



OPEN HOUSE!
THURS., JUNE 20, 6PM - 8PM
 240 PIONEER DRIVE, ALTONA
 BED: 5 BATH: 3 SQFT: 1607
 8 LYNNWOOD BAY, ALTONA
 BED: 4 BATH: 3 SQFT: 2014



border
 real estate ltd.
 204-324-8348

The **Voice** Altona • Rhineland • Morris

VOLUME 3 EDITION 25

THURSDAY,
 JUNE 20, 2024

altonavoice.ca

LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY



TOWN OF
 ALTONA
 CELEBRATES
**CANADA
 DAY!**
JULY 1

FREE SWIMMING
 INFLATABLES
 BIKE
 DECORATING
 CONTEST &
 PARADE
 FOOD TRUCKS
 PETTING ZOO
 ENTERTAINMENT
 FIREWORKS



Remembering
 Grandpa

Little Asha Nickel, the great-granddaughter of the late Grant Nickel, helps to water the tree planted in memory of him. 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



**BUSINESS
 GRANTS**

SEED provides grants for new business start-ups, expansions and the purchase of existing businesses! For more information, contact Stephanie Harris, EDO

edo@seedrpga.com • www.seedrpga.com



P 204-324-9549 • 3-42 Centre Ave E, Altona

Memory Garden brings solace to all who visit

By Lori Penner

A small crowd of residents gathered at Altona's Memory Garden on June 10 to pay tribute to their loved ones who have passed away.

The annual planting ceremony, organized by the Altona and District Palliative Care team, provides comfort and a sense of connection for families navigating grief.

Maria Nickel, volunteer team coordinator, emphasized the site's significance.

"This memory garden is a place where families can come as individuals, or together, during holidays or in times when they're alone feeling grief for their loved ones who have been lost," she said.

"The planting itself is a physical project, so there's work to be done. There's work in grieving as well, so when we grieve loved ones, it's a form of work we have to do over time. Whether families are in town, or from far away, this is a place where they'll be able to come and remember."



PHOTOS BY LORI PENNER/VOICE

Above: Altona & District Palliative Care team coordinator Maria Nickel shares her thoughts with the crowd who gathered for the annual Memory Garden planting ceremony on June 10. Below: The family of Don Radford plant a flowering crabapple tree in his honour.

Located on 10th Ave., the Memory Garden was originally established in 2007 by the Altona in Bloom Committee.

"They had a vision and a goal to create a peaceful place to spend time remembering loved ones, while being surrounded by beauty and by nature," Nickel shared.

They hired a professional artist who

created the original plan and continues to help with the layout. Any community member can participate in the service by purchasing a plant from the Altona Recreation Department and planting it in a designated area.

What began with just four trees and a few tulips has blossomed into its ninth bed. Over 100 trees, bushes, and perennials now stand as living memorials.


Today, the site features benches, pathways and monuments, surrounded by plants that burst into colour every spring.

"Residents of Altona enjoy the changing seasons here," Nickel said. "From winter's stark beauty to spring's vibrant colors, this garden brings solace to all who visit."


During this year's service, 17 new plants were added, symbolizing ongoing remembrance.

Continued on page 13



Class of  **2024**

Congratulations Graduates!
On behalf of the Council & staff of the Town of Altona, we wish you all the best in the next chapter of your lives.




Fill a Tray for \$20 **JUNE 20-26**

ANY ANNUAL 6-PACK, 4" POT OR VEGGIE

Altona's new greenhouse offering a range of annuals, perennials, & much more!
www.twosparrows.ca
396 2nd Street NE Altona




Language students celebrate their achievements

By Ashleigh Viveiros

Regional Connections Immigrant Services celebrated the successes of its language students with a ceremony in Winkler last week.

The June 13 event, held at the Central Station Community Centre, was a first for the organization.

Though graduation celebrations have been held in the past for local Adult Literacy Program learners, this year's bash encompassed the entire student body, including participants in the Learning Instruction for Newcomers to Canada and English at Work classes in Winkler, Morden, and Altona. The organization also offers these classes at its Dauphin location as well as online.

Continued on page 4



PHOTO BY ASHLEIGH VIVEIROS/VOICE

At Regional Connections' graduation ceremonies last week, the speaking and listening class students shared how their English language studies have increased their level of confidence.

Our mistake

Our June 13 story on the 2024 Pembina Valley Pride march and rally incorrectly referred to past president Peter Wohlgemut as he/him. Wohlge

mut in fact uses they / them pronouns. We regret the error and any confusion it may have caused.

BEST GIFT EVER!

