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PHOTO BY LORI PENNER/VOICE

Sarah Braun accepted her entrepreneur of the year award from Altona and District Chamber of Commerce president Kal Smith. See inside this edition for more on the awards gala.

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



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Local leaders shine at chamber gala

By Lori Penner

The Rhineland Pioneer Centre shimmered with elegance April 18 as the community gathered for the Altona and District Chamber of Commerce 2024 awards Gala.

It was an opportunity to recognize and celebrate local businesses and organizations for making a difference and shaping the future of the community either through exceptional customer service and business growth or their overall positive impact.

Altona EDO Stephanie Harris launched the celebration by saying “our community is tightly woven together by the desire to achieve, inspire and spread positivity. Together, we make up an amazing group of people, and we would not be here without each other.”

Altona Mayor Harv Schroeder told guests he felt very lucky to have witnessed Altona’s growth over the years.

“As we applaud the achievements of these businesses and organizations, I’d also like to acknowledge all the people who work behind the scenes: the employees, the manag-

ers, the consumers and everyone involved in supporting and creating our local businesses.”

Rhineland Reeve Don Wiebe referred to the municipality’s vision statement, which describes it as a region with a vibrant and diversified economy.

“It is quite evident that through the efforts of SEED, RNIP, the chamber, new businesses and community service ventures and existing businesses, we are fostering this diversity. This then becomes part of our heritage.”

The event saw Sun Valley Co-op receive the business excellence award with 11 employees or more.

Sun Valley Co-op employs over 150 staff, providing quality products and services and returning millions of dollars to over 8,000 members since the co-op was formed. Sun Valley Co-op has 10 locations made up of gas bars, home centres, bulk petroleum, cardlocks, car washes and food stores operating out of Altona, Morris, St Jean, Dominion City and Emerson. It also supports the community through donations, volunteerism efforts and capital investments.

“We were very surprised and hum-



PHOTOS BY LORI PENNER/VOICE

Valley Fiber's Conley Kehler presented Sun Valley board chair Kevin Bell with the business excellence award.



Brittany Dyck accepted the business excellence award from SEED board chair Mike Friesen.

bled,” said board chair Kevin Bell. “There’s so many wonderful businesses and organizations in the Altona area, we feel very fortunate to win this.”

“I’d just like to say thank you for the support from all of the members. I’d like to give a huge thank you to all of our employees and their dedication in looking after our members so Sun Valley Co-op can continue to grow and keep giving back to the commu-

nity.

“Community support is very much a two-way street,” added Bell. “When members spend money at our locations on goods, we return the profits back to them in cash and equity. We also give out donations to help worthwhile causes in the community to get them off the ground and going too. Most of our bottom line comes

Continued on page 12



Emergency Preparedness Week

May 5th - 11th, 2024

Emergency Warning Siren Test:

Monday, May 6th at 12pm (Noon)

Altona’s outdoor warning siren will be activated for four minutes as an annual test to check that the equipment is working properly. The Warning Siren will continue to be tested for a few seconds daily at noon.

Emergency Preparedness Expo:

Thursday, May 9th 6:00pm - 8:30pm

Learn about Emergency Management, how to keep your family safe in an emergency, what emergency vehicles and safety equipment look like up close, and much more! Located at the Millennium Exhibition Centre.

Visit the “Emergency Management” page at www.altona.ca for more information

Busy year for Many Hands

By Lorne Stelmach

The past year was one of both significant challenges and growth for the Many Hands Resource Centre.

The fact the Morden organization was able to come through it all in a strong, positive position is due to the community support for the mission of Many Hands.

"I think it's a real testament to the support that we do receive at Many Hands," outgoing chairperson Daniel Klauke said following the annual meeting last Wednesday. "Obviously, we have lots of volunteers, and we can see the support that way, and we can see the support that we get from the community.

"I am immensely proud of the strides that we have made, and of course it would never happen without the support which we get from the community and volunteers," agreed executive director Mariyam Tsygankova.

The past year was one of tremendous growth and change for Many Hands including transitions with staffing amidst taking on new programs including the farmers market and community garden in addition to

operating the food bank.

Klauke said these challenges have only contributed to the growth within the organization as they became stronger with each obstacle.

"We felt that both programs were a natural fit for our organization as we continue to be a leader in food security in Morden," Klauke wrote in his annual report. "Both programs create environments that bring people together in the community to build relationships and connection with one another."

He also cited the importance of a transition to being more of a governance board than a working board as well as a strategic planning process being undertaken.

With all that was happening, the organization exceeded its budget with significant increases in revenue including donations and grants, and the end result was a surplus of over \$100,000.

"When you look at that financial report, and you have what you budgeted for your donations, and then

Continued on page 8



PHOTOS BY LORNE STELMACH/VOICE

Addressing the annual meeting of Many Hands Resource Centre were outgoing chairperson Daniel Klauke and executive director Mariyam Tsygankova.

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Morden couple to be honoured

By Lorne Stelmach

Fred and Myrna Mayor are the first couple to be jointly awarded Morden's citizen of the year honour, and their resumes show they are equally deserving.

Both were similarly overwhelmed last week when they learned the Morden Area Foundation would be presenting the 2023 citizen of distinction award to them.

"We're kind of thunderstruck, that's for sure," said Fred, while Myrna added that "I find it very humbling ... you don't do what we have done to be recognized like this, but it's great."

The citizen of distinction award recognizes an individual who has made a strong commitment to making the City of Morden a better place to live, visit and play through their long-term commitment by service and leadership.

Fred and Myrna are being recognized for their outstanding record of volunteer service spanning over five decades.

Fred has been an active member of the Elks club since joining in 1968, and as a member of the Royal Canadian Legion, he has chaired the sick and visiting committee and together with Myrna volunteered at community bingos and continues to work

the meat and card draws every three months.

He sat on the board of directors of Tabor Home for 12 years and was an active member of the Lions Club in the 80s and 90s and currently holds a seat on the Morden Activity Centre board.

Both Fred and Myrna are Corn and Apple Festival volunteers, working at various booths over the years and most recently helping at the Morden Activity Centre's lunch, while Myrna served as festival queen mother in the early 90s.

Myrna managed the Morden Medical Centre until her retirement and remained active with community board. She was an active member of the Royal Purple until the organization ceased operation, and she has lent her voice to the St. Paul's United Church choir since the 60s.

More recently, she was on the Morden Area Foundation's Power of the Purse committee from 2021 to 2023, and she can also be found working volunteer shifts at the Morden Thrift Shop and currently sits on the board.

Fred and Myrna are faithful and active members of the St. Paul's United Church, both having held various seats on the worship and policy committees and having been involved in fundraising and expansion initiatives and other groups.



SUBMITTED PHOTO

Fred and Myrna Mayor were similarly overwhelmed last week when they learned the Morden Area Foundation would be presenting the 2023 citizen of distinction award to them

Both have also logged in many miles driving cancer patients to Winnipeg appointments through South Central Cancer Resource.

Nominators Sharon Deveson and Rick Britton sang their praises.

"Fred and Myrna Mayor were mar-

ried at the United Church in Morden in 1967 and other than three years spent in Morris in the early 80s, they have remained committed to the City of Morden," they noted. "One would be hard pressed to find a corner of the community that has not been impacted by Fred and/or Myrna's volunteer efforts, as giving back is at the core of who they are."

"I think this has been a community of great volunteers for years ... it just seems to be the thing to do," suggested Fred.

"I never give it a thought when there is something to do that needs for volunteers ... anything I've ever volunteered for I've always just enjoyed it," said Myrna. "There doesn't seem to be trouble getting volunteers here like in some places."

"There's a satisfaction in doing it, and also when you're volunteering, you see some of the fruits of what you've been doing," added Fred.

"There's things I have volunteered for, and it's really been a great learning experience ... and the benefits for the betterment of the community have been great," said Myrna. "You feel that it's all worthwhile, and you're ready to go back and do some more volunteering."

The award will be presented at a reception Sun., May 26 at St. Paul's United Church in Morden. Doors will open at 1:30 p.m., and the program will start at 2 p.m.

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Mixed review for budget

By Lorne Stelmach

The federal budget last week didn't earn a lot of rave reviews, but the government touted it as a plan where younger generations can get ahead and where everyone has a fair chance at a good middle class life.

Chrystia Freeland, deputy prime minister and minister of finance, last Tuesday released the 2024 budget with a theme of fairness for every generation.

"Our government first came to office with a vow to strengthen and expand the middle class. We delivered on that pledge by reducing poverty, especially for children and seniors, and creating millions of good jobs for Canadians," said Freeland.

"Our work isn't done. Budget 2024 renews our focus on unlocking the door to the middle class for millions of younger Canadians. We'll build more housing and help make life cost less. We will drive our economy toward growth that lifts everyone up. That is fairness for every generation."

The goals of the budget may have been laudable, but Portage Lisgar MP Branden Leslie lamented the failure to work towards balancing the budget and just further worsening the deficit with numbers which he said work out to about \$2,400 in new debt and new inflationary spending per family.

"The theme of over-spending is one that just continues," he said. "We're going to spend about \$54 billion this year to service Canada's debt ... that's about the same amount as we collect in GST. So every time you go and pay that five cents on every dollar you spend, that is basically just going to our foreign bankers and bond holders that we borrow money from instead of going to social programs, defence, and it's also more than we even send the provinces for health care.

"It's more inflationary gas on the fire," said Leslie, who added that "we've seen a staggering decline in per capita GDP. We're basically on par with America's poorest states now on a per capita basis.

"Our quality of life is basically declining," he continued. "That's one of the most common things I hear when I talk to anybody is how hard life has become with seemingly no end in sight.

"We're in a serious growth challenge ... within the budget, there's no real measures to try to induce entrepreneurship," he added. "Instead of trying to find ways to foster innovation and growth, we have an activist government that's trying to dictate win-

ners and losers."

One key platform with the budget for the Liberal government was taking action to build more homes to make home prices and rents more affordable by increasing the supply with a strategy to unlock 3.87 million new homes by 2031.

There was also a priority to help make life cost less by building on the expansion of Canada's social safety net - from \$10-a-day child care to dental care for uninsured Canadians to the first phase of national universal pharmacare

Freeland emphasized how they see the budget as advancing the government's work to lower everyday costs for Canadians. This ranges from helping to stabilize the cost of groceries to cracking down on junk fees to making prices fairer and lowering the costs of banking.

The government also aims to grow the economy in a way that's shared by all with a plan that will attract and increase investment, enhance productivity and encourage innovation that will create good-paying and meaningful jobs and keep Canada at the economic forefront.

They also aim to deliver new support to empower more entrepreneurs and innovators to put their ideas to work here in Canada. This includes attracting more investment in the net-zero economy by expanding and delivering the major economic investment tax credits, securing Canada's advantage as a leader in artificial intelligence and investing in enhanced research grants that will provide good jobs and new opportunities.

The government also maintains the budget will make Canada's tax system more fair by asking the very wealthiest to pay their fair share. It also touts what it calls a responsible economic plan and sees Canada maintain the lowest deficit and net debt-to-GDP ratios in the G7.

"There are some who don't share our vision. They believe that the job of government is to do little then less," said Freeland. "We understand that to do big things in Canada, sometimes government needs to lead the charge, whether it is getting more homes built, faster, or finally creating a national system of early learning and child care or bending the curve on emissions.

"Let's be honest about what austerity and shrinking the state would mean for Canadians: It means you're on your own," said Freeland. "It means no one will give you a hand when you falter and that you are choosing to turn your back on the friend or



PROVIDED PHOTO

"Our quality of life is basically declining," said Portage Lisgar MP Branden Leslie. "That's one of the most common things I hear when I talk to anybody is how hard life has become with seemingly no end in sight."

neighbour who has not been as lucky as you. That is not the Canadian way. We take care of each other."

