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Changing the world

Students from across the Border Land School Division gathered in Altona last Wednesday for the Generating Momentum youth conference led by the Manitoba Council for International Cooperation. For the full story, see Pg. 2
 PHOTO BY LORI PENNER/VOICE

news > sports > opinion > community > people > entertainment > events > classifieds > careers > everything you need to know



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get informed

Youth conference focuses on sustainable fashion

By Lori Penner

In a collective effort to raise awareness and promote sustainability, nearly 100 Grade 7-10 students from schools throughout the Border Land School Division gathered in Altona Feb. 28 for the Generating Momentum for Our World youth conference. Hosted by the Manitoba Council for International Cooperation (MCIC), the conference centered around the theme of "Fast Fashion" and its impact on the environment.

Throughout the day, attendees engaged in a series of fun and insightful workshops, such as hands-on clothes mending, and a board game designed to explore the life cycle of clothing.

BLSO superintendent Krista Curry

said the hope is that these lessons will have a lasting impact on students as they strive to be advocates for positive change in the world.

"We have a school division priority which is education for sustainable development (ESD). So we have a priority committee of teachers, administrators, and me who are studying sustainable goals, and we talked about how we can bring in student voices and generate momentum in our students. MCIC does this conference, so we partnered with them to bring it to Border Land. Their goal is to build awareness on global issues."

Curry said they want the kids to share what they learned and generate momentum for change in their schools.



PHOTO BY LORI PENNER/VOICE

To demonstrate the power of working as a team, students engaged in a variety of activities, including drawing blindfolded with instructions from the group, working together to draw a picture, and learning to sew by hand.

"In May we are coming together as an ESD committee to plan ahead, and we want to invite some students to provide a voice in our planning."

The conference sparked some thoughtful conversations among students.

After learning that only one per cent of the world's clothing is being recycled, with the majority ending up in landfills, and that most people only wear an item 10 to 12 times before discarding it, the consensus among students suggested a shift in thinking, opting for second-hand clothing through donations, thrift stores, and even crafting their own items.

Many shared a newfound commitment to sustainability, emphasizing the impact even one person can make.

Rebecca Kleinsasser, who attends one of the division's colony schools, emphasized the importance of personalization and reuse to minimize

the environmental impact.

"I learned about how when you make one kilogram of clothes, it releases about 20 to 30 kg of greenhouse gas."

She said her family believes in hand-me-downs, noting that the dress she was wearing used to belong to her sister. She emphasized the value of making your own clothes.

"You can reuse them. If you don't, it impacts the planet."

Kleinsasser plans to invite a few of the girls from the other colonies to make a presentation about what she learned at the conference.

École Parkside School student Satali Braun Liu-Asomua expressed concern for the labour conditions in the fashion industry, especially concerning child labour.

Continued on page 11

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Steinbach man charged in Emerson homicide

By Voice staff

A Steinbach man has been arrested in connection to a homicide that took place in Emerson last week.

A 48-year-old man was found dead in his home the evening of Friday, March 1.

RCMP Major Crime Services inves-

tigators were on the scene and determined it was an isolated incident and there was no risk to public safety.

Police say the victim and the suspect were known to each other.

Ryan Wiens, 28, was taken into custody on Sunday, March 3 and charged with second degree murder.

Tickets for SCCR fashion show go on sale March 15

By Lorne Stelmach

For over a decade now, its annual fashion show has been a major fundraiser for South Central Cancer Resource, but it is just as vital for raising awareness.

All the models for the April 25 event will be cancer survivors, volunteers, or members of the community who have shared in a cancer journey with a loved one, so the opportunity to share those stories can have a big impact.

"For some people, it's a very personal journey, and they don't talk about it to even friends or family ... for those who are willing to share how and what they've gone through, it is huge," said Leora Hamm, administrative resource co-ordinator for SCCR.

Having volunteers like a couple of mothers honouring their young children who were former cancer patients and a few teenagers as well as seniors really gets the message across that cancer touches everyone, added Hamm.

"They're either cancer patients, former patients who might be in remission, or they're modelling in honour of a loved one or in memory of a loved one. We give them a little bit

of an opportunity to share a little bit about their cancer journey."

Having an impact as well will be guest speakers Greg and Allison Heso sharing their family's experience dealing with Allison's breast cancer during the pandemic.

"They're going to talk a little bit, as immigrants to Canada, what that was like going through that during COVID and at a time when they didn't have a lot of support," Hamm says.

The fashion show is the SCCR's biggest fundraiser, netting over \$43,000 last year.

"That goes a long way to keeping our office doors open for sure," said Hamm, who noted there is still a lack of awareness that SCCR is not government funded and not associated with CancerCare Manitoba.

Founded in 2003, SCCR relies solely on the support of community donors, volunteers, and fundraisers to continue offering services and programs.

With its client numbers continuing to trend upwards, it is really counting on fundraising efforts to be a success in order to continue helping all of those in the south central region who need support throughout their battles with cancer, said Hamm.



VOICE FILE PHOTO

South Central Cancer Resource's annual fashion show takes place at the Morden Access Event Centre on April 25. Tickets go on sale March 15.

"We're here to kind of fill in that piece of the puzzle," she said, observing that the financial impact of cancer is often overlooked.

"Cancer is expensive. We often think about the emotional and the physical side of it ... when you're off work for months at a time, and your spouse is off work to care for you and drive you in for treatments," she said. "I don't think a lot of people really understand that piece to having cancer."

The Beauty in Bloom fashion show takes place at the Morden Access Event Centre Thursday, April 25. It will feature clothing and accessories from Fashions by Co-op, Knockabouts, Copper & Sparrow, Livienne Bridal, Stephen Street Wear, and Focal Point. The evening will also include a rainbow auction.

Tickets go on sale online at sccr.mb.ca on Friday, March 15 at 9 a.m. Last year they sold out within 24 hours.

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WORK & WESTERN WEARHOUSE

Local Irish dancers shine at North American Open

By Ashleigh Viveiros

Three local youth kicked up their heels and did their community proud at the CRN North American Open Irish Dance Championships in Pitts-

burgh last month.

Luke Prusina, Eva Espenell, and Ella Kalinowski were joined by Morden Danceworks instructor (and Luke's mother) Cathy Savage at the Feb. 17-19 event.



SUPPLIED PHOTO

Ella Kalinowski, Luke Prusina, instructor Cathy Savage, and Eva Espenell competed at the CRN North American Open Irish Dance Championships in Pittsburgh last month.

Prusina swept all his events, placing first in the Bunghrad (Level 1) Reel, Bunghrad Slip, and Bunghrad Light Jig to become an U18 North American champion.

Espenell, who earned her North American champion rank at last year's competition, placed first in the Ullmhuchan (Level 2) Slip and Meanghrad (Level 3) Hornpipe events and second in both the Meanghrad Reel and the Ullmhuchan Heavy Jig. She ultimately earned a second-place award in the Ullmhuchan U18 category.

Kalinowski finished first in the Ullmhuchan Single Jig and second in the Ullmhuchan Heavy Jig. She received a seventh-place award in the Ullmhuchan U15 division.

It was a great weekend of dancing, says Prusina, 14, noting it feels "pretty good" to have aced all his events and earned the champion title.

He's been dancing since he was in Gr. 3.

"I enjoy it. I find it fun," he says of what keeps him in it. He encourages other kids to give Irish dancing a try if they're looking for a new challenge that could help them out in the other sports they're involved in. "It's fun

and if you play soccer it'll make your kick a bit better."

For Espenell, 16, it's the uniqueness of Irish dance that has had her practicing it since she was eight years old.

"It's just something different," she says. "I like the people that I meet while I'm doing it at the competitions. Everybody's always so friendly and it's nice to get to know new people with the same interest."

Seeing the kids grow in their abilities is a great reward for Savage, who has been teaching Irish dance locally for years.

"Each year I see the dancers improve and advance to the next level. As a teacher, it is amazing to see their progress," she says, noting the big draw of this form of dance is how, when you get it right, "it feels like you're flying across the stage."

The studio currently has about 45 Irish dancers of all ages, roughly half of which dance competitively at events here in Manitoba (the next one is in Winnipeg in June) and further afield at international competitions like the North American Open.

Continued on page 7

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Eden Foundation hosting fundraising concert March 24

By Ashleigh Viveiros

Eden Foundation invites the community down for an Evening With Elvis at the Winkler concert hall this coming Palm Sunday.

The show taking place on March 24 at 7 p.m. at the P.W. Enns Centennial Concert Hall will feature gospel music from Elvis tribute artist Corny Rempel and the New Covenant Quartet.

“Both the New Covenant Quartet and Corny Rempel have been great supporters of Eden Foundation and are very open about sharing mental health stories and experiences that they’ve had,” says Jayme Giesbrecht, the foundation’s director of development. “It’s just so great to watch and listen to such entertainers, as well as hearing a great message.”

Admission is free, though donations will be accepted towards Eden’s mental health programming.

“As always when funds are given to Eden Foundation, we collect it into one big pot and during our granting season we are able to support Eden’s programs like Segue Career Options, the employment services department; Eden’s residential care services, our housing and supports. We have housing or apartment units in Winkler, in

Steinbach, and in Winnipeg that all need support beyond what the government gives.

“The Recovery of Hope counselling is probably the biggest way that donors are supporting Eden,” Giesbrecht continues. “That is through the sliding fee scale—when someone that is not able to commit to the full payment amount for seeing a counsellor, Eden Foundation steps in to make sure that the rest is covered. Without donor support, we wouldn’t be able to do that.”

“We don’t want to let a thing like money stop people from getting the help and the hope that they need.”

If you can’t make the Winkler concert on the 24th, the foundation is also hosting a Gospel Music afternoon show in Steinbach on Sunday, March 17.

“Last year we did a Palm Sunday gospel concert in Winkler that went over really well,” says Giesbrecht. “So I thought I would continue that trend and this time do one in Winkler and one in Steinbach, because Eden has a footprint in both places and we would love the support of people in both.”

The Steinbach show is also admission by donation and features music from the New Covenant Quartet,



SUPPLIED PHOTOS

The New Covenant Quartet (above) and Elvis tribute artist Corny Rempel (right) perform at Eden Foundation’s fundraising concert at the P.W. Enns Centennial Concert Hall in Winkler March 24.



Giesbrecht, Kim Thiessen, Jon Guenther, and Darryl Neustaedter Barg. Further details can be found online at edenhealthcare.ca/events.

