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**Building a  
 medicine garden**

Jeannie White Bird (center, purple shirt) walks participants through the creation of a medicine garden at a workshop hosted by the local Steps Toward Reconciliation group on Saturday. For the full story, see Pg. 2.

PHOTO BY LORI PENNER/VOICE

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



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# Workshop explores Indigenous approaches to the land

By Lori Penner

Local grassroots group Steps Toward Reconciliation hosted a well-attended one-day workshop at the Millennium Exhibition Centre on May 4 titled, "Our Relationship to the Land: Indigenous Wisdom and Planting Practices."

Committee member Mick Friesen said the workshop was motivated by their desire to develop a medicine garden plot in Altona's Community Garden.

"When the idea to start a medicine

garden came along, we wanted to find a way to draw interest to it, and started looking for people who had some knowledge and experience to share with us and the community."

The event was an opportunity to listen and learn from three guest speakers about land, planting practices, and Indigenous wisdom surrounding nature and healing.

Guest speakers Jeannie White Bird, Audrey Logan, and Dolores Gosselin led the discussion on their various topics, giving attendees the chance to contemplate and process the infor-



PHOTO BY LORI PENNER/VOICE

Dolores Gosselin is a Metis grandmother from Riviere-Rouge who practices the art of the Healing Drum. She led attendees through a drumming practice on her big drum.

mation in breakout sessions over the course of the day.

The day began with White Bird, who shared her personal history, as well as her knowledge and experience in creating medicine gardens.

She is an enrolled member of Rolling River First Nation. At nine years old, she became part of the federal/provincial policy of forced removals of Indigenous children from their families and communities, and was denied her culture and heritage and lost her language in a period known as the Sixties Scoop.

Today she maintains her commitment to the community by reminding herself to take responsibility for the role and part she plays in her community.

White Bird spearheaded a collaboration in creating "Anishinaabe Mashkiki Gitigaan – The People's Garden."

"There are protocols in our teachings. It's restoring the reciprocal nature between us and Mother Nature," she shared. "It teaches us if you follow a Golden Rule and give something before you take something, you will not be over-cultivating. You will not be over-harvesting. If you want to harvest this medicine, it's going to be ingrained in you that you're not just go-

ing to go in and pull, pull, pull. You're always giving something back."

Reflecting on the day, White Bird said, "I want people to take some of these messages and maybe think about how one really resonates within their own spirit. And when it resonates within their spirit, do an action that really fills the space of what this gathering is about—restoring the relationship between themselves and the land. Also restoring their own relationship with their spirit. That's a great way to start—from within themselves. That's that beautiful ebb and flow of life. They can come back to it, and revisit those times, learn more and do more."

Logan is a Cree/Metis woman from Alberta. As a traditional Knowledge Keeper, she has been sharing Indigenous ways of growing food, saving seed, and preserving the harvest for over 50 years.

As a teacher, she is dedicated to presenting and teaching sustainable solutions for food security, such as gardening and dehydrating, while caring for the community and the Earth.

"So many people think they can't change things. That we have to just

Continued on page 11

## Giveaway Weekend

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THE TRADITION CONTINUES

# SCRL book sale raises over \$17K for library system

By Lorne Stelmach

Its return to a large, full-scale book sale this past week paid off nicely for the South Central Regional Library.

Director of library services Cathy Ching estimated the sale held over three days at the Access Event Centre

in Morden brought in about \$17,500 for the library network.

"It was so exciting to have it back. It felt good. It was good to have it back again," said Ching, who noted those proceeds are noteworthy given it came from selling bags of books for \$10 each. "That's a lot of bags of

books. It's quite impressive when you think how many bags walked out the door."

The used books and other materials came not just from local donations

but also a mountain of boxes leftover from a used book sale held in support of the Children's Hospital in Winnipeg earlier this spring.

Continued on page 5



PHOTO BY LORNE STELMACH/VOICE

Bookworms came out in droves for the South Central Regional Library's giant book sale in Morden last week. SCRL's last large-scale used book sale was in 2019.

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# Students pay it forward

By Ashleigh Viveiros

Students from Border Valley and Blumenfeld schools kicked off Pay It Forward May last week by spreading joy in the community.

The students began May 1 by learning about the Pay It Forward campaign from guest speaker Myra Peters, executive director of the Winkler Community Foundation.

Several classes were then bused into Winkler to pay visits to Salem Home, city hall, and the police and fire stations.

At the personal care home, Gr. 1-4 students sang songs and recited poetry, much to the delight of the assembled residents.

Meanwhile, the Gr. 4-5 students who stopped by the public service buildings came armed with baked goodies

they had made themselves to hand out in thanks to police officers, firefighters, and city staff.

Other classes paid it forward by picking up garbage in their village or painting and hiding rocks with uplifting messages on them.

Teacher Crystal Hildebrand says the Pay It Forward initiative dovetails nicely with the school's focus on teaching the kids about a different value every month.

"This school year we've been working on building character and each month we've had a different focus," she explains. "This month's focus is kindness."

"So one of the things we thought of doing with the kids was having them go out into the community and spread some joy and kindness around."

Hildebrand's class had a blast baking the treats they handed out

during their visit to Winkler, and they got the added benefit of getting tours of both the police station and the fire hall.

"I was asking them today what they thought of the trip, what kinds of feelings they got from it, and they said it was joyful, it made them hap-



PHOTO BY ASHLEIGH VIVEIROS/VOICE

py to do it—and the bonus was they got to check these other things out." Hildebrand hopes the kids take away an important lesson from these types of community exercises.

"I wholeheartedly believe that one small act of kindness does trickle out there and it makes for more people doing kinds things for one another," she says. "A small act of kindness can be enough to really brighten someone's day."

The students will round out

py to do it—and the bonus was they got to check these other things out." Hildebrand hopes the kids take away an important lesson from these types of community exercises.

The students will round out



ABOVE PHOTO BY WINKLER FIRE DEPARTMENT; LEFT PHOTO SUBMITTED

Pay It Forward May by stopping by the Winkler Senior Centre in a few weeks for some fun and games with their elders.



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## Spread some kindness for Pay It Forward May

By Lorne Stelmach

The local community foundations are encouraging residents once again to take part in Pay It Forward May.

The Winkler Community Foundation and Morden Area Foundation are not doing formal campaigns and events this year, but they are still challenging the communities to pay it forward by creating ripples of kindness.

"It's exciting to hear and to see what's happening and going to happen this month ... we want to continue to encourage it," said Myra Peters, executive director of the Winkler Community Foundation.

"We still want to encourage everybody to think about how they can pay it forward and to be kind and to do kind things," agreed Sue Nelson, chairperson of the Morden Area Foundation.

Both said the foundations have a lot of programs and initiatives on the go right now, so they opted to go more low-key with Pay It Forward this year.

"Our board said let's do things, but let's do it on a small scale," said Peters.

Paying it forward doesn't have to be a grand gesture, she noted, citing for example how Winkler Elementary School students last year cleaned up trash from the parks and helped their school custodian by stacking chairs, sweeping, vacuuming, and collecting garbage and recycling.

Local florist shops meanwhile de-



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# Healthy Muslim Families opens office in Winkler

By Lorne Stelmach

An agency built around the vision that strong families are the foundation for a strong community celebrated the official opening of its Winkler location last week.

The new Healthy Muslim Families office aims to strengthen and empower families through education, workshops, and support services in line with Muslim values.

Healthy Muslim Families began in Winnipeg with volunteers who were working to help meet the needs of Muslim families there in 2010. The organization was incorporated in 2020 and is now a non-profit working to fill the gaps in services to support the growing Muslim community in Manitoba.

Their new Winkler office is in the same building as the mosque at 2-385 Mountain Ave., and program director Shaista Zahid Zehri says it will provide support and a variety of services to the over 200 Muslim families who

are making their home in the Pembina Valley.

She sees her position as a great opportunity to be involved in providing a hub for collaboration, support, and community engagement.

"They thought I've been in the community a long time, especially the local community and our Muslim community," she said. "I would love to work voluntarily with the different organizations ... like Regional Connections and Central Station. It's a good opportunity for me to serve more.

"I'm so glad I can do something better and good for whatever the people's needs are," Zehri said. "I love to work with the people ... I can do more work for the community ... it's good for me to connect with people and what the needs are, and I can try my best to help in a good way."

