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**All smiles**

Altona Soccer players Maria Toledo, Elena Molina, and Scarlett Broadfoot man the drive-thru at Altona's Tim Hortons for Smile Cookie Week. For more, see Pg. 2.

PHOTO BY EDWARD VINCENT ARCENAL/VOICE

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

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# getinformed



## Smile Cookies support Altona Soccer



PHOTOS BY EDWARD VINCENT ARCENAL/VOICE

Representatives from Altona Soccer were at the community's Tim Hortons last week to help out with Smile Cookie Week. Proceeds from the sale of every Smile

Cookie sold went to support "The Beautiful Project" in Altona, which will see new soccer pitches built and existing ones redeveloped to meet the growing interest in the sport in the community. Final numbers for the success of the week were not available at press time. Meanwhile, the Morris Tim Hortons also hosted Smile Cookie Week, with proceeds there going towards a new picnic shelter in Willow Park. Above, left: Scarlett Broadfoot, Elena Molina, Maria Toledo, Caleb Fehr, Sam Funk, and Mason Wood from Altona Soccer were on hand at the restaurant to get the word out and help decorate cookies. Below: Staff with a couple of Smile Cookies.

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# getinformed

## Gardenland Co-op reports record-breaking sales year

By Ashleigh Viveiros

Gardenland Co-op reported a record-breaking year in sales to its members at its annual meeting in Winkler April 28.

The board of director's 2025 year-in-review highlighted a total of \$170.2 million in sales, net income before taxes of \$4.6 million, and earnings before interest, taxes, depreciation, and amortization of \$7.8M.

Members' equity and reserves hit \$57M, with total assets of \$85.4M. The year's patronage allocation to members clocked in at over \$3.65M.

The Co-op is in an incredibly strong financial position, said board president Milt Olfert, expressing gratitude for their dedicated staff, management,

and the thousands of members in the communities they serve.

"Without the steady support of you, this Co-op would cease to exist. Thanks for your patronage," he told the large crowd of assembled members. "Entering into our 96th year is a testament to the fact that the cooperative model is enduring and benefits our community as no other can."

Co-op gave back \$500,000 in 2025 to various community projects and also contributed countless hours of volunteer time across the region, directors shared, noting that "this commitment to community sets us apart from our competitors."

Gardenland welcomed 675 new members in 2025, bringing its total to



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Gardenland Co-op general manager Evan Toews (left) and board president Milt Olfert addressed members at the annual general meeting in Winkler last week.

22,690 with locations in Winkler, Mor-den, Plum Coulee, Rosetown, Loew-farm, Rosenort, and St. Joseph.

Continued on page 5

Salem Foundation and Ladies Auxiliary Present

# BBQ

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# Sharing smiles



CITY OF WINKLER PHOTO



BTHC FOUNDATION PHOTO



CITY OF MORDEN PHOTO



BTHC FOUNDATION PHOTO

Proceeds from the sale of Smile Cookies at the Morden and Winkler Tim Hortons last week went to the Boundary Trails Health Centre Foundation. Organizers shared Monday that the campaign raised a whopping \$58,493 for the hospital's future outdoor wellness space. BTHC Foundation executive director Shannon Samatte-Folkett sends out a huge thank you to the Tim Hortons "staff who were busy baking, decorating, selling for seven days straight, and to the dozens and dozens of amazing volunteers who joined us to decorate and deliver cookies." Numerous businesses made large cookie orders or sponsored matching cookie sale donations to further help bolster fundraising, in addition to sending volunteers to decorate cookies. Top left: Winkler city council members helped out by decorating cookies and manning the drive-thru at the Winkler location. Top right: Morden council and staff did the same in Morden. Top centre: Samatte-Folkett with Cookie Monster to promote the campaign. Left: The Miami 4H Club also lent a hand decorating.

## Winkler, Morden hosting candidate info. sessions

By Lorne Stelmach

Anyone considering running for city council in Winkler

or Morden has a chance to find out more about what might be expected of them in the role.

Both communities are holding information sessions for prospective candidates. Winkler's takes place next week, on May 13, at 7 p.m. at the Winkler Centennial Library while Morden's is set for June 18 at 7 p.m. at the Morden Civic Centre. You can pre-register on the city websites.

Each session will help people understand the roles and responsibilities, involved in serving on council.

Morden Mayor Nancy Penner stressed that potential candidates need to appreciate it requires a significant commitment.

"It is a big time commitment," she said. "You need to be taking the role of a councillor very seriously because we are running a \$26 million budget. When you look at all of the components of that, when you look at our utilities budget and our capital budget, it is a big role they play as councillors.

Continued on page 5

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> GARDENLAND CO-OP, FROM PG. 3

"The list just continues to grow and we're excited to be in more and more communities as time goes on," Olfert said.

Last year saw the completion of a few notable projects, including the new administrative offices in downtown Winkler, upgrades to the truck stop card lock dispenser, the purchase of Venture Parts in Morden, the purchase of a used floater in Morden, and the construction and leasing out of the new Morden Dollerama building, located beside the Co-op grocery store.

"Looking forward, we remain committed to identifying improvements and opportunities that will enhance our co-op while consistently maintaining a strong and stable financial position," said board member Richard Delorme in presenting the director's report.

General manager Evan Toews characterized it as a year of responsible growth and steady operational performance.

"As we look back in 2025, it was a year that was shaped by meaningful progress, important decisions, and the steady commitment of our team and our members," he said.

"At Gardenland, we have the privilege of operating across some of

the fastest growing communities in Southern Manitoba, providing opportunities that come every day, and we don't take any of those lightly," Toews said. "Growth brings excitement, but it also brings competition. It brings new expectations from customers and members alike. That reality continues to push us to raise our bars, raise our level of service, increase our capacity, and build the kind of expertise that sets us apart in the local marketplace."

Referring to the donations and sponsorships Co-op made in 2025, Toews stressed that "this is what it means to be community-owned."

Since its inception almost a century ago, the Co-op has grown and change, he said, "but through it all, our purpose has remained the same: to serve the people who own this co-op and to reinvest in the communities that built it."

It's a motto that resonates with Olfert, who is stepping down after a cumulative two decades on the board of directors.

"I love the whole cooperative model of working together for a common cause," he said. "Of being involved in the community and being successful and then the money stays here. You're investing with your neighbours for



## "The Big One"

The South Central Regional Library's "The Big One" Annual Book Sale filled the rink at the Access Event Centre in Morden with thousands of used books Thursday through Saturday. Bibliophiles from all across southern Manitoba came out to hunt for treasures. A final tally of how much the sale raised was not available at press time, but the proceeds all go to help the SCRL purchase new materials for its branches in Winkler, Morden, Altona, Manitou, and Miami.

PHOTO BY ASHLEIGH VIVEIROS/VOICE

**"IT WAS A YEAR THAT WAS SHAPED BY MEANINGFUL PROGRESS, IMPORTANT DECISIONS, AND THE STEADY COMMITMENT OF OUR TEAM AND OUR MEMBERS."**

> CANDIDATE INFO. SESSIONS, FROM PG. 4

"It's something that you don't come into with one issue that you want to resolve ... and I think you have to be a team player when you come on council."

She hopes potential candidates come to the role with realistic expectations.

"Council members have to remember we can't make promises at large. We always bring those concerns back to council ... so we also have to remember council's role. We don't run departments within the city. We provide governance, we set policy ... our city manager takes direction from council and then cycles that down to her staff.

"It's very rewarding work, but it's also very challenging work," she noted. "I would encourage anyone who would like to work to the future of the next generation ... we're building for today, but we're really building for the future when we look at municipal governance.

"We're setting up the city for the future and hopefully leaving it a better place."

Winkler Mayor Henry Siemens observed that being properly informed is critical to good decision making on council.

"I think a lot of the time people aren't familiar with what exactly council entails," he said. "Many people are interested in serving, and they have a desire to try to improve their community, but they don't know exactly what's involved in it.

"You need to understand what being on council looks like ... these are some of the time commitments you should expect. These are the types of work you should expect. These are the types of skill sets that are needed around the table, and it helps people to recognize there is more to this role than just those couple meetings."

And there are also the demands that come with residents feeling like they can call you at any time for any reason.

"There is that expectation from people that we are accessible," Siemens said. "Obviously, if we asked for the role, we've asked for the opportu-

your neighbours."

While he's enjoyed having a behind-the-scenes role with the co-op through the years, Olfert feels it's time to pass on the torch.

"We have a really strong board, and I felt it was time to step down and allow others to have a chance to take this role and be part of this great or-

ganization."

Also departing from the board was Dinah Elias and Delorme. Chris Hildebrand, Terry Reidle, and Darcy Lemieux were acclaimed to fill their spots, joining Chris Kalansky, Darren Heide, Guy Dampousse, Gordon Earl, Grant Fehr, and Carrie Hennan.

nity to make decisions for our community, that also means we've asked for people to be able to share their opinions with us and their thoughts with us and their concerns with us.

"You have to be prepared to make decisions. You have to be prepared to hear both sides of an issue and then to make a decision even when it's hard," he said, noting council often struggles significantly with some decisions, but they need to act and serve as a team.

"Each one of us is one voice of seven," he pointed out. "As council, the biggest thing that we do is set strategic direction for our staff. Our staff actually do all the work, but we provide the strategic direction. We provide guidance ... we are the representatives of the community as a whole."

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## Take a hike

**W**e take the cat for walks along the wooded trails not far from where we live. This is a recent endeavour and has been reinforced by the fact that the cat actually seems to enjoy these outings.

Now, a cat is not a dog. They do not walk with the same single-minded intent to get from point A to point B. This is fine. One must adjust one's mindset and expectations when taking a cat for a walk.

The idea was first proposed by my wife when she noticed the cat seemed to actually enjoy the car ride back from the vet one day. The cat was actively looking out the windows and reasonably content.

With this in mind, it was felt that the next logical step, given that the cat did not turn into a whirling pile of claws the second she entered the vehicle, was to perhaps bring her out farther afield to the relatively sheltered, wooded pathways that are maintained about a five-minute drive away.

Now, normally we have brought said cat to a small park a mere three-minute walk away. The cat is dressed in her high visibility orange vest and packed into her backpack that has a nice bubble window for her to look

out (complete with plastic cat ears on top).

Once at the park a leash is attached and she furtively moves from tree to tree seeking out the stinkiest places to roll in. This has been a great success by most measures, however the close proximity of cars and motorcycles make her nervous and she doesn't really settle into a relaxed state. Hence the idea for the woods.

As the day arrived for the journey cat was once again outfitted in her orange vest and bundled into the truck for the ride. Once at the entrance to the paths we brought her out, attached the leash, and fully expected she would not get 10 paces before flopping down on the grass and becoming immobile.

However, after a moment of adjustment, she simply started walking along the path and into the woods, leading us along like a dog might.

Certainly, she was a lot slower, stopping about every minute or so to stare longingly at the myriads of birds unhappily far out of reach in the branches above. Then she would continue again, periodically pausing to roll in the dirt for a while or vigorously rub her face and body into certain tree trunks that seemed appealing.

Even when we reached crossroads where we expected to take the lead she would pause, as if thinking, and select the path that seemed best to her and continue along the way.

There is something joyful in the exercise of taking a house cat, who we never allow outside unsupervised, and watching her explore a new place safe in the knowledge that her "parents" are nearby.

Sure, there are things that might spook her, but we are prepared in a moment to crouch down and let her hide in our midst if necessary. Honestly the things we imagined would frighten her simply seem to fascinate her.

A dog will appear in the distance, and she stops to watch with rapt fascination until it vanishes. A person or people will appear, and she will wait until they pay the toll of a head scratch. Then as they pass, she decides she would rather follow her new friends back into the woods than stay with us.

It never occurred to us to consider a cat might enjoy a walk. This kind of thinking applies to so many areas of our lives. We train ourselves to constrain expectations within limits and this stops us from trying a new thing.

Sometimes these new things don't work out, other times they surprise us and become a new source of joy, like these walks. I would say it is worth the effort to break the rules from time to time like taking a cat for a walk or some other thing you've been avoiding—you never know what new happiness you may uncap.



**By Peter Cantelon**

## Letter policy

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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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# Mark your calendar: Salem BBQ is May 27

By Ashleigh Viveiros

Salem Home is throwing a barbecue, and the whole community is invited.

Salem Foundation together with the Salem Ladies Auxiliary hosts their Spring BBQ on Wednesday, May 27 from 5-7 p.m. under the Pembina Valley Canvas tent on the Winkler care home's south parking lot (165 15th St.)

On the menu will be Southern Meats beef burgers with fixings sponsored by Gardenland Co-op, potato chips, drinks, and monster cookies, all served up by donation.

Salem Home has been hosting this community barbecue for several years now, though its roots stretch back even further.

"We used to always have picnic days for the residents where we would have the tent and we would do burgers," says CEO Karin Oliveira "Now it's shifted—it's still for the residents, but we've expanded it to the larger community."

