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Pirates invade MCI

From left: The Pirate King (Milo Klassen), Frederic (Sam Regehr), and Ruth (Marie Enoh) discuss Frederic's surprise return to the band of pirates in MCI's production of *The Pirates of Penzance* last weekend in Gretna. For more photos, see Pg. 16.

PHOTO BY LORI PENNER/VOICE

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



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C.A.R.E. director hangs up her hat after 35 years

By Lori Penner

After 35 years serving as Altona's C.A.R.E. (Community Assisted Resources for the Elderly) coordinator, Ann Kroeker is moving on to the next chapter.

Kroeker celebrated her retirement last Saturday surrounded by friends, family, and colleagues. There was cake, speeches, and congratulations all around for the woman who was part of the formation of Altona's original Home Care Program in 1974.

She was a public health nurse at the time. Later, she led Phase Two of the program, which was initiated by the province in 1986.

"They had a vision for the next chapter, and 2015 was established as the date that the baby boomers were going to be hitting the older person's age bracket. They were already preparing for this in the 1970s."

At the time, the fully-funded home care program fell to the public health nurses to implement.

"Primarily, it was persuading clients to accept home care. There was no interest in this program, and the province needed to prove that this program was a success. It was a very complex situation."

Eventually the program took off, and it is currently loaded with clients.

Kroeker's career later evolved to part-time work

at Eastview Place before leaving for eight years to raise her family.

She returned to the workplace in 1986 in a support services to seniors position.

"I was instantly interested in this. My first day in June, I had a desk and a phone, a pen and a pad of paper. By September we had a taxi program and a meal program going, and housekeeping services being offered, and by the next year, we had a program at the Ebenezer Units and Manor going, with 20 people attending. From there on, it just escalated into a very meaningful, popular service."

Kroeker says her vision was to build a community within these buildings.

"They were going to need each other, and in so many buildings, they came to count on these services. And the meal coordinators were chosen for their ability to warm up to the people and create a friendly climate at the table. The staff really learned to love the clients. It was a work of love."

Prior to Phase 2, home care was universal, with no fees attached. Phase 2 was a support service to seniors, which came with a user fee and local boards which only received grants.

"I don't remember any resistance to the user fee for their meals," says Kroeker. "If anything, there was relief. There was an element of pride that came with paying their own way."



PHOTO BY LORI PENNER/VOICE

Ann Kroeker's lengthy career with Altona's C.A.R.E. program was celebrated Saturday at her retirement party.

Continued on page 13

Build a Village needs help outfitting two homes for arriving refugee families

Looking for donations of furniture, household items

By Ashleigh Viveiros

Build a Village needs the community's help to outfit two homes for a pair of refugee families arriving in the area over the next few weeks.

The non-profit's Ray Loewen explains they're expecting a widowed mother and her young son, who are originally from Eritrea but have been refugees in Egypt of late, to arrive next week.

A second family—a mother, father, and their four children—originally from Syria but arriving here from Lebanon, will be in town the first week of April.

"Rental housing is always hard to find, but we were fortunate enough to find an apartment and a house for the two families that are coming," Loewen says. "Now we're looking to furnish them. We need everything from beds to couches to kitchen tables—basically everything that goes into setting up a household."

They've put a call out for donations of gently used furniture and

household items and hope to have both houses set up for the families as soon as possible. Loewen is confident they'll be able to get it done in time.

"The community has always been phenomenal," he says. "Every time we put out a call either for money or for volunteers or for household items or whatever, the response has always been just really, really good."

If you have items you think the families could use, you can connect with Loewen to donate them by calling 204-324-7786 or emailing him at ray@westparkgm.com.

"We already have possession of both the house and the apartment, so we can start accepting items right away," he says.

50 FAMILIES AND COUNTING

Build a Village has been sponsoring refugee families to come to Canada for over two decades.

"It started in response to the earth-

Continued on page 14

A blue-themed advertisement for the Altona Aquatic Centre. At the top right is the logo for Altona Aquatic Centre. The main text reads "WE ARE HIRING" in large, bold, white letters with a blue outline. Below this, there is a lifebuoy icon and the text "LIFEGUARDS" and "TICKET CLERKS". At the bottom, there is a dark blue section with white text: "QUESTIONS & APPLICATIONS:", a globe icon with the website "www.altona.ca/p/summer-positions", an envelope icon with the email "communications@altona.ca", and a phone icon with the number "204-324-6468". At the very bottom, it says "Apply by April 5th, 2024!".



Right: Mordenite Vienna Peters (far left), co-president of the Rural Interest Group, and Dr. Leanne Nause (right) at BTHC Saturday, which welcomed medical students eager to learn more about what it's like to be a rural doctor.



PHOTOS BY LORNE STELMACH/VOICE

Medical students get a taste of rural living

By Lorne Stelmach

a small taste of what it could be like to practice medicine in rural Manitoba. The annual initiative involves stu-

First and second-year medical students spent the day Saturday at Boundary Trails Health Centre to get

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> **RURAL INTEREST GROUP, FROM PG. 3**

dents who are part of the Rural Interest Group at the University of Manitoba, and they rotated through stations that demonstrated a variety of things such as intubation, IUD insertion, suturing, ultrasound, and more.

It is always an important opportunity, said Dr. Leanne Nause, who added that they hope the students even just have fun with the day and make some good memories.

“And hopefully we inspire some to come back or seek

another rural area for their medical practice,” said Nause.

“More than 20 years ago, I was in a group like this, and it definitely led me to my career path,” said the Morden-based doctor. “It may not be for all of them, but even if they have fun and know what’s out here and know what they can experience even in learning ... residents get really top-notch learning out here.”

The Rural Interest Group is among a number of initiatives that can help lead more medical students to consider working in rural Manitoba. There is also the Rural Week that places students here for a week as well as the Home for the Summer program, which offers seasonal employment to post-secondary medical students providing hands-on experience.

The Rural Interest Group is led by co-president and Mordenite Vienna Peters, who is a second-year medical student.

“We host events throughout the school year for students interested in rural medicine to get a sense of what it would be like to work in rural communities,” she explained.

There were just under 30 students out for the day at BTHC.

“It’s good exposure ... you get a sense of what it would be like to work here one day,” Peters said.

“In med one and two, we don’t get tons of exposure to clinical experience,” she noted. “It’s a lot of lecture work, so this is a good way to get out of the classroom and learn the skills ahead of time.

“It’s really nice coming to rural communities and working with the staff from the area because we learn about the needs here, what kind of patient population we would be working with, and that could help us tailor our education as we go through med school to kind of focus on something,” Peters suggested. “You’re getting to work with the doctors who are a big part of the community ... and students often don’t really know what kind of practice they could do in areas outside Winnipeg.”

Nause and other local medical practitioners were happy to be part of the day.

“We love this event. It is very exciting to have a bunch of medical students who are usually in their first or second years ... and we know they are enthusiastic about coming to get exposure out in a rural area,” she said.

And there are vast options available in a regional centre like Boundary Trails Health Centre, she noted.

“It gives them an idea because maybe some don’t know much about rural life,” she said. “Rural medicine has so many different avenues. You can do radiology, family medicine, obstetrics, pediatrics ... there are lots of different opportunities.

“Ever since I have been here, there has always been a need for more doctors,” Nause added. “We want to continue to encourage medical providers to come out to this area so we can meet the growing population needs.”

“The Rural Interest Group is a really great opportunity for us to welcome students who have never seen rural medicine and to give them exposure to what our hospital has, and it is often an eye-opening experience,” said Nicole Walske, executive director of the Menzies Medical Centre in Morden.

She noted one current resident working here today had been part of the group as a student.

“I think it’s a testament to how important it is for them to see that difference,” she said. “I think our primary goal is to give them an opportunity to understand that the learning isn’t just at the university level and that we as a community of physicians here want to support their learning.

“We want to give them an environment that is nurturing and safe ... the more they want to be here and like being here, the more potential we will have to keep them here as working physicians.”



PHOTOS BY LORNE STELMACH/VOICE

Medical students got the chance to try their hand at a variety of procedures at BTHC on Saturday.

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Local Special O athletes bring home five medals

By Ashleigh Viveiros

Pembina Valley athletes came home with the hardware from the Special Olympics Canada Winter Games in Calgary last week.

Winkler's Janell Brown and Rosengart's Trenten Heinrichs competed in snowshoeing with Team Manitoba at the event. They were joined by coaches Sabrina Klassen (Winkler) and Julia Thiessen (Altona) and mission staff member Chris Sumner (Altona).

Brown came home with three medals in tow: gold in the 100 metre race and bronze in both the 200m race and the 4x100m relay.

She says the experience was "very good" and she was pleased to have done so well after a long gap between

this and the last time she competed on the national stage.

"It was very fun," Brown says, listing "meeting other people" as a highlight for her.

Heinrichs did so well in the preliminaries for his events that he got bumped up a division. He ultimately earned gold in the 4x100m relay and bronze in the 200m race.

While winning the medals was a high point, so too was the camaraderie with Special O athletes from across the country, Heinrichs says.

"I got to meet different people from different provinces," he says, sharing the Saturday night dance was a lot of fun, as was touring the sights of Calgary.

Coach Thiessen said the Games were



Rosengart's Trenten Heinrichs (second from left) captured gold in the 4x100m relay along with his teammates (from left) Josh Pereira (Winnipeg), Nolan Penner (Winnipeg), and Caleb Friesen (Steinbach area).

Stanley council approves \$7.9M financial plan

By Lorne Stelmach

The RM of Stanley has a budget in place for 2024 that manages to tackle significant projects while not calling for an overly large increase in taxes.

Council gave approval at its meeting last Thursday to a \$7.9 million budget that increases spending by over \$867,000 or 12.5 per cent from 2023.

It will mean a six per cent increase in property taxes for ratepayers, with the following examples of what the municipal taxes will look like for 2024:

- Residential property valued at \$338,600 - an increase of \$76 to \$1,344.
- 40 acres of farmland valued at \$465,000 - an increase of \$60 to \$1,066.

- Commercial property valued at \$866,600 - an increase of \$281 to \$4,967.

It is based on a municipal mill rate that increases from 8.319 to 8.818. It includes the general mill rate, which decreases from 7.430 to 7.395, as well as the special service mill rate, which increases from 0.889 to 1.423.

"It was ambitious ... it was also a challenging budget with all of the large infrastructure projects were planning on participating in," said Deputy Reeve Pete Froese. "We're also involved with the health care initiatives in the area and trying to help advance and promote them."

Continued on page 8



SUPPLIED PHOTOS

Above: Janell Brown of Winkler (far right) celebrates a bronze medal along with her team in the 4x100m relay. From left: Jenny Noonan (Winnipeg), Shannon Ivey (Minnedosa), and Jacklyn Reimer (Steinbach area).

a blast for athletes and coaches alike. "It was really nice to see the relationships built between athletes within our snowshoe team and then the whole Manitoba team as well."

Team Manitoba included 58 athletes competing in a wide variety of both indoor and outdoor sports. They brought home 60 medals.

It's been a few years since the nationals could be held, Thiessen notes. "So just to see people that recognize each other from previous games that they've been to from other provinces, to be able to see each other gain, that was neat."

Competition was high, but so too was the level of support from everyone.

"These athletes have been training

three times a week for this since July," Thiessen says. "So there's definitely that commitment from the athletes, trying to compete at the best level that they possibly can."

"But it's also a very supportive environment. People want to be supportive of each other, which really brings out a positive atmosphere."

Special Olympics Canada will now decide which athletes will represent our nation at the Special Olympics World Winter Games in Turin, Italy next March.

The next national event—the Special Olympics Canada Summer Games—will be held in Medicine Hat, Alberta in 2026. The site of the 2028 Winter Games has not yet been announced.



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OUR SISTER PUBLICATIONS



What dreams may come

I woke up one morning and was immediately ticked at my wife for no good reason.

BACKSTORY: My grandfather William Francis McCarty, son of Irish immigrants Frank and Mary McCarty who settled in Lucan, Ontario, was a poet. My mum exposed me to his work when I was young, and I will forever be grateful. This part of him holds a sacred space in my heart.

