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Learning
 the ropes

The Morris Curling Club welcomed deaf and hard-of-hearing students to town last week to learn the sport from volunteers like Janice White and Deaflympian Shawn Demianyk (right). For the full story, see Pg. 12.
 PHOTO BY SIOBHAN MAAS/VOICE

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

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Authorities investigating after cat found in bullet-riddled box

By Lori Penner

Furever Friends Cat Rescue received a heartbreaking call last week.

Tracy Harder, the founder of the non-profit organization that provides vetting and homes for rescued cats and kittens, said they got a call from a woman who said she had found a box containing a cat alongside Hwy. 201 west of Altona.

"We dropped everything to see if we could help. We found a taped-up cardboard box alongside the road with several bullet holes on the side of the box. We were completely crushed when we discovered the cat inside the box was dead. The male white and black cat had multiple wounds from the shooting. There was no saving it."

Harder says they have started a file with the RCMP, who will investigate.

"There is no collar, tattoo, or sign of an owner. Otherwise, the cat appeared to be healthy. There were no outward signs of illness," Harder says. "We called the Altona Police, and Animal Protection and the RM Animal Control and everybody that we knew that would want to look at the box and the body. We took a bunch of pictures and have kept the cat for now."

She wonders why anyone would do this to an animal.

"It didn't look like it had been shot at that site, but that it had been dumped there, which is really concerning. Did they want somebody to go find it? It was traumatizing to the person who found it."

Harder notes that, sadly, these kinds of discoveries have become a regular thing for the shelter.

"We've had three cats with leg traps, and ones who suffer inside live traps. We've had so many abandoned in the middle of winter, with their tails and ears missing. We've had about four or five botched home neuter jobs already. And we've had one cat with its tail cut off with a band. Boxes of kittens left without a mom when they're too young to care for themselves. It goes on and on."

"We are hoping by sharing this story, it will raise some awareness and end some of the animal cruelty and suffering that goes on."

Harder explains that there are other options, even if you don't like cats.

"Our goals are the same. We want less cats roaming around too. Our sole goal right now is spaying and

neutering because that is the only way to stop the overpopulation that we're seeing right now.

"This is part and parcel of owning a pet, including the cost of vetting and feeding," she adds. "You have to take that into consideration when you get a free kitten. That kitten will be more expensive than you think it will be. This is a living creature."

Harder notes places like the Winnipeg Humane Society have very affordable spaying and neutering programs.

"If you rescue and want to keep it, they'll do the vaccinations. There are resources out there."

Furever Friends Cat Rescue has a program called Finders Keepers.

"We offer them low-cost vetting. We do all the vetting: two vet appointments, including spay and neuter, vaccinations, blood testing for diseases, and parasite control. All of that for \$150. We think it's a fair deal."

Their Catch and Release program also neuters and spays feral cats. There are about 18 volunteer caretakers in the community who are provided with heated shelters, and they provide food and water for the feral cats in the community.

"When they have new cats show up, they let us know, we trap them, spay, and neuter them, and release them back into their territory. We're always looking for more volunteer caretakers."

Harder says along with the obvious benefit of humane treatment for the cats, the biggest benefit of this program for the community is rodent control.

"We see our ferals carrying rodents all the time. A good feral cat, with a shelter and a caretaker, does a phenomenal job on keeping those numbers down. Local gardeners can benefit as well. We've had people contact



SUPPLIED PHOTO

Volunteers with Furever Friend Cat Rescue were called last week after a woman found this bullet-riddled box on the side of the road with a dead cat inside. RCMP are investigating.

us because they've had trouble with bush rabbits in their garden, and they've asked for shelters. All they do is set up the shelter and provide kibble. A well-established healthy feral cat will also keep cats from outside of Altona from wandering in. If you have a feral cat shelter in your neighborhood, you will have fewer cats in your neighbourhood."

Harder is still reeling at the cruelty of what happened to the cat in the box.

"It was so intentional. What state of mind leads somebody to think this is okay? This person owns a firearm. I feel concerned, and our communities feel concerned not just for the animals, but for our own safety as well."

If you find a feral cat you don't want, or if you have a cat you can't afford or no longer have time for, she

Continued on page 11



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“No one in our community should be hungry”

Winkler’s Food Rescue program is putting unsaleable groceries to good use

By Ashleigh Viveiros

It’s just after lunch on a Tuesday and the back room of the Winkler and District Food Cupboard is hopping.

Earlier, teams of volunteers made the rounds to all the major local grocery stores, and now they’re unloading the day’s haul—several pallets piled high with dozens of boxes of food.

Inside, yet more volunteers descend upon the pallets as they’re brought in, sorting everything to ensure fridge and freezer goods are quickly put away and the other items are placed on their designated shelves.

Local businesses have always been generous to the food cupboard, sending unsold grocery items their way when they could—unused buns from barbecues, seasonal goodies after the holidays had passed, excess bags of potatoes, and so on—but it’s only within the last handful of years that a dedicated Food Rescue program, complete with its own team of volunteers, has been up and running, headed up by coordinator Phyllis Kroeker.

As a public health nurse, Kroeker saw firsthand the food insecurities many families in our community face.

“Because you’re working with those families and seeing the need, it was on my mind,” she shares. “You hear of these stories about people going into dumpsters—they know when certain grocery stores are emptying their coolers and people would dumpster dive for yogurt or dairy.”

After retiring in 2019, Kroeker started reaching out to Winkler stores to see if there was a more organized way to put their shrinkage—items that are taken off the shelves because they’re at or nearing their best-by dates or because they can’t be sold due to minor packaging damage—to better use.

They began weekly scheduled pickups from the Winkler Co-op grocery store in early 2020.

“We went to collect that first time and we were like kids on Christmas Day,” Kroeker recalls. “There was so much food and it was just such goodness. We haven’t looked back since.”

Continued on page 4



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Food Rescue program volunteer Colette Muchowski sorts through items earmarked for the local school breakfast programs.

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> **FOOD RESCUE, FROM PG. 3**

Today, Food Rescue volunteers collect grocery donations weekly or even multiple times a week from Co-op, Real Canadian Superstore, and Walmart. Shopper's Drug Mart has items for them once or twice a month as well, and smaller businesses like Sunny Day Products and the Buttercup Greenhouse & Cafe are also regular donors.

It results in a dizzying variety of food—fruits and vegetables, frozen goods, lunch meats, canned non-perishables, bread products, drinks,

and even snacks—being donated throughout any given week. There's thousands of pounds of food coming in every month.

"We follow guidelines for food shelf life," Kroeker explains, noting plenty of items last weeks and even months past the dates stamped on their packaging. "This stuff is all still edible. It's still safe. It's just stuff that, for whatever reason, they just can't sell."

The Food Rescue program works in collaboration with both the Central Station Community Centre and the

Winkler and District Food Cupboard to find a use for all this food, and there's certainly plenty of takers.

Both partner agencies use the donations in their own programming—the community centre offering free meals and snacks to patrons and the food bank distributing hampers to help families in need make ends meet.

But there's so much rescued food that even these two organizations can't use it all, and so the Food Rescue team has branched out, sending items regularly to support the breakfast programs in local schools, to both the Winkler and Morden family resource centres for snack breaks, to Genesis House to help feed the victims of domestic violence staying in the shelter, and to Gateway Resources for use

by its clients. They've also partnered with food bank programs in Carman, Altona, and the Sandy Bay and Roseau River First Nations. (Check out next week's edition of the *Voice* to see how a few of these organizations are putting the food they receive to use).

'NO WASTE, NO HUNGER'

Food Rescue's motto, Kroeker shares, is simple: no waste, no hunger. "That comes straight from Second Harvest," she says of the national food rescue program the Winkler initiative draws inspiration from, making use of its app to connect with businesses that want to make food donations.

Continued on page 5



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PHOTO BY ASHLEIGH VIVEIROS/VOICE

Volunteers unload one of several pallets piled high with donated food after a run to Superstore. That same day also saw dozens of boxes come in from the Walmart and Co-op grocery stores.

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Left: Volunteer Linda Wiebe shelves rescued food for Winkler and District Food Cupboard patrons to choose from above and beyond the grocery staples they receive. Right: Food Rescue program coordinator Phyllis Kroeker sorts through some fruit that came in and will be put to good use to feed people in the community, be it through school breakfast programs, Central Station, the food cupboard, or other local agencies the program partners with.



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

> FOOD RESCUE, FROM PG. 4

"It's very simple, but to me that's what it's all about," she says. "No one in our community should be hungry."

It's that thought that keeps the program's dedicated volunteers coming back week after week to do their part.

"It's just really surprising how much food actually has been going into the dumpsters over the years," observes Linda Wiebe as she sorts through items to be placed on the food rescue-designated shelves at the food cupboard, which are where patrons are able to pick and choose what products their families will most enjoy above and beyond grocery staples.

"The landfills do not need our food," stresses Collette Muchowski as she sorts through the day's request sheets from the various school breakfast programs. "It's not like it's garbage. It's all perfectly fine. Let's put it to use."

"It's just fantastic the things that can be offered to people that move here, lower income families. It helps them out immensely," adds Kathy Friesen, at work at the sorting table as the pallets are rolled in. "It's so generous of those who donate."

"WE DO TRY TO GIVE AS MUCH AS WE CAN"

Co-op food division manager Cam Buhler shares that the push to find a better use for unsaleable food products actually started in their Morden grocery store, later coming over to the Winkler one as well.

"We pull stuff off the shelf, but it doesn't mean that it's garbage—it could be a spot on an orange or an apple or maybe a wrinkled pepper or something like that. It's still good."

Over the years, they've found various uses for the bruised fruits and veggies (cutting it up for use elsewhere in-store or turning it into saleable compost) and for expiring bread products (turning them into bread crumbs or giving them to local hog farmers for the animals), but also began sending some of it to the food banks in Winkler and Morden for broader distribution. They do the same with other products being pulled off the shelf due to slightly battered boxes or nearing best-by dates.

"Stuff like fresh bread, fresh meat, when it comes close to the best before date, we put it in the freezer and we give it to them," Buhler says, observing best-by windows have been growing ever small-

er—owing more to market pressures than actual food quality issues—causing stores to remove perfectly good food from their shelves much earlier than in the past. It all adds up to a lot of potential waste.

"In a year between the two places here, so Many Hands Resource Centre [in Morden] and Central Station, last year we gave about \$200,000 worth of food," Buhler shares. "We do try to give as much as we can. We give whatever they can handle. If they came every day, we'd probably have something for them."

Seeing food that most certainly still has some life in it finding its way to people who can use it is heartening for Buhler.

"We want to help. We're community-minded. If they can take stuff that we can't sell ... if we can give it away and help somebody with it? I don't know how many meals \$200,000 makes, but that's a lot of people."

While Winkler's larger grocery stores are the heavy-hitters when it comes to donating to Food Rescue week in and week out, the program gets a helping hand from a number of smaller businesses as well.

Sunny Day Products has been sending its unsold bakery items the program's way for over a year now.

"We had some leftover breads and baked goods and whatnot and we inquired about it to see if they could have some use for it," recalls co-owner and general manager Ben Plett. "We know that Central Station does a lot of good work in the community, and there is a lot more people in need, I think, than what meets the eye."

"When you think about bigger cities, Winnipeg or whatever, and you look at the homelessness there, it's also happening in our own community. And there's a lot of families that can't afford groceries," Plett says. "We didn't want to throw it out if someone could make good use of it."

It's a sentiment echoed by Buttercup Greenhouse & Cafe owner Susanne Krahn. Her restaurant just north of the city has also found a home for its unsold baked goodies with the Food Rescue program.

"We never use day-old bread—we bake fresh bread every morning—and we do have weeks where we're not very busy, and so then it accumulates pretty quickly," she says.

They realized their dilemma soon after opening

their doors last spring, and reached out to Central Station and Food Rescue to find a solution.

"It's homemade bread and, honestly, it's just too delicious [to throw away]," Krahn says. "So we call them about once a week to pick up bread."

Krahn knows what it's like to struggle to put food on the table; this is her way of paying forward the kindness her own family was shown.

"I grew up getting a lot of help with food and things from our community at the time, and it's never left me, I guess," she shares. "That feeling of getting fresh food from someone is huge."

She urges other local restaurants and stores to take a look at what food they're throwing away and see if it could perhaps be put to better use.

"Yes, there's times where you think about it, that all this bread is going out and we're maybe not profiting from it. Times are tough. But at the same time, within a day you forget about it because you realize it's for a good cause. It's helping people."

"To have a trustworthy organization who are able to just distribute it to whoever needs it, is really great," Krahn continues, reflecting on all the moving parts it takes to make this program a success—donors, volunteers, community groups eager to get reclaimed food to where it can do some good "We live in a very giving community."