And the community has certainly turned out for it; volunteers serve up hundreds of meals each year and supporters pack into and around the tent to chow down while enjoying the night's entertainment. Providing the music this year will be The Quonset

Brothers.

"I'm always impressed to see how much the community supports us," Oliveira says. "Sure, it's a barbecue and the food is good, but it's that community support that we appreciate so much."

Funds raised at the barbecue will go to help Salem pay for its new handivan. Between community donations and the proceeds of last fall's fropa fundraiser, they're about a third of the way there.

"I would say we have close to \$70,000 already," Oliveira shares. "And the plan is to sell the old handivan as well, which would bring in a little extra."

With any luck, she says, the donations they receive May 27 will get them closer to the fundraising finish line.

The new van is a bit larger than the old, offering more seats.

"The number of wheelchairs it can fit is the same, but we have more seats for independent residents," Oliveira explains.

Due to rising costs, the van has already been purchased and is poised to be put to good use giving residents access to the world beyond Salem's walls.

"The van gets used quite a bit, even



VOICE FILE PHOTO

This year's Salem Spring BBQ takes place at the Winkler personal care home on Wednesday, May 27.

in the winter. The staff make sure that they take the residents out probably three times a month for sure," says Oliveira. "And in the summer they do even more outings."

"It's a way for them to stay connected with the community because they can see the new buildings, go back to maybe the places where they grew up and see how they've changed. It triggers their memory, and so it can trigger conversations. It's the reminiscing that's so important for them. And then they feel part of it, instead of just being insulated and not knowing what's happening outside in the world."

As always, the Spring BBQ will be run by a dedicated team of volun-

teers. Foundation executive coordinator Susan Hildebrand notes they're always looking for more help.

"It's open to anyone. I don't think we've ever turned a volunteer away," she says, noting they can always use a few more grill masters to man the barbecues that night. Contact the care home if you'd like to get involved.

If you'll be attending the barbecue, be sure to bring along some chairs to sit on, Hildebrand says.

Parking that night will be available at the nearby Grace Mennonite Church (1350 Pembina Ave.). A free shuttle will be provided to transport people to Salem.



CITY OF MORDEN PHOTO

Morden Deputy Mayor Doug Frost and Mayor Nancy Penner (far right) accepted the Manitoba Good Roads Association's Urban Beautification Award last month.

## Morden receives beautification award

By Ashleigh Viveiros

The City of Morden is sitting pretty.

The community received the Manitoba Good Roads Association's Urban Beautification Award for urban centres with a population of 7,501+ at the organization's 114th annual banquet last month.

Mayor Nancy Penner and Deputy Mayor Doug Frost were on hand to accept the honour.

"It's always a bit of a surprise because they don't tell you when they're doing the judging," Penner shared. "So we don't have a heads up, and we

can't sort of mow the lawn and tidy up. They just drive through the community at their schedule.

"So it's very pleasing to know that our community is well respected in terms of beautification, and I have to give a shout out to our residents for that," she said. "Because they do look at the residential, they look at the commercial, they look at what we offer for recreation, and beautification as a city, our streetscaping."

"I just think it shows how we as a city take pride in our community. We are quite pleased to be recognized for that."

News or sports tip? E-mail [news@winklermordenvoice.ca](mailto:news@winklermordenvoice.ca) or call 204-325-6888

# 'Trailblazers in Politics' event to shine spotlight on female leaders

By Ashleigh Viveiros

A gathering next month will shine a spotlight on the work of female leaders in our community—and hopefully inspire more to step into the world of politics.

Pembina Valley Women in Leadership are hosting *Trailblazers in Politics* on Tuesday, June 9 from 7-9 p.m. in the multi-purpose room at the Boundary Trails Health Centre's new community services building.

Morden-Winkler MLA Carrie Hiebert will facilitate a panel discussion featuring fellow Conservative MLA and provincial minister Eileen Clarke, City of Thompson councillor and Association of Manitoba Municipalities president Kathy Valentino, businesswoman and former Winkler city councillor Karina Bueckert, and former Garden Valley School Division trustee and Manitoba School Board Association vice-president Hilda Froese.

It's an opportunity to hear real stories of real impact from female leaders, says Leah Klassen, one of the



SUPPLIED PHOTOS

From left: Eileen Clarke, Kathy Valentino, Karina Bueckert, and Hilda Froese will share their experiences as women in politics at an event in Morden-Winkler next month.

members of the recently-formed Pembina Valley Women in Leadership group.

"Every woman on that panel is a pioneer in their own right," she says, noting they've all found themselves in often male-dominated spaces and have had to contend with all the challenges that can entail.

Inspired by similar groups and panel discussions in other areas, and given the fact the 2026 municipal election is coming up this fall, it seemed the

perfect time to bring women together for a frank discussion about some of the roadblocks and rewards of a career in politics, be it at the school board, municipal, or provincial level.

"We want folks to have an avenue to explore that in a way that is real and impactful, to hear about other leaders that have journeyed down that path and what being a woman in politics meant to them," Klassen says. "Looking at some of the barriers, some of the challenges, but then also how can

we better support women in politics? What does that look like?"

Along those lines, Pembina Valley Women in Leadership intends to branch out beyond this event, hopefully hosting similar discussions, guest speakers, and mentorship activities in the future.

"We would really like it, the group, to go on and have more women in leadership roles coming to support one another," Klassen says. The group currently includes Klassen, Ang Braun, Sally Marsolais, and Carolyn Friesen. "We're a grassroots group that just got started. It's a handful of women that are involved who thought, you know what, we need to make space for women in leadership, recognizing that there are maybe some gaps in mentorship and collaboration."

Next month's talk is the best way to connect with them, Klassen says, especially if you're interested in getting involved with future events.

The night is open to all. Admission is free.

# Winkler council tentatively approves new cell tower location

By Ashleigh Viveiros

Winkler city council has given tentative approval to a new cell tower in town, though it wasn't without a fair bit of discussion.

BellMTS is hoping to put two new towers up in Winkler to boost signal strength in the growing community.

They're pitching for the first to be built on city-owned land in Winkler's Parkland recreational campus. The second will be somewhere in the south end of town, though firm details on exactly where have not yet been released.

At its April 28 meeting, council voted on a conditional use application to allow for the first 30-meter communications tower in what is currently zoned as a parks and recreation area.

Bell Telecommunications has asked to lease a 6x6m portion of land at 1045 Grandeur Ave. for the tower and a fenced compound at its base.

In its report to council, the city planning department noted this request meets all the current federal regulations and saw no major issues with the proposal.

However, two area residents

stepped up to speak out against the selected site.

"I want to be clear from the start that this is not about being against technology or progress. Reliable connectivity matters to all of us," said Jack Froese. "But it also matters where infrastructure like this is placed and how those decisions affect the people who live here."

He raised questions about the health impacts of long-term exposure to cell tower emissions and the research being done on the matter.

"Given that uncertainty, it's reasonable for residents to ask for a cautious approach, especially when the proposed location is so close to homes where families spend most of their time," Froese said, asking if a commercial or industrial site would be a better fit for this tower.

"Supporting connectivity doesn't mean accepting the most convenient option for providers if it comes at expense of residents," he noted.

Froese's concerns were echoed by fellow resident Don Falk, who also asked council to look for a different location.

"I'd also like to appeal to council to

look after the interests of its citizens versus maybe some of the technology that we have," he said.

Speaking on behalf of Teletek Structures, which is building the tower for Bell, Jeanne Piercey noted they carefully evaluated all properties within the boundary drawn to improve cell service in that part of Winkler.

"In the area that we were provided there were no suitable options for commercial or industrial properties that would be suitable," she said. "To achieve the goals that Bell wants to achieve in this area for capacity and also coverage, it would have to be in the location where they identified."

Piercey noted every tower has to go through an application process and meet Health Canada's safety standards. Should technology change in the years to come—requiring an upgrade from 5G to 6G, for example—another safety analysis would be done.

Councillor Don Friesen voiced concern, however, about Canada's current safety standards when it comes to cell towers and whether they're behind the times in comparison to that of other countries. He noted that he'd

prefer not to see it in such a residential area, especially so near a school (Parkland Elementary).

Councillor Andrew Froese pointed out that Winkler's cell service is already dismal through large parts of the city.

"My question is if you don't want this tower there and they don't put a tower in, then what?" he asked. "There's residents in the south side of the city too, or anywhere all over the city, that don't have cell service. We have worse cell service here than Brunkild does."

After a fair bit of back and forth about safety concerns, cell coverage challenges, and whether or not it falls under a municipal council's purview to second-guess federally set safety standards, council voted 6-1 in favour of the conditional use, with Friesen the dissenting vote.

Council did, however, adjust the wording of the resolution so that once Teletek holds public consultations on the matter it will come back to city council for a final decision before construction can begin.

# Morden-Winkler Burger Week returns May 15-21

By Lorne Stelmach

It will not be a week for dieting as about a dozen local restaurants are set to be part of the Burger Week challenge in Morden-Winkler.

The Winkler and Morden chambers of commerce have taken over the shop-local initiative from the Explore Morden Winkler tourism agency.

"The Morden and Winkler chambers wanted to see Burger Week continue and build on the success of it in the past," said Clare Agnew, executive director of the Morden Chamber.

"They are a big part of our communities. Our family members work at these restaurants, and these restaurants support activities in our communities," said Agnew. "From a chamber perspective, we really want to promote our local restaurants."

"It's perhaps a difficult time right now, with the price of gas rising and the price of groceries. There's many

challenges for these businesses right now ... the chambers are hoping this is a way we can support these local businesses and make it fun for our communities at the same time."

The participants as of last week included the following contenders:

- Boston Pizza - Honey Butter Cajun burger.
- Buttercup Cafe - Butter Me Up 'smashy boy' croissant burger.
- Charley B's Classic Grill - The Maverick.
- King's Deli Market & Eatery - the Chicken Chaser.
- King Pinz Pub & Grill - The Farmer's Slaw Stack.
- Moment in Thyme Neighbourhood Grill - Pineapple Express smash burger.

Also participating but not having yet identified their burger entries were DominYon's, George's Kitchen + Ice Cream, Rendezvous Eatery & Taproom, Rock's Bar & Grill, and Su-



SUPPLIED PHOTO

The Buttercup Cafe's burger is among those in the running for votes in Burger Week 2026, running May 15-21.

perior Smash.

"These restaurants are being creative with giving us new experiences and new ideas with their burgers ... so we really hope people will support them," Agnew said.

The promotion runs from May 15-21. You can vote online for your favourite

burger.

"Maybe this May long weekend it would be a great opportunity for a 'staycation' with the price of gas," Agnew said. "Why not just stay local and enjoy some local restaurants?"

## Decor Cabinets, PhiBer to be honoured by MB Chambers of Commerce

By Lorne Stelmach

Two local companies received provincial recognition last week.

The Manitoba Chambers of Commerce announced the recipients of the 2026 Manitoba Champions Awards. These awards recognize individuals and organizations whose leadership, innovation and community contributions help drive Manitoba's economic success and strengthen communities across our province.

Among the 10 recipients being honoured for helping shape Manitoba were Decor Cabinets of Morden and PhiBer Manufacturing of Crystal City.

"This recognition means a great deal to us because it reflects the collective effort of our entire team," said Decor director of marketing Marcos

Gaubert. "At Decor Cabinets, we've always believed that strong businesses are built through people, and this award is a reflection of that foundation."

"When we think about human resources, we think about our people. The skill, commitment and mindset they bring every day are what drive our performance and allow us to continue growing. Our role as a company is to create an environment where they feel supported, challenged, and able to develop," he said. "When people are engaged and growing, the business moves forward with them. We're proud to be part of the Manitoba business community, and this recognition reinforces our commitment to continue investing in our people and contributing to the region."

"It's an honour," said Derek Friesen, CEO of PhiBer Manufacturing. "It's exciting for our staff to be recognized for their hard work and some of the things that they have been working on and achieving a level of excellence that we have pursued, so it's a nice tip of the hat to those in our organization who have worked so hard to bring excellence."

PhiBer is very much a rural Manitoba success story, Friesen noted.

"We've worked really hard at becoming more of a global brand and working towards that," he said. "One thing that I really love about this is just because you come from a small place that doesn't mean you can't aspire to excellence or pursue more. Something like this maybe just reminds our staff and reminds us and

others too ... that small beginnings in small places are not a drawback. It's okay to come from those places."

Friesen attributed much of their success to "trying to pay attention to our customers and understanding their needs and coming up with solutions to help meet those needs. And I think the other thing for us has been trying to come up with creative ways of connecting to our customers."

"I would also have to say our staff are a big reason for our success. Their ideas, their hard work ... some of the vision might come from me, but they execute it."

The Manitoba Chambers of Commerce will be presenting the awards May 12 at the Club Regent Event Centre in Winnipeg.

## Local ministries hosting international guest speakers

By Ashleigh Viveiros

Local ministries are teaming up to provide a glimpse into their work around the world next week.