Recently I had a dream where I was telling my wife about one of his poems (which doesn't exist) called "I Know Why the Sparrow is So Alone."

Dream Peter: "My grandfather wrote a poem called 'I Know Why the Sparrow is So Alone.'"

Dream Wife: "That's stupid. Sparrows aren't lonely. They hang out with all kinds of other sparrows all the time. Everyone knows that."

Dream Peter: "Well, he wasn't a freaking entomologist!" (NOTE: Dream Peter is not as smart as Real Peter and he likely meant ornithologist here.)

Dream Wife: "I mean, a five-year-old knows this."

Dream Peter: "What the heck (or some such word)! Why are you being such a jerk!?"

Upon having uttered this I immediately wake up.

Real Wife: "Good morning!" says wife in her best Disney Princess/Nezuko voice.

Real Peter: "I dreamt my grand-

father had written a poem called 'I Know Why the Sparrow is So Alone.'"

Real Wife: "That's lovely. What a beautiful idea."

Real Peter: "You didn't think so in my dream ..."

Honestly, it took a few minutes for me to let the ghost of my dream anger fade away. How ridiculous is that?

Poor Real Wife was gracious in listening to my explanation and reminded me of an episode of *Friends* where Phoebe is ticked at Ross because he called her boring in a dream where they are playing chess on a frozen lake. It turns out that it wasn't Ross

at all but Cameron Diaz in disguise as Ross, but the damage was done.

Dreams are weird. I remember a lot of dreams, which leads me to believe I do not sleep well or, according to the Marvel Cinematic Universe (MCU), I am simply peeking into the lives of other versions of me from the multiverse. I prefer the latter explanation.

My wife claims to never dream, having no dream recollections at all (really). This leads me to believe she is a deep sleeper or is unique in the multiverse, according to MCU lore. I prefer the latter in this too.

Continued on page 7



By Peter Cantelon

Letters

MEDICAL CARE IN OUR REGION

Sometimes things don't change much, changes occur gradually. But there is lots of talking and very little action to back this up. Right now, for over 50 per cent of medical care, rural people from our area have to go to Winnipeg. They spend time and money to access over 50 per cent of

medical care. Almost all of which is specialized care.

It is time the government spends a reasonable amount to promote regionalization. This year, the provincial government received \$77 million from the federal government for

Continued on page 7

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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• DON'T MIND THE MESS

Saying grace

Like many others, I grew up in a family that always said a prayer before we dug into a meal. This was referred to as, "saying grace."

I'm not sure if this was just my clan, or if other Mennonite families did this, but we usually added an extra thank you prayer at the end of the feast. As a kid, I didn't really under-

stand the need for the second grace. I surmised that perhaps it was letting God know now that we had actually tasted the food, we were sincerely grateful, and indicating to my mom, my aunts, or any other servers waiting on the sidelines that it was finally time to step in and clear the table.



By Lori Penner

Saying grace

> CANTELON, FROM PG. 6

Whatever the case, dreams can pack an emotional punch that bleeds into real life and affect how we perceive things and people and even ourselves.

I don't know why I dreamt that my lovely wife was such a jerk in dream land, and I am well past it now (aside from having to dedicate valuable column space to the subject).

Really. My wife is amazing, and I

> LETTERS, FROM PG. 6

"waiting list reduction." Does this government have a view on areas outside the perimeter when they spend \$77 million? From what I see the government could do that if local leaders make correct representation based on statistics. If not, all that money is going to Winnipeg.

Our government has to do more to decentralize specialty care wherever that is possible. The question is whether our new government will listen to the rural people. My impression is yes, if our reps make submissions with reason, the new government will be receptive to it.

The main reason for decentralization is it will save money for the

hold absolutely no grudges at all ... types the columnist as he mutters crazily to himself while hunching over his keyboard in the dim light of the computer monitor about how some sparrows might actually be lonely and who the heck does she think she is calling out someone's dead grandfather that way anyhow ...

government. The expenses for the same services in a regional center are at least 20 per cent less than in a tertiary center. The other side of the coin is that rural people can access some specialist care here instead of going to Winnipeg. Then rural people will have to spend less money to access the same essential specialist care. Convenience for old people will be a secondary benefit. So, it will be a "win-win" for all the government and rural people.

Since we have no hospital boards, our mayor and councilors have to do that job.

Dr. Chandy Jacob,
Winkler

didn't always involve a banquet. Often, it was warranted by just a piece of pie and a coffee. Although the ice cream and other treats we snuck out of the freezer generally flew under the radar.

Nostalgia aside, I do see the need for saying grace. It acknowledges the Source of this bounty set before us, and it also encourages gratitude; something that the maker of the meal often doesn't receive. Although many prayers would include, "And God bless the hands that prepared it."

Praying out loud was also something we never did around my parents' table, or at my grandparents' house. I'm not sure why, since many of my friends' families were quite verbal in their show of gratitude. Did my relatives consider it a private practice and disrespectful to add audio, or did it simply boil down to, "It's just the way we've always done it."

In my family, there were simple guidelines to saying grace. We'd clasp our hands, bow our heads, close our eyes, and think grateful thoughts, or silently mouth the words. The main thing was the Recipient above would accept whatever humble and sincere show of praise we had to offer. As my parents said, "God sees the heart and doesn't care if it's not fancy."

The timing of the silent prayer depended on the spirit of the group. As kids, we kept one eye half open to see if anyone had raised their head and

was reaching for a fork. Then, we could follow. Usually, it was an elder who dictated the length, and we dared not be the first to end it.

And Heaven help me if I glanced over at a sibling or certain cousin whose head was bowed, but was wildly grinning at me, daring me not to laugh. Of course I laughed, which led to a whole lot of conversations later about disobedience and lack of respect.

Later, as my family circle grew, I got to know some folks who didn't think a simple thank you was enough, and always added a few opening remarks to the prayer. Many times, this often lengthy preamble included appeals for someone's provision or healing, or petitions for a few souls who had lost their way. It was informative, to say the least, and there were a few of us who squirmed from time to time.

At the end of the day, I'm glad that my parents carried on the tradition of saying grace. It's a simple acknowledgement that this tasty dish created by loving hands isn't something to be taken for granted. It didn't just materialize out of nowhere. Someone paved the way for it to appear on our table, and He deserves the credit. That humble prayer puts things into perspective.

Although, I'll never really understand the one about Johnny Appleseed.



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Winkler Heritage Soc. puts call out for volunteers

By Ashleigh Viveiros

The Winkler Heritage Society's future depends very much on more people getting involved.

The volunteer-run organization held its annual meeting last week.

Longtime member Ed Falk reluctantly stepped into the role of acting chair. John Epp had been filling in in the wake of the death of board chair Randy Rietze last fall.

At the AGM, the board bid farewell to its former secretary treasurer and also welcomed a couple new faces, but no one was eager to take on the

leadership mantle.

"Rather than fold the board up and say nothing can happen, I said I'd do it," Falk says, stressing he's hoping it will be a temporary position. "Hopefully in the next several months there will be somebody that will be willing to take on a position that is more of a driver position."

Falk says it's been a struggle for the society to get new dues-paying members (they have about 60 active ones right now) and board members willing to help lead the organization into the future.

But fresh blood—of any age—is

needed as the society looks for a new home for both the Winkler Heritage Museum (currently in the Southland Mall) and the Winkler Archives (currently in the Winkler Centennial Library) by year's end. They also need people eager to come up with some new fundraising ideas and to help launch them.

"We are all a product of history ... it's part of who we are," Falk says of the importance of the society's preservation and education efforts, which in addition to the museum and the archives also includes offering genealogical help to those on the hunt for

their family's history, a regular historical newsletter for members, and the Stone and Stories project, which compiles the biographies of every person buried in the Winkler cemeteries.

If you have an interest in history and a willingness to get involved, the society wants to hear from you.

"We want people to come see what we've got, what it is we do," Falk says. "We want them to participate in whatever way they can."

He urges people to drop by the Winkler Heritage Museum or contact them through their website (winklerheritagesociety.ca) to learn more.

> STANLEY BUDGET, FROM PG. 5

"Our contribution to the hospital through the Boundary Trails Health Centre Foundation is a million dollars there that's spread out over four years. That's an additional special levy ... so that's part of our six per cent increase in taxes," noted Reeve Ike Friesen. "But it's a good thing. We need it for the community. It's a growing region, and we see it continuing to grow."

"As well, we're putting some money into reserve for the wastewater project we're working on together with the City of Winkler, and that will be used up in the next few years."

The major projects coming into play with the budget meant it was to be expected it would all have some impact on taxes, but council felt that the increase was reasonable under the circumstances.

"I think we've done a fair job," said Froese. "And I think with the inflationary factors we've seen over the last couple of years, it was inevitable that we would increase the taxes to some degree."

"I think we've done a really good job of working with our numbers," suggested Friesen. "I think with the growth that is coming, we will see return coming in the future as well. It's costing us money now, but there's also the additional inflationary costs that have increased in the last couple

of years."

On the revenue side, there is a six per cent shift from the municipal tax levy to other revenue and a transfer from reserve funds for 2024.

Two thirds of the revenue or \$7,298,106 comes from the municipal tax levy, while 31 per cent or \$3,498,697 is through other revenue such as grants, and three per cent or \$340,000 is through the transfer from reserve.

The municipality's outstanding debt from such things as debentures has decreased by \$724,568 to \$6,193,500 as of Jan. 1.

Here is a breakdown of the key areas of spending for the municipality:

- Transportation services: 51 per cent of the budget at \$4,042,353 - a 10.5 per cent increase.
- General government services: 16.5 per cent of the budget at \$1,305,770 - a 7.5 per cent increase.
- Protective services (fire and police): 9.5 per cent of the budget at \$752,181 - a four per cent increase.
- Recreation and culture services: 6.8 per cent of the budget at \$537,638 - an increase of 13.7 per cent.
- Planning and engineering services: 6.2 per cent of the budget at \$485,373 - an increase of 8 per cent.
- Health and welfare services: 5.5 per cent of the budget at \$435,466 - an increase of 133 per cent due in large part to contribution towards

expansion of the Boundary Trails Health Centre.

- Environmental services: 2.5 per cent of the budget at \$197,000 - an increase of 7.8 per cent.

- Economic development services: 2 per cent of the budget at \$1555,050 - a decrease of 1.9 per cent.

Some of the key projects and priorities supported by the budget include the following:

- A joint effort with the City of Winkler to provide expanded wastewater treatment capacity which will allow for expanded residential and commercial development.
- A sewer project in the corridor between Winkler and Morden for the Boundary Trails Health Centre expansion and expanded commercial development.
- Low-pressure sewer infrastructure for the villages of Reinfeld and Schanzenfeld to provide improved sewer capacity and service for both communities.
- A new community pathway linking Winkler and Morden to provide a safer active transportation alternative for commuters travelling between the two cities.
- A new water reservoir to allow for

expanded development in the area and provide consistent and secure access to potable water for Boundary Trails Health Centre.

- Additional water reservoirs in Stanley to secure access to potable water in all areas of the municipality.

- Continued improvement to gravel and paved roads.

"We want to continue to maintain the services we provide, but we also have to look to the future," said Friesen, citing for example the need for asset management. "We're going to be replacing a lot of the infrastructure that we have, so we need to put away money for that as well."

"We always look at improving our roads, so we try to improve some roads every year that we have on a forward thinking plan over a few years, so we do upgrade some roads every year."

They also cited the community pathway in the Morden-Winkler corridor as a project they hope to see finally get underway.

"We're hoping maybe that is going to take off this year," said Froese. "We would like to see that moving forward."

"WE WANT TO CONTINUE TO MAINTAIN THE SERVICES WE PROVIDE, BUT WE ALSO HAVE TO LOOK TO THE FUTURE."



PHOTOS BY LORNE STELMACH/VOICE

The Pembina Valley Humane Society board (above) reported on a successful year at its annual meeting last week. Left: The meeting opened with a time of volunteer appreciation.