That generosity is what makes the Food Rescue program work, agrees Kroeker.

"The support we get is incredible."

She eager to see how the program might continue to grow in the years ahead, and she encourages local businesses who want to discuss how they can be a part of it to get in touch with her through Central Station.

"Reach out. Let's have a conversation."

Check out next week's Voice for part two of our coverage on the Winkler Food Rescue program to see how all this reclaimed food is being put to use in our community.

The Voice

getheard

EDITORIAL > VIEWPOINTS > LETTERS



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OUR SISTER PUBLICATIONS



Our children's growing sadness

One of the key features of being young was a constant, near desperate state of looking forward to things as I got older.

There was getting a driver's license, buying your first car, going to university, getting your first career-oriented job, going on vacation, getting married, having kids, buying a house, retiring early with a decent pension (remember Freedom 55?), and the list goes on.

All these things added up to hope ... hope is a foundational element in happiness. Without hope, things rapidly run downhill.

Recently the latest iteration of the World Happiness Report was released and the numbers are interesting.

You might be asking yourself: how accurate could a report measuring happiness actually be? I mean, what kind of data could possibly back up such determinations?

Well, in terms of comprehensiveness, I will just say the report is 158 pages long, not including an additional 174 pages of data-rich, eight-point font appendices, for a grand total of 332 pages on happiness.

Ironically, a 332-page report from Oxford University on global happiness is not an enjoyable read.

There are 143 countries measured in the report and these are bookended

by 1st-place Finland (must be all the Scandinavian death metal) and last-place Afghanistan.

Happily, Canada comes in at 15th place. While this is down two spots from last year's 13th place it's still not bad, right? I mean, we're eight places ahead of our cultural rival the United States and still in the Top 20, so we're pretty happy.

But like any data, the real information is under the hood, and once you start looking at Canada's details things take a darker turn.

According to the report, the typical global trend has been that as one ages life satisfaction drops. This is not terribly surprising to me. There are some countries in Europe where that trend is starting to narrow, but only in Canada and the United States do we find a depressing reversal recently.

In Canada, life satisfaction and happiness is lowest among those under 30 years old.

Why? What is going on? Why are our children growing increasingly sad in comparison to their elders?

Well, the answer is complex and there are numerous factors contributing, but they all largely add up to reduced hope for the future.

As happy-go-lucky old people we might be tempted to say something silly like "Get over it. You've got it made. You didn't grow up during (insert war here) like my grandparents. Stop whining and be happy."

We might say these things from homes which we were able to buy (or at least affordably rent) or from our winter vacation spot in Arizona or Mexico. We might even be retired (or close to it) and have something of a pension.

Many youths in our country look ahead and they do not see the promise of the same things we saw when we were younger. Home ownership? Not likely. Affordable rental? Nope. Career-oriented job? Ha! Soul-crushing debt? For sure!

Add to this the existential dread of a changing climate, increasingly fascist movements around the world, and higher prices exceeding wage increases and you have a recipe for an attitude of, "What do I have to look forward to? Death?"

What a terrible burden for the young to have to bear.

Continued on page 7



By Peter Cantelon

Letter policy

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

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

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

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

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SCRL spring book sale returns May 2-4

By Lorne Stelmach

The South Central Regional Library's big book sale will be back this year with an opportunity having arisen for the South Central Regional Library.

The library had been considering what to do as far as a book sale goes, and the plans then fell into place when the Morden Fire Department decided it no longer wanted to do its own sale in support of the Children's Hospital in Winnipeg.

"They were doing their big book sale in spring, and they helped us set up a larger book sale at one of the churches here in Morden," said Morden branch administrator Gail Hildebrand, recalling that library volunteers helped with the department's sale last year. "At the end of that book sale, they decided the fire department was done with it. They didn't want to do the book sale anymore, so they asked us if we wanted to take it over from them."

"What we heard a lot last year was people saw us in our red aprons with South Central on there and everyone wondered is this the [library's] sale?" said director of library services Cathy Ching. "Gail and I talked during the sale and we decided we can do this if we plan long enough ahead."

The last large-scale SCRL book sale was held in 2019. It then had to be on hold during the pandemic, though a couple other factors came into play when organizers were deciding whether to bring it back in recent years.

"A lot of our volunteers have aged out or just moved on ... it was a lot of years between book sales, so we

lost the volunteer base that we had," Ching said. "We also didn't have access to the Access Event Centre because it was a COVID immunization site."

The library then moved to having each branch library do its own smaller sale for a few years.

"We decided to try something different, and it was met very well by the communities," Ching said. "A lot of those smaller communities were excited to have their own book sales."

"We thought we were done until this opportunity came up and dropped into our laps," noted Hildebrand. "People have missed the big sale in general ... for 44 years, having this big book sale in spring became an event that a lot of people looked forward to and relied on to get their summer reading stocked up."

Ching said they are aiming to set it up in a similar way to past sales again, but a new aspect is the mountain of books that will be coming from the Children's Hospital book sale in Winnipeg.

"It's going to be a lot of work because the books are just going to come out of the boxes from Winnipeg ... we're going to spend a day putting them on tables and trying to sort them into the categories," she said.

"We're hoping people will enjoy this again," Ching added. "Some people are browsers, and some people have limited time, and they just want to head straight to the children's books or the inspirational."

"It's not going to be perfect because we will have had very little time [between the books arriving in town from Winnipeg and the sale weekend]



PHOTO BY LORNE STELMACH/VOICE

The South Central Regional Library's Gail Hildebrand (left) and Cathy Ching with some of the donated books that will be up for grabs as the annual book sale returns May 2-4 in Morden.

... and we have no idea what will be sitting on the truck."

"We don't have the same kind of storage we used to ... we used to store them in the Access Event Centre, and everywhere is full to the rafters," said Hildebrand, who noted a patron a number of years ago donated a trailer so that used book donations collected from patrons throughout the year could be stored off-site.

To help simplify things for the sale, there won't be any per-book pricing done.

"We're doing a \$10 bag sale right from the start. We learned from the fire department that that was the way to go," Ching said. "We saved ourselves a ton of time with no pricing of the books. It's going to be much simpler."

Hildebrand said they do look forward to the sale, although it makes for a few long days for library staff

and volunteers.

"It's a lot of work. It's a little daunting," she said. "It is a lot of fun to do them. In the moment, it is exhausting."

Ching noted the best book sale ever brought in close to \$21,000, so it provides a big boost to the library network.

"We are also planning ahead to our 60th anniversary next year," she said. "So we're going to put some money away to put towards our pet project next year, which may be a book bus."

"We always need volunteers," Ching added. "We've got classes coming to help us unload the boxes and cut down the boxes."

The sale runs Thursday, May 2 from 5-9 p.m., Friday, May 3 from 9 a.m. to 8 p.m., and Saturday, May 4 from 9 a.m. to 3 p.m. at the Access Event Centre in Morden.

Access Credit Union announces \$13.5M in rebates

By Voice staff

Access Credit Union has announced it will be returning \$13.5 in cash rebates to its members this spring by way of its Member Rewards profit-sharing program.

The program is the credit union's way of showing appreciation to its members for their continued relationships and patronage.

"Thank you to our members for your continued support during another year of growth for Access Credit

Union," said board chair Curt Letkeman. "We are committed to serving the membership in the best way possible and we want to be where you need us to be."

As a cooperative, Access CU's members are eligible to share in the annual profits. After satisfying requirements for equity reserves, the board of directors can set aside a portion of earnings for members who have borrowed and saved at the credit union.

The amount a member receives is based on interest earned on non-reg-

istered deposits and interest paid on lending products.

"We are very pleased to share our success with our members through this year's Member Rewards payout," said president and CEO Larry Dav-

ey. "Strong growth in our business, coupled with continued investments in innovative solutions and partnerships, enabled us to achieve strong financial results in 2023."

> CANTELON, FROM PG. 6

Shockingly, no amount unhelpful commenting from their elders along the lines of "AT LEAST YOU DON'T LIVE IN AFGHANISTAN!" is actu-

ally going to help.

Our youth need hope. They need hope in THIS life. They need hope as a foundation to grow optimism and joy. The question remains: what are we going to do to offer this?

NDP government unveils its first budget

By Lorne Stelmach

The new Manitoba NDP government touted its first budget last week as fulfilling its commitments to rebuild health care and increase affordability for families.

"Today's budget is really about investing in health care and lowering costs for the average Manitoban," Premier Wab Kinew said in a news conference with rural media April 2. "This budget theme is all about more help for you and more help for those who need it most, and we think there's a lot of good news here for rural Manitoba and for the entire province."

Kinew also touched on their belief that more services need to be delivered closer to home, especially for rural Manitobans.

"We just think that there was too much centralization inside the perimeter in health care, in the ag industry, in so many different sectors ... transportation and infrastructure being another," he said. "We think it's now time to decentralize and return not just the services but also the service centres and hubs to the regions."

As well, Kinew touted their plans for investments in a number of key areas.

"We're investing in the infrastruc-

ture ... the roads, bridges, water infrastructure projects necessary to grow the economy," he said.

"The theme of this budget, in addition to unity, is about delivering more help for you and more help for those who need it most," added Kinew. "Over the past few years ... there have been so many reasons for Manitobans to be divided, and our team takes very seriously the message that we've heard that it's time to find reasons to bring people together."

The key points of the budget included the vow to hire 1,000 new front line health care workers and offering up to \$5,000 in tax breaks to families in addition to an extension of the fuel tax holiday.

It mirrored the party's promises from last year's election to focus on efforts to support the health care system and ease the cost-of-living crisis, although it is being done while running a deficit of nearly \$800 million.

Kinew suggested they are making record investments in health care with a plan to hire 100 doctors, 210 nurses, 90 paramedics, and 600 health care aides over the next year along with investments to retain and train even more.

It aims to add hospital and ICU beds and open new minor injury and illness clinics and primary care clinics



SCREENSHOT

Manitoba Premier Wab Kinew and Finance Minister Adrien Sala at last week's budget announcement.

so more Manitobans can see a doctor when they need one.

The premier noted it is a budget that will help take better care of seniors, invests in better health care for rural and northern communities, and takes action to improve cancer care in Manitoba. The financial plan more than doubles capital funding in health care.

For families, the province is extending the gas tax holiday, providing

renters and seniors with increased tax credits, expanding \$10-a-day child care, providing free birth control, increasing funding for fertility treatment, and providing rebates for electric vehicle owners.

The budget will also make communities healthier and safer, noted Finance Minister Adrien Sala, with a

Continued on page 10

Inaugural NDP budget gets mixed reviews

By Lorne Stelmach

The first budget of the NDP Manitoba government earned mixed reviews last week from Opposition MLAs and various provincial organizations.

Borderland MLA Josh Guenter suggested the budget misses the mark in a number of areas, including the deficit.

"That's a red light on the dashboard that is flashing. It will have to deal with at some point," he said.

He lamented the government ending the phase out of the education property tax and how it was giving school divisions free reign to drive up taxes again.

"There were some repackaged tax measures from the previous Conservative government's time that got a fresh coat of paint," he added.

Guenter was also critical of what he said was a \$164 million cut to the infrastructure roads budget.

"That amounts to a more than 10 per cent cut to the overall infrastructure budget, so that doesn't bode well

for our region, which is very much in need of new and expanded water infrastructure as well as road maintenance," he said. "Across the province, our roads need fixing, and that's going to be much harder to do with a budget that's a lot smaller."

Morden-Winkler MLA Carrie Hiebert recognized there were a few specific good measures in the budget—including the fertility tax credit and pre-natal benefit—but she overall also saw shortcomings.

"There's not really a plan to grow the economy ... growing the economy helps us to pay for our social programs and helps to pay for some of the things that they want to do."

Hiebert cited the example of what she described as a doorbell camera rebate program.

"I believe that it's more important to not have that criminal come to my door in the first place. That would be my priority; I want to feel safe."

While there was some commitment to infrastructure support, she sug-

gested it doesn't go far enough.

"They've cut the infrastructure budget by \$164 million, and that's concerning to me," said Hiebert.

"The whole affordability part is a real concern for people in our province and rural Manitoba ... it's been a definite concern for most families," she continued. "There's no robust plan for staffing for health care ... I see that they're putting money towards it, but where's the plan to get that staff to fill the hospitals ... we need to do something for this now."

"We need housing and we need infrastructure," Hiebert stressed. "We've been turned down for a few of the housing initiatives that have already been proposed federally and provincially ... we are in need of housing."

