-fighting arsenal has been in consideration for some time now, shares Chief Ryan Hunt.

"When I first started in policing about 20 years ago we already were talking about how someday this would come here, but I never really knew if it would happen in my career or not. But here we are. It seems to be coming more commonplace in policing right around the globe."

Though he doesn't have any firm numbers at this time, Hunt expects it will be a costly undertaking to outfit

the entire department with cameras.

This pilot project, expected to run for a couple of months, will let them test out the idea before committing to it in the police budget in future years.

"We wanted to dip our toes into it and see what we're getting into," Hunt says. "Work through the complexities of the system, see how it operates, how it stores the data."

The cameras are activated by officers whenever they arrive to the scene of a call. When they return to the station, they plug their units in for charging and automatic upload to an off-site storage centre.

So far, the results have been promising.

"Feedback from the officers has been good," Hunt says, noting that having these recordings is really a win-win for officers and the general public alike.

Body cameras strengthen "transparency, accountability, and public



PHOTO BY ASHLEIGH VIVEIROS/VOICE

The Winkler Police Service has several body cameras on loan for its officers to wear on their chests to record the scene when they're out on a call.

trust," the chief says, noting they can also help resolve public complaints much more quickly. It's no longer a matter of having to take one person's word of how events played out over another—they can simply go to the tape.

Having the camera rolling can also serve to improve the behaviour of both officers and the citizens they en-

counter, Hunt observes, and can aid police in evidence gathering, perhaps capturing a license plate or other vital detail at a crime scene.

"It could make the difference between a conviction or not."

Winkler officers aren't the only local police donning body cams—the Altona Police Service rolled them out for all its officers in early 2021.

MB Hydro to build new supply station north of Altona

By Lorne Stelmach

Plans for the construction of a new Manitoba Hydro distribution supply centre on the north side of Altona is a reflection of the growth of the region.

This project will specifically address the needs in Altona and particularly its growing industrial park, but it is also an example of the challenge of keeping pace with the overall growth of the greater region, officials noted last week.

"We always try to be there, not only to keep the lights on right now but to keep the lights on 10 years, 15 years, 20 years from now," said Manitoba Hydro media relations officer Bruce Owen.

"It's a challenge, and our goal, not only in Altona but elsewhere, Morden and Winkler for instance, is we recognize, obviously, the large communities, more people moving in, more businesses moving in, more street lights required, more homes."

Manitoba Hydro is building the new distribution supply centre just north of Altona in the RM of Rhineland on Road 9 North about one kilometre west of PTH 30.

In a media release, Manitoba Hydro noted Altona and the surrounding area are experiencing consistent load

growth, which is reducing the amount of available capacity on the existing Altona west station on the south side of PR 201 just west of the town.

The new Altona north station will increase reliability, improve voltage levels and support growth in the community, including meeting demand from the Altona Industrial Park, located just south of it.

It will be designed to be expanded to meet future demand for electricity, Manitoba Hydro says, with construction anticipated to begin this spring. The plan is to have it in service for fall.

Owen noted the station will not be what people will typically think of as a substation, with all of the substantial infrastructure not necessarily being visible.

"These are somewhat different ... it's a substation flipped upside down where you see a series of green boxes and no fence ... there's less intrusion, industrial intrusion," he said.

"The project is fairly significant for the Town of Altona and its industrial park," Owen continued. "They fulfill an important ... not only being able to supply power again for these larger customers in the Altona industrial park, but also we design these distri-



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Continued on page 11

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EDITORIAL > VIEWPOINTS > LETTERS



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OUR SISTER PUBLICATIONS



Welcome, AI overlords

Begin column... //
...optimizing open ai
algorithm to pem-
bina valley culture...
READY.//

Well, I fully intended to have the recently and outrageously famous ChatGPT AI webpage write this column for you in a fun experiment. Unfortunately, a local satirist (and about two million other creators around the world) got to it before me.

Sadly you will now have to settle for this purely human written piece that is based solely on “natural” intelligence (although some might challenge the “intelligence” part).

Yes, suddenly we are in the age of Artificial Intelligence and things like AI generated TikTok filters, Chatbots and more are sweeping the world.

Of course this is not remotely new, it just happens to have broken into the public consciousness in a big way as AI starts to flow into more commercially used products in the public sphere.

I for one welcome our AI overlords because, to be honest, whether I welcome them or not, AI is a somewhat unstoppable technology at this point.

So what is AI, or artificial intelligence?

AI is a term coined for a particular way certain types of human written programs have been developed to make human-like decisions and perform human-like tasks without (or

with minimal) human involvement. One aspect of AI is the ability for the program to learn as it operates and absorbs more information. In this way AI is not unlike human intelligence—we learn through trial and error ... so does AI.

Things like facial recognition technology are an example of realms where AI has been at play however fields like healthcare, finance, science and education are all areas where AI is being implemented to create efficiencies.

Lately AI has been in the news as it has started to be used to create art, write papers, news articles, and columns, and become more convincing virtual friends to people in various circumstances.

Suddenly questions like “who owns the copyright to this artwork created by an AI?” and “is it ethical to use AI to do work you are being paid for?” are being asked.

It will likely be a loooong time before (or if) any of this is actually answered. I will say, there are times when I think an AI would be in a better position to be in government than certain other individuals but that’s just me right?

I can see the enormous value of an

AI chatbot in the realm of loneliness and isolation. While not the same as human interaction it can be a reasonable facsimile for long haul traveller and workers, astronauts orbiting the earth for months at a time, the elderly, etc.

Unfortunately, AI is still not at a point where it can finally settle the age old question: which community is better, Winkler or Morden? When I asked all it did was evade (like I said earlier, it would make a good politician). Here was the answer:

“I am a machine learning model and do not have personal opinions or experiences. I am not able to determine which community is better, Morden or Winkler Manitoba, as it is a subjective question and depends on individual preferences and priorities.

“Both Morden and Winkler are towns in Manitoba, Canada. Morden is located in the Pembina Valley region of Manitoba, and it’s known for its vibrant downtown, friendly community, and numerous cultural and recreational activities. Winkler is located in the southeast of Manitoba, and it’s known for its strong Menno-

Continued on page 7



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 or altonavoice.ca

• DON'T MIND THE MESS

Stop and throw some snowballs

He was at that tough age where he thought he was too old for naps, but he still kinda needed them.

Or maybe it was more like the adults who chased after him needed them.

Regardless, here he was at my house, this adventurous four-year-old with limitless energy, spending time with me while his parents got a much-needed break.

Halfway through the afternoon, after building impressive Lego castles, conquering kingdoms and dragons with plastic knights, creating dinosaurs out of Play-Doh, and watching so much Pixar and Disney that I could probably



By Lori Penner

do convincing voice-overs, I decided to take him for a walk to burn off some of that wild energy—and wake myself up.

“Hey! Let’s go to the store and buy some eggnog,” I declared. It was his favourite treat, and I hoped the store still had a few cartons left over from Christmas.

It turned out he didn’t need the excuse of going shopping for “reindeer milk” as he called it, to pull on his boots and hunt for his toque. This kid could live outside.

He circled me as we walked, throwing the odd snowball, and stopping to examine every rock and pick up every stick that could pass for a sword.

There were comments about funny looking tree roots, colours of cars, the clouds and how they looked like dinosaurs.

I kept walking, lost in my own racing thoughts. At one point, I heard his voice, distant and small behind me, shouting out, “Hey Grandma! Slow down!”

I swung around, and he was about

five driveways away, standing in the middle of the snowy sidewalk, holding yet another “sword.”

I stopped and waited for him to catch up, his clunky boots racing towards me.

But he paused halfway there, spying yet another wonder of nature on the ground. Another stone that he thought might be a frozen frog.

His simple request for me to slow down reminded me of how I live my life, constantly rushing from one point to another, my mind always on the destination, rarely on the moment.

I know it’s a cliché by now, to say life is all about the journey, but this kid was truly living it.

He probably figured out at least 12 scientific theories and threw dozens of perfectly formed snowballs at me on our way to the mall, while all I did was write my grocery list in my head and plan my work schedule for next week.

I was endlessly living in next week while he was living in now. And “now” sure looked like a lot more fun

if his smile was any indication.

I paced my steps after that, down to his time. And yes, it took us twice as long to finally bring home the reindeer milk that day. But who cares? It tasted just as sweet - and I got to carry a sword!

At this time of the year, when so many of us are resolving to change our bodies and our habits, my resolution is to try to change my pace.

I want to stop rushing through life. I want to slow things down and actually see the people and things around me, instead of just giving them a passing glance as I hurry past them to the next moment or assignment.

I want to stop missing my life while I’m meeting my deadlines. I want to be more like him, soaking it all up, taking it all in, smiling as I discover and savor all the little surprises and treasures I find along the way.

And the rest of the world will just have to wait while I stop and throw some snowballs.

Lessons from my parents

By Dora Hildebrand

My mother, Maria Dueck, was born in 1899 on a farm in Schoenthal which is close to Altona.

Dad, Frank G. Blatz, was born in 1897 on a Mennonite farm at Rose Farm, and they called Plum Coulee their home town. I remember Dad telling us about the Krafchenko armed robbery and murder of the bank manager in Plum Coulee in December of 1913. Dad had been in town at the livery stable at the time of the shooting and had missed all the excitement! I guess that is how a sixteen-year-old boy would look at it.

My parents married in July of 1922 and settled on a farm in the Horndean area where all six of us children were born.

Dad served on the Steinreich School Board. He also worked on the highway that came through the community with his good team of horses and Fresno dirt scoop. They attended church services in the Horndean

School and met for Bible studies with neighbours in the winter time. They made many friends and Mother just loved it there.

Then in 1938 Dad uprooted the family from their mainly Mennonite settlement and moved up north to Kane, which until recently had been an Anglo-Saxon community. The couple carried on life with their children, church and community as usual.