Zehri sees the office playing a vital role and filling a void in a range of areas such as family programs, women support, public education, finan-



PHOTO BY LORNE STELMACH/VOICE

Healthy Muslim Families celebrated the grand opening of its Winkler location on Friday.

cial and employment support, youth skills and leadership, and more.

"Some people, they need help, but they hesitate to talk, to go out ... this is a good option," she suggested.

"They are doing youth skills and leadership. They're doing art and culture, which is exciting because my daughters, they are really amazing at art and things, so I thought it's a good opportunity for other kids. They can come and use their skills and stuff,

especially they have maybe a couple summer programs.

"I love especially the women's support because women always are maybe hesitant to be open," Zehri added. "So many newcomers are coming ... they need help ... and it's a good thing to network with them."

You can find more information online at [www.healthymuslimfamilies.ca](http://www.healthymuslimfamilies.ca).

## > BOOK SALE, FROM PG. 3

As always, the sale's opening night last Thursday was especially busy, with a lineup that Ching estimated meant it took perhaps 10 minutes for people just to get into the arena.

She gave credit to Morden branch librarian Gail Hildebrand for overseeing it all as well as the Morden fire department for assisting.

"They did help us unload all those books, and then at the end of the sale they helped move them all out of there," said Ching, adding the fire department will get a portion of the proceeds for their efforts.

"Our volunteers, we couldn't have done this without them. They really stepped up for us," she added. "It was so nice to see the reception from the community, and it was people coming from all around."

Ching noted they have a few changes in mind already for next year.

"We learned a few things we want to do differently next year

just to make it easier for people. Now that we know a bit better what we need to do, we can get it all sorted out a bit better."

One thing they will look at is having some books sorted according to language.

"We heard so many people speaking different languages," Ching said. "We had language collections in those boxes, but we've never had a sale where we've had so many people ask us for

## > PAY IT FORWARD MAY, FROM PG. 4

livered bouquets to the police and community members at the ball diamonds, and one organization headed to Winkler Bible Camp to help with spring clean-up.

Peters has already heard this year that one school is going to sing at Salem Home, while others were going to do yard clean-up and share baking and do a food drive.

"It's just exciting to see how schools and students and businesses and different groups engage in this initiative and really see the importance of how sharing kindness can really make a difference in our community," she said.

Spanish and German books. We've always had a small section. Next year we're going to focus on having a section set up just for the German and the Spanish and the French books."

They will also aim to better sort the non-fiction books into various categories.

"We need to be a little more specific with that," Ching said. "People had a little more work to do to find what they were looking for there."

"I love seeing and hearing the community already engaging. It's kind of ingrained in people already," Peters added. "I definitely think that the communities have really embraced the campaign and are participating and paying it forward with kindness in different ways. It kind of runs itself."

Nelson noted the Morden foundation has been busy with a number of other initiatives of late, such as Power of the Purse in March and now the Citizen of Distinction award and the new Learn and Return health care bursary.

"We have just been so busy with

Ching noted there have been some questions about what happens with all the leftover books.

"We got some books packed up for the prison libraries in Winnipeg and a few other community groups, but otherwise they went to recycling," she said. "If we did have more help and more volunteers, we could maybe make other projects happen ... but we just didn't have enough bodies and time."

other things that we have decided not to do a formal campaign about Pay It Forward," she said. "We, of course, love Pay It Forward and we want Morden citizens to still pay it forward and do their own thing."

"Our foundations are all about making our communities better places to live ... and we do that through our granting, but we also do it through our other programs and initiatives," Nelson noted. "Certainly Pay It Forward can also help to do that as well."

People can share how they paid it forward this May or share the kindness they have seen around them by using #PIFM on social media.

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

*The* **Voice**

# getheard

EDITORIAL > VIEWPOINTS > LETTERS

## Middle class revolution

**S**ome people don't like the use of the word "class" in polite conversation, but I cannot think of a better way to define what I'm talking about, so I suppose we're stuck with it for now.

Lately my mind has been fixated on the idea of affordability. A lot of people have been thinking about affordability. So much so that many are in the midst of a nationwide attempt to boycott stores like Loblaws and its associated franchises.

We live in interesting times. Coming out of two years of pandemic we have seen the world transformed in ways we could not predict.

Technology was accelerated toward a more remote and work-from-home environment, global supply chains were wildly disrupted, two concerning wars have erupted on the world stage in Ukraine and Israel, the housing stock is struggling to keep pace with demand, as is the need for health care professionals, and Elon Musk believes he should be paid \$50 billion as CEO of Tesla—enough to build more than 140,000 homes in Canada (give or take).

People are concerned. Some blame "the media" (as if we were ever so organized as to agree on some sort of theme). Perhaps if we just closed our eyes all of the things we are worried about would simply vanish. If only

this were true.

In one sense things have not changed much. Those who live below the poverty line have always been in a crisis of housing, a crisis of affordable groceries, a crisis of physical and mental health care. We just didn't notice until it began to affect those of us who occupy the middle ground between the uber wealthy and the economically disadvantaged.

In Canada, as in most countries, when the poor cry out there is often much wringing of hands and a lot of words but little in the way of concrete action. No, the real power rests with the middle class. The voting class. The tax paying class. The class that is currently piling onto the outrage bandwagon.

When the middle class starts calling for things like more houses and boycotts of Loblaws, knowing full well it can afford to pay a little more for groceries and drive to a different grocery store further away for a while, people in power listen and offer things like a 30-year amortized mortgage instead of 25 years ... this will definitely help the poor (NOTE: Need to find a sarcasm font).

If Loblaws were to close tomorrow, more than 136,000 Canadians would be out of work, but we can always

deal with that later right?

Most of the new funding programs designed to stimulate housing are staunchly aimed at the middle of the market and not deeply affordable, non-market housing for the poor.

All these things are coming about at an interesting time in Canadian politics.

We are coming into the "boring period." What I mean is that Canadians often get bored of their prime ministers after a certain point in time. Once this occurs it does not matter how well the country is doing or how good a leader the prime minister has been, Canadians tend to vote out the party of the prime minister in favor of change. For example, it doesn't matter to a lot of people that Canada had the second lowest inflation rate in 2023 amongst the G7 at 3.88 per cent compared to the lowest from Japan at 3.3 per cent ... it is felt that things could be better under new leadership.

Should our next federal election occur at the latest possible date it can, October 2025 (which seems likely), then Justin Trudeau will have been the sixth longest serving prime minister in Canadian history, edging out Stephen Harper by a couple of

Continued on page 7



By Peter Cantelon



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OUR SISTER PUBLICATIONS



### Letter policy

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

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

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

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# McMunn and Yates celebrates in Winkler, Morden, and Altona

By Lorne Stelmach

The three former Canadian Lumber stores in Morden, Winkler, and Altona were all celebrating last week as they marked almost one year now under the banner of McMunn and Yates.

The Manitoba company that now has about two dozen locations around the province took over the three stores in south central Manitoba last June, and the response has been positive.

"I think it's been really good. I know that McMunn and Yates and the people there are really, really good. It seemed like a very seamless transition," said Joey Thiessen, manager of the Morden location, which held a barbecue last Friday as an official celebration. "The response from the customers and the contractors has been really, really good."

McMunn and Yates is a story of two families coming together. Formed in 1971 when Terry Yates and Stan and Gordon McMunn opened their first store in Dauphin, the company has now celebrated over 52 years in business.

McMunn and Yates aims to provide a spectrum of products from materials to professional design to flooring and furniture, and its mission is to be a leading supplier of products and professional service to the building industry while providing the best customer service.

Thiessen said they very much value the company's emphasis on community and maintaining that local

connection.

"The nice thing and what we really enjoy is the fact that all the people who made this store what it was before McMunn and Yates are all still here. The people are still the same; the service is still the same. The only thing that's changed is the name on the building," he said. "We all live here. We love our community. We love the people, and we love the opportunity to give back on a day like today."

"One of the things that we were all really thrilled about was that we could all stay together," Thiessen continued, noting the Morden location employs 12 to 15 people at its peak in the summer. "I really appreciate that the people make the store. Our staff are the heart of this store."

Being part of McMunn and Yates brings many competitive advantages, Thiessen noted.

"We've also been able to access some products that we weren't able to get before ... pricing is a thing as well," he said. "We've got 23 stores as compared to three, so our buying power is better, and we're able to get a better deal on most if not all of our products."