The Canadian Taxpayers Federation, meanwhile, applauded the government for extending its 14 cent-per-litre fuel tax cut, but it was also calling on the government to rein in spending.

"This gas tax cut extension means more savings for families when they need it most," said Gage Haubrich, CTF prairie director. "It's great to see the government listen to Manitoba taxpayers and help them by continuing to make life more affordable."

By the end of the year the provincial debt will be \$35.4 billion. Interest payments on the debt will cost taxpayers \$2.3 billion this year, Haubrich noted, working out to \$1,520 per Manitoban.

"Despite taking in record amounts of money from Manitobans, the government is still failing to balance the budget," Haubrich said. "The government is kicking the debt can down the road and wasting close to \$200 million per month on interest payments."

The budget adds 350 new social and affordable housing units and invests \$67 million to repair the existing housing stock, but these targets fall far short of the need identified by the Right to Housing Coalition. It called

Continued on page 9

Genesis House unveils its new logo

By Ashleigh Viveiros

Genesis House unveiled a new logo on Monday that it hopes will get people thinking about the reality of domestic violence in our community.

The new design maintains the recognizable Genesis House red and yellow colors, symbolizing hope, strength, and resilience.

What's new is the fact the logo now features the outline of three people instead of four, one of whom has cracks running across the icon to illustrate the updated statistic that one in three women in Canada have been the victims of abuse.

"This change not only reflects the sobering truth but also underscores the urgent need for continued advocacy, support, and awareness," Genesis House said in a statement announcing

the change.

The shelter's old logo featured four skirted female characters. Those skirts are now gone to better reflect the modern world, the shelter says.

"This rebranding initiative also signifies our commitment to providing a safe haven for all individuals, irrespective of their background, race, ethnicity, gender identity, or sexual orientation."

The updated logo will be implemented across all of the agency's outreach materials and digital media platforms.

"It will serve as a constant reminder of the organization's mission to empower survivors, challenge societal norms, and foster a future free from domestic abuse," Genesis House says.



> BUDGET RESPONSE, FROM PG. 8

for more significant investments in preserving and expanding the province's social housing supply.

"We cannot expect to make progress against poverty or homelessness without significant and long-term investments in rent-geared-to-income housing. We have yet to see a government in this province that either cares enough or is brave enough to make this a priority," said Kirsten Bernas, chair of the coalition's provincial working group.

"We hoped this new government would finally do what it takes to address housing insecurity and homelessness in our communities, but unfortunately this Budget falls short," Bernas added.

The Keystone Agricultural Producers also saw some good and bad in the budget.

"While changes were made to the school tax rebate for residential properties, KAP is pleased to see the 50 per cent rebate maintained for farm properties," said general manager Brenna Mahoney. "We encourage the province to continue working toward the complete removal of the tax on farm properties and that this is taken into account when developing the new provincial education funding model."

The Manitoba Liberal Party said the NDP showed fiscal recklessness by offloading taxes to municipalities while worsening Manitoba's debt.

Interim leader Cindy Lamoureux said the government is hiding its cuts to services by offloading back door taxes on to municipalities in a move she called "reckless and fiscally irresponsible."

Education property taxes increased by \$71 million, she noted.

"Weakening our revenue generation sources puts Manitoba in an irrespon-

sible position to fund our schools, health care facilities and highways. Increases to our school divisions are simply not at the level that many school divisions have called for."

Lamoureux added it is concerning the government is paying three times more to service our debt than how much is spent on the entire Department of Justice alone.

"Manitobans should be concerned that these are sunken costs that could be going to fund our schools and hospitals."

The budget was a missed opportunity to provide additional meaningful cost relief for Manitoba's small businesses, suggested the Canadian Federation of Independent Business. More needs to be done to ensure small businesses are better equipped to deal with the skyrocketing costs of doing business, they said.

"We appreciate the Manitoba government's efforts in taking an approach to making life more affordable for citizens," said SeoRhin Yoo, CFIB policy analyst. "We would have liked to see the province address more issues that continue to impact small businesses such as red tape reduction, utility costs, and small business supports."

"The challenges facing small businesses in Manitoba

are significant and ongoing, with 19 per cent indicating they are at risk of closure," said Yoo. "The skyrocketing cost of doing business is continuing to challenge small firms across the province, who are dealing with insufficient demand, ongoing wage pressures and higher taxes."

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Gaggle of geese

The flock of Canadian geese set up shop on Lake Minnewasta in Morden this past week to await the spring thaw, which the Hydrologic Forecast Centre of Manitoba Transportation and Infrastructure says is well underway. The centre on Friday noted that recent warm temperatures had gotten the spring melt going, with surface runoff beginning in most of the province. "As the melt continues, river flows and levels are expected to increase in the coming days and the ice on Manitoba's lakes, rivers and creeks will become weaker," officials warn. "Ice conditions can change rapidly without warning and Manitobans are reminded to keep off the ice as temperatures continue to rise."

PHOTO BY LORNE STELMACH/VOICE

> BUDGET, FROM PG. 9

\$116 million investment in building and maintaining social and affordable housing and investments in pools and community centres across the province.

He further suggested it will grow Manitoba's economy with more jobs for Manitobans and a plan to ensure Manitoba's agriculture can thrive, feeding Manitoba and the world.

"The previous government left us with a huge mess to clean up—a historic deficit, a health care system that's been badly hurt by seven years of cuts and a failure to strengthen our economy or

support families who were struggling with years of rising costs," said Sala. "We're different. We're making smart, targeted investments. We can take steps to fix health care and lower costs, and we can do it while being responsible with public money and charting a path back to balance. That's what Manitobans can expect from our first budget."

The government highlighted a variety of commitments for rural Manitoba.

It plans to give young farmers a fighting chance by lowering their up front costs, freezing Crown lands, and re-opening service centres.

The budget also gives rural families health care closer to home by restoring the rural doctor recruitment fund, hiring more paramedics and putting more ambulances on the road and supporting expanded services at regional hubs like the Boundary Trails Health Centre.

The government also noted it is keeping its commitment to lift the seven-year municipal funding freeze with sustainable annual funding increases and key investments in water and wastewater treatment.

Why wait until retirement to make your dreams come true?

Do you dream of travelling, buying a boat, adding a new room to your home to enjoy your favourite hobby or starting your own business? There's no need to wait until you retire to get started. There's no age limit for making your dreams come true!

First, remember that you're not the same person today as

you'll be when you retire or in 10 or 20 years. Your tastes, interests, skills and abilities are constantly evolving. You'll probably have new dreams at those times, so there's no good reason to put your current goals on hold.

PLAN AND GO!

Depending on your plans, you'll

probably have to make an appointment with a financial adviser or schedule a discussion with your employer. Keep your dreams in focus and consider all the options that can help you achieve them within a timeframe that suits you.

Give yourself the means to make your dreams come true.

4 tips for meeting your soulmate after 50

Are you looking for affection and companionship, even though you're over 50? Don't worry! It's not too late to find love. Try these four tips to feel the pleasant sensation of a racing heart and butterflies in your stomach once again in your stomach.

1. Expand your social network. Increase your chances of meeting singles by participating in activities outside your usual social circle. Is the weather not on your side? Do you prefer meeting people from the

comfort of your own home? Sign up on a dating site or download an app with a good reputation.

2. Be open. Let dating opportunities present themselves to you. Say yes to new things and try to leave your comfort zone. The right person could cross your path!

3. Be confident in yourself. Accept yourself as you are, grey hair and all. Take care of your health and appearance, especially if you've developed the bad habit of neglecting yourself.

Self-confidence is sexy!

4. Take your time. Don't rush into things. Get to know each new person who interests you. Your relationship shouldn't be forced or make you feel uncomfortable. It should be enjoyable. Take the time to see how things develop.

If you're interested in person dating, look for travel agencies for singles aged 50 and over, leisure clubs, or local age-appropriate parties.

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Cutting the ribbon on Beautiful Bend Therapy

By Lori Penner

Friends, family, and community members surrounded Jenna Luptak with love this week as she officially opened Beautiful Bend Therapy.

Located in the Golden West Building on Altona's Centre Ave., Beautiful Bend supports families in their journey with children who may need a little help in functioning to the best of their abilities.

The former Altona Chamber of Commerce office has been transformed into a vibrant play area where children can climb, explore, and test their skills without fear.

As a practicing occupational therapist specializing in pediatrics, Luptak works with individuals age 0-21 and their families as a team, focusing on strengthening their abilities and skills to help them thrive in whatever stage of life they are at.

Beautiful Bend offers individual client appointments and assessments, professional consultations, workshops, and sensory gym program consultations.

"Adults and teenagers can also come here for help. The sky's the limit," Luptak says.

She and her family have called southern Manitoba home for 15 years. After experiencing her own personal challenges and deep grief, Luptak wants to help other families in their journey.

The name of the business relates to the names of her two sons: Beau, who passed away in 2021, and Bennet.

"They are my 'why,'" Luptak says.

Another aspect of the name alludes to how we must adapt to our circumstances.

"I want to provide a place where parents can come to be seen and heard. You never anticipate that you'll have difficulties with your children. They see their path and suddenly, they have to deviate and bend. And so, when you think of that bend happening, sometimes it's something we never thought we could handle."

Luptak says when our expectations for our family and our children change, there is often a grief process that doesn't get addressed.



PHOTO BY LORI PENNER/VOICE

From left, holding the ribbon, Altona Mayor Harv Schroeder, Jenna, Bennet and Micheal Luptak, and Rhineland Reeve Don Wiebe. Back row: David and Lori Faurshou and Steve Luptak.

"I'm hoping that when a family has to bend, that I can be the person who can help them see the beauty in the bend."

At Beautiful Bend Therapy, Luptak offers parents a free consultation to see if this is the right space for them.

"As a developmental therapist, what I do with children is see them where they are in their development. Fami-

lies and I work together as a team, with the child as the leader of that team, and they tell us exactly what their goals are, and we work on those goals together. It's important to me as a therapist and as a mom. That's why this place exists."

For appointments, call 204-304-6287 or email jenna@beautifulbend.ca

Altona Chamber announces 2024 award winners

By Lori Penner

The Altona & District Chamber of Commerce has announced the recipients of its 2024 business awards.

Economic development officer Stephanie Harris says they had a good number of nominations in every category this year.

"Nominees receive a questionnaire to complete, and those forms go to the judging committee, which consists of Altona Mayor Harv Schroeder, Rhineland Reeve Don Wiebe, Chamber president Cal Smith, and former president of SEED board Scott Penner. They score the questions, so it's done in a very fair manner."

Leading the pack is Sun Valley Co-op Ltd., which has been selected for the Business Excellence Award for businesses with 11 or more employees.

Established in 1931, Sun Valley Co-op boasts a rich history and a network of 10 locations spanning across Altona, Morris, St Jean, Dominion City, and Emerson.

With over 150 staff members, Sun Valley Co-op has demonstrated un-

wavering support for the community through donations, volunteerism efforts, capital investments, and the provision of quality products and services.

"They have over 8,000 members and provide a wide scope of services across the region," Harris says.

Agassiz Massage Therapy has been awarded the Business Excellence Award in the category of businesses with 10 or fewer employees.

This small health care clinic, founded in April 2022, offers massage therapy, physiotherapy, and acupuncture services.

From humble beginnings with one massage therapist, Agassiz Massage Therapy now supports a team of three staff members specializing in various medical disciplines.

The clinic has actively supported local initiatives such as the Kiddie Sunshine Centre and programs at Ecole Parkside School and W.C. Miller Collegiate, as well as contributing to hospital activity books for children.

"They're strong community supporters and are actually celebrating two years of business on the day of

the awards," notes Harris

The title of Entrepreneur of the Year goes to Sarah Braun, owner of Springtide Wellness.

Braun's business provides therapeutic and wellness services, including reflexology, massage therapy, chiropractic care, and esthetic services. Recognized for her exceptional employee quality growth, innovative marketing strategies, and commitment to community impact, Braun has demonstrated a dedication to fostering employee satisfaction and promoting business growth.

"I've heard exciting things about this business since it opened," Harris says. "The chamber will be working with her grand opening in May."

Rounding out the awards is The

> FUREVER FRIENDS, FROM PG. 2

urges people to reach out to their organization instead of taking extreme measures to get rid of it.

But the biggest message is: spay or neuter your cats.

"Our message obviously isn't sinking in. We had three mama cats taken in by another rescue just this week.

Community Exchange, which has been selected as the Non-Profit of the Year.

With a vision centered on building community connections through food, learning, and resource sharing, The Community Exchange collaborates with 18 local businesses and organizations to offer a range of programs and services. From monthly community dinners to a Food Rescue Program, the organization is deeply committed to enhancing community cohesion and well-being.