Many weighed in with their criticism of the budget including Conservative Pierre Poilievre.

"After eight years of Justin Trudeau, the budget is still not balancing itself. Everything Justin Trudeau spends money on gets worse and more costly. Trudeau has spent, Canadians are broke, and the country is broken," he said.

The Canadian Taxpayers Federation criticized the budget for hiking taxes, increasing spending and allowing debt interest charges to eat up \$54 billion of the budget.

"Debt interest charges are costing taxpayers more than a billion dollars every week," said Franco Terrazzano, CTF federal director. "Massive deficits mean interest charges will cost taxpayers more than the feds send to the provinces in health transfers this year.

"The Trudeau government says it wants fairness for every generation, but doubling the debt isn't

Continued on page 8

RCMP warn of rising reports of e-transfer scams

By Voice staff

Manitoba RCMP are warning the public about Interac e-transfer scams that are making the rounds in increasing numbers.

Police say victims receive an email which appears to be from someone trying to send them money via Interac e-transfer.

The email appears legitimate, but

when the victim clicks on the link enclosed within and enters their banking credentials, the scammers are able to steal the bank log-in information, allowing them to access and withdraw large sums of money from the account.

Scammers are becoming more and more sophisticated, so extra caution is needed before you accept an e-transfer, RCMP urge Manitobans.

Here are some tips on what to look out for:

- If you are not expecting any money, don't click on links and try to deposit money
- Check the email closely—even though it may be personally addressed does not mean it is legitimate
- Use Interac e-Transfer Autodeposit. If you have Autodeposit set up, Interac e-Transfer transactions sent to

your email address will automatically be deposited into your bank account, Autodeposit is the secure way to accept Interac e-Transfer.

- Create strong passwords
- Be conscious about what you share online, including personal identifiable information that hackers can use to access your accounts.

If you were defrauded, contact your local police and report it.

The Voice

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EDITORIAL > VIEWPOINTS > LETTERS



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OUR SISTER PUBLICATIONS



• DON'T MIND THE MESS

Sunsets are just as pretty

All of those who know me and love me anyway—and even those who don't—also know that I am not a morning person.

I run errands, and book most of my appointments after lunch, and you won't get a cheery, "Good morning!" call from me at 7 a.m. If you do, hang up. It's someone trying to impersonate me.

And if you have the misfortune of calling me at that hour, I apologize in advance.

But this doesn't make me a bad or lazy person. It just means my happy hormones don't kick in until I have a certain amount of caffeine coursing through my veins, and my brain needs time to fully accept that a new day, with all its tasks and concerns, has dawned.

In my defense, there is a study that suggests that the old "9-5" routine is outdated, and that everyone is born with an internal biological clock, with a natural inclination to sleep or be awake at certain times of the day.

Good luck convincing your boss of that, though.

This same study found that there are essentially two kinds of people: Early birds with an early sleep-wake

schedule who focus best before lunch time. They make up about 40 per cent of the population. And then there are the night owls, who live their best life long after the early birds are dozing in their nests. Those make up 30 per cent of the population.

I'm not sure where that leaves the remaining 30 per cent. Maybe sitting in a Tim Hortons, wondering who they really are.

But maybe, it's not our conscious fault, but rather our genetic fate, that keeps us from truly enjoying a beautiful sunrise. Some of us would argue that sunsets are every bit as pretty.

Another study observes that early birds are more proactive and optimistic, and less prone to depression than night owls. It also states that night owls are more creative and have better cognitive abilities than their early-rising counterparts.

Night owls get a bad wrap in this world. We're often the brunt of jokes and are regarded as unmotivated. I'm a night owl, and luckily, my profession supports that. My best ideas come to me in the dead of the night,

when I'm alone with my thoughts, the rest of the world is out of sight, there's no street noise, and it's just me and the cat and the moon in the sky.

There is something magical about that late-night silence that appeals to me. My mind becomes very quiet and calm. Robert Louis Stevenson said, "There is romance about all who are abroad in the black hours."

Many famous and successful figures both past and present have prided themselves on being early birds. But the nocturnal among us are in good company, too. Just to name a few: Winston Churchill, James Joyce, Elvis Presley, Bob Dylan, and Keith Richards are all well-known night-dwellers. Some may have had a bit of assistance, but you get my drift.

And while I'm not quite as religious about it as Richard Harding Davis, who said, "No civilized person ever goes to bed the same day he gets up," I have finally made my peace with it, and should probably learn to grow my own coffee beans.



By Lori Penner

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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Federal budget highlights

Voice staff

The federal budget introduced last week offers a wide array of measures which the government will help fulfill the theme of 'fairness for every generation'.

Here is a selection of highlights:

- A new public lands for homes plan to use all tools available to unlock 250,000 new homes by 2031 on public lands.
- Building more rental apartments faster with an additional \$15 billion in new loan funding with a goal of over 131,000 new homes supported by 2031-32.
- Providing a \$400 million top-up to the \$4 billion housing accelerator fund, which is already fast-tracking the construction of over 750,000 new homes over the next decade thanks to 179 agreements with municipalities, provinces and territories.
- Launching a new \$1.5 billion Canada Rental Protection Fund to protect and grow the stock of affordable housing.
- Providing \$1 billion for the Affordable Housing Fund to build affordable homes and launching a permanent rapid housing stream to build on the success of the previous three

rounds of the rapid housing initiative.

- Investing an additional \$1.3 billion for Reaching Home: Canada's Homelessness Strategy to address homelessness and encampments.
- Accelerating the construction and upgrading of housing-enabling infrastructure by providing \$6 billion over 10 years through a new Canada Housing Infrastructure Fund.
- Working to narrow the housing gap in indigenous communities by announcing \$918 million over five years in additional investments for First Nations, Inuit and Métis housing and community infrastructure.
- Enhancing the home buyers' plan by increasing the withdrawal limit from \$35,000 to \$60,000, enabling first-time home buyers to use the tax benefits of an RRSP to save up to \$25,000 more for their down payment.
- Enabling more younger Canadians to afford a mortgage by allowing 30-year amortizations for first-time home buyers purchasing newly constructed homes.

LOWER COSTS

- Investing in helping to build more child care spaces to grow the Canada-wide early learning and child care system and deliver \$10-a-day child

care.

- Launching a new Canada disability benefit to supplement provincial and territorial benefits to increase the financial well-being of over 600,000 working-age persons with disabilities.
 - Creating a new national school food program to expand existing provincial and territorial school food programs to provide healthy meals to 400,000 more children each year.
 - Taking the first steps towards launching a national pharmacare program which will ensure cost is not a barrier to most prescription contraceptives and many diabetes medications.
 - Continuing to help bring down the cost of groceries by implementing measures to strengthen competition in the grocery sector and monitor grocers' work to help stabilize prices.
- Amending the Telecommunications Act to better allow Canadians to renew, switch or cancel home internet, home phone and cell phone plans while avoiding unnecessary fees.
- Expanding the local food infrastructure fund with \$62.9 million over three years to support community organizations across Canada to invest in local food infrastructure.

ECONOMIC GROWTH

- Temporarily allowing businesses to immediately write off the full cost of investments in patents, data network infrastructure equipment, computers and other data processing equipment to help them boost productivity and compete in the economy of tomorrow.
- Boosting support for student and postgraduate researchers including Indigenous researchers and their communities through increases to core research grant funding and scholarships and fellowships.
- Increasing access for the next generation of First Nations university, college and post-secondary students with an investment of \$242.7 million over three years.
- Launching a \$5 billion indigenous loan guarantee program to unlock access to capital for Indigenous communities, enabling them to share in the benefits of natural resource and energy projects in their territories and on their terms.
- Delivering a \$93 billion suite of major economic investment tax credits on a priority basis to drive clean growth.

• FAITH FOCUS

A song to sing

Have you been listening to hear the music of the spring season? Geese honk, songbirds sing, rivers offer their rippling sounds as the thaw of winter has been turning to a warmer season.



By Randy Smart

God made the world to be a place where the audio is just as important

as the video! A walk in the park or in a forest or nature setting is not just a feast for the eyes, it is a collection of sights and sounds.

In addition to the natural sounds in creation, people of all cultures and nations have a place within them that is touched by music. God made us that way. We may not all be skilled singers and musicians but music can reach into our hearts and minds and bring us comfort and joy.

Music can also be an expression of religious convictions and an expression of a greater hope—present and future. In the Old Testament we have significant reference to occasions of musical expression to honour God which took place in the life of the people in the temple, in coronations, building dedications and on other oc-

casions, both happy and sad. In some ways music in our lives is like punctuation is to a sentence. It completes a thought and prepares us for the next moments in our journey.

In the collection of Psalms in the Bible (which were songs) the words "rejoice", "sing joyfully" and "praise the Lord" are continued encouragements to look to God as our source of strength.

In Psalm 33 we read "Sing joyfully to the Lord, you righteous; it is fitting for the upright to praise him. Praise the Lord with the harp; make music to him on the ten-stringed lyre. Sing to him a new song; play skillfully, and shout for joy. For the word of the Lord is right and true; he is faithful in all he does. The Lord loves righteousness and justice; the earth is full of his un-failing love."

Maybe you are not skilled at playing an instrument and feel like you are not able to "carry a tune" but God can give you a song in your heart. To

know we are loved by God, that we can be forgiven, that we do not have to let the sins and struggles of the past control this day and the days to come can bring us a lightness of spirit and a new sense of hope.

Jesus and his disciples sang a hymn as they prepared to leave the upper room, not long before Jesus was arrested. The hymn may have been a custom but the attitude was to honour God on that somber evening.

The hope that God nurtures in our hearts through a conscious faith in him can have an impact on who we are and how we look at the world and engage with our family and neighbours, no matter what our immediate circumstances might be. Has God given you a song to sing in your heart today?

Randy Smart has been a pastor in Southern Manitoba since 1979.

Year of change and growth

By Lori Penner

Last year was a foundational year for Access Credit Union with investments in many of their strategic priorities.

At its recent annual general meeting, Access Credit Union board chair Curt Letkeman announced a significant payout of \$13.5 million through the member rewards program.

This allocation, representing about 1.12 per cent of interest paid by members on loan services, was distributed to non-registered accounts during the fiscal year.

Additionally, members holding surplus shares and common or preferred shares, excluding member shares, received dividends in the form of surplus shares with dividends paid out March 27 at rates of 2.25 per cent on surplus shares and 5.45 per cent on common and preferred shares.

President and CEO Larry Davey reported robust growth in both deposits and loan portfolios in 2023. Despite a challenging rate environment, the credit union's loan portfolio expanded by nearly 16 per cent with mergers contributing 9.5 per cent and organic growth 6.5 per cent. Deposits grew by almost 14 per cent, with mergers accounting for 10.75 per cent of the increase and organic growth nearly 3 per cent.

Davey also highlighted a significant rise in profitability for the financial institution, and with nearly 1,000 staff serving over 200,000 members across

Manitoba, it experienced a year of change and growth.

Letkeman emphasized last year's successful integration of mergers with other credit unions, highlighting the teamwork and positive energy displayed throughout the process. While acknowledging challenges such as banking system conversions and service outages from national providers impacting members nation wide, he emphasized the commitment to finding optimal solutions.

"What has stood out most for me during these transitions is the care, teamwork and positive energy that people have brought. It has truly been an example of the whole being stronger than the original parts," Letkeman said.

Meanwhile, he added the institution remains focused on offering competitive pricing and community investments while navigating increased costs for new banking programs and government regulations.

Despite the challenges, Letkeman expressed pride in Access Credit Union's achievements, noting its reputation for providing competitive savings and loan rates and its commitment to community support.