Scenic Flight Tour

LOVE IS IN THE AIR!

POPPING THE QUESTION
BIRTHDAYS

ANNIVERSARIES
SPECIAL OCCASIONS

\$149 3 PASSENGERS AND THE PILOT ALL FOR ONE LOW COST

Book Today!

LS AIRWAYS FLIGHT ACADEMY

LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-651-1402

HOT SUMMER DEALS !!

DOORCRASHER ASSENTOR3 SIEVE \$101.99	SANDALS 20% OFF	DRYSHOD RUBBER BOOTS 20% OFF
TIGER SAFETY HIS & HERS \$ 140.00	WRANGLER SHIRTS & JEANS TAX INCLUDED HATS 20% OFF	WESTERN BOOTS OLD WEST & DURANGO 25% OFF

HOURS: Monday to Friday 9:30 am to 5:30 pm Saturday 9:30 am to 4:00 pm • 325 Kimberly Rd. - East of Canadian Tire

K.C.'s YOUR FAMILY FOOTWEAR STORE
Shoe Repair **204.325.5538**

BRAHMA BOOT **KEEN ROYER** **MERRELL** **TERRA**

WORK & WESTERN WEARHOUSE

Adult & Teen Challenge
SuperThrift

SHOP AND DONATE **NEW ITEMS GOING OUT DAILY**

324 CARGILL ROAD, WINKLER

HOURS OF OPERATION:
Monday - Friday
9:00 am - 5:30 pm
Saturday
9:00 am - 5:00 pm

Like Us On **facebook**

Stoney Mtn. storm chaser tracks tornado in our area

By Jennifer McFee

A storm chaser experienced a day to remember last Wednesday while many Manitoba communities were under a tornado warning.

Ethan Caners of Stony Mountain had been tracking the storm and keeping an eye on forecasts, which prompted tornado warnings in municipalities

including Morden, Winkler, Stanley, Victoria, Glenboro-South Cypress, North Cypress-Langford, Oakland-Wawanessa, Neepawa, Carberry and Lorne.

On Wednesday, June 12, he picked up fellow storm chaser Bradyon Morriseau from the airport to began their pursuit.

“He’s Canada’s best chaser, in my

opinion,” Caners said. “We teamed together.”

They drove to Portage la Prairie and picked up another chaser, Jordan Carruthers, as well as a friend named Ethan Haggard.

“We got on one storm that we saw form on the Saskatchewan border and then we kept following it. We followed that individual cell for about 2.5 hours,” said Caners, who has been chasing storms across Canada and the United States for the past two years.

“It produced four tornadoes while we were following it. The first three tornadoes all spawned almost simultaneously with each other near Rivers, Manitoba, but the main one spawned in Swan Lake.”

The tornadoes in Rivers were relatively weak, he said, but that wasn’t the case for the system in Swan Lake.

“The one in Swan Lake did some damage. That one was a little scary for me since my sister lives in Swan Lake right now, so I was on the phone with her, giving her updates, telling her to get downstairs and making sure she was OK,” he said.

“It mainly damaged the powwow

stadium in Swan Lake. It also hit a barn northwest of Swan Lake, which we heard about later.”

In an effort to keep safe, Caners said they mainly rely on visual cues.

“You watch how the storm is moving, and you position yourself in a good area. You make sure you have escape options if you need,” he said.

“We maintained a safe distance from this one because we realized that this could be a strong tornado.”

Beyond the local storms, Caners also keeps an eye on tornadoes throughout the United States. Several weeks ago, he chased a tornado in North Dakota. And earlier in the year, he chased a high-risk tornado in Oklahoma, where he also spent about eight hours helping with search-and-rescue efforts amid the destruction.

But when he reflects on all the storms he’s seen, last week’s tornadoes top the charts for Caners — and he expects another tornado could be on its way to Manitoba before long.

“It was probably the best day we’ve had so far ever,” he said. “I think I’ll be chasing Manitoba again soon.”



SUBMITTED PHOTOS BY ETHAN CANERS

Storm chaser Ethan Caners saw tornadoes in Rivers and Swan Lake on June 12. The storm system caused damage to the powwow grounds in Swan Lake (right).



Come to Oakview Golf and Country Club 5km south of Altona, MB and enjoy an unforgettable day of golf. This great deal is effective all summer. See you soon....

Mondays and Thursdays \$60+tax all day golf for 2 people, cart included

Mens Open July 13/2024 1:00 PM Shotgun start Cash prizes



Winkler grad parade is this Thursday

By Ashleigh Viveiros

Winkler’s Class of 2024 from Garden Valley Collegiate and Northlands Parkway Collegiate is teaming up for the annual joint grad parade this week.