"It's good. Customers who come in are able to see how the store has been completely re-merchandised from the top down," he added.

"I'd always heard of McMunn and Yates ... now that I work for them, I've gotten to know the back story of the families and how they really care about community and the stores and the people."



PHOTO BY LORNE STELMACH/VOICE  
Morden McMunn and Yates manager Joey Thiessen at the one-year celebration last week.

# Vital Signs Community Survey now available

By Ashleigh Viveiros

The Winkler Community Foundation is inviting the community at large to weigh-in as it drafts the 2024 Vital Signs report.

The foundation launches the Vital Signs Community Survey this Wednesday, May 8. It will be available until May 22.

"The survey is a chance to share your personal thoughts and opinions on life in Winkler and RM of Stanley," says executive director Myra Peters,

adding that "the purpose is to get a better understanding of how individuals are doing in our community."

The results of the Vital Signs report, which also includes consultations with various local stakeholders and community groups, will be used to paint a picture of the quality of life in Winkler.

It serves as a snapshot of both the things we're doing well and the challenges the community faces, and, when compared to past such reports, can be a useful gauge of how Winkler

is growing and changing.

"We have had an excellent response to the community consultations so far," Peters shares. "We hosted a launch event and two round table discussions back in March. At these events we hosted city and RM representatives, as well as representatives from our local businesses and charities, health care, and immigration services."

"We continue to collect local data from our community. We are excited about the community response so far."

The community survey is open to all adult residents of Winkler and the RM of Stanley. All responses remain confidential. The survey takes about 15 minutes to complete.

Everyone who fully fills out the survey will be entered to win one of six

gift cards to local businesses totalling over \$1,000.

To fill out a survey, head online to [winklercommunityfoundation.com/vital-signs-2024](http://winklercommunityfoundation.com/vital-signs-2024) or pick up a paper copy from the foundation office, city hall, Central Station, or the Winkler Senior Centre.

"We are looking for 400+ surveys completed," Peters says, noting they're working on having people onsite at the senior centre and the community centre to assist anyone who needs help with the survey. Those details were still being firming up at press time.

"We are working with Regional Connections to have the survey translated to allow more people to complete the survey," Peters adds.

# Letters

## KUDOS TO OUR EMERGENCY RESPONDERS

Since my wife Hilda and I have moved back to Altona, we have become aware that our fire trucks and ambulances go out often.

We want to thank our dedicated firefighters and paramedics for everything that they contribute to Altona and surrounding community. We appreciate you and thank you for your service.

We also want to thank all the employers for allowing these people to leave whenever they need to respond to a call. You are also recognized and appreciated. Thank you to all of you.

George and Hilda Wiebe,  
Altona

## > CANTELON, FROM PG. 6

months at almost 10 years. Given our history, change seems likely.

What am I saying? Don't let anyone tell you that the change being driven right now is for the benefit of the poor. In reality, almost every change being driven right now in policy, funding and political party is staunchly aimed at responding to the needs of people

like you and I, the middle class.

Once the appropriate investments have been made in the two key infrastructures responsible for the funding of bread and circuses things will quiet down, we will relax, and the poor will continue in the same state they have always continued in: poverty.

# Gala provides a glimpse behind the scenes at Gateway Resources

By Ashleigh Viveiros

Gateway Resources in Winkler provided supporters with a glimpse into the lives of its participants at its annual Faces of Gateway gala last week.

The fundraiser filled the banquet hall at the Emmanuel Mennonite Church and featured several Gateway participants and staff sharing what the agency means to them.

CEO Kim Nelson kicked the evening off by sharing a bit about Gateway's history, current programs and services, and plans for the future.

"In 2001, the Valley Rehab Centre and the Association for Community Living Winkler-Morden merged to form Gateway Resources, and we continue to build on their strong foundation and have been making an impact in our communities for over 23 years," she said, explaining the organization has a service agreement with the Department of Families to provide its residential, life enrichment, and employment services to individuals with intellectual disabilities.

"Over the years, the services have changed and have grown, however our vision of supporting adults living with an intellectual disability with person-centered goals and approaches remains strong."

The agency currently employs 220 staff and support 190 clients in Morden-Winkler.

"We provide a wide range of holistic supports by focusing on the emotional, physical, mental, and spiritual well-being of each individual," Nelson said. "We do this by walking alongside the individuals in all areas of their life and encouraging, explor-

ing, and empowering their choices."

Community partnerships allow Gateway to offer a diverse range of programming, including its recycling operation. They process approximately 5.5 million pounds of recyclables from Winkler, Morden, and the RM of Stanley each year.

Gateway participants man the sorting line and bale up recyclable goods for resale, with funds generated going back into the organization's other programs.

"This work allows people to have a meaningful job every day," Nelson said. "And you will not find such dedicated and caring workers anywhere."

Gateway's participants also find fulfilling work in its newly expanded wood shop, which on average generates 24,000 crates, 10,000 pallets, and 19,000 crate spacers a year.

Gateway also helps its participants find gainful employment and volunteer positions in the community at large. Longtime relationships with numerous local businesses "show the strength of our community," Nelson said.

In the months ahead, Gateway will be opening up new residential facilities (bringing its total to 19 staffed residences in Morden-Winkler) and also moving into its spacious new seniors programming building on Main St.

"This new space has been a dream for some time. It is a multi-use space for our organization combining two programs: seniors programming on the main floor and residential services on the second floor," Nelson said, explaining it will provide apartments for individuals to live with support.



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Illusionist Brian Glow thrilled the crowd with magical feats at the Faces of Gateway gala last week.



PHOTO BY ASHLEIGH VIVEIROS/VOICE

From left: At Gateway Resources' fundraising gala last week, Gateway staff member Tina Wolf, participant Kimberlee Loewen, staffer Angela Fehr, and participants Joanne Irwin and Dan Eberling shared how the agency has impacted their lives.

"I am so happy to see where Gateway is today," Nelson noted, "and I look forward to the future of Gateway."

## LEARNING, BUILDING CONNECTIONS

Kimberlee Loewen currently attends day services at Gateway. She's been involved with the agency for 14 years, working in a variety of areas, including the recycling depot and the box program.

"My favourite part of the day is my friends," she said, noting Gateway has helped her with her daily routines.

Dan Eberling has been at Gateway since 1998. He currently attends day programming, works in the wood shop, and lives in one of the agency's home share residences. He also has a job working at Eco Plus

"I've learned how to concentrate on the task at hand as well as how to be a good friend," he shared. "I've learned how to manage my money, how to stamp crates, and be an Eco Plus deliverer."

He said that his work at Gateway "gives me a purpose and it gets me out to work out in the community."

Joanne Irwin lives in one of Gateway's community homes and is a member of its senior activity program.

"I do crafting, going out for biscuits [at the Winkler Senior Centre] and I go out for meals once a month on Tuesdays," she said.

Irwin said she's learned a lot at

Gateway, both during her many years working in its various employment programs and today in her retirement.

"I have learned more about baking and following recipes at my home and the senior program, as well as other life skills like laundry, cleaning my bedroom, and washing my floor."

She loves the community at Gateway.

"I've been there for 33 years and I like coming back to visit and have coffee breaks with the staff and clients."

Also taking the stage were Gateway staff members Tina Wolf and Angela Fehr.

Wolf took a job with the company 30 years ago and quickly fell in love with the work and the participants she was tasked with supporting.

"When I first started I didn't know what I was getting myself into," she recalled. "It's been nothing but the greatest pleasure of my life that I never even expected."

Fehr currently works as a residential manager and likewise says her time with Gateway has been one of the best experiences of her career.

"The best thing about working with the clients and the participants at Gateway is the sense of community," she shared. "We learn something new every day from staff, from participants—they show their heart on their sleeves and they share it with you."

"[Gateway is] a place where you really experience that no matter what kind of challenge you go through, anything's achievable."



# Salem summer BBQ is Wednesday, May 22

By Ashleigh Viveiros

The Salem Foundation and the Salem Ladies Auxiliary have announced the date for their annual spring barbecue.

Supporters of the Winkler personal care home are invited to enjoy an evening of food, music, and community on Wednesday, May 22 from 5-7 p.m.

A tent will be set up on the facility's south parking lot (165 15th St.). Parking will be at the nearby Grace Mennonite Church, and a shuttle van will be available to transport people to the BBQ.