Sixteen13 Ministry, Mission Eurasia, and Wycliffe Bible Translators are hosting a public event at the Meridian Exhibition Centre in Winkler on Saturday, May 16.

"The topic is about what God is do-

ing in Ukrainian and in the Philippines," shares Harold Espinosa of Sixteen13, noting on hand to provide a firsthand look at the conditions on the ground in Ukraine will be Mykhailo Brytsyn, a leader in religious freedom advocacy with Mission Eurasia.

Mission Eurasia was involved with distributing the shipping container full of food and clothing sent to

Ukraine from Winkler a few months ago by Faith Missions, Southman Gleaners, and Sixteen13 Ministry.

Brytsyn will be speaking from 3-5 p.m. in a presentation that will be in both English and Ukrainian.

The second speaker is Nard Puyao, a missionary with Wycliffe Bible Translators in the Philippines. Puyao has dedicated over 46 years to Bible

translation and mission aviation.

He will take the stage from 6:30-8:30 p.m. His presentation will be in English and Tagalog.

"It's going to be a powerful message," Espinosa says.

All are welcome to attend. There is no admission fee. Sixteen13 will have its food truck on site selling burgers, hot dogs, and other snacks for supper.

# Morden Festival of the Arts wraps up 51st season

By Voice staff

The Morden Festival of the Arts wrapped up its 51st season Sunday with its highlights concert, featuring performances from this year's top participants in each discipline.

The festival had featured adjudicated sessions in strings, sacred music, piano, choral vocal, band, and French and English speech arts through March and April.

The afternoon concert also included the presentations of numerous awards, including the Loreena McKennitt Award, which is presented each year to a performer judged to have reached a level of excellence in their musical studies and who plans to continue studies and a career in the performing arts.

This year's winner is Katrina Banman.

Banman's musical journey began with learning how to play the violin at the age of four. She switched to the cello two years later and began taking voice lessons as well.

Banman has sung and played cello at the Morden Festival of the Arts for many years, and has also honed her singing voice in preparation for competition at the National Association of Teachers of Singing (NATS) competition in Winnipeg. This past year at NATS, she received an honourable mention.

She has also sung with the Central Manitoba Youth Choir and performed in Garden Valley Collegiate's produc-



**SUPPLIED PHOTOS**  
At its highlights concert Sunday afternoon, the Morden Festival of the Arts handed out awards to accomplished young performers, including the Loreena McKennitt Award to cellist and vocalist Katrina Banman (right).



tion of *The Wizard of Oz*.

Banman plans to continue her musical studies at the University of Manitoba. She has dreams of one day singing in operas and having her own music studio.

Other award winners included:

- Strings awards to Lola Johnston, Lauren Peters, Franklin Kroeker, Ramona Elias, Silas Kebernik, Jaden Schulz, Emily Pelsler, Andy Funk, Mary Mierau, and Sam Kroeker.

- Strings duet, trio, or quartet award to Jack Kroeker and Franklin Kroeker.

- Piano awards to Ellis Derksen, Adria Nickel, Isabelle Peters, Erika Kauenhofen, Azalea Derksen, Everett Wiens, Aaron Schulz, Brayden Wang, Jessica Kagan, Heidi Wiens, and Deidre Penner.

- Vocal awards to Everest Warkentin, Lauren Peters, Abby Loutchan, Ruqaiya Rubaiyat, Hallie Loutchan, and Katrina Banman.

- Vocal award for duet, trio, or quartet to Abby Loutchan and Hallie Loutchan.

- Speech arts awards to Maxine Noseworthy, Raya Noseworthy, Ainsley Noseworthy, Brayden Wang, Lucina Rocha Routhier, Gabriella Jerema, Rebecca Kagan, and Jessica Kagan.

- Speech arts duet, trio, or quartet award to Alexia Friesen and Pia Gardiner Toews.

- Sacred to Lauren Peters (strings, beginner to Gr. 4), Tennessee Johnston, Taylor Friesen, and Franklin Kroeker (strings ensemble), Isabelle Peters (piano, beginner to Gr. 4), Hallie Loutchan (piano, Gr. 5 and up), Sophia Buschmann and Lauren Peters (vocal, 12 years and under), Abby Loutchan (vocal, 18 years and under), Isabelle Peters and Lauren Peters (vocal ensemble), and Josh Wiens, James Wiens, Paul Wiens, and David Giesbrecht (mixed ensemble).

Numerous performers also received adjudicator's recommendations to move on to represent our area at the Provincial Music & Arts Festival in Winnipeg next month.

# Mordenite facing charges after police pursuit



**MORDEN POLICE PHOTO**

The suspect's vehicle and two police cruisers were damaged at the conclusion of a pursuit through the streets of Morden April 22.

By Voice staff

A Mordenite is facing multiple charges following an assault and police pursuit last month.

Morden Police were called to an assault in progress at South Railway and Pembina Dr on April 22 around 6:30 p.m.

When they arrived, officers observed the suspect to be in the driver's seat of a black SUV. Police activated their emergency equipment as the driver fled the scene.

During the resulting pursuit, officers observed the suspect vehicle disobeying several traffic control devices, travelling at speeds above the posted speed limits, and driving into oncoming traffic.

The vehicle was followed to Spillway Dr., where it continued to attempt to evade police. When the suspect attempted to travel down a blocked pedestrian

path, they collided with two large boulders, damaging their vehicle.

Minor damage to two police cruisers was also sustained as officers used their vehicles to stop the suspect from continuing to flee.

Winkler Police Service members arrived on scene and assisted in securing the driver, who continued to resist arrest.

Throughout the arrest process, police report, the accused kicked the officers, causing minor injuries.

As a result of this incident, a 32-year-old Morden resident has been charged with the dangerous operation of a conveyance, impaired operations of a conveyance, refusal to comply with a breath demand, two counts of assault with a weapon, two counts of assaulting a peace officer, flight from police, and assault.

The accused was released on conditions to attend Morden Provincial Court in July.

*The* **Voice**

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# 'A Tale of Two Squires' takes the stage at Pine Ridge

By Ashleigh Viveiros

Pine Ride School's spring drama this week takes audience members on a journey into a fantastical medieval world.

The Winkler school brings *A Tale of Two Squires* to the stage this Wednesday, May 6, and Thursday, May 7.

Written by teacher Patrick Derksen, the play follows aspiring knights Oliver and Rolanda, who come from two very different worlds—one where men rule and another where women hold all the power. When the magical barrier separating the two realms mysteriously disappears, it's up to these squires and their eccentric allies to save the day.

Bringing this show to life has been a blast, share the cast.

Karina Hernaez, Gr. 8, makes her theatrical debut playing Oliver.

"I was very surprised when I got one of the main roles," she says, noting her favourite part

of the experience thus far has been the opportunity to "express myself in a different person's shoes, along with my friends. It's very fun."

"It's a very interesting storyline," Hernaez adds. "There's a lot of comedic parts."

And it has a message she feels will resonate with audience members.

"That you should always follow your dreams, and freedom is the most precious thing anyone can have."

Taking on the other leading role of Rolanda is Gr. 7 student Laura Colares Gaubert, who aspires to be an actor when she grows up.

"I was definitely aiming for the lead," she shares, "and this just felt like such a fun opportunity."

"When they put up the character descriptions and the play description, I saw Rolanda was a squire, strong-willed and spirited, I said, 'That sounds like me.'

"There's a lot of humour but a lot of real-life problems too," Colares Gaubert says. "This energetic, fun cast really brings everything together."

Why come see the show?

"Why wouldn't you?" asks Sienna Pratt, Gr. 6, who plays San-

dra, Oliver's best friend. "All the people that are in this play have worked really hard to work towards being their character."

They also all bring a little bit of themselves to their role, she notes, "and it makes the play a lot more interesting and memorable."

Sawyer Friesen, Gr. 5, playing Gramps and one of the youngest members of the cast, sums it up:

"Come and watch it—you can't lose!"

Showings are at the school Wednesday at 7 p.m. and Thursday at 1 p.m. and 7 p.m. Tickets are \$5.



## New vice-principal at MCI

By Voice staff

Jordan Pauls is joining the leadership team at Morden Collegiate Institute this fall.

Western School Division announced Monday that Pauls will step into the role of vice-principal at the Morden high school, joining the administrative team that includes principal Tania Sigurdson and vice-principal Chris Chiappetta.

Pauls has been vice-principal at École Morden Middle School since 2020. He was a Gr. 8 math, social studies, ELA, and technology teacher at the same school prior to moving into administration.

"Jordan highlights positive relationships, communication, and a school culture rooted in belonging as key areas of focus for him through his leadership lens," the division shared in announcing Paul's appointment.

PHOTO BY ASHLEIGH VIVEIROS/VOICE

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<p><b>May ONSITE Week 1 Consignment Sale</b></p> <p>Viewing: May 4th - 8th from 9 AM to 5PM. Bidding starts: May 7th, 2026 at 9:00AM Lots start closing on May 14th, 2026 at 10:00AM. Pick up days: Friday, May 8th from 9 AM to 5 PM</p>	<p><b>May OFFSITE Consignment Sale including Ashern Sale</b></p> <p>Viewing: May 18th -22nd from 9 AM to 5PM. Bidding starts: May 21st, 2026 at 9:00AM Lots start closing on May 27th, 2026 at 10:00AM. Pick up days: Friday, May 22nd &amp; Saturday, May 23rd from 9 AM to 5 PM</p>	<p><b>May ONSITE Week 2 Consignment Sale</b></p> <p>Viewing: May 18th -21st from 9 AM to 5PM. Bidding starts: May 21st, 2026 at 9:00AM Lots start closing on May 28th, 2026 at 10:00AM. Pick up days: Friday, May 29th from 9 AM to 5 PM</p>
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# Heritage soc. spotlighting the Wiens Family Diary

Educational talk  
open to all May 13

By Ashleigh Viveiros

The Winkler Heritage Society is hosting an event next week to showcase one of the most unique artifacts in its collection.

The Wiens Family Diary has been in the Winkler Archives' possession for some time, but it's about to go on a year-long loan to the Mennonite Heritage Village in Steinbach for a special exhibition.

Before it leaves, the society thought it would be fun night of education to invite people down to Winkler Arts and Culture (the new home of the archives and the future site of the new Winkler Heritage Museum) to learn more about the diary and the roots from which Winkler itself sprung.

"Personally, I believe this is the most important thing I've found in here," shared archivist John Epp of the book and its handwritten entries. "200 years of history right here."

The earliest entries in the journal

come from Peter Wiens, who was born in Danzig in 1770. He included pages of arithmetic charts and problems, poems, riddles, and proverbs, and also painstakingly sketched and coloured in several examples of Gothic lettering.

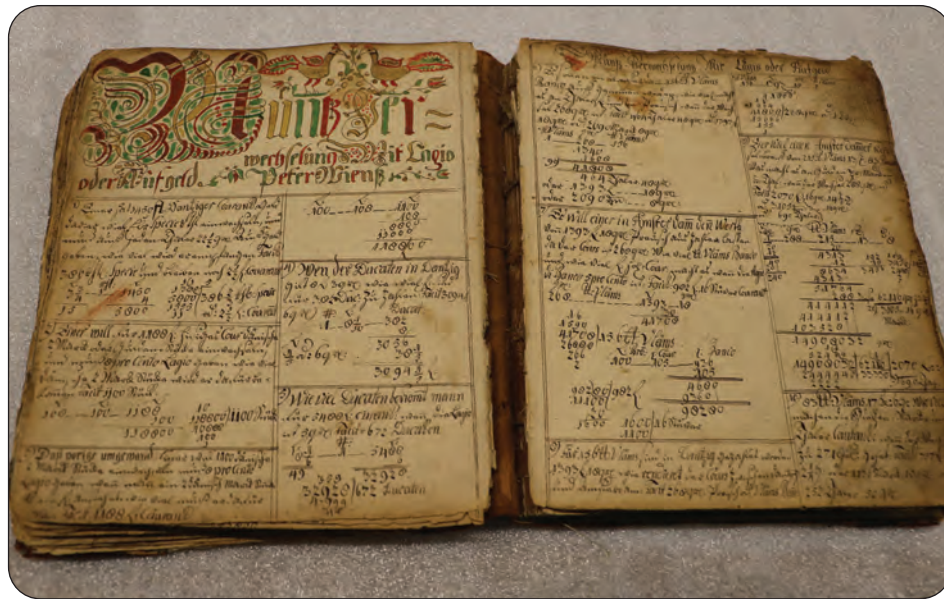
His brother, Jacob Wiens (born 1767), then added several handwritten notes detailing his own birth and marriage, the birth of his children, and the death of his wife.

His son, Jacob Wiens, was born in Russia in 1816. As an adult, he continued adding to the family diary, detailing many recipes and cures for various maladies afflicting both man and beast, historical happenings in the village of Kronsthal in Russia, and his journey to Canada and eventual settlement in Hoffnungsfeld (just west of what would become Winkler) in the 1870s.