In 2023 alone, staff contributed over 14,000 volunteer hours to various community groups, and the credit union donated almost \$1.8 million to local non-profits and charities across Manitoba. In addition, Access employees raised over \$250,000 for community organizations with donations



PHOTO BY LORI PENNER/VOICE

"Over the last three years, we have been hard at work on executing and capitalizing on the mergers with other credit unions," said president and CEO Larry Davey.

from their Jeans for Charity program.

Access Credit Union continues to prioritize its members' financial well-being and the communities it serves and was once again recognized as a top employer in Manitoba.

"Yes, we know there may be bumps in the road, but know that your board and staff are committed to serving the membership in the best way possible and that we want to be where you need us to be," said Letkeman.

"Over the last three years, we have been hard at work on executing and

capitalizing on the mergers with other credit unions throughout the province," said Davey. "These benefits continue to be seen in the economies of scale, competitive pricing and community investments that we bring to our members.

"While we continue to focus on bringing many different organizations together under the Access banner, it is our privilege to serve every member to the best of our ability every day."

> MANY HANDS, FROM PG. 3

you have a number that exceeds that budget ... that's when it really speaks to you, and you can really see that the community is behind what we are doing here," said Klauke.

"To have a bit of a buffer going forward into the next year is going to be nice," he added. "There's always that question of inflation and supply and demand. We're bringing on new staff members, and that is going to increase our expenditures again as well ... and now we have our van, so there is going to be costs associated with that as well.

"The price of groceries have gone up, and the price of housing has gone up ... everything across the board has gone up, so you are going to see that in the increased expenses."

Tsygankova cited examples of the rising need and demand, whether it be the increase to 70 families receiving the food currency vouchers through the farmers market or close

to 120 families recently making use of the food bank.

"It's been about a 10 per cent increase, so we are seeing a high demand for our services for sure," said Tsygankova, who also noted they are seeing not only low income users but more homeowners who are feeling the pressure.

"We are very supported by the community," she said. "I always say the only reason why Many Hands exists is the community ... we do apply for grants, and we do fundraising events, but if the community didn't support us, we wouldn't exist for sure."

Klauke also emphasized the importance of other programs such as the drop-in nights.

"That's something that we put a lot of focus on is that community connection and bringing people together," he said.

"We've seen a lot of growth in the drop-in nights as well. When we first

started opening the drop-in centre ... it was probably about three to four volunteers and two to three community members ... at this point, the community members far outweigh the volunteers. It's been really fascinating to see how that is growing as well."

Looking ahead, Klauke emphasized the need for Many Hands to effectively manage everything and not stretch itself too far.

"I think right now we're just trying to keep it even keel this year and not try to be too adventurous with expansion," he said. "We want to make sure that we are doing the things that we have on the plate right now that we are doing those things well.

"Many Hands has a vision of Morden that is diverse and healthy; a community where individuals along with families feel like they belong, have opportunities to contribute and are able to access essential resources."

> BUDGET, FROM PG. 5

fair for Canadians' kids and grandkids."

The Assembly of Manitoba Chiefs expressed concern regarding the adequacy of the budget in addressing the critical needs of First Nations in Manitoba, and the Southern Chiefs' Organization also hoped the promises turn into further concrete action.

"First Nations have faced many deficits in the area of housing and infrastructure with little investment made in repairing, rebuilding, and funding First Nations homes and communities," said grand chief Jerry Daniels. "It is encouraging to see Canada's commitment to invest \$918 million over the next five years to address these housing inequities. We hope these budgeted investments are front end loaded and deliver quality projects that meet the housing needs for our member Nations and citizens."

Barnswallow quilt show in Morden May 3-5

By Lorne Stelmach

The annual spring show of the Barnswallow Quilters always serves as a showcase of the creative talent in the region.

Every year brings a varied array of work by many familiar artisans but also perhaps others who are newer to displaying their work, and that is something organizers are keen to highlight with the show.

"There is a huge amount of talent. We have fabulous quilters. We have traditional quilters and art quilters," said organizer Sue Nelson. "There are people who are doing very different and interesting forms of hand work and embroidery and applique. They have superb quality in their work.

"We also have beginners who show their things too, and I think that's important because people who come to the show maybe get discouraged when they see this gorgeous, meticulous work and think they can't do it," she added. "We're very happy to show a variety of work."

The 2024 show takes place Friday, May 3 to Sunday, May 5 with hours of 10 a.m. to 8 p.m. Friday, 10 a.m. to 5 p.m. Saturday, and noon to 5 p.m. Sunday at the Access Event Centre in Morden.

The show had its modest beginnings over 30 years ago in the loft of a barn southeast of Morden. It has continued to grow and expand ever since.

The variety of work displayed for the show has grown to include all manner of fabric work by artisans, and group members come from a wide region taking in Winkler and Plum Coulee to the east and Thornhill and Darlingford to the west, among others.

"Anybody can register a quilt for the show," noted Nelson. "It doesn't have to be from a member, although if we have a lot of quilts we may not be able to hang non-members."

A highlight of the show is the feature quilter, who this year is Allison Halstead.

"She is quite a diverse quilter. She does meticulous work, but she does a whole variety of different things and a bunch of different fibre arts too, so her display should be very interesting," said Nelson. "Everybody will be able to relate to something in her display. There's lots of different techniques and media that she uses for her work."

Another feature of the show is the annual challenge where creators are given a theme to work with for the following year. The new challenge



VOICE FILE PHOTO

will be "the view from your rear-view mirror."

"So it could be a literal view or a more artistic take on it," explained Nelson. "It's very popular for a lot of people because they get to vote on their favorite."

New this year as well will be a special display of work by the Fiber Arts Network, which has members from across western Canada who have created a display called *For the Birds*.

"There are about 50 pieces in that exhibit alone, so that will be a special side display," said Nelson. "We have between two and three hundred pieces overall that we show for our quilt show, and I'm expecting it to be about that size again."

There will also be the merchant mall overseen by Aspen Grove Quilting and featuring a number of vendors from across the province.

The proceeds from a rainbow auc-

tion at the show will support South Central Cancer Resource and Boundary Trails Health Centre women's health services.

And of course the Barnswallow's Boutique allows members to have some of their work available for sale.

"That's very popular with people who come to the show," said Nelson.

Registration for the show takes place Wednesday, May 1. More information is available online at barnswallowquilters.wordpress.com.

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Students show their skills

By Lorne Stelmach

A few local students came home with medals from a recent competition involving youth enrolled in vocational educational programs across the province.

The 26th Annual Olympic-style Skills Manitoba competition April 11 at Red River College Polytech had students compete in over 40 different contests, and over 500 students from across Manitoba participated in the one day competition supported by over 300 volunteers representing education, industry and labour.

Northlands Parkway Collegiate students Palak Jain and Brianna Neustaeter won gold and silver in aesthetics (skin care), while Joshua Dyck of Garden Valley Collegiate earned gold in electrical installation. As well, W.C. Miller Collegiate student Silas Krahn won silver in carpentry.

Dyck, who is a Grade 12 student, is in his second semester of the electrical program, and he said it felt pretty good to do so well at the competition.



SUBMITTED PHOTOS

Local students earning medals at the Skills Manitoba competition included Joshua Dyck, Palak Jain and Brianna Neustaeter.

"I guess I may have taken it a little too easy at the start, just making sure everything was perfect with the measurements," he said, noting that following lunch then he "really got it together and focussed, realized what all I needed to do because we only had about an hour and a half after lunch to finish everything ... I sped up and really got focussed."

"You get more marks in the competition for stuff that actually turns on ... so make sure you've got everything done," he added.

He gave a lot of credit to his class and instructor Trent Krahn for really helping him with things

like time management for example.

"We also did a lot of practice for a couple weeks for around two or two and a half hours a week ... two or three weeks beforehand," Dyck noted.

He was now getting some work experience on a job site with True North Electric this past week, he added.

"There's still a lot more to learn ... but it's a good feeling," said Dyck.

"I'm planning on getting my red seal, so we'll see what comes with that," he said. "The RRTVA program is really helpful to get you a good start with all the knowledge you will need to get into the trade."

Jain also said it made her proud to have been able to have such a strong showing.

"It was really exciting ... but I was

also a little bit nervous," she said.

"I've got lots to learn, and it was really a new experience for me," added Jain. "It is really nice ... we did lots of training ... so it was really exciting to get it."

"It was stressful ... but it was exciting," agreed classmate Neustaeter, who joined Jain in giving credit to instructor Brenda Richer.

"It was a lot of training and preparation," she said, noting the competition involved doing a facial, a manicure with French tips and nail art and makeup with a design on the face.

"And I already am working at a spa," she noted

"The training can't happen unless they are willing," noted Richer. "I just guided them. I don't want to take the glory. They worked harder than any other students."

She noted a number of division employees gave their time during spring break for the students to practice, and they came in and donated their spring break time.

The gold medal winners from the competition can now be part of Team Manitoba and compete against their peers at the Skills Canada national competition in Quebec City May 29 – June 1.

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Altona auxiliary raising funds

By Lori Penner

The Altona Health Care Auxiliary is looking to raise funds for some much needed items at the Altona Community Memorial Health Centre.

The auxiliary raises funds for items for the hospital and personal care home that the province can't provide, explained president Elaine Friesen.

"When a request comes to us, it's often easier and faster if we raise the funds and purchase the products."

The most recent items on the wish list includes a new camera for the care home to take photos of new admissions and record updates, and the hospital has requested 16 ceiling tracks which are needed for slings to assist in lifting patients in and out of bed.

In addition, there is a need for two new wheelchairs as the current ones at the hospital are decades old and have parts that have become difficult to repair. The new models will be more cushioned and fully supportive and adjustable.

Auxiliary member Patti Dick said ideally there should be ceiling tracks in every room.

"We're short on staff, and when you're lifting older, heavier people, it's hard on the patient and on the joints and soft tissue of the person lifting them. It's dangerous for the patient and for the staff to not have them. And if you're doing it manually, there's always a risk of dropping them."

"The slings would also be a real help for patients or residents with dementia, who can be unpredictable," added Friesen. "Also some don't have family who can help, or in some cases, the family is also getting older and tired. So, they end up in the hospital to get panelled for the care home. It can also be disorienting for some patients to be moved from room to room as their physical and mental abilities decrease."

About half of the current admissions



PHOTO BY LORI PENNER/VOICE

Auxiliary member Ev Kehler (in the sling) volunteered to help demonstrate how the ceiling tracks and sling work to lift a patient out of bed.

at the Altona Hospital are panelled patients.

Each track costs about \$1,500 installed, and the two wheelchairs are about \$4,500 and \$4,300.

"So, with taxes, we're looking at about \$35,000. Now that may not sound like much, but it's a lot for us. We have a beautiful hospital, and why not provide the things they need? We want to keep our nurses healthy, and keep our hospital open," said Friesen.

Unfortunately, since COVID, two of the auxiliary's biggest money makers, their spring tea and fall bazaar, are no longer happening.

Meanwhile, the group has been serving at funerals and running soup and pie fundraisers. They're currently planning a taco buffet fundraiser May 2 from 4:30 – 6:30 p.m. at the Rhineland Pioneer Centre. The meal is by donation, and will include rice, re-fried beans and all the fixings as well as beverages and chocolate brownies for dessert. Gluten-free options are available.

All proceeds will go towards the purchase of the new ceiling track lifts and wheelchairs, and tax receipts for donations are also available.

"The food at the buffet comes from mostly local sources because we want to support the community that supports us," Friesen said.

The auxiliary's primary purpose is to add to the comfort and welfare of patients and residents, and the organization has come a long way and grown in its ability to donate large items such as isolation carts, a stretcher, IV lines, wall murals, garden maintenance, bicycles and swings and items to Katie Cares.

In recent times, their number has shrunk to about nine members, and

Friesen hopes more young people will become involved with the auxiliary as current members choose to step away from the group.