Humane soc. sees high level of surrenders, but lots of adoptions, too

By Lorne Stelmach

The past year saw a higher level of animal surrenders and intakes at the Pembina Valley Humane Society, but the organization also achieved a near-record number of animals rehomed.

Combine that with the humane society being able to re-invest its surplus into the organization and finding improved operational efficiencies within the shelter, it means the volunteer board judges 2023 as a successful year.

“I think one of the biggest things that we focused on this last year was just sustainability,” said chairperson Audrey Wiebe following the humane society’s annual meeting March 5.

“How can we get the shelter to a point we can sustain long term, more than a year ... so we really worked extremely hard on our fundraising committee and our grants committee to try to generate a little more revenue,” she said. “And I think because we were seeing such an influx of the surrenders coming in ... we were really just focused on a proactive plan on how we can generate more funds to

help out more animals.”

The shelter experienced one of the highest rates of surrender and intake in 2023 with a wait list sometimes reaching over nine months long.

It took in 149 animals, including 75 cats and 74 dogs. There were 169 adoptions, with 85 cats and 84 dogs finding new homes.

In 2023, 183 animals were placed in foster homes, compared to 132 in 2022, and 131 of those animals were adopted before the end of the year.

Wiebe suggested it’s clear the positive momentum that has been generated is making a difference in addressing the need communities of southern Manitoba have for animal welfare.

“And I think because we’re so involved in the community now ... just being involved more with the community, I would say they have turned around and just supported us so much,” she said.

It helped contribute to what became a positive year financially for PVHS. There was a healthy surplus based on revenue of \$298,871 and expenses of \$237,986. Total revenue outperformed the budget by 25 per cent, and fundraising revenue exceeded the budget by 44 per cent.

“Fundraising probably brings in a majority of the revenue that we saw ... and this past year exceeded any previous year. We hit huge milestones and records,” said Wiebe. “We were blown away by the support from our donors, sponsors and community grants. Not only were we able to work

through our wait list to a manageable level, we were able to implement a proactive long-term plan.”

Wiebe noted their 2023 operational focus was around the pillar of “sustain” with three major goals to improve animal care and adoptions, improve community education and support, and build financial sustainability.

“The pillar that we’re really focused on this year is really just inspiring with community programs that are in the works now.”

In partnership with the Morden Veterinary Clinic, PVHS was able to expand the low cost spay and neuter program to not only include Morden and Winkler but also reach out as far as Pilot Mount, La Rivière, Cartwright, and surrounding areas. Implementing this program makes spay-

ing and neutering more accessible to those who may have not been able to afford it otherwise.

And although a goal was to launch a TNR (trap, neuter and return) program in 2023, it was held up for a number of reasons, but Wiebe said they will continue to work with the local councils to come up with ways to improve the stray cat overpopulation.

As well, the humane society launched a program that is teaching schoolchildren how to approach dogs safely.

“One of the biggest takeaways this year also is just highlighting the volunteers who give so much to the shelter,” said Wiebe. “A lot of people are just really passionate about animals, and they want to be a voice and help out.

“ONE OF THE BIGGEST THINGS THAT WE FOCUSED ON THIS LAST YEAR WAS JUST SUSTAINABILITY.”

Donation breakdown

Where does your money go when you support the Pembina Valley Humane Society?

If you donate \$10 to the organization, here is a breakdown of how your donation is put to use:

- \$4.40 will be spent on re-homing animals, including food, medical care, and other direct costs of animal care.
- \$3.70 will be deployed to main-

tain the shelter, including stocking supplies, cleaning, and utilities.

- \$1.30 will go towards putting on events to bring awareness to the cause and educating the public on responsible pet ownership.

- \$0.60 will be used for administration, which includes all the expenses needed to keep the organization running.

get informed

Ten-year-old donates to BTHC Fdn. for new NICU

By Lorne Stelmach

Kaylee Henderson is quite likely the youngest benefactor when it comes to supporting the expansion of Boundary Trails Health Centre.

The 10-year-old presented a donation of \$2,660 last Wednesday to the Boundary Trails Health Centre Foundation specifically for the development of a neo-natal intensive care unit (NICU).

Henderson and her family were inspired to collect donations in place of gifts for her 10th birthday party as a result of her own journey of having been born premature and spending her first few months of life at Children's Hospital in Winnipeg.

Due to pregnancy complications, Kaylee was delivered three months

early, shared her mother Amy. "She did have some health concerns and was quite tiny. She was two pounds, four ounces, and she did spend three months in NICU in Winnipeg," Amy said.

"We did spend our three months away from our family and our other two daughters that stayed with my parents while we were away," she added. "We stayed with family in Winnipeg so we could be closer to the hospital to see her every day."

Kaylee has since had no major health concerns other than a few bouts of pneumonia, but the experience has still had a lasting impact.

When Kaylee turned five, she had family and friends help her collect stuffies to donate to Katie Cares.

"Because she had been a recipient

"IT'S AWESOME TO SEE THAT SOMEONE THAT AGE WOULD WANT TO GIVE BACK FROM HER EXPERIENCE."



PHOTO BY LORNE STELMACH/VOICE

Kaylee Henderson (left) presented BTHC Foundation executive director Shannon Samatte-Folkett with a donation of \$2,660, which she asked for at her 10th birthday party in lieu of gifts.

in some of her stays here at Boundary then she wanted to give back to them," said Amy, who noted Kaylee then had a similar thought for her 10th birthday on Jan. 25.

"Instead of presents, she had said if they would like to donate to her cause for the foundation to earmark for the NICU equipment," said Amy. "Being her 10th birthday, our family all thought it was a great opportunity to be able to do a little fundraiser."

She is very proud of her daughter.

"It's awesome to see that someone that age would want to give back from her experience," Amy said. "And to be able to have that for families

to be able to be close to their family and home also helps for them."

"I wanted to because I know it's hard," said Kaylee. "I know it's hard because ... if you're in the Children's Hospital, then you really miss your family."

"Because I was in this hospital, for my 10th birthday I wanted to help because they probably needed a lot of help to expand," she said. "When I heard that there was the NICU coming, I was like, 'Oh, I should help, and I can make it faster for them to build.'"

"She is going to be an amazing little philanthropist ... she sees the big picture," said foundation executive director Shannon Samatte-Folkett. "We are always grateful when the youth get involved and they see things that the community needs at such a young age."

"I am speechless listening to her because we are going to do some really great things," she added. "Learning about families who did have to stay in the city, and now when the level two NICU is complete, they won't have to do that. They can stay closer to home, and that what was the whole purpose of our foundation ... bringing services closer to home for our community."



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arts & culture

'Roots Rediscovered' on now at Winkler Arts and Culture

By Ashleigh Viveiros

Winkler Arts and Culture is teaming up with the Winkler Heritage Society this month for a unique exhibition that shines the spotlight on local history.

From the Archive: *Roots Rediscovered* is on display at the Park St. gallery until the end of the month. It features a host of artifacts on loan from the Winkler Archives, providing a glimpse into the history of Winkler and the surrounding area.

"There are many photographs, including a few portraits from Gerhard (George) Sawatzky, a gifted photographer who started in our area in 1948," shares WAC executive director Jered Hildebrand. "We also have some fabric pieces: a maternity dress from 1924, a doll dressed in 1890s formal church attire, and more."

"There are some paintings, charcoal portraits, models, and historical documents on display as well."

The idea for the show came after discussions with heritage society reps, Hildebrand says.

"We want to support the Winkler Heritage Society, as we value them as an important part of our community," he says. "After connecting with Ed [Falk] from the society's archive, we found a unique opportunity to display a number of their items in our gallery. These items hold not only historical significance but also artistic and cultural value as well."

Falk says he's pleased to be able to take the pieces out of the archives' space at the Winkler library and into a new venue, potentially reaching a whole new group of people.

"We always want to try and reach out and inform people of what we are and what we do, because so many people have never been in the archives before," he says. "They don't always even know we're there."

Each piece in the show has an interesting story behind it, Falk shares, pointing to a photo of an old barn that comes with a family story of wartime spycraft, and then to the maternity dress worn by a member of the Wiebe family who originally owned the land Winkler stands on today.

"We need to keep in mind where we came from," Falk stresses of the im-

portance of historical preservation in a growing community like Winkler.

Falk says his time at the archives and the Winkler Heritage Museum comes with countless instances of people stopping by with artifacts, memories, or information that might otherwise be lost forever.

He recalls two women visiting and realizing they were related to the photographer whose work was on display.

"I was able to show them the photographs that their father, their grandfather had taken, and I heard the story of the young lady, the granddaughter—she's a philharmonic violinist in Philadelphia ... just because I happened to be there that day and they walked in."

He recalls another person contacting the archives looking for childhood photos long lost. He was able to scan one for them from an old school yearbook he had on file.

"When you have those kinds of experiences, you see the importance of preserving stuff," Falk says.

Details about each piece on display will be available at the exhibit, but Falk will also be at the art gallery on Thursday, March 21 from 7-8:30 p.m. to share more detailed stories and field questions. All are welcome.



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Ed Falk from the Winkler Archives with a formal ladies cap, one of the artifacts on display at the Winkler art gallery this month. The show also features an embroidered table cloth (right) and a variety of historical paper documents (below).



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arts & culture

Work from Rimon Art Collective on display in Morden

By Lorne Stelmach

A group exhibit on now at the Pembina Hills Gallery in Morden showcases the shared cultural heritage of the artists through their creative work.

The Rimon Art Collective is a group of female Jewish artists based in Manitoba, and the Kabbalat Shalom exhibition is their first group show.

The five participating artists see the collection of work as embodying their spirit of creativity, resilience and community.

"We all work in different areas. We all have separate media backgrounds, but at the core of it, a lot of our themes go back to our Jewish identity," said Winnipeg artist Shan Pullan, who is part of the exhibit along with Liza Isakov, Mishelle Aminov, Yael Friefeld, Halley Ritter, and Etel Shevelev. "It's grown into very long-lasting friendships."

The collective is made up of alumni and current students of the School of Art at the University of Manitoba.

A group statement explains the name as embodying the rich symbolism and deep meaning they infuse into their art.

"Just as the pomegranate holds within it numerous seeds, each representing a facet of our identity and experience, so too do our artworks reflect the multitudes within us. Our collective art statement underscores our commitment to fostering a supportive family of artists and reclaiming spaces for Jewish expression in the face of adversity.



"As Jewish artists, we understand the importance of communication and the role of art as a universal language. In a world where misunderstanding and mistranslation often prevail, we strive to use our creativity to bridge divides and amplify our voices."

For Pullan, whose interest in photography growing up led her to university for art school, finding this level of connection has been vital.

"I have been using my art form as a way of connecting with my culture and connecting with the community as well," she said. "It actually started with out with three of us ... we just started as a group of friends. We were in a print making class, and we slowly started adding more Jewish women who we knew from the school.

"Originally, it was just a group chat for support, and then because we're all in the artist community, we had the idea of creating the collective to showcase female Jewish artists in Manitoba."

Pullan does analog photography and has delved into a technique called film souping, where a film roll is soaked in various liquids to change its chemical properties. It has been used by photographers and artists who want to add a unique touch to their work.

"My work is definitely more abstract," she said. "For me, they connect back to memories of the community and to the time I was going through in 2023 when I created them."

It is important to have that cultural connection. "Culture is an incredibly important part to the Jewish community ... because we are a smaller



PHOTOS BY LORNE STELMACH/VOICE

Shan Pullan with some of her photography at the opening of the Rimon Art Collective's show, Kabbalat Shalom, on display at the Pembina Hills Art Gallery this month. Left: A few other pieces in the show, which showcases the work of five female Jewish artists.

community, especially here in southern Manitoba, having people of the same culture and having similar backgrounds is an incredible way of connecting," Pullan said. "In the school of art, which is where most of us met, it's an even smaller community."

She loves the varying styles and media on display as part of their first group exhibit.