On the menu are the ever-popular "McMenno" burgers or a hot dog with sides, a drink, and Salem's famous monster cookies for desert.

In addition to the food, the evening will also include a performance from the Quonset Brothers starting at 5 p.m. This local band has been thrilling music-lovers since it formed in 2013, playing a mix of classic country,

gospel, and even a few Low German tunes.

The supper is by donation, with all funds raised going to create a palliative care sitting area for families at Salem Home.

"It was revealed through our family surveys that resident families need a space to gather during such a time as this, and we want to honour them in this way," shares foundation chair Henry Enns. "We have been so blessed to have a wonderful community who play such a large part of the support for our residents and projects not covered by the government. We are repeatedly humbled and blessed by our community's support for the residents of Salem Home."

Foundation executive coordinator Susan Hildebrand says the community has really rallied behind the barbecue in recent years. Last year they served 500 meals and raised nearly \$27,000.

"The first year we did it after



VOICE FILE PHOTO

The Salem Foundation and Salem Ladies Auxiliary are teaming up to host their annual summer barbecue on May 22. Admission is by donation, with proceeds going to build a family palliative care space at the care home.

COVID, we ran out of food," she recalls. "It was so wonderful to have so many people. People were hungry for community. And although it's been a couple of years since COVID, I feel like there's still that hunger. We do appreciate these things a lot more."

The palliative care sitting area Salem intends to create out of one of its existing spaces will give families a quiet place to gather and reflect.

"It will create a little bit more of a pri-

vate area, a separate area for them," Hildebrand says. "The [resident] rooms are just not conducive to more than a few people being in there at a time, so this way can go somewhere, when there are decisions to make, to be together; it's a hard time."

If you can't make the barbecue but still want to support this project, donations can be made at the care home or online at [salemhome.ca/donate](http://salemhome.ca/donate).

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# Quilt art on display at annual Barnswallow show

By Lorne Stelmach

Being in the spotlight as the featured quilter for this past weekend's Barnswallow quilt show was at first a bit nerve-wracking for Allison Halstead.

Uncertainty about having enough work for the display, though, soon

gave way to excitement and satisfaction with the end result.

"I'm kind of amazed actually," said Halstead. "When I was first asked, I didn't think I had 20 pieces, and there's well over 60 here."

"I think I was shocked once I started to collect them and get them, dig through closets at home ... I was surprised how much I had done," she said. "I only made three new pieces for the show. Everything else was finishing things that were languishing at home or retrieving them."

"It feels good. When it all got put up on that first day, that was when it really hit me. Up until then, it was just nerves and concern and worrying is there going to be enough? Is it okay?"

The annual spring show of the Barnswallow Quilt Guild has been going for over three decades, and the variety of displays has grown to include all manner of fabric work by artisans, with group members coming from a wide region.

New this year was a special display of work by the Fiber Arts Network called For the Birds, and there was also the merchant mall overseen by Aspen Grove Quilting and featuring a number of vendors from across



PHOTOS BY LORNE STELMACH/VOICE

The feature artist for this year's Barnswallow Quilt Show was Allison Halstead.

the province. And of course the Barnswallow's Boutique also allowed members to have work available for sale.

Halstead shared that she was very much first inspired in her younger years by her mother.

"My mother is amazing ... she custom sews, did design work, did all kinds of artistic endeavors throughout her life, and she always encouraged me to do whatever I wanted with a needle and thread."

"I would sew my own things like doll clothes ... but I didn't really do much other than sewing clothes or

garments until I was probably in my late 20s."

Something that caught her attention was English paper piecing, which involves stabilizing fabric pieces with paper before sewing them into intricate designs.

"I had seen something about English paper piecing in a magazine ... and I wanted to know what that was and how to do it," Halstead recalled, noting she then at one point took an introductory quilt class taught by Pearl Braun Dyck. "I was hooked. It was

Continued on page 15

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# BBQ

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tent on south  
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Cost by donation  
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Music by:  
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> WORKSHOP, FROM PG. 2

accept it. Well, things got changed in the first place, and we can change it back. In West Broadway, it was originally the Manitoba Food Charter. It is now Food Matters. It has a listing of all types of groups who are doing food initiatives. We also have Direct Farm Manitoba, which has a listing of all local farmers. The Hundred Mile Diet also originated in West Broadway. So, when we think we can't do something, I ask, "Did you even try?" She went on to say, "There's no harm in trying. Just plant those seeds of thought. The nice thing about dehydrated food is that it doesn't need a licensed kitchen. So that's another

thing for farmers to think of. We can incorporate some of these ideas in our own community garden. There are native plums here, black and red currants, raspberries and grapes. So much food. Just go online and see how they dehydrate them. It's easy to learn."

Gosselin is a Métis grandmother from Rivière-Rouge. As a master storyteller, she accepted the calling to tell her community's stories to preserve their teachings and wisdom. She is also a healer who practices the art of the Healing Drum. Through her drums, she shared her journey of finding out that she was Métis at the age of 40 and her return to her roots.

The workshop concluded with a sharing circle as attendees and guests reflected on their experiences and interactions.

Friesen said the committee is deeply grateful to the speakers, for their broad knowledge on gardening practices, and the personal experiences that they shared.

"The presentations were fantastic, and we're coming away with so much knowledge. The Altona Community Garden organization has already gifted a plot to the Steps Toward Reconciliation group, and some time this month, we'll be working through some of those details of growing medicine plants in that spot."



# MEC training tunnel getting used for more sports

By Lori Penner

The training tunnel at Altona's Millennium Exhibition Centre (MEC) has recently expanded its scope beyond baseball.

Recreation services manager Eric Hildebrand says over the last few months there has been a group of cricket players using the facility to practice their batting skills.

Enthusiasm grew quickly for the tunnel when it was installed in the running track area of the MEC in November 2022. An initiative between Altona Minor Baseball and Altona Angels Softball, the tunnel provides local players with a place to practice their swing in the off-season.

Hildebrand says it's great to see its purpose expanded to other sports.

"I'm not sure if these are actual structured games, or if this is just a bunch of individuals getting together with friends, but there were a number of people playing cricket last summer at some of the empty baseball diamonds.

"It was fantastic to see these guys out and about and using the green spaces for a different purpose. It's just another example of how, as the community grows and becomes more diverse, the dynamics of sports and recreation can change, as well."

As the weather got colder, the cricket players began using the tennis court

at the Altona Park after the nets were taken down.

A few months ago, the group asked if they could use the training tunnel to practice their pitching and hitting.

"I was all for it. It's great to see facilities being used for a variety of sports, not just the traditional ones," Hildebrand said. "It really reflects the multicultural aspects of this community. Cricket is incredibly popular in India, and it's great to see it being played here. There is a provincial governing body for cricket in Manitoba, and there are designated recreational cricket fields in Winnipeg."

The ball used in cricket is much harder than a baseball.

"It's covered in leather like a base-

ball, but it's noticeably heavier. So, in the training tunnel, to prevent potential damage, they are using a tennis ball. On the baseball diamonds, however, they're using a traditional cricket ball."

Hildebrand says it's too early to think about designating and tailoring a green space specifically for this sport.

"That remains to be seen, it's a bit in the early

Continued on page 12

Saturday's workshop included a display from the REDress Project, which focuses on the issue of missing and murdered Indigenous women across Canada.

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# St. Jean Baptiste fire dept. wins \$25K grant

By Siobhan Maas

The St. Jean Baptiste Volunteer Fire Department has won \$25,000 through the BASF Growing Home Grant, an agricultural community-oriented program in its second year.

Rural farming communities are given the chance to nominate important local charitable or non-profit organizations to win. Nominations received must be supported by a local grower and are narrowed to three finalists for each Prairie province and Ontario.

The St. Jean Fire Department was against the Inglis and District Community Club and the Notre Dame Recreation District Board. Public online voting was open for a two-week period from April 2-15.

In true small-town community spirit, St. Jean Baptiste, a population of 576, with the support of friends and family across Manitoba and Canada, received a total of 6,132 votes, accounting for 44 per cent of the 13,975

votes cast for the three Manitoba organizations.

"Our win is a testament to the community: our friends, family, and colleagues," said Brunel Sabourin, a captain with the St. Jean fire department. "Our small community always provides large support."