Wiens' son was Isaac Wiens, the man who traded the quarter-section of land to Valentine Winkler in the 1890s on the advice of church leaders who didn't want their members involved in the creation of a new town. Winkler went on to use that land to found the community that bore his name.

The diary was donated to the society by Grace Schellenberg, a descendant of the Wiens men who penned it.

Recently, the diary was thought to have been lost in the bustle of pack-



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

The Wiens Family Diary includes entries stretching back centuries. The Winkler Heritage Society is hosting an information night next week to share details about the artifact and its history.

ing up the entire Winkler Archives for storage when they moved out of their longtime space in the Winkler library a couple of years ago. But Epp found it safe and sound a few weeks ago—just in time to grant the Steinbach museum's request to showcase it as part of their upcoming display on Mennonite medicine, given the wealth of home remedies included in its pages.

Before it leaves the collection temporarily, anyone with an interest in local history is invited to the Park St. art gallery on Wednesday, May 13 at 7:30 p.m. for a presentation on its contents and a chance to see it up close.

"We'll have it on display and we'll also select some pages to highlight," shared Epp. "And we'll share a bit

about the story of Winkler's origins, the land transfer and all that, which a lot of people aren't aware of."

An artifact like this provides a compelling glimpse into the lives of past generations, Epp observed.

"Obviously, everything changes, and if you want to see what it was like then the only place you can get that sense is by talking to somebody who was there," he said, noting that since those Mennonite settlers are long since passed, this is the next best thing—hearing their words written right as everyday history was happening around them.

Next week's event is open to all. There is no admission fee, though donations towards the Winkler Heritage Society's fundraising campaign for the heritage museum being built in undeveloped space in the art gallery building are most welcome.

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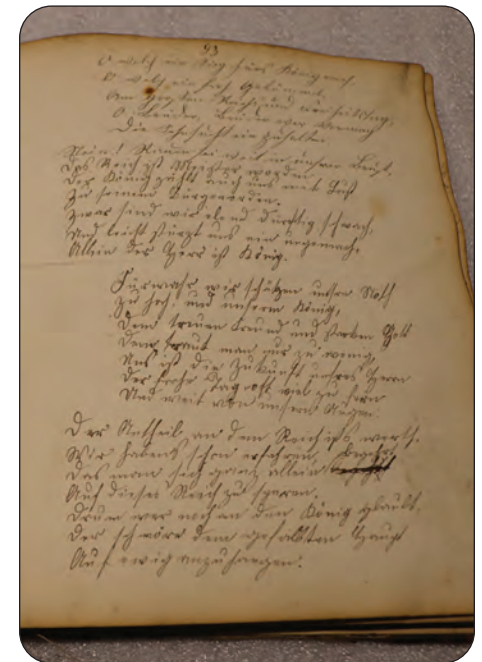
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# getinformed

## The Gardens celebrates completion of renos

By Ashleigh Viveiros

After two years, major renovations at The Manor are complete.

The Gardens on Tenth in Altona marked the occasion recently by installing a donor plaque to thank everyone who made it possible for them to raise \$434,000 to pay for the work to improve ac-



cessibility in 18 units.

It's a significant milestone for the facility, shares managing director Lisa Smiley, and it couldn't have happened without the community's support.

"Their generosity has absolutely made a lasting difference in the lives of tenants and has helped ensure that The Manor remains a safe, accessible, and affordable place to live," she said, noting the funds raised ensured the board of directors did not have to raise rents to pay for these necessary upgrades.

The renovations to the 53-year-old building included widening doorways, adding walk-in showers, raising toilets, removing carpeting, making cupboards and countertops wheelchair-accessible, and removing walls to make for more open spaces.

Tenants who have transitioned into the renovated apartments have expressed great satisfaction with both the updated appearance and the improved functionality, particularly those who rely on mobility aids.

"They love the new suites," Smiley said. "Our tenants are very, very pleased with the changes ... they're finding it just amazing for the accessibility."

The donor plaque was the finishing touch, and a necessary one.

"The town of Altona is very giving, and they

The renovations made The Manor apartment's more accessible, including in the bathrooms.



SUBMITTED PHOTOS

Mary Dyck and Trudy Enns in front of the recently installed donor plaque that's gone up at The Gardens on Tenth to celebrate all the donors who made major renovations at The Manor possible.

have certainly supported The Gardens on Tenth very well throughout the years," Smiley said. "I don't think we'd be where we are with out the support from the community."

## 2026 Census to shape decisions across Canadian communities

By Dennis Young

Every five years, Canadians take part in the census. The upcoming 2026 Census will be Canada's 24th national count, gathering valuable information to inform decisions across communities, provinces and territories, and the entire country.

This process builds a statistical snapshot of Canada's diverse population and the places we call home, capturing demographic, social, economic and agricultural data.

Below are several ways this information is used:

**Federal:** Population totals ensure fair representation in electoral districts. Household details guide programs such as Old Age Security and child benefits.

**Provincial:** Data highlights regions that may require new daycares, schools, retirement homes or health facilities. Traffic patterns help plan upgrades for roads and networks.

**Municipal:** Local councils rely on census figures to determine service needs such as schools, policing, fire protection, senior housing and resource allocation.

**Agriculture:** The census reveals farming trends and provides insights for marketing and production decisions.

**Businesses:** Companies use these numbers to select locations for new factories, stores or offices, and to evaluate customer potential in different areas.

**Individuals:** Families can review the data to ensure their neighbour-



PHOTO SUBMITTED

Canadians will begin receiving 2026 Census invitation letters in early May, marking the country's 24th national count and helping gather key data that informs decisions for communities, governments and businesses.

hood meets their needs. Professionals may reference salary averages during negotiations, while students use job-demand statistics to make informed career decisions.

Completing your census helps deliver high-quality information to support key decisions affecting Canadian families, neighbourhoods and busi-

nesses.

The official website for the 2026 Census of Population in Canada, including Manitoba, is [census.gc.ca](http://census.gc.ca).

For the 2026 cycle, households across Manitoba will receive invitation letters starting in early May with instructions on how to complete the questionnaire.



PHOTOS BY RICK HIEBERT/VOICE

The Barnswallow Quilt Guild's annual Quilt Show at the Access Event Centre in Morden last weekend featured a sea of beautiful handcrafted quilts. This year's feature quilter was Joyce Debreuil, shown above with granddaughter Sacha Dubreuil and great-granddaughter Aya in front of the quilt she made for Aya. Debreuil has made custom quilts for each one of her many grandchildren and great grandchildren. Right: Karen Schroeder and Liz Enns of Elm Creek admire some of the work on display. The day also included the Guild Boutique, a merchant mall, rainbow auction, and a display of the Fibre Art Network's "Up Close" exhibit.

# Spotlight on quilts



## Hackers breach Canada Life, steal Canadians' personal data

By Patricia Barrett

Canadians have once again become the victims of cybercriminals after insurance company Canada Life had its IT system breached this month and customer data stolen.

Canada Life provided few details about the cybersecurity incident.

It said in an April 20 news release that the "unfortunate" event involved "unauthorized access to certain applications through an employee account" and that the company launched an immediate investigation.

"Our primary focus is the protection and care of our customers, advisors, and employees," said the company. "While we are finalizing a thorough analysis to understand the exact nature and full scope of impact, we have begun communicating with our customers."

Individuals whose personal information was accessed

will be contacted and offered credit-monitoring protection, it added.

Canada Life was founded in 1847 as the Canada Life Assurance Company. It provides personal health insurance for medical services such as physiotherapy and psychology, dental insurance, life insurance, retirement planning and insurance for businesses and their employees.

Other media reports said hackers known as ShinyHunters stole the data of about 70,000 Canadians from Canada Life.

Bill Buckels, a retired systems analyst, software engineer and wealth systems manager who lives in the Interlake, said the Canada Life cyber attack represents an ongoing failure of companies to protect clients' data.

"Well, of course, Canada Life was hacked," said Buckels. "This is another good case for not storing customer information where it can be accessed through the Internet."

He said he's not surprised the company's IT system was breached as the ironclad security protocols he worked with back in his day are just not being implemented now because of convenience. That's why the news is full of stories about companies being hacked and client data stolen.

Strong protocols from 35 or 40 years ago still exist and can be built into today's IT systems, he said. Those security protocols include "data or information hiding" whereby individual clients are linked only to a "generic tag" such as a customer ID or a transaction number, with none of their personal data attached, as well as not allowing the transmission of sensitive data from a

company's server over the Internet.

"Canada Life should have had information hiding. In the 1980s and 1990s, this was a tenet of computer privacy, and we didn't have this hacking problem back then," said Buckels, who worked in the financial sector for companies such as RBC Dominion Securities and for stock exchanges and international banking systems. "If you're going to leave the door open, the criminals are going to come in and steal everything."

According to his research, Buckels said the stolen Canada Life data included names, contact details, and possibly financial and health insurance data.

Hackers accessed the system via a single employee's account. Buckels said it could have been a phishing email that the employee opened or the hackers could have obtained a previously hacked password that the employee was using for other applications, and the hackers tried it out and were able to access Canada Life client data stored on the Cloud. In this way, the hackers didn't have to "break in through a firewall; they just walked in the front door."

"If the employees have access to client information through the Internet, then you as the company have compromised your own system, and you're to blame," said Buckels. "Under what circumstances does an employee need to have access to more than one customer at a time? If they choose to, Canada Life can have a 'closed' system for employees that won't compromise the data of thousands and thousands of clients."

Continued on page 15

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# getinformed

## Locals honoured at CPHR awards

By Lorne Stelmach

Southern Manitoba was well represented as a national organization recognized the work of people here working in the field of human resources.

At a recent awards ceremony, Kroeker Farms based in Winkler received the award for business excellence from the Chartered Professional in Human Resources (CPHR) organization in Manitoba.

In addition, Jenna Book of Red River Mutual based in Altona won the human resources executive award, while Terra Friesen from Meridian Manufacturing was a nominee for the leadership award.

It speaks well to the level of commitment and dedication to best serving human resources in the region here, and it is a very important aspect of any business, observed Book.

"I think it's definitely gotten to be more widely appreciated and recognized ... the world is changing very rapidly and how we work and where we work," she said, suggesting things have been at "a pivotal turning point" for people.

"There's a real impact on people as human beings, and being in HR and understanding the people and culture and the role that you can play and that they play in the success of your business is more important," she said. "I think it's making the HR role a little more recognized as a value and the support that it can offer."

Book was cited for an award that recognizes HR leaders in upper management levels that drive change within their organizations

Red River Mutual has just over 200 employees across western Canada. That workforce has almost quadrupled in the 10 years Book has been with the company.

"It's really been remarkable growth ... and we are working really hard as an organization to continue to grow our business," she said. "We work really hard to earn a reputation for being a good employer and employer of choice ... so that people want to come work for us but also create an environment where they want to stay working for us."

"I'm just really honoured for the recognition," she said. "I've been working in HR for Red River Mutual over

the last ten years ... and we have really grown, so to be recognized by my peers in my professional organization for the work that I've done is just such an honour and compliment."

Friesen likewise appreciated the recognition of the nomination.

"I was humbled and honoured to be recognized as a finalist for the 2026 CPHR Manitoba HR leader of the year award," she said. "The team I work with deserves credit though, as the nomination reflects their dedication and the trust placed in me by the organization. I'm deeply grateful for the opportunity to contribute to meaningful workplace change and growth and to be recognized alongside such respected HR leaders."

A representative of Kroeker Farms could not be reached for comment at press time. The company received the



SUPPLIED PHOTO

Red River Mutual's Jenna Book received the human resources executive award from the CPHR.

Thrive Award for making work more meaningful and engaging.

### > DATA BREACH, FROM PG. 14

Cybercriminals not only sell personal data on the dark web to other criminals, but they'll also sit on it for years. For example, if they can't read encrypted data they've stolen, Buckels said they'll store it for years until new technology is developed to "crack" older encryption standards.

"The Canada Life data is obviously going to be set aside and could be frozen until thawed in five years' time or more," he said.

That's why a hacked company saying there's "no evidence client data is being shared on the dark web" or offering its clients free time-limited credit-monitoring services is virtually meaningless. It does nothing to protect victims whose data was hacked.

"Canada Life is giving a credit check for a year or two as compensation to the victims. But it's clear that these are really stupid people when

it comes to protecting data and they should be punished like criminals to teach them a lesson," said Buckels. "The company needs to pay when that data eventually gets used and the damage occurs, whether that's tomorrow or a decade or more from now. Canada Life is effectively an accessory to this breach and it should be liable to the same penalties given to hackers - who may never be caught."

He underscored that fact that when IT systems are not exposed to the Internet, data cannot be stolen. Thieves would have to physically steal a server containing data by dynamiting brick and mortar to get to it.

What Canada Life and other companies with weak IT protocols need to do now is "remove client data from the Internet altogether," he said.