The community is invited to come cheer on the grads as they parade through town in their formalwear on Thursday, June 20 starting at 7 p.m. If it rains, the parade will be held Friday at 7 p.m.

“I have always enjoyed the idea of the grad parade just as a way of celebrating the kids who are graduating,” says GVC grad Brock Becker, who is a member of the school’s aftergrad committee. “It’s a nice chance for them to show off,

sort of a last hurrah ... for a lot of kids, getting through high school might have been a struggle, a lot of these classes took a toll, and they were able to push through and get it done.”

Having the parade be a joint effort between the two high schools is a neat tradition in unity, Becker observes.

“It definitely creates a sense of camaraderie between the two schools where there’s normally rivalry,” he says. “It could be two separate parades, the way that there’s two separate after grads, but it’s one connected one, the Winkler grad parade—we’re all graduating from the Winkler high schools, we’re all Winkler graduates.”

Continued on page 5

getinformed



> LANGUAGE PROGRAM GRADUATION, FROM PG. 3

Every single student in the language program is to be lauded for their dedication to self-improvement, said Regional Connections executive director Steve Reynolds.

"It's no easy thing as an adult to learn a new language or to improve your literacy skills," he told the assembled crowd. "Your life is already full of commitments, responsibilities, and relationships. Sometimes it feels like there's so much to do and so little time. Then add on top of that the hundreds or even thousands of hours to learn a new language—it's a tall task, but it's worthwhile and you're doing it."

Language and literacy classes for locals and newcomers to Canada alike stretch back over 40 years, Reynolds shared.

"The English at Work program started in 1983. Our adult literacy program started in 1988 and our ESL program for newcomers started in 1998," he said, noting these programs have grown today to support more students than ever. "Over 1,300 people registered for classes at Regional Connections this past year. Our staff worked tirelessly to address a wait list that was often 100 to 200 people long waiting for a spot in a language class."

In his valedictory address, Danylo Olehov reflected on what learning English has meant to him.

"The importance of learning a new language cannot be overstated. It's not just about acquiring a new set

of words or mastering grammar, it's about unlocking new opportunities and opening doors to a world of possibilities.

"Through language we connect with people, understand different cultures, and build bridges across diverse people in the community," Olehov said. "During our time at Regional Connections we have experienced that transformative power of language.

"The dedicated teachers and supportive environment have been instrumental in our process," he continued, thanking the program's staff for their patience and encouragement. "Each lesson has brought us one step closer to fluency and has instilled in us the confidence to navigate this new world.

"Mastering English will lead to better job prospects, higher education, and a successful, more fulfilling life. It allows us to fully participate in society, express our thoughts and ideas, and contribute to our community."

Fellow student Diana Kravchenko echoed those sentiments in her thank-you address to the teachers.

"A different language is a different



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Above: Students from Winkler, Morden, and Altona file into the meeting space at Central Station in Winkler to mark the end of another language program school year. Some will return for additional classes this fall, while others have completed their studies after years of work. Left: Valedictorian Danylo Olehov shared that learning English has had a profound impact on his life.

"THROUGH LANGUAGE WE CONNECT WITH PEOPLE, UNDERSTAND DIFFERENT CULTURES, AND BUILD BRIDGES ACROSS DIVERSE PEOPLE IN THE COMMUNITY."

vision of life," she said, quoting Italian film director Federico Fellini. "[It is] in the knowledge of this new view of life, in the knowledge of a new language, the Regional Connection teachers have [given] us.

"I sincerely credit you for your constant self-sacrifice and daily dedication," she said. "Thank you, our dear teachers, for believing in us and always giving us an incentive—sometimes a powerful kick—and for being honest with us."

Language program director Rhoda Keck said these classes have a profound impact on the hundreds of students they reach each year, no matter what level of speaking or literacy skills they come with.

"It is definitely life-changing. It makes a difference between being isolated in your home, being isolated when you walk out into public and you don't know what people are saying, you don't know what the words on the street signs mean, and then being able to slowly make out words, being able to greet people, your neighbours on the street, being able to get a job, and to not just get a job, but also upskill in your job.

"So even the higher-speaking students, when they come to class and they learn a lot about workplace culture and about improving their workplace or their writing skills, it has huge impact on their life in Canada."

> GRAD PARADE, FROM PG. 4

The parade will get underway at the Meridian Exhibition Centre, head south down Park St., east briefly on South Railway Ave., south down 8th St. to Pembina Ave., west down Pembina all the way to 15th

St., and then north to turn on Grandeur Ave. and end things near the exhibition centre.