The family attended interdenominational services in the Kane Consolidated School, Mother joined the Kane Mission Sisters, Dad drove the school van and again served on the School Board and Church Board. Four of us six children married and settled down on farms in the Kane area. These grandchildren all went to the same school and church at Kane and Mother often had company for Sunday lunch. Life just couldn’t get any better than that! Mother’s idea of a perfect family would be to have seven children so one child could always come home each day of the week. We certainly were loved.

Then in 1964 Mother’s life was turned upside down again. Dad had decided to retire and Plum Coulee was his choice. Mother was not happy. Mother had nothing against Dad’s

choice, but she just didn’t want to leave her comfortable life at Kane. And most of the children and grandchildren would then be at least thirty minutes away! Mother’s roots had gone deep. She didn’t want to make a fuss or cause any trouble, in fact, she was always the peace maker in the family, but we all knew the facts.

That summer two of their granddaughters, about seven or eight, came for holidays and that night Mother took them upstairs to their room for the night and she listened to their bedtime prayers. The girls prayed for all the important things, just like they did at home, and they prayed that Grandma would like it in Plum Coulee and would be happy there.

It really touched their grandmother’s heart. She told me about it later and was shocked that her attitude had affected the family in this way, even down to the young grand-

children. She promised, more to herself, that she would have to try harder to adjust to her new life in town. And she did.

They had been attending the Bergthaler Church and Mother now helped with the serving at the funerals, joined the ladies who met weekly in the wintertime to sew blankets for MCC and she also hosted the Soap Making Bees in her unfinished basement, also for MCC. They had great neighbours and made many friends. Dad joined the committee that organized the Centennial Park in town and spent many hours working in it. He also helped some farmers by driving their school vans during the busy season. They even got reacquainted with some of their Horndean friends.

But their most rewarding endeavor was their free taxi service. Not all la-

Continued on page 9



Heritage Highlights

> CANTELON, FROM PG. 6

nite heritage and thriving agricultural industry.”

Oh well. I tried. At least I was able to pull a new personal motto out of it:

“I am a machine learning model and do not have personal opinions or experiences.”

// end column ... going to sleep now //

'Movember' moustache treats raise \$8K for BTHC

By Lorne Stelmach

A fundraiser spearheaded by Carman Collegiate principal Mary Reimer to support cancer services at Boundary Trails Health Centre exceeded expectations.

The hope had been to reach \$5,000 through the sale of chocolate moustache suckers, as inspired by the Movember movement, but Reimer recently was able to hand over a cheque for \$8,300 to the Boundary Trails Health Centre Foundation.

It is a cause that hit close to home for Reimer, who started the campaign a year earlier for one of her colleagues who had cancer. She is now dealing with her own cancer diagnosis.

"I found these little moustache molds, and since it was the month of Movember I made some chocolate suckers. At that point, we raised about \$1,500 for Cancer Care Manitoba," she noted of the initial effort.

"This year, our school was hit again with my own diagnosis, and so I started about mid-October and started making moustaches again ... I probably made close to 10,000 moustaches

... it was a busy month of November."

Reimer was floored by the widespread support for the campaign, which also spread across the region thanks in part to the involvement of the Carman Cougars.

"Because our hockey team kind of got on board with us, hockey teams around us got on board as well," she said, noting support came from other communities such as Altona and Portage. "I think it's become a little bit of a symbol in the area of communities coming together to do what they can to fight this disease that affects everyone."

BTHC Foundation executive director Shannon Samatte-Folkett was equally floored to receive the cheque.

"I'm speechless ... from chocolate moustaches, that's amazing. What a community. What a way to rally around and support," she said.

"This will go to the Boundary Trails cancer care department. I think they'll be very touched by this," Samatte-Folkett added. "I can't wait to work with the team to find out what kind of needs we need to meet upstairs.



PHOTO BY LORNE STELMACH/VOICE

Carman's Mary Reimer (right) presents BTHC Foundation executive director Shannon Samatte-Folkett with a donation of \$8,300 raised through the sale of homemade moustache treats in November in support of cancer care.

"It means a lot to us ... this is an extra special gift."

Going through her own cancer journey now has of course reinforced the importance of community support like this for Reimer.

"As strange as it sounds, I look forward to the days that I get to come to the cancer ward. For a place that can be very sombre ... there have been

days that I have gone just a puddle and just crying and just very distraught," she said. "They're phenomenal, and they have a natural way of making sure that your cup is a little fuller when you leave than when you came in ... so it's the very least we can do."

January is Alzheimer Awareness Month

By Lorne Stelmach

John Carley is thankful for the support of the Alzheimer Society of Manitoba.

The Carman resident has been able to turn to the society for assistance since his wife Noreen's diagnosis over two years ago.

"I always keep trying to pick up ideas around the way I can handle things and make things more pleasant for Noreen and for me, and the Alzheimer Society is doing its job," Carley said recently in an interview to coincide with January being Alzheimer's Awareness Month.

"It takes some commitment and some energy to carry on ... the adjustments came fairly gradual because I could see this coming four years ago," he recalled.

"I think as much as for herself, I think it's trying to get answers for me as a caregiver," continued Carley, who noted one challenge is that so much can vary from one person to the next.

"It's hard to provide answers because every case is different, but it's nice when someone comes along and

says well this will work or try this, try that," he said. "Everybody has different needs. Once you get down to really dealing with it, then everything has to be more or less individualized.

"So I think it's nice for the caregivers to have people they can call on for ideas ... I think the Alzheimer Society tries to do that, and it's been my experience that they have."

Currently, over 18,400 Manitobans are living with Alzheimer's disease or another dementia. By 2050, that number is expected to reach over 39,100.

Nationwide, there are an estimated 661,500 Canadians currently living with dementia. By 2050, this is expected to rise to 1,700,000—nearly tripling.

When you factor in friends and family members of people living with dementia, there are over 1.1 million Canadians touched by the illness in some way.

The estimated combined cost of de-

mentia care (health-care system and out-of-pocket costs) is estimated at \$10.4 billion. By 2031, this figure is expected to increase by 60 per cent to \$16.6 billion.

"Although that all seems like it's a little bit far away, it's actually not when

you think about all of the preparation that will need to be done to provide these people with services and possibly residential care, assisted living," suggested Liz McLeod, regional services senior manager for the Alzheimer Society. "That's one of the reasons why we do the January

awareness month so that people start to become aware of what might be coming and start to think about what they might need to do to prepare in their family."

There are so many things to consider, McLeod noted, whether that be downsizing the home to everyday assists like grab bars to legal matters

such as establishing one's power of attorney.

"People can get prepared ahead of time and can maybe learn more about what a diagnosis might mean for them and how the Alzheimer Society can help you. Even if it's not happening to them, maybe they don't even want to know about it because it is a bit of a scary diagnosis, we can help them with what they need to be doing early on."

McLeod noted they also strive to make connections in rural Manitoba because it can perhaps be more challenging to access services there.

"There often can be lag time in getting services because a lot of services are concentrated of course in the Winnipeg region," she said. "At the same time, the rural areas often have a bit of a benefit in they know their professionals ... they're part of the community."

The Alzheimer Society provides a variety of services and programs, such as Minds in Motion, which is a weekly fitness and social program

"IT'S NICE FOR THE CAREGIVERS TO HAVE PEOPLE THEY CAN CALL ON FOR IDEAS ..."

Genesis House to host Women's Health Expo

By Lorne Stelmach

Genesis House is planning an International Women's Day event that is both advocating for change and raising awareness.

Set for Saturday, March 11 at the Access Event Centre in Morden, the first South Central Women's Health Expo will aim to offer some free educational sessions in hopes of bringing attention to the issues that women face.

"It's something a bit different for us," said executive director Ang Braun. "But even just to be able to have people coming together, just that alone ... just being able to come together again is already something to celebrate."

Braun noted that part of their motivation was the fact nearly half of women in 57 developing countries are denied the right to decide whether to have sex with their partners, use contraception, or seek health care. What this means is that millions of women and girls do not own their own bodies.

"We had been talking about some of the privilege that we enjoy here, and we don't always even know how much privilege we actually have," she said. "We don't always recognize the privilege we have in our country, and this women's health expo is a great example."

"We thought maybe we should showcase what we have available ... and things that maybe haven't been talked about a whole lot, maybe we should put it out there and see if women will pick up on it."

The expo will offer a variety of presentations and speakers, including:

- Jeheelt un Secha by author Gladys Rempel (9 a.m.).



- Menopause Nutrition and Beyond by dietitian Aimee Cadieux (9 a.m.)
- Childbirth and the Pelvic Floor by physiotherapist Ashley Froese (10 a.m.)
- Supporting the 2SLGBTQ+ Community by Bre Calma from the Rainbow Resource Centre (10 a.m.)
- Stress, Trauma and the Trauma-Informed Approach by Julia Stoesz, certified professional counsellor (11 a.m.)
- Your Questions Answered by women's health physicians (11 a.m.)
- Sexual Assault and Supports by Ashley

Stewart, forensic nurse (noon).

- More than a Shelter by Taylor Richards and Ang Braun, Genesis House (noon).
- Endometriosis and Pelvic Pain by Dr. Devon Evans (1 p.m.)

"Maybe there's something there that could change your trajectory if you are struggling with something," suggested Braun.

"We did try to pick out things that would be beneficial at every age and stage in life ... the different life stages that happen, so we're hoping that there will be something of interest for anyone who might choose to attend."

> HILDEBRAND, FROM PG. 7

dies drove car in those days, so when widows needed to go to Winkler for doctor or hospital visits, Mother, who had driven since she was a girl at home, would take them. Apparently she took one lady for her driver's test

> ALZHEIMER'S, FROM PG. 8

offered both online and in-person for people with early to moderate symptoms of dementia to attend with a family member or friend.

There is also the First Link program which connects people living with dementia and their care partners with community, support, knowledge, and expertise throughout the progression of the disease.

"Whether it's before, during, or after a diagnosis, the Alzheimer Society is the first place you can turn. The society gives you access to dementia-friendly expertise and resources and connects you with a community of people who understand what you're going through," said Erin Crawford, program director for the society. "The more help and support we give now, the better our province will be at caring for the rising cases of dementia expected to come."