Public Notice is hereby given that Enbridge Pipelines Inc. (Enbridge) intends to conduct the following Pesticide Program from June 1, 2026 - November 15, 2026, to control noxious weeds on Enbridge ROW's, temporary workspaces, stations, and various facilities along the Enbridge Mainline and Bakken corridors.

The herbicide active ingredients to be used include:

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- Carfentrazone-ethyl
- Pyraflufen-ethyl
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# Clearwater Place on track for 2027 opening, fundraising continues

By Ashleigh Viveiros

Genesis House's new Clearwater Place is on track to open next year, the shelter for the survivors of domestic violence shared with project supporters last week.

Work is moving along full speed ahead on the 25-unit transitional housing complex going up in Winkler.

When it's complete, it will provide safe, longer-term housing (one to two years) at a subsidized rate to women trying to get back on their feet after leaving an abusive relationship. The facility will also offer support services and resources to help tenants develop skills needed to maintain employment, get established financially, become self-sufficient, and begin to cope with their trauma.

Ground was broken on the build last summer, and a great deal of progress has been made in the months since, shared Catherine Dahl, project manager with Bockstael Construction.

The last several months have seen crews get the foundation in place, install the steel framework for the two-storey building, and begin work on enclosing the facility.

Many of the larger-scale materials were pre-fabricated off-site and then could be put together like giant Lego sets to allow for faster progress through the winter months.

"The progress you see today, getting the project off the ground, establishing a strong structural base, and moving steadily into the work of construction is possible because of your support and your commitment," Dahl stressed to the assembled com-

munity leaders.

Sophie Gerbrandt, who heads up community and resource development for Genesis House, echoed that statement, stressing it is only through community support that this dream has begun to become a reality.

Last fall, the agency announced it was looking to raise about \$600,000 for the \$15 million project, which has received funding commitments from various levels of government.

"Since the beginning of November, I am happy to share that we have raised approximately \$250,000," Gerbrandt said, noting it represents a host of personal donations as well as corporate support. "That is remarkable, so thank you. For us it's a reminder that when people believe in something, they will take a step forward to help make it happen."

"Every gift, every sponsorship, every conversation we have shared about this project has helped us to get closer to the finish line."

While they still have about \$350,000 to go, Gerbrandt said they're confident they'll get there.

"While that is still a significant amount, we are very energized and committed to this final push," she said, "because this final stage of fundraising is about more than the walls and the windows of the building—it's about transforming this space into a home for the women and children who will stay with us."

Each of the units will come fully furnished with everything a family who may have fled with little more than the clothes on their backs will need to thrive.

"Clearwater Place was never meant to be a sterile apartment complex," Gerbrandt said. "It was designed as a place of comfort, a place of dignity for fresh beginnings."

Only about 12 per cent of women leave Genesis House's emergency shelter for their own housing. The rest remain temporarily housed or return to their abusers for a lack of other options.

"We're already getting one or two inquiries a week asking to go on the wait list," Ger-



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Work on Clearwater Place, Genesis House's new transitional housing complex in Winkler, is moving along nicely, the agency shared with supporters last week. Right: A look at what the completed complex will look like when it opens next year.



brandt said, noting they have not opened that application process just yet. "So the need continues to be there, more than ever as housing prices continue to increase. We're excited that this will be a reality in our area very soon."

Genesis House has two major fundraising events coming up this fall that they hope will help push them over the top. The third annual Ride for Refuge will take place in October while the second annual radiothon airs in November.

You can also donate to the cause online at [genesishouseshelter.ca](http://genesishouseshelter.ca) or by mail to Box 389, Winkler, MB, R6W 4A6.

Gerbrandt said that they expect to be moving the first families into Clearwater Place in March of 2027.

## "IT IMPACTS YOU"

Also speaking at last week's project update was Peter Cantelon, who provided a personal insight into the importance stable, affordable housing can have for families fleeing abusive living situations.

Cantelon's mother was 19 years old with two young children trying to provide and survive with very few supports.

"Relationships were not great. They were abusive. They were violent," he shared. "In my own experience and my sister's, from basically the age of zero until about 12, it was saturated in violence in the household. Physical

violence, emotional violence.

"You don't really forget that. It impacts you. It's generational. And I think it's important to understand that as valuable as a shelter is, what Clearwater Place is going to provide is miles beyond the valuable services that Genesis House has already been providing.

"Clearwater Place brings wrap-around supports, services, safe and affordable housing to women who have been traumatized beyond our capability to understand, and any associated children," Cantelon said.

It wasn't until his mother qualified for housing assistance that he and his sister finally had a place to call home, and stability in which to feel safe.

"With that, things transformed," Cantelon said. "Housing is the fundamental stabilizing factor in anyone's life. Most of us take it for granted."

The transitional housing Clearwater Place will provide families will change lives, Cantelon stressed, leaving behind an impact that will live on for generations.

"It will provide the foundation to be able to secure more long-term, safe, affordable housing, life skills that can then be brought into place to ensure that these things can be continued," he said. "It really is community change ... this is as proactive as you can get in the lives of women who have been traumatized again and again and again, and the children who may be a part of that journey."



At a project update to local supporters last week, Genesis House unveiled the new logo for Clearwater Place. The turtle was selected by the family of Amanda Clearwater—the Carman woman who, along with her three children and teenage cousin, was murdered by her domestic partner in 2024 and for whom the transitional housing facility is named—to represent home, protection, and healing.

Check out the Voice online at [www.winklermordenvoice.ca](http://www.winklermordenvoice.ca) or [altonavoice.ca](http://altonavoice.ca)

# Valley Fiber nominated for ScaleUP Award

By Lorne Stelmach

Winkler-based Valley Fiber has earned recognition for not only its business success but for contributing to economic growth.

It has earned a nomination for the ScaleUP Awards, which recognize high-growth companies across western Canada that are successfully scal-

ing their businesses while contributing to Canada's economy.

Valley Fiber has been named a finalist in the 2026 awards in the social impact category, recognizing its work expanding high-speed fiber internet services to underserved communities across Manitoba. The company is also in the running for the People's Choice Award.

ScaleUP is a Western Canada program that highlights high-growth companies that are not just scaling revenue but building something with longer-term economic and community impact.

The social impact category highlights organizations that are achieving commercial success alongside measurable, positive impact in the

communities they serve.

Over the past several years, Valley Fiber has invested more than \$300 million to expand its broadband network across more than 175 communities in Manitoba, connecting tens of thousands of residential, business and public sector customers with reliable high-speed internet.

Representatives from Valley Fiber could not be reached for comment by press time.



## SPRING IS HERE! Have you prepared your home and yard to welcome it?

As the excitement of warmer weather returns, it is the perfect time to tackle essential spring-cleaning tasks around your home and yard. Taking proactive steps now ensures you make the most of the season while avoiding unpleasant surprises or costly repairs down the line. Here is a comprehensive checklist to help you inspect and prepare your property.

Start by testing your air conditioner to ensure it is in good working order before the first heatwave hits. Cleaning filters and evaporator coils according to the manufacturer's instructions will optimize efficiency. Next, examine your window screens for winter damage and replace them as needed to help regulate indoor humidity. Ensure all windows open and close properly for optimal ventilation.

Inspect your attic and ceilings for signs of water damage, such as stains, peeling paint, or mould. While there, check for animal infestations and remove any nests. Move to the exterior to examine your roof for missing shingles or pooling water. Similarly,

clear debris from gutters to ensure water drains away from your foundation, checking for leaks that could compromise their efficiency. Finally, look for foundation cracks; while you can seal hairline cracks yourself, hire an expert for any gaps wider than one centimetre.

Check outdoor faucets for hidden pipe leaks by covering the spout with your thumb; if you can stop the flow, there may be a leak. For the yard, sharpen

blades and check oil levels in your lawn mower and other power tools. Finally, manage your vegetation by clearing broken branches and trimming greenery away from your siding to deter pests. Pruning your perennials now will also encourage healthy growth.

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May 14, 2026



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# Manitou Opera House marks 10 years since major expansion

By Lorne Stelmach

Manitou is marking a milestone with it now being 10 years since the opening of its newly renovated and expanded opera house.

The ribbon cutting of its accessibility-focused addition in 2016 was an achievement decades in the making that transformed one of the community's most treasured heritage buildings into a space that could truly be enjoyed by all.

The addition seamlessly blended the character of the original 1930s structure with modern accessibility features. The once challenging 'basement maze' to the restrooms and nine-step front entrance were replaced with a ground level entry and upgraded facilities to serve a wide range of users.

"We've definitely seen the impact in terms of what everything has been done for the building and how it really allows everyone to come and enjoy it and be a part of the opera house," said Cassandra Serle, co-chair of the Manitou Opera House Foundation.

A defining feature of the project was its heritage-first approach. Great care and commitment was taken to ensure the new space complemented the old, blending architectural details, materials and atmosphere in a way that felt cohesive and intentional. Now, 10 years later, visitors still often ask which part is the new part, Serle not-

ed.

Over the past decade, the addition has significantly enhanced the Manitou Opera House's functionality. The space now supports large-scale productions, community events, and performances with ease.

"We've definitely been able to have larger crowds come to the events and enjoy everything," Serle said.

A modern kitchen has expanded hospitality options, while a dedicated basement construction area helps preserve the main auditorium's historic integrity and acoustics when building theatrical sets. The basement green room has become a versatile space serving as a gathering place for local youth during the week and a professional-grade retreat for performers during events.

This flexibility and multi-space capacity has allowed the Manitou Opera House to host multiple groups and activities simultaneously. As a result, the opera house has events happening there upwards of 200 days a year.

"It's really neat to see all the different things that it can be used for," Serle said.

As the Manitou Opera House Foundation looks ahead, it remains a strong example of how rural communities can come together to preserve heritage while building for the future. Proceeds from all foundation events



SUPPLIED PHOTOS

The Manitou Opera House as it is today (above) and back when it was built (right). An expansion and renovation project 10 years ago made the facility more accessibility and provided additional space for a wider array of community events.



go directly toward maintaining and enhancing the facility.

"Besides the community, the foundation is the heart and soul of the building and why it's able to operate like it does," said Serle. "The foundation is all made up of volunteers from the community."

The organization began in 1996, making this year its 30th anniversary.

"People have put in lots of hours to not only help put on events but also to make sure the lights turn on," noted Serle. "We're always looking at things

that need to get done in order to keep the building going now.

"Just last year, we refinished the main floor in the auditorium and on the stage to keep that in good condition, so the foundation really pays attention to what's needed and what we can do to keep the building in tip top shape."

To learn more about the Manitou Opera House or to find out how you can support, donate, or get involved, visit [manitouoperahouse.com](http://manitouoperahouse.com).

# Bombers partner with Access CU to boost financial literacy in schools

By Haley Cvar

Students across the province could soon be learning how to manage their money with help from a professional football player, as Access Credit Union launches its annual classroom financial literacy program in partnership with the Winnipeg Blue Bombers.

The "Tackle Your Finances like a Pro" initiative invites Manitoba schools to apply for a 60-minute, in-class workshop led by Access Credit Union financial literacy trainers alongside a Blue Bombers player. The program aims to deliver practical money management skills in an engaging, interactive format.

According to Access Credit Union, the sessions are designed to help students build a foundation for financial decision-making, while also incorporating games, discussion and prize giveaways to keep participants involved.

"These workshops are a major highlight for the Financial Literacy team each year. We are continually



impressed with the engagement from the students and their curiosity to learn about money management and how to start preparing for their future," said Emily Suderman, financial literacy specialist with Access Credit Union.

Suderman added that the involvement of a Blue Bombers player helps strengthen student engagement and excitement.

"It has also been amazing to see the interactions with the students and a Winnipeg Blue Bombers player. A big thank you to Nic Demski for joining us once again. We are excited to bring these work-

shops to schools in the 2026-27 school year," she said.

The partnership reflects a shared goal of community impact, according to Winnipeg Football Club president and CEO Wade Miller.

"The continued momentum of the Financial Literacy Program is a testament to the meaningful impact it's already having in our community," Miller said. "Our football club is proud to be a part of this important program and to support efforts that create lasting, positive change alongside Access Credit Union."

Schools that are interested in the workshop are asked to apply by visiting [accesscu.ca/tackle](http://accesscu.ca/tackle). Applications are to be received by June 12, 2026.

Access Credit Union, the largest credit union in Manitoba, serves more than 208,000 members and manages approximately \$14.2 billion in assets. The organization says programs like this are part of its broader commitment to supporting communities and building financial confidence among youth.

# sports & recreation

## Winklerite runs in Boston Marathon

By Lorne Stelmach

A Winklerite realized a dream in recently completing the Boston Marathon.

Dwight Suderman joined 30,000 fellow runners in the 130th edition of the event April 30. It was an ultimate achievement for the 68-year-old.

"Ever since I started running when I was young, I looked at the Boston Marathon as something I would maybe some day do when I finished my accounting career and could spare the time, and now I got there," said Suderman. "It was really an amazing experience overall."