The volunteer department of 18 crew members will use their winnings to help replace their self-contained breathing apparatus with 10 new ones. Their current manufacturer has discontinued support of these necessary devices.

"Parts will no longer be made, are not interchangeable, and [not having replacement parts] would be a liability [for the crew]," Sabourin explained.

A video shared via the department's social media pages showcased all crew members individually saying thank you from their cars, their living rooms, or the fire station.

Sabourin reiterated that gratitude.



SUBMITTED PHOTO BY KAYLEE SIEMENS

The St. Jean fire department's members are looking forward to replacing their discontinued breathing devices with updated versions thanks to funding from the BASF Growing Home program.

"Thank you for the tremendous support," he said, stressing that the community "has continued to provide service in our time of need."

# Emerson man killed in single-vehicle collision

By Voice staff

A 22-year-old Emerson man was killed in a single-vehicle accident on Sunday.

Emergency crews were called to the scene on Provincial Road 200, just east of Emerson, around 4:30 p.m. that day.

Police say the vehicle was travelling on PR 200 when it struck a guardrail, went off the road, and caught on fire.

The driver and sole occupant died at the scene.

Emerson RCMP, along with a forensic collision reconstructionist, continue to investigate.

## > TRAINING TUNNEL, FROM PG. 11

stages with this group. But you never know."

He alluded to the Recreation and Active Transportation Master Plan Study coming up later this year.

"No dates have been set yet. We hired a consultant to take this study on and guide us through the process. There will be some public engagement sessions, as well. My hope for

the Recreation Office is that individuals attend these town hall open forums and voice their wants and needs, so we can identify what individuals and groups would like to see in terms of recreation and sports in the community."

He adds, "It's great to encourage recreation, and to learn about sports that other groups and cultures enjoy."

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#### Notice of dust control program

Homeowners along gravel provincial roads and main market roads in unorganized territories may apply to have dust control applied in front of their homesites at a cost of \$200 for a single application.

The formal application is available from your local Manitoba Transportation and Infrastructure office. The deadline for these applications will be **no later than May 31, 2024**.

For more information, please contact one of the following Transportation and Infrastructure offices:

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# getinformed

## Gardens on Tenth soup & tea brings in \$20K

By Lori Penner

Gardens on Tenth raised a record amount at their recent Soup & Pie fundraiser.

With the help of one extra substantial donation, they gleaned over \$20,000 for the organization.

This means the board has raised about \$455,000, or 90 per cent, of its \$500,000 fundraising goal for The Manor renovation project that's been underway since the start of 2023.

"We are very thankful for the generous support that we continue to receive from our community," said chair John Falk.

The renovations and accessibility upgrades in The Manor are nearly done. Thirteen suites have been com-

pleted and all are already occupied. There are three more suites nearing completion, which will leave them with two suites to complete by August 2024.

"The Gardens on Tenth fundraised for the project in order to keep our housing affordable for seniors and we look forward to moving our Pathways Program into the Manor and continuing our mission to serve the evolving needs of seniors in our community through facilities, programs and services designed to address the physical, emotional social and spiritual needs of seniors," said Falk.

"Tenants who have already moved from an older suite are very pleased with the newer updated look of the suites. But more importantly, they



SUBMITTED PHOTO

The \$20,000 raised at last month's soup and pie fundraiser for the renovation project brought The Gardens on Tenth just \$45,000 away from their goal.

talk about the safety and accessibility provided with the widened doorways, walk-in showers and raised toilets. These changes are tailored to meet the needs of Seniors as they continue to age in place."

The board is also happy to announce that these suites will be opening to community members on their waitlist

who have been waiting to move into The Manor.

"And most of all, we are looking forward to completing the project and enhancing the services we can provide for seniors in our community and area," Falk said.

Donations to the project are still being accepted.

### Funding available to deter livestock predation

Eligible applicants will be reimbursed up to 75% of approved expenses up to \$10,000 for predator resistant fence construction and \$5,000 for pre-approved livestock predation equipment and guardian dogs.

To be eligible, applicants must have a paid livestock predation claim under the Manitoba Wildlife Damage Compensation Program in 2021 or later.

**Deadline for fence construction applications is June 14, 2024.**

[www.manitoba.ca/scap/resiliency/livestock.html](http://www.manitoba.ca/scap/resiliency/livestock.html)

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# Morris Scouts group is up and running again

By Siobhan Maas

It is an overcast Saturday morning and approximately 400 youth and adults are spread across a clear-cut section of forest just off Provincial Road 210, south of Marchand Provincial Park.

The people are Scouts and Scouters from various Scouts groups across southeastern Manitoba. The groups have come together to plant trees, an annual Scoutree tradition since 1972.

Several members of the Morris 1st Group have joined the effort, learning tree-planting efficiency from a forester to ensure the 8,000 seedlings planted are given the best chance of survival. Groups collect pledge donations for this event that stay in their local community.

The Morris 1st Group restarted this past January with a Beaver Colony (youth aged 5-7 years old), following a nine-year hiatus.

The seven current youth spent the colder months inside, making themselves tie-dye T-shirts, taking part in an investiture ceremony, and crafting and building Beaver Buggys to race against other local groups.

The warmer weather now has the group outside working toward their Trail Skills badge and providing community service by cleaning up garbage from the local park for Earth Day.

Conor Dea, a local parent and Scout-

er, volunteers his time because the program brings him “back to the outdoors, which I enjoy.”

Dea recalls his own time in the program as a youth, which gave him the chance to spend time with his dad and learn how to build a tarp shelter for weekend camping trips.

Although the Morris 1st Group has existed since the 1960s, it hasn't always been able to be active.

Ted Swift, current Scouts Manitoba Commissioner, revitalized the group in 2003 when his children were interested.

“Scouts has always had strong roots in the farming community,” Swift explained. “Following the 1997 flood, [farmers] had flood clean-up to deal with and there was a lack of volunteers.”

Swift's own positive experience as a Scout in the mid-80s had him volunteer as a Scouter, followed a year later by his wife, Debbie. Both remain active in the Scouting community, most recently acting as support for the new Morris 1st Scouters leading their colony.

“What really stands out for me is the camping, the skills learned, hiking and cooking,” Swift said of the Scouts program. “It filled a void for me [in my youth] and put enthusiasm back into being outside. We always went camping as a family, but it was the other stuff that you do: the bush craft, making fires, foraging for food in the



PHOTO BY SIOBHAN MAAS/VOICE

Ted Swift (far left), Manitoba Commissioner, with Morris Scouts Group Beavers Jaxon Pichette, Edda Maas, Dexter Morgan, Benjamin Bohemier, and Scouter Conor Dea following garbage clean-up in a Morris park this spring.

woods.”

Far from his time as a parent volunteer in Scouts, Swift has recently been appointed Manitoba Commissioner, a provincial volunteer position supporting the more than 400 Manitoba volunteers (Scouters) who work with youth in this province.

“Anyone can volunteer as a Scouter. They don't need a child in the program,” he explained. “As a Scout, my Scouter was a botanist and bachelor who wanted to share his knowledge of plants and that's what he did.”

High schoolers looking for volunteer credit can help by becoming junior leaders.

“People from all stages of life can volunteer—grandparents, parents, aunts, uncles. We even have new par-

ents with infants involved in the program.”

“[Volunteering] is fun. Swift said. “It's a lot of work, a lot of hours [at my level of volunteerism] but it is fun seeing the kids learn something new, seeing them realize that ‘I actually did that—I boiled water, I started a fire, I slept overnight in a tent, I canoed across the lake.’ Seeing success in youth and seeing them grow is the biggest reward for a volunteer.”

Persons interested in volunteering with Scouts or enrolling their children can visit [scouts.ca](http://scouts.ca) and enter their postal code to determine the closest group.

# Cutting the ribbon on Springtide Wellness

By Lori Penner

The ribbon's been cut and the doors are officially opened at Springtide Wellness in Altona.

Along with cheers from family and friends, the May 1 grand opening at their new location on 4th Ave. NE included congratulations from Altona EDO Stephanie Harris, Mayor Harv Schroeder, Rhineland Reeve Don Wiebe, and Borderland MLA Josh Guenter.

“It's a dream come true,” says owner Sarah Braun.

“When I went to school 12 years ago, this was the dream. Back then, I didn't think it was achievable, so it's pretty cool that now, I'm standing here with a team of nine, in this beautiful space, and being able to provide services like this here in Altona.”