"This is a good opportunity for their programs to be spotlighted so the community knows what they have to offer," Harris says.

The awards will be presented at the chamber's awards gala next week.

They all had kittens. We currently have 40 cats up for adoption. So we're focusing on offering an affordable spay and neuter program to the community this year. It's such a simple solution. And it could have prevented the pain and suffering of that poor cat we found in that box."



PHOTOS BY SIOBHAN MAAS/VOICE

Above: The group of ASL interpreters, teachers, deaf and hard-of-hearing youth and world-class athletes at the Morris Curling Club on Friday. Left: Student Minase Dagafi Nigussie gets some on-ice tips from Ross Lavallee, a member of the Canadian National Deaf Curling team, and interpreter Hubert Demers.

Encouraging deaf and hard-of-hearing youth in the sport of curling

By Siobhan Maas

“Olympians are born from throwing their first rock” is one of empowering statements shared by Lorne Hamblin, Level 4 NCCP Olympic Coach, at a curling event hosted by the Morris Curling Club’s Cargill Curling Training Centre (CCTC) last Friday.

The all-day event introduced 27 deaf or hard-of-hearing southern Manitoba youth to curling.

“[This event] is great because it provides exposure to the sport,” says Patti Craven, a support teacher for deaf

and hard-of-hearing students at Tec Voc High School in Winnipeg. “This provides important social interaction for students, some of who are the only deaf students at their school. There is also the opportunity for them to learn from role models who are also deaf.”

Thanks to funding from the Canadian Deaf Sports Association, the students came not just from Tec Voc but also the Manitoba School for the Deaf and Rosenort School.

In addition to Lorne Hamblin and local volunteers, the group also got

the chance to learn from fellow Olympic coach Chris Hamblin along with 11 other National, World, and Olympic champions in deaf curling.

“Today was great to try something new,” said a student Sami Bhatti by way of a translator. “I’ve never tried [curling] before, although my friends have. This is a nice opportunity to learn from deaf people and [see] that deaf people can play sports like curling.”

Off-ice, through step-by-step instruction with aid from an interpreter, Chris Hamblin provided the group with practical tips on keeping safe on the ice while also having fun.

Once on the six ice sheets of the curling rink, the kids were broken up into groups of three or four to learn the basics of the sport: sweeping, sliding,

and turning a rock.

“It helps the students to take everything in slowly, instead of just throwing a rock from one end of the sheet to the other,” observed Cam Hurst of the Canadian National team.

Following a pizza lunch and the chance to look at memorabilia from the 2015 Deaflympics in Russia, the students took part in a short game.

“I feel inspired and happy, knowing that I can pass on my knowledge of curling,” says Shawn Demianyk, 2015 Deaflympic and 2017 Deaf World Champion. “There are very few deaf and hard-of-hearing curlers and this event is good exposure for young athletes to help develop their skills. I love the positive attitudes I see here today.”

Continued on page 14



SUPPLIED PHOTO

The Steps Toward Reconciliation committee, shown here with The Orange Bench, includes (standing) Mick Friesen and Shaun Friesen, (seated) Jaime Friesen Pankratz, Dorothy Braun, and Erika Enns Rodine. Missing from photo is Susie Fisher, Theresa Figurski, and Debbie Hildebrand.

The Orange Bench continues its meaningful mission

By Lori Penner

It’s been nearly eight months since Altona’s Steps Toward Reconciliation committee launched The Orange Bench project, and they could not be happier with the response.

So much more than just a place to sit, this eye-catching piece of furniture has appeared at outdoor and indoor facilities around Altona, bringing with it the stories and the wisdom from local Indigenous communities.

“When we launched this project, we had no idea how it would be received,” said Dorothy Braun, a member of the grassroots group behind the project. “But it’s really taken on a life of its own.”

The bench’s journey began last July with a three-week stay at Gallery in the Park. More outdoor placements followed at local institutions and busi-

nesses, always with an attached package detailing the history and personal stories about the treaties, residential schools, and the Sixties Scoop.

Roseau River First Nation Elder Peter Atkinson was the first storyteller for The Orange Bench. He said the project represents the need for the true story behind the treaties to be told.

“Whenever you don’t see somebody else’s perspective, it’s easy to be afraid and make judgements. So, we’re hopeful people will be able to take these stories in, hear them, listen, and just come to a different perspective to what happened to these people through history.”

When cold weather set in, the bench found indoor placements at local schools and facilities, drawing a vari-

Continued on page 14

Masi's Parachute Club inducted to Canada's Walk of Fame

By Ty Dilello

Dominion City musician Julie Masi and her well-known 1980s band The Parachute Club were recently inducted into Canada's Walk of Fame as members of its 2023 class.

With four Juno Awards under her belt with The Parachute Club, Masi has also performed and recorded in the past with the likes of Alannah Myles, John Oates, Daniel Lanois, Michael Beinhorn, Burton Cummings, Dan Hill, Bruce Cockburn, Sarah McLachlan, Annie Lennox, Angelique Kidjo, Blackie and the Rodeo Kings and David Foster.

Born Julie Opocensky, Masi grew up on a farm outside Dominion City in the 1960s. Her family grew grain but also had cattle, chickens, pigs, a couple of work horses and a huge garden. She attended Dominion City Elementary School and later Emerson High School.

"We all had chores to do on the farm and learned a great work ethic and how to work as a team, which later in life would serve me well, working in bands," said Julie Masi.

Masi started singing in the Dominion City church choir as a youngster, and it was there that she first learned to harmonize.

"My family on my mother's side were very musical and in times of celebration like Christmas, my aunts and uncles would come over and we would have a big sing along in our basement where our piano was. That is where the love of singing and music began."

When Masi was 11 years old, her dad bought instruments for her and her siblings at Christmas. It was a game-changer.

"My brother got a guitar, my sister a portable electronic keyboard, and myself a drum kit. We practiced and started playing at local house parties. My brother then had a tragic tractor accident and passed away, so my sister and I stopped playing for several years."

Later on, there were two brothers from Letellier, Rick and Bob Gallant who were looking to start a band and they had heard of the Opocensky sisters.

"They asked us to join them. Luckily, my folks were supportive, so we started rehearsing with them, either in the back of their parent's grocery store or in our basement. We got hired to play school dances, battle of the bands contests and even got to play at the University of Manitoba. We initially were called 'The Roadside Rums,' but soon after, we changed our name to the more appropriate 'Man Maid.' I was the drummer in the band but would come out front to sing a couple of solo numbers. I was hooked and it became all I ever wanted to do."

After high school, Masi moved to Winnipeg to pursue a hairdressing career. Once she graduated and started working as a full-time hairdresser in downtown Winnipeg, she soon realized that she missed singing, so she began seeking various singing opportunities.

"I landed a job at a new recording studio in the north end of Winnipeg singing jingles and sing-

ing on people's demos. I met a fellow named Doug Bengé, who was starting a band, and he asked me to play with him. We cut a 45-rpm single called 'Money Man' and played the local bars and University for a year or so."

From there, she met Billy Andrusco, a piano player, who was doing the Winnipeg, Saskatoon and Regina circuit in the hotel lounges. Masi would work in his band called "The Canadian Connection" as lead singer, touring those three cities for a couple of years.

"Through the studio, I met so many musicians, which led me to Ron Paley. We started working together as a duo, which quickly evolved, and before long, we were performing with his big band and the Winnipeg Symphony Orchestra at the Centennial Concert Hall."

Around 1977, Masi joined a dance band called Bermuda. For the next few years, she performed as their lead singer and toured across Western Canada. In 1980, she moved to Toronto to start working at the Sound Path Studios in Oakville.

"Again, there, I was singing jingles, singing on people's demos and albums, and meeting a ton of amazing musicians through the studio. Two Winnipeg musicians, Tim Thorney and Gary Farina, were also working there."

"I ended up meeting Ken Whiteley, a very well-known blues and gospel singer-songwriter, who had a band called The Paradise Review band. I worked with Ken on many of his records and sang in his band for several years. His bass player was Steve Webster, and Steve was in early rehearsals with a new upcoming band called The Parachute Club. He mentioned to the band that I should be asked to join. So, I was invited to their next rehearsal, and we just clicked. The rest is history."

There were many changes in the music scene in Toronto during the 1980s. The Parachute Club was one of the first mainstream pop acts in Canada to integrate world music influences. Masi was at the forefront as she became a singer/percussionist and co-writer of the gold—and platinum-selling group's unforgettable hit, "Rise Up," which reached number one on the Canadian music charts in 1983.

"We toured across Canada from one coast to the other many times. We played at Sun Splash in Jamaica and toured England and the northern United States to sell-out crowds. It was a very exciting time for our band, and winning Junos really put us on the map, so to speak. I left the band in 1987 to pursue a solo career and moved to California shortly after that."

In January 2019, Masi travelled to Toronto to re-record the Parachute Club's smash hit Rise Up and film a video to support the new release. She then travelled to Toronto in the fall of 2019 as Rise Up was inducted into the Songwriters Hall of Fame and performed at the Awards show held in the Phoenix Theatre in Toronto.

Most recently, The Parachute Club had the great honour of being inducted into Cana-



SUBMITTED PHOTO

Dominion City' Julie Masi and her well-known 1980s Toronto-based band The Parachute Club were recently inducted to Canada's Walk of Fame for their hit song "Rise Up" in 1983, which topped the charts.

da's Walk of Fame in 2023 and was able to perform Rise Up to a packed house at Massey Hall.

"I am so proud that our band is still recognized and honoured in such a way like the Walk of Fame."

For the past 21 years, Masi has lived in Kelowna, British Columbia. She is still a very busy performer with her own dates as well as singing and playing percussion with an Elton John tribute act called the Yellow Brick Road Experience. She has also raised over \$30,000 for Prostate Cancer and is passionate about raising awareness of this disease to men of all ages.

"I am still writing and recording music," said Masi. "I also performed in the musicals Rock of Ages, Cabaret and The Christmas Belles. And will be performing in Rocky Horror, directed by Bonnie Gratz from New Vintage Theatre. I don't get home to Manitoba very often, but I plan on visiting sometime soon."

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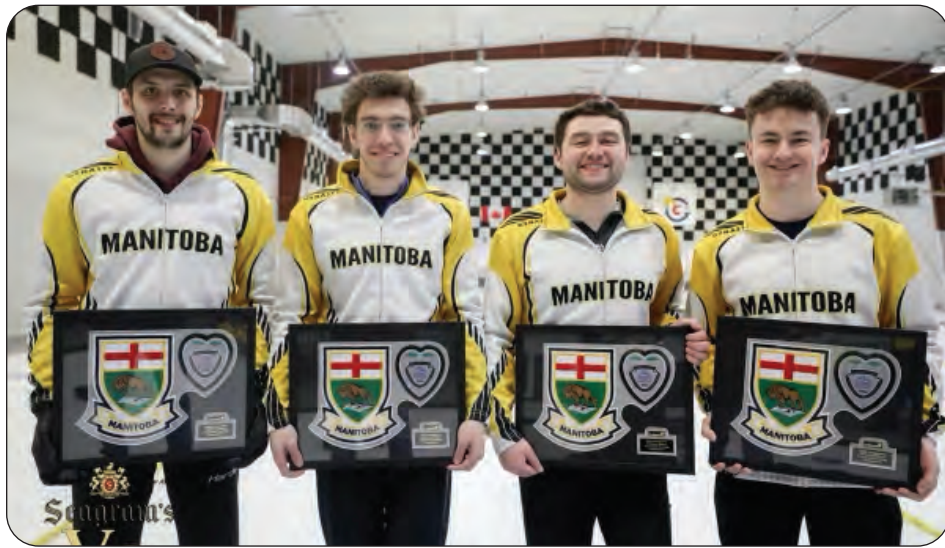
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Altona At Your Service 2024 Directory

We will be publishing this directory soon.

If you have not already been contacted and want your business on this list, please call Gwen Dyck at 204-823-0535 gdyck@winklormordenvoice.ca

Wasylik and McCreanor win club curling provincials



SUBMITTED PHOTO

Morris' Zachary Wasylik and his Pembina team of Jack Hykaway, Josh Harding, Graham Normand and Andrew Peck won the 2024 Seagram's Whiskey Curling Club Championship in Gimli on April 7.

By Ty Dilello

A pair of former championship club curling teams from the La Salle and Pembina Curling Club have captured the 2024 Seagram's Whiskey Curling Club Championships that was held at the Gimli Curling Club from April 4-7.

In the men's event, Morris' Zachary Wasylik and his Pembina team of Jack Hykaway, Josh Harding, Graham Normand, and Andrew Peck needed an extra end to win 8-7 over Corey Chambers and his Fort Garry team.