Even just getting to qualify for a chance to compete in the marathon itself was a major thing, as it's based on your time in a previous race. Suderman qualified at the Twin Cities Marathon in 2024. For his age category he had to run a four hour, five minute time to make the cut. He did it in three hours and 56 minutes.

Suderman went on to put in a lot of time to train for the big day, training on local hills to prepare for what he'd face in Boston. Still, it proved to be a challenging race.

"It's a hilly course overall, mostly downhill actually from start to fin-

ish, but there's also enough uphill to make it very interesting," he said.

"The downhills are actually quite punishing on your quads in your legs as well, and that's something that surprised me more than I thought," Suderman observed. "I had trained for some hills ... here the downhill was fairly relentless in the first half of the race."

He feels he managed to keep up a good pace.

"Then I realized that as I started some of the big uphill at mile 16 that my quads were really hurting. It was like, wow, I've never felt them like that before, and I still had three major uphill to do," said Suderman. "There wasn't much gas left in the tank after that."

"Neither way is really your friend. You would think downhill is easy, and in a way it is, as you're not braking as hard, but you're braking all the time. I guess it depends how steep it is," he said. "I would approach them a little bit more gingerly if I were to run the Boston marathon again or if I were to give advice to another marathoner. You respect those downhills."

He enjoyed the experience overall. "The crowds were spectacular.



**SUPPLIED PHOTOS**  
Dwight Suderman ran the Boston Marathon last month in four hours and 10 minutes, fulfilling a lifelong dream.



They say there were perhaps up to a half a million people ... and oh my goodness they were loud. When they congregated in large bunches, it was deafening ... it's very energizing."

In the end, he was satisfied with his time. He had been hoping for a four-

hour run but still managed to do it in four hours and 10 minutes.

"I was going fairly slowly in those last six miles, and a lot of folks ran past me," he said with a chuckle. "I've learned a few things if I go back, and maybe some day I will."

## Gudmundson a finalist for CJHL Top Forward Award

By Voice Staff

The Canadian Junior Hockey League (CJHL) last week announced the six players that have been selected as finalists for its Top Forward Award in the 2025-26 season, and a Winkler Flyer made the cut.

Each of the finalists were determined through a voting process completed by the CJHL's nine-member leagues.

Earning the nod from the Manitoba Junior Hockey League is 20-year-old Niklas Gudmundson.

Gudmundson's season with the Flyers saw him contribute 29 goals and 45 assists to rank fourth overall in points and eighth in goals and assists. He was second in point-per-game average and earned the league's Most

Valuable Player Award Gudmundson recently committed to play NCAA D-I hockey next season at Northern Michigan University.

He is up against the MHL's Anthony Gaudet (Amherst Ramblers), the CCHL's Gabriel Le Houillier (Rockland Nationals), the OJHL's Tao Artichuk (Trenton Golden Hawks), Mathieu Comeau (Hearst Lumberjacks) from the NOJHL, and Jalen Banchet (Whitcourt Wolverines) of the AJHL).

Also earning consideration for CJHL Top Forward honours were Lucas Bertolin, Thunder Bay North Stars (SIJHL), Gabriel Courchesne, Yorkton Terriers (SJHL), and Evan Courtois, Titan de Princeville (LHJAAAQ).



**SUPPLIED PHOTO BY KALEE HAASBEEK/MJHLHOCKEY.CA**  
Winkler Flyers forward Niklas Gudmundson is in the running for the Canadian Junior Hockey League's Top Forward Award.

# Call open for Canada's Volunteer Awards nominations

Virtual information sessions will be held May 20

By Annaliese Meier

Manitobans are being encouraged to recognize the people and organizations making a difference in their communities as nominations open for the 2026 Canada's Volunteer Awards.

The national program celebrates volunteerism across the country, with nominations open until June 17.

Brenda Martinussen, a federally appointed member of the program's National Advisory Committee, said the nomination process plays a key role in ensuring Manitoba's volunteer efforts are recognized on a national stage.

"It's important for Manitobans to nominate individuals and organizations because nominations are how Manitoba's volunteer leadership is recognized nationally," she said. "Many contributions are done quietly, and people are only celebrated if someone takes the time to tell their story well."

The awards are open to individuals, groups, businesses, non-profit organizations and charities that have made a meaningful contribution to addressing social challenges in their communities. Individual nominees must be at least 18 years old and be Canadian citizens or permanent residents, while an Emerging Leader category

recognizes those aged 18 to 30.

Martinussen said some of the strongest nominations are those that clearly outline both the volunteer's role and the impact of their work.

"The strongest nominations make it easy to understand what the nominee actually did — whether they organized an initiative, mobilized others or mentored people — and then back it up with concrete results," she said.

She added that strong submissions clearly describe the need being addressed, who benefited and how widely the impact was felt, while also highlighting challenges such as limited resources, geography or stigma. Nominations that demonstrate sustained impact, partnerships or programs that can be replicated tend to stand out.

The Canada's Volunteer Awards program includes 21 awards, including the national Thérèse Casgrain Lifelong Achievement Award for individuals with more than 20 years of service, as well as 20 regional awards presented across five regions, including the Prairies.

Regional awards are presented in four categories: Community Leader, Emerging Leader, Business Leader and Social Innovator.

While Martinussen said she could not speak to specific statistics, she believes Manitoba could be better represented in nominations.

"I would like to see more representation from Manitoba," she said. "Sometimes people feel they need to be from large urban centres to have reach and impact, but that's not true.



Often the biggest impact is in smaller or rural communities where resources are limited."

She said a lack of awareness about the awards, along with the time required to prepare nominations, may also contribute to fewer submissions. In many cases, volunteers are focused on their work rather than seeking recognition, and may not see themselves as award-worthy.

For those unsure whether someone is "worthy" of being nominated, Martinussen said to move forward anyway.

"Often the people who feel the least worthy are the ones doing the work most quietly and consistently," she said. "These awards are about meeting a real need and making a meaningful difference, whether that's in a small community or within one organization."

Beyond recognition, the awards can have a lasting impact on recipients and their communities.

"Recognition can boost morale, raise the profile of an issue and open doors to new partnerships and volunteers," Martinussen said, noting recipients can also direct grant funding of \$5,000 to \$10,000 to a non-profit organization

of their choice.

She added that the benefits often extend well beyond the individual recipient, helping organizations grow their volunteer base, strengthen partnerships and support future fundraising efforts.

To submit a nomination, applicants must complete an online form and include between one and three letters of support from individuals with direct knowledge of the nominee's contributions.

Martinussen encourages nominators to be clear and specific, tying submissions closely to the program's criteria and including measurable examples wherever possible.

"A strong nomination is clear, specific and backed by real examples," she said. "Explain what they did, who benefited and what changed."

Virtual information sessions will be held May 20 (English) and May 21 (French) to help guide applicants through the process.

"Ultimately, nominating doesn't just celebrate one person or group — it strengthens a culture of service by showing volunteers that their time and impact truly matter," Martinussen said.

## Manitoba introduces tougher impaired driving penalties, lifetime bans

By Haley Cvar

The Manitoba government is strengthening impaired driving laws, including introducing lifetime alcohol restrictions and licence suspensions for repeat offenders.

Justice Minister Matt Wiebe announced the measures, which target drivers convicted of impaired operation offences that cause bodily harm or death. Under the changes, certain offenders will be permanently prohibited from driving with any alcohol in their system.

"Drinking and driving has no place on our roads or in our province," Wiebe said in a release. "Impaired driving is a serious threat to public safety,

and these measures will increase road safety and protect people in communities across the province."

The province said violations of the zero blood alcohol concentration (BAC) condition will carry penalties similar to those under Manitoba's Immediate Roadside Prohibition program. That includes additional licence suspensions and fines ranging from \$400 to \$600, depending on prior offences. Repeat breaches could also lead to vehicle impoundment, mandatory driver assessments or participation in the ignition interlock program.

The changes stem from Bill 5, the Highway Traffic Amendment Act (Impaired Driving Measures), introduced

in December 2024 and proclaimed into law in June 2025. The legislation increased penalties for repeat offenders, including an automatic lifetime licence suspension for individuals convicted of impaired driving twice within a 10-year period, replacing the previous 10-year ban.

The act also created a zero BAC requirement for certain offenders, which has now been fully implemented through accompanying regulations.

MADD Winnipeg welcomed the changes, calling them an important step toward improving road safety.

"This legislation is a significant victory for road safety in Manitoba," said Trevor Enns, president of the or-

ganization. "By implementing stricter long-term licence restrictions and permanent suspensions for repeat offenders, the province is ensuring the consequences of impaired driving reflect the gravity of the harm caused."

The province has also introduced additional legislation that would expand safety measures further, including a zero BAC requirement for drivers operating Class 1 to 4 vehicles, which include commercial licences.

The Manitoba government said the changes are part of ongoing efforts to reduce impaired driving and prevent serious injuries and fatalities on provincial roads.

News or sports tip? E-mail [news@winklermordenvoice.ca](mailto:news@winklermordenvoice.ca) or call 204-325-6888

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**NOTICE IS HEREBY GIVEN** that I will be receiving candidate registrations:

**For the office of Head of Council: Between May 1, 2026 and September 22, 2026**

**For the office of Councillor: Between June 30, 2026 and September 22, 2026**

at the Rural Municipality of Montcalm office, 46 1st Street, Letellier, MB during the regular hours of business. To obtain a registration form contact SEO at the email or telephone number listed below.

Jolene Bird

Senior Election Officer

204-737-2271

Senior Election Official (SEO)

cao@rmofmontcalm.com

Dated at Letellier, MB on April 29, 2026

**AVIS D'INSCRIPTION POUR CANDIDATES POTENTIELS POUR LES ÉLECTIONS GÉNÉRALES MUNICIPALES**

Soyez avisés que les élections générales municipales seront tenues le 28 octobre 2026.

Les candidats municipaux potentiels doivent s'inscrire auprès de la fonctionnaire électorale principale (SEO) durant la période d'inscription avant d'accepter des contributions, d'engager des dépenses, faire des collectes de fonds ou emprunter des argent pour leur campagne électorale.

**UN AVIS EST DONNÉ** que je recevrais les inscriptions de candidatures:

**Pour le poste de la présidence du conseil : entre le 1er mai 2026 au 22 septembre 2026**

**Pour le poste de conseiller : entre le 30 juin 2026 et le 22 septembre 2026**

Au bureau de la municipalité rurale de Montcalm à 46, 1st Street, Letellier, MB

durant les heures ouvrables de bureau.

Pour obtenir un formulaire d'inscription, veuillez contacter SEO à l'adress électronique ou au numéro de téléphone indiqués ci-dessous.

Jolene Bird

Senior Election Official

204-737-2271

Senior Election Official (SEO)

cao@rmofmontcalm.com

En date du 29 avril 2026 à Letellier, MB

**PUBLIC NOTICE**

**NOTICE OF VOTERS LIST / PERSONAL SECURITY PROTECTION BORDER LAND SCHOOL DIVISION**

Notice is hereby given that a copy of the VOTERS LIST may be revised at: Border Land School Division Office, 120-9th St, NW Altona, MB during regular business days until Tuesday, September 15th, 2026 between the hours of 9:00 am and 4:30 pm.

At this time the Senior Election Official (SEO) or Assistant S.E.O. 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, OR a registered owner of land in the municipality 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 September 15th, 2026, 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 September 15th, 2026.**

**Dated at Altona, in the Province of Manitoba, April 15th, 2026.**

**Jake Bergen**

**Senior Election Official**

**Border Land School Division**

**120-9th St. NW Altona, MB R0G 0B1**

**Ph. 204-324-7693 or 204-324-6491**

**Email - bergenj42@gmail.com**

**PUBLIC NOTICE**

**NOTICE OF REGISTRATION  
OF PROSPECTIVE CANDIDATE FOR  
SCHOOL BOARD ELECTION  
WESTERN SCHOOL DIVISION**

Please be advised that a general election will be held on October 28, 2026.

Prospective school board election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations between June 30, 2026 and September 22, 2026 at the Western School Division Office, 4-75 Thornhill Street, Morden, MB during the regular hours of business.

To obtain a registration form contact the SEO at the email or telephone number listed below.

Dated at Morden, MB on April 30th, 2026.