BTHC Hospital Auxiliary avoids disbandment

Several new board leaders found, more members and volunteers are still needed

By Lorne Stelmach

A community organization that plays a key role in supporting the regional hospital will be able to carry on with its work.

A recent appeal for more volunteers to help fill some key committee roles was successful enough that the Boundary Trails Hospital Auxiliary will not have to consider shutting down.

Other than just needing to get more board members overall, the auxiliary particularly needed to fill the recently vacated positions of treasurer and hospital gift shop overseer.

“We got both, and we also got a few new members. We still need some more, but it’s good,” Margaret Ann Popplestone said, voicing her relief

that the new additions to the board have “eliminated the dissolution of the auxiliary.”

Popplestone said it would have been unfortunate if the auxiliary had to shut down, as it has played an important role in the area for a long time.

The Morden chapter of the auxiliary celebrated its 125th anniversary in 2018 before it amalgamated with the Winkler chapter.

“Morden actually has had an auxiliary since the Freemasons hospital ... so it goes back a long time,” Popplestone said.

She noted the government only has so much money to fund all of the equipment that is needed at BTHC, so the auxiliary plays the important role

Continued on page 7

VIRTUAL PUBLIC MEETING

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OUR SISTER PUBLICATIONS



Now for the light

Recently, a local doctor mentioned that people's negativity about the region on social media has been affecting the ability to recruit new health care professionals.

This is brutal. I was shocked to learn that I have been writing for the *Voice* for almost 14 years now (time flies) and in that time I have shared my fair amount of critical content. I do not apologize for that, as the role of the columnist is to present a view from where they stand and advocate and sometimes that view is ugly.

Still, to know I may have, in some way, been a part of making it harder for the region to maintain and improve its health care is a tough pill to swallow.

Let me tell you about my experience with the Pembina Valley and its amazing communities like Altona, Plum Coulee, Winkler, Morden, Miami, and more.

The Pembina Valley is about opportunity. Like so many others, I moved here as an outsider in 2005 from Toronto. As a born and raised Ontarian, I never realized there were other places to live outside of a 200 km radius of Canadian Mecca.

Still, with a career change underway a persistent opportunity in Morden

kept nagging at me and finally I employed the wise words of a mentor: "Walk through every door that opens for you because you don't have to stay in the room." So myself and family came to visit.

I expected a desert of culture and resource and what I found was an oasis beyond expectation. I came to the region with a completely biased mindset, expecting to not stay, and here I am 24 years later still here.

Why? There isn't a column big enough to contain all the benefits of having lived here, but I will offer a few reasons.

First and foremost, the people of this region are incredible, friendly and welcoming. Sure, there are always a few you could do without in any community and in these days where one negative voice sounds like 1,000 it can be easy to miss the majority who are quietly awesome.

We moved here with a variety of needs and they were abundantly met. We had unexpected reno needs. People helped. People helped us move. People reached out to make sure we were okay. There was an instant community that I had never experienced growing up in Ontario.

The beauty of the prairie is incompa-

rable to anything else. I marvelled at the sky that seemed to go on forever. I saw stars I didn't even know existed in the clear, dark nights. I felt a safety and security for myself and my children I never knew was possible.

This region has seen me through the most difficult times of my life. This region has given me the greatest gifts and loves I have ever been given. My children grew up here and continue to call Morden and Winkler home (one is only a 90-minute drive away).

Every amenity I thought I would miss in Toronto I can get here.

The Pembina Valley has been one of the fastest growing regions in the country for well over two decades now. No one does diversity like we do. There are loud voices for the voiceless here. There are advocates that continue to seek justice and equality right here that will not be silenced.

In my life I have had the opportunity to travel for work and pleasure to nearly every continent on earth and visit literally hundreds of cities and towns from Peru, through Europe, from Australia through Japan and beyond, so I have a point of reference.

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

Letters

LET FREEDOM RING

For weeks this past summer our drive to town passed the large flag-bearing sign thanking truckers for the "Freedom Convoy." At first jarring, I became able to barely acknowledge what was once a looming presence.

Growing up in the United States, the word "freedom" was engrained in the DNA of all of us within the public school system:

"My country, 'tis of thee,
Sweet land of liberty,
Of thee I sing.
Land where our fathers died,
Land of the pilgrim's pride,
From every mountainside

Let Freedom ring."

So we sang daily, along with the Pledge of Allegiance, revering our country's flag as the leader of freedom and precious democracy in our world. We were the best in the world; superior to all others. No other country held our prosperity, or so we believed. Protecting our freedoms—seen as personal freedoms—became paramount.

As a child, these narratives were engrained, nurtured, and tied to its economic counterpart, free enterprise. In America, you could do what you want, work hard and gain all that you could, and attain the personal good life. This narrative is still held by

many in that country, with the understanding that personal rights and goals are the highest value in society and must not be threatened.

Such an understanding of freedom is like seeing a digital picture so closely only its dots, or pixels, are visible. What is lost is the larger picture.

At freedom's core is its interconnectedness. What is isolated and functions on its own has no context, and therefore no accountability. To assert no accountability to anyone is not freedom, but a gross misunderstanding of democracy's companion tenets: "liberty and justice for all."

The "For All" part will challenge the world in coming decades as never before. We cannot act the same. Business and the economy are no longer and will not be as we have known it. The way we understand the natural world and our relationship with it cannot remain the same. We, and our world, are all connect-

ed.

The understandings of "liberty" and "freedom" cannot remain within the dangerous confines of the pixel dots of individual assertion. Our time calls us to a greater humanity which seeks the common good and nurtures our earth home.

Systemic changes are huge, and difficult to comprehend. The rehearsal we have experienced with the Covid pandemic shows us the complexities of a needed large-scale humanitarian response. We must learn from this experience to prepare us, as a larger society, and as communities, for the challenges to come.

Symbols are powerful and revered. The dangers of misusing symbols are great, because in the end it diminishes the people it seeks to represent. Let us seek a better path.

Marilyn Houser Hamm,
Altona

> IRISH DANCERS, FROM PG. 4

"They did amazing," Savage says of Prusina, Espenell, and Kalinowski. "Eva was dancing level three for the first time and Ella was dancing level two for the first time. And Luke, with his big win, has made it out of Level 1 and moves up to Level 2 for everything now. I'm so incredibly proud of them all."

You can enjoy the skills of the Danceworks Irish Dancers at their upcoming Irish Ceili. It takes place at the Kenmor Theatre in Morden on Friday, March 22 at 7 p.m.

"It's a showcase for our Irish dancers," Savage says. "All five classes will be dancing in it."

Also performing will be musician Tom McDermott, also known as The Irish Cowboy.

Admission is \$10 at the door, with proceeds going to support Danceworks.

"We're trying to get a new floor for the studio where we practice downstairs," Savage explains.

"It's just a great night out and it's open to everyone."

> AUXILIARY, FROM PG. 5

of fundraising to support additional purchases.

"The funds we raise goes for equipment for the hospital here," she explained. "The auxiliary has been around for years and years. It's something that benefits everybody in the community. Everyone uses the hospital."

Now the auxiliary can move forward on plans for the year ahead.

"We will be making plans. I'm

not sure what we're going to do for fundraisers yet, but we will be getting to that in a couple of weeks ... then we will have an idea of what we're going to do," said Popplestone, adding they're still in need of additional board members and gift shop volunteers.

Anyone interested or wanting more information can contact Popplestone at 204-822-6208.

> CANTELON, FROM PG. 6

I have had lots of opportunities to leave this community but I'm still here. Heck, my full-time job is in Winnipeg, but I'd rather commute than move.

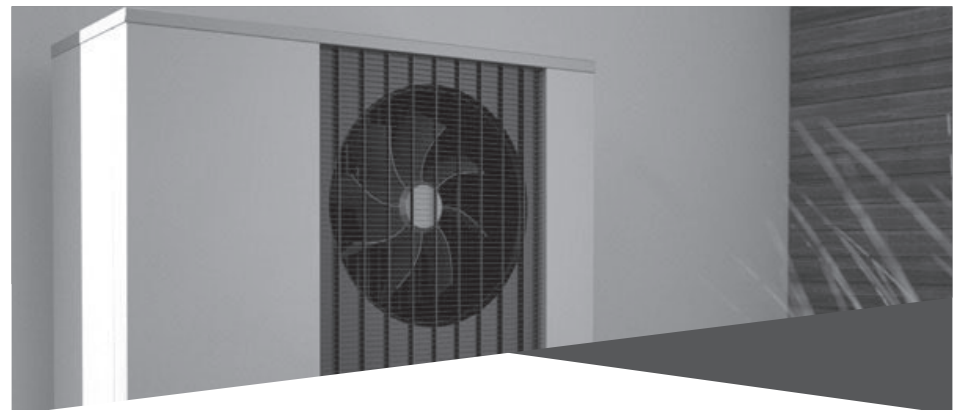
Why am I still here? How could I leave? There's so much light here in this place that has welcomed me and countless others.

When I sit in my backyard in the city's heart around a fire with fam-

ily and friends enjoying a beer on a quiet, warm summer evening there is always one truth that rings loud: this is home. Every time I leave it calls me back in a way no other place has ever done.

For people on the fence about coming to the Pembina Valley I say this: walk through the door and come discover the home you never knew you were missing.

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EFFICIENCY
MANITOBA

Genesis House to host second annual Womens Health Expo

By Lorne Stelmach

The upcoming Womens Health Expo aims to enlighten and educate its participants.

Coming just a couple weeks after International Women's Day, the event set for the Access Event Centre in Morden on Saturday, March 23 will have something for everyone, suggested Sophie Gerbrandt, resource development manager for Genesis House.

"I hope people leave feeling empowered and maybe with at least one tidbit of knowledge that can help them with a healthier life," Gerbrandt said of the day which will include a variety of speakers and displays from 10 a.m. to 4 p.m. Admission is free.

Held for the first time last year, the expo was well received despite being impacted by poor weather.

"Unfortunately last year the event was held on, I think, one of the worst snowstorms that we had last winter, so a number of our presenters unfortunately had to present over Zoom because they weren't able to make it in, and we think that definitely reduced the number of folks who were able to join us at least in person," said



VOICE FILE PHOTO

The March 23 Womens Health Expo, hosted by Genesis House, will feature a host of guest speakers and displays revolving around physical and mental wellbeing.