"I think our hopes are that it will continue and that we will be able to get more younger members to keep on, so we can keep providing much-needed items that aren't always in the budget for our local health care facilities."

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> LOCAL LEADERS, FROM PG. 2

right back into the community which really sets us apart from a lot of other businesses.”

The business excellence award with 10 employees or less was presented to Agassiz Massage Therapy.

Offering massage therapy, physiotherapy and acupuncture services, it opened in April 2022 with one massage therapist. In just two years, they have grown to three staff with specialties that complement each other.

Agassiz Massage Therapy has supported the Kiddie Sunshine Centre and programs at Ecole Parkside School and W.C. Miller Collegiate. They also continue to support hospital activity books for kids and look forward to mentoring massage therapy students in the future.

Owner Brittany Dyck thanked her family and friends for their support, and her staff for showing care in everything.

“And lastly, I want to thank you, our community and our clients, for trusting us with your care. Two years ago, I left a comfortable job to start a brand new business. And here I am. Our staff and our clients have become a community to share with, to learn from, to help and to heal.”

The Community Exchange (TCE) was honoured as the non-profit of

the year in recognition of its vision to build community connections through gatherings around food, learning from and with each other and creating a community resource hub.

It works with 18 local businesses and organizations who use the space or work together with them to create meaningful programming. Some of these programs include monthly community dinners, games night, English Café, share the warmth project, community shop and food rescue program.

“It’s with immense gratitude that I accept this award on behalf of our team at The Community Exchange,” said Board Chair Cal Funk. “Being a recipient of this award is not only an honour. It’s a testament to the ongoing dedication and passion of every volunteer, supporter and partner who contributed to our cause. It’s a credit to all the people in our community that have helped this become a reality.”

Entrepreneur of the Year went to Sarah Braun, owner of Springtide Wellness, which is a provider of therapeutic and wellness services that promote health and wellbeing including reflexology, massage therapy, chiropractic and esthetic services.



Altona deputy mayor, Donna Rosling-Wolters presented Cal Funk with TCE's non-profit award.

She was cited for her impressive employee growth - nine employees since they opened in January - marketing strategies, expansion ideas and her overall contribution and impact on the community.

Braun said this venture would not have been possible without the unwavering support of her dedicated

team, the loyalty of their clients and the guidance of mentors and fellow business leaders.

“I want to extend my heartfelt gratitude to everyone who has contributed to our success. I also want to thank my husband, Riley. His prayers, love and encouragement have been my rock throughout this journey.”

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Manitoba

RCMP make hazing arrests

Voice staff

Manitoba RCMP last week announced charges including sexual assault in relation to hockey hazing incidents.

Three 17-year-old males were arrested April 15 in relation to two separate hazing incidents that were reported to police February 20.

Two of the males were charged with sexual assault with a weapon, sexual assault and forcible confinement, and one other was charged for sexual assault and assault.

They stem from two separate incidents of hazing involving five victims aged 15 and 16 who were rookies on the team which has only been identified as being from the Pembina Valley region.

The first incident occurred in November 2023, and the second occurred in January 2024. Both occurred at a Winnipeg hotel while the high school hockey team was in the city for tournaments.

“We have worked closely with the schools, the Prairie Spirit School Division and coaches to determine what took place and to progress the investigation,” said Tara Seel, media relations officer with the Manitoba RCMP.

“This type of behaviour – violent and humiliating initiations – is unacceptable and is going to result in criminal charges for the three male youth involved.”

The three suspects were released with a court appearance scheduled in Winnipeg for June 10.

Cadet volunteer honoured

By Lorne Stelmach

A long time Morden Police Service officer was recognized recently for his service to a community organization.

Capt. Chris Flook was awarded an Air Cadet League of Canada certificate of recognition for his many years of service with the air cadets and particularly the 179 Morden squadron.

"It's nice especially to be recognized at a national level. It's nice to be noticed," said Flook.

He now has 25 years in a volunteer capacity with the air cadet program, as he was previously involved with a Winnipeg squadron in 1999 and then with the Morden squadron since 2008.

And it is somewhat of a full circle moment for Flook as he was in the cadets for a couple of years as a youth.

"I had exposure to it ... I graduated, and I was looking for summer employment, and I started going out to summer camps and teaching and kind of kept going," said Flook. "I enjoy the coaching aspect of it. I just enjoy helping the teens.

"It just became a good way to interact and be involved ... and going to university, it became a good way

to help out, and it just kind of stuck around," he said.

"A lot of it had to do with the leadership and teamwork and just working with groups with different backgrounds and diversity," he continued. "It really wasn't an individual effort. You had to be part of a group, and I think that was the draw."

Flook noted that he still remains connected with a few people from those early days.

"They became lasting friendships," he said.

He also observed that there is much more involved with the cadet program than what most people would realize.

"There's lots of different programs ... and there's lots of different avenues you can follow," he said. "There are a few friends of mine in the city who are still involved with the cadets are police as well.

"I know a lot of people who are involved with cadets are teachers as well ... and it just kind of falls in line with it," said Flook, observing that it can be a stepping stone to a lot of different career paths.

He sees himself being involved still



PROVIDED PHOTO

Capt. Chris Flook was awarded an Air Cadet League of Canada certificate of recognition for his many years of service with the air cadets and particularly the 179 Morden squadron.

at least to some degree, and he noted the Morden program has been successful with steady enrolment that he believed currently sat at around 40.

"Morden is actually in a very good spot and has a very healthy program," he suggested.

April 26 is Community Foundation Day!

The Manitoba government has proclaimed April 26 as Community Foundation Day across the province. This annual day of celebration recognizes community foundations' impact on community well-being, and the generosity of Manitobans.

Manitoba is home to 57 community foundations. Built by community, for community. Connect with your local community foundation at EndowMB.org



Plum Coulee celebrates new facility



PHOTOS BY LORI PENNER/VOICE

Asher Dyck was thrilled to wear a fireman's helmet at the opening of the new Plum Coulee public services facility. Instead of a traditional ribbon cutting, Plum Coulee fire department members uncoupled a fire hose.

By Lori Penner

Plum Coulee hosted the official grand opening of the recently completed public services April 20.

Community members and visitors were able to tour the facility which houses the public works shop, fire station and Altona/Plum Coulee police office, as well as enjoy a few demonstrations and check out some of the equipment used by each department.

In keeping with the new facility's purpose, instead of a traditional ribbon cutting ceremony, there was a fire hose uncoupling.

RM of Rhineland Reeve Don Wiebe recalled some of the twists and turns it took to finally get the building completed.

"We had code issues, and the cost was out of reach, and finally there was another compromise. We built a small addition, and we came in on budget. We do appreciate the community support we received when we first launched this project. It was about a \$195,000 debenture, and there was not one voice of opposition."

"This is a testament to the strength of the community, and the growth that we're seeing here," said Borderland MLA Josh Guenther. "There are a lot of young families coming into the community. The future looks bright for Plum Coulee and having a facility like this is important."

"I hope today's celebration is about more than just a building," said assistant Don Cruikshank on behalf of MP Branden Leslie. "It's really about the people; the men and the women who give themselves to serve. These are the services working behind the scenes that make our problems go away and our life more enjoyable. When a

problem arises, these services are the first to respond."

Altona police chief Dan Defer said it's great to be in the same building with the other two departments, and he recalled how the Altona Police Service began policing in Plum Coulee in 2008.

"We did have an office at that time in the town hall, but when Plum Coulee became an LUD, the town office shut down. The administration staff now works in the Rhineland municipal office in Altona. So, we were stuck without a good facility to work out of," he said. "When this building became available, the original building had an office space attached to it, so it was just a natural progression.

"This is where we can meet local citizens, do some file work and even if the residents just want a place to sit down and talk. This gives us more of a local presence."

Officers from Altona are in the Plum Coulee office every Tuesday and Thursday, he noted.

"Those are dedicated hours to the LUD. The rest of the week, there are regular patrols," said Defer.

"It's great to have our offices connected with public works and the fire department. In the event of any major incident in Plum Coulee, all three of our departments will be working together. To have all three of us under the same roof will make that so much easier."

"When I started 23 years ago, we were in the old shop downtown," recalled public works foreman Randy Braun. "Back then, we needed two guys to change oil: one to hold the flashlight and one to change the oil. There was also a safety issue backing over the sidewalk downtown.

"When we got this shop, it was like the Beverly Hillbillies hitting oil. It was quite an improvement. It's been a good move. We've got lots of lighting, a nice floor."

Archie Heinrichs of the Rhineland council said this is a big step for Plum Coulee.

"All of our facilities have been kind of behind. Having us all together in one building is awesome. We have a head depot right here, and it will be great to work that way. To have this kind of facility and to have volunteers that are taking care of us is just super."



Plum Coulee fire chief Tony Fehr said what started off as a few sketches made at a Christmas banquet turned into a dream come true.

"It's just been fantastic. If you ever toured the old hall, you'd see that our new meeting room is bigger than our floor space was for our apparatus. We can actually get in our trucks now instead of driving the truck out to load the truck.

"We trained here all winter. We have so much space for training and public events," he continued. "Talking to some of the old chiefs, they had to roll the truck out to have a meeting because the meeting room was behind the truck. When they went to the building by the beach, it was a retired water plant. When I came on, we took out a bay that was still used by public works just so we could have a second piece of equipment inside, but we made it home. We did the best we could with what we had, and we were very appreciative of it."

Fehr said he can't see them outgrowing the new facility anytime soon.

"It's awesome to have public works next door and the police on the end of the building. I hope we never have to use the full capabilities of it, but we are proud of this, and Plum Coulee should be proud."

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IN MORRIS MB

Veteran wrestler returns north

By Lorne Stelmach

Savio Vega hasn't tired of hitting the squared circle even now after some 40 years of professional wrestling.

That is why, even as he nears his 60th birthday this summer, the man born as Juan Rivera in Puerto Rico would rather be nowhere else than in Morden for the Canadian Wrestling's Elite (CWE) event May 2.

"I'm going to give the Canadian fans their money's worth," Vega said during a recent phone interview from his home country. "I'm going to the ring to entertain the fans, to be happy with them, and we've even going to dance some salsa!

"Going back on the road to tour like this transports me back to my beginnings," he said. "But now it's with more experience, how to take care of the fans and take them to another level and give them a good show.

Before Vega broke out as one of the most unexpected heroes of World Wrestling Entertainment's 'new generation', he was a star in the tumultuous world of Puerto Rican professional wrestling where fans knew him best as TNT.

It was an appropriate nickname, as with a serious martial arts background and a hard nosed brawling style, Vega's two-fisted assaults were more dangerous than mixing nitro and glycerin.

Vega is known for his work in the World Wrestling Council, where he won the WWC universal heavyweight championship three times and the WWC Puerto Rico heavyweight championship three times.

During the 1990s, he worked for the then World Wrestling Federation (WWF), initially under the masked villainous and venom-spewing Kwang

gimmick. He later portrayed Savio Vega, the eventual leader of a Puerto Rican stable dubbed Los Borricuas.

After leaving the WWF, Rivera returned to Puerto Rico and joined Víctor Quiñones' promotion, the International Wrestling Association, where he was a long-time general manager and won five titles.

It was coming full circle for Vega, who recalled falling in love with wrestling as a kid while watching it on television in Puerto Rico.

"I fell in love with wrestling, and I started watching that show every Sunday," he said. "I needed to be in front of that TV at 5 o'clock."

He was further inspired by a taekwondo exhibition and enrolled in classes before deciding he wanted to become a wrestler after hearing more about it from a friend who spent a year in wrestling.

"I remember that day he took me to that gym ... and it's already 45 years and counting ... still jumping into that ring," he said.

"Wrestling took me to so many different places in life and in business, taught me a lot of things," he continued. "Wrestling took me step by step to where I needed to be to learn what I had to learn for what I am doing now."