Springtide Wellness offers three reflexologists, a massage therapist, a chiropractor, three aestheticians, including Braun, and a part-time receptionist.

“We offer a wide range of services,

Continued on page 23



PHOTO BY LORI PENNER/VOICE

Dignitaries, family and staff members gathered around Springtide Wellness owner Sarah Braun for the official ribbon cutting on May 1.

> QUILT SHOW, FROM PG. 10

that one class that started me on this journey.”

She has especially been drawn to and inspired by nature with her work.

“I love nature and the outdoors ... birds, plants, flowers and trees and all those kinds of things ... I get a lot of inspiration from it,” she said. “It’s the colour, I think ... it reminds me of fabric and thread. I like colour; lots of it and all different kinds.

“I tend to be drawn to a more organic style, a way of interpreting an idea I may have rather than a strictly geometric design,” Halstead continued. “I like

to do a lot of handwork, so a lot of them will have embroidery embellishments, and I like to play with the colour that way.

“I don’t do machine quilting. I do some things on a machine,” she noted. “I’m looking to invest in doing machine quilting ... it will be smaller things that I can finish up a little quicker and hang on a wall.”

Halstead now anticipates that the experience of being the featured quilter may further fuel her inspiration.

“I don’t think I’m going to do as many big ones as I’ve done before ... but I’ll keep working.”

**“I WAS HOOKED. IT WAS THAT ONE CLASS THAT STARTED ME ON THIS JOURNEY.”**



**PHOTOS BY LORNE STELMACH/VOICE**  
The Barnswallow quilt show last weekend drew quilters and vendors from across southern Manitoba to the Access Event Centre in Morden.



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# Back 40 Festival unveils its 2024 lineup

By Lorne Stelmach

A key mission for the Back 40 Festival is to help keep homemade music alive, so the emphasis for its upcoming annual daylong event will be on local talent.

Organizers believe their core audience appreciates and is keen to support performers from right here in southern Manitoba.

"We made the decision to try that last year, and we thought it was a great experience," said festival chair Scott Bell.

"It seems that since the pandemic, there's been a real upswing in the amount of local performers," he said. "We feel real strongly that it's an important part of our mandate to provide them with the opportunities to perform."

"I think there is an audience for it, and I think now, more than ever, there's good opportunities for performers, and we certainly want to be part of it."

The long-running festival is set for Sunday June 2 in the Morden Park, and it will feature a variety of familiar faces as well as some perhaps who will be new to the audience.

The headline act is the musical collective described as a homegrown bluegrass supergroup, as the members of the Stanley County Cutups are all well known in folk music circles, including two members from this area.

The group includes Jeremy Penner on fiddle, Tim Osmond on banjo and dobro, Jeremy Hamm on mandolin, TJ Blair on guitar, and Jess Reimer on bass.

All sing multi-part harmonies in a bluegrass style through original compositions and traditional numbers.

"They're a great band. They're a lot of fun, and they are all excellent musicians," said Bell. "It's always our hope that we will bring in an act that will attract people, and if there is a local connection then that is even better."

"The rest of the day is filled with lots of awesome local performers," he said, starting with Joe Wilson and his Rangers as well as Smokey and the Barn Cats, which includes Karl Redding, Joel Titchkosky, and Matt Sibbald. Paul Bergman will be joined by Andrew Braun, who is originally from Altona but has been based out west.

"He's toured nationally with some artists and personally, so he's a well-seasoned musician," noted Bell.

There will also be a blues jam featuring Link and the Moustaches, JP Lepage and Jayme Giesbrecht as well as Lakes and Pines and the duo of Steve Dueck and Jennesa Kehler.

And there will be a number of solo acoustic players throughout the day, including Madel Morin, Bill Dowling, Nathan Strange, and Téa.

Children's entertainment will



PHOTO LANDON JOHNSON

SUPPLIED PHOTOS

Headlining this year's festival are the Stanley County Cutups (above). Also taking the stage are Lakes & Pines (below, left) and Joe Wilson (below, right), amongst a host of other local artists.



James Cullepon is this year's children's performer.



be provided by James Cullepon, and Karl Redding will serve as the day's MC.

"Karl's been doing a fantastic job of hosting open mic nights and coffee houses, and he was keen to take on this opportunity," said Bell.

As always, there will be the artisan vendor and food trucks. A new feature this year is the addition of a beer tent.

"That's a big step. It's something we've actually been talking about for years, and we've been able to make it a reality this time around," said Bell.

"We have some new board members who have really been able to make some things happen that have kind of been on our wish list."

Now Bell will just hope for good weather for the day, although he noted the festival last year fared well even with a heavy rain storm.

"We were pleased with it, even considering there was a pretty major downpour in the middle of the day. A lot of the performers banded together and actually performed under the tent for those who stuck it out, and it wound up being a very special part of the day."

"It's a full day experience. We're trying to make it attractive to families and people of all ages."

You can learn more about Back 40, including ticket information, online at [back40folkfest.com](http://back40folkfest.com).

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# sports & recreation



## CWE Wrestling comes to Morden



CWE took over the Morden Legion for an evening of wrestling May 1. Clockwise from above, left: With the official wrestling ring arriving a little late, Jimmy Jacobs and CAM!!kaze started the night off by fighting their match on the Legion floor; Mentallo leaps off the ropes onto "LionWarrior" Bobby Sharp; Rebel Bobby Collins throws Jackson Conway to the mat; Savio Vega, the Puerto Rican superstar invites young fans into the ring to dance to his country's music.

PHOTOS BY RICK HIEBERT/VOICE



## Twisters present MMJHL year-end awards

By Ty Dilello

On the evening of May 5, the Pembina Valley Twisters handed out its team awards to cap off an incredible 2023-24 season that saw them reach

the MMJHL's championship final before ultimately succumbing in five games to the St. James Jr. Canucks.

"It was a great chance to see everybody and hand out some hardware

for the terrific season we had," said Twisters' head coach Braeden Been-aerts.

The complete list of Pembina Valley Twisters team awards is as follows:

- Coaches Award - Jonathan Dyck.
- Rookie of the Year - Alex Vandeynze.
- Defenceman of the Year - Mike

Continued on page 18

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

# Storm rolls in with a win



PHOTOS BY RICK HIEBERT/VOICE

The Winkler Storm 2 team kicked off their season with a 3-1 win against the visiting FCNW NexGen team Sunday evening. Scoring for the home team was George Siemens, Koen Unruh, and Amery Roberts. Above: FCNW NexGen's Declan Moulden and Storm 2's Zavi Braun deGroot battle for ball control. Left: Winkler's Marcelo Froese heads a ball over top of FCNW's Thomas Harper. The Storm 2 are playing in the Manitoba Major Soccer League's Division 2 this summer, moving up from Division 3. Their next match is this Sunday at 5 p.m. against FC IPAC-UKRAINE at the 15th St. pitch in Winkler. The Winkler Storm 1 team, meanwhile, started their season Tuesday on the road against Galacticos FC. The result was not available at press time. Storm 1, which play in Division 1, have their home opener against the Hanover Kickers Sunday at 7 p.m.

## > TWISTERS AWARDS, FROM PG. 17

Heppner.

- Mike Hesford (Grittiest Player) Award - Cody Clark.
- Pat O'Brien (Hard Work and Perseverance) Award - Mark Plett.
- Dale Remple (Heart) Award - Cody Clark.
- Most Valuable Player (MVP) Award - Derek Wiebe.

As the 2024-25 season approaches, the Twisters must say goodbye to a group of senior players who have reached the end of their junior hockey careers. This includes forwards Merck DeGraeve, Riley Goertzen, Brett Bergman, Derek Wiebe, and Cody Clark; as well as defencemen Jacob Carels, Caelan

Russell, and Kyle Vandeynze.

"Losing eight guys, there are definitely holes to be filled," said Beernaerts, "but we are confident in the remaining leadership and prospects coming up that we will be able to reload and come back ready to take another stab at the Jack McKenzie Trophy and win a league championship."

When it comes to restocking the cupboards,

so to speak, on an MMJHL team, there is no leaguwide draft, so anyone under the age of 18 is available whether they are from your region or not. There is a 50-man protection list in place for anyone over 18.