Gerbrandt. "We moved it a little bit further in March to hopefully combat that a little bit."

Gerbrandt said the thought behind the expo is "that prevention is key and supporting women in our community to be the healthiest, best versions of themselves only better our community as a whole."

"Health can mean a whole bunch of different things, and it's important to take time for yourself, whatever that may look like for you," she said. "I

think we often find, especially in our community, that women often take on ... roles and put other people before themselves, so this is really to promote personal wellness and to prioritize your own health."

The lineup of presentations and speakers includes:

- 10 a.m. - Mental health with counsellor Tamar Gordon Stoesz.
- 11 a.m. - Lymphedema: what is it and how does it affect women by Linda Menzies.

- 12 p.m. - More Than a Shelter: Genesis House will address some of the social determinants of health.

- 1 p.m. - Menopause and nutrition with Halee Verzyl, a dietitian with Southern Health-Santé Sud.

"We actually had that presentation last year as well, and it was very popular," noted Gerbrandt.

- 2 p.m. - Endometriosis and pelvic health with Dr. Rachel Noble.

- 3 p.m. - Empowering women with Catherine Wreford, who was on *Amazing Race Canada* and has performed on *Rainbow Stage* and is a cancer survivor.

"[Wreford's] going to be sharing on the importance of seeking help and treatment and advocating for yourself," Gerbrandt said. "She is a powerhouse. I've heard her speak before, and we're excited to have her end off the day."

"We also have a variety of booths that are going to be set up throughout the day ... covering all aspects of health," she added. "There are going to be movement breaks, so we have some local fitness instructors who are going to be leading us through some short workouts throughout the day."

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Peter, volunteer

Valley Motorsports has big plans for 2024

By Lorne Stelmach

Now with one year under its belt, the Valley Motorsports Association is looking forward to moving ahead and building on its initial success.

The association recently held its annual meeting, and president Chris Unrau reflected on the positive response to the first year of events at the Dead Horse Creek Speedway.

“We’re ecstatic. We never imagined that this thing would grow legs and take off the way it did. We obviously had hopes for success, but we hadn’t imagined the community would take hold of it the way that they have,” said Unrau.

“We’ve got a lot of people who are excited about what we are doing, a lot of people who are excited about attending, participating, sponsoring, volunteering. It’s been an amazing journey to see the community coming

together around it.”

The association formed as a not-for-profit corporation in 2023 and took over operation of the former ALH Motor Speedway west of Morden. The speedway was constructed by Al Hildebrand in 2008 and operated from 2009 through 2019 before closing during the pandemic.

The association bills itself as grassroots enthusiasts whose mission is to advance motorsports for the enjoyment of the region.

Unrau highlighted the enormous efforts of the community, businesses, and volunteers that enabled them to revitalize the track, which most notably included reshaping and resurfacing it with 350 truckloads of clay donated by Kroeker Farms.

Despite posting a minor loss in its first year of operations, the group was generally satisfied with the financial



VOICE FILE PHOTO

The Valley Motorsports Association has three race weekends planned for this summer at Dead Horse Creek Speedway.

performance, and it was able to make a \$20,000 donation to the Boundary Trails Health Centre Foundation for the ongoing hospital expansion.

Three weekend special events are on tap for 2024, Unrau shared.

The McNaught Cadillac Cup will be May 25-26 and will include the attendance of the Northern Late Model Racing Association with a top level of late model competitors in the region.

The GVE Deere Run will go July 5-6 featuring the Watermelon Cup modified special as well as the Brad Wall Memorial.

Closing out the season in conjunction with the Corn and Apple Festival is the King of the Corn on Aug. 23-24.

Other plans include the addition of a lap/leaderboard that will be constructed prior to the start of the season and sponsored by LMS Ag Equip-

ment. A proposed new championship points fund could pay out additional winnings to drivers who earn points for performance on and off the track.

Some ideas for the future include seating expansion, corporate private suites, and the addition of other events.

With numerous projects on tap, the organization is looking for more volunteers to assist in construction, maintenance, track work and event operations, noted Unrau.

“There is a really strong racing community. It’s not just dirt track. We’ve also talked about doing potential drag race events. We’re talking about doing a truck and tractor pull. There’s a lot of people who are excited about various forms of motor sports.”

More information is available online at www.deadhorsecreekspeedway.ca.

Community weighs-in on Winkler PD

By Ashleigh Viveiros

The Winkler Police Board has gotten the results back from its 2023 community survey.

Chief Ryan Hunt shares that 380 people filled out the questionnaire last fall, rating their overall level of satisfaction with the Winkler Police Service, on average, as 3.98 out of five.

“I’m pretty happy with that number,” he says, noting it is a slight drop from the 4.09 reported in the 2020 survey. “There’s always room for improvement.”

“I think it’s important that the community have a say in how their community is policed,” Hunt says.

Much of the responses line up with the previous survey. Traffic (noise, speeding, e-scooter use, and so on) remains the top identified concern by a wide margin—200 respondents listed it as the most important issue in the community that police should be addressing.

Drugs was in the number two spot (same as in 2020) with 140 responses followed by crime/theft at 41, other at 34, public safety at 24, domestic violence at 20, and visibility/police presence with eight.

As to what respondents feel the Winkler Police Service is doing well, the five top-ranked areas included public relations with 63 comments followed by visibility/police presence at 52, drugs at 48, other at 38, and response time at 34.

Continued on page 10



INDEPENDENT COMMISSIONER SEEKS PUBLIC INPUT ON MLA PAY

An independent commissioner of the Manitoba Legislative Assembly has been appointed to make decisions about the appropriate salary, allowances and retirement benefits for all MLAs.

The commissioner, Michael Werier, K.C., would like to hear from you before April 15, 2024.

Your submission may be sent to:

Public Input for Independent Commissioner
302-386 Broadway
Winnipeg, Manitoba R3C 3R6
E-mail: commissioner@legassembly.mb.ca

Current MLA pay, allowances and retirement benefit information can be found at www.reviewcommissioner.mb.ca



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Winklerites' ConstructionClock app gaining global reach

By Lorne Stelmach

A company started by a contractor from Winkler is on the verge of global growth thanks to its unique app.

ConstructionClock is touted as the first fully automated, hands-free time tracking app for construction companies, and the business driven by founder David Peters and fellow Winkler native Joel Wiebe as marketing leader is starting to catch on at more and more job sites.

"Our goal wasn't how fast can we grow. It's been on what's the most innovative product we can build to solve problems for contractors and people in the construction industry," Peters said recently. "We are very grateful for the success that we have had, and now we look at how do we make this a household name where we become the market leader?"

"There are competitors out there that do a basic version of what we offer, but they don't leverage GPS and geofencing technology to the fullest, and that is what makes construction clock definitely the most unique app," said Wiebe. "It's a concept that just seems to resonate with people."

By using GPS technology to automate clocking in and clocking out, companies can track hours with 100 per cent accuracy and unrivalled simplicity.

ConstructionClock enables company owners, employees, and bookkeepers to optimize the most expensive material on the job site: time.

ConstructionClock has formed a strategic alliance with CompanyCam, which is one of the fastest growing construction tech companies in the world. The integration syncs projects and photos between apps, making job sites even more productive and accurate.

The International Builders Show selected ConstructionClock as a featured start-up, and it was selected to showcase how they're transforming the industry at the show in Las Vegas, the largest annual construction show in the world.

The genesis of the idea came from



SUPPLIED PHOTOS

Winkler's own David Peters and Joel Wiebe have created a new app, ConstructionClock, that makes scheduling easier for contractors. It's gaining traction on job sites around the world.

Peters being a contractor and searching for a way to manage his employees.

"When I went to the industry to look for a piece of software that would be a solution to manage my teams, I was highly disappointed, and everyone I talked to kind of had the same outlook," he said. "They couldn't find a time attendance app for their crews that really worked well. I thought there might be an opportunity here."

He started working on it about two years ago and brought Wiebe on board.

"I said, look, I think we can build something that the industry really needs and nobody has really tapped into," Peters said. "It took me about an hour to convince him, and he quit his job ... it's been him and I ever since, and we've been delivering this incredible software."

They started pitching it initially to other construction companies in southern Manitoba and continued to perfect the app over the course of a year. Forty companies jumped on board to try it out.

"It's an amazing, robust product, and we feel we are just getting started," Peters said. "I think ConstructionClock does what all the other software does, but there is one very powerful thing and that is auto clocking in and out."

Wiebe noted the app then has a ripple effect for companies in terms of increased productivity, and it can work with Quickbooks online and allow users to export directly into that program to run payroll with a click of a button.

"We hear the comment all the time, 'You've given us our Saturdays back' ... those times when you have to sit down and organize all of that stuff and put it into the system," he said. "And now I get to play with my kids on Saturday mornings."

Wiebe observed that they are now starting to even see interest from other sectors such as catering companies.

"The only surprising thing is the applicability has been broader than we expected," he said. "We see some of the most interesting companies come through the funnel now on a regular

basis."

Peters is excited to see the potential for further growth globally.

"We started in Manitoba, and we expanded across Canada, and now we are in multiple countries," he said. "It's quite remarkable to see in a year and a half how much this has taken off, not just in North America but also in other parts of the world."

"In 18 months, we've become this global company, and we're based in southern Manitoba," he said. "I feel like if this is what we were able to accomplish in a year and a half, what can we do in a decade?"

Wiebe noted the app right now is largely being taken up by companies that average 10-15 users, but they recently picked up a company in Nebraska with about 150 people, so he sees them starting to get not only more users but particularly larger companies.

"It can work in any concept, in any geography. We'll continue to expand. We're still small players in this, but we do plan to expand," said Wiebe, noting they are for now focussing on English speaking countries although he sees that eventually changing as well. "The bigger the company, the more projects that you're working on, the more value our app can add into that process."

> SURVEY, FROM PG. 9

The results "gives us a guide as to where we should focus our resources," Hunt says, noting the identified issues line up well with their areas of focus. "The traffic issues and illegal drugs and property crime are still the top ones, first and foremost in people's minds, and certainly our day-to-day policing is geared towards that."

There are several officers who specialize in drug investigations, though the entire department plays a role when needed, Hunt says. Otherwise, the department's 20 officers (not including the chief and deputy-chief, who take more of an administrative role) are kept busy responding to calls and patrolling the community, keeping an eye out for things like traffic infractions.