Vega remembered going early on to Canada long ago, and he looks forward to returning there again.

"I love the way Canadians seem to love wrestling," he said, recalling being there in the glory days of legends like Bret 'the hitman' Hart.

He sees the appeal for many people being that professional wrestling involves both athleticism and entertainment.

"We love what we do ... we love to entertain ... wrestling is big time sports entertainment," said Vega, who is happy to be hitting the road here with CWE.

"I'm happy ... I'm happy with what they are do-

"WRESTLING TOOK ME TO SO MANY DIFFERENT PLACES IN LIFE AND IN BUSINESS, TAUGHT ME A LOT OF THINGS."



SUBMITTED PHOTO

Savio Vega recalls falling in love with wrestling as a kid while watching it on television in Puerto Rico.

ing," he said. "I already did one tour of 19 days ... the crowd was so in to the matches ... they come back to see if this old man still has gas in the tank.

"I started with a small group here in Puerto Rico. I'm a humble guy, doing what I'm doing ... and I know how to wrestle in front of 25 people, know how to wrestle in front of 25,000 people."

Vega will be involved in a match with "the mastermind" Kevin Cannon as well as other matches that will include a special eight man tag team elimination event as well as a championship match between champion 'the zombie killer' Mentallo against 'Lion Warrior' Bobby Sharp.

The event is set for Thur., May 2 at the Morden Legion. There are options for VIP first access tickets and general admission both in advance and at the door. Tickets are available at Giant Tiger as well as online at cwetickets.com. For full event information, visit www.cwecanada.ca.

Elm Creek students performing "Jack and the Beanstalk" this weekend

By Ty Dilello

Crossway Elm Creek School will present its "Jack and the Beanstalk" play this weekend on April 26 and 27.

The cast for the show features 55 Elm Creek School students from Kindergarten to Grade 6, and the production is presented by the school's Parent/Guardian Advisory Council with support from generous community sponsors and community groups.

The Missoula Children's Theatre (MCT), North America's largest touring children's theatre, has guided the performance and rehearsals. The MCT tour team arrived in Elm Creek last week with a set, lights, costumes, props, and makeup—everything it takes to put on a play—and then gets the student body to perform the show. MCT's mission is to develop life skills

in children through participation in the performing arts.

"We're very excited to bring this unique opportunity for additional performing arts programming to our student," said Michelle Lepp of the Elm Creek Parent/Guardian Advisory Council. "Most students have never been involved in a production of this magnitude. We are grateful to Carman Elementary parents who have shared their enjoyment of hosting a Missoula Children's Theatre tour and supported our group to bring this to life in their neighbouring community."

The two performances of "Jack and the Beanstalk" will be held at Crossway Elm Creek on April 26 at 6 p.m. (doors open at 5:30 p.m.) and April 27 at 4 p.m. (doors open at 3:30 p.m.).



VOICE PHOTO SUBMITTED

Crossway Elm Creek School will be presenting its "Jack and the Beanstalk" play on April 26 and 27.

Tickets are \$15 and available at Elm Creek School and Prairie Roots Co-Op.

Book becomes a passion project

By Lorne Stelmach

His book *Vanishing Wheels* is Steve Van Vlaenderen's photographic homage to not only the vintage vehicles sitting in what might be their final resting places but also the stories attached to them.

He captures these vanishing wheels and drags them from the dust to showcase them as a testament to our past and progression, our humanity and ourselves.

But this book has another purpose with the proceeds from its sale being donated to Parkinson Canada to fund research on the disease with which the author and photographer himself lives.

He decided to publish *Vanishing Wheels* in support of Parkinson's Canada to fight the disease he has now lived with since 2011.

His message is that Parkinson's doesn't have to stop someone from doing what they love and want to do, and that is an ethos he has held on to very much himself.

"The book was intended to raise money for Parkinson's Canada for their research. I hope they get the enjoyment out of the artwork but also get the message," Van Vlaenderen said last Wednesday in the Morden library as part of a book tour in the region.

"By buying the book, they are helping us find a cure for this really unfair disease that has no known cause ... every purchase can help us get closer to that goal," added Darlene Hildebrand, his partner of 18 years.

Van Vlaenderen was involved in car racing in his 20s and 30s and always loved cars. To him, the automobile is a triumph of the human spirit, so it's no surprise he combined his passion for cars with his love of photography when confronted with the question of what to do now?

The pandemic and later advancing symptoms of Parkinson's curtailed his continuing work on a passion project he had created – *Sail on with Parkinson's* – an endeavor which saw Van Vlaenderen and Hildebrand sail the open waters of the Great Lakes to raise awareness for the disease.

Fully retired and facing the realities of the pandemic, Van Vlaenderen needed to find something to occupy his time, and he had a passion for photography which had taken a back seat to other interests.

His return to photography and a much loved hobby was combined with his enthusiasm for cars. In the fall of 2020, they began to take short trips up and down prairie roads looking for abandoned vehicles.

As he looked through the viewfinder, he suddenly realized each of these relics had a story to tell and that he could bring them back and showcase their past and present.

"It's because of the stories behind them ... it's really just about the stories," said Van Vlaenderen.

"They look at a model T or a model A and they think their great grandfather had one ... and they're abandoned sitting back in the bush or in a barn."

"The stories are always happy ones. There's something about cars that bring us back to our childhood ... there's so many memories," added Hildebrand. "It might have been someone's first car ... cars just seem to bring back nothing but good memories of good times in our lives.

"But the fact that these are not restored ones, these are the ones that have been abandoned, it also makes people very nostalgic. Why can't we somehow save them, but we realize we can't," she added.

"When I look at an abandoned car, I see multiple stories, right from the dreams that the inventor had or manufacturer had ... to the person who bought it for the first time," said Van Vlaenderen. "You look at the stories and the history of the prairies, when these cars came out to the prairies, there weren't any roads.

"There's so much attached to it. They're time capsules," he concluded.

"I'm not a car person ... but even I look at these old cars, even though they're abandoned, it just makes you smile," said Hildebrand. "It's almost unrecognizable as a car, but Steve's photography makes it a work of art."

"BY BUYING THE BOOK, THEY ARE HELPING US FIND A CURE FOR THIS REALLY UNFAIR DISEASE THAT HAS NO KNOWN CAUSE ... EVERY PURCHASE CAN HELP US GET CLOSER TO THAT GOAL."



PHOTO BY LORNE STELMACH/VOICE

Darlene Hildebrand and Steven Van Vlaenderen showed highlights from the book *Vanishing Wheels* at an event in the Morden library last Wednesday.



sports & recreation

Flyers closing in on title

Winkler grabs two game lead on Steinbach in final

By Lorne Stelmach

The Winkler Flyers came into the week just two wins away from claiming the Manitoba Junior Hockey League title.

They gained the upper hand by first edging Steinbach 2-1 Friday in Niverville in game one then coming out on top 3-1 in game two in Winkler Sunday.

The Flyers scored twice late in the second period to draw first blood in game one, and they then held off a late charge from Steinbach after the Pistons got on the board with 2:28 left in regulation time.

Isaiah Peters and Trent Penner scored for Winkler, while Malachi Klassen made 32 saves with Winkler holding a 40-33 edge in shots on goal.

Brody Beauchemin scored shorthanded in the second period of game two, and it proved to be the game winning goal for the Flyers.

Kirk Mullen and Lucas Enns also scored for Winkler, while Malachi Klassen turned aside 30 shots with Steinbach holding a 31-29 edge in shots on goal.

The top two teams in the Manitoba Junior Hockey League had seemingly been on a collision course the entire season



PHOTO BY RICK HIEBERT/VOICE

Winkler Flyers captain Trent Penner looks for the rebound off Pistons goal tender Cole Plowman in game two of the MJHL final in Winkler Sunday.

with the Pistons and Flyers having split their season series.

The best of seven Turnbull Cup series continued with game three back in Niverville Tuesday with the result not available at press time. Game four was set for Friday here in Winkler.

If the series was to go the distance, Steinbach would host game five Sunday with game six in Winkler next Tuesday and game seven back east next Thursday.

Interlake Kids of Steel triathlon registration open

By Becca Myskiw

A Kids of Steel triathlon, hosted by the Hecla Triathlon, is coming to Arborg this summer.

The triathlon is for children between six and 15 years old. Race director Paula Anderson said the Sulong Triathlon Group has wanted to hold an event for children for a while but didn't have the ability to in Lake Winnipeg.

"It's just never played out properly," she said. "We've always wanted to be inclusive and have that kid's option."

Anderson completed her first triathlon around 10 years ago in Riding Mountain National Park. Knowing she could swim, bike, and run, she decided to try it, and said she probably underestimated how difficult the three sports are to do in succession. When Anderson first stated, she was

doing a 750-metre swim, a 20-kilometer bike, and a 5-kilometer run. The most common one she does today is the Olympic distance, which is a 1.5-kilometre swim, a 40-kilometre bike, and a 10-kilometre run. Anderson's favourite race, though, is the long one, and the only place she can do it in Manitoba is at the Hecla Triathlon. That race includes a 1.9-kilometre swim, a 90-kilometre bike, and a half marathon run.

"It's the challenge to push yourself," she said. "Any day can bring anything. You could get a flat tire and have to figure out how to work through it, or you could be having an off day and just have to finish."

The Interlake Kids of Steel triathlon will be in Arborg on July 6. Chil-



VOICE PHOTO SUBMITTED

A triathlon for youth is coming to Arborg this summer and registration for it is open now.

Continued on page 18

Former mayor releases book

Martin Harder reflects on challenges of his journey

By Lorne Stelmach

A book by long time Winkler mayor Martin Harder is less about his successes and more about overcoming the challenges of life.

"It's not a matter of my achievements ... it is a matter of the journey, and that's how I would like to look at it," Harder said last week in advance of his book launch this Thursday at the Meridian Exhibition Centre at 7:30 p.m.

A *Scrappy Little Nobody: Life Lessons in Faith, Business and Politics* includes 31 chapters over 262 pages.

From humble beginnings, Harder developed from a 'scrappy little nobody' into a business leader, entrepreneur and politician, founding Delmar Commodities and then serving as mayor of Winkler for 16 years.

Through sharing his story, he hopes to show when you stand up to impossible odds and keep moving forward despite life's setbacks, you can become more than you've ever imagined.

"There are so many things that I am thankful for in my journey in life, and I felt it was important to be able to write something ... life brings with it it's challenges."

Harder traces his life experiences in a number of areas back to how within days of his birth in 1949, he was in hospital, unable to get nutrition into his frail body and fighting for his life. The family's search for answers

brought them to Winkler and Dr. Cornelius W. Wiebe, who performed exploratory surgery never done before on a two-week-old baby.

"My life basically started in Winkler with a glimmer of hope, and that's the first chapter of my life," he said.

"An interesting thing is how it all comes around and this is where my life still exists even to this day," he said. "So it's the involvement of my life story from growing up on the farm to the normal challenges that we face as teenagers."

The youngest child born to a large Mennonite farming family, he learned early to work hard and be self-sufficient or get left behind.