Wasylik's team was the only four-some to run undefeated to the final. They had a 5-0 record in the round-robin and defeated Arborg's Kyle Foster in the semi-final. It was the second curling club championship

for the team, as Wasylik, with this same line-up, had previously won the event in 2022.

Deb McCreanor and her La Salle team of Trisha Hill, Michelle Buchanan and Jennifer Cawson won their third Manitoba Curling Club Championship with a 5-4 win over Fort Garry's Jennifer Clark-Rouire on Sunday afternoon in Gimli.

It was the third curling club championship for the team from La Salle Curling Club. McCreanor, with this same line-up, had previously won the event in 2018 and 2021.

Wasylik and McCreanor have now earned the opportunity to represent Manitoba in the fall of 2024 at the upcoming Canadian Curling Club National Championships in Barrie, Ontario.

> ORANGE BENCH, FROM PG. 12

ety of guests to share their stories and experiences, and engage in conversations.

"Many of our hosts went the extra mile. The bench was part of the programming for Orange Shirt Day at Parkside School and was also included at a REDress exhibit," Braun said.

Other speakers over the past year have included Dawnis Kennedy from the Indigenous Cultural Education Centre in Winnipeg and Niigaan Sinclair from the Faculty of Native Studies at the University of Manitoba.

It was requested to go to MCI, where members of the committee were asked to make a presentation. Then it moved on to W.C. Miller Collegiate and Rosenfeld School.

When it found its place at Gardens on Tenth, members joined the tenants for a conversation.

"By the end of May, The Orange Bench will have carried its history and its stories to 12 indoor locations," said Braun.

"A lot of it is anecdotal, but we are hearing more personal stories and enquiries about the bench. It brought awareness that there was a gap in education about this. A local Indigenous family told us how good it was that there was something in the community to represent their story. We get a lot of inquiries from the places it's gone to, as well as from outside the community. It's a busy bench."

Ultimately, the project went above and beyond their expectations.

"We wanted to take the information out into the community and make it available to people who may not show up for our events," Braun said.

"I think we have connected with a lot of people, and we saw such openness everywhere it went. It has been welcomed. The goal was to educate and sew the seeds of understanding and provide opportunities for connection, and that was certainly accomplished."

Heading into spring, the bench will be at the Altona Mennonite Church until April 14. From there it will continue its two-week visits at the Altona Memorial Health Centre, the Altona and Area Family Resource Centre, and Access Credit Union.

Throughout its journey, Braun said The Orange Bench has aligned perfectly with the mission of Steps Toward Reconciliation.

"In sharing with you, we seek au-

thentic voices, and wherever possible we invite our Indigenous neighbours from Roseau River First Nation to be those voices. Over the past year, we have also called upon speakers from the Treaty Relations Commission of Manitoba, and other Indigenous friends, guests, and knowledge keepers to guide us in our listening and learning."

As part of this mission, the committee is currently planning an information day on May 4. The full-day event will take place at the Millennium Exhibition Centre. It will be a free session, open to everyone.

"With grant support through Southern Health, the event will focus on restoring our relationship to the land

through Indigenous wisdom and planting practices," Braun said. "We have three guest speakers who are known to be gifted gardeners and carry the wisdom of Indigenous planting and the medicinal and spiritual value of plants coming to share their knowledge and advice. And we will plant a garden at the Altona Community Garden to showcase what these teachers have taught us. We'll bring somebody back to talk to us as it grows and the project progresses."

You can follow the ongoing journey of The Orange Bench and other projects and events hosted by Steps Toward Reconciliation on their Facebook and Instagram pages.

> DEAF CURLING, FROM PG. 12

Although the students all enjoyed their time learning about curling, one younger curler indicated she was a bit nervous about moving on the ice with the slider.

When asked if he would try curling again, fellow student Aethan Ortiaguero responded with a non-committal, "Maybe."

Despite uncertain enthusiasm from some of the youth, local volunteer, Janice White is excited about the opportunity the quality instruction provided.

"Without this, [the youth] perhaps wouldn't even have the chance to curl. I can already see the natural talent that exists in some of these youth."

Quality instruction for the newbies couldn't have happened without the help of American Sign Language

translators and teachers, easily bridging the gap that could exist between people who speak different languages.

"Although many athletes use ASL to communicate, some are only hard-of-hearing," notes Hurst. "We've developed curling signs and visual cues to use when communicating with each other on the ice. And really, I feel that we have an advantage over teams that can speak because the ice is usually a noisy place. We can block out the noise and concentrate on the game and our coaches."

Chris Hamblin says that working with the deaf community since 2014 has brought many opportunities to learn and grow in her communication with athletes.

"Curling is a sport that relies on a lot of explanation while demonstrat-

ing. Working with the deaf community has increased the reliance on video technology, allowing deaf curlers to watch a video clip and receive explanation immediately after, rather than explaining while doing."

Words of encouragement for the youth was continually heard throughout the on-ice sessions, and many thumbs-up signs were exchanged. Smiling faces could be seen throughout the rink.

During one of the explanations, Lorne Hamblin commented to the students, eyeing especially those from the Manitoba School for the Deaf: "Several of the instructors here today, these National and Olympic champions, went to your school. They are just like you."

Winkler Festival of the Arts runs next week

By Ashleigh Viveiros

Local music students take to the stage at the Winkler Bergthaler Mennonite Church for the Winkler Festival of the Arts next week.

April 15-19 will see 341 piano, vocal, and choral students perform for a trio of accomplished adjudicators.

Festival president Dorothy Plett says their numbers are up in both the piano and vocal categories, but down somewhat for the choir competition.

Nonetheless, she expects it will be a wonderful week of performances, and she invites music-lovers to come check it out.

"We have a lot of support from this community. In our little sector of society, the festival is a very important part of our year. It would be nice to be able to share that more with the rest of the community."

The festival sessions are all open to the general public. Admission is by donation. The schedule can be found at winklerfestivalofthearts.com.

Plett noted people are welcome to spend the day enjoying the music, or check out the awards night featuring each category's top performers the evening of Friday, April 19.

"That night especially it would be nice to see the house packed."

Adjudicating the piano sessions this year are Lorne Hiebert and Madeline Hildebrand.

Hiebert has been teaching piano in the area for over 40 years. He received the RCM Teacher of Distinction Award in 2018 and has adjudicated numerous festivals across Manitoba, Saskatchewan, and Ontario in addition to being active as a performer, recording artist, and accompanist.

Hildebrand is described as a versatile pianist who is quickly becoming a top pick as a soloist and collaborator across Canada and the U.S. She has appeared recently in concert with Philip Glass (Winnipeg New Music Festival), the Kronos Quartet (Mass MoCA), with Yarn/Wire (DiMenna Center, New York), and as a soloist for Music Toronto's COSE series.

Adjudicating the vocal/choral sessions is soprano Judith Oatway. Oatway has performed with the Manitoba Underground Opera, among many other groups, and serves as a sessional instructor at the University of Manitoba, Canadian Mennonite University, and as an active guest clinician and adjudicator.

Plett says they hope the performers will leave the stage, adjudicator's feedback in mind, feeling energized.

"We hope they feel encouraged, and we hope that they feel a little bit challenged too," she said, noting the students can also learn a lot from each other. "Maybe it's, 'Oh, I really liked that song that somebody else played. Can I play that?' Those are the things that you really hope your students come away from the festival with."

While they're pretty well set for volunteers for this year's festival, Plett notes they're always looking for more people to get involved behind-the-scenes at future events.

"It was a little bit of a stretch this year to find volunteers," she said. "So it is helpful if people reach out to us and say, 'You know, I wouldn't mind volunteering for an afternoon or something."

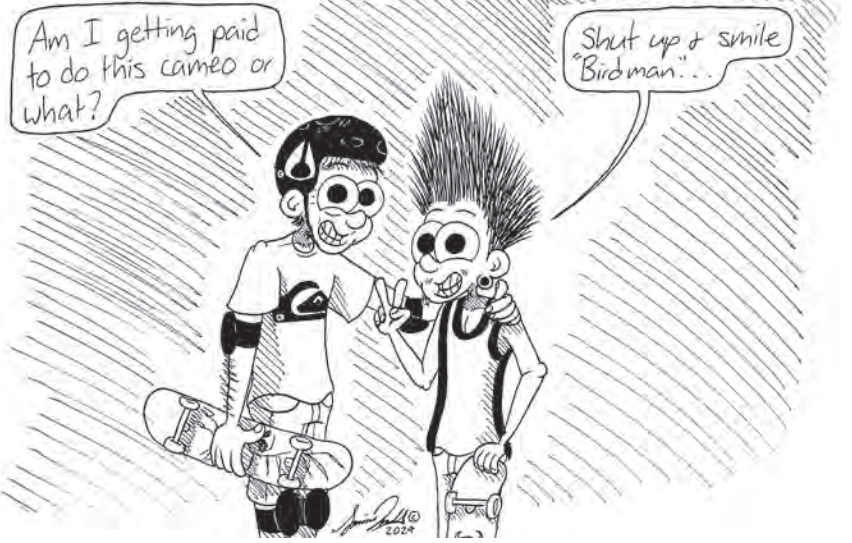
"One thing that we are struggling with a little bit this year is donations," Plett added. "We're probably about two-thirds of what we usually have."

Donations and corporate sponsorships help cover the costs of renting the venue and paying for the adjudicators while keeping entry fees low and accessible for participants.

"There's a surprising number of costs involved in putting something

The Funnies

PLANET GARRY By: Harrison Doell ©
(Feat: Tony Hawk) Inspired By: Bill Watterson



like this on," Plett said. "So we're really hoping that donations will pick up."

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Sustainability at Friesens

Friesens Corporation has a commitment to the environment, built around making the best use of all their resources and minimizing their ecological footprint.

"We use our resources as carefully as possible—reusing and recycling whatever we can. We make sure that any waste that leaves our plant is recycled in such a manner that it can be used again," says Canadian Sales Manager and Content Expert Ryan Hildebrand.

"Our intention is to protect our employees, customers, community, and natural environment to help sustain global human development. We do this by taking steps to prevent or lessen any adverse impact that might result from our operations and products."

When it comes to ecologically friendly practices, Hildebrand says there are two levels to consider.

"One of them is obviously local. Because we're such a big entity in a small community, dating back to the early days of Friesens, we've realized the importance of managing our ecological footprint."

It starts with basic practices such as using ink drums instead of pails, so those pails don't end up in landfills.

"Even in the company lunchroom, employee-owners are encouraged to separate their garbage into recyclables and compost material. It's those seemingly little things that can make a big difference," he says.

The second consideration is Friesens' global impact.

"As one of the biggest book manufacturers in North America, our global responsibility is significant," Hildebrand says. "It makes good business sense, and it's simply the right thing to do."

Friesens has been recycling their paper long before it was popular to do so.

"In the long run, we look at reducing waste. That means we're more efficient in all our business practices. That improves our bottom line, and we can pass those savings on to our customers. So not only are these practices positively impacting our environmental footprint; they're also

impacting employee owners and our customers."

Friesens has established a detailed Ancient and Endangered Forest Purchasing Policy which provides clear guidelines and implementation measures to fulfill their commitment to being a leader in the industry.

By using Ancient Forest Friendly paper, they reduce their carbon footprint and protect ancient and endangered forests and ecosystems. The Ancient Forest Friendly logo on their products represents their highest ecological quality.

"It's become a prerequisite for the products that we use," says Hildebrand. "Our customers ask about it, as well. It says that the paper that is used doesn't come from forests that are protected. We want to be good stewards."

Environmental-friendly practices are also important in the pressroom, where all printed and non-printed waste is bailed and recycled.

"Everything you see in our facilities, whether it's in our offices, our pressroom, our binding lines, or in any of our practices, is recycled. Even some of the chemicals used when we clean up inks have changed a lot. Everything matters. Small things add up to big things that can impact the environment."

Friesens has become an example of environmental stewardship in the publishing world, as well. Hildebrand cites one example while they were printing an installment of the Harry Potter series.

"We were printing many thousands of copies on 100 per cent recycled paper. At the time, we were the only company that printed those books that way. It started a movement where other publishers jumped on board. It helped encourage other printers and suppliers to develop more recycled paper for the book market. It was meaningful for the industry and really gained some notoriety in the publishing world."

In terms of encouraging their employee owners to be environmentally mindful, Hildebrand says it's almost become part of their DNA.