"Overall, we'll keep doing what we've been doing," Hunt says, adding that they intend to do these surveys every four years or so to ensure the department's priorities continue to line up with the community's.

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getinformed

New location for Fehr's Cabinet Showroom & Warehouse

By Sean Conway

"We've Moved!" is the signage in the window of the old location of Fehr's Cabinet Showroom & Warehouse on the corner of Boyne Ave. and Main St. of Morris. The new location is just up the street on the corner of Main St. N and Mulvey Ave. E.

"This is the perfect location," says part owner Melissa Lamotte. "The new building gives us the room we needed to create a new showroom to display cabinets and options."

The vaulted ceiling building has some history behind it. After a flood the previous year, the All Saints' Anglican Church was moved to the location in 1898. In 1920, it became the Lutheran Church of the Cross.

The Lutheran Church replaced the building in 1968. In 2016, they sold the building, which eventually became Cottage Depot.

"The Bell Tower in place at Smith Park was originally in front of this building," says Brock Lamotte, a custom wood builder and the other half of the Fehr's Cabinet ownership team.

The Lamottes purchased the business in 2020 from Henry Fehr, who started it in 1987.

"Brock designed and built custom cabinets for 20+ years," says Melissa. "The retail business was a natural transition from what he did."

Their new building offers 4,300 sq. ft. of floor space.

"When we purchased the business, we knew that the old building had a lease," Melissa explains. "We wanted our own space. We took the possession of this place on Jan. 19 and started moving on Jan. 30."

"We are not just cabinets," notes Brock. "We will go to you with samples so you can view them in your space."

Custom cabinets, kitchens, countertops, bathrooms, mudroom or closets are what this business is all about.

"We design and install cabinets and countertops," says Melissa. "We are the only company that will draw your design at no charge."

The showroom is now under renovation. The plan is for a grand opening in late spring to be ready to show the lineup of cabinet that are available.

"We are still operational," Melissa stresses. "People can stop by. There is not much to view now, but you can come in and talk to us. It's just a little dusty at the moment."

You can learn more about Fehr's Cabinet Showroom & Warehouse online at fehr-cabinets.com.

"The website needs to be updated," Melissa notes. "Once we have our new showroom finished, we will refresh the website with the details."



PHOTOS BY SEAN CONWAY/VOICE

This former church building is now home to Fehr's Cabinet Showroom & Warehouse. Co-owner Melissa Lamotte (below) says they're hard at work renovating the space with an eye to a grand opening celebration in spring.



> GENERATING MOMENTUM, FROM PG. 2

"Children have been making clothes instead of going to school and having fun. They barely get paid, and they live in terrible small places, and it's really hard to live. And they don't even get to go to school. They're forced to work."

Shevchenko School student Josué Bourchard said, "This conference

has really made me think about the whole fashion thing. I'll try not to throw as many clothes away."

MCIC education specialist Amanda Benson said talking to teachers and students about global sustainability is one of their big priorities.

"The idea behind the theme, generating momentum, is to have a spat-

tering of students from all different schools across the division go back to their schools and communities with what they've learned and generate momentum with their peers."

Benson said it's important for people to know how the decisions we make affect people that we seldom think about.

"From the person who made it

to the person who sells it, there are so many more steps than we really think about. The whole idea is being more globally aware, to think about the items you have, and learn how to take care of them.

"And remember that the most sustainable piece of clothing is the item you already own."

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EMPOWERING READS by FEMALE AUTHORS



INTERNATIONAL WOMEN'S DAY
MARCH 8, 2024



Friesens Corp. shares its love of reading

By Voice staff

Friesens Corporation marked February as I Love to Month by sending staff out into the community to share their love of literacy.

The company's employee-owners teamed up with Golden West Broadcasting to read to hundreds of Gr.

2 students in 15 schools across six school divisions throughout the Pembina Valley.

"At Friesens, we believe it's important to foster a love of reading in children, especially these days when digital and social media monopolize the majority of their free time," the company said in a press release. "As



SUPPLIED PHOTO

Left: Amanda Schwartz from Friesens with Gr. 2 students at École Elmwood in Altona. Above: Ryan Hildebrand reads at Rosenfeld School.

we are Altona's largest employer, and in the business of making books, it's our responsibility and honour to be part of this campaign every year."

The students also all received copies of the book *Fishing with Grandma*, written by Susan Avingaq and Maren Vsetula and illustrated by Charlene Chua. The book was published by Inhabit Media, an Inuit-owned publishing company that aims to promote

and preserve the stories, knowledge, and talent of northern Canada.

"Our employee-owners always look forward to volunteering their time and reading expertise at one of the participating schools and reading to the students in their classroom setting," Friesens Corp. said. "We're excited for the opportunity to bring such a unique book to the students."

Local first-responders take on the Push-Up Challenge



ALTONA POLICE/FACEBOOK

The Altona police department's team for the national Push-Up Challenge did 21,687 push-ups and raised \$1,535 for mental health programming.

By Lori Penner

The Altona Police Service (APS) is thrilled with the support and participation of the community during last month's Push-Up Challenge.

The event was an initiative of the Canadian Mental Health Association (CMHA), pushing Canadians to get fit, have fun, and learn about mental health while raising funds for related programming.

From Feb. 1-23, over 49 million Canadians challenged themselves to complete 2,000 push-ups for the 20 per cent of Canadians who experience mental illness each year.

The 2024 event ended on a high note, with more than 40 million push-ups and over \$2 million dollars raised across the country.

Cst. Tristan Fournier-Jones was the captain of the 11-member Team APS, which included not only members of

the force but reached into the community as well, with Town of Altona staff and local residents joining in.

Initially, Fournier-Jones was drawn to the idea as a way for first responders to support mental health, as they frequently deal with people who are in mental crisis.

"It really looked doable and fun," he said, adding it was "a great way to get the community involved and talking about the subject and bring awareness."

People began donating even before the challenge officially began; it took less than 24 hours for Team APS to reach their target of \$500.

In the end, they collected \$1,535 for CMHA and completed 21,687 push-ups.

Also exceeding their \$500 goal was the Altona fire department, whose eight-person team raised \$565 and did 14,193 push-ups.

A new place to call home

Love Well Women's Drop-in Centre moves into space in Altona Bergthaler Church

By Lori Penner

The Love Well Women's Drop-in Centre in Altona has found a new home.

The founders of the centre had been searching for a new place after having to vacate their former location last month.

Gaetene Reimer and Robyn Sierks are delighted that the Altona Bergthaler Church stepped forward with an offer to have them temporarily use its youth building.

"We're very thankful to them for offering us the use of this space," said Sierks, adding that the ladies who access the drop-in are excited and have been helping them clean up and move in. "Whole families showed up to help us move. This is love in action."

A group of ladies even held a fundraiser recently to offset moving costs. The concert at the Commons Barn in Neuberghthal was a sold-out crowd.

"They raised \$1,500. It was just incredible. Everyone's been so helpful

and good to us," Reimer says.

"We're so glad we didn't have to shut down," adds Sierks. "We're not having to put things into storage and stopping our programming. It's very important to continue the momentum that we have going. We're all very excited to be here."

The move, however, does mean a few changes to how the centre will operate for the time being. It is now open from 1-4 p.m. and 7-9 p.m. on Thursdays, and on Fridays from 1-4 p.m. Their regular Wednesday evening Craft Cafe has moved to Thursdays.

Reimer says they couldn't be happier with this partnership with the church.

"They've been so gracious in letting us use everything. We've got a really nice, well-lit seating area and a table and chairs, and a coffee bar. They've also opened the games room in the basement for us to use, so we've got ping pong, air hockey, billiards. So, if women want to come and play some



PHOTO BY LORI PENNER/VOICE

The Love Well Women's Centre has found a new temporary home at the Altona Bergthaler Church. Above: Love Well's Gaetane Reimer and Robyn Sierks with associate pastor Terrell Wiebe.

games and talk, it's great for that. And now we have more parking."

Terrell Wiebe, associate pastor at the church, says the space will continue to be used for the church youth a few times during the week.

The lower level was formerly used by the Rhineland Food Bank.

"When they moved out of here two years ago, we got the full space, but

we haven't used it to its full potential, but now it will be," Wiebe says. "It's great to have an opportunity for women to get together in a faith environment."

"I heard about some of the things they do at the centre, and I thought it sounds like a fun place. We've been

Continued on page 14

New family entertainment centre opens in Altona Mall



PHOTO BY LORI PENNER/VOICE

Warehouse Family Entertainment Centre owners Andrew, Melanie, Trevor and Stephanie Rempel partake in one of the games featured at the new business in the Altona Mall.

By Lori Penner

Last week saw the grand opening of Altona's newest entertainment destination.

After much anticipation, The Warehouse Family Entertainment Centre is open for business, blending the nostalgic charm of '80s arcades with a contemporary touch.

The brains behind this venture are long-time Altona residents Andrew and Stephanie Rempel along with Andrew's older brother Trevor and his wife Melanie, who hail from Hepburn, SK.

Andrew and Trevor also work together in their development company Steel Creek Developers. They develop hotels, active adult housing and retail in rural communities.

"We started looking at the industry of family entertainment centres when

a company contacted us to potentially partner with one near a hotel that we're building in Niverville," says Andrew. "So, after seeing some of the numbers and looking at the business plans, we thought that it would be a great business to get into, and we

figured we'd start small, right in our hometown of Altona and see if it works before we expanded to larger centres."

It's been decades since the Altona Mall has housed an arcade. While there is certainly a nostalgic aspect to the business, Andrew

says arcades are making a big comeback.

"In the States, there's a lot more that are starting up because they're finding that kids need that social en-

"WE FIGURED WE'D START SMALL, RIGHT IN OUR HOMETOWN ..."

Continued on page 14

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

getinformed

Are you brave enough to take the plunge?

By Lorne Stelmach

The icy waters of Lake Minnewasta again beckon for those who are brave enough to take a leap in support of a good cause.

People will once again be “freezin’ for a reason” as the Polar Plunge fundraiser returns in support of the Law Enforcement Torch Run and Special Olympics Manitoba.

Set for Saurday, March 16 starting at 2 p.m., the plunge will again be done in conjunction with the Morden fire department’s pond hockey tournament at the lake.

“Again the plan is in the water, similar to last year,” said Sgt. Scott Edwards of the Morden Police Service. “Hopefully the weather co-operates and we still have ice in mid-March. Either way, we’ll plan to do an event that day, whether it’s down on the ice or utilizing our mobile tank.”