"We all worked hard together to create the show and to create the collective," said Pullan. "It's really big ... for myself, this is the first time that my art has really been in a professional art space ... I think, for most of us, this is kind of the first step in our artistic careers ... this first opportunity is incredibly special for us."

Isakov said they see this exhibit as a major stepping stone for the group, with more opportunities coming their way.

"I'm really happy that I have something like this because I felt for the longest time since I immigrated here that I didn't really have a community and didn't have a lot of Jewish or Israeli friends," said Isakov. "Coming together like this ... when the thought arose that we should do something creative together and showcase our art together ... it really helped us to come together.

"We have a lot of mediums. Everyone is really unique with their own styles, and everyone has a different point of view and a lot of different attributes and mediums that they contribute to the group," she concluded. "We work together really well. We're all kind of on the same wavelengths with what we are creating and what we would like to showcase."

MADD Canada stops by Morris School to educate students

By Sean Conway

Mothers Against Drunk Driving (MADD Canada) was at Morris School last week to educate Gr. 9-12 students about the dangers of driving while under the influence of drugs or alcohol.

MADD is a volunteer-driven charitable organization with a mission to stop impaired driving and support its victims.

"MADD was supposed to do a presentation at the school last year," said guidance counselor Laurie Edel, "but bad weather cancelled the event. The school was closed yesterday because of the weather. I was worried we might have to cancel the presentation again."

MADD has a team of field representatives that do school presentations about the dangers of driving under the influence and how students can be safer drivers.

In Morris to speak to the kids on behalf of the group last Tuesday was Elysia Townsend, MADD's Western Canada representative.

"I grew up in a small town like Morris," she shared. "I have seen the impacts of drunk driving. I've lost friends because of it. It is preventable."

"I do a lot of work in the schools. The goal is prevention. Education is how can we improve young people's decision-making abilities."

Motor vehicle crashes are the leading cause of death among 16 to



PHOTOS BY SEAN CONWAY/VOICE

Mothers Against Drunk Driving rep Elysia Townsend (right) gave a presentation to Gr. 9-12 students at Morris School last week. Above: Students Samantha Heppner and Alex Sabourin said it was an eye-opening talk about the dangers of driving while impaired.

25-year-olds. Alcohol and/or drugs are a factor in 55 per cent of those crashes.

Young people have the highest rates of traffic death and injury per capita among all age groups and the highest death rate per kilometre driven among all drivers under 75 years of age.

"Impaired driving is a serious subject. Impaired driving accidents are 100 per cent preventable," stressed Townsend. "We are talking to young people about it to prepare them for making choices. Hopefully, they will make better decisions."

The MADD presentation took place in the school gymnasium. After a brief introduction by Townsend, the students watched a video called *No Tomorrow* in which the life of a promising young musician is cut short when he is killed as a passenger in a vehicle driven by a friend impaired by alcohol and drugs.

That was followed by a series of true or false questions designed to further engage the students.

"There is a bunch of information to throw at students in a short



time," Townsend said. "Impaired driving is not just being drunk—drugs also play a part. MADD wants to share stories and change misconceptions."

The event wrapped up with video testimonials from families that have suffered loss because of impaired driving.

The presentation certainly got the kids thinking about the dangers of getting behind a wheel while impaired.

"It explained a lot of stuff and what is wrong with it," observed Gr. 10 student Samantha Heppner.

"The presentation opens your eyes," said Gr. 12 student Alex Sabourin. "Don't drink and drive, because it could be the last time you get into a vehicle."

> C.A.R.E., FROM PG. 2

While C.A.R.E. has evolved over the last three decades, Kroeker says the guidelines of this program were always definite.

"It was congregate meals, resource services, friendly visitation, transportation, and any other supports. We're the only community that I know of that the resource council runs the handi-van. Most of the towns like Carman and Morden have their own boards."

This continued into a Lifeline program and the administration of a palliative care program, and finding volunteers for the Meal on Wheels program at the Altona hospital.

"We kept on adding things to round out our connection with the community. These are all volunteer-driven programs. Over the years, our volunteers have outnumbered staff."

The agency's services have always been based on partnerships throughout the community, including the former Ebenezer Home, Units and Manor, the program's home base in the 1980s. When the Ebenezer board made a shift to The Gardens on Tenth, C.A.R.E. moved across town to the Buffalo complex.

Kroeker says it was a friendly transition, a win-

win situation where everyone flourished.

She says the next step for the organization will see more work with individuals in their homes.

"Many are retiring quite early and are looking for meaningful work. They'll focus on volunteer opportunities for young retirees. There's not a lot of money in this—it's all for the love of it. You're gonna stay the course, because you have flexibility and you love the work."

Looking back, she says the main focus of her work was about helping people transition as they move through a huge shift in their family life.

"We all talk about empty-nesters and the mid-life shift. This transition from a culture where we value independence so strongly. Everybody prides themselves in how much we can do for ourselves. So when you get to a place where that is no longer smart, that next shift to inter-dependence is not welcome. Everybody loves their independence."

"It's difficult. It looks like grief, with all those steps. In that transition of the whole family, there is often discord as to how that step should look. But there are very few resources available on that topic. Now as the boomers get into that age bracket, I think it will become more talked about. I really hope there will be research so that this will be taken more seriously."

She adds that going forward it will be vital for all the various support organizations in the community to work in partnership.

Kroeker feels she's leaving the organization in very good hands, and says she has full confidence with the board, the staff, resource coordinator Marge Penner, and new administrator Josie Winterburn.

"I'm looking forward to rediscovering who I want to be in this season of my life. At 75 years old, I've been pretty much on the fast track all these years. What do I really want my life to look like now? Who do I value and what does that mean for me now?"

"I'm feeling very optimistic and I'm feeling great about the future. I am on the brink of everything ... I want to continue with my passions and work on the softer side of myself."

She is grateful to the board and for their inspiration.

"They inspired me, encouraged me and focused me. And thanks to this wonderful community. I had planned to live my life in Winnipeg and ended up in Altona. And it turned out to be a pretty nice life."

Check out the Voice online at www.winklormordenvoice.ca or altonavoices.ca

A status quo budget for Border Land SD

By Lori Penner

Trustees for the Border Land School Division (BLS D) will be working with a status quo budget for the coming school year.

A budget of \$40,587,000 has been approved for 2024/25, with an increase of about \$2 million, or 5.4 per cent from the current school year.

A total of \$396,400 was designated for annual capital expenditures in the coming year, with \$127,000 for capital reserve projects.

"Salaries and benefits account for 80 per cent of our budget, so those always most significantly impact our budget," explained BLS D secretary-treasurer Rachel Geirnaert. "Other areas where we've seen an increase are fuel and bus repair costs, as well as custodial and maintenance supplies."

The division completed a variety of projects last year, including new flooring at Elmwood School, cabinetry at Gretna School and Ross L. Gray, new PA systems at Parkside and Shevchenko schools, LED lighting at W.C. Miller Collegiate, new lockers at Shevchenko, floor scrubbers at Roseau Valley School, and brick repairs and other exterior work at Elmwood and West Park Schools.

Their increase to provincial funding

for existing operations was \$149,000. The division's total nutrition funding amounted to \$297,000, which is to be spent on new nutrition programming.

"The funding from the province was not enough to cover our increased costs, so we rely on taxpayers to assist us in operating the school division," Geirnaert said. "BLS D had a surplus at the end of June. The board made the decision to allocate that surplus back to taxpayers by applying it directly to the special requirement, and by purchasing our next three buses from this surplus."

BLS D has seen a steep increase in the cost of buses, she adds.

"Our buses put on a lot of kilometres over the year, so what ends up happening is we usually rotate our four buses one year, and three buses the next year. Because our routes are so long, we need to have reliable buses in place. If a bus breaks down in the middle of winter, it could be an hour before another bus gets there. So, we have a fairly new fleet because of that. With the surplus, we were able to buy one wheelchair bus, and two non-wheelchair buses."

The cost of the three new buses was approved last week at over \$521,000.

"We made the decision to order them now," Geirnaert said. "It used to



PHOTO BY LORI PENNER/VOICE

Border Land School Division's board of trustees have approved a status quo budget of just over \$40 million for the 2024-2025 school year.

be that we would get them in July or August for the upcoming school year, but with the delays we're still experiencing from COVID, we are still waiting on the buses that should have been here this past July. So, we need to allow for some lag time."

As far as education and property taxes for the coming year go, there will be a special levy increase of 3.98 per cent, with a mill rate increase of 0.33 or 2.78 per cent.

As a result, a home valued at \$200,000 will see an increase in education taxes of \$29.70 before the province's education property tax credit.

"So this will be a break-even budget," Geirnaert said. "We had a defi-

cit budget last year because we found ourselves in the surplus position, so we thought last year we could use a deficit budget. This year we decided to break even, however we again had a surplus at the end of June of 2023, so the board chose to put \$345,000 of that directly towards our special requirement or supplied surplus.

"It reduces the amount of special levy we need to collect, because we're going to be doing some of our spending out of surplus."

As far as dreams and wishes for the coming year, Geirnaert says, "We can't even go to our dreams right now, which is why we opted for a status quo budget this year."

> BUILD A VILLAGE, FROM PG. 2

quakes that happened in El Salvador," Loewen says. "The first couple of years we were raising money and sending teams to build homes.

"Then we started sponsoring refugee families. Over the last 20 years, roughly 20 years, we've sponsored about 50 different refugee families, 200 and some people."

The families have come from all over the world. "Unfortunately, there are so many troubled areas in the world right now," Loewen says. "We've had people coming from Venezuela, from Syria, from Sudan, from Eritrea—just all over the place."

Some have stayed for a few years and then moved on to be nearer to family or pursue other opportunities elsewhere in Canada.

"But we've also has quite a few that have come

to Altona and have stayed here," Loewen says.

The two families coming this spring both have loved ones already calling the area home, which should make things a little bit easier for them as they settle into their new life in Canada.

"Some of the first families that arrived 20 years ago, we had nobody in the community that was from their country of origin, nobody that spoke their language," Loewen recalls. "So that was really hard on some of the first families."

"Now, there's already a group of Arabic speaking people in the community, so when somebody from Syria comes, there's so many people they can communicate with."

Build a Village volunteers are also on hand to walk alongside families through their first years in Canada, offering support and guidance as they settle in.

It's been a wonderful experience welcoming

newcomers to the area, says Loewen.

"There is such a huge need for it. When Build a Village started sponsoring refugees, there was something like 25 million refugees in the world. Today, with all the conflicts that have surfaced in the last bunch of years, the number of refugees is up to about 125 million.

"Once you've been involved with some of the families, when you hear their stories, when you listen to what they've gone through, it's good that we can be a bit of assistance to at least a couple families."

Loewen also has a very personal reason for wanting to be involved.

"My mom came to Canada from Ukraine when she was a little girl, so somebody was willing to help their family get settled in Canada," he shares. "I want to pay that forward."

Local Mini 4WD racing club has a need for speed

By Lori Penner

When Augustine De Alcantara's race club meets in Altona every Saturday, they don't need a very big track.

In fact, the racing surface only requires a large room, with space for spectators and spotters to catch the race cars in case they fly off the track.

And don't be fooled by the size of the complex little vehicles. While they can fit in the palm of your hand, they can reach a top speed of 40 km/h.

De Alcantara began the South MB Mini 4WD Club nearly a year ago, after becoming involved in a similar club in Winnipeg.

"It's a very popular sport in south-east Asia. Over there, it's high stakes with trophies and big prizes. My friends and I were originally part of a club over there, too. We were excited to see that there is a club in Winnipeg, so we joined that. Then we had the idea to bring this to Altona. We were guessing people out here would be interested in this, too."

They guessed right.

The club is free to join and now boasts about 40 members from across southern Manitoba.

"It's the only club like it in the re-

gion," says De Alcantara. "People are getting more and more interested. This sport is for everybody. It's a good thing for the kids to get involved in, too. They're very excited about it."

The club held their first big competition last December in the Altona Bergthaler Church basement to rave reviews.

While participants can order their own race cars and parts from Japan, the club has a number of vehicles for sale, with a basic starter kit priced at just \$25. You can also purchase other parts to upgrade.