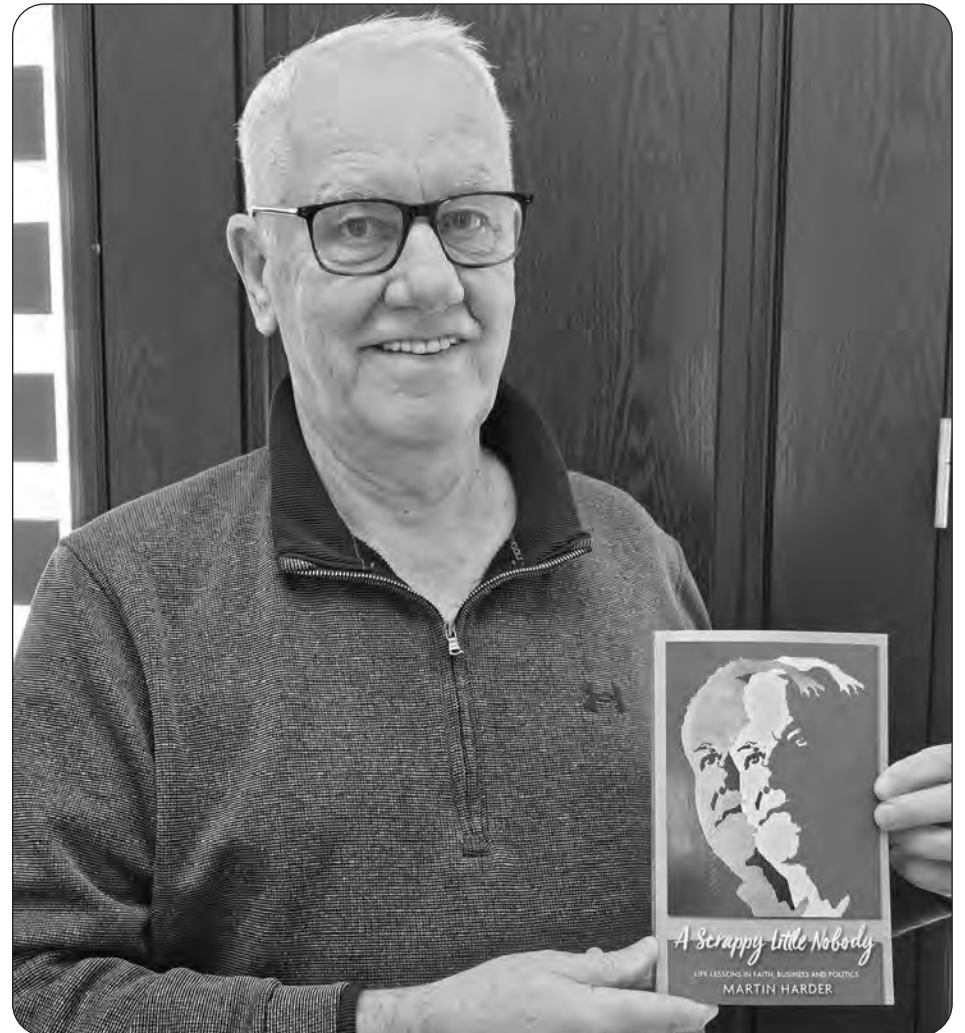
Teased and bullied in school, a high school dropout, marrying as a teen to his childhood sweetheart and experiencing the hard knocks of a failed farm, Harder kept his faith in God's grace and endless provision. Being open to God's leading in life opened up opportunities he could not have imagined.

Harder retired from political life in 2022 after serving as the mayor of Winkler for four consecutive terms, and he also served as president of the Winkler and District Chamber of Commerce.

In 1995, he founded Delmar Commodities with his wife, Eleanor, with whom he shared three children and 46 years of marriage before she passed in 2014.

He remains inspired by Biblical studies and leadership within the church, community and business and is a current member of Gospel Mission Church.

He lives in Winkler with his wife, Valerie, where they are blessed with a blended family of five children and 11



SUBMITTED PHOTO

"Every experience is something we learn from whether it's a positive or negative experience," said long time Winkler mayor Martin Harder.

grandchildren.

Harder sees there is a common thread where there has always been people who helped him get through all of the challenges, and the important thing is how you face the challenges and move on from them.

"Every experience is something we learn from whether it's a positive or negative experience.

"When you look at all of the pieces of my life, there's so many places where I would have to say it never should have happened, and I think that is one of the reasons why I was encouraged to write the book," Harder concluded.

"I hope that my reflection can be of some encouragement to others who face the same challenges."

> TRIATHLON, FROM PG. 17

dren six to seven years old will do a 50-metre swim, a 1.5-kilometer bike, and a 500-metre run. Children eight to nine years old will do a 100-metre swim, a 3.2-kilometre bike, and a one-kilometre run. Children 10 to 11 years old will do a 200-metre swim, a 6.4-kilometre bike, and a two-kilometre run. Children 12 to 13 years old will do a 200-metre swim, a 6.4-kilometre bike, and a two-kilometre run, or if they prefer the longer race, a 300-metre swim, 9.6-kilometre bike, and a three-kilometre run. Children 14 and 15 years old will do a 500-me-

tre swim, a 9.6-kilometre bike, and a four-kilometre run.

Athletes between the ages of 10 and 15 are also eligible to qualify for the 2024 Manitoba Summer Games, which will be held in Dauphin.

The Interlake Kids of Steel triathlon will start at the Access Credit Union Aquatic Centre in Arborg, where the athletes will complete their swim. Once done, they'll head outside to the bike racks, put their shoes and helmets on, and set out to complete their bike ride. That ride will take them to the Collegiate and back to the Aquatic

Centre, the older ages doing the loop a few times. After that, the athletes will complete their run, taking them to the ball diamonds, around the track, and through an inflatable finish line.

Throughout each portion of the race, adult volunteers will count laps and distances for the children.

"We try to make the environment as safe as we can," said Anderson. "We want everyone to have fun."

Anderson said doing a triathlon is a great way to challenge yourself. She finds it easy to stay focused when training because of the three sports to focus on, keeping it interesting. She said the triathlon community in Man-

itoba is also very tight-knit and welcoming, a sort of family that pushes each other and has fun doing it.

"You leave feeling very accomplished once you're done no matter if you did exceptionally well or had a poor day," she said. "You still put it out there."

The Interlake Kids of Steel triathlon registration is open until Thursday, July 4. Registration before May 15 is \$30 per athlete; after that, but before June 30, it is \$35, and after that, but before July 5, it is \$40. To learn more about the triathlon or to register your child, go to www.heclatri.com.

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UPCOMING EVENTS

JOIN THE FIGHT AGAINST PROSTATE CANCER. RIDE DAY - SATURDAY, MAY 25, 2024. 10 a.m. start - Earls Polo Park (Winnipeg). Visit: ridefordad.ca/manitoba to register or make a pledge.

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.

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IN ALTONA, MB

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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:

- NE 1/4 OF SECTION 24-1-5WPM
EXCEPTING THEREOUT - THE ELY 1320 FEET PERP
CT #3022208/04 80 acres
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EXC PLANS 47657 MLTO AND 72918 MLTO
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(the "Land")

-Located in the Rural Municipality of Stanley

Parcels are being tendered together or separately

Conditions of Tender

- Financing must be pre-approved.
- Tenders to be in the form prepared by PKF Lawyers. To obtain tender form or more info, contact Stéphane Warnock @ PKF Lawyers.
- 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.
- Highest Tender or any Tender will not necessarily be accepted.
- The Possession date and the due date of the balance of Tender Price shall be May 10, 2024.
- 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.

CAREER



Border Land School Division invites applicants for a

PERMANENT DIVISIONAL COLONY RESOURCE TEACHER

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PUBLIC NOTICE

NOTICE OF PUBLIC HEARING UNDER THE PLANNING ACT

The City of Winkler, under the authority of The Planning Act, will hold a hearing at which time and place the council of the City of Winkler will receive representation from the applicants and any other persons who wish to make representations in respect of the Rezoning Application No. RZ2024-003 and By-law No. 2316-24, being an amendment to Winkler Zoning By-law 2271-21 of the City of Winkler.

The general intent of the above By-Law No. 2316-24, is to zone the land described below, Namely:

116, 126, 148, 154, 164, 172, 178, 184, 200 14th Street, 1414 Salem Crescent, 1475 Pembina Ave, legally described as Parcel A, Plan 72596 MLTO.

as shown outlined in a heavy solid line on the map attached hereto as Schedule "A", and forming part of this by-law, be rezoned

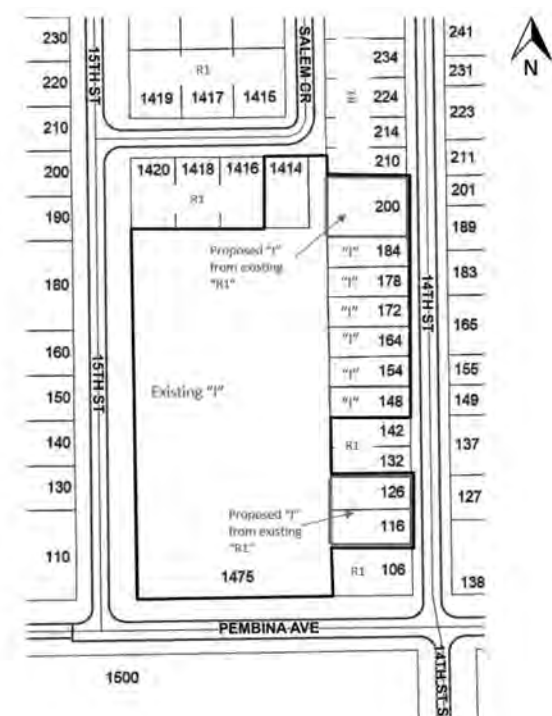
FROM: "R1" RESIDENTIAL LOWER DENSITY ZONE & "I" INSTITUTIONAL ZONE
TO: "I" INSTITUTIONAL ZONE

A copy of the above By-Law No. 2316-24 and supporting material may be inspected by any persons between the hours of 9:00 AM and 5:00 PM, Monday to Thursday and 9:00 AM and 4:30 PM, Friday, in the City Office.

Date of Hearing: May 14, 2024
Time of Hearing: 6:30 p.m.
Location: Winkler Council Chambers,
185 Main Street, Winkler, Manitoba

DATED at Winkler, in Manitoba, this 8th day of April 2024.
Designated Officer, City of Winkler

Schedule "A"



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CAREER



Border Land School Division invites applicants for a

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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.

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

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FOR ROSENFELD ELEMENTARY SCHOOL
IN ROSENFELD, MB

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PUBLIC NOTICE



PUBLIC NOTICE Canadian Navigable Waters Act

The Rural Municipality of Rhineland hereby gives notice that an application has been added to the Minister of Transport, pursuant to the Canadian Navigable Waters Act for approval of the work described herein and its site and plans.

Pursuant to paragraph 7(2) of the said Act,

The Rural Municipality of Rhineland has deposited with the Minister of Transport, on the on-line Common Project Search Registry (<http://cps.canada.ca/>) and

under registry number 10308, or, under NPP File Number 2024-612015, a description of the following work, its site, and plans:

- Bridge

In, on, over, under, through or across Buffalo Creek (a non-scheduled waterway) near Altona, Manitoba

at Southeast Section 28, Township 1, Range 2W and Southwest Section 27, Township 1, Range 2W

Comments regarding the effect of this work on marine navigation can be sent through the Common Project Search site mentioned above under the Comment section (search by the above referenced number) or if you do not have access to the internet, by sending your comments directly to:

Navigation Protection Program – Transport Canada
344 Edmonton Street
Winnipeg, MB
R3C 0P6

Transport Canada (TC) will not make your comments on a project available to the public on the online public registry. However, any information related to a work is considered as unclassified public record and could be accessible upon legal request. As such, the information and records provided should not contain confidential or sensitive information. If you want to provide confidential or sensitive information that you think should not be made public, please contact TC before submitting it.

However, comments will be considered only if they are in writing (electronic means preferable) and are received not later than 30 days after the publication of last notice. Although all comments conforming to the above will be considered, no individual response will be sent.

Posted at Altona, Manitoba this 25th day of April, 2024.