"Promoting the importance of recycling is huge. We have a test group that works with supplies, right down to the compostable shrink wrap we use to wrap skids. When staff are involved in testing those products, it shows leadership at every level, looking at ways we can be good stewards. We keep working towards making change that is positive. There are things that make good sense, and



SUPPLIED PHOTOS
Friesens has become an example of environmental stewardship in the publishing world, using recycled paper for their products and ensuring any paper waste coming out of their facility is able to be recycled and used again as well.



things that may cost us a bit, but in the long run will be beneficial."

Pride is contagious, be it in the product, or in the practices used to create that product.

"When you have an employee base as large as ours, you can imagine the impact it can have even beyond the workplace."

Hildebrand says he's proud to work for a company that cares about the environment.

"It's a great feeling. When you consider all the resources that go into creating a book, there's a lot of pride that

comes from developing something that lasts a long time and doesn't have an environmental impact. For me, it's motivation to continue to strive and do the right things when it comes to book manufacturing and the products we put together, how we put them together and the suppliers we connect with to make sure we're doing the right thing. It truly goes hand in hand with Friesens' philosophy for continuous improvement and realizing there's always room for more."

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"IT'S THOSE SEEMINGLY LITTLE THINGS THAT CAN MAKE A BIG DIFFERENCE."

sports & recreation

Flyers-Oil Cap series tied at 1-1

Virден takes game one 4-0, Winkler bounces back with 2-1 win in game two

By Ashleigh Viveiros

The Winkler Flyers are 1-1 in their second-round MJHL playoff series against the Virден Oil Capitals this week.

Virден took game one Friday night in Winkler.

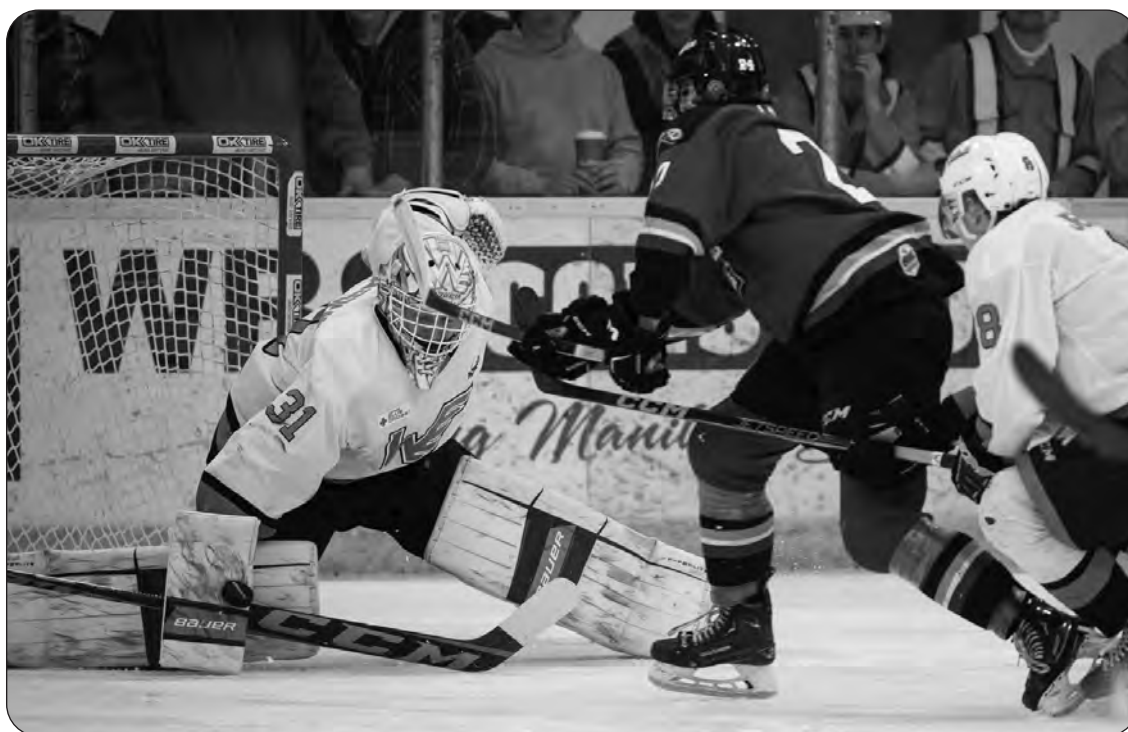
It was a scoreless affair until the back end of the second period, when Virден's Nolan Chastko snuck one past Winkler netminder Malachi Klassen.

The Oil Capitals scored two more in the first 10 minutes of the final frame and then added their fourth un-



PHOTOS BY RICK HIEBERT/VOICE

Winkler's Zach Nicolas tries to get a shot on net early in game one against the Virден Oil Capitals last week, which the visitors took 4-0. Below: Flyers netminder Malachi Klassen stops Virден's Braeden Lewis in close early in the game.



answered goal of the night with a little over three minutes to go to take the game 4-0.

Virден outshot Winkler 32-22, with Klassen making 28 saves in net for the home team.

The Flyers bounced back with a 2-1 win on the road in game two Sunday.

While Virден drew first blood once again—this time midway through the opening period—Winkler's Jayce Legaarden got the Flyers on the board with a goal late in the second (his sixth post-season goal so far) and then Avery Anderson widened the gap 10 minutes into the third to even out the series 1-1.

Klassen made 18 saves in net off 19 shots. His teammates fired 37 the other way.

Game three was back was back in Winkler Tuesday night. Results were not available at press time.

The series continues with game four in Virден Thursday and game five back in Winkler Saturday.

Games six and seven, if needed, are Monday, April 15 in Virден and Wednesday, April 17 in Winkler.

The league's other semi-final match sees the Steinbach Pistons taking on the OCN Blizzard. That series was also tied at 1-1 at press time.

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

Twisters locked in deadlock in MMJHL championship final

By Ty Dilello

The Pembina Valley Twisters are knotted up at one game apiece in its best-of-seven MMJHL championship series with the St. James Jr. Canucks.

The Twisters entered the championship final undefeated in the playoffs after four game sweeps of both the Raiders Jr. Hockey Club and St. Boniface Riels.

On April 5, the Twisters took Game 1 on the road with a big 3-2 victory over St. James. Riley Goertzen led the way for Pembina Valley with a pair of goals, while Mark Plett had the other tally. Owen LaRocque was excellent in the Twisters' goal as he stopped 32 shots for the win.

A few nights later back at home in Morris on April 7, the Twisters fell behind early and weren't able to come back losing 3-2 in Game 2. Merik Degraeve and Mike Heppner had the Twisters' goals, while LaRocque stopped 21 shots for the win.

"The games in the finals have gone pretty well how we expected," said Twisters' head coach Braeden Beer-

naerts. "They're very tight intense games that could go either way. Both games have come down to pucks going post and in, instead of pucks going post and out."

"I'm happy with our play, as we've been carrying the pace. We just have to stick to it, keep the consistency and block out the outside noise. We know there will be lots of ups and downs in the games, so we just have to stay level."

The Twisters and Canucks will be back in action for Game 3 of their best-of-seven series on April 9 at Ab McDonald Arena in Winnipeg. The puck drops at 8 p.m.

Game 4 will be played Saturday, April 13 in Morris (8 p.m.). The Twisters will head back to AB McDonald Arena for Game 5 on Sunday, April 14 at 6:30 p.m. Game 6 if necessary will take place back in Morris on April 16 at 8 p.m.

"Going forward we have to never take the foot off the gas, keep the pressure up and get more traffic and bodies in front of the net."



PHOTO BY LANA MEIER/VOICE

The Twisters' goaltender Owen LaRocque gets some encouragement from teammate Logan Enns during a time out last Friday. Pembina Valley won the game 3-2.

Hawks hand out honours



SUBMITTED PHOTO

The Pembina Valley Hawks U18 AAA team wrapped up the season with their awards banquet April 3. Award winners include (back row from left) Cade McCallum (Unsung Hero Award), Liam Goertzen (Playoff MVP), Jayden Penner (Top Defenseman), Kam Thomas (Coach's Award and Top Goal Scorer), Haiden Friesen (Most Improved). Front row, from left: Acoyen Fehr (Rookie of the Year, Top Scorer, and Playoff MVP), Ryder Wolfe (Best Defensive Forward), Bryson Yaschyshyn (Team MVP), and Lane Apperley (Top Defenseman)

Central Energy ready for season ahead

By Lorne Stelmach

The Central Energy softball program has been very successful in recent years, and it is gearing up for even more success in 2024.

The Manitoba Premier Softball League regular season begins league play the first weekend in May, and the Central Energy AAA teams have been preparing for it ever since try-outs back in mid-September.

Since then, teams have been busy practicing throughout the winter and getting into full swing after spring break.

"There's a lot of talent in this region, and the teams have been very successful over the last several years," said executive member Jeremy Funk.

"The program has expanded now as well to include a AA program as well under the same umbrella. The AA teams are called Central Charge," he noted. "It provides another option for girls who maybe did not qualify for the triple AAA team but still want to play competitive ball."

The Central Energy program has been going now for at least a decade or more, and Funk said they want to raise the awareness and boost the profile of the program in the area.

"The central region goes basically right from Oak Bluff, La Salle and includes Portage then Morden, Winkler,

Altona and Carman ... it's a very big region," he said. "It's a pretty high level of softball, taking the best players from that large region and forming the central teams."

All three age group teams have representation from all across the region.

The U13 Central Energy team finished third last season with a 16-8 record, and it captured the bronze medal at the provincial tournament

The U15 Central Energy team finished second with an 18-10 record and also won the bronze medal at the provincial tournament. Placing third at provincials earned them a spot in the 2023 nationals.

The U17 Central Energy team finished second with an 18-10 record and won the silver medal at the provincial tournament. The success at provincials earned them a spot in the Canadian championship tournament in Saskatoon.

Funk sees the program playing an important role in the development of local softball players.

"It's a great outlet for the competition and for advanced training," he said. "The Charge and Energy programs are for girls who want to increase their skills, practice more and advance ... it's a great opportunity."

You can go to www.mpslsoftball.ca for team schedules, scores, and standings.

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PUBLIC NOTICE



R.M. of ROLAND PUBLIC NOTICE - 2024 FINANCIAL PLAN

Pursuant to Section 162(2) of The Municipal Act. The Council of the Rural Municipality of Roland will hold a Public Hearing to present the 2024 Financial Plan:

**Thursday April 25, 2024
7:00 p.m.**

Roland Memorial Hall

Interested persons may make representation, ask questions, or register an objection to the Plan.

Copies of the Financial Plan will be available for review from the Municipal Office after April 22, 2024.

EMPLOYMENT

EMPLOYMENT OPPORTUNITY FOR CULINARY CREATIVITY

Morris Area Senior Services (M.A.S.S.) is a non-profit organization seeking a Meal Coordinator for their Congregate Meal Program. The Congregate Meal Program assists to meet the nutritional and social needs of its senior participants. The meal is served to those 55 plus and older (some exceptions apply). The successful applicant will plan one month in advance, a meal program served daily to these participants.

We are looking for someone to prepare and serve nutritious meals while keeping a clean and sanitized work and eating area. We are looking for someone who takes pride in their work and has an eye for presentation, so that the quality of the food, and its visual appeal, will keep our participants coming back.

All those with a love for cooking are encouraged to apply! Training is provided. Must be a minimum of 18 years of age or older.

Full job description on Facebook and Pembina Valley Online

For more information about the job or to apply please:

**Mail resume: to Morris Area Senior Services,
PO Box 997, Morris, Mb. R0G1K0**

Email resume: to morrisareaseniorservices@gmail.com

**Drop off or visit us @#20 - 153 Montreal Ave E. Morris, MB
(Davidson Centre entrance) Phone 204-746-6336**

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.

CAREER

EMPLOYMENT

- CHEF or EXPERIENCED COOK
- CASHIER • BARTENDER
- GENERAL HOUSEKEEPING

Full-time Seasonal Positions - Living Quarters
-Above Average Wages



Email: office@narrowsunsetlodge.com
or phone 204-981-2831

LAND TENDER

Land for Sale by Tender

Completed Tenders and a \$10,000.00 per parcel deposit of the Tender Price are invited to be received up to 12:00 PM (noon) on April 29, 2024 (the "deadline") on the property described below, which Tenders and Deposits shall be received at:

PKF Lawyers,
326 Stephen Street, Morden, MB R6M 1T5
Attn: Stéphane Warnock
Ph: 204-822-4463

Property for sale:

1. NE 1/4 OF SECTION 24-1-5WPM
EXCEPTING THEREOUT - THE ELY 1320 FEET PERP
CT #3022208/04 80 acres
2. THE ELY 1320 FEET PERP OF THE NE 1/4 OF SECTION 24-1-5WPM
EXC PLANS 47657 MLTO AND 72918 MLTO
CT #3287586/4 60.99 acres

(the "Land")

-Located in the Rural Municipality of Stanley

Parcels are being tendered together or separately

Conditions of Tender

1. Financing must be pre-approved.
2. Tenders to be in the form prepared by PKF Lawyers. To obtain tender form or more info, contact Stéphane Warnock @ PKF Lawyers.
3. Each Tender must be accompanied by a certified cheque, payable to PKF Lawyers (in trust), in the amount of \$10,000.00 per parcel. Deposits of tenders not accepted will be returned to the tenderers.
4. Highest Tender or any Tender will not necessarily be accepted.
5. The Possession date and the due date of the balance of Tender Price shall be May 10, 2024.
6. The maker of any Tender relies entirely upon his/her personal inspection and knowledge of the Land, independent of the representations made by the vendor or the solicitor and agent of the vendor. The Land will be sold "as is" and the bidder is solely responsible to determine the value and condition of the Land, Land quality, Land use, environmental condition and any other information pertaining to the Land.