The kit includes a small, ready to assemble AA battery operated car, with all the components and tools you need to create your vehicle.

"This is not a remote-controlled vehicle," stresses De Alcantara. "It's all about speed. There's a science to it as you put all the parts together, which is one of the reasons this hobby is so popular."

The races include three laps around a curvy, convoluted track, and whoever completes those laps first wins.

"It's a matter of skill in setting up your vehicle. You have to tweak it a little. It's a challenge, learning how to speed up your car. It depends on how



PHOTO BY LORI PENNER/VOICE

Enjoying some afternoon racing at the Rhineland Pioneer Centre last weekend were (from left) Edwin Acosta with his nephew Nathan, Augustine De Alcantara, and Nicollie Leandelar. The group races their R/C cars weekly.

you set up your car. The goal is to get to the speed without going off the track. The rollers help you gain speed. These are fairly sturdy vehicles, so they can take a lot."

De Alcantara has lived in Altona for seven years and is finding this is a great way to get to know more people in the region. He encourages everybody to check out their events and consider becoming part of the club.

"It's a fun and affordable hobby. It's a great way to interact and get to know people. There is a strategy to it. There's a science to it. It's not about

the speed, it's about how you set up your car."

The South MB Mini 4WD Club is currently putting a five-member team together to compete at a tournament in Winnipeg on March 26. They're also organizing a Spring Cup in Altona.

"We'd also like to set up a competition in Altona during the Sunflower Festival," De Alcantara says.

You can connect with the club via their Facebook page: Tamiya South MB mini 4wd club.



PHOTO BY LORI PENNER/VOICE

Augustine De Alcantara with one of the race cars at last weekend's races.

Nominations open for Altona chamber awards

By Lori Penner

The Altona & District Chamber of Commerce is setting the stage for a night of celebration and recognition as they prepare for their annual awards gala.

The event will honour community builders—the businesses, entrepreneurs, and non-profit organizations that make Altona shine.

The Business Excellence Award will be bestowed upon not one but two businesses. One company with 10 employees or fewer and another with 11 employees or more will be celebrated for their commitment to business goals, customer service, growth, and overall positive impact on the community.

Also in line for an award is the Entrepreneur of the Year. This accolade will be granted to an innovative entrepreneur with a minimum of three years under their belt. They will be recognized for their professional touch in staffing and employee quality growth, quality control, marketing strategies, expansions, and overall contributions to the community.

Finally, the Non-Profit of the Year Award will be presented to an organization that is not merely fulfilling its mission but leaving an indelible mark on the community. They're recognized for their contributions to social, cultural, physical, economic, and ethical well-being in Altona.

Continued on page 16

The Community Exchange gets a helping hand from Friesens

By Ashleigh Viveiros

Friesens Corporation stopped by The Community Exchange (TCE) in Altona recently with a big and very welcome cheque in tow.

The printing company announced last week it has committed \$120,000 in support to TCE over three years (\$40,000 a year in 2023, 2024, and 2025). An additional donation of \$1,169 from Friesens' 2024 employee-directed giving campaign was presented to TCE reps as well.

Friesens says it's keen to support TCE because they provide important services and support for newcomers to Altona. While the centre is open to everyone, the programs and events it offers can be especially useful to those trying to establish themselves in the community.

"Our company, community, and province all rely on newcomers to maintain and grow our collective quality of life," said Friesens CEO Chad Friesen. "The better we are at welcoming and integrating newcomers into the fabric of the community, the better the community will be for everyone."

TCE board chair Cal Funk says the donation is an amazing gift to the fledgling organization.

"We're very thankful to Friesens ... they're such a great supporter and such a great partner in our community."

"We're a relatively new organization—coming up this fall it'll be two

> AWARDS, FROM PG. 15

Nominations for these awards can be made online at altonachamber.com.

The 2024 awards gala will take place Thursday, April 18 at the Rhineland Pioneer Centre.

The evening will have as entertainment magician Chris Funk "The Wonderist."

Economic development officer Stephanie Harris says the gala will feature a red carpet theme this year, with a photo booth for guests to enjoy.

"Other than that, it will be the same format, with the cocktail hour, the dinner, the awards ceremony, followed by the entertainment, wrapping up by 9 p.m."

Harris encourages everyone to nominate their favourite business, entrepreneur, or not-for-profit for recognition.

Ticket information is available on the chamber website. They can be booked by calling 204-324-9549 or emailing info@altonachamber.com.



Friesens CEO Chad Friesen (left) presented a donation of \$121,069 to The Community Exchange's Peter Wohlgegemut (center) and Cal Funk last month.

years of operation—so to get a supporter like that behind us, especially when we're just getting our feet on the ground, it's immense," Funk said. "Especially as we're trying to put staffing and programming together and figure out what the community needs really are."

Operating out of 116 Main St., The Community Exchange serves as a hub

for Altona area residents, offering drop-in hours, game nights, a monthly community meal, and more as it seeks to connect and support people.

Community support makes TCE's work possible, Funk stressed.

"We've got several business that have stepped up in both significant and smaller ways. And we've also had individuals within the commu-

"TO GET A SUPPORTER LIKE THIS, ESPECIALLY WHEN WE'RE JUST GETTING OUR FEET ON THE GROUND, IT'S IMMENSE."

nity that have stepped up," he said. "Financial support is growing and we're also seeing people volunteering more and more on a regular basis and people willing to plug into some of the programs that we offer so that we can connect with the community, be a partner with folks in our community."

If you've never stopped by before, Funk urges you to do so.

"The Community Exchange is a friendly, safe place where everyone is welcome," he said. "It's for everybody and anybody, so what we've found happening here is that people from very different walks of life that have never met each other and probably would have never had a reason to connect—friendships have formed and support systems have formed."

SUPPLIED PHOTO



PHOTOS BY LORI PENNER/VOICE

Major-General Stanley (Cohen Hildebrand) is consoled by his daughters after confessing that he lied about being an orphan in Mennonite Collegiate Institute's production of *The Pirates of Penzance* last weekend. Right: Frederic (Sam Regehr) patiently listens to Ruth's plea (Marie Enoh) that she is young enough to be his wife.

MCI's Pirates of Penzance





A Night at the Movies

Winkler Skating Club's season-ending showcase had the theme of Night at the Movies Saturday at the Meridian Exhibition Centre. Clockwise from above: Naomi Hildebrand and Hailey Penner perform a piece inspired by the Disney movie Frozen; a sea of Marios and Princess Peaches in the Super Mario Bros. set; Alexis Enns with a solo piece; the Pink Ladies from Grease; a pair of pint-sized "Trolls" show off their moves.

PHOTOS BY ASHLEIGH VIVEIROS/VOICE



March is Pharmacy Appreciation Month

For your health, consult your pharmacy professional

Pharmacy Appreciation Month is celebrated every year in March throughout Canada. The Canadian Pharmacists Association organizes this initiative to recognize the work of pharmacy professionals and express gratitude for their contribution to the healthcare system. The event also serves as an opportunity to raise public awareness about the vital role these professionals play in promoting good health.

Never hesitate to ask for advice

As you know, pharmacists provide a wide range of services. They can help you renew your drug prescriptions, prescribe certain medications, monitor and adjust your treatment and administer vaccines. Pharmacists can also offer guidance when purchasing over-the-counter medicines and natural health products.

Although many natural health products are available without a prescription, they could interact with the medications you're taking or each other. That's why it's essential to get professional advice before buying them.

It's also a good idea to always go to the same pharmacy. This ensures that the pharmacy team can access your complete medical history and provide appropriate advice. You'll establish a rapport with them and feel more at ease when discussing your individual requirements.

Remember that you should always consult with your doctor before stopping any medication. Even if you feel better or are experiencing unpleasant side effects, abruptly stopping treatment can be risky. Your pharmacist is dedicated to keeping you healthy.

Someone asked me recently WHY?

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sports & recreation

Flyers start final week of regular season with a win

By Ashleigh Viveiros

The Winkler Flyers downed Steinbach and Neepawa but stumbled against Portage this past week in MJHL action.

Last Wednesday's game against the Pistons in Winkler saw the Flyers up 3-0 with goals from Lucas Ens, Trent Penner, and Dalton Andrew. The visitors managed one goal in response midway through the third, giving the game to Winkler 3-1.

The Flyers had an edge on shots on goal, 30-21, with Malachi Klassen making 20 saves.

Hosting the Portage Terriers Friday night didn't go quite so well. The close game saw Portage draw first blood 14 minutes in only to have Andrew tie it up for Winkler three minutes later. That was it for scoring until the first half of the third, where Portage managed to get what proved to be game-winner to take it 2-1.

Klassen made 28 saves off 30 shots in net. His teammates fired 33 the other way.

The pendulum swung back Winkler's way against the Neepawa Titans Sunday afternoon.

The 5-3 win saw Jakob Jones score twice and Zach Nicolas, Noah Deimer, and Avery Anderson contribute singles. Klassen made 19 saves as Winkler outshot Neepawa 37-22.

Winkler is in the East Division's second place spot with a 40-9-2-3 record and 85 points. They trail the first-place Steinbach Pistons by eight points and are ahead of the Portage Terriers in third by nine.

The Flyers' final four regular-season games have them in Winnipeg to play the Freeze Tuesday night, hosting the Virden Oil Capitals Wednesday, and then on the road in Selkirk to play the Steelers Friday and in Winnipeg to play the Blues Sunday.

PENNER HONoured WITH RBC, MVP AWARDS

At the start of Friday's game, forward Trent Penner was named a Community Ambassador by the MJHL and RBC.



PHOTOS BY RICK HIEBERT/VOICE
Winkler's Brady Craik finds himself in tight with Portage netminder Gavin Renwick but can't get the puck out of the pile of snow beside the net in Friday's game, which the Terriers won 2-1. Right: RBC rep Simon Becker and Winkler Mayor Henry Siemens presented Trent Penner with a Community Ambassador award just before the game.

"RBC sponsors game nights across the MJHL where we honour a player who has stood out for their commitment to community," explains Simon Becker, assistant branch manager at the Winkler RBC.

Community Ambassadors are selected for having demonstrated outstanding citizenship and sportsmanship both on and off the ice.

"Penner is a hometown player and he never hesitates to give back to the community," Becker says. "He devotes much of his time to local youth during the season as well as in the off



season. And on top of that he's also dedicated time to Salem Home in Winkler.

"We're really excited to honour Trent for his community involvement."

Flyers head coach and general man-

ager Justin Falk says Penner was a clear pick for the award, which RBC presents to one player on every MJHL team each year.

Continued on page 21

Red River Valley Youth Soccer hoping to get local teams going

By Sean Conway

Sheldon Dueck is a parent in the community of Rosenort. He wanted a local soccer team for his son to play soccer on, so he's making it happen.

The organizers of Red River Valley Youth Soccer held a meeting at the Rosenort Community Centre on March 4 for all parents interested in creating a soccer team in the community.

"I grew up in Rosenort. I have no interest in soccer but my son is gung ho about the sport," said Dueck. "Last year he played in Winkler. He wanted to play with his friends in town, so I'm trying to start up some soccer teams."

Dueck is not new to organizing sports: he's actively involved in minor hockey in Rosenort.

Last week's meeting didn't see a huge turnout, but Dueck is still optimistic.

"There were a few new faces, which I liked to

see," he said, noting the team is open to kids from throughout the area. "Kids from St. Jean, Morris and Lowe Farm are welcome. Maybe if the interest is there other communities could form their own teams."

The plan is to join the Pembina Valley Soccer League, which has youth from Carman, Morden, Winkler, and Altona playing recreational soccer.

A team can have a maximum of twelve players and a goalie. The game is six versus six, with smaller nets and a reduced field size. All the equipment kids need to play are shin guards and cleats. There are no tryouts—every registered child makes the team.

The Rosenort information session focused on creating co-ed U10, U12, and U14 teams.

"We hope to expand to a U17 team in the future," said Dueck.

The Pembina Valley Soccer League soccer season

runs from May to June. Players are on the soccer field twice a week for one practice and one game, weather permitting.