The first year for the Morden plunge in 2015 was probably the biggest, with about 50 people registered. The last few years have seen around 30 people take part.

The event, now in its eighth year, has raised around \$150,000 for Special O.

“We’re hoping for 50 plungers. We had that in our first year,” said Edwards. “We’re hoping to get back to that number. I think last year we had around 25.

“It’s an aggressive goal ... but we think the word keeps spreading, and the cause is something you can’t beat for raising money and awareness for Special Olympics.”

The plan is to have the plunge site somewhere near where the dock is

usually located at the lake, but it will be dependent on the conditions.

Edwards thinks doing it at the lake is an extra appeal.

“It was new for us. We actually had a few people who signed up that day as they were at the event and decided, ‘Why not?’” he noted. “I think there should be a good crowd again this year with the pond hockey tournament.”

Access Credit Union is on board as the main sponsor for all four Manitoba plunges in Morden, Portage, Clear Lake, and Winnipeg.

It has become an important source of support as a fundraiser, said Edwards.

“It’s become our staple here,” he said. “The plunge has kind of become our main event for the Law Enforcement Torch Run in Manitoba.”

Participants can register as an individual or join or create a team and be-



VOICE FILE PHOTO

This year’s Polar Plunge in support of Special Olympics takes place at Lake Minnewasta in Morden March 16.

gin collecting donations.

If interested, you can sign up and

find more information online at plungemanitoba.com.

> THE WAREHOUSE, FROM PG. 13

tainment, instead of just sitting in the basement by themselves. We wanted to create a local business which provides opportunities for our young people to get out, socialize and participate in new activities. We also wanted to create a space to hire and mentor young adults, training them with valuable work skills.”

Stephanie will take charge of the day-to-day operations on-site.

“We hope to be a good local business neighbor that is active in the

community and hope to find ways to support local non-profit groups as we figure out some creative ways to help organizations raise money,” she says.

For now, hours of operation will be based on around school hours but will change when summer arrives. Kids under 12 must be accompanied by an adult.

Apart from boasting over 20 of the most popular modern arcade games, the facility also features a 20’x20’ virtual reality free-roam

arena.

They also offer food concessions and a party area available for birthdays and corporate rental events.

“And this isn’t just for kids,” Andrew says. “This is for all ages. We’ve been approached by seniors saying they’d like to try the games without the prying eyes of teenagers. So we’re looking at having a senior’s day so they can have a chance to enjoy these games, as well.”

You can learn more online at www.thewarehousefec.fun.

> LOVE WELL, FROM PG. 13

talking about how this building, and the larger building can serve the community better, so when this came up, we thought there we go. This is perfect.”

“It was last minute, and God came through. For now, this spot will be perfect,” says Reimer, who says there will be a grand opening in the near future. “We’re very blessed and we want to celebrate the blessings with everyone.”

The hunt continues for a permanent home that will accommodate the centre’s growing programs and a vision to add services.

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sports & recreation

Bombers up 2-0, Royals knocked out by Aces

By Ashleigh Viveiros

The semi-final round of the South Eastern Manitoba Hockey League playoffs got underway last week with the Morden Bombers squaring off against the Warren Mercs and the Winkler Royals facing the Ste. Anne Aces.

Morden closed out the week up 2-0 in the series.

They took game one 1-0 last Wednesday on the strength of a goal from Jay Fehr and a 45-save night from goalie Reed Peters.

Warren managed to get two past Peters a few nights later in game two, but a hat-trick from Jory Mullin and two from Logan Christensen gave Morden the win 5-2.

Game three is Friday night in Warren.

The Winkler-Ste. Anne series didn't go the Royals' way at all.

The Aces took game one Feb. 28 3-2 in overtime.

Tying goals from Remi Laurencelle and Aaron Lewadniuk in the second period, followed by a scoreless third, forced the extra minutes. Ste. Anne got the game-winner four minutes into overtime.

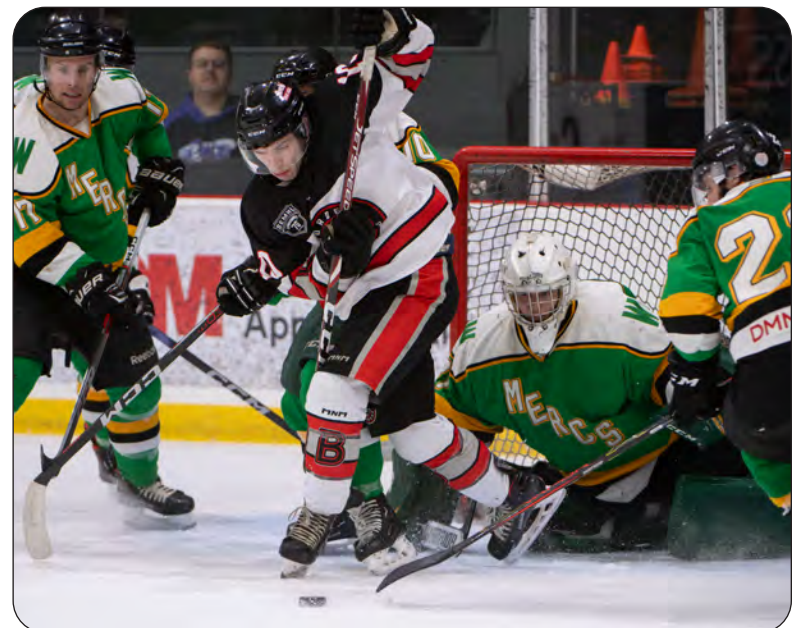
Jayme Janzen made 52 saves for Winkler in the loss as the Aces out-shot the Royals 55-26.

Game two wasn't so close, with the only Winkler scoring coming from



PHOTOS BY RICK HIEBERT/VOICE

Above: Aces Tanner Harms tries to tip a shot past Winkler goalie Jayme Janzen in the SEMHL semi-finals. Right: Morden's Jory Mullin tries to get his stick on a loose puck in front of the Warren net.



Keith Grodin in the first and second periods.

The Aces, meanwhile, managed to get eight of their 52 shots on net past Janzen to win it. The Royals had 30 shots on goal this match.

It all came down to Monday night's game three in Ste. Anne, in which the Aces put the final nail in the Royals' championship hopes with a 6-2 win to take the series 3-0.

Scoring for Winkler was Cam McNabb and Mark Hildebrand.

Janzen saved 52 of the 58 shots he faced in net. The Royals had 20 shots on goal.

Winkler Flyers best Virден Oil Capitals 4-3

By Ashleigh Viveiros

The Winkler Flyers started off the final month of MJHL regular season hockey right with a 4-3 win against the visiting Virден Oil Capitals last Friday night.

After a scoreless opening period, Virден drew first blood just seconds

into the middle frame, taking a 1-0 lead that held until Dalton Andrew and Jakob Jones finally got Winkler on the board in the final few minutes.

The Oil Capitals tied it up early in the third, only to have Winkler pull ahead minutes later with goals from Trent Penner and Andrew. The vis-

itors managed one more goal, but it wasn't enough to close the gap.

Malachi Klassen got the win between the posts for Winkler, making 35 saves off 38 shots. His teammates fired 34 the other way.

The Flyers remain in second place in the MGEU East Division with a record

of 38-8-2-3 for 81 points, which has them eight points behind the Steinbach Pistons in first and nine points ahead of the Portage Terriers in third.

Coming up, the Flyers play a trio of home games against Steinbach (Wednesday), Portage (Friday), and Neepawa (Sunday).

Local powerlifters win at provincials

David Banman and Carson Parago off to Westerns next week

By Lorne Stelmach

Two local competitors were on the podium for their performances at the recent Manitoba Powerlifting Association provincial championship in Winnipeg.

David Banman of Winkler earned first place in his class, while Carson Parago of Altona also had a top showing in his class, including breaking the provincial squat record at 620 pounds.

The results qualified both to be part of the 2024 Western Canadian Powerlifting and Bench Press Championships next week in Moose Jaw and then possibly the national champion-

ship in September in Prince Edward Island.

For Parago, who bench pressed 341 pounds and dead lifted 600 pounds, his success at provincials came despite the effects of a lingering injury.

"The unfortunate thing is I got an injury in November and it hasn't quite gone away ... and I went into that competition with this injury, but despite that was still able to break the provincial squat record, which was great," he said. "It was just a matter of consistency and training smart and paying attention to the injury at the same time."

"It feels good. I just go in there trying to do the best that I can, beat some previous numbers and hopefully come out feeling good," noted Banman of his mindset heading into the competition.

Powerlifting consists of three attempts at maximum weight in three big lifts: squat, bench press, and dead



SUPPLIED PHOTOS

Altona's Carson Parago (above) and Winkler's David Banman (below, centre) had first-place finishes at the Manitoba Powerlifting Association's provincial competition this winter, which qualified them to compete in the 2024 Western Canadian Powerlifting and Bench Press Championships in Moose Jaw next week.

lift. Unlike bodybuilding, which has more emphasis on the pursuit of the physique, powerlifting is a sport of attaining as much raw strength as possible.

Banman, who grew up in Blumenfeld, got into powerlifting about seven years ago, but he has been doing strength training overall for about 12 years.

"When I first started exercising, I was a really small, skinny kid, so the best way to gain weight, I thought, was to start exercising, and then eventually I started taking it more seriously," he said. "I found the sport of powerlifting and started training for it and actually really enjoyed it, and I eventually started competing.

"Lifting the heavy weights can be mentally straining but extremely challenging, and being able to lift heavier weights, going for your personal best, is a really good feeling. And the community of lifters is really great," Banman said in explaining the appeal for him.

There is a lot of regimented training and preparation that goes into it.

"The training leading up to it has to be quite specific," he said. "I personally follow specific programs to try to

develop more strength in those exercises.

"As the weeks go on with training, the weights get heavier and the risk for injury increases a lot," he noted. "I managed to keep everything under control and come out of it pain free.

"I hope I can continue as long as I can, as long as my body can take it," Banman concluded.

Parago quit hockey at a younger age and his father encouraged him to participate in something, so he started out in Crossfit through Outland Health and Fitness in Altona.

As a teen, he started lifting more than some of the adults in his category, so the coach encouraged him to get into powerlifting.

"It's honestly just being able to see how much you are able to do," he said in explaining the appeal. "What are your own limits of how much you can lift?"