CAREERS

Commodity Merchandising Intern (May – August)



Location: Altona, MB CA R0G 0B0

Company: Bunge

Essential functions:

- Participate in the day-to-day operation at assigned Bunge location, promoting and abiding by Bunge's zero incident and injury safety culture.
- Gain fundamental knowledge of cash grain and grain product marketing, trading, and flows.
- Assist in managing customer relationships, contracts, logistics, data analytics, and other related activities
- Demonstrate level of comprehension by responding to verbal or written inquiries from supervisors, mentors, or other team members

Skills/Experience Requirements

- Pursuing bachelor's degree from a four-year accredited college or university
- Ability to adjust to multiple demands, shifting priorities, ambiguity, adversity, and constant change
- Exceptional verbal and written communication skills
- Proficiency in standard PC applications
- Full description & application available <https://jobs.bunge.com>

"Bunge Canada is an equal opportunity employer"

EMPLOYMENT



1.0 FTE PRINCIPAL/TEACHER Competition #2024-04 Nellie McClung Collegiate (Manitou)

Prairie Spirit School Division invites applications for a **1.0 FTE Teaching Principal** position to commence September 3rd, 2024. Deadline for applications: **Noon April 23rd, 2024.**

Details available at: www.prairiespirit.mb.ca or phone 204-836-2147

CAREER



Border Land School Division invites applicants for a

TERM GRADE 1/2 TEACHER (1.0 FTE)

FOR EMERSON ELEMENTARY SCHOOL IN EMERSON, MB

FOR DETAILS VISIT WWW.BLSD.CA

Classifieds
The Winkler-Morden Voice

FLIGHT ACADEMY

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

Want to learn how to fly? Recreational Pilot Program is the best way to get started, must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger; can easily add float rating to permit. LS Airways Flight Academy 204-651-1402.

WANTED

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

take a break > GAMES

SUDOKU

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

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!

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

Sudoku Answer

S	I	M	V	M	S	S	C	I	L	E	R	E	
S	E	M	V	N	E	R	S	V	L	I	R	V	C
D	I	N	O	S	I	R	V	P	V	C	N	I	
I	R	D	N	I	P	I	S	E	C	V	F	F	
V	E	R	V	A	R	S	V	M	V	C	I	T	F
R	A	V	A	C	I	T	H	V	D	T	P	V	
S	R	L	K	I	E	K	D	M	V	O	R		
D	E	D	T	L	D	V	H	C	T				
V	T	L	T	V	A	B	T	T	P	H	C		
E	S	O	L	T	S	G	R	V	F	I	T	E	
R	E	V	A	H	I	E	T	L	H	V	G	V	
P	M	S	C	I	L	E	L	H	T	A	T	V	
S	E	S	B	I	N	V	E	N	I	T	T	O	
S	E	S	D	A	S	U	S	P	A	C	A		

Crossword Answer

X CROSSWORD

CLUES ACROSS

1. Island nation
 7. Platforms
 13. Project plan
 14. French fishing port
 16. South Dakota
 17. Oakland's baseball team
 19. Military policeman
 20. Ornamental stone
 22. Garland
 23. Process that produces ammonia
 25. Mousses
 26. Music notation "dal _"
 28. Fail to win
 29. Peyton's little brother
 30. Not near
 31. Some cars still need it
 33. Lizard genus
 34. An idiot (Brit.)
 36. Postponed
 38. African country
 40. Gazes unpleasantly
 41. In a way, traveled
 43. Ukraine's capital
 44. Appropriate
 45. Dash
 47. Twitch
 48. Swiss river
 51. Data file with computer animations
 53. City in S. Korea
 55. Particular region
 56. They have eyes and noses
 58. Tear
 59. Large Madagascan lemur
 60. Not out
 61. Ornamental saddle covering
 64. A driver's license is one
 65. Latin term for charity
 67. Rechristens
 69. Objects from an earlier time
 70. Hindu male religious teachers
- CLUES DOWN**
1. Used as a weapon

	1	2	3	4	5	6		7	8	9	10	11	12		
13									14					15	
16			17					18						19	
20		21				22				23		24			
25						26				27		28			
29						30				31		32		33	
		34	35							36		37			
38	39									40					
41						42				43					
44					45	46			47				48	49	50
51				52		53		54				55			
56					57		58				59				
60					61		62				63				64
65					66					67				68	
										70					

2. Yukon Territory
3. Makes a map of
4. An established ceremony prescribed by a religion
5. Unnilhexium
6. Merchant
7. Playing the field
8. Folk singer DiFranco
9. Something to scratch
10. Mexican agave
11. Equal to one quintillion bytes
12. Session
13. North American people
15. Ranches
18. Electroencephalograph
21. A type of compound
24. Avenue
26. High schoolers' test
27. A type of meal
30. Gradually disappeared

32. Ancient Frankish law code
35. Popular pickup truck
37. Buzzing insect
38. Deal illegally
39. Lying in the same plane
42. Obstruct
43. Related
46. Challenge aggressively
47. Nocturnal hoofed animals
49. Bird's nests
50. Forays
52. ___ B. de Mille, filmmaker
54. Title of respect
55. One-time name of Vietnam
57. Self-immolation by fire ritual
59. Private school in New York
62. Political action committee
63. A way to fashion
66. Email reply
68. "The Great Lake State"

Classifieds

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NOTICES

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

SPRING HIRING? NEED CLASS 1 DRIVERS or construction workers? 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

PUBLIC NOTICE



MUNICIPALITY OF EMERSON-FRANKLIN PUBLIC NOTICE 2024 FINANCIAL PLAN

Public notice is hereby given pursuant to subsection 162(2) of the Municipal Act that the Council of the Municipality of Emerson-Franklin has scheduled a public hearing at the Municipal Council Chambers at 115 Waddell Avenue East, in Dominion City, MB on the 23rd day of April, 2024 at 11:00 a.m. to present the 2024 Financial Plan. The purpose of the public hearing is to give the public the opportunity to make a representation, ask questions or register an objection with respect to the plan. Copies of the Financial Plan are available for review during regular office hours from 8:00 a.m. to 4:00 p.m. Monday to Friday at the Municipal Office and on the municipal website www.emersonfranklin.com

Tracey French
Chief Administrative Officer
Box 66 Dominion City, MB ROA OHO
Phone: 427-2557
Email: info@emersonfranklin.com

COMING EVENTS

Valley Mennonite Academy

Bethel Bergthaler Mennonite Church



Sat., April 13, 2024

Fajitas, Beans, Rice & Dessert

4130 MB-32

Hochfeld, MB

4:30 - 7:00 PM

Dine in & Take Out

Proceeds go to the general operating fund of the school.

VMA is non-government funded.

All donations are greatly appreciated.



Nordic Ware and Cookbooks available for sale

ANNOUNCEMENTS

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!

HEALTH

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EMPLOYMENT



1.0 FTE PRINCIPAL/TEACHER Competition #2024-16 Prairie Mountain High School (Somerset)

Prairie Spirit School Division invites applications for a 1.0 FTE Teaching Principal position to commence September 3rd, 2024. Deadline for applications: **Noon April 23rd, 2024.**

Details available at: www.prairiespirit.mb.ca or phone 204-836-2147

EMPLOYMENT



The Morden Corn & Apple Festival is offering an exciting new opportunity for a vibrant, enthusiastic, self-motivated person. If you are passionate about the City of Morden and the Festival, are a strong team player with excellent people skills and computer skills, then you need to apply for this position.

Executive Director

Contract - 1,200 hours approximate

The Executive Director is the primary face and representative of the Morden Corn & Apple Festival to the larger community. The Executive Director is responsible for all day-to-day operations of the Corn & Apple Festival and is responsible to execute the strategic initiatives laid out by the Board of Directors.

Key Responsibilities

- To execute the strategic initiatives of the Corn and Apple Board.
- To be financially efficient in the day to day operations of the Corn & Apple Festival.
- To provide administrative responsibilities on a day to day basis, including preparing reports, answering phones, etc.
- Coordination of grants, lotteries and other sources of revenues.
- Social media execution and website maintenance.
- Maintain a positive public image with all levels of stakeholders.
- Recruit and supervise Corn & Apple Festival staff.
- Responsible for Volunteer relations.

Qualifications

- Administrative and/or public relations experience required.
- Well-developed leadership skills
- Strong written and oral communication skills
- Excellent computer proficiency
- Excellent interpersonal skills
- Ability to build rapport across all generations.
- Proven ability to work independently.

The Morden Corn & Apple Festival offers a competitive negotiable rate of pay and flexible work life balance.

Please email your resume and cover letter to: Dale Stambuski, Morden Corn & Apple Festival Inc President at: management@eagleeyedesign.ca

Deadline to apply: Friday, April 26, 2024

We thank all applicants; however only those invited for an interview will be contacted.

PUBLIC NOTICE



MUNICIPAL NOTICE OF INTENT

TAKE NOTICE that on March 12th, 2024, the Council of the Municipality of Emerson-Franklin gave first reading to By-Law No. 2024-05 to designate as a municipal heritage site under The Heritage Resources Act, the lands and premises commonly known as the Tolstoi Heritage Centre, (formerly known as the Tolstoi Holy Trinity Roman Catholic Church) at 9 Main Street Tolstoi, Mb. The land is described in Certificate of Title No. 2898123 as follows:

SP Lot 3 Block 1 Plan 16289 WLTO Subject to the reservations and provisos contained in the original grant from the crown in SE ¼ of 35-1-5EPM.

A copy of the proposed By-Law can be inspected at the Emerson-Franklin municipal office at 115 Waddell Avenue East Dominion City, Mb between the hours of 8 a.m. to 4 p.m. Monday through Friday and on the municipal website www.emersonfranklin.com

A public hearing will be held at the Municipal Office at 115 Waddell Avenue East Dominion City, Mb on April 23rd at 10 a.m.

At that time, any person may submit an objection or other representation on the proposal. If there is no objection, council may resolve to adopt the proposed By-Law, or not to proceed with it.

Date this 18th day of March, 2024.

Tracey French
Chief Administrative Officer

PUBLIC NOTICE

Public Notice

Zoning By-law Amendment NO. 23-11:

Intent of Zoning By-law Amendment 23-11: The applicant is proposing a change in zoning in the Zoning By-law from "AG1" Agricultural 1 Zone to "M" Industrial Zone for the purpose of expanding an existing truss manufacturing business.

Current Title Area: CT No: 2940774/1, Roll No: 236600 CT No: 2878468/1, Roll No: 236620

A copy of proposed By-Law 23-11 and supporting material may be inspected at our office during normal business hours, Monday through Friday, 8:00 AM to 4:00 PM (excluding holidays).

Copies may be made upon request.

Electronic copies may be obtained by emailing: info@emersonfranklin.com.

When: April 23, 2024, 9:30 AM

Where: Municipality office Council Chambers 115 Waddell Ave E Dominion city, MB ROA OHO

For More Information: Contact

Chief Administrative Officer

Tracey French

Phone: 204-427-2557

Email: info@emersonfranklin.com



Classifieds Announcements

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IN MEMORIAM

In loving memory of Rev Henry Wieler
July 15, 1937-April 14, 2023



*Precious in the sight of the LORD
is the death of His saints
Psalm 116:15*

- Missed by Mrs. Helena Wieler,
Helen & Les Wall, Dave & Evelyn Wieler,
Kathy & Bernie Seipp, Susan & Jerry Wall,
Margaret Mooney, Martha Wieler and families

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Stonewall, MB**

**204-467-1858 or
204-886-7027**

McSherryLtd@gmail.com
McSherryAuction.com

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**Sat., April 13
10 AM - 5 PM**

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Spring Vintage Antique
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12 yrs and under FREE

Assiniboia Downs

3975 Portage Ave, WPG

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Early (8AM Admission)
\$30.00

Info: 204-255-3463
Or 431-374-6925

OBITUARY

Jo-Ann Velma Baskerville (Nee Jamieson)

April 15, 1936 - March 30, 2024

Jo-Ann Velma Baskerville (nee Jamieson) passed away peacefully
at the Health Sciences Centre on March 30, 2024 at the age of 86
years.