The league distributes the games among all communities, so there would be some games played in Rosenort. Cost for registration is \$100.

The startup team is looking for volunteers to get it off the ground.

"We are hoping to get kids and young adults involved to referee and coach," Dueck said. "The league will need coaches. We will know how many after we get a look at the number of kids."

"My kids play hockey in the winter. I wanted to build another sport option to keep kids active," he said, noting that "soccer is a cheap sport. We can build a program for kids to get involved in."

You can head to rrvyouthsoccer.ca to register your child or connect with Dueck via email to dueck21@gmail.com or by calling 204-232-8730.



8 reasons to buy recyclable products



Recycling is a big part of your lifestyle, but what about buying products made from recycled materials? Here are eight great reasons to shop for recycled items.

1. You help maintain demand for recycled goods, which encourages businesses to buy from companies that offer them.
2. You encourage the development of new products by showing interest in materials that would otherwise be discarded.
3. You help conserve natural resources. Manufacturing products made from recycled materials

4. You limit the production of greenhouse gases by avoiding the disposal of materials.
5. You support energy conservation, as less water and electricity are used to manufacture recycled goods.
6. You encourage the creation of new jobs for each stage of the production chain, including collection, sorting, processing and manufacturing.
7. You respect the principles of sustainable development, which benefits your entire community.

8. You help reduce the amount of material going to landfills and incineration plants.

Shop smarter by choosing recycled products made by companies that use sustainable practices.



To help celebrate Earth Day, here are a few Recycling Do's and Don'ts:

Do Recycle:	Don't Recycle:	Recycle Facts: Did you know?
<ul style="list-style-type: none"> Any plastic container with a recycling triangle on the bottom (except with the #6 includes bottles, pails, tubs and jugs) and any steel food and beverage containers: soup and pet food cans Drink cans & bottles, juice boxes All paper products including cardboard boxes, newspapers magazines 	<ul style="list-style-type: none"> Products containing multiple material types packaged together, like most coffee pods or toys containing both plastic and metal Takeout containers or pizza boxes with food remnants Household hazardous waste containers 	<ul style="list-style-type: none"> When you recycle just one aluminum can, you save enough energy to power a 100-watt light bulb for 20 hours or to listen to a full album on your iPod! When you use recycled paper instead of "virgin" paper, you are contributing to saving 7,000 gallons of water per ton of paper produced. Save water not just trees...

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Hawks move on to semi-finals versus Brandon Wheat Kings

By Lorne Stelmach

The Pembina Valley Hawks have taken down the number two team and now get a chance to take on the top seed as they advance in the Manitoba male U18 playoffs.

A 2-1 overtime victory in game five Saturday in Souris gave the Hawks a 3-2 series victory over the Southwest Cougars. They now advance to face the Brandon Wheat Kings in the semi-finals.

The seventh-place Hawks trailed 1-0 and 2-1 in the series after being edged 2-1 by Southwest in game three last Tuesday in Souris, but they then forced the fifth and deciding game with a 4-3 win in game four Thursday in Morden.

Acoyen Fehr was the hero 7:43 into overtime with his fourth goal of the playoffs. The Hawks had spotted the Cougars the opening goal in the first period, but Adrien McIntosh tied it up with 41 seconds left in the opening frame, and then Fehr got the game-winner.

Bryson Yaschyshyn made 30 saves as the Cougars held a 31-29 edge in

shots on goal.

The Hawks outshot the Cougars 26-19 in game three, but they were mostly stymied by Southwest goaltender Micky Gross. Yaschyshyn made 17 saves for Pembina Valley.

Charlie Hill scored the lone Hawks goal to even the game at 1-1 seven minutes into the second period, but the Cougars scored what proved to be the winning goal with 35 seconds remaining in that frame.

Fehr had a pair of goals and a three-point night to lead the Hawks to victory in game four. Yaschyshyn had a solid 38-save performance as the Cougars won the shots battle 41-32.

Lane Apperley and Liam Goertzen also scored for Pembina Valley, which trailed 2-1 after two but then came back with three goals in the third, including the winner by Fehr with 6:38 remaining in the game.

The semi-final round kicked off Tuesday in Brandon and then continued Wednesday in Morden. Results were not available at press time.

Game three is in Brandon Friday night and game four is back in Morden Sunday.



PHOTO BY RICK HIEBERT/VOICE

Pembina Valley Hawks netminder Bryson Yaschyshyn leaps over a sliding Tyson Draper in Thursday's playoff game against the Southwest Cougars, which Morden won to take the series three games to two.

The Wheat Kings had a near perfect season with only one overtime loss in 44 games.

The Hawks kept most of their games with the Wheat Kings close, other

than an 8-3 loss in December.

The other semi-final series has the third-place Winnipeg Wild taking on the fourth-place Winnipeg Thrashers.

Twisters open playoffs with pair of wins

By Ty Dilello

The Pembina Valley Twisters have taken a commanding 2-0 series lead winning the first two games of their quarterfinal match against the Raid-

ers Jr. Hockey Club in the MMJHL playoffs.

Prior to the start of the playoffs, the Twisters suffered a 9-3 defeat on their home ice against the Fort Garry/Fort Rouge Twins in their last game of the

regular season. Cohen Thomas had a pair of goals for Pembina Valley in the losing effort, while Lucas Jolicoeur had the other goal. Jack Martin stopped 36 shots in goal for the loss.

The Twisters took the second spot in the MMJHL standings, boasting an impressive 27-14-4 record. As a result, they will have home-ice advantage as they face off against the seventh-seeded Raiders Jr. Hockey Club in their quarterfinal best-of-seven series.

Twisters' forward Derek Wiebe finished the regular season in seventh in the MMJHL's scoring race with 67 points in 44 games, while Merek Degraeve tied him with 67 points in 45 games. Netminder Logan Enns amassed a 20-8-1 record in goal, which was good for second in the league in wins, with a 2.93 goals-against average and .914 save percentage.

On March 8, the Twisters won Game 1 at home by a 1-0 scoreline in a tight defensively played affair from both teams. Wiebe had the game-winner for Pembina Valley, while Enns stopped all 33 shots he faced for the shutout.

Game 2 was played on March 10. It

was a wild back and forth thriller that saw the Twisters rally from a two-goal deficit in the third period to force overtime. The game ultimately went to double overtime before the Twisters pulled out a massive 6-5 victory.

Mike Heppner led the way for Pembina Valley with a pair of goals including the overtime winner, while the team's other goals were scored by Colton Wiebe, Thomas, Zander Carela and Brock Wood. Enns stopped 22 shots in goal for the victory.

"I think we went through every emotion you can in the playoffs in that one," said Twisters' head coach Braeden Beernaerts. "The whole game, we felt like we still had a gear or two left in the tank, and we just had to find it. When we were able to not only tie the game but lead by one, I think we got too much of a relieved feeling, and we got caught thinking the game was over. And the Raiders capitalized on us as we were caught sleeping at the wheel. However, the boys dug deep and brought their all in the overtime as everyone stood tall, and Heppner was able to make an in-



PHOTO BY LANA MEIER/VOICE

The Pembina Valley Twisters' Derek Wiebe and Alex VanDeynze look to make a play in the 6-5 overtime win against the Raiders last Sunday.

Pembina Pizazz compete at Canada Cup

By Lorne Stelmach

It was less about the results than the experience when the local synchronized skating team took part in a national competition last month.

The Pembina Pizazz novice level team participated at the Canada Cup synchronized skating championship Feb. 21-25, and coach Pam Parker was proud of how well the skaters did in going up against more experienced teams from other provinces.

"They have a lot of room to grow," she said. "They learned way more than just about skating. They learned from the experience just in terms of things like how to compose themselves, how to work under pressure.

"You could see the improvement in their confidence and in their skills," Parker added. "They knew that they were kind of in their own level of competition, but they fit in with the teams at the end of the pack. They rose to the occasion."

Parker explained the format has changed for synchronized skating to have the senior and junior levels sep-

arate from the novice.

Entries were allocated to provinces or regions, with Manitoba and Saskatchewan getting one entry in the competition categories that included novice, intermediate, and open.

The Pembina Pizazz qualified through the regional synchronized skating championship held in Morden earlier this year. Parker said Manitoba had not had a team qualify for the event in years.

"We knew going in that the level we would be skating at was different than the teams from Ontario and Quebec ... those are the powerhouses of synchronized skating," she said, noting skaters there practice year-round five days a week and may be dedicated to synchronized skating, while the local skaters also compete individually and practice one day a week.

Parker noted they also brought in a couple skaters from Portage with no synchronized skating experience.

"They did extremely well, considering how quickly we put it together," she said. "A lot of the kids have never competed outside of Manitoba, let



SUPPLIED PHOTO

The Canada Cup synchronized skating championship last month was a valuable learning experience for the Pembina Valley Pizazz, says coach Pam Parker.

alone at a national championship, so the whole thing was pretty huge and pretty exciting for them.

"The amount of energy and the noise in the building when they were at rink side waiting to skate was a whole new experience for them, and they handled it very well.

"It was a lot of pressure with a lot of people watching," said Parker. "They rose to the occasion and got their personal best score, and they were happy.

They met a lot of people, and they got to witness firsthand things that we don't get to see here in Manitoba just with the level of competition."

Parker sees opportunities like this perhaps even being a further boost to the local program, which overall is now at about 40 skaters at three levels, including adult.

"This is the biggest number we've had in a number of years."

Bombers/Mercs series going to game five

By Ashleigh Viveiros

The Morden Bombers' semi-final series against the Warren Mercs is going the distance.

The best-of-five series was tied at 2-2 heading into the work week, with the decisive game five set for Tuesday night in Warren. Results were not available at press time.

The Bombers were hoping to finish it on the road Friday night, heading into game three with a 2-0 series lead, but it wasn't to be. Warren won it 4-3.

Scoring for Morden was Keane Boucher in the first period and Mike Rey and Andrew Perrault in the third in an unsuccessful bid to close the gap. Reed Peters made 40 saves in net as the Mercs outshot the Bombers 44-37.

Game four two nights later on the Bombers' home turf saw the Mercs tie the series up with a 1-0 victory, having scored the lone goal midway through the third after 48 hard-fought minutes.

Peters made 39 saves this game as Warren once again won the shots battle, this time 40-33.

Whoever wins Tuesday night will move on to the SEMHL's champi-

onship round against the Ste. Anne Aces, who knocked the Winkler Roy-

als out of the running in three games straight earlier this month.

> FLYERS, FROM PG. 18

"He's been a quality leader for the organization, a player that's given a lot to this club for the last three seasons," Falk says, pointing to his work ethic and passion for both the game and the community. "He's been someone that's given back in so many different ways ... he's someone that's been a positive image of the organization for many years."

The RBC honour is not the only award that came Penner's way last week. He was also named the MJHL's most valuable player for 2023-2024, receiving the Steve "Boomer" Hawrysh MVP award for the season.

Penner said he's humbled by the accolades.

"It's not something I'd really thought about too much throughout the year, so it felt pretty good

to win that one," he said of the MVP nod. "It kind of caught me a bit by surprise, but in a good way."

The Community Ambassador award is also a great honour, Penner said.

"That one is pretty important. Me being from Winkler, I take a lot of pride in the community of Winkler and the support that they give our team and me personally throughout my career here, so that one was very much appreciated."

Penner said working with local mi-

> TWISTERS, FROM PG. 20

credible play to extend the series lead to two."

The Twisters will now head out onto the road for Games 3 and 4 at the Seven Oaks Sportsplex. Game 3 will be on March 12 at 7 p.m., while Game 4 will be held on March 15 at 7:30 p.m.

"It was a good lesson with a fortu-

nor hockey youth is a highlight of being part of the Flyers organization.

"That's always a fun one, seeing those kids so excited for us to come out," he said, adding it's equally exciting for the junior players to see the kids succeed.