To learn more or get connected to support, contact the Alzheimer Society at 1-800-378-6699 or visit www.alzheimer.mb.ca.

about three or four times.

One day while talking on the phone with them, we inquired as to what they were doing and Dad's reply was "Vie fiereh oule leed rum" (We drive old people around). Sometimes it was hard to tell as to who were the old people, but their retirement was again full, rich and happy.

Early one morning in September of 1978 we got a phone call that Mother was in the hospital with a heart attack, but she was gone before any of us got there.

It was a big shock to us as a family, but to her it was a victory. She had always dreaded the time when she might have to go to the 'old folks

home' and now she could bypass that and go straight to her heavenly home.

Heritage Highlights, supplied by the Winkler Heritage Society, introduces readers to the people, places and things that still impact us today. Learn more about the society's work and how you can support it at winklerheritagesociety.ca.

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Strikes for Strays raises funds for PVHS



PHOTOS BY LORNE STELMACH/VOICE

There was plenty of fun and games to be had Saturday evening as VB's Entertainment Centre in Winkler hosted the Pembina Valley Dental Strikes for Strays fundraiser in support of the Pembina Valley Humane Society. In addition to bowling, players had a chance to earn prizes in other mini-games (above) as well as for such things as highest score, wildest delivery, most flair, and best-dressed team. A final tally was not available at press time, but the last time the event was held, pre-pandemic, it raised over \$4,500 for the regional animal shelter.

Check out the Voice online at www.winklermordenvoice.ca or altonavoice.ca



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Registration opens for Cadenza Summer Music Week

By Ashleigh Viveiros

Registration is now open for the Douglas Kuhl School of Music Cadenza Summer Music Week.

Director Rochelle Drudge says they're eager to get things back to normal after years of cancelled events followed by the last-minute planning of last year's camp due to the uncertainty surrounding public health restrictions.

"It was a bit smaller last year," she says. "We're anticipating a larger group of students this summer simply because we are able to start planning so much earlier."

Cadenza 2023 takes place at the Winkler Elementary School July 3-7, offering a variety of themed classes for strings (violin, viola, cello, bass), piano, and voice students led by industry professionals.

Voice sessions were a new addition in 2022 that was very well-received, Drudge observes, and they're back again this summer.

"We started with that last year with the musical theatre," she says. "We'd like to see that program grow."

There are full-day and half-day programs on offer, as well as orchestra-only sessions, adult classes, and an explore program for kids with no previous experience who want to try out an instrument.

Cadenza also opens its doors to the community every day that week for free noon-hour concerts, with advanced students and instructors performing.

"It's a great community festival featuring quality instrumental music," Drudge says, urging music-lovers and families to plan to come check it out.

For musically-inclined kids, Cadenza is a great way to hone their skills in a fun, day-camp environment.

"The experience of making music together with other kids is really huge for them," Drudge says. "I've seen how much energy that brings to their pursuit of music."



SUBMITTED PHOTO

Cadenza Summer Music Week gives students the chance to learn from industry professionals and have some fun with fellow music-lovers.

"There's so much musical creativity that happens in collaborative playing and just being a part of a community of teachers and young people, all these different people who are excited about making music and who are enthusiastic and want to encourage you."

Registration is open until March 17, with early-bird pricing offered until March 6. Financial aid is available.

Full details, including a complete faculty list and class descriptions, can be found at cadenzasummermusic-week.com.

"We're not that different from any other nation, family, or school"

From Pg. 4

They held their first presentation with St. Pierre School in 2002 and have had many since. Through positive feedback and word of mouth, their presentations are in demand, with many on waiting lists.

"All our presenters are from Roseau, and we draw from the different gifts in our community to celebrate the First Nations language and culture," Hartin says.

True reconciliation, she says, can only come through knowledge and understanding. It begins by teaching children about their heritage and culture, so it can be remembered and cherished, and allows space for other cultures.

"My family experienced residential schools and I think about how we're still feeling the effects of that era. Our language is at an urgency right now. There's no one under the age of 50 who can fluently speak the Anishinaabe language in our community," Hartin says.

"People have to understand they sacrificed and endured so much during that residential school era to help bring that knowledge to the present. It's in the present, it's not in the past. We're still carrying that knowledge and we're stronger for it. Our kids feel more confident. Health-wise it's a benefit too. We need to know that

we're not that much different. We all love our children and want the best for them. We're not that different from any other nation, family, or school."

Hartin adds that the old teachings and traditions were never lost, just interrupted for a time.

"I'm the first generation to raise my children to adulthood without residential schools. We experienced a lot of negatives when we went to school and the people in power right now, they were also raised in that residential school era."

Hartin and Lakatos strive to create a different education for the students at Ginew. Along with standard curriculum guidelines, a typical day at their school also includes ceremonies and teaching from elders.

Hartin is inspired by her father, Stanley Nelson, who never allowed his terrible experiences at residential schools to keep him from living a meaningful life.

"I want them to learn from my dad. My dad didn't have a formal education. But the 25+ homes he was instrumental in building in Roseau River are still there to this day. I want his courage to come through in my message. The things he experienced and went through in residential school mattered. The mark he left on this earth. His life mattered. I want people to hear it, and to feel it."

Dorothy Braun is one of the mem-

bers of Steps Toward Reconciliation, along with Susie Fisher, Shaun Friesen, Jaime Friesen-Pankratz, Debbie Hildebrand, Ellen Reimer, and Susanne Braun. Their motivation, she says, is to open communication between the two communities.

"Taking an interest, bringing things to light. Providing opportunities to share stories. To talk and laugh together. We want to establish a relationship with the people at Ginew, in the community and at the schools."

Let's Meet with Our Neighbours was part of that effort.

"Reconciliation begins at home. In your own home," stressed Braun. "Providing opportunities is what it's about."

"We are all neighbours. And I think our Indigenous neighbours have something to teach us that we have

never learned. Their whole culture comes rooted in the natural world and is from the heart. We still tend to be a very head thinking culture. When we lose that heart connection, then we're all in trouble."

Hartin and Lakatos agree.

"My dad's experiences mattered, and his life still matters to this day," said Hartin. "Our fathers never really spoke about it, they took those experiences to their grave. So, it was difficult to not only to comprehend but understand what they had to endure. But it's important to talk about it."

"And this is not a one-way learning. We learn from the audience, too, by their reactions and their questions. Our hope is that we can continue to learn from one another. That this is only the beginning of our learning."

"OUR HOPE IS THAT WE CAN CONTINUE TO LEARN FROM ONE ANOTHER."

> SUPPLY CENTRE, FROM PG. 5

tribution supply centres so that okay, once it's up and running later this year, it will supply the needs and growth for the next decade.

"The next planning horizon starts almost right away," he added. "The

site will be developed as such that once we see load growth in the area, we reach a certain level, we're able to add to that site on a timely basis to meet not only demand then but going forward."

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Small size brings big opportunities at Brandon University

BRANDON, Man. – There's more to a Brandon University education than textbooks.

A university of about 3,500 students in the heart of Manitoba's second-largest city, BU leverages its small size into big opportunities. One of those opportunities is the chance for students to take part in world-class research, even at the undergraduate level, which is often not possible at larger universities. These early research experiences give students a head start when they apply for jobs or to graduate school.

Right now, BU students are working with national and international experts in fields such as cancer detection, environmental protection, quantum computing and Indigenous health and education. These students' research helps us understand key issues while they gain valuable experience and build their networks. Research Connection, a Brandon University publication, shares stories of recently completed and current projects, and student research is often featured.

"The ability of our students to take part in meaningful research as undergraduates is a great strength of Brandon University," said Dr. Heather Duncan, Associate Vice-President (Research) at BU.

Attending a smaller university doesn't mean limiting your choices, either. Between the Faculties of Arts, Education, Health Studies, Science and the School of Music, Brandon University offers 19 undergraduate degree programs, six graduate programs and four certificate programs, including a recently introduced Certificate in Business Administration.

The hands-on experience and connections students make extend beyond the university. Brandon University's Co-operative Education program offers the chance for students to develop their career skills. By integrating study terms with full-time work terms at jobs related to their academic programs, students in the Co-op program can earn while they learn.

The Co-op program has consistently grown since its introduction at BU and is now open to students in every Science department and almost all Arts de-

partments, including Business Administration. With work-integrated learning already built into other BU faculties, nearly every student has the opportunity to make formal work experience part of their degree.

Extracurricular activities like the Student Leader program and more than 50 clubs and collectives create even more opportunities for growth and friendships.

"As a recent graduate with a Bachelor of Arts degree in History, joining the Student Leader program at Brandon University was one of the best decisions I made," said Laura Davidson. "This program allowed me to meet many other students from different departments, which allowed me to form everlasting friendships."

The success of BU's approach is shown in its alumni, with graduates playing important leadership roles in their communities. A survey of graduates has shown that 98 per cent of them would recommend Brandon University, while 93 per cent that they were prepared to excel in the workforce.

Academic advising, career planning, personal counselling and accessibility services provide students with support every step of the way, and spots on campus like the Indigenous Peoples' Centre provide students with a place to relax, study and be themselves. The Al and Bee Wagner Indigenous Student Transition Program combines support from Knowledge Keepers, Student Services staff and student mentors to help new Indigenous students make a successful transition to university life by focusing on four pillars: academic, social, personal and cultural.

"Most of our classes have less than 20 people in them, and our students tell us that they appreciate the opportunity to participate in class and to get to know their professors," said Leanne Barcellona, Director of Recruitment and Retention at BU. "As a regional university, our connections to our community are very important to us, and students really feel like they are at home when they join us here."

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Two CMU alumni prove the value of creative veterinary care

By Myles Tiessen

The first veterinary college was created in response to a cattle plague decimating southern France in the middle of the 18th century. Though microbiology had not yet been established as a concrete area of study, the first veterinary scientists worked tirelessly in search of a remedy, and within a few years, the plague was controlled, the cattle population was revived, and France resumed economic stability.