"It's just fun to do ... and the drive is just seeing how far you can go with it," said Parago, who has six competitions under his belt now.

"I think it was just the consistency in your training and in your diet, setting some goals," he said of his success.



Pembina Valley Hawks tie quarter-final 1-1

By Lorne Stelmach

The male U18 Pembina Valley Hawks were fighting to stay alive in the post season this week.

Pembina Valley was on the ropes in their quarter-final series with the Southwest Cougars after dropping game one 6-2 in Souris last Friday.

The Hawks trailed 1-0 and 3-0 at the intermissions before connecting on a

pair of powerplays in the third, but that was as close as they could get.

Sam Delaquis and Acoyen Fehr scored for the Hawks, while Bryson Yaschyshyn made 18 saves as Pembina Valley held a 27-24 edge in shots on goal.

The Hawks bounced back in game two Monday night with a decisive 3-1 win.

Delaquis had a two-goal night in the

opening frame and then Cohen Pilkington added one more in the third. The Cougars managed their lone goal late in the first period.

Yaschyshyn made 16 saves this game as his teammates outshot Southwest 31-17.

Game three was set for Tuesday in Souris. Results were not available at press time.

Game four is scheduled for Thurs-

day in Morden and game five for Saturday back in Souris.

The Hawks finished seventh in the Manitoba U18 AAA Hockey League regular season, while the Cougars ranked second. Southwest was victorious all four times the two teams went up against each other this season.



PHOTO BY LORI PENNER/VOICE



SUBMITTED PHOTO



SUBMITTED PHOTO

Hundreds of figure skaters perform at Altona Sunflower Gardens Arena

About 385 skaters along with their coaches, family, and supporters and 1,900 spectators packed the Altona Sunflower Gardens Arena from March 1-3 for the 2024 Skate Manitoba Provincial Championships. Participants came from across the Pembina Valley, as well as Virden, Thompson, Winnipeg, and Kenora. The competition included several different classes and levels, like solos, team pairs, and synchronized skating. Above: Nahla Peters-Loewen of the Altona Skating Club was a Star 5 Women's 13+ silver medalist. Above, left: Members of the Morden Skating Club's synchronized skating team compete. Left: Altona skaters having some fun in the event's photo booth in between their time on the ice.

Female Hawks coach reflects on the season

By Lorne Stelmach

The playoffs came to an end for the female U18 Pembina Valley Hawks, and their quarter-final sweep by Westman was very much like their season as a whole.

The seventh-place Hawks came up short in falling in three straight games to the second-place Wildcats last month, but they gave Westman a good battle.

In both game one and three, the Hawks got into a bit of penalty trouble towards the end, and it cost them. Game two, meanwhile, went to double overtime for a decision that could have gone either way.

"I would say it was probably the best hockey we had played since I

joined in," said Keith Graham, who took over coaching duties part-way through the season. "Overall, I was fairly happy with how the girls played."

The Hawks kicked off the season with three straight wins, but they veered off course from there and ended with a six-game winless run.

The Hawks finished this winter in seventh place at 6-18-4 for 16 points, which was four points ahead of last-place Central Plains and six behind sixth-place Interlake.

A lot of their games were close though, and Graham couldn't fault the team at all for their effort and work ethic.

"I was fairly happy with how everything went," he said. "You come into

a situation like that, you're not too sure how they're going to respond and what the rest of the season is going to look like, but they responded quite well.

"They worked really hard throughout the second half of the season," Graham continued. "It's one of those things where if you have buy-in from the beginning of the season, you're just going to continue to be successful ... it took a little time for the buy-in to happen. Overall, I was pretty happy with the effort."

It is a tough, high level of hockey, he noted.

"There's a pile of skilled players in our province. The competitive level is very high. You're competing and battling with the best of the province. It's

a great age group to watch."

Abigail Brigg led the Hawks offensively this season with seven goals and 11 assists for 18 points while Jessica Anderson was the top goal-scorer with nine to go along with six assists.

Kasia Rakowski carried the bulk of the workload in net with a 5.88 goals against average and .922 save percentage in 24 games.

Looking ahead, Graham is uncertain about the team's prospects for next season.

"That's kind of up in the air right now. Talking with some of the girls, they are planning on returning for next season," he said, noting he's not sure yet if he'll be back as coach. "I'll have to have a discussion ... we'll see what happens."

Morris groups present \$24K to CancerCare MB

By Sean Conway

"Our CancerCare Manitoba fundraising efforts in February focused on hockey, but it is really all about community," says Pat Schmitke, part owner of the Pembina Valley Twisters of the Manitoba Major Junior Hockey League.

Representatives from the Morris Curling Club, Morris Fire Department, Morris Multiplex, Sun Valley Co-op, the Mavericks, and the Red River Wild stood at centre ice before the Twisters' home game last Thursday to present a \$22,457 cheque to

CancerCare Manitoba's Sherelle Kwan.

"It seems more and more people each year get behind the Twisters CancerCare Manitoba fundraising campaign," says Kwan. "It is just remarkable to think they have helped raise over two hundred thousand dollars."

Schmitke gives credit to the communities that step up and support the effort every year.

"It is all about rural communities coming together," he said, noting the team started the initiative in memory



PHOTO BY SEAN CONWAY/VOICE

Lincoln Inkster, Preston Peterson, Anno Mass got the chance to be honorary members of the Pembina Valley Twisters last week as part of the Lil Shooters program, which the team does in partnership with Morris recreational hockey.



PHOTO BY LANA MEIER/VOICE

Representatives from Morris Curling Club, Morris Fire Department, Morris Multiplex, Sun Valley Co-op, Mavericks, and the Red River Wild presented a \$22,457 cheque to CancerCare Manitoba's Sherelle Kwan last week.

of former Twisters player and owner Dale Rempel, who died of cancer in 2012.

A cancer diagnosis touches the lives of not just the person living with it but their families and friends as well, observes Schmitke.

"Cancer is something everyone has had to deal with."

This year's fundraiser took place Feb. 3 and saw the Twisters, the SEM-HL's Wild, and the Morris Mavericks high school team lace up as part of the day-long event, which coincided with the Morris Winter Carnival festivities.

"It takes donations like this to make a difference," says Kwan. "The head shave, the curling events, a dunk tank gets people involved. We are grateful for all the organizing done to the fundraiser for CancerCare Manitoba."

LIL SHOOTERS

Last Thursday's Twisters game also

featured the last session of the Morris Area Recreation Lil Shooters hockey program.

The Twisters partner with the recreational hockey program to promote the game with kids learning the sport.

Youngsters get to visit the Twisters club dressing room before the game for the coach's message, be on the ice with the team for the national anthem, and take a few shots on the Twisters' netminder during intermission.

"My son's eyes were as big as dinner plates when he came out of the Twisters' dressing room," shares one parent.

The kids also take home a candy treat bag, a snack from the canteen, and their own shoot-out puck with a Twister logo on it.

"Our players come from rural communities," Schmitke says, noting the program is a way for the kids "to become part of the team for a little while."

Zone 4 hockey league hands out 2023-24 awards

Thunder beat Aces to win championship

By Voice staff

The Zone 4 High School Hockey League handed out its 2023-24 awards at game two of the championship series between the W.C. Miller Aces and the Morden Thunder Sunday night.

The Aces headed into the game up 1-0 in the series, having won game one 4-3 Feb. 28, but Morden fought back with a 3-2 win to force game three Monday, which they won 3-1 to clinch the Zone 4 title.

At the awards presentation, Max Jago of the Pembina Tigers was honoured twice, taking home both the Heavy Metal Designs MVP Award and the Top Scorer Award. Jago is de-

scribed as a leader on his team.

"He is always encouraging his teammates to do better, even when behind in a game," the team's submitted bio for him reads. "He is always a go-to guy if the Tigers need a big goal or to kill off a penalty. Max plays 20-25+ minutes a game and is always ready to step back onto the ice when we need him."

Jago finished the season with 39 points (21 goals and 18 assists) in 21 regular season games.

Winning this year's Lew Mueller Defenseman of the Year Award was Nic Wiebe of the Morden Thunder.

"Nic plays a top two defensive role on the Thunder and is often called upon to match up against other team's top lines," the team shares. "He is big, physical, fast, a good playmaker, rusher and plays in all situations."

Winning the Top Goaltender Award was Darion Penner of the WC Miller Aces. Penner posted a .927 save percentage with two shutouts and an 11-3 win-loss record in 19 starts (including tournaments) this season.

"Darion's high level of compete along with his sound technical skill makes him hard to score on and gives the team stability and a chance to win every night."

This year's winner of the Lloyd C. Orchard Most Sportsmanlike Player Award is Ethan Wilde of the Carman Cougars.

Wilde contributed 29 points (14 goals and 15 assists) through 17 games this season.

"Ethan's determination to do everything he can to help his team win leads him to be the hardest-working player night in and night out for the

Carman Cougars," his team shares. "Ethan plays the game hard between the whistles and has done so with minimal penalty minutes this season. He is a player who leads by example for his team but is also a great mentor for our players, often trying to help by giving advice and positive reinforcement."

The season's Coaching Staff of the Year Award, voted on by each Zone 4 team, went to the Pembina Tigers; the Charlie Maykut Fair Play Award, awarded to the team with the fewest penalty minutes, went to the Morden Thunder; the Top Defensive Team of the Year, awarded to the team with the least goals against, went to the Mountain Mustangs; and the Official of the Year Award, voted on by the Zone 4 member teams, went to James Nelson

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PUBLIC NOTICE

Morden
**PUBLIC HEARING NOTICE
CITY OF MORDEN
2024 FINANCIAL PLAN**

Pursuant to Section 162(2) of The Municipal Act, Council of the City of Morden invites all ratepayers of the City of Morden to a Public Hearing in respect to the 2024 Financial Plan (Budget) for the City of Morden. The purpose of the Public Hearing is to allow any interested persons to make a representation, ask questions or register an objection to the Financial Plan. A presentation of the Financial Plan will be made in Council Chambers at the City of Morden Civic Centre, 100-195 Stephen Street, Morden, Manitoba on **Tuesday, April 2, 2024 at 7:00 P.M.** Copies of the Financial Plan will be made available to the public on March 25, 2024. Additional information and other documents concerning the matter and the procedures to be followed at the hearing will be available for review at the municipal office at this time.