"There's going to be a lot of cool cars," Becker says. "And kids are going to be wearing suits and dresses

as well, and those are always spectacular.

"It's a fun show to be had and a fun thing to watch."

The 2024 graduation ceremonies happen next week, with GVC's taking place Tuesday and NPC's on Wednesday.

The **Voice**

getheard
EDITORIAL > VIEWPOINTS > LETTERS



PUBLISHER
Lana Meier



MARKETING & PROMOTIONS
Brett Mitchell



EDITOR
Ashleigh Viveiros



REPORTER
Lorne Stelmach



REPORTER
Lori Penner



REPORTER
Siobhan Maas



SALES
Gwen Dyck



PRODUCTION
Nicole Kapusta



PRODUCTION
Tara Gionet



DISTRIBUTION
Christy Brown

The newspaper is supported by advertising dollars. If you enjoy the paper and would like to see it grow and prosper, visit any of the advertisers and businesses in our rural communities. Keep your dollars working at home and shop local.

Our commitment to you: we want to help build stronger communities through articles that both inform and entertain you about what's going on throughout the Pembina Valley. This is your community newspaper—let us know what you want to see in it.

OUR SISTER PUBLICATIONS



A house becomes a home

It's hard to believe now that my wife and I bought our current home nine years ago in the late summer of 2015.

The story goes as follows: I was executive director at the Canadian Fossil Discovery Centre, and I was looking for housing options for a visiting fossil preparator coming from Alberta to work on a shark specimen (now excellently displayed by the current CFDC E.D. Adolfo Cuetara).

Our visitor would be in the museum for more than a month and so options were potentially very costly, even at the least expensive motels. With that I turned to old faithful: Facebook.

While Facebook may be a cesspool in a number of ways, its ability to be used to quickly spread information and need is relatively unparalleled. I posted our housing requirements and within a few hours my old friend and former Morden mayor Doug Wilson reached out with a proposal.

His house was sitting unoccupied and for an unbeatable price we could let our visitor stay there for the month.

I asked if I could check it out and Doug agreed. The second I walked up to and into the house I fell in love with it. Every square inch of the 1890ish Scottish field stone house was packed with an abundance of character.

I called Doug and told him I we would love to rent it for the month and in passing said, "Hey, if you ever

think of selling the house let me know. I'd love a chance to bid."

He mentioned that he had tried to sell it over the years, and he'd still be willing to. With that, the gears began to turn.

I called my wife and I said, "Hey ... want to buy a house?"

Her response was a figurative, "Come again?"

I explained the circumstance and argued we had nothing to lose by simply looking. She agreed—with no small amount of skepticism—and joined me on a walkthrough.

Now please understand, I am usually the impulsive one in our relationship while my wife is often the steady and well-researched partner. We balance each other out well here. It was a testimony to the house's impact on her that she was willing to explore moving forward with a purchase after having seen it.

After more research, conversations with Doug and a real estate agent, followed by a six-hour home inspection and voluminous report, we took the plunge and bought the house.

Neither of us have ever loved a house as much as we love this one. Over the years we have renovated a few things, but the general character remains the same. This place with

walls more than three-quarters of a meter thick that keeps the sounds out while keeping the warmth in the winter and the cool in the summer has become a part of us.

It is safe to say that over the years we have fallen in love with this space. Its covered porch is great during a thunderstorm and set back far enough from the street to feel private. The back yard is rimmed in trees and has become a small oasis for us where we can gather family and friends around the firepit.

I think we began to realize how much this house had become our home when we rented a cabin near Lake Winnipeg and spent a weekend away together often talking about how much we missed being at home.

A house is a house is a house whether you own it or rent it. A home however is something different. A home is a space imbued with memory, joy, love and even sadness from time to time. A home is a witness to your life such that it becomes a part of it beyond the sum of its wood and stone.

We are grateful that this house has become a home to us and my wish for you is the same: no matter where you live, may you find your place transformed to a home you love.



By Peter Cantelon

Letter policy

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

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

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

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

Send your letters to us by e-mail at news@winklermordenvoice.ca.

All columns and letters published on our Get Heard pages are the personal opinions of the submitting writers. They are not objective news articles, nor are they necessarily the viewpoint of the Voice.

GET IN TOUCH WITH US

GENERAL INQUIRIES:
204-325-6888

ADVERTISING:
Gwen Dyck 204-823-0535
gdyc@winklermordenvoice.ca

Advertising Deadline: Monday at 4 p.m.