Canadian Mennonite University (CMU) graduates Jana Klassen ('20), and Esther Derksen ('16) are two individuals who follow that same tradition of uncompromising determination. Their vocation in veterinary medicine has taken them across Canada as they strive to care for and ensure the wellbeing of animals and everyone who depends on those animals.

Though both biology majors graduated from CMU in recent years and work in the same field, each has distinctive experiences from their time at CMU that have given them unique perspectives on providing veterinary care.

Klassen, now in her third year of studies at Western College of Veterinary Medicine in Saskatoon, has wanted to be a veterinarian for as long as she can remember. Having grown up around Calgary, Klassen says, "My family was very lucky, and we had a horse for a while that we were able to keep it our friends ranch, and they had a bunch of sheep and cattle, so that really just exposed me to that world."

Klassen came to CMU after a few years of studying at University of Winnipeg and says the smaller class sizes and close relationships with professors at CMU helped her excel academically.

For Klassen, the practicum placement was the most impactful aspect of attending CMU, as she was able to get up close and personal with rare and endangered animals at the Assiniboine Park Zoo in Winnipeg.

Klassen says, "It was really eye-opening working with a vast number of animals and how veterinary medicine works with some species. You can't just go up to a bear and get its heart rate like that's just not going to happen. So, it is interesting to see the creativity that comes with providing veterinary care."

Between taking veterinary records during necropsy (animal autopsy) and assisting in general health care of the animals, Klassen says the behind-the-scenes experience truly cemented her desire to become a veterinarian. Klassen excitedly remarks, "They even started filming a documentary in the time I was there on the veterinarians specifically. It's neat that these are things

people want to film and watch, and I just got to be there for it all."

Klassen says there is much to explore and experience when working with animals. She says, "I want to be a veterinarian because I want the opportunity to advance medicine using the unique lens animals have to offer."

Esther Derksen, a regional veterinarian for the province of Newfoundland, says her time at CMU gave her a perspective on veterinary care that she would never have expected. Derksen says that because of CMU's interdisciplinary focus, she found as much value in her philosophy and environmental studies courses as she did in her biology courses.

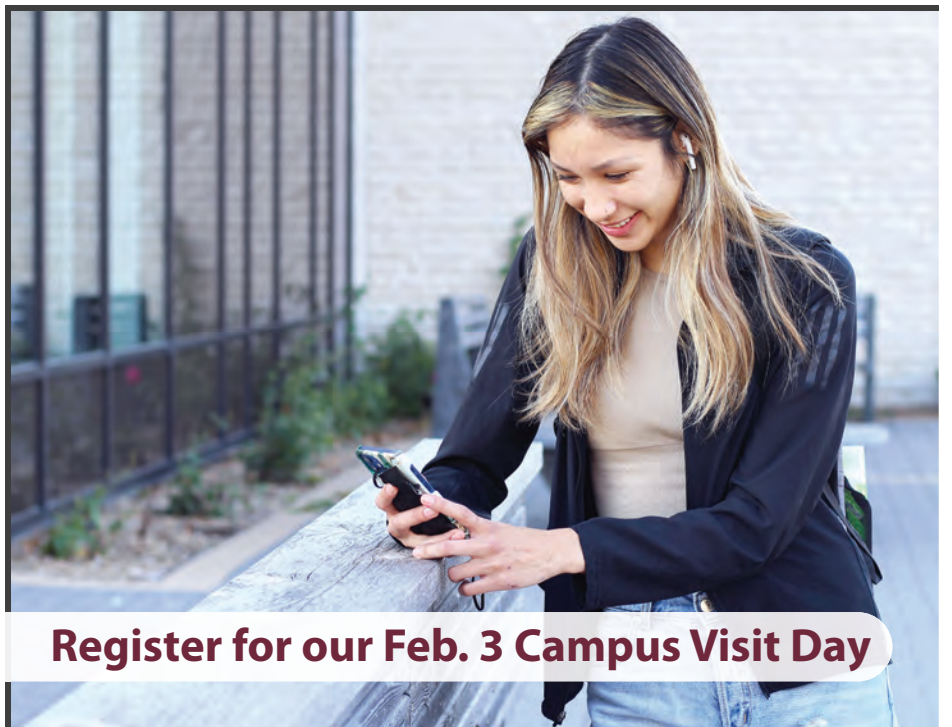
"The point of regional veterinarian in Newfoundland is to support a local food system because as far as a lot of provinces in Canada go, [Newfoundland] is quite insecure," says Derksen. Her role as a socialized veterinarian means that part of the care she provides is subsidized, making it accessible for more clients to afford care for their animals.

"[As a veterinarian] I'm not just doing the biology, I'm not just giving the medicine, I'm thinking about a variety of things. As I'm fixing a cow, I'm thinking about what that means to the dairy owner and what that means for the dairy production in this province; then we are talking about sustainable food systems," says Derksen. "It turns into a much bigger thing rather than just about a sick cow."

Associate Professor of Biology at CMU John Brubacher says that way of thinking is fundamental to scientific application. "People working in scientific careers (as in any other career) need to be able to explain what they're doing and why it matters—to other scientists, to the people they're serving, or to a broader public," says Brubacher.

Derksen says her advice for any student considering a career as a veterinarian is to take full advantage of other courses beyond science that are available. "Having the awareness and ability to think more conceptually about things and not just what I can hold in my hands or what I can look at through a microscope is incredibly valuable. The classes more concerned with how people think and how people relate give you a strong foundation [as a vet]."

Klassen and Derksen prove that veterinary care is about creativity and ingenuity. They use all the knowledge and tools at their disposal to provide comprehensive care for all animals and, in turn, supports sustainable food systems and economic stability.



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getinformed

It was a year of hope and change for Central Station

By Ashleigh Viveiros

The Central Station Community Centre in Winkler reported on another busy year of building connections at its annual general meeting last week.

After a decade in the community, board chair Phillip Vallelly stressed the agency remains as committed as ever to being a place that offers “what is not being offered elsewhere in our city.

“Central Station is a place that has the ability, as much as we can, to connect different people with different service providers in our community,” he said, noting they’ve become a central hub for countless social services, helping, as well, to speed up access to those safety nets for the individuals and families who rely on them.

“Central Station is a place that connects people,” Vallelly continued. “Anytime I walk through, I get the sense the people who are here belong. Whether you’re volunteering, whether you’re here from a service perspective, there is that strong sense of belonging.”

It’s also a place, he added, “where people get to bump into God every day.”

The agency was kept busy in 2022, overseeing the resumption of programs in the wake of the pandemic, the management and revitalization of the Winkler affordable housing units, and orchestrating a major move from its old space on Industrial Dr. to its

new, much larger home at 555 Main St.

Executive director Bev Wiebe noted the agency’s new building was “created and designed to serve the vulnerable, the marginalized, those seeking connections, those looking to give back, those seeking friendship, and those looking for hope.”

Hope remains at the core of everything Central Station does.

“We see many people coming through our doors and our desire is that they leave with just a little bit of hope,” Wiebe said, reflecting on how powerful hope can be in helping people overcome the challenges they face and believe that things can get better in their lives. “Hope opens doors and it waits in expectation. It carries us through the hard times.

“Many people walk through these doors at Central Station having lost that hope, only to have someone help them restore it or carry it with them for a little while.

“I have seen hope given to them through food, through smiles, through conversation, through just sitting and holding someone’s hand.”

Wiebe shared that 2022 was a year full of hope for the agency itself.

They celebrated the graduation of 11 students from the Community Action Training Program, which equips people with lived experience in poverty an opportunity to learn skills to advocate for themselves and others.

When it comes to affordable housing, Central Station made major headway on the renovation of dozens of aging units throughout the city.

They’ve also worked hard on building relationships with tenants and community within the affordable housing complexes.

“This means providing good maintenance service, conflict management skills, and building strong, trusted relationships with tenants,” Wiebe said. “Our housing staff work tirelessly to ensure that tenants have access to



VOICE FILE PHOTO

Central Station has become a community hub, not just for people seeking social support services but also those looking to connect with others and give back.

transportation, financial counselling, working with agencies like Turning Leaf and Eden to ensure that tenants are safe and supported.”

There is a huge need for more affordable housing in Winkler—the agency currently has a wait list of nearly 100 families eligible for housing—and Central Station is trying to find solutions.

“We’re committed to working on this and trying to solve this puzzle together with other agencies,” Wiebe said.

Housing isn’t the only challenge facing the community today, Wiebe reflected. Referrals to Central Station’s Community Care Program, which works to provide a support network for at-risk families, have more than doubled in the past year.

“In the last year we have seen a startling increase in domestic violence in our community, homelessness, hard drug use, and severe mental health disorders,” Wiebe observed, noting wait times for mental health assistance can number in the years. “These challenges are real and very hard. But what gives us hope is the support of this community.”

Along those lines, Central Station saw the community come through for it financially in a big way in 2022.

Their revenue jumped nearly

\$175,000 to \$855,872 for the fiscal year. The bulk of that revenue—about two-thirds—comes by way of donations. Another 20 per cent comes from grants.

“We exist because people care, and people believe in the dream here,” noted secretary-treasurer Ryan Hildebrand in his report.

At the end of 2022, they received enough donations to be able to pay off about half of the \$500,000 in loans they had taken out in recent years to support the new building.

The agency is projecting a balanced budget of \$758,650 in the 2022-2023 fiscal year.

Looking to the future, Vallelly feels Central Station can help be a catalyst for necessary change in the community as it attempts to tackle the challenges that come with sustained growth and increased stress on social services.

“By catalyst, I don’t mean just a nice idea. I don’t mean a really shiny building on Main Street. I mean how can we disturb or right the status quo to the point where we wake up and see the reality of the community and the world that we live?”

“I believe it’s going to take a whole lot more work than we’re doing today,” he shared. “We’re doing great work, but we have more to do.”

“WE SEE MANY PEOPLE COMING THROUGH OUR DOORS AND OUR DESIRE IS THAT THEY LEAVE WITH JUST A LITTLE BIT OF HOPE.”