"We'll be fine for next season. We will find some players and get them playing Twisters hockey, and I anticipate another strong season for our club."



PHOTOS BY MERLIN HEPPNER

Derek Wiebe was presented the Most Valuable Player award by head coach Braeden Beernaerts and assistant coach Riley Wise.



Alex Vandeynze  
Rookie of the Year



Jonathan Dyck  
Coaches award



Cody Clark  
Dale Remple Heart Award



Mark Plett  
Pat O'Brien Award



Mike Heppner  
Top Defence Award



Zander Carels  
Mike Hesford Award

# Central Energy kicks off MPSL softball season

By Ty Dilello

The Manitoba Premier Softball League (MPSL) regular season kicked off on Sunday May 5 with all three Central Energy clubs in action.

On May 5, the U17 Central Energy team earned a split on the opening day of the Manitoba Premier Softball League.

The Central Energy softball club has been preparing for the season all the way back in mid-September with tryouts for the 2024 season. Since then, teams have been busy practicing throughout the winter, getting into full swing after spring break. This year Central Energy boasts three teams (U17, U15, U13) that have representation from all over the Central region of the province.

The U17 Central Energy squad is more than ready for the MPSL season as the girls had recently travelled to Nebraska in April for a tournament to kick off their season and get some dirt on their cleats.

Central Energy bested Winnipeg Lightning 5-4 in the first game of the doubleheader after taking the lead late in the game. The game was tied at four in the top of the fifth when a passed ball scored one run, which won them the game.

In the rubber match, Winnipeg Lightning got the best of Central Energy by a 14-9 score. Central Energy was up 9-8 in the final inning when Winnipeg scored five unanswered runs to get the win.

"It was a good start to the season as the hitting got progressively better as the games went on and the players settled into their roles," said U17 Central Energy coach Cam Zacharias. "A couple of in-the-park home runs and some other extra base hits showed a lot of potential power in the lineup."

Zacharias notes that his team had great pitching using four of its six pitchers on the afternoon to get them their first pitches of the regular season.

"The team is looking very strong with a lot of good hitting, pitching and defence," said Zacharias. "The big thing right now is just getting enough reps to get our consistency where we want it for the season."

U17 Central Energy will return to the diamond on May 18 with a doubleheader starting at noon against the Smitty's Terminators

The U15 Central Energy team was



Central Energy's Molly Conrad of Swan Lake gets a good look at a high pitch.

also in action on May 5 and split its doubleheader with an 8-1 win over the Winnipeg Lightning and a 5-4 loss to the Westman Magic.

Central Energy scored in multiple innings to take down the Winnipeg Lightning 8-1 in their season opener in Brandon on Sunday. Kennedy Funk earned the win for Central. The righty allowed four hits and one run over six innings, striking out six and walking six. Central piled up 10 hits in the game. Rory Perrin went 3 for 3 at the plate to lead the Energy in hits. Mya Richard, Perrin, and Shyanne Goertzen each drove in one run for Central. Bree Pearce collected two hits in three at bats.

Game 2 of the day saw Central at rivals Westman Magic. Even though the Energy club collected five hits to Westman Magic's two, they still fell 5-4. Goertzen led the Energy with two hits and two RBIs. Central Energy opened the scoring in the first after Goertzen singled, scoring one run. The club added two runs in the second when Funk singled after a 6-pitch at-bat, making the score 3-0. They scored another run in the top of the third on a home run by Goertzen on the seventh pitch of the at-bat. Taylor Wall went the distance in the circle for Central Energy. She surrendered two hits and five runs (one earned) over six innings, striking out nine and walking four. Some fielding errors helped the Magic claw back into the game and eventually get the win.

Central Energy's next game will be on May 12, when they play a doubleheader against Smitty's Terminators.



PHOTOS BY RICK HIEBERT/VOICE

Central Energy's Maddy Friesen of Altona, steals her base beating the throw to the Lightning's second base Camry Wilkes. The U17 Central Energy team earned a split on the opening day of the Manitoba Premier Softball League last Sunday.



Central Energy's Nelia Fehr of Morden slides in safely, beating the throw home to Lightning's Vienna Vandal.

Game time is noon and 2 p.m. at Mofat Diamond 2 in Winnipeg.

The U13 Central Energy also split its season opening doubleheader on May 5, dropping the first game 7-1 to the Manitoba Angels, while defeating them 11-7 in the rematch.

Bianca Lanthier led things off in the circle for Energy. She allowed three hits and two runs (zero earned) over three innings, striking out eight and walking none. Beaudry English was ready at the plate going 1 for 2. Lindsay French also pitched three innings, allowing 2 hits, and whiffing 6.

In Game 2, Central Energy got on the board in the top of the first inning after French singled, scoring two runs, and a passed ball scored one run.

They added to their early lead in the top of the third inning after a double and two singles, each scoring one run. Collins Vrooman stepped in the circle first for Central. She gave up four hits and five runs over three innings, striking out six and walking six. Cassandra Lanthier appeared in relief, allowing 1 hit, and getting 9 strikeouts in 3 innings. Central Energy amassed 11 hits in the game, led by Vrooman who went 2 for 2. English and French were tough to manage back-to-back in the lineup, as each drove in two runs for the 13U club. Central Energy also had a strong eye at the plate, totaling nine walks for the game.

The U13 squad is back in action with a doubleheader on May 10 against the Westman Magic.

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



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

At the Winkler Flyers' Turnbull Cup Community Celebration on Sunday, fans of all ages got the chance to get up close with the junior championship trophy the Flyers brought home last month by downing the Steinbach Pistons in four game straight, get autographs from Flyers players, hang out with mascot Grintich, and enjoy a by-donation hot dog lunch, with funds raised going to help the team with their Centennial Cup travel costs. The Flyers are in Ontario May 9-19 to compete in the National Junior A Hockey Championship.

# Flyers celebrate big win with their fans



## Curling Canada introduces new stream to its scholarship program

By Lana Meier

Curling Canada is pleased to announce the addition of a new stream to its scholarship program, providing equal support for both upcoming champions and those who contribute to the sport's growth.

Increasing the number of curling scholarships equates to greater prospects for aspiring young curlers and future leaders. This is precisely why Curling Canada has decided to nearly double the amount of scholarship opportunities available to student-athletes this year.

Along with the For the Love of Curling scholarships, which have been given out each year since 2014 to talented young athletes, Curling Canada will be introducing a fresh set of scholarships this year to assist aspiring leaders in their pursuit of higher education.

The Fran Todd All Heart Award, introduced two years prior, aims to support young curlers in developing inclusive initiatives and programming at their respective facilities. As it enters its third year, the award is evolving into a scholarship that will aid in furthering the education of

aspiring leaders in the curling community.

"Many young curlers grow up with dreams and aspirations of reaching the podium. Others wish to use the values and qualities of fair play and sportsmanship they learned through curling to bring change to their communities. They are all leaders of the sport in their own rights and deserve our support," said Brodie Bazinet, Curling Canada's philanthropic program manager. "This is a major opportunity for broader representation of young curlers across the country. Thanks to the generous support of donors, Curling Canada can now invest equally in our sport's future builders and champions."

The Curling Canada Scholarship Program now has two streams, with 10 scholarships to be awarded in each. The 20 scholarships are worth \$2,500 each, totalling a \$50,000 investment in the future of the sport this year.

There are 10 For the Love of Curling Scholarships for young curling student-athletes who best demonstrate athletic and academic prowess and strong community leadership. The aim is to give talented young curlers the support they need to pursue their academic and curling dreams.

Ten Fran Todd All Heart Scholarships are open to curling student-athletes who exemplify a strong commitment to volunteerism and community leadership in using sports as a vehicle for positive societal change. This scholarship aims to recognize and assist empathetic young curlers in pursuing their academic and volunteer ambitions.

This year, The Governor General's Curling Club, an honorary society under the patronage of the Governor General of Canada since 1874, will award two scholarships. These scholarships are made possible by generous donations from members of the club.

Potential scholarship recipients will use the

**"THIS IS A MAJOR OPPORTUNITY FOR BROADER REPRESENTATION OF YOUNG CURLERS ACROSS THE COUNTRY."**

same application to apply for both scholarship streams. Applicants will write a personal essay reflecting on their vision for the future of curling in Canada and what influences they and their generation of curlers can have on the development of the sport and the community.