The award came with a \$1,000 donation from RBC to the school of the winner's choice. Penner selected his alma mater, J.R. Walkof School in Winkler, as the recipient.

nate outcome that we were able to win in double overtime. We can't let off ever, and we can't take any game or shift for granted, or it could end up in the back of our net," said Beer-naerts. We look forward to Game 3, and we hope we can keep the foot on the gas for a full sixty minutes."

Roland Curling Club celebrating 125 years

By Ty Dilello

The year 1898 marked the beginning of curling in Roland.

Nov. 11, 1898, was the date of the first meeting of the Roland Curling Club, with D.W. Jones elected as the chair. Land for the construction of the new venture was provided rent-free by Roland MacDonald for a term of five years.

These names, along with many others, assisted in establishing the Roland Curling Club. They were also instrumental in helping bring up the community of Roland with future businesses, organizations, and recreational services.

Over the next 125 years, many changes occurred to the Club and its facilities. Women first started curling in Roland for the 1900 season. Curling at that time meant owning or renting your rocks. It took until 1989 for an artificial ice plant to be installed in the current two sheets the community uses today.

From the original location in 1898, a new property and rink were developed in 1908. The second rink, located just east of the present rink, was destroyed by a fire in 1938. The current facility, home to the skating rink and curling ice was built and in use by 1939. It was initially thought that all minutes and records from the Club were lost in the fire, but since then, several historical items have been discovered.

The Roland Curling Club's first and only Provincial Championship team was the mixed team of Jim and Marion Hodgson and John and Arlene Bartley as they claimed the O'Keefe's National Mixed Curling Championship in the Spring of 1968.

Over the years, both curling families added many family members and wins to the curling Club. Another Roland resident and granddaughter to Jim and Marion, Karen Hodgson, competed at the 2004 Kärcher Canadian Junior Curling Championship in Victoria, B.C. Proud grandparents travelled to Victoria, BC, to see Hodgson throw second rocks for Team Manitoba's Tasha Hunter, who went 5-7 at the event.

From the changes of corn brooms to synthetic brushes and the introduc-



tion of artificial ice and the stick, the Roland Curling Club remains active in the community. Visitors to the Roland Pumpkin Fair can find volunteers from the Club serving breakfast pancakes each October before the new curling season starts. Three leagues operate for the 2023-24 season, including Stick Doubles on Mondays, Men's League on Tuesdays, and Ladies League on Wednesday evenings.

Annual bonspiels keep the Roland Curling Club active for interested members and visiting rinks. To celebrate its 100th Anniversary in 1998, the Club re-incarnated using the skating rink surface to make seven sheets of ice available for the Roland Centennial Mixed Bonspiel. Many current and former members returned to Roland for the event, as 56 teams competed. Like other clubs that have declining curling membership, the Club hopes to attract 16 teams for current organized bonspiels.

Roland Curling Club has actively participated in Curl Manitoba events, including the O'Grady and Manitoba Open. Team Michael Zacharias represented the Roland Curling Club well at the recent 2024 Manitoba Open and won the Manitoba Hydro Event. Over the years, other Roland-affiliated teams have won events in the former MCA Bonspiel.

To celebrate 125 Years of Roland, the Roland Curling Club has planned a couple of events. Mar. 22-23 will be the Wind-Up 125 Open Bonspiel. The two sheets will be busy as teams will compete in a 4-end game round-ro-



SUBMITTED PHOTOS

100th Anniversary O'Grady Cup, pictured back row: Brian Coates, Art Cameron, Gary Unrau, Jim Hodgson, Glenn Phillips; front row, Brian Burnett, Kevin Brown, Derek Baschuk, Bob Horsman and Lyall Dickinson. The Roland Curling Club will be holding its 125th anniversary on April 6 with its Annual Banquet and Awards night at the Roland Memorial Hall.



At the RCC Centennial, past presidents from 1968, Hazel Sutton and Lyall Dickinson present the Mixed Provincial Championship Banner to Marion Hodgson, Jim Hodgson, Arlene Bartley and John Bartley.

in format. The entry fee is \$100, and interested teams can contact Derek Baschuk at agtech@mymts.net or visit the Club.

April 6 will be when the Club officially celebrates its 125th at the Annual Banquet and Awards night, taking place at the Roland Memorial Hall. Everyone is invited as the Club will be inducting a new class of Honorary Life Members. Club trophies will also be presented for the celebration. Tickets are \$25 at the 125 Open Bonspiel or by contacting the members of

the 125-celebration committee.

"As a small curling club in a small community, the Roland Curling Club is always seeking new members and new sponsors," said Derek Baschuk of the Roland Curling Club. "The Club invites interested curlers to be in contact with the Club to enter teams or individuals in any of its leagues. Sponsor signage is available to assist in the upkeep and continued operation of the Roland Curling Club. To the future of curling."

The **Voice**

Get in touch with us via e-mail:

Send news items to: news@winklormordenvoice.ca
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SEASONAL HIRING? REGISTERING Spring Programs? Having an AGM? Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Now booking Winter and Spring advertising for 2024. Please Call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

ANNOUNCEMENT

Join Keyes Loyal Orange Lodge #1755, Newdale L.O.L #1533, Winnipeg Golden West L.O.L #2311. Info: newdale1533@gmail.com . Since 1795. God Save The King!

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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.fehr@altona.ca
Box 1630
Altona MB R0G 0B0

February 26, 2024

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.



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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:

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

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

Starting Wages:

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

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

Bunge Canada is an equal opportunity employer.

PUBLIC NOTICE

PUBLIC NOTICE

is hereby given that the R.M. OF ROLAND intends to conduct the following Pesticide Control Programs during 2024:

1. To control noxious weeds on road allowances and municipal properties. The projected dates of application will be from May 15, 2024, to October 1, 2024.

The herbicides to be used include:

- Round-Up (Glyphosate)
- Curtail M (Clopyralid, MCPA)
- 2-4-D Amine

2. To control insect pests, including grasshoppers, mosquitoes, etc. The proposed dates of application may be from May 15, 2024, to October 31, 2024.

The insecticides to be used include: Malathion

The public may send written submissions or objections, within 15 days of the publication of this notice, to:

Environmental Approvals Branch
Department of Conservation and Climate
Government of Manitoba
1007 Century Street
Winnipeg MB
R3H 0W4



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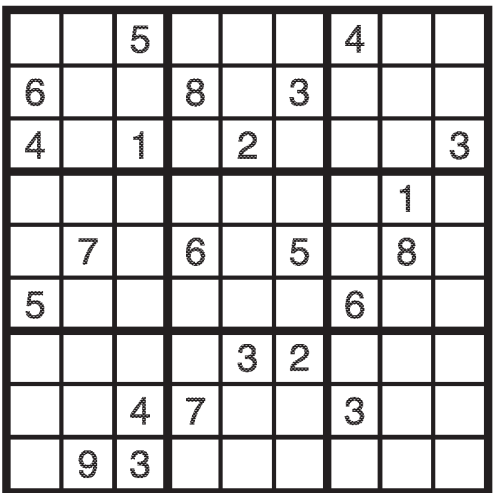
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> GAMES

SUDOKU

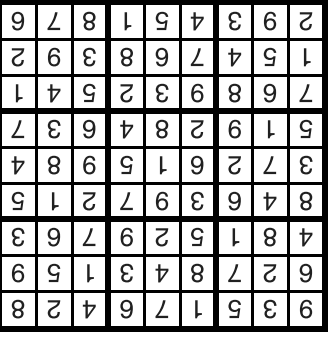


Fun By The Numbers

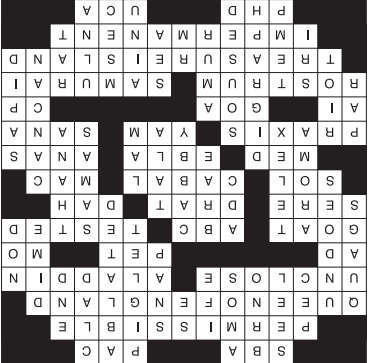
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

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



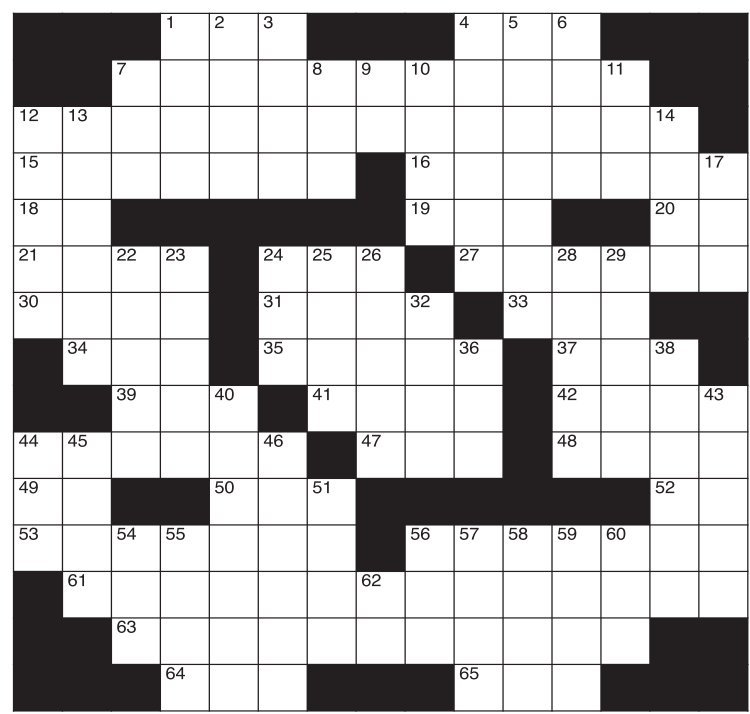
Sudoku Answer



Crossword Answer

X CROSSWORD

- CLUES ACROSS**
- Helps little firms
 - Political action committee
 - Allowed
 - Olivia Colman played one
 - Open
 - He had a notable lamp
 - Promotional material
 - Domesticated animal
 - Larry and Curly's buddy
 - The best ever
 - TV network
 - Checked for
 - Dry or withered
 - Expression of annoyance
 - Dash
 - Fifth note of a major scale
 - A secret clique
 - Partner to cheese
 - ___ school: where to learn healing
 - City in ancient Syria
 - Gasteyer and de Armas are two
 - Established practice
 - Thanksgiving side dish
 - District in Peru
 - It's becoming more prevalent
 - State in India
 - Measure of illumination
 - Raised platform
 - Japanese warrior
 - R.L. Stevenson novel
 - Transitory
 - Advanced degree
 - Fiddler crabs
- CLUES DOWN**
- Prevent from seeing
 - Czech city
 - ___ and Andy, TV show
 - A young pig
 - Removed surgically



- Covered with
- Chest muscle (slang)
- Nigerian City
- Midway between south and east
- A way to shut
- Stop playing
- Marshy places
- Takes apart
- Ten cents
- A gesture of assent
- Scent
- Teletypewriter
- General's assistant (abbr.)
- Hillside
- Taxi driver
- Semitic Sun god
- Town in India
- Traditional rhythmic pattern
- Fugitives are on the ___
- Type of dance
- Two letters, one sound
- Having a strong, pleasant taste
- Golf score
- Mayhem
- Drenched
- River in northeastern Asia (abbr.)
- Part-time employee
- A very large body of water
- Aboriginal people of Japan
- Millisecond
- Forearm bone
- Subway dweller
- Royal Mail

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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

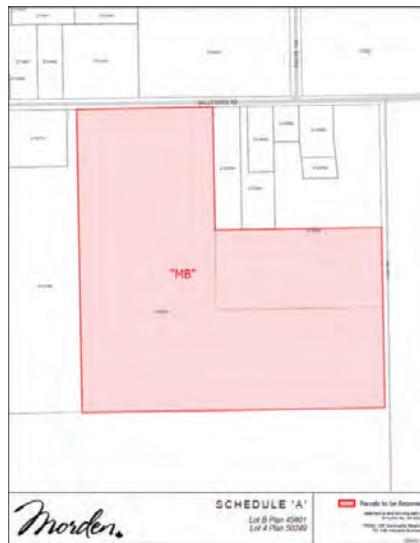
For the development of the New Industrial Park area

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.