News or sports tip? E-mail news@winklermordenvoice.ca or call 204-325-6888

Shannondale Ski Area hosts family fun day Feb. 18

By Lorne Stelmach

Cross country skiers of all ages are being invited back just north of Thornhill again for an annual ski day.

The Saturday, Feb. 18 event at the Shannondale Ski Area is not only a family fun day but also raises money for the Heart and Stroke Foundation in conjunction with a community potluck.

It has been a longstanding community tradition, with the potluck and games night having gone on for over 30 years and the ski day for more than ten.

It was a passion for many years for Donna Lumgair, who passed away in 2021, but her husband Dave Lumgair is happy to continue to see people enjoy their picturesque valley property.

For Lumgair, it has been not only about people using his trails but also just being outdoors in general. He stresses that people need to know about nature and experience the quiet and the wilderness.

"It's a gathering where I get to show folks the great trails that I have made here," said Lumgair. "One of the things that motivates me is to encourage people to get out ... people need to get outdoors. Fresh air is health care ... that's still the strongest statement I can make, and I think it's an invitation for folks to really think about it."

Skiers of all levels can come and enjoy the various Shannondale trails, which range in technical difficulty

from easy (yellow or green trails) to very challenging (the orange trail). The blue trail, meanwhile, is a mid-level classic run that is a favourite among users.

Two chalets, one at the trail head and one in the valley, are normally kept warm on the weekends. Trail upkeep is supported by donations which can be left in the donation box at the trailhead.

The Shannondale Ski Day starts around 11 a.m. and goes until about 4 p.m.



VOICE FILE PHOTO

The Shannondale Ski Area north of Thornhill hosts its annual ski day on Saturday, Feb. 18. There will be a potluck, games, and plenty of time to explore the site's cross country trail system

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The Voice

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Do you have a suggestion for our news team?

Is there someone you would like to see recognized in the newspaper for their accomplishments - athletic, academic or community service.

Travel Manitoba unveils new brand to lure tourists

By Ty Dilello

Our province has a new marketing campaign and slogan that is aimed at bringing tourists to Manitoba with the message "Canada's heart is calling."

The launch of Travel Manitoba's

refreshed brand took place last Monday afternoon at the RBC Convention Centre in Winnipeg.

Premier Heather Stefanson spoke at the event, as well as Colin Ferguson, president and CEO of Travel Manitoba, and Kiirsten May and Alex Varric-

chio, co-owners of UpHouse Inc.

"Manitoba's tourism sector is a vital part to our economy as it employs many thousands of people," said Stefanson. "There is so much to explore in every community in this beautiful province of ours. This rejuvenated brand will help ensure that Manitoba's tourism will continue to grow."

Ferguson noted how Travel Manitoba wanted to create a refreshed brand that meets consumers where they are and draw them in to our province. With that, Travel Manitoba teamed up with UpHouse, who worked diligently in producing this new brand.

"Courageous thinking is what Travel Manitoba and Manitoba's tourism industry is known for. It will continue to set us apart," said May. "Bold thinking is what will continue to make Manitoba a viable tourism destination."

The brand and its launch campaign were unveiled through a series of videos, including new television commercials that will begin airing this month. They focus on how travel makes us feel rather than just the places we go.

As tourism destinations around the world seek to capture pent-up demand for travel, Travel Manitoba wants to remind people that traveling in Manitoba is about more than just a place. Whether it's viewing the northern lights dancing in the sky,

participating in an authentic Indigenous experience or visiting a world-class museum, Manitoba's refreshed tourism brand conjures up the emotions that these experiences create.

With the tagline *Canada's Heart Is Calling*, the brand focuses on the feelings we have when we see or do something amazing while on holiday.

The refreshed brand builds on the success of the previous Manitoba, *Canada's Heart...Beats*, which redefined Manitoba in the eyes of visitors around the world.

"The Manitoba, *Canada's Heart...Beats* brand changed the way people viewed Manitoba as a travel destination. We wanted to tell the next chapter of that story," said Ferguson.

"We know that travellers are seeking unique experiences that they can share with their friends and family. Manitoba is full of those experiences."

The Manitoba Tourism Strategy targets to achieve visitor expenditures of \$1.6 billion in 2024 and \$2.5 billion by 2030.

"We are proud of this campaign not just because it shows off our province so beautifully, but also because it was created almost exclusively with local talent," said Cody Chomiak, Travel Manitoba's vice-president of marketing. "That's just one more way we can show how special this place is."



SUPPLIED PHOTO

Manitoba has a new marketing campaign and slogan that is aimed at bringing tourists to Manitoba with the message "Canada's heart is calling."

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sports & recreation

Flyers fall to Terriers, best Blizzard, Titans

By Ashleigh Viveiros

The Winkler Flyers shook off a close loss to the top-ranked team in their division to go on to win their next two games in a row.

Winkler, who is in third place in the MGEU East Division, fell 4-3 to the visiting Portage Terriers last week Wednesday.

The Terriers were up 4-1 after 40 minutes, Winkler's goal coming courtesy of Dalton Andrew early in the second period.

The Flyers got to work chipping away at that lead in the final frame, with Trent Sambrook and Brody Beauchemin scoring powerplay goals midway through, only to fall short by one at the final buzzer.

Malachi Klassen made 29 saves in net off 33 shots. His teammates fired 27 the other way.

Winkler was on the other side of a one-goal victory two nights later against the Winnipeg Blizzard.

Goals from Zach Nicholas, Connor Jensen, Mike Svenson, and Trent Penner had the Flyers up 4-1 heading into the third period, where the Blizzard managed three goals in the first 10 minutes to tie things at 4-4.

The stalemate didn't last long, as Gavin Waltz scored what proved to be the winning goal at the 11:00 mark.

The Flyers outshot their opponents 58-41. Klassen made 37 saves in net.

Finally, Sunday night's road game



PHOTO BY RICK HIEBERT/VOICE

Portage's Ryan Botterill tries to hold up Winkler's Mike Svenson as he crashes into the net and goalie Bailey Monteith in a late scoring chance last week Wednesday. The Terriers won it 4-3.

against the Neepawa Titans needed overtime for a decision.

Dalton Andrew did all the regulation scoring for Winkler, tying the game at 1-1 in the second period and then 2-2 in the third.

In overtime, it was Jensen who put

the final nail in at 1:34 to give Winkler victory 3-2.

In net this game was Aidan Comeau, who made 19 saves off 21 shots. Winkler had 28 shots on net.

Winkler remains in third place in the standings with a record of 10-5-1 for

54 points, putting them two behind the Steinbach Pistons and four behind the Portage Terriers in first place.

This week the Flyers play Titans in Winkler Friday night and then in Neepawa Saturday.

SEMHL teams jockeying for playoff positions

By Ashleigh Viveiros

Last weekend was a mixed bag for the local South Eastern Manitoba Hockey League teams.

On Saturday, the Altona Maroons fell to Portage 10-2 while the Morden Bombers dumped Ste. Anne 6-4. On Sunday, Winkler fell to Ile des Chenes 7-2.

Scoring for Altona against the top-

ranked Islanders was Tyler Penner and Justin Augert.

Cole Kehler made a 59-save effort in net for the Maroons, giving up nine goals before Brady Klassen came in to make four saves and let in one.

That same night saw Mike Rey score four goals for the Bombers en route to victory in front of a hometown crowd. Also contributing was Jay Fehr and Jory Mullin, while Reed Peters made

50 saves in net for Morden.

The next night in Winkler, the Royals were down 4-0 before Aaron Lewadniuk got them up on the board near the end of the second. The Northstars then managed two more in the frame's final minute to make it 6-1 heading into the third.

There, Steve Doell scored in the 16th minute, only to have Ile des Chenes score once more to make it 7-2.

Jayne Janzen played 40 minutes in net, making 37 saves off 43 shots. Travis Klassen made 11 saves and gave up one goal in his 20 minutes between the posts.

With just a couple weeks to go in the regular season, Morden is the only local team to have cracked the top half of the standings—they're currently

Continued on page 18



PHOTOS BY RICK HIEBERT/VOICE

The Access Event Centre in Morden was the site of some fancy footwork at the Synchronized Skating Crocus Open on Saturday. The event featured performances from 17 teams, including four local Pembina Pizazz groups. That included the Star 8 (pre-novice) group (above), Star 4 (right), and the Star 3 and adult teams.

Male Hawks suffer defeat at hands of Wild, Bruins

By Lorne Stelmach

A four game win streak came to a halt this past weekend for the male U18 Pembina Valley Hawks.

The Hawks fell to two tough Winnipeg teams that are just above and below the third place Hawks in the standings.

A 3-1 loss to the second place Bruins last Wednesday was followed by a 5-4 overtime defeat by the fourth place Wild Friday. A Sunday rematch against the Wild was postponed.

The Hawks kept it close in Winnipeg against the Bruins, who sealed the victory with a powerplay goal with four minutes left in the game.

Sebastian Hicks had opened scoring for Pembina Valley just 55 seconds in, but the Bruins scored twice late in the opening frame to take the lead. Shots on goal were 42-25 in favour of the Bruins, with Raiden LeGall making 39 saves.

The Hawks held period leads of 1-0 and 2-1 on the Wild and were up 4-2 in the third before Winnipeg rebound-

ed, including netting the tying goal with 29 seconds left on the clock. The winning goal then came shorthanded 3:34 into overtime.

Scoring for the Hawks was Hicks, Adrien McIntosh, Carter Campbell, and Nate Lodewyks. Bryson

Yaschyshyn made 39 saves in net as the Wild outshot the Hawks 44-24.

Pembina Valley remains in third place at 23-7-5 for 51 points, which is six ahead of the Wild, four behind the Bruins, and seven back of Brandon.

The Hawks have a good chance to

gain some points this weekend as they host a doubleheader against the Parkland Rangers, who are sitting in 11th place in the 12 team league.

Female Hawks snap losing streak

By Lorne Stelmach

The female U18 Pembina Valley Hawks slammed the breaks on their five-game losing streak, but it was still a weekend of mixed results.