Michael Rempel
Chief Administrative Officer

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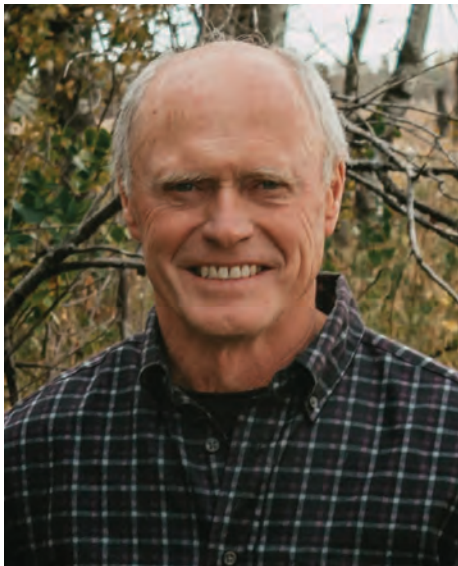
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Voice

BIRTHDAY



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MORTGAGE SALE TITLE 2260154/4

MORTGAGE SALE

The land and building known as 30 Westwood Drive, Morden, Manitoba, as described in Certificate of Title No. 2260154/4 will be sold at auction on Wednesday the 29th day of May, 2024 at 10:00 a.m. The auction sale will be held by way of video or teleconference. There will be no in-person attendees at the auction. In order to participate you must pre-register at least 24 hours prior to the auction by contacting Dan Ransom at either 204-988-0443 or dransom@tmlawyers.com. On the date of the auction, an email will be sent to all attendees at the email addresses provided. The attendees will need to follow the instructions in the email, which will include a video link or teleconference call-in information. The successful bidder shall have a period of 24 hours to provide the deposit in certified funds payable to Taylor McCaffrey LLP and sign the auction sale conditions.

TO THE BEST of the Vendor's knowledge, the house is a Residential Detached Bungalow, 4 bedroom, 2 bathroom house built in 1980, with approximately 1,176 square feet of living space. This house has a living room, family room and kitchen. The house includes central air conditioning, dual staged high-efficiency furnace replaced in 2010. Main level floor replaced in 2011, shingles replaced in 2007 and exterior doors in 2010. The house has a full finished basement and an approximate 2 x (10x12) storage sheds. There is a single attached garage and paved front drive access for parking. The approximate lot size is 70 feet x 120 feet.

PRIOR ENCUMBRANCES: Caveat No. 36823/4 and Tax Sale Notice No. 1291403/4.

REALTY TAXES (excluding any accruing water charges) are paid to **December 31, 2021**.

TERMS OF SALE: a deposit of **\$11,000.00** by way of cash, certified cheque or bank draft payable to Taylor McCaffrey LLP, and the balance according to conditions which will be available for public view at the Auctioneer's address above prior to the auction. The property will be sold subject to a Reserve Bid of \$93,000.00 plus such other additional and incidental costs which may be incurred by the Vendor from the 16th day of April, 2024 to the date of auction and which costs will be announced prior to the commencement of the sale. The maximum amount of cash that may be provided as part of the deposit is **\$7,500.00**. The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca.

FURTHER information may be obtained from:

TAYLOR McCAFFREY LLP
2200 - 201 Portage Avenue,
Winnipeg, Manitoba, R3B 3L3
ATTENTION: Daniel Ransom
Phone No.: 204-988-0443
File No.: 114473-177

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Voice

Call: 204-467-5836 or Email:
ads@winklermordenvoice.ca

COMING EVENTS

Barnswallow Quilt Show
May 3-5, 2024
Morden Access Event Centre
ADMISSION \$5.00
Friday 10 am - 8 pm
Saturday 10 am - 5 pm
Sunday noon - 5 pm
Featured Quilter Allison Halstead
Light lunch available at "Two Old Crows"
Guild Boutique
Merchant Mall (Fri. & Sat. only)
Rainbow Auction
Fibre Arts Network Exhibit "For the Birds"
Challenge Quilt Prizes Sponsored by Mama Bear's Quilt Shop
For more information:
204-362-5315
barnswallowquilters.wordpress.com
Mordenquilters@gmail.com

AUCTION LISTINGS

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AUCTION LISTINGS

Tina and the late Bill Reimer.
(Farm/Collector sale)
April 22-May 1 Blumenfeld, MB

Willie Voth Auction
(Household sale)
April 16-22. Winkler, MB

Mary Heide Estate
(Building Lots sale)
April 22-May 1. Hochfeld, MB

Jake and Sylvia Peters
(Acreage Sale)
May 8-17 Green farm, MB

Roy Paul Estate Auction
May 16-24. Emerson, MB

Robert and Elizabeth Loewen Auction
May 21-28. Altona, MB

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Classifieds Announcements

The *Winkler Morden*
Voice

PUBLIC NOTICE



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IS ON A QUEST

to awaken curiosity and excite new learning. Join us in our search for a team name that embodies our heritage and highlights our bilingual cultural identity as a dual track English and French Immersion kindergarten to grade 8 school.

Your voice is invaluable! Share your team name suggestions and designs with us at edtoff@westernsd.mb.ca



before May 1st, 2024. Together, let's ignite inspiration and chart a path towards infinite possibilities at École Discovery Trails!

PUBLIC NOTICE

NOTICE OF NOMINATIONS Western School Division

NOTICE IS HEREBY GIVEN that on the following days: On Tuesday May 7, 2024 through May 13, 2024 between the hours of 9:00 AM through 5:00 PM at the following location: 4 - 75 Thornhill Street, Morden MB

I will receive nominations for the office of School Board Trustee Ward 1 (1 vacancy) of the aforesaid Local Authority.

The nomination deadline is Monday, May 13, 2024 at 5:00 PM. Nominations cannot be accepted after this day.

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

Nominations may be filed in person at the above location, on the date and hours specified, by an agent, or by email. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the SEO at the telephone number listed below.

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

Carl Pedersen, Senior Election Official 204-822-4448
cpedersen@westernsd.mb.ca

Dated at Morden on April 18, 2024

Carl Pedersen Western School Division
Senior Election Official (SEO) Name of the local authority

CROSSWORD

CLUES ACROSS

1. Excessively theatrical actors
5. Footwear
10. A way to disfigure
14. Exchange rate
15. Hawaiian wreaths
16. North-central Indian city
17. Bungle
18. Extremely angry
19. A short note of what's owed
20. Criminal organization
22. Mimic
23. Try to grab
24. U.S.-born individuals
27. Some are covert
30. Order of the British Empire
31. Don't know when yet
32. Payment (abbr.)
35. Winged angelic being
37. Variety of Chinese
38. A way to be anxious
39. Famed wrestler Hulk
40. Partner to cheese
41. Slang for sergeant
42. Canadian flyers
43. Actress Ryan
44. Highly unpleasant vapor
45. Body part
46. Halfway
47. Cool!
48. Consume

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
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52	53	54			55			56		57	58	59
60				61			62		63			
64				65					66			
67				68					69			

49. Salts
52. Upper bract of a floret of grass
55. Housepet
56. Cavalry-sword
60. Symbol of a nation

61. Frocks
 63. Used to carry food
 64. Portuguese folk song
 65. Sharp mountain ridge
 66. Ireland
 67. Where golfers begin
 68. Greek mythological sorceress
 69. Fluid suspensions
- CLUES DOWN**
1. "Mad Men" leading man
 2. Water (Spanish)
 3. Annoy
 4. Bulgarian capital
 5. Japanese title
 6. Capital of Zimbabwe
 7. Giraffe
 8. A mixture of substances
 9. Midway between south and southeast
 10. Staffs
 11. Turkish title
 12. Type of acid
 13. Thin, flat strip of wood
 21. Russian river
 23. Ribonucleic acid
 25. Partner to flow
 26. Airborne (abbr.)
 27. Earthy pigment
 28. Genus of earless seals
 29. "Key to the Highway" bluesman
 32. By or in itself
 33. Hot fluid below the earth's surface
 34. Partner to trick
 36. British Air Aces
 37. Ammunition
 38. Supervises flying
 40. Health care for the aged
 41. Flanks
 43. Millimeters
 44. Where wrestlers perform
 46. Not around
 47. Flightless bird
 49. Bell-shaped flowers of the lily family
 50. Expressed concern for
 51. Satisfies
 52. Flew off!
 53. Wings
 54. Load a ship
 57. Vigor
 58. British title
 59. Whiskeys
 61. ___ Adams: founding father
 62. Body of water

PUBLIC NOTICE

NOTICE OF VOTERS LIST / PERSONAL SECURITY PROTECTION Western School Division

Notice is hereby given that a copy of the VOTERS LIST may be revised at: 4-75 Thornhill St , Morden on April 18, through May 13, 2024 between the hours of 9:00 AM and 5:00 PM.

At this time the Senior Election Official (SEO) will be available to update the voters list by:

- (a) adding the names of voters who are entitled to have their names on the list;
- (b) deleting the names of persons who are not entitled to have their names on the list; and
- (c) making such other correction of errors to the list as required.

VOTER ELIGIBILITY:

A person is eligible to have his or her name added to the Voters List if he or she is:

- 1) a Canadian citizen and at least 18 years of age on election day; and
- 2) a resident of the local authority for at least six months prior to election day.

APPLICATION FOR PERSONAL SECURITY PROTECTION:

A voter may apply in writing to the SEO (at the address / email below) no later than May 13, 2024 to have his/her name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail or email and must include your name, address and include proof of identity.

All changes to the voters list must be completed on or before May 13, 2024.

Dated at Morden in the Province of Manitoba, on April 18, 2024.

Carl Pedersen Western School Division
Senior Election Official (SEO) Name of Local Authority
4 - 75 Thornhill St, Morden MB R6M 1P2

204-822-4448 Phone
cpedersen@westernsd.mb.ca Email

S	L	O	S	V	E	D	E	M	S	E	E	L
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V	R	G	V	S	N	K	V	H	O	I	G	V
L	U	V	M	S	E	O	H	S	S	M	V	H

Crossword Answer

Robotics engages Morris students

By Siobhan Maas

The technology classroom at the Morris School was filled with laughter one Friday afternoon recently with students from grades 7 to 11 surrounded by computers, robotic kits and backpacks.

A group just returned from an away match against Niverville where Morris robotics students competed students from the Niverville high school team.

Robots are pitted against one another, and whoever touches the ground outside the ring first loses, explained teacher JP Jamieson.

"Sometimes the judges get right down to see if the [robot] tires are off the ring," he said. "There are two rings operating at the same time. Students have ten seconds to get their robot ready after their name is called, otherwise they forfeit their round."

Students are ranked on an individual basis, scoring points for each win.

"We're not quite sure what students' points are after the match today because the computers went offline, and we had to write everything down by hand," laughed Jamieson.

The team can feel success however, in the number of wins they had over the Niverville team, and it is an initiative that is really engaging the students.

A base robotic kit weighs about 200g and is made up of a palm-sized body covering a gearbox that sits on a wheel set, and the whole kit is tethered by a controller with two toggles.

Four types of base kits are available to robotic teams. One kit is all about speed, another power, one powerful with slight speed and one the most powerful but slow.

Students are encouraged to add improvements to their base in the form of plastic 3D-printed material to a maximum 500g.

"Strategy to win is 50 per cent about robot capability and improvement and 50 per cent my driving ability. You can only drive to the abilities of your robot," noted Samantha Storck, 14.

What Storck loves about the Wednesday lunch time hobby is figuring out problems that exist in the design of her robot and looking for ways to fix them.

"I get to use my brain in a fun way and experiment with techniques and angles. The design is my idea, my choice."

"As long as no metal is on the attack surface [anything goes]," said Hassan

Mustafa, 14.

The main strategy of a faceoff is to get under the opponent and push them off the ring.

"The students go from the idea phase to implementation and test phase, make mistakes, fail and try it all again," said Jamieson. "They come at [new designs] with a better understanding and a new approach."