NEWS DESK:

Ashleigh Viveiros Editor
204-332-3456 news@winklermordenvoice.ca

Lorne Stelmach Reporter
204-823-2655 lstelmach@winklermordenvoice.ca

MAILING ADDRESS:

Winkler Morden Voice
Box 39, Stonewall, MB R0C 2Z0

The Voice is published Thursdays and distributed as a free publication to 21,141 households. Republishing in whole or in part without permission is prohibited. Printed in Canada by Prolific Printing. The Voice received financial support from the Government of Canada in 2021.

View the Voice online at www.winklermordenvoice.ca or altonavoice.ca



A new look for Access CU Winkler

By Ashleigh Viveiros

Access Credit Union celebrated the new look of its Winkler branch with a ribbon cutting celebration last week.

The downtown branch has been undergoing major renovations in recent months to create a space with a more modern feel that better meets the needs of customers and staff alike, said Access CEO Larry Davey.

"Probably the biggest thing is we wanted to focus on bringing the light in from outside for not only the members when they're here so that it's brighter, but for the staff who are working here ongoing," he said.

"We did a huge transition on offices and the availability of light, downstairs and upstairs," Davey continued. "And we also had to factor in

people's work patterns now, having changed after COVID. So there are offices here for hotelling where people can come and use them."

That last feature has become increasingly necessary as Access CU continues to expand across southern Manitoba, which means more staff are traveling to work between branch locations.

"[IT] WILL SERVE US WELL FOR YEARS TO COME."

The renovations also carved out room for Access to move its training centre from the corporate offices in the Stanley corridor to Winkler, and created larger spaces for its IT and call centre departments.

The financial institution has been at this location for decades, Davey observed, so the time had come for a remodel.

"We renovated in the '90s and early 2000s, and after 20 years, 25 years, it



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Cutting the ribbon on the newly renovated Access Credit Union Winkler branch last week was (from left) Winkler Mayor Henry Siemens, branch managing partner Mark Peters, Access CEO Larry Davey, Morden-Winkler MLA Carrie Hiebert, Winkler Chamber executive directory Tanya Chateaufeuf, and (front) Laurie Keith with Bill, Access CU's "Director of Greetings" (DOG).

was time to do that refresh because the branch experience has transitioned so much over the last number of years," he said, pointing, in example, to the increasing use of electronic banking in that time, necessitating fewer in-branch member services representatives.

"This this is the type of look that we're looking for for Access as we continue to renovate offices," Davey said. "We took some of the learnings for our Innovation Centre and our Carman branches and put them into this. We will continue to learn as we move into other branches for renovations as well."

The Winkler branch has 45 staff working there on a daily basis, shared

branch managing partner Mark Peters.

"Being in the heart of the city is awesome for us," he said, noting they often see members from the neighbouring businesses walk over to do their daily banking.

"We did analyze whether it should relocate, but this was viewed as the perfect location for us," added Davey.

The renovations make for a much more efficient layout, Peters observed.

"We were able to add a lot more offices on the main floor so all banking can be done on the main floor, and the upstairs is more of a support system for the main floor staff."

The refreshed branch will "serve us well for years to come," Davey said.

New owners for Morden Home Hardware



PHOTOS BY LORNE STELMACH/VOICE

A ceremony last Thursday officially celebrated the opening of Morden Home Hardware under new ownership, with Richard Dyck on board as the general manager/co-owner. The new ownership group see the business growing further with the expansion of what was formerly just a hardware store but is now a full building centre. The lumber side of the business has already grown, and there are plans for expanding the warehouse space on the yard as well. Above: Home Hardware territory manager Heather Brincheski presented the store with a golden saw to mark the occasion. From left: BeautiTone Paint Consultant Norm Demeulenaere, owner John Froese, owner Alan Froese, owner/general manager Richard Dyck, Brincheski, and owner Jack Froese. Left: Store staff and owners.

Buying kid's clothing is as easy as ABC

By Lorne Stelmach

It's been quite a wait for Crystal Harsant's business idea to come to fruition.

Officially celebrating the opening of ABC Already Been Chosen Kids Clothing at 339 Stephen St. in Morden last Thursday, Harsant noted it is something she has had in mind for years.

"It's actually been a dream of mine for a very long time. My youngest is 17, so it's actually been since he was born," she shared. "It's a fabulous location, and it's actually been a bit of a whirlwind. I've had it on my heart for a long time. I've been collecting clothes for over a year already."

The store offers good quality used kids clothing at affordable prices with sizes ranging from preemie to extra large, and her goal is to have some clothing options for perhaps up to age 16.