The offence really came to life Friday in Portage as the Hawks trounced the Central Plains Capitals 8-1, but Sunday then saw them doubled up 4-2 by the Winnipeg Avros in Morden.

The Hawks took period leads of 3-1 and 6-1 on the Capitals, with Caitlin

Anderson pacing the attack with a hat trick while Emily Foster had a four-point night, including a pair of goals.

Mya Pearce also scored twice and notched an assist, with the other goal coming from Emma Durand.

Pembina Valley outshot Central Plains 41-14. Kasia Rakowski made 13 saves between the posts.

The Avros, meanwhile, led 2-1 after 40 minutes and then sealed the deal with a pair of goals in the third.

Pearce and Marissa Fehr scored for

the Hawks, while Kaylee Franz made 35 saves of 39 shots. The Hawks fired the same number the other way.

Pembina Valley is now at 6-16-1 for 13 points, which leaves them in sixth place—two up on Interlake and 10 behind Eastman.

The Hawks have one game this week as they host a rematch Central Plains Sunday afternoon for their final meeting of the regular season. Pembina Valley then has just four games remaining before the playoffs.

> SEMHL, FROM PG. 18

in fifth place behind Portage, Ste. Anne, Warren, and Ile des Chenes.

Rounding out the bottom half is Red River, Notre Dame, Winkler, Carman, and, in last place, Altona.

Coming up, on Thursday Red River plays at Notre Dame and Altona is in Morden. On Saturday, Morden hosts Warren. Sunday sees Altona play at Red River.

By Lorne Stelmach

A recent run that saw the Pembina Valley Twisters climb a few notches in the standings ended this past weekend as one of the top teams in the MMJHL.

Pembina Valley had busted loose with an 8-3 victory over third place River East Friday but were then edged 3-2 by St. Vital Sunday.

Derek Wiebe and Nico Vigier both scored twice Friday as the Twisters

took period leads of 3-1 and 5-2 on the Royal Knights.

Merek Degraeve, Caelan Russell, Slade Sotheran, and Max Collet also scored for Pembina Valley. Goalie Logan Enns made 44 saves out of the 47 shots he faced. The Twisters had 33 shots on goal.

The Twisters then gave up three first period goals to St. Vital and came up one short in the end. Degraeve and Cohen Thomas scored for Pembina Valley, which was outshot 39-30. Enns

took the loss in net with 36 saves.

The Twisters remain in sixth place at 12-10-3-2 for 29 points, which is even with Charleswood, though the Hawks have one more win. Pursuing Pembina Valley is Transcona at 28 and St. Boniface at 25 points.

The Twisters have a rematch with River East Friday in Morris and then welcome Fort Garry Fort Rouge Sunday.

Wiebe has become the official go-to Jets reporter

By Ty Dilello

Altona's Ken Wiebe has carved out a remarkable career for himself in the sports journalism world. From his humble beginnings at his hometown *Red River Valley Echo* to the *Winnipeg Sun* and now Sportsnet, Wiebe has done it all and is now regarded as one of the prominent voices of the NHL's Winnipeg Jets.

On Feb. 13, Wiebe appeared on a national broadcast of Sportsnet's *Hockey Night* for the first time as he was interviewed during an intermission of a Winnipeg Jets game by none other than iconic broadcasting figure Ron MacLean.

It's been a long road from Altona for Wiebe, who is now living in Winnipeg and covering the Jets full-time for Sportsnet.

"Altona was a fantastic town to grow up in, a passionate sports town where the opportunities were plentiful. I played all sports growing up, but hockey and baseball were my biggest passions," said Wiebe. "Like many kids growing up in Canada, it was my dream to play in the NHL. I also wanted to play for the Altona Maroons senior team, and going to games with my dad [Ken Wiebe Sr.] was always a thrill. I had my first opportunity to play for that Maroons team when I was 14 years old. They were short a few players one night, and getting to suit up with players I looked up to was a thrill."

Wiebe noted that Altona's minor hockey program was fantastic when he was growing up. He played on the town's PeeWee team in 1988 that captured a provincial championship and later for the high school team, the Aces.

Wiebe later attended WHL camps with the Swift Current Broncos and Brandon Wheat Kings but didn't make the cut and ended up playing four seasons with the Winkler Flyers of the Manitoba Junior Hockey League, serving as team captain during his final season.

After graduating high school, Wiebe wasn't quite sure what he wanted to do for the rest of his life.

"I was working at Ventura Sports/Four Seasons Furniture and playing in the MJHL with the Winkler Flyers and figured I would take some time to figure things out. Then, in 1994, a job posting for a sportswriter at the *Red River Valley Echo* caught my attention. I had always enjoyed English and knew I loved sports, so I thought it was a perfect opportunity to combine two passions. Liz Wieler was the managing editor then and unofficially made me the sports editor at 19. It was an outstanding experience, and we had such a supportive staff. It was so hands-on."

Wiebe worked for roughly 18 months and then did another two summer terms at the *Echo*.

"I was making \$1,000 a month (\$880 after taxes) and living in my parent's basement while playing junior hockey and junior baseball. It was a great deal of fun, and after finding out what I wanted to do, I made the decision to go to the University of Regina, where they had a great journalism program.

"While at U of R, I was able to earn a summer internship at the *Winnipeg Free Press* in the summer of 1999, where I mostly covered the Winnipeg Goldeyes of the Northern League and covered baseball at the Pan Am Games. In the fall of 1999, I served as a researcher for Michael Landsberg's show *Off the Record*, which was another great experience. Getting to witness how things worked on the TV and newspaper side of things helped me decide what direction I wanted to pursue."

Interestingly enough, Wiebe has found a way to contribute on both mediums during the past few years—first on TV with TSN (with his Wiebe's World intermission segment with Sara Orlesky) and the past year with Sportsnet.

In 2000, Wiebe started working for the *Winnipeg Sun*, covering the Manitoba Moose. It was his first foray into covering professional hockey full-time.

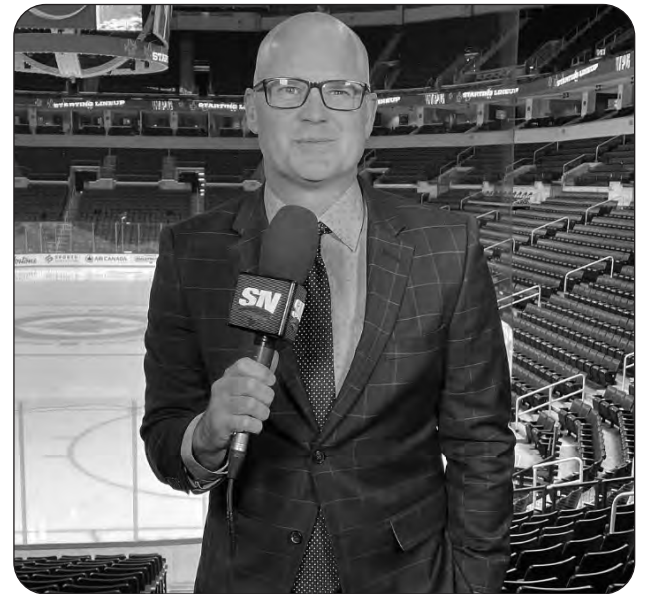
"Getting the chance to cover the Moose was fantastic. The *Winnipeg Sun* treated the team like an NHL team, and we travelled to almost all the road games ... it was a lot of fun, and a nice preview of what covering the NHL would be like.

"My goal was always to cover the NHL, and I was the runner-up for a couple of jobs over the years, but I kept working at it and eventually the NHL came back to our province in the spring of 2011 as the Atlanta Thrashers relocated to Winnipeg. That was an exhilarating year, and it is hard to believe that the 10th season of Jets 2.0 has just completed. I am fortunate to be doing what I love and loving what I do. I've been to all 31 NHL arenas and was also able to cover Games 2 and 7 of the Stanley Cup final in 2011 between the Vancouver Canucks and Boston Bruins."

After nearly two decades at the *Sun*, Wiebe left in 2019 for a new type of job at a brand-new media source: The Athletic.

"The Athletic was a growing company that was doing some exciting things, and with the expansion of online products, it felt like good timing for a new challenge. But calling my boss to tell him I was leaving was one of the toughest phone calls I ever had to make because of the time and energy I had invested in the *Sun* during those two decades."

On June 5, 2020, The Athletic held an emergency meeting to announce that they were laying off 46 writers because of the impact of the COVID-19 pan-



SUBMITTED PHOTO

Altona's Ken Wiebe is one of the official voices of the NHL's Winnipeg Jets for Sportsnet.

demic. Wiebe was one of the unlucky ones.

"I don't regret the decision to join The Athletic. I just wish I had longer than nine months to try and continue to help the company grow in our province. But I enjoyed the experience of working with a number of the best writers and editors in the business.

"This was crushing news and, in some ways, reminded me of when I was cut by the Cougars in the fall of 1998. There was so much more I wanted to accomplish at The Athletic, but this was out of my control. I went out to play golf that afternoon with Winnipeg Goldeyes general manager Andrew Collier and being on the links was a great way to get my mind off of the situation. By the time our round had ended, and I had checked my phone, I had a number of supportive messages from friends and colleagues, plus a note that Luke Fox had passed on my name to his hockey editor at Sportsnet.ca. By early the next week, a meeting was set up, and Sportsnet offered me a freelance opportunity to cover the Jets."

Wiebe is now working full-time for Sportsnet covering the Jets. He also runs a Jets-based podcast called *Kenny And Renny* with colleague Sean Reynolds that appears on YouTube after every Jets game.

"It's a privilege to be doing what I'm doing, and I don't take it for granted for one second," said Wiebe. "I don't get home as much as I would like to anymore, but I still have family and close friends in Altona, and I will always be grateful for the way my time there has shaped both my life and my career."

Six Flyers tapped for MJHL-SJHL Showcase

By Voice staff

Six members of the Winkler Flyers will be at the 2023 MJHL-SJHL Showcase taking place at the Seven Oaks Sportsplex in Winnipeg Jan. 31 to Feb. 1.