Kayden Grattan, 14, loves the trial and error component of robotics. Since September, he has designed, tested and 3D printed 12 different prototypes in looking for improvements in his design.

"It's fun to think of new designs and compete against classmates," Grattan said.

Jamieson enjoys seeing the development and progression of the students' designs over the school year.

"Some students over think and bring in a new idea every week but end up with nothing. Other students have a rough plan and end up trying many things that constantly need work."

With the help of Jamieson, students can develop skills in many areas of technology.

"Some students enjoy the repair aspect more than the robotics," said Jamieson, opening the drawers of a large plastic toolkit. "This mobile pack-out unit, graciously donated by Sun Valley Co-op, will help us when we get on the road next season. Unfortunately, the 2024 Manitoba Robot Games were postponed until next year."

Mustafa also enjoys a unique perspective of his hobby: 3-D design.

"Using Tinkercad, a 3-D design platform, I can play with design aspect and solve general problems," he said, adding that going to matches allows him to find inspiration in others' designs.

Jamieson noted what the students have accomplished so far would not be possible without the support of numerous sponsors including Morris Build-All and Kohltech Windows, who bought the team t-shirts. Through alphaplay.ca, they also received a refurbished 3-D printer.

"We are currently exploring a [robotics] course offering for the Morris School in September 2024, although nothing has been confirmed yet," Jamieson noted.

The students' smiles widen when speaking of the potential class, hopeful yet always knowing they will have at least Wednesday lunches to hypothesize and hone their techniques.

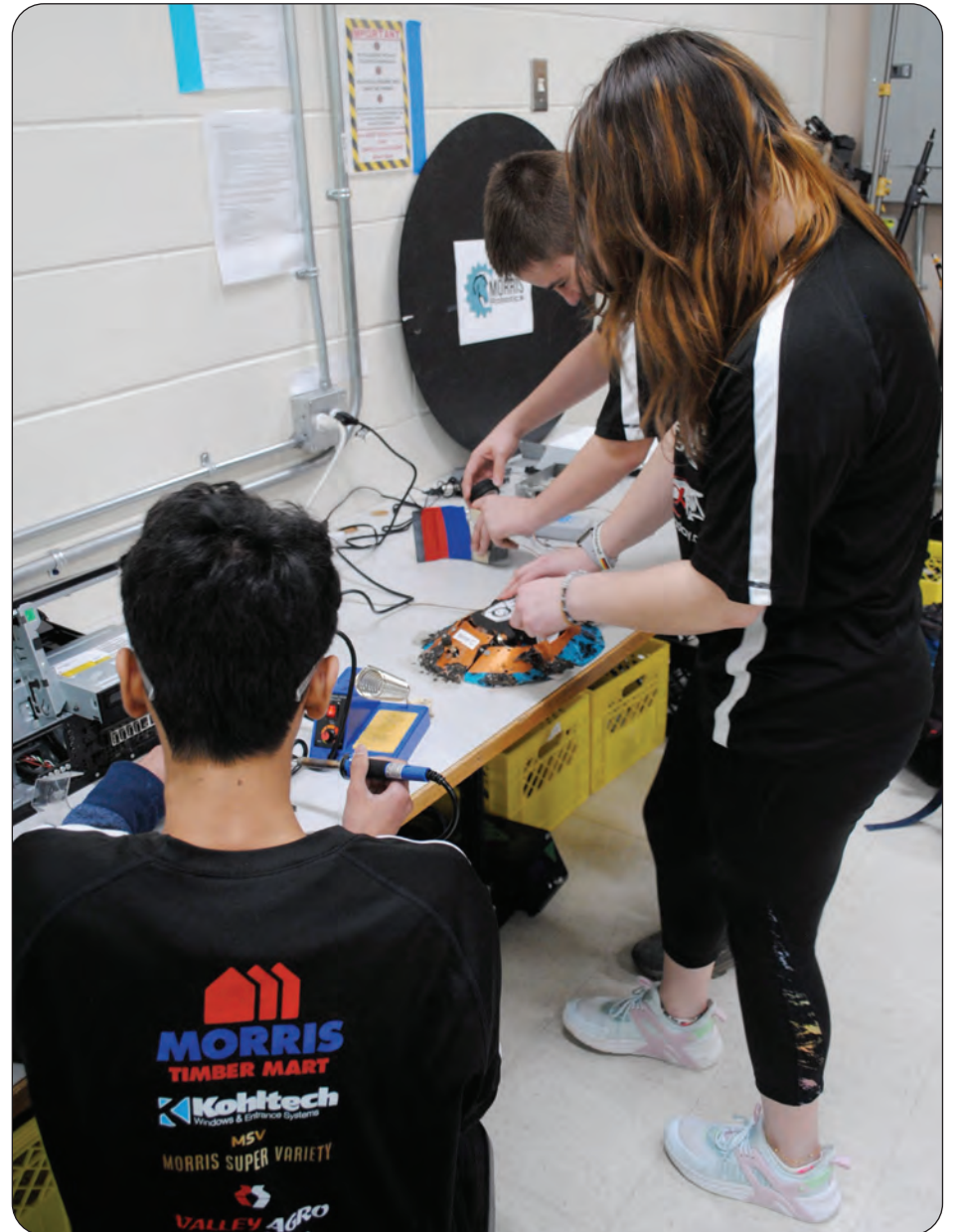
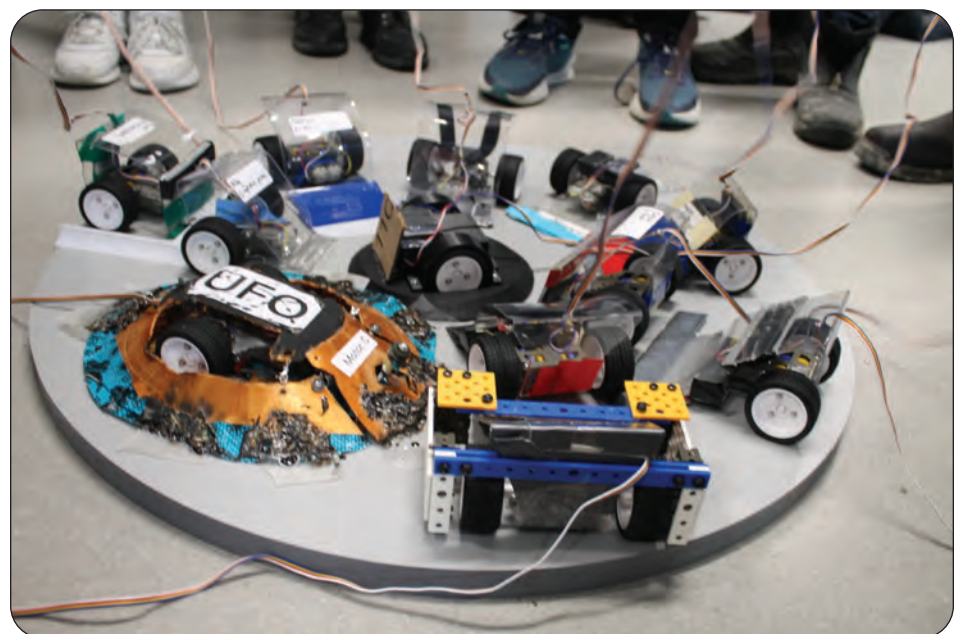


PHOTO BY SIOBHAN MAAS

Morris Robotics students Hassan Mustafa, Samantha Storck and Kayden Grattan adjusting their robot designs at Morris School.



SUBMITTED PHOTO

Robots are pitted against one another, and whoever touches the ground outside the ring first loses.

get inspired

> MEAL IDEAS



Shrimp, Broccoli and Potato Skewers with Lemon and Thyme

Prep time: 5 minutes
Cook time: 20 minutes
Servings: 4
1 pound bagged Little Potatoes
1 bunch broccoli
12 large shrimp, peeled and deveined
1 1/2 lemons, juice only
3 tablespoons fresh thyme, chopped
2 tablespoons olive oil
salt, to taste
pepper, to taste

In large, microwave-safe bowl, microwave potatoes on high 5 minutes. Chop broccoli into large pieces. Add broccoli and shrimp to bowl once potatoes are steamed. Add lemon juice, thyme and olive oil; evenly coat potatoes, shrimp and broccoli. Season with salt and pepper, to taste. Build skewers and grill 10-15 minutes on medium-high heat, until shrimp is cooked through.



Easy as 1-2-3 Potato Salad

Prep time: 2 minutes
Cook time: 5 minutes
Servings: 4
1 package A Little Savory Herb Microwave Ready Little Potatoes, with included seasoning pack

2-3 tablespoons green onions, chopped
1/2 cup mayonnaise or plain Greek yogurt
In microwave, cook potatoes 5 minutes according to package directions. Combine seasoning pack, chopped green onions and mayonnaise or Greek yogurt. Pour dressing over cooled potatoes. Stir gently and serve.



Taco Mac and Cheese

1 box macaroni and cheese
1/4 cup milk
4 tablespoons butter
1 pound ground turkey
1 red bell pepper, diced
1 yellow bell pepper, diced

1 orange bell pepper, diced
1 onion, diced
2 teaspoons taco seasoning
Prepare boxed mac and cheese with milk and butter according to package instructions. In skillet, brown ground turkey over medium heat. Add bell peppers and onion. Add taco seasoning. Stir turkey mixture with mac and cheese to combine.

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

If you didn't know it already, medical self-advocacy is of utmost importance to me.

Recently, I had spinal surgery to deal with some pesky (near-total debilitating) lumbar spinal stenosis. Thankfully, the surgery did the trick, and my legs still work. Phew.

I had to spend a night in the hospital, and although great in attitude, some of the nurses lacked know-how. Although I could barely move, I had to steer the baton. Horse? Ship. You get the point.

The young supply nurse (Jane) from an agency had me contorted like a dead body in a suitcase when she tried to reposition my bed for me. My back was not in the contortionist mood, so I had to ask her to get help to learn to control or stretch the cord to me so I could take over.

A little later, I needed the commode, and the same nurse came to help. The nurse in charge (Sally) came in to say she'd be right back with my pain meds. Jane proceeded to push the commode to the foot of the bed, push my wheelie table in front of the closed door, blocking

it, and then took my I.V. bag off the pole so I could reach the commode without ripping it out. She needed both her hands to hold my insulin pump and the drain in my back so this math did not add up. She hung the bag on the pole and stood there, confused.

"Hmm...it doesn't reach."

Now. I am no genius, but both the commode and the I.V. pole are portable.

"Umm, the pole is on wheels," I said, trying to keep my impatient bladder from dripping out my disbelief in my words. I have a question. What nurse doesn't know an I.V. pole rolls? Also, Sally was not impressed that Jane had made an obstacle course of my room and blocked her entry. (And what if there was a fire or I coded, dare I ask? Yikes. Just me and newbie Jane trapped in a hospital room. At least we had a good view. But it was pitch black at 3 a.m.)

The point? Say what you need. Help problem solve. I know we shouldn't have to, but we do. Be respectful, but don't stress about hurting feelings or being 'a pain.' (You wanna talk pain? Speak to my back that night.)

It's okay to ask what your blood pressure is when they take it. It's okay to say that your water jug is empty. It's okay to point out wheels on an I.V. pole! Sigh.

It's okay to self-advocate. More than.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalm-iss_stress, and at www.lesshealth-stress.com If you like her writing, find more on her Substack page: The Quest For Less Health Stress



Country Caramel Apples

Using melon ball scoop, carve round apple pieces, starting at skin and rotating inward.

Insert long toothpick into each round apple piece.

Place crushed pecans in small bowl. Roll round apple pieces in caramel dip then roll in crushed pecans.

Place coated apple bites on serving tray and refrigerate until just prior to serving.

- 3 Envy Apples
- 1 bag crushed pecans
- 1 jar caramel dip

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