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

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

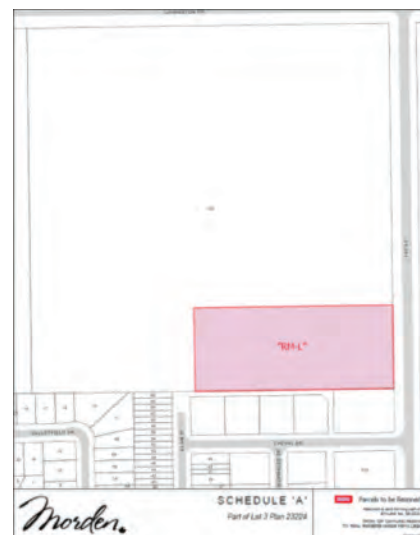
To provide new area for multi-family housing growth

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.

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OBITUARY



**Esther Janzen
1945 – 2024**

After living life to the fullest, Louise Esther Merle Janzen met her Creator on February 24, 2024.

Esther was born in Morris, Manitoba May 21, 1945. When her mother died 3 weeks later she went to live with an uncle and aunt for 1 1/2 years. It was at that time her father married Judith Giesbrecht. Being the daughter of a rural school teacher, the family made many moves to different villages in Southern Manitoba. At age 17 Esther began her career teaching Grade 2.

Esther's gifts were many. She played a pivotal role in church, leading worship, playing piano, and preaching. She had a deep love for her God and her faith. She enjoyed writing poetry, storytelling, reading, journaling, playing the piano and harpsichord. She

faithfully played and sang for the residents at Tabor Home, Salem Home, Legion House, and for many shut-ins. Esther took a pragmatic approach to life but also saw merit in the little things like catching up with former students on the sidewalk, sending all her nephews and nieces birthday cards with a long handwritten message and \$10 bill, and keeping every teacher gift that she had ever received.

Esther was also a collector of all forms of jewelry, especially rings, coins, stamps, royal family books, Sears catalogues, Ty beanie babies, purses, shoes, berets, and so many VHS movies. Esther's students, colleagues and friends knew her to be genuine, trustworthy, tolerant and stubborn. Her students whom she referred to affectionately as her munchkins have fond memories of her kindness, inclusiveness and confidence.

Visits from her great-nephew Josh brought her much joy, although there were usually some electronic things to be "fixed". Long phone visits with her nephew Blaine were also treasured.

After 36 years of teaching she settled enthusiastically into retirement. She took to the highways and visited many places, her favorites being Manitou Springs in Watrous, SK and Disneyland in California.

In May 2023 she was diagnosed with appendix cancer. She faced this bravely and although she prayed fiercely for healing, God chose to give her a heavenly healing. We will miss her positivity and zest for life.

Esther was predeceased by parents Jacob and Marie Janzen (nee Nikkel); sister Eileen Pauls; brothers Jacob, Henry, Frank, and William; half brother Richard Janzen and step mom Judith.

She is survived by sister Marie, sisters-in-law Doris Janzen and Tineke VanDoorn, nieces and nephews, and many great and great-great nieces and nephews.

Esther was grateful and spoke highly of all her medical visits and providers. She would say with a twinkle in her eye, "the doctors are so handsome...it's one way to get my man-fix"! On one occasion the doctor replied, "you'd better book an eye exam"! And so too, her family would like to thank Dr. Leanne Nause, Cancer Navigation and CancerCare Manitoba for taking the lead roles in her care with compassion and respect.

A graveside service at Southside cemetery will be held to honor and celebrate Esther's life Sunday, May 19, 2024 at 4 p.m.

Psalm 23:6 Surely goodness and mercy shall follow me all the days of my life and I shall dwell in the house of the Lord forever.

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



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Roseisle Backhoe Service Ltd. is seeking a full time heavy diesel mechanic, for an excavating and trucking company. Pay is negotiable depending on qualifications and experience. Welding experience is an asset. Class 1 drivers license and or the ability to operate heavy equipment will also be considered an asset.

Call or text Jason Klassen at 204-750-0172 or email: jasonklassen.rbs@gmail.com

WANTED

Coins,
Coin Collection,
Old Jewelry,
Bullion +!



Cash paid for silver coins, gold coins, rare coins, old coins & paper \$, Olympic coins, Royal Canadian Mint Coins, Franklin Mint, US Mint etc, unwanted jewelry, old Rolex & Omega watches, nuggets, sterling silver, Bullion, all Gold & Silver!

Wanted:

USA, Canada, World Coin Sets & Coin Collections. Will buy entire collections & accumulations!

Todd
250-864-3521

OBITUARY



Richard Riemer

June 26, 1952 - March 9, 2024

For this weekend's funeral service information go to Friends Funeral Services website: friendsfs.ca
See full obituary in next week's paper.

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Engraved within our hearts*

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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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> MEAL IDEAS



Sourdough from Scratch 4 variations of friendship breads

(Family Features) What better way to celebrate friendship and camaraderie than with comforting foods all can enjoy. Sourdoughs and friendship breads may go in and out of fashion, but you can make them a staple of your inner circle with recipes that are easier than they appear.

Consider this Sourdough Starter, a 7-day process that may seem lengthy at first glance but requires just a few minutes in the kitchen each day. Without breaking the bank, this made-from-scratch solution includes just two ingredients – unbleached flour and warm water – so you can whip up favorites like Plain Sourdough, Everything Loaf, Cinnamon Brown Sugar Loaf and Chocolate Loaf.

Some are tempted to give up on a weeklong recipe, but if you can keep a houseplant alive, you can finish this simple starter and reap its delicious rewards.

Find more homemade favorites at Culinary.net.

Sourdough Starter

Recipe courtesy of "Cookin' Savvy"

Total time: 7 days

Digital kitchen scale

Unbleached all-purpose flour

Warm water

Glass bowl

Silicone spoon

Mason jar

Day 1: In glass bowl, stir 50 grams flour and 50 grams warm water. Let sit at room temperature, covered.

Day 2: Add 50 grams flour and 50 grams warm water to bowl. Stir and let sit at room temperature, covered.

Day 3: Discard half the starter. Add 100 grams flour and 100 grams warm water. Stir and let sit at room temperature, covered.

Day 4: Discard half the starter. Add 150 grams flour and 150 grams warm water. Stir and let sit at room temperature, covered.

Day 5: Discard half the starter then pour remaining starter into Mason jar. Add 150 grams flour and 150 grams warm water. Stir and let sit at room temperature, covered.

Day 6: Discard half the starter. Add 200 grams flour and 200 grams warm water. Stir and let sit at room temperature, covered.

Day 7: Place warm water in bowl and add spoonful of starter to water. If it floats, it's ready to make bread. If it

sinks, repeat Day 6 instructions. If not floating by Day 10, throw out and start over.

Tips: If making bread every day, starter will need fed every day. If not making bread every day, starter can stay at room temperature and be fed every other day. If starter can't be fed, it can be safely stored in refrigerator up to 10 days, covered, without feeding.

To measure correctly, place empty bowl on scale then clear to zero before each measurement.



Plain Sourdough

Recipe courtesy of "Cookin' Savvy"

Medium bowl

Warm water

Sourdough starter

Salt

Unbleached all-purpose flour

Silicone spoon

Sharp knife

In medium bowl, combine 330 grams warm water, 90 grams sourdough starter and 10 grams salt. Stir well then add 525 grams flour. Using silicone spoon, mix dough to sticky ball. Let rest, covered, about 45 minutes.

Pull dough from bottom and stretch to top of dough ball. Repeat around entirety of dough ball a few times then cover. Repeat process four times then cover and let sit at room temperature at least 6 hours but no more than 14 hours. Dough should double.

Sprinkle flour on counter then spread dough flat on floured surface. Fold dough from sides then turn and roll into ball. Place on parchment paper and put back in bowl 1 hour.

Heat oven to 500 F with uncovered Dutch oven inside.

Using sharp knife, score dough then place parchment paper and dough in Dutch oven. Cover with lid and bake 20 minutes then remove lid and lower temperature to 475 F for 25 minutes. Internal temperature should reach 195-205 F. Let rest at least 1 hour before cutting and serving.

Simply eat more fibre for weight loss

By Julie Germaine Coram

Starting today, You can lose weight with this one easy tip: boost your fibre intake.

It may be hard to believe, but research shows that fibre aids weight loss in multiple ways. For example, it takes longer for your body to digest a gram of fibre compared to a gram of fat, so you have more time to absorb this nutrient. Simply stated, this means you feel full for longer and are more likely to burn away these calories than store them as body fat.

For anyone trying to shed extra pounds, the benefits of fibre related to a healthy GI tract (or gut health) is key. Soluble fibre in particular (found in oats, apples, peas and carrots) kickstarts a process that helps your body manage blood sugar levels, reduces risk of fat storage, and ultimately boosts your metabolism to shrink existing fat cells. Another bonus is that you could experience lowered inflammation and healthier cholesterol levels.

I am a fat loss coach who knows that many people cannot seem to rid themselves of visceral belly fat. I suggest you try increasing your overall fibre intake on a daily basis of only 8-10 grams to finally see results and drop inches from your waistline.

Here are examples of foods that contain 8-10 grams of fibre:

- 1 cup of avocado
- 2 cups of broccoli
- 2 cups of berries
- 2 apples
- 2 oz almonds
- ½ cup hummus
- 1 ½ cups quinoa



Julie Germaine Coram

- ½ cup oats
Controlling your appetite and blood sugar fluctuations by improving your fibre intake will help you stick to your 'diet' and, make better food choices – and avoid insatiable cravings. You will also reduce your risk of developing heart disease, Type 2 diabetes, and more!

Do you want to discuss your fitness goals and struggles with me? Check out my website www.juliegermaine.com or go ahead and schedule a FREE 15-minute DIET CONSULT by visiting: www.calendly.com/juliegermaine

Coach Julie Germaine Coram is a fit mom, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fat Loss Specialist. She has helped thousands of men and women improve their health since 2005.



Everything Loaf

Recipe courtesy of "Cookin' Savvy"

Medium bowl

Warm water

Sourdough starter

Salt

Unbleached all-purpose flour

Silicone spoon

Everything bagel seasoning

Sharp knife

In medium bowl, combine 330 grams warm water, 90 grams sourdough starter and 10 grams salt. Stir well then add 525 grams flour. Using silicone spoon, mix dough to sticky ball. Let rest, covered, about 45 minutes.

Pull dough from bottom and stretch to top of dough ball. Repeat around entirety of dough ball a few times then cover. Repeat process four times then cover and let sit at room temperature at least 6 hours but no more than 14 hours. Dough should double.

Sprinkle flour on counter then spread dough flat on floured surface. Sprinkle with everything bagel seasoning. Fold dough from sides then turn and roll into ball. Place on parchment paper and put back in bowl 1 hour.

Heat oven to 500 F with uncovered Dutch oven inside.

Using sharp knife, score dough then place parchment paper and dough in Dutch oven. Cover with lid and bake 20 minutes then remove lid and lower temperature to 475 F for 25 minutes. Internal temperature should reach 195-205 F. Let rest at least 1 hour before sprinkling with everything bagel seasoning, cutting and serving.

See next week for additional loaf recipes.

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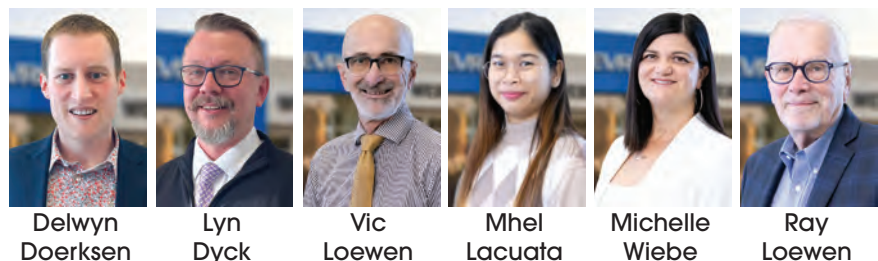


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