"The city of Morden doesn't have a whole lot of places to go to just find your kids clothes, so I just wanted to make sure there was a place where you could do that," Harsant said.

"You're not going to find everything you need at other stores and especially affordably, and this is an opportunity too for people to bring in their clothing and make a few extra dollars there as well," she added. "I want to try to purchase as much as I can and try to have a variety and different sizes."

Harsant also wants to be invested in the community.

"I have been in touch with the Morden Family Resource Centre as well, so I want to advocate for them as well and help anybody I can."



PHOTO BY LORNE STELMACH/VOICE

ABC Already Been Chosen Kids Clothing owner Crystal Harsant (second from left) cut the ribbon on her new store with the help of (from left) Morden Chamber executive director Clare Agnew, Morden-Winkler MLA Carrie Hiebert, and Jason Dyck, economic development officer for the City of Morden.

Harsant noted the response has been encouraging so far, and she is grateful to have finally had the opportunity to open for business.

"I ended up on sick leave and just never went back to work. I just did this ... and the building came available, and it was a good price and a

good location. I wanted to be in Morden. That was number one priority," she said.

"People seem thankful that there's somewhere to go now ... kids grow out of their clothes so terribly fast that to go buy brand new all the time is just not logical or economical."

Pembina Hills Gallery hosts 'To Be Between'

By Lorne Stelmach

Leana Brandson recognizes her artwork will perhaps be challenging for some to grasp, but she is good with it being that way.

It means it may make it more engaging for people who come to see her exhibit *To Be Between* while it is featured this month at the Pembina Hills Gallery in Morden.

"I think that's one of the major draws of sculpture in that it is an immersive experience," said Brandson, who will be on hand for a closing reception next Friday (June 28) from 6-9 p.m. "It makes for more of a dialogue between people ... and I like the offer of con-

versation and the offer of dialogue."

Brandson is a ceramic artist, art instructor, and technician currently situated in Nova Scotia who graduated with a Bachelor of Fine Arts degree with honours in 2021 from the University of Manitoba.

A lot of the work now on display in Morden was done over the past two to three years while she was finishing her undergraduate studies.

"U of M went into lockdown, and I was one of the only ceramics honours students ... so I spent a lot of long hours alone and reflecting and kind of being in this vacuum, and it provided both a fantastic horrible, weird isolating time but also this opportuni-

ty to reflect and kind of slow down," Brandson said. "It was like a reprieve, and it was such a privilege to have access to that as well ... so it was an interesting time."

She describes her work as seeking to pinpoint fragile connections between layers of perception and self-expression, and she creates works compartmentally, building in sections to allow for precise fine-tuning.

She also creates to address gender identity, queer expression, and environmental destruction. The exhibition coincides with June being Pride Month.

"The idea behind the work itself ... is like the idea of compartmentalizing

and compartmentalizing parts of a person but then translating that into a physical deformation or change within the body," shared Brandson. "So it's like this idea of how we sort of set aside thoughts and feelings, we set aside part of ourselves ... there's so much more, kind of like the act of pruning a tree."

"A lot of my works are created as like a response for small things like idioms and metaphors that come up in conversation ... then I go let's make that," she said, adding there is an aspect of self-reflection. "The work is a result of continued dialogue both in-

Continued on page 10



A night of gospel music

The Glencross Quartet and Vic and Linda Wolfe took the stage in Winkler last Friday night in support of Sixteen13 Ministry. "It was a wonderful time, with amazing gospel music," shares ministry president Harold Espinosa. Funds raised at the by-donation concert are going towards the ministry's work supporting marginalized people both here at home and abroad. If you missed the show, you have another chance to support Sixteen13 at its watermelon fundraiser this Saturday, June 22 at JS Autozone (35 Reinfeld St. South) in Reinfeld. They'll be serving up watermelon, roll kuchen, and farmer sausage by donation from 11 a.m. to 2 p.m. and 4 p.m. to 6:30 p.m.

SUBMITTED PHOTO



PHOTOS BY LORNE STELMACH/VOICE

Fly Day Fridays are back at the Morden Flying Club, and it kicked off last week with a young aviators event where 60 flying enthusiasts got the opportunity to go up for a short flight and also learn a bit about planes and flight. The next Fly Day Friday events will be the evenings of July 12 and Aug. 9 at the Morden Airport.

Fly Day Fridays are back



Senior living

Questions to ask when choosing a nursing home

When choosing a nursing home for your loved one, there are many things to consider. You want a place that offers the required medical services, high standards for hygiene, top-notch caregivers, attractive amenities and good meals. To ensure that the nursing home you choose meets your family member's various needs, you must make extensive inquiries. Here's a comprehensive list, by category, of questions to ask when deciding where to place your loved one.