She is survived by one daughter De-Ann Holmes, one son Kelvin
Baskerville and spouse; granddaughters: Jillain (Kieran) and Josi
(Brenden); great-grandchildren: Bear, Evren, Morning Star, and
Lachlan.

Jo-Ann was predeceased by her husband Cameron Baskerville,
her cat "Hobbs", and her parents Russell and Mary Jamieson.

Mom had a lot of interests, such as sewing, knitting and painting.
A graveside funeral was held Saturday, April 6, 2024 at 1:00 p.m.

at the Dominion City Cemetery (if rain at the Dominion City United Church). A reception followed
at the Dominion City Community Hall.

The family wishes to thank the team at GH6 at Health Sciences Centre for your compassion
and support. Also, thanks to the Residence of Despina for being her family and for giving her
independence.

In memory of Jo-Ann donations may be made to the Dementia Society of Manitoba.

Arrangements entrusted to:
morrisfuneralhome.ca
204 746-2451



OBITUARY

Don Cram 1925 - 2024



Donald was born on March 28th, 1925 in Morden, Manitoba the
third child of Clifford and Gladys Cram. Don was raised on his
father's family Cram farm 2 miles north of Morden and ¼ mile east,
with his older brother and sister Robert (Bob) and Evelyn and his
younger sister Lois.

Donald was active in 4-H clubs, being provincial winner of Swine
competitions which entitled him to attend the Toronto Royal Fair.

He attended Cheval country school. He reports many antics on
the farm and of raiding neighbour's pumpkin patches. He loved
attending dances, hunting deer/ducks, fishing, curling and playing
hockey with his buddies as they would hop the train to go play in
Miami, Manitou and Pilot Mound.

When Don completed school, he was required to help his dad on the farm when his brother
Robert joined the war. Don also answered the call to join the military when he became of age at
19 years of age and entered basic training in 1944 in Shilo. He completed Basic Training and was
on his way east to board a ship for Europe when the war ended.

He took up farming the home farm with his brother Robert. The brothers remained on the same
farm site. Don met Mavis Emma Sandercock for the first time in 1944 at a Box Social. Mavis
had been sent to Carman to help her sister Velma (married Allan Keith). They were to attend a
box social at Dunstan Community Hall. Velma had made a lunch box for her. Mavis's Box was
bought by one Mr. Don Cram. This was their first introduction. Although she was very impressed
by the young gent, she was still very young. It was some time later after Mavis returned from
University Proper School to become a teacher that Don and Mavis started dating. Always under
the watchful eye of her brother Bert. It was clear from the start; Don was determined make Mavis
his bride. They were married on June 22nd, 1950 by Rev Cook at St. Paul's United Church in
Morden, Manitoba.

In 1966 when Clifford broke up the farm, Bob took over the homestead and land immediately
next to it. This same year, Don bought land ½ mile north (21-3-5) and established his own home
operation site. His operation centered around the production of high-quality corn primarily for
Seagram's corn whiskey. He also grew cereal and canning crops and raising beef. He won a
number of awards related to his high corn yields production and in 1985 he was awarded by the
MCGA (Manitoba Corn Grower Association) for the third highest yield in the province.

Don had a keen interest in community affairs and was an avid volunteer to many organizations
and groups in his community. He served as Secretary Treasurer and board member of the Cheval
School District until it closed in 1965. He then focused on and later serving on the Board of
the Morden Consolidated S.C. later to become the Western Consolidated School Division for
17 years. He was a Scout leader for a number of years, a hockey coach, an Elder at St. Paul's
United Church where he was deeply involved in renovations to that building, and Sunday School
teacher. He also served as a member of the Elks and Kinsmen.

Always keenly interested in all sports, he continued his active lifestyle in curling and golf. In 1989
Don was part of a curling foursome and won the Manitoba Masters Championship representing
Manitoba in the National competition.

He curled until he was 95 years old and golfed right up to 2021 (96-year-old).

He was an avid camper and loved traveling, and traveled west to Kelowna many times to visit
family pulling many different types/sizes of campers; down to California and Florida multiple
times - nothing better than road trips to experience the country. When pulling a trailer got a bit
much - he and Mom joined a bus tour to the east coast. They also took winter trips to Bahamas,
Costa Rica, and Hawaii,

Mom and Dad also loved their quick trips to Mahanoma, Minn. with good friends to try their
luck at the casinos.

Don and Mavis had a very full life together. They celebrated their 70th Wedding Anniversary in
2020. They were both very involved in all of their five children's activities and then the business
continued with the activities of their grandchildren. Family was always first priority for both Mom
and Dad and they very willingly shared their time, energy and wisdom with us all.

On March 28th, 2024 he celebrated his 99th birthday with his children. On March 30th, 2024
with his family by his side he quietly and peacefully went to meet his Lord.

He was predeceased by his Wife Mavis in 2020. He is survived by his sisters Evelyn (Heasloop)
and Lois (Williams). His children, son Ken (Joanne), children Bryce (Melissa), grandchildren
Cedar and Jasmine, Jessie (Mike), grandchildren Nicholas, Zachery, son Rick (Joanne); daughter
Betty (Collin), children Kurt (Sarah), grandsons Grant, Ben; Derek (Adelle) grandchildren Talia,
Vivi; Jerrett (Steph), grandsons Gage, Caden; daughter Karen (Glenn), children Jason (Becky),
grandsons John, James; Colby (Lyndsay), Tyson (Janelle); son Ron (Mary Anne), children
Thomas (Adelle), William and Emma.

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> MEAL IDEAS



Sweetpotato Breakfast Bake

1/2 cup bell pepper, diced
 9 eggs, beaten
 1/2 cup cheddar cheese, shredded
 1/2 teaspoon black pepper
 Heat oven to 400 F. Spray 13-by-9-inch baking dish with nonstick cooking spray.
 Evenly spread sweetpotatoes, sausage or bacon, green onions and bell peppers in dish. Pour eggs carefully into baking dish. Sprinkle shredded cheese and black pepper over eggs.
 Bake 15 minutes.
 Slice into 12 pieces and serve hot.

Recipe courtesy of Tessa Nguyen, RD, LDN, on behalf of the North Carolina Sweetpotato Commission
 Prep time: 10 minutes
 Cook time: 15 minutes
 Servings: 12
 Nonstick cooking spray
 1 cup sweetpotatoes, shredded
 1/2 cup cooked turkey sausage crumbles or cooked turkey bacon
 1/4 cup green onions, sliced



Tart Cherry Unity Pie

Bake 25 minutes. At 10-minute mark, cover pie dish with foil to prevent crust from over-browning. After 25 minutes, lower oven temperature to 375 F and bake 30 minutes.
 To make pumpkin spice whipped cream: In large bowl or bowl of stand mixer, add heavy cream, powdered sugar and pumpkin spice. Use hand mixer or beater attachment on stand mixer to beat on medium-high speed 3-5 minutes until stiff peaks form. Refrigerate whipped cream until ready to serve.
 Let pie cool 2-3 hours then dollop pumpkin spice whipped cream on top, slice and serve.
 Substitution: Storebought whipped cream topped with pumpkin spice can be used in place of homemade pumpkin spice whipped cream.

Recipe courtesy of the U.S. Tart Cherry Industry
 Prep time: 20 minutes
 Cook time: 55 minutes
 Servings: 8
 Pie:
 1 pie crust (9 inches)
 2 cups canned tart cherry pie filling
 2 cups canned apple pie filling
 1 egg, beaten (for egg wash)
 Streusel:
 1/2 cup all-purpose flour
 1/4 cup brown sugar
 2 tablespoons granulated sugar
 1/3 cup pecans, roughly chopped
 1 pinch salt
 4 tablespoons butter, melted
 Pumpkin Spice Whipped Cream:
 1 cup heavy cream
 2 tablespoons powdered sugar
 1/2 teaspoon pumpkin spice
 Preheat oven to 400 F.
 Fit pie crust to 9-inch pie dish. Crimp edges and use fork to poke holes in bottom. Place pie crust in freezer to chill.
 In large bowl, combine tart cherry pie filling and apple pie filling. Set aside.
 To make streusel: In bowl, use fork to mix flour, brown sugar, granulated sugar, pecans and salt. Pour butter over dry ingredients and mix until ingredients come together in clumps.
 To assemble pie: Pour cherry-apple filling into prepared pie crust and sprinkle streusel on top. Brush beaten egg onto exposed pie crust edges.



Live longer by eating less

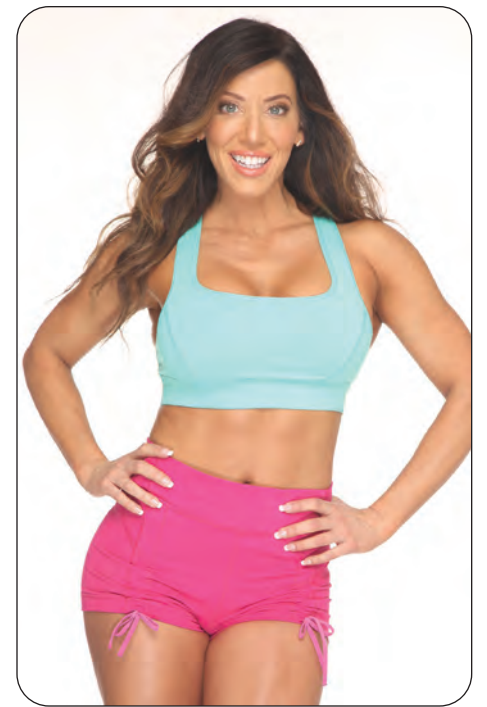
By Julie Germaine Coram

Have you heard that several studies have linked calorie restriction to genes associated with immune and metabolic system functions? While initial studies were not conducted using human trials, these findings could have significant implications in overall lifespan and quality of life, but the question remains - what exactly is required to see such benefits and how quickly would they take effect?

Let's start with what a calorie restricted diet is. Essentially small reductions in your usual daily caloric intake over a long duration are implemented, sometimes resulting in weight loss, however typically this is not the primary goal of calorie restriction. What researchers found is an interesting reaction by the thymus gland, which produces T cells that are your body's way of fighting off infections. The thymus is also responsible for anti aging hormones, but unfortunately, an older individual will naturally have a smaller (and fatter) thymus, leaving them less protected. Turns out that people who transition to more calorie-restricted nutrition plans have healthier T-cell (white blood cell) levels when compared to study participants who did not make changes to their dietary habits.

There are other ways to extend your life expectancy through food choices, including increasing your intake of legumes and whole grains. Surprisingly, experts claim that if you start early enough, this alone can give you another decade!

What you eat undoubtedly has a substantial impact on your health. How you feel and your ability to move pain free can be greatly affected by the foods you consume on a regular basis. If you are feeling overwhelmed with all the information available, maybe it's time to contact a professional to help you navigate



Julie Germaine Coram

what your priorities should be and how to achieve your health goals.

It's important to keep in mind that you don't have to be 'perfect' and there are no 'bad foods'. You do not have to completely omit ANYTHING, truly. Moderation is the key, and variety is the trick when it comes to making progress in achieving optimal health.

Do you want to discuss your individual nutrition questions, fitness goals and struggles with me personally? 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 dedicated to long life health! She is a fit mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fat Loss Specialist. She has helped thousands of men and women in Manitoba and worldwide improve their health since 2005.

Pecan Chickpea Cookie Dough Bites

Recipe courtesy of Dawn Jackson Blatner, RDN, on behalf of the American Pecan Promotion Board
 Prep time: 10 minutes
 Servings: 24
 1 cup raw pecan pieces
 1 can (15 ounces) chickpeas, rinsed and drained
 1 tablespoon vanilla extract
 1/2 teaspoon cinnamon
 1/2 teaspoon sea salt
 1/2 cup dark chocolate chips

In blender or food processor, blend pecan pieces, chickpeas, vanilla extract, cinnamon and sea salt 3-5 minutes, scraping down sides occasionally, until smooth and creamy.

Fold in dark chocolate chips.
 Form into 24 cookie dough balls. Eat as-is; no baking required.

Note: Store leftovers in airtight container in refrigerator 5 days or freeze up to 3 months.

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