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COMING EVENTS



C.A.R.E. Inc invites you to join us for the **Retirement Celebration** in honor of **ANN KROEKER** with a Come and Go Tea on **Saturday, March 9** at the **Altona Curling Club Lounge** from 2:00 - 4:30 pm

CAREER



Border Land School Division invites applicants for a **TERM KINDERGARTEN TEACHER** FOR **ÉCOLE ELMWOOD SCHOOL** IN **ALTONA, MB**
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CAREERS



MAINTENANCE MECHANIC/MILLWRIGHT

Bunge Altona has an opening for a Maintenance Mechanic/Millwright. Work involves process equipment installation, maintenance and repair, lubrication, steel fabrication and welding. Preference will be given to those candidates holding a valid provincial Millwright or Industrial Mechanic ticket. Candidates who do not hold a valid ticket will be expected to enrol in the apprenticeship program to obtain their ticket as soon as possible. Overtime and on-call duties are required. The successful applicant will possess excellent written and verbal communication skills, trouble shooting skills, and be a team player. The following would be considered an asset for this position:

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- Pressure or structural welding tickets and related experience

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

Starting Wages:

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

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

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COMING EVENTS

**PUBLIC HEARING
2024 Financial Plan**

Public notice is hereby given pursuant to subsection 162(2) of The Municipal Act that the Council of the City of Winkler will present its 2024 Financial Plan at a public hearing to be held on:

March 26, 2024 at 6:30 p.m.
**City of Winkler Council Chambers,
185 Main Street, Winkler, MB**

Council will hear any person who wishes to make a representation, ask questions, or register an objection to the financial plan.

Anyone wishing to get a copy of the City's 2024 Financial Plan can contact City Hall by phone at 204-325-9524 or admin@cityofwinkler.ca during regular office hours.



PUBLIC NOTICE

**FARM LAND FOR SALE BY TENDER
RM OF MACDONALD**

Completed tender and a \$10,000.00 deposit per parcel are invited to be received up to 4:00 PM on March 25th, 2024, for the land described below, at:

PKF Lawyers - 71 Main St. S, Box 1240, Carman, MB R0G 0J0
Attn: Mona Brown/Jessica Waddingham Ph: 204-745-2028
mbrown@pkflawyers.com jwaddingham@pkflawyers.com

LAND FOR SALE:

Any or all of the following:

1. THE SW ¼ 18-7-1 EPM (168.48 ACRES)
2. THE SW ¼ 18-7-1 WPM (165 ACRES)
3. THE SE ¼ 18-7-1 WPM (160 ACRES)
4. THE NW ¼ 18-7-1 EPM (168.24 ACRES)
5. THE N ½ OF SECTION 12-7-2 WPM (320 ACRES)
6. THE NE ¼ OF SECTION 13-7-2 WPM (127.57 ACRES)
7. THE NW ¼ OF SECTION 13-7-2 WPM (128.71 ACRES)
8. THE SE ¼ OF SECTION 13-7-2 WPM (160 ACRES)

Total Acres: 1398.00

Conditions of Tender:

1. Financing must be pre-approved.
2. Tender to be submitted on the form prepared by PKF Lawyers. **To obtain tender form or more info contact Jessica Waddingham or Mona Brown at 204-745-2028.**
3. Tender must be accompanied by a certified cheque, payable to PKF Lawyers (in trust), in the amount of \$10,000.00 per parcel. Deposit of tenders not accepted will be returned to the Tenderers.
4. Highest tender or any tender will not necessarily be accepted.
5. Possession and the due date of the balance of tender price shall be April 22, 2024. Please note that possession is subject to a lease on all the lands which will expire December 31, 2024, for lease terms please contact PKF Lawyers.
6. The maker of any tender relies entirely upon his/her personal inspection and knowledge of the land, independent of the representations made by the Vendor or the Solicitor and Agent of the Vendor. The land will be sold "as is" and the Tenderer is solely responsible to determine the value and quality of the land.

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PUBLIC NOTICE

GARDEN VALLEY SCHOOL DIVISION



Public Presentation 2024 – 2025 Budget

6:00 p.m. – Tuesday, March 12, 2024

The Trustees of Garden Valley School Division invite you to a presentation of the 2024/25 Operating Budget at 6:00 p.m. on Tuesday, March 12, 2024 at the GVSD Division Office.

The Division will provide a review of the proposed \$59.3 million annual budget and set the mill rate for the 2024 tax year.

PUBLIC NOTICE



You are invited to attend **The Town of Altona 2024 Financial Plan Hearing** Tuesday, March 26, 2024 **6:00 pm** Council Chambers of the Altona Civic Centre

In accordance with subsection 162(2) of The Municipal Act, the Council will present the proposed 2024 Financial Plan for the Town of Altona at 6:00 pm on Tuesday, March 26, 2024 in the Council Chambers of the Altona Civic Centre. The presentation will include the 2024 operating costs, the 2024 capital budget and a five-year capital expenditure program. The presentation will be followed by a forum for questions and comments from the public. The purpose of the hearing is to allow any interested person to make a representation, ask questions or register an objection.

Copies of the proposed Financial Plan will be available after March 20, 2024 on our website at www.altona.ca or upon request at the Town of Altona Administration Office, 111 Centre Avenue during regular business hours. Questions and remarks may be directed by letter or email to our Finance Officer or through our email address at info@altona.ca.

Terry Fehr, CMMA
Finance Officer
Town of Altona
terry.ferh@altona.ca
Box 1630
Altona MB R0G 0B0

February 26, 2024

NOTICE OF PUBLIC HEARING



UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING FOR RE-ZONING By-Law # 1819-2024

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

To amend the Town of Altona Zoning By-Law 1792/2021, as amended, to add a Place of Worship as a Conditional Use to the "IG" Industrial General Use Table 5-9 as follows:

IG – Industrial General Zone Bulk/Use Table 5-9:

Use Class P=Permitted C=Conditional *=Use-Specific Standard Applies Underline = Only as a Secondary Use	Minimum Requirements						Maximum Requirements	
	Site Area (Sq. Ft.)	Site Width (ft)	Front Yard (ft)	Side Yard (ft)	Corner Side Yard (ft)	Rear Yard (ft)	Height (ft)	Site Coverage (%)
<u>Place of Worship</u>	10,000	100	20	10	15	20	45	60

HEARING LOCATION: Town of Altona Council Chambers
111 Centre Avenue East, Altona

DATE AND TIME: March 26, 2024 at 6:00 PM

GENERAL INTENT:

To add a Place of Worship as a Conditional Use to the "IG" Industrial General Use Table 5-9. A Public Hearing is required for this purpose. Notices were sent to adjacent Municipalities and Planning Districts and advertised in the March 7th and March 14th issues of The Voice.

FOR INFORMATION CONTACT:

Tanya Waddell, RPGA General Manager
109 – 3rd Ave NE, Box 270 Altona, MB R0G 0B0
Phone: (204) 324-5357 Email: manager@rpgamb.ca

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Candidates interested in less than full time are also welcome to apply.

Currently posted: Grade 5/6 teacher at École St. Eustache (Comp: #004-24-25)

École St. Eustache and Institut Collégial St. Paul's Collegiate are both 20-30 minutes west of the Winnipeg perimeter on Hwy 1.

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For postings, please visit www.prsdmb.ca

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PUBLIC NOTICE

UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

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

CITY OF MORDEN BY-LAW 04-2024

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

HEARING: Morden Civic Centre

LOCATION: 195 Stephen St., Morden, MB

DATE: March 25th 2024

TIME: 7: 00 pm

From: "CR" Community Reserve

To: "MB" Industrial Business

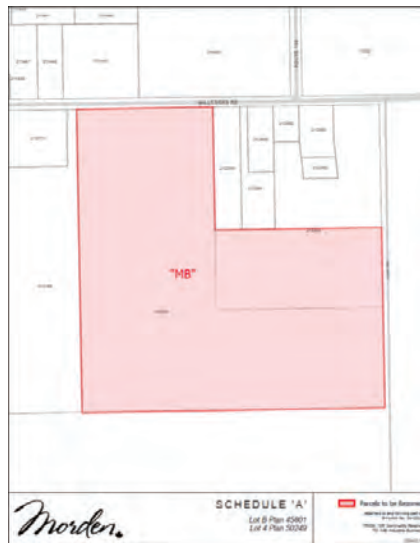
For the development of the New Industrial Park area

AREA: Corner of Willcocks Rd and Road 28 W Lot B Plan 45801 and Lot 4 Plan 50249 MLTO Morden, MB

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

INFORMATION CONTACT:

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



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

PUBLIC NOTICE

UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

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

CITY OF MORDEN BY-LAW 06-2024

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

HEARING: Morden Civic Centre

LOCATION: 195 Stephen St., Morden, MB

DATE: March 25th 2024

TIME: 7: 15 pm

From: "CR" Community Reserve

To: "RM-L" Residential Multiple Family Large

To provide new area for multi-family housing growth

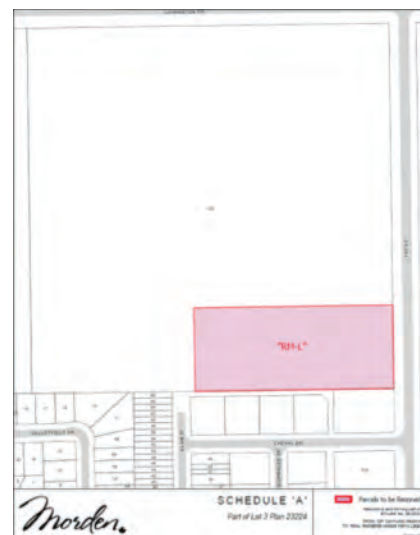
AREA: Southeast corner of Lot 3 Plan 23224 in N1/2 8-3 5WPM

Morden, MB

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

INFORMATION CONTACT:

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



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

FARMLAND TENDER

FARM LAND FOR SALE BY TENDER

Sealed, written tenders for land in the RM of Rhineland

described below will be received by:

Franz Hoepfner Wiens Law Office

Box 99, 1 – 880 J 15th Street

Winkler, MB R6W 4A4

Attention: Hannah Franz



LAND:

PARCEL I: THE S 1/2 OF THE N 1/2 OF SW 1/4 6-2-3 WPM EXCEPTING - AN UNDIVIDED ONE-HALF INTEREST IN ALL MINES AND MINERALS AS SET FORTH IN TRANSFER 113370 MLTO and PARCEL II: THE N 1/2 OF THE S 1/2 OF SW 1/4 6-2-3 WPM EXCEPTING - AN UNDIVIDED ONE-HALF INTEREST IN ALL MINES AND MINERALS AS SET FORTH IN TRANSFER 113370 MLTO

78.18 acres of Bare Farmland with 42 acres cultivated and a creek through the land.