MEDICAL SERVICES

First and foremost, the nursing home has to be able to meet your loved one's health care needs. Ask the following:

- Is the nursing home equipped to attend to your family member's particular health concerns? For instance, if he or she has dementia or Alzheimer's, does the nursing home have a specialized care unit for the condition?
- Which professionals and staff members will be involved in creating and implementing your loved one's care plan? What credentials and training do they have?
- What health care services are available on site? For instance, is there physical therapy, wound care or hospice care?
- How does the facility monitor residents' health? And how does it ensure that medications are taken on time and in the correct dosage?
- Are residents routinely checked from head to toe for bedsores?

HYGIENE

Cleanliness and hygiene are essential with regards to both the residents and the facility itself. Ask the following:

- Are residents well groomed and dressed in clean and comfortable clothes?
- How many baths are provided per week?
- What housekeeping and laundry services are provided?
- How clean is the facility? Are there any unpleasant smells that cause concern?

CAREGIVERS

The caregivers in the nursing home you choose will be in charge of keeping your loved one safe, clean, happy and healthy. You want to ensure that they're equal to the task by asking the following:

- Are the staff warm and welcoming?
- Are they attentive, personable and patient with the residents? Do they treat them respectfully? For instance, do they knock before entering a room and call residents by their names?
- What's the resident to staff ratio?
- What's the staff turnover rate?
- Do residents have the same caregivers every day?

MEALS

Meals have a major impact on the level of satisfaction experienced by residents in nursing homes. Therefore, it's worth paying particular attention to this factor. It's recommended that you visit the nursing home at least once during mealtime. While you're there, ask yourself the following:

- Is the dining room clean and inviting?
- Does the food look appetizing?
- Are the meals nutritious?
- Do residents who need help eating get timely assistance?

AMENITIES

Think of what your loved one requires to live happily and then form a personalized set of questions. You might start with the following:

- Are the rooms nice and are they spacious enough?

- Do the common areas have a pleasant atmosphere? Do they include desired amenities (television, games, reading material, activities, etc.)?
 - Is there a daily calendar of activities? Are the activities interesting? If your family member is room bound, can activities be brought to him or her?
 - Are there restrictions on visiting hours?
 - Are there private rooms for family gatherings?
 - Do the current residents seem happy and comfortable? Do they socialize with one another?
 - How much freedom do residents have with regard to their daily schedule and daily activities?
- Add to your checklist any categories and questions that you judge as pertinent, then start your search for the nursing home that best suits your loved one's needs.



MORDEN COMMUNITY HANDI-VAN

Accessible transportation for seniors and others with mobility limitations.

Please contact:
204-822-5047
or mrdhandi@mymts.net



ONE & TWO BEDROOM SUITES AVAILABLE



AFFORDABLE SENIOR HOUSING

Pembina Manitou Place (55+ senior housing) is a vibrant and active life lease residence located in Manitou, Manitoba - a strong arts, music, and recreation community! Our complex features spacious one & two bedroom suites, private green spaces, balconies, common areas, multi-purpose facilities, laundry, and indoor parking.

CALL TODAY! 204-242-2116



PEMBINAMANITOUPLACE.COM

Volunteers take on invasive plant

By Lorne Stelmach

Volunteers are working to help restore some of the natural balance at Lake Minnewasta.

The Stanley Trail Association in partnership with the City of Morden and with the help of a Trans Canada Trail grant is taking on an initiative around invasive plant species at the lake.

A number of people gathered at the lake June 6 to learn about the effort to remove and replace European Buckthorn, which is a tier 3 invasive species.

A work day is planned for June 22 with the goal to remediate a 250 metre section of European Buckthorn infestation on the north shore of the lake to help restore and maintain it with new native plant material.

It is important to prevent the loss of native plant diversity and maintain the integrity of this designated natural area, suggested Doug Kelso, a volunteer with the Stanley Trail Association.

"It's a rehabilitation for the lake trail," said Kelso. "This lake trail has, over time, developed and become popular, a bunch of folk have done a lot of work to make it a nice trail."

"There's hundreds and hundreds of different species of plants here. It's very beautiful. It's very rich in bio-diversity and plant diversity ... it's a real gem, and it's worthy of being protected and managed well to rehabilitate it

when necessary."

The focus right now is on European Buckthorn, which is native to Eurasia but is believed to have been introduced to North America as an ornamental shrub for fence rows and wildlife habitat.

This invasive alien species is a large problem because of its tolerance of a wide range of moisture and light conditions along with its prolific seed production.