Winkler assistant coach Ryan White

will be joined by players Zach Nicholas, Mike Svenson, Trent Penner, Trent Sambrook, and Brody Beauchemin at the event, which will see six teams complete—three from the Manitoba Junior Hockey League and three from the Saskatchewan Junior Hockey

League. All teams have been selected by the showcase coaching staff of their respective leagues, forming one 18U roster and two 20U rosters.

The event provides high-performance exposure in front of NHL, WHL, NCAA and USPORTS scouts.

The 2023 edition of the joint showcase is the first in Manitoba and first since 2020 in Regina after both the 2021 and 2022 showcases were canceled due to the global pandemic.

For the rosters and ticket information, head to mjhlhockey.ca.

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PUBLIC NOTICE

The Rural Municipality of Stanley purchases water from the Pembina Valley Water Cooperative (PVWC) to supply water to portions of the Municipality. The Public Utilities Board approved a rate increase for PVWC for \$0.38/1000 gallons, effective January 1, 2023. This rate increase reflects a "pass through" rate increase of \$0.38/1000 gallons for RM of Stanley consumers.

Public notice is hereby given that the water rate increase will be \$0.38/1000 gallons for the March 31, 2023, quarterly billing in the Rural Municipality of Stanley. That being from the present rate of \$12.98/1000 gallons to \$13.36/1000 gallons.

Chad Harder
Finance & Administration Supervisor

CAREERS



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Public Notice

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The program intent is to Control Noxious Weeds, Turf Diseases and Mosquitoes on the property.

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-Jean Janick

IN MEMORIAM



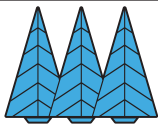
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Devotion

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your home.



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ELECTRONIC VOTING

NOTICE OF DIRECTOR ELECTIONS ELECTRONIC VOTING
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(the "Credit Union")

TO: ALL MEMBERS OF THE CREDIT UNION
VOTING FOR BOARD OF DIRECTORS

TAKE NOTICE THAT voting for the Board of Directors is open to all members who have a share at any Access Credit Union branch. Voting will be done by electronic ballot and will be tallied electronically by a third party provider. Voting will be open from 9:00 am CDT on Monday, the 13th day of March, 2023 until 5:00 pm CDT on Friday, the 17th of March, 2023. Members of Access Credit Union are invited to vote online at www.accessvotes.ca. Each member may vote on a personal electronic device or should any member prefer, devices for the purpose of voting will be available at all branches of the Credit Union during operating hours. Voting results will be announced at the Annual General Meeting of Members held in April, 2023.

DATED this 26th day of January, 2023
ACCESS CREDIT UNION LIMITED
By Order of the Board of Directors



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SUDOKU

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

Fun By The Numbers

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

Here's How It Works:

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

Sudoku Answer

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

Crossword Answer

S	E	S	S	T	S	E	R	E
R	E	S	E	N	I	N	E	R
L	A	S	E	N	I	N	E	R
C	I	B	C	L	I	R	O	V
S	L	V	A	R	O	T	O	R
S	S	L	V	A	R	O	T	O
E	N	O	N	O	L	I	A	R
O	E	N	O	N	O	L	I	A
S	S	L	V	A	R	O	T	O
S	S	L	V	A	R	O	T	O
S	S	L	V	A	R	O	T	O
S	S	L	V	A	R	O	T	O
S	S	L	V	A	R	O	T	O
S	S	L	V	A	R	O	T	O
S	S	L	V	A	R	O	T	O
S	S	L	V	A	R	O	T	O

X CROSSWORD

- CLUES ACROSS**
1. Tax collector
 4. Fishes without the line touching water
 8. Brooklyn hoopsters
 10. Actress Lathan
 11. A metric for athletes
 12. Food storage location
 13. Colossus
 15. Desolations
 16. Accustom to something unpleasant
 17. ___ Kubrick, filmmaker
 18. You might ask this at Thanksgiving
 21. Arkansas city
 22. Gave food to
 23. Request
 24. V-shaped open trough
 25. Make lively
 26. It accompanies feather
 27. Blonde bombshell
 34. One who revolves
 35. Bluish greens
 36. Charity
 37. Having the shape of a cube
 38. Unwind
 39. Believed by some to be the supreme being
 40. Checks or guides
 41. Leak slowly through
 42. Top-quality
 43. Midway between south and southeast

1	2	3							4	5	6	7
8				9					10			
11									12			
13					14				15			
16									17			
18					19	20						
					21				22			
					23				24			
					25				26			
					27				28			
					29	30	31	32	33			
					34				35			
36									37			
38									39			
40									41			
42									43			

- CLUES DOWN**
1. Part of your foot
 2. It's at the back of the eyeball
 3. Where things stand
 4. Offered
 5. Contains pollen
 6. Boisterous get-together
 7. Asserts out loud
 9. They're in the sky
 10. Canonized
 12. A politician's official stances
 14. It can catch fish
 15. British thermal unit
 17. Helps little firms
 19. Where patients go for treatment
 20. Large red deer
 23. Pokes holes in
 24. "Star Wars" hero Solo
 25. One in a hospital
 26. Scandinavian god of battle
 27. Famous cat
 28. ___ Angeles: City of Angels
 29. Type of drug (abbr.)
 30. City along the Rhine
 31. Animal disease
 32. Martini ingredients
 33. Get away
 34. Rare species of rodent
 36. Suppress

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No amount of alcohol is good for health, says CCSA in new drinking guidelines

By Patricia Barrett

New guidelines on alcohol consumption in Canada say even a small amount of alcohol can be damaging to health, and that recommendations about alcohol use need to change.

The guideline titled Canada's Guidance on Alcohol and Health: Final Report was published this month by the Canadian Centre on Substance Use and Addiction (CCSA).

CCSA led the initiative to update Canada's Low-Risk Alcohol Drinking Guidelines with funding from Health Canada. The new report replaces those guidelines, which were released in 2011.

"Research shows that no amount or kind of alcohol is good for your health. It doesn't matter what kind of alcohol it is – wine, beer, cider or spirits," states the new report. "Drinking alcohol, even a small amount, is damaging to everyone regardless of age, sex, gender, ethnicity, tolerance for alcohol or lifestyle."

A standard drink in Canada is defined as 17.05 millilitres or 13.45 grams of pure alcohol, which is the equivalent of a bottle of beer (12 oz., 341 ml, 5% alcohol), or a bottle of cider (12 oz., 341 ml, 5% alcohol), or a glass of wine (5 oz., 142 ml, 12% alcohol), or a shot glass of spirits (1.5 oz., 43 ml, 40% alcohol).

Alcohol is used by three quarters of people in Canada and is a lead-

ing preventable cause of death, disability and social problems, states the new guideline. It can lead to certain cancers, cardiovascular disease, liver disease, unintentional injuries and violence.

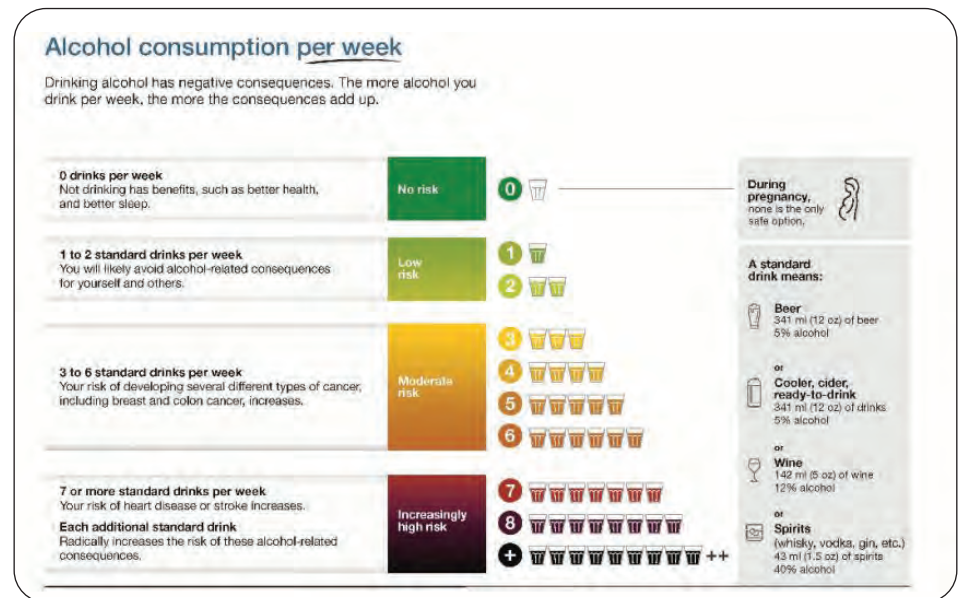
"In 2017, alcohol caused 18,000 deaths in Canada. That same year, the costs associated with alcohol use in Canada were \$16.6 billion, with \$5.4 billion of that sum spent on health care," states the guideline.

The more alcohol that's consumed on a weekly basis, the greater the health risks.

Drinking zero drinks per week has benefits, including better health and better sleep. Drinking one to two standard drinks a week is considered low risk, with people "likely" to avoid alcohol-related consequences for themselves and others. Three to six standard drinks a week carries a moderate risk of developing several different types of cancer such as breast and colon cancer. Seven or more drinks a week carries a high risk of developing heart disease or stroke.

The health risks from alcohol increase more steeply for females than males. And more injuries, violence and death result from male alcohol use.

The CCSA provides advice on how to cut down on drinking. That includes counting the number of drinks you have per week and aim to drink fewer, picking a new weekly drinking



CANADIAN CENTRE ON SUBSTANCE USE AND ADDICTION, ALCOHOL REPORT

The more alcohol you drink per week, the greater your risk of poor health.

target and sticking to the limits you've set for yourself. Other advice includes drinking alcohol slowly, drinking lots of water, eating before and while you drink and having alcohol-free weeks.