Carl Pedersen  
Senior Election Official  
Western School Division  
204-823-3301  
WSDSEO2026@gmail.com



**EMPLOYMENT**



Border Land School Division invites applicants for a

**PERMANENT  
TEACHING PRINCIPAL  
FOR HORIZON COLONY SCHOOL  
NEAR HORNDEAN, MB**

FOR DETAILS VISIT [WWW.BLSD.CA](http://WWW.BLSD.CA)

**EMPLOYMENT**



Border Land School Division invites applicants for a

**PERMANENT GRADE 7/8  
FRENCH IMMERSION  
TEACHER**

FOR ÉCOLE PARKSIDE SCHOOL  
IN ALTONA, MB

FOR DETAILS VISIT [WWW.BLSD.CA](http://WWW.BLSD.CA)

**Classifieds  
Announcements**



Book Your Classified Ad  
Today - Call 467-5836

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

Sudoku Answer

**PUBLIC NOTICE**



**PUBLIC NOTICE**

**PROPOSED BELL MOBILITY RADIOCOMMUNICATIONS FACILITY  
TELECOMMUNICATION TOWER**

Bell is committed to providing Canadian communities high speed wireless voice and data service. To improve service, Bell is proposing to construct a 30 metre sMacro (Monopole) tower with ancillary radio equipment including a shelter approximately 6'8" x 8' at the base of the tower with a perimeter fence restricting public access. As part of the public consultation process as required by Innovation, Science and Economic Development Canada (ISED), Bell's regulator under the Radiocommunications Act, Bell is inviting the public to comment on the proposed tower location before June 8<sup>th</sup>, 2026, in compliance with ISED CPC 2-0-03 I6.

**TOWER LOCATION:** City of Winkler Parklands-1045 Grandeur Ave. Winkler, MB R6W 1G2. Just east of Fifteenth Street near the west parking lot between Grandeur Ave and Robin Blvd. W.,

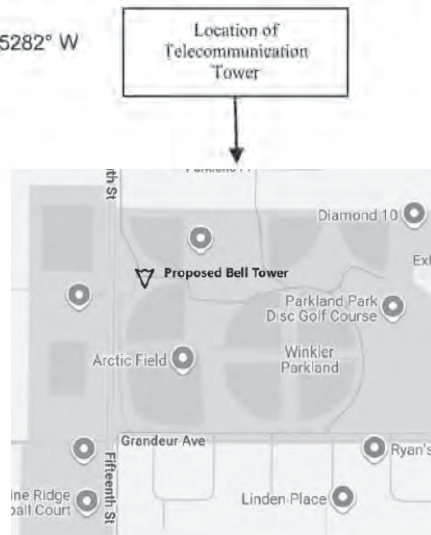
**COORDINATES:** Lat: 49.187215° N, Long: -97.955282° W

**LEGAL:** Lot: 12 Block: 04 Plan: 003

**ANY PERSON MAY** comment by close of business day on Monday June 8th, 2026, with respect to this matter.

**BELL CONTACT:**  
Teletek Structures Inc.  
Nic Parker  
Agents for Bell  
#9-1600 King Street North  
St Jacobs, ON, N0B 2N0  
Tel: (519) 206-2060

Email: [siteacq@teletekstructures.com](mailto:siteacq@teletekstructures.com)



**PUBLIC NOTICE**



**AVIS PUBLIC**

**PROPOSITION D'INSTALLATION DE RADIOCOMMUNICATIONS DE BELL MOBILITÉ  
TOUR DE TÉLÉCOMMUNICATIONS**

Bell s'engage à offrir aux collectivités canadiennes des services sans fil voix et données haute vitesse. Afin d'améliorer ses services, Bell propose la construction d'une tour de type sMacro (Monopole) de 30 mètres de hauteur, comprenant de l'équipement radio auxiliaire, y compris un abri préfabriqué d'environ 6'8" x 8' à la base de la tour, ainsi qu'une clôture périmétrique limitant l'accès du public. Dans le cadre du processus de consultation publique exigé par Industrie Canada, l'organisme de réglementation de Bell en vertu de la Loi sur les radiocommunications, Bell invite le public à commenter l'emplacement proposé de la tour avant 8 juin 2026, conformément à la politique de télécommunications de L'ARUS (Autorité Responsable de l'Utilisation du Sol). Cette tour est entièrement conforme aux lignes directrices d'Industrie Canada, telles qu'énoncées dans les Circulaires des Procédures concernant les Clients (CPC). Le public est également invité à assister à une séance d'information publique au cours de laquelle Bell répondra aux questions et recueillera les commentaires du public.

**EMPLACEMENT DE LA TOUR:**  
Parcs et espaces verts de la Ville de Winkler – 1045, avenue Grandeur, Winkler (MB) R6W 1G2. Situé juste à l'est de la rue Quinze, près du stationnement ouest, entre l'avenue Grandeur et le boulevard Robin Ouest.

**COORDONNÉES :** Lat: 49.187215° N, Long: -97.955282° W

**DÉSIGNATION JURIDIQUE:** Lot: 12 Block: 04 Plan: 003

**TOUTE PERSONNE PEUT** soumettre des commentaires à ce sujet au plus tard à la fin du jour ouvrable du lundi 8 juin, 2026.

**PERSONNE-RESSOURCE CHEZ BELL:**  
Teletek Structures Inc.  
Nic Parker  
Mandataire de Bell  
Agents pour Bell  
No 9-1600, rue King Nord  
St. Jacobs (Ontario) N0B 2N0  
Tél. : (519) 206-2060

Courriel: [siteacq@teletekstructures.com](mailto:siteacq@teletekstructures.com)



**EMPLOYMENT**



Border Land School Division invites applicants for a

**PERMANENT  
MIDDLE/SENIOR YEARS  
TEACHER  
FOR SHEVCHENKO SCHOOL  
IN VITA, MB**

FOR DETAILS VISIT [WWW.BLSD.CA](http://WWW.BLSD.CA)

**EMPLOYMENT**



Border Land School Division invites applicants for a

**TERM  
GRADE 3 CLASSROOM  
TEACHER  
FOR SHEVCHENKO SCHOOL  
IN VITA, MB**

FOR DETAILS VISIT [WWW.BLSD.CA](http://WWW.BLSD.CA)

**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. RZ2026-001 and By-law No. 2362-26, being an amendment to Winkler Zoning By-law 2271-21 of the City of Winkler.

The general intent of the above By-Law No. 2362-26, is to zone the land described below, Namely:

**legally described as proposed Parcel A, Plan (Deposit No. 1449/2025) MLTO & proposed Parcel A, Plan (Deposit No. 0585/2025) 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:** "CG" COMMERCIAL GENERAL ZONE & "CH" COMMERCIAL HIGHWAY ZONE

**TO:** "M" INDUSTRIAL ZONE

A copy of the above By-Law No. 2362-26 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.

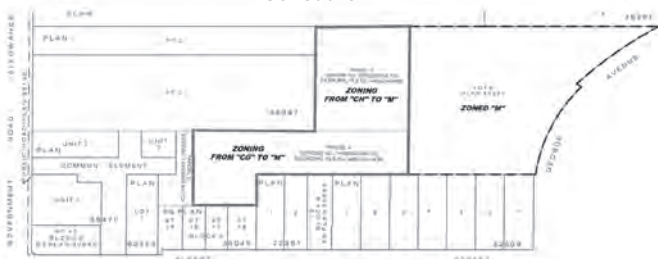
**Date of Hearing:** May 26, 2026

**Time of Hearing:** 6:30 p.m.

**Location:** Winkler Council Chambers, 185 Main Street, Winkler, Manitoba

DATED at Winkler, in Manitoba, this 1st day of April 2026.  
Designated Officer, City of Winkler

**Schedule "A"**



185 Main Street, Winkler MB R6W1B4 204-325-9524  
permits@cityofwinkler.ca WWW.WINKLER.CA

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**PUBLIC NOTICE**



**NOTICE OF APPLICATION  
TOWN OF ALTONA  
REVISED WATER AND WASTEWATER RATES  
ALTONA WATER AND WASTEWATER UTILITY  
April 22, 2026**

The Town of Altona (Town) has applied to the Public Utilities Board (Board) for revised water and wastewater rates for the Altona Water and Wastewater Utility (Utility) as set out in By-Law No. 1839/2026, read the first time on March 24, 2026. Current rates were last approved in Board Order No. 5/18. The application includes an application for recovery of a 2024 operating deficit using the Utility's working capital surplus. The current and proposed rates are as follows:

	Current Rates*	Proposed Rates			
		Year 1	Year 2	Year 3	Year 4
Quarterly Service Charge	\$33.84	\$31.79	\$29.74	\$27.69	\$25.62
Water (\$/1,000 gallons)	\$15.52	\$17.43	\$18.87	\$20.31	\$21.73
Wastewater (\$/1,000 gallons)	\$10.71	\$12.77	\$14.83	\$16.89	\$18.93
Minimum Quarterly Charge**	\$112.53	\$122.39	\$130.84	\$139.29	\$147.60
Minimum Quarterly Charge - Water Only	\$80.40	\$84.08	\$86.35	\$88.62	\$90.81
Unmetered Wastewater Only***	\$65.97	\$191.42	\$215.12	\$238.82	\$262.25
Bulk Water (\$/1,000 gallons)****	\$17.38	\$18.70	\$20.18	\$21.66	\$23.12
Hydrant Rental	\$150.00	\$200.00	\$200.00	\$200.00	\$200.00
Manual Quarterly Meter Reading	\$0.00	\$30.00	\$30.00	\$30.00	\$30.00
Disconnection and Reconnection*****	\$40.00	\$60.00	\$60.00	\$60.00	\$60.00
Meter Tampering*****	\$0.00	\$500.00	\$500.00	\$500.00	\$500.00
Meter Testing*****	\$200.00	\$30.00+	\$30.00+	\$30.00+	\$30.00+

\*Current rates include pass through increases from the Pembina Valley Water Coop from Board Order No. 172/18 and Board Order No. 138/22.

\*\*Based on 1,000 gallons

\*\*\*Based on 12,500 gallons

\*\*\*\*Current rates are \$17.38 per 1,000 or \$0.25 per 14.4 gallons.

\*\*\*\*\*Current rates are \$40.00 for first 1/2 hour thereafter as per Fees & Charges By-Law.

Proposed rates are \$60.00 for the first 1/2 hour and \$40.00 per hour thereafter.

\*\*\*\*\*Proposed rate is in addition to amount calculated to adjust based on historical usage.

\*\*\*\*\*Current rates based on a deposit of \$200.00. Proposed rates based on a \$30.00 fee plus a deposit of the actual costs of testing.

Details of the Town's application are available for review at the Town's office or the Board's office. Any questions concerning the application for revised rates, or the operation of the Utility, should be sent directly to the Town.

If you have concerns/comments regarding the Town's application for water and wastewater rates, please go to [www.pubmanitoba.ca](http://www.pubmanitoba.ca) and provide your comment. Please note all comments will be forwarded to the Town.

Questions or comments should be sent on or before June 8, 2026

The Board is the provincial regulatory agency that reviews and approves rates for water and wastewater utilities in Manitoba, with the exception of the City of Winnipeg. The Board's review process involves:

- the Utility filing a rate application to the Board,
- a public notification of proposed rate changes,
- the Board's review of the application through a public hearing or paper review process, and
- the issuance of an Order which outlines the Board's decision on the rate application and the rates to be charged.

The Manitoba Ombudsman has privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result, personal information protections are reduced.

The Board will then decide whether any further notice is required and whether to proceed with a public hearing or paper review process. All concerns received by the Board will be considered in the Board's decision on rates to be charged.

PLEASE BE ADVISED THAT IN CONSIDERING THIS APPLICATION, THE PUBLIC UTILITIES BOARD MAY OR MAY NOT FIND IT NECESSARY TO DETERMINE RATES DIFFERENT FROM THOSE APPLIED FOR BY THE APPLICANT.

Note: All proceedings will be conducted in accordance with the Board's Rules of Practice and Procedure, which the Board may vary in order to constrain regulatory costs. The Rules are available at [www.pubmanitoba.ca](http://www.pubmanitoba.ca).

*Frederick Mykytyshyn*  
Frederick Mykytyshyn  
Assistant Associate Secretary  
Manitoba Public Utilities Board

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NOW IN WINNIPEG!

Escape Trailer is proud to partner with **ReVolution Trailers** Now selling fiberglass RVs built for comfort, durability and adventure.

You are invited to the **Revolution Trailers OPEN HOUSE**  
May 8 - 11:00 - 4:30  
May 9 - 10:00 - 3:30

Phone: 204-955-7377  
[www.revolutiontrailers.ca](http://www.revolutiontrailers.ca)



Join the fight against Prostate Cancer

**RIDE DAY Saturday May 30, 2026**

10am  
**Earls Polo Park** (Winnipeg)

Visit [ridefordad.ca/manitoba](http://ridefordad.ca/manitoba)

to register or make a pledge

## PUBLIC NOTICE



PLANNING & INFRASTRUCTURE  
Planning & Permitting Department

### 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. RZ2026-003 and By-law No. 2367-26, being an amendment to Winkler Zoning By-law 2271-21 of the City of Winkler.