Located approximately 0.75 miles off PR 201.

CONDITIONS OF TENDER:

1. The parcels shall be sold together, and any tender bid for one parcel and not the other shall not be considered.
2. The parcel of land described will be sold "as is"
3. Written Tenders must be received on or before 5:00 PM on March 25, 2024.
4. Highest or any tender not necessarily accepted.
5. Date of Possession to be April 6, 2024, or as agreed between parties.
6. Tender must be accompanied by a deposit of \$10,000.00, payable to Franz Hoepfner Wiens Law Office, to be returned if tender bid is not accepted
7. No right of first refusal.

TERMS OF SALE:

1. The successful bidder(s) shall enter a formal agreement covering terms and conditions of sale.
2. Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
3. Successful bidder will be responsible for real property taxes commencing January 1, 2024.
4. The purchaser shall pay applicable GST or shall self-assess for GST.

For further information contact Franz Hoepfner Wiens Law Office at 204-325-4615 or hannah@fhwlaw.ca

Twisters dropped four games in MMJHL action

By Ty Dilello

The Pembina Valley Twisters found themselves on the losing side of things with four losses last week. Despite the losses, the Twisters are firmly in second place in the MMJHL standings with a record of 27-13-3.

On Feb. 28, the Twisters blasted the St. Vital Jr. Victorias by a 7-4 scoreline. Merek Degraeve led the way with a hat trick, while Derek Wiebe had two goals. Zander Carels and Max Collett had the other goals for Pembina Valley, while Logan Enns had 24 saves in net for the win.

The following night on Feb. 29, the Twisters fell 2-1 in a shootout to the Stonewall Jets. Cody Clark had the lone goal for Pembina Valley, while Owen LaRocque made 42 saves in the loss.

On March 2, the Twisters lost 3-2 at home to the St. Vital Jr. Victorias. Slade Sotheran and Riley Goertzen

had the goals for Pembina Valley, while Logan Enns stopped 22 shots in goal for the loss.

The next night on March 3, the Twisters fell 4-2 to the Charleswood Hawks. Mike Heppner and Alex VanDeynze had the lone goals for Pembina Valley, while Owen LaRocque made 20 saves in net in a losing effort.

“Just the mental aspect of these recent games has been tough,” said Twisters’ head coach Braeden Beernaerts. “We’ve been clinched in the playoffs for a while, and locked in second place, unable to catch first or be caught by anyone else. Each team we’ve played has been battling to make the playoffs, and fighting for playoff positioning, so it can be hard to find that same vibe this time of year when we have nothing to lose or gain right now.”

Twisters’ sniper Derek Wiebe is currently seventh in the MMJHL’s scoring race with 67 points in 43 games,



PHOTOS BY LANA MEIER/VOICE

Pembina Valley goaltender Owen LaRocque made 42 saves in the shootout loss to the Stonewall Jets last Thursday.

while Merek Degraeve is in eighth with 64 points in 44 games. LaRocque is currently first in the goalie rankings as he boasts a 2.26 goals-against average and a .928 save percentage, while Logan Enns is in fifth with a 2.93 goals-against average and .914 save percentage.

The Twisters close out their regular season with a home game on March 5 against the Fort Garry/Fort Rouge Twins. The puck drops at 8:00 p.m.

“All we can do is make sure we are playing the right game, staying healthy, and building good playoff tendencies,” said Beernaerts. “Our play has been good these last two games, and we’ve felt that the scores don’t reflect the games at all as we are playing a good game. But we just couldn’t get a bounce our way. Once playoffs hit, we should be firing on all cylinders, so it’ll be exciting to see where this group can take us.”

Provincial finalists



PHOTO BY LANA MEIER/VOICE

The Morden Vigier team battled right to the end at the Hockey Manitoba Under 11 Rural A2 Provincial championships in Stonewall this past weekend. Morden lost 3-2 against the Warren Mercurys in overtime to win the silver medals. In round-robin play Morden Vigier defeated Mitchell 5-4 and MacDonald 2-0 before facing off and beating Winkler 4-3 in the semi-finals. Pictured in no specific order: coaches Natalie Vigier, Kurt Pazmandy, Corey Hiebert, Travis Penner; players Mason Kervel, Oakland Penner, Hartley Hutton, August Gerbrandt, Xavier Bitton, Harrison Hiebert, Leah Pazmandy, Rowan Major, Kaleb Meekis, Nathan Breiter, Kole Schoonbaert, Bailey Leite, and goaltender Conor Gavigan.



The Twisters' Cody Clark scored Pembina Valley's lone goal in the loss.

The **Voice**

Get in touch with us via e-mail:

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get inspired

> MEAL IDEAS



Classic Apple Lattice Tart

inches, pressing and trimming neatly to fit; chill 15 minutes.

Peel, core and thinly slice apples into large bowl; sprinkle with sugar, lemon zest and cornstarch then toss well to evenly coat.

Arrange apple slices in pastry-lined tart pan, laying flat.

Beat egg with milk. Brush egg wash around pastry rim.

Cut 1/2-inch strips from remaining pastry sheet and make lattice pattern over apples, crimping edges once lattice is completed.

Brush tart with egg wash and sprinkle with cinnamon sugar.

Bake 35-40 minutes, or until pastry is golden. Allow to cool at least 15 minutes before slicing. Serve with ice cream, custard or cream, if desired.

Servings: 8-10
 2-3 sheets puff pastry dough
 5 Envy Apples
 2 tablespoons sugar
 1 teaspoon finely grated lemon zest
 1 tablespoon cornstarch
 1 egg
 1 tablespoon milk
 1 tablespoon cinnamon sugar
 ice cream, custard or cream, for serving (optional)
 Preheat oven to 365 F.
 Use two sheets semi-thawed pastry to line fluted tart pan approximately 10



Apple and Date Muffins

pan with cupcake papers.

Peel and core apples and dice finely; toss with maple syrup.

In large bowl, combine flour, bran flakes, brown sugar, dates, pumpkin pie spice and baking powder; mix well.

In separate bowl, whisk melted butter, egg and milk.

Add half maple-apple mixture to dry ingredients.

Pour wet ingredients into dry and fold together until mixed. Spoon evenly into muffin tin cupcake papers. Add 1 teaspoon remaining maple-apple mixture to top of each muffin.

Bake 20-25 minutes until muffin mix is set and apple topping is golden. Allow muffins to cool 5 minutes before removing from tin.

Serve with butter or dust with powdered sugar, if desired.

Servings: 12
 2 Envy Apples
 1 tablespoon maple syrup
 1 cup flour
 1 cup bran flakes
 3/4 cup brown sugar
 1/2 cup chopped dates
 1/2 teaspoon pumpkin pie spice
 2 teaspoons baking powder
 1 cup butter, melted
 1 egg, beaten
 3/4 cup milk
 butter or powdered sugar, for serving (optional)
 Preheat oven to 375 F and line muffin



Stilton Cheese Pizza

Yield: 1 pizza
 1 tablespoon pizza sauce
 1 tablespoon sweet chili sauce
 1 storebought pizza crust
 1/2 cup mozzarella cheese, divided
 1/3 cup stilton cheese, divided
 1 Envy Apple
 4 slices prosciutto

Ask the money lady

Dear Money Lady Readers,

With everything that's going on in the markets today it's hard to know if you have the right investment plan for your future. Here's what all the economists say: "you need to have a well-diversified portfolio which includes bonds, cash, and high-quality stocks, one that is rebalanced based on your age, risk tolerance and future aspirations."

Okay, textbook – right? But what does that mean? How do you do that? How are you going to get started?

Well, you need to be build a financial team. If your car breaks down or you get into an accident, you don't fix it by yourself in your garage? You or your insurance company hires a professional mechanic to fix it and then everything is great again. Same idea with money. You need to have a professional that can help you achieve all those financial goals you want out of your life.

You want an investment "partner." Pick an advisor who really has your best interests at heart, and don't just pick the first person you talk to, or a relative that wants to help out. You want to be selective, not just with the advisor, but also the brokerage firm. Now let's talk about fees. What should you pay? There are 2 types of fee structures – transactional or fee-based.

Transactional fees are charged with every investment transaction. This is often the case when you buy fixed income investments such as bonds. A fee is charged when you purchase the bond and then again when you sell it. There aren't many advisors that still do transactional fee structures when buying securities. That was the old "stockbroker style" of buying and selling stocks on a monthly basis to generate revenue not only for the client but also the broker. Most advisors today lack the expertise to execute this style of investing properly; however, if you didn't have a good stockbroker back then, it still could be costly. We used to call this method the "pump & dump," which was basically how a broker would



Christine Ibbotson

make an income, moving stock around and charging a transaction fee every time. Nowadays advisors want to put you in a fee-based plan, with a fixed monthly fee designed to offer more protection for the clients along with ensuring a consistent revenue stream for the advisor and the brokerage firm.

Basically, you want to ask yourself: is this advisor a valued partner that I'm willing to pay for, and most importantly am I satisfied with the services that they provide?

Personally, I think it's always a good idea to periodically check out the competition, talk to your friends and see what they pay. When you are young you may not mind spending more for investment advice, but as you age and move investments into secure fixed income products with lower risk and smaller gains, your number one problem will be fees and expenses.

Let me leave you with this TIP: Your new advisor needs to be focused on how to secure your capital with adequate growth in the most tax-efficient manner; and if they always do that, you will always make money.

Good Luck and Best Wishes,
 Money Lady

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6 syndicated across Canada. Send your questions through her website at askthemoneylady.ca

fresh arugula leaves, for garnish
 fresh basil, for garnish
 toasted walnuts (optional)
 Preheat oven to 450 F.
 Combine pizza sauce and sweet chili sauce. Spread sauce over pizza crust.
 Sprinkle with half of the mozzarella cheese and half of the stilton cheese.
 Cut apple in half then core and slice

into thin wedges. Arrange apple over cheese then top with remaining cheese.
 Cook pizza 7-10 minutes until pale golden and starting to bubble. Add prosciutto and cook 2-3 minutes until golden and bubbling.
 Serve with fresh arugula and basil. Sprinkle with toasted walnuts, if desired.