The CCSA said it hopes the new guidelines will improve Canadians' alcohol literacy. Providing information and suggestions enables people to make their own choices about how much they drink. And the organization also aims to change Canada's drinking culture and curb the "normalization of harmful alcohol use in society."

The Council of Chief Medical Of-

ficers of Health (CCMOH) says it wants people to learn about the risks associated with alcohol consumption, as outlined in the new report, and make informed decisions.

"The latest evidence shows a direct link between drinking alcohol and increased risk of at least seven types of cancer," states the CCMOH in a Jan. 18 statement. "This recent evidence, contrary to common perceptions, shows that modest consumption of alcohol offers no protective effects against heart diseases, while regular and heavy consumption of alcohol increases the risk of these conditions."

RCMP looking for tips to fill in Patel family's timeline

By Voice staff

It's been a year since the Patel family perished while attempting to cross the border on foot from Canada into the United States.

Last week, Manitoba RCMP shared that while much is known about the family's journey through Canada, there are still gaps in the story they're hoping the public can help them fill.

On Jan. 19, 2022, RCMP discovered four bodies near Emerson, MB, approximately 12 metres from the Canada/U.S. border. Their deaths were determined to be due to exposure.

They were identified as Indian nationals and all from the same family: Jagdishkumar Patel, a 39-year-old male, Vaishaliben Patel, a 37-year-old female, and their children Vihangi Patel, an 11-year-old girl, and Dharmik Patel, a three-year-old boy.

Investigators believe the family was dropped off near the border and were attempting to enter the United States

on foot with a larger group of people when they became separated and succumbed to the elements.

The bodies of Jagdishkumar, Vihangi, and Dharmik were located together. The body of Vaishaliben was located a short distance away from her family.

The investigation has determined that the Patel family entered Canada for the purpose of eventually entering into the U.S. Further, it has been determined that the Patels travel from India into Canada and their attempt to gain entry into the U.S. was an organized and thought-out operation likely being run by a human smuggling network.

Following the airing of a *Fifth Estate* episode on October 21, 2022, and an RCMP news release issued on October 22, 2022, new information about their travel in Canada has been confirmed, RCMP share.

Investigators, however, continue to have a gap between their last known location in southern Ontario on Janu-

ary 16th and their arrival at Emerson on the evening of January 18th.

RCMP say the family arrived in Canada at Toronto Pearson International Airport the afternoon of Jan. 12, 2022 via an international flight from Dubai, United Arab Emirates.

The Patels were picked up at the airport by a private vehicle. Between Jan. 12-13, they stayed at a hotel in the Mississauga area. They travelled in the Toronto area using both private vehicles and a ride sharing service.

Between Jan. 14-16, the family moved between the Mississauga area and the City of Welland, Ontario.

It is believed the Patels left the Mississauga area shortly before arriving in Manitoba.

The family arrived in Emerson sometime in the late evening of Jan. 18 to begin their attempted crossing. It is unknown if they were in Manitoba earlier than this date.

There remains a gap of two days between the family leaving the Mississauga area and arriving at the border.

It is still unknown how they travelled from southern Ontario to Emerson.

"A year ago today, a senseless and preventable tragedy occurred. This tragedy was facilitated by individuals who had no regard for the safety and wellbeing of a young family," said Corporal Julie Courchaine of the Manitoba RCMP. "RCMP officers have been diligently working on this investigation and continue to urge anyone with information, as small or insignificant as it may be, to please come forward."

If anyone has information on the Patel family's stay between January 14-16 in the Mississauga area and the City of Welland, Ontario, as well as their travel from Ontario to Manitoba, please call Manitoba RCMP Major Crime Services at 431-489-8551. You can also report it to Crime Stoppers anonymously at 1-800-222-8477 or send a secure tip online at www.manitobacrimestoppers.com.

get inspired

> MEAL IDEAS



Source: National Watermelon Promotion Board

- Kitchen knives
- 1 round seedless watermelon
- 2 personal-sized watermelons, one larger than other
- ice cream scoop or large spoon
- melon baller
- mini melon baller or paring knife
- blueberries
- large wooden skewers
- y-shaped sticks
- scarf
- hat

Using knife, cut 1/4-inch slice off bottom of round seedless watermelon and both personal watermelons to provide stable bases. Use smallest melon for

RED RIVER CO-OP FOOD STORE

Watermelon Snowman

head, second largest for torso and largest for lower body. Set aside smallest watermelon.

Cut tops off large and medium watermelons to create bowls. Using ice cream scoop or large spoon, scoop out flesh.

Using melon baller, scoop eyes out of smallest watermelon. Invert melon balls and reinsert.

Using mini melon baller or paring knife, scoop out holes for nose and mouth. Carve one piece of watermelon into triangle for nose and fill mouth holes with blueberries.

On platter, using large wooden skewers, connect all three watermelons.

Insert y-shaped sticks in middle watermelon for arms.

Fill bottom sections with fruit salad of melon balls and blueberries. Decorate with scarf and hat.



Source: National Watermelon Promotion Board

- Servings: 8
- Watermelon Puree:
- 1 fresh watermelon
- 2 tablespoons vegetable oil
- 24-36 frozen prepared mini meatballs

Watermelon Glazed Meatballs

- 1 cup prepared barbecue sauce
- 1 cup watermelon puree

To make watermelon puree: Remove seeds from watermelon and cut into large chunks. In blender, process until smooth.

In large, heavy saute pan over medium-high heat or electric skillet set to 325 F, heat oil.

Saute mini meatballs until browned and hot. Reduce heat to low.

Mix barbecue sauce and watermelon puree. Pour over meatballs and simmer 2-3 minutes. Serve hot.



Recipe courtesy of Sarah Tracey
Total time: 15 minutes
Servings: 6

- 1 goat cheese log (8 ounces), softened at room temperature
- 1 pinch sea salt
- 1/2 cup heavy cream
- Fresh Cravings Chunky Salsa, Mild
- 1/2 cup toasted pine nuts (optional)
- 1 bunch fresh parsley, chopped (optional)

Whipped Goat Cheese Salsa Dip

crackers, chips or vegetables

19 Crimes Snoop Dogg Rosé

In food processor or blender, blend goat cheese with sea salt and 2 tablespoons heavy cream. If mixture is too firm, add cream little by little while pulsing blender until light, fluffy consistency is reached.

Spread whipped goat cheese into shallow serving dish or onto board.

Top with salsa.

Garnish with toasted pine nuts and fresh parsley, if desired.

Serve with crackers, chips or veggies. Pair with rosé.

Ask the Money Lady

Dear Money Lady Readers: Have you heard about the tax free First Home Savings Account, FHSA?

Many first-time home buyers have cooled off and ceased their house hunting searches as the market levels off with interest rates still climbing. Home prices have still not dropped down as low as some buyers were hoping for; and as we sit poised for another year, it is now anyone's guess what will happen.

Many economists say the interest rates will climb even higher especially with the Canadian prime rate inching it's way closer to 7%. But there are also those, like myself, who approved mortgages for clients in the early 90's with rates at 10.75% and 11.50% who believe today's market is a totally different economic environment. The Bank of Canada will increase the prime rate to slow down inflation which economists believe will decline by this year's third quarter. Most of the current run-up in inflation now is still due to supply-chain constraints and is not believed to be a long-term systemic issue in 2023. The neutral rate for Canada's prime rate should be around 2.75% to 3.5%, (of course, then the retail banks top this rate up). So, for those of you that are planning to wait-it-out and see-what-happens, why not take advantage of a new Federal government's incentive passed through legislation last year and set to come into effect on April 1, 2023. The new program is called FHSA which stands for a tax-free First Home Savings Account.

The FSHA allows first-time home buyers the ability to save up to \$40,000 and like a TFSA (tax free savings account) income and gains inside the FHSA are tax-free. To be eligible you must be over 18, a Canadian resident and of course a first-time buyer. To qualify as a first-time home buyer you cannot have owned a home in the last four years. Sounds great – right? Well, there are a few caveats to the new program. You can only contribute up to \$40,000 in your lifetime and will be maxed to \$8,000 per year to commence this start year in 2023. Unlike a TFSA, there is no carry forward amounts until you open the account. For example, if you opened a FHSA this year and only put in \$5,000, you could then put in \$11,000 next year (\$3,000 from 2023 + \$8,000 from 2024), but if you didn't open an account until next year, 2024 the max would only be \$8,000. The key is to open the account first if you wish to take advantage of future carry-forward options. The account can exceed \$40,000 if your investments do well, but your overall contributions cannot exceed the \$40,000 you put in.



Christine Ibbotson

Another thing to keep in mind, is that this account is for owner-occupied home purchases, not investments or rentals. The plan can be setup for a term no longer than 15 years (this may be extended) and if you do not purchase a home you will need to transfer the funds to your RRSP or withdraw the funds on a taxable basis. One benefit to this plan is that funds transferred to the plan holder's RRSP/RRIF will not be affected by your RRSP limits. But it is only for the account holder – you can therefore not contribute to your spouse's FHSA to claim a deduction. FHSA's are very similar to TFSA's in that you can designate a successor or beneficiary should you die before using the account. One other feature I found most unique about this new program is that you will be allowed to transfer funds from your RRSP to a new FHSA, tax-free and up to the \$40,000 limit (\$8,000 annual contributions). Just remember, the transfers from your RRSP do not restore contribution room, nor do they generate a further tax deduction.

The Home Buyers Plan (HBP) can be used together with the new FHSA as long as it is within the 15-year limit of the HBP and you use both the FHSA and HBP for the same qualifying home purchase. For more information about these two first-time home buyers plans, please watch my YouTube video at ASK THE MONEY LADY or you can always email me your questions on my website at: www.askthemoneylady.ca

To find out even more, visit the Canadian government website at www.canada.ca.

*Good Luck & Best Wishes,
Christine Ibbotson*

Written by Christine Ibbotson, National Radio Host, YouTuber, and Author of 3 finance books plus the Canadian Best-Selling Book "How to Retire Debt Free & Wealthy" www.askthemoneylady.ca or send a question to info@askthemoneylady.ca