The general intent of the above By-Law No. 2361-25, is to zone the land described below, Namely:

**legally described as Proposed Lots 1-19, Plan (Deposit No. 160-2026) MLTO.**

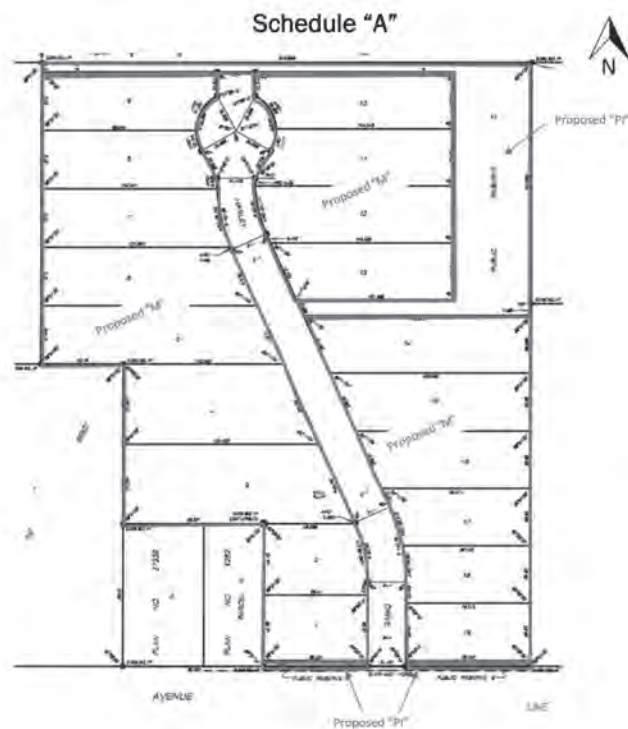
as shown outlined in a heavy solid line on the map attached hereto as Schedule "A", and forming part of this by-law, be rezoned

**FROM:** "SI" SERVICE INDUSTRIAL  
**TO:** "M" INDUSTRIAL & "PI" PUBLIC INFRASTRUCTURE

A copy of the above By-Law No. 2367-26 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 26, 2026  
**Time of Hearing:** 6:30 p.m.  
**Location:** Winkler Council Chambers,  
185 Main Street, Winkler, Manitoba

DATED at Winkler, in Manitoba, this 15th day of April 2026.  
Designated Officer, City of Winkler



185 Main Street, Winkler MB R6W1B4 204-325-9524  
[permits@cityofwinkler.ca](mailto:permits@cityofwinkler.ca) WWW.WINKLER.CA

## EMPLOYMENT



Border Land School Division invites applicants for a **PERMANENT EARLY YEARS TEACHER (0.5 FTE) FOR BLUE CLAY COLONY SCHOOL NEAR ARNAUD, MB**

FOR DETAILS VISIT [WWW.BLSD.CA](http://WWW.BLSD.CA)

## PUBLIC NOTICE



PLANNING & INFRASTRUCTURE  
Planning & Permitting Department

### 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. RZ2025-011 and By-law No. 2361-25, being an amendment to Winkler Zoning By-law 2271-21 of the City of Winkler.

The general intent of the above By-Law No. 2361-25, is to zone the land described below, Namely:

**legally described as Part of SW ¼ Section 8-3-4 WPM**

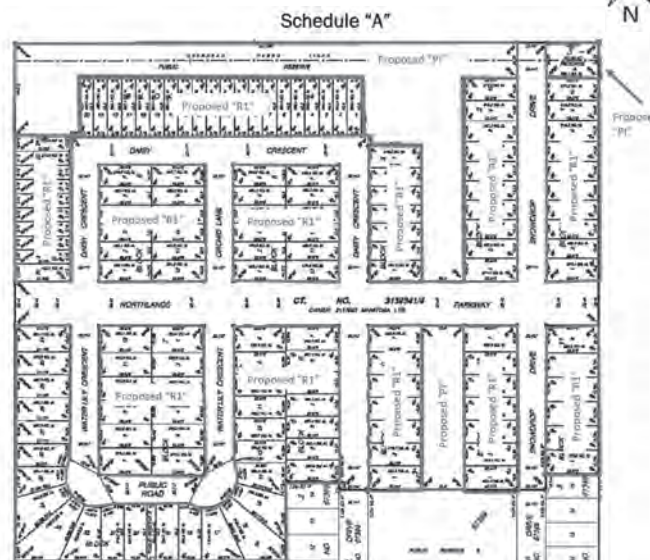
as shown outlined in a heavy solid line on the map attached hereto as Schedule "A", and forming part of this by-law, be rezoned

**FROM:** "DR" DEVELOPMENT RESERVE  
**TO:** "R1" RESIDENTIAL LOWER DENSITY & "PI" PUBLIC INFRASTRUCTURE

A copy of the above By-Law No. 2361-25 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 26, 2026  
**Time of Hearing:** 6:30 p.m.  
**Location:** Winkler Council Chambers,  
185 Main Street, Winkler, Manitoba

DATED at Winkler, in Manitoba, this 12th day of March 2026.  
Designated Officer, City of Winkler



185 Main Street, Winkler MB R6W1B4 204-325-9524  
[permits@cityofwinkler.ca](mailto:permits@cityofwinkler.ca) WWW.WINKLER.CA

## PUBLIC NOTICE

### NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR GENERAL SCHOOL BOARD ELECTION BORDER LAND SCHOOL DIVISION

Please be advised that a general School Board election will be held on **October 28, 2026.**

Prospective School Board election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations:

For the office of School Trustee: Between **June 30, 2026, and September 15, 2026**, at the Border Land School Division Administration Office, 120-9th Street NW, Altona, MB during the regular hours of business.

To obtain a registration form contact the SEO at the email or telephone numbers listed below.

Dated at Altona, MB on April 15th, 2026.

Jake Bergen  
Senior Election Official  
Border Land School Division  
Ph. 204-324-7693 or 204-324-6491  
Fax 204-324-1664  
Email [bergenj42@gmail.com](mailto:bergenj42@gmail.com)

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204-467-5836**

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Call: 204-467-5836

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**NOTICE OF REGISTRATION**



**NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATES FOR GENERAL MUNICIPAL ELECTION RURAL MUNICIPALITY OF STANLEY**

Please be advised that a general municipal election will be held on October 28, 2026.

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN THAT candidate registrations will be received:

For the office of head of council: Between May 1 and September 22, 2026

For the office of councillor: Between June 30 and September 22, 2026

at the RM of Stanley Administration Office, 1-23111 PTH 14, during the regular hours of business.

To obtain a registration form contact the SEO at the email or telephone number listed below:

Dan Giesbrecht  
Senior Election Official (S.E.O.)  
RM of Stanley  
204-325-4101  
seo@rmofstanley.ca  
Dated at the RM of Stanley on April 9, 2026.

**REAL ESTATE**



**House for sale \$335,000**

**OPEN HOUSE  
May 8, 2026,  
1 pm - 8 pm**

**One level home at 112 4th ave SW Altona, includes fridge, stove, dishwasher, microwave, washer, dryer. Heated floor in garage, new HE furnace, approved for insulation upgrade, C/A, C/V. Will also consider offers until May 15, 2026!  
Call Abe 1-204-324-9433!**

**take a break** > GAME

**SUDOKU**

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

**Fun By The Numbers**

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

**Here's How It Works:**

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

Level: Intermediate

**TENDER**



## JANITORIAL TENDER

Access Credit Union Vita

Access Credit Union's Vita branch located at 100 First Street W., requires the services of a contractor to provide general cleaning duties.

**Duties include:**

- Cleaning of interior and exterior areas of branch

Tenders or resumes, accompanied by a minimum of two references, must be received on or before May 15, 2026, before 4:30 p.m.

Walk throughs available by request.

Tender information can be obtained by emailing:  
Vickie.Addison@accesscu.ca

Tenders may be delivered, mailed or emailed to:

Access Credit Union  
PTH #14 Unit 2 - 23111 Stanley Business Centre Winkler, MB R6W 4B4  
Email: vickie.addison@accesscu.ca

**TENDER**



## JANITORIAL TENDER

Access Credit Union Manitou

Access Credit Union's Manitou branch located at 330 Main Street, requires the services of a contractor to provide general cleaning duties.

**Duties include:**

- Cleaning of interior and exterior areas of branch

Tenders or resumes, accompanied by a minimum of two references, must be received on or before May 22, 2026, before 4:30 p.m.

Walk throughs available by request.

Tender information can be obtained by emailing:  
Vickie.Addison@accesscu.ca

Tenders may be delivered, mailed or emailed to:

Access Credit Union  
PTH #14 Unit 2 - 23111 Stanley Business Centre Winkler, MB R6W 4B4  
Email: vickie.addison@accesscu.ca

# get inspired

> MEAL IDEAS



## Red Kiwi Yogurt Parfait

- 2 Zespri RubyRed Kiwifruit
- 1 cup Greek yogurt
- 1/3 cup nutty granola

Dice one kiwi and thinly slice one. In bottom of tall glass, layer 1/4 cup yogurt, kiwi and granola. Continue layering with remaining ingredients.



## Red Kiwi Ice Pops

- 4 Zespri RubyRed Kiwifruit, peeled
- pineapple juice (or fruit juice of choice)

Dice three kiwis into small cubes. Thinly slice remaining kiwi and reserve. In blender, blend kiwi cubes and pineapple juice until smooth. Put sliced kiwi in ice pop mold and pour juice mixture over top. Freeze until chilled.



## Summer Berry Panzanella Salad

- 3/4 cup plain Greek yogurt or vanilla yogurt
- 1 tablespoon poppy seeds
- fresh mint (optional)
- Heat oven to 350 F.
- To make bagel croutons: Cut bagels into 3/4-inch cubes. In bowl, melt butter; stir in brown sugar and salt. Toss bagel cubes in butter mixture. Spread on baking sheet and bake 15-18 minutes, flipping once, until golden and crisp. Let cool.
- To make berry salad: In large bowl, combine sliced strawberries; blueberries; raspberries, if desired; lemon zest; and lemon juice. Toss gently.
- To make berry dressing: Place reserved strawberries in bowl. Add brown sugar and salt. Using fork or potato masher, mash until juicy and chunky.
- To assemble panzanella salad: Add cooled bagel cubes to berry salad. Pour in mashed strawberry dressing. Toss slightly so bread absorbs juice. Let sit 5-10 minutes so bagel pieces soften while staying textured. Serve in bowls with yogurt, poppy seeds and mint leaves, if desired.

# From burnout to barbell

By Fitness Expert Julie Germaine Coram

For many women over 40, especially busy working moms, getting back into shape can feel far more difficult than it once did. Even with consistent workouts, balanced eating and strong discipline, progress often slows. This is not simply a lack of effort — your body is operating under different physiological conditions.

One major factor is the natural decline in estrogen during perimenopause and menopause. Lower estrogen levels have been shown to reduce muscle protein synthesis — the process responsible for repairing and building muscle after exercise. As a result, recovery becomes slower and building strength takes more time, even with consistent training.

At the same time, age-related muscle loss — known as sarcopenia — begins as early as the mid-30s and accelerates after 40. Women may lose about three to eight per cent of muscle mass per decade, with more significant losses occurring after menopause. This reduction in lean muscle directly affects strength, endurance and overall body composition.

Metabolic rate also gradually declines with age. Because muscle tissue burns more calories at rest than fat, losing muscle contributes to a lower basal metabolic rate. A decrease of two to three per cent per decade after age 30 can make fat loss more difficult and increase fat storage, even when lifestyle habits remain consistent.

Add in limited time, inconsistent recovery and competing priorities — and it can feel overwhelming. But getting into shape is still achievable with a targeted approach.

- Prioritize strength training: Resistance training two to three times per week is essential to maintain and build muscle. Incorporating progressive overload — gradually increasing weight or resistance — helps stimulate muscle growth despite hormonal changes.
- Increase protein intake: Supporting muscle protein synthesis requires adequate protein. A



Fitness Expert, Julie Germaine

daily intake of about one gram per pound of body weight can improve recovery.

- Allow for adequate recovery: Slower recovery means muscles need sufficient rest between sessions. Allow at least 48 hours between intense workouts, and prioritize sleep.

- Focus on efficiency and consistency: Short, structured workouts performed consistently are more effective than sporadic, longer sessions. This approach is especially important for those balancing multiple responsibilities.

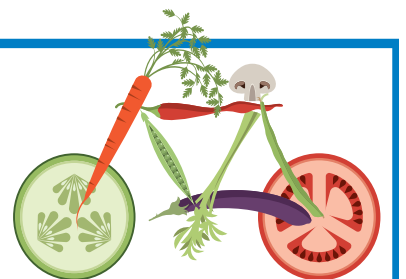
Although getting into shape may feel like an uphill battle, the challenge lies not in effort but in adapting to the body's changing needs. With the right combination of strength training, nutrition and recovery, women can rebuild muscle, improve fitness and regain a strong, capable body after 40.

To discuss your health goals or fitness challenges, schedule a free online consultation at [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine) or email [julie@juliegermaine.com](mailto:julie@juliegermaine.com).

Coach Julie Germaine Coram is dedicated to lifelong health. She is an active mom, registered personal trainer, two-time pro fitness champion, certified nutrition expert and fitness specialist. She has helped thousands worldwide improve their health since 2005.

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