Applicants must be 22 or younger as of Dec. 31. Students who have received the For the Love of Curling Scholarship are still eligible for the Fran Todd All Heart Scholarship.

The selection panel consists of Curling Canada staff, board members, former scholars and other leaders in the curling community, including: Nolan Thiessen (Curling Canada CEO), Helen Radford (Curling Canada Manager, Youth Programs and NextGEN), Bobby Ray (Curling Canada Manager, Club Development), Brodie Bazinet (Curling Canada Manager, Philanthropic Program), Michael Szajewski (Curling Canada Board of Governors Chair), Jennifer Howard (Curling Canada Board of Governor), Donna Krotz (leadership representative), Wil Robertson (previous scholar), Sophie Blades (previous scholar) and Wil Thurlow (Governor General's Curling Club).

The application must be submitted by June 9, at 11:59 p.m. ET, after which Curling Canada will reveal the chosen recipients in September of that year.

For more information and to apply, visit Curling Canada's Philanthropic website.

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### VOLUNTEER BOARD POSITION



### Citizen Representative Needed for Menzie's Medical Centre Community Board

FOR IMMEDIATE RELEASE  
MORDEN, MB - The Menzie's Medical Centre Community Board is looking to fill an opening for a citizen representative for the City of Morden. Potential candidates are encouraged to take an active role on the board on a regular basis and on their own initiative. Healthcare experience would be considered an asset but not a requirement for this position.

The community board is a volunteer board of directors that is responsible for providing all the equipment (medical and computer) and furnishings within the entire clinic. Because the community board purchases the equipment and furnishings, the community owns it. The community board receives monthly payments from the City of Morden, the RM of Stanley and the Agassiz Physicians Medical Corporation. The community board is a registered charity and receives donations. All purchases for equipment must be approved by the community board.

For further questions regarding this opportunity, please contact City Manager Nicole Reidle at 204-822-4434 or by email at cm@mymorden.ca.

**How to apply:**  
Please provide a short letter describing your interest in serving on the Menzie's Medical Centre Community Board and why you feel you would be a good representative. Submit your letter in person, by email to cm@mymorden.ca or by mail to the City of Morden Civic Centre: 100 - 195 Stephen Street, Morden, Manitoba, R6M 1V3.

Applications are due by May 31, 2024.



# Art of Dorothy Siemens on display at The Gardens

By Lori Penner

The spring exhibit at the gallery at Altona's Gardens on Tenth features an artist who is well-remembered and loved in the area. Many homes and offices still have Dorothy Siemens' work gracing their walls.

Siemens grew up on her parents' farm just north of Horndean. Her love of art began at a young age. Her daughter Lisa recalls a story about when Dorothy was little, and she bought her mother a box of crayons for her birthday.

"Needless to say, her mother let her use them. She wanted to have crayons at home, not just at school."

This love of colour and creating would last her whole life.

"My mom also sewed clothes, and embroidered pillowcases made from flour sacks. She had a doll made from flour sacks. They repurposed everything back in those days. That's where so much creativity was born."

In 1955, Dorothy married Ray Siemens of Altona. For the next 30 years, she lived on the Siemens farm, raising five children.

"She was so busy, but still managed to find time for art," shares Lisa. "Colouring books were a big thing, and she was great at colouring. She helped me make my own Valentines Day cards, and I was so impressed. She had an eye for fabrics. And colours. My mother saw the beauty in

everything."

Her husband travelled a lot with his role as president of what was then called Co-op Vegetable Oils.

"When the kids got older, I encouraged her to paint," Ray recalls. "She should have her own interests. I had a busy life, and I wanted her to have something, too."

Lisa adds, "She needed something, outside of being a mother and farmer's wife. My mom was very smart. She went to business college in Winnipeg when she was 17. There was always music playing. She was a woman of many interests. She could write, as well, and was an amazing listener and observer. She encouraged us to follow our dreams, and then, she began to follow her own."

With her family's encouragement, Dorothy took art lessons. She studied pottery with Alvin Pauls in Winnipeg, and painting with several local instructors. She became highly involved in the Altona Arts Council, mentoring other artists, and organizing art shows.

"At one point, she started taking art lessons at a retreat once a month in Gimli," says Lisa. "She had art books she'd bring back with things she had done there. There would be artists from all over. Friends remember dropping by and seeing my mom sitting happily in front of her easel."

Whether painting, crocheting, rug making or knitting, Dorothy was al-



PHOTO BY LORI PENNER/VOICE

Ray Siemens and his daughter Lisa with one of many works of art created by his late wife Dorothy, currently on display at Gardens on Tenth in Altona.

ways busy, always making the world more beautiful.

In 1988, Dorothy and Ray moved to Peachland, BC. After this move, Dorothy continued to paint, and also spent many years crocheting and knitting afghans and sweaters sewing clothing for her grandchildren. Piecing together quilts, decorating, and redecorating her house.

She also did some beautiful landscaping on their property.

After she passed away in BC in 2015, Ray moved to the Gardens on Tenth. Seeing a photo exhibit there made him want to display Dorothy's work as well.

"I had some of her pieces in my apartment, and I thought they should be seen and enjoyed by others," he says.

This quickly turned into an exhibit, with a number of people from the area contributing pieces they have owned

and enjoyed for years to the show. "There have been so many positive comments."

This display of Dorothy's work consists of prairie and mountain landscapes as well as one hand stitched quilt.

One painting is Ray's favourite. It features a row of Hutterite women sitting on a curb, waiting for a parade to begin.

"She saw the charm and beauty in that moment, so she sketched and painted them. It told a story," he recalls. It was, he adds, just like Dorothy.

Looking at the various works, in oil and acrylic, from dilapidated old farm buildings and grain elevators, to rippling streams, and lonely creeks, Lisa says, "It's so great to see all of them together like this. It's timeless, just like our memories."

## > SPRINGTIDE WELLNESS, FROM PG. 14

and are always looking at adding more, if it fits our health and wellness model."

The demand for their services has steadily grown since their soft opening earlier this year.

"My passion is aesthetics, which includes skin and nails, manicures, pedicures, facials, and body treatments," Braun shared. "Facials have blown up since moving here. I used to do maybe a couple a month, now I'm averaging three a day. I didn't have the space to do that until we came here. Now we have more spa space. It's quieter and more welcom-

ing for those types of services."

Self-care isn't just a growing trend, Braun adds.

"It's important. Whether you're a businessperson or a busy mom, no matter what your age or walk of life, we all need to take care of our bodies."

And clients can rest assured, knowing that Braun and her team research all the products they use and sell, and the companies behind them, to make sure they're high quality, natural and safe.

Employee satisfaction is also a big priority. Staff members are qualified

and experienced, and love what they do.

"I'm incredibly proud of our team, and I'm also so thankful for my husband Riley, for all the support he's given me along the way," Braun said.

Braun recently received the Chamber of Commerce Entrepreneur of the Year Award. As excited as she is about launching a business, at the heart of it is her sincere concern for her clients.

"The wellness industry is growing, and it's for everybody. Whether you're a businessperson, or a mom, no matter what your age or walk of

life. We all need to take care of our bodies. Even if you're just coming in for relaxation treatments, you'll be in a welcoming space with amazing smells and good music, it's an environment where people can just come in and take a big breath, leave their stress at the door, and be treated with care by one of our professionals."

Braun wants Springtide Wellness to feel like a getaway.

"People come in here and they say, 'This doesn't feel like Altona.' We want this to be a place for relaxation and healing. A place where you can escape and find wellness."

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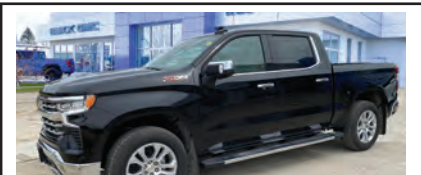


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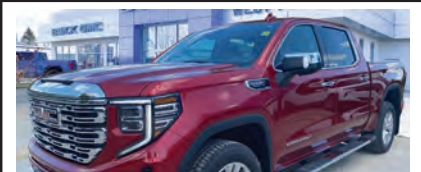


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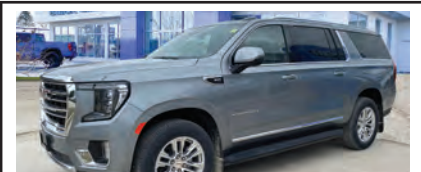


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