European buckthorn is able to successfully invade many habitats and grows throughout Manitoba and southern Ontario in a variety of habitats, often in woodlands and open fields.

It forms dense thickets that crowd other plants and can alter nitrogen levels in the soil, which prevents native species from growing. This plant produces a large number of seeds, allowing the species to spread and grow quickly.

Kelso became aware of this particular plant and other species as he became more interested and involved at the lake.

"I realized there's something going on here," said Kelso, recalling walking at the lake and realizing how it was really starting to spread further and that there are a number of other plant species in the area as well that could be troublesome.

"I got interested in plants along here ... and then it became apparent to me



A number of people gathered at Lake Minnewasta earlier this month to learn about the effort to remove and replace European Buckthorn, which is a tier three invasive species.

PHOTO BY LORNE STELMACH/VOICE

that we had this big infestation at a certain part of the lake with this European Buckthorn, which is one of a few invasive species," he said. "There's lots of invasive species around, and they impact to varying degrees. This particular plant is an issue for the plant diversity here."

"Buckthorn is just a really competitive plant," he continued. "It's an attractive tree, and there's really nothing wrong with it other than it's very aggressive, and it will take over a section of forest."

"It's very prolific in seeding, and the seedlings will just cover the ground, and they'll just take over so it will make it impossible for other plants and particularly native plants to compete."

Kelso recalled having had discussions about this a few years ago, but it didn't go any further then, and it now became possible with the grant and support of the City of Morden.

They now would like to go further with this but want volunteers to get involved and help remove invasive species.

"Morden is doing more with some of its natural areas, and they're supporting and promoting this trail and this natural area here, so it's sort of timely that way," said Kelso. "You can't do this in a day. It's a multi-year thing. It's probably at least twice a year to go out and pull buckthorn, and some day, with any luck, we'll get it under control."

\$525
Spring Rebate On
Until June 30th.

Mow up to
5 Acres
Per Hour!

FERRIS

2024 Ferris ISX800
Zero Turn 27HP / 60" SS
IN STOCK NOW ONLY \$15,395

27 HP Briggs CXi 2700 EFI Engine, 60 inch iCD Mower Deck, Adjustable Next Generational ForeFront and Rear Independent Suspension, Suspension Seat. 4 year parts and labour warranty.

ROSENORT MOTORS
1979 LTD.

Call or text Tanner or Mark for more information!
Toll Free 1-866-746-8441
Email: tthiessen@rosenortmotors.com
Main Street, Rosenort, MB

www.ROSENORTMOTORS.com

> TO BE BETWEEN, FROM PG. 8

ternally and with other people as well."

Brandson finds it interesting and engaging then to try to portray it physically in a sculptural way.

"I'm always very envious of people who work two dimensionally even because of things like transport and the logistic of it," she said. "But three dimensional is so compelling because you're not just looking at from one set perspective ... you have to consider every angle which a person can view it."

"You can layer those perspectives, and so as you travel around a work of art, as opposed to being directly in front of it, I find that for me it allows more of a full or natural engagement," she said. "It gives me less control over how people are going to look at things."

Brandson concluded with a thought on what she hopes people take away from seeing the exhibit.

RURAL BUDS
CANNABIS SHOP

MORRIS • CARMAN
ST. PIERRE • ST. ADOLPHE

Instagram and Facebook icons.

"I'm hoping that people can kind of connect with myself as like a queer person in the space and sort of get to know me individually but also relate with and commune with some of the themes presented."



PHOTO BY LORNE STELMACH/VOICE

Local fighter aims for international success

By Siobhan Maas

Paige Krahn, a 14-year-old from Morris, isn't your typical teenager.

Last summer, after several conversations with her parents, Reba and Andy Krahn, and coach, Master Kate, Paige committed herself to the competitive side of taekwondo. Now, her decision and the hard work that comes with athletics is paying off.

"Before last July, Paige was enrolled in a competitive school program, three days a week with local competitions," shared Reba Krahn. "Now she trains five days a week with her teammates in Winnipeg. We get her to the gym as well and match her level of commitment."

"After my first big training event in Vancouver [in July 2023], I realized [that taekwondo] could take me anywhere and I had real potential," Paige Krahn says. "I really understood the game after the training camp."

She won her first exhibition match at the Toronto Open in November.

Since then, Krahn has attended the Canada Open in Vancouver in February, winning bronze against a competitor from Lithuania. She went onto win gold in Minneapolis in April and qualified for Team Manitoba at provincials in May.

She trains with members of the Junior and Senior competitive team.

"We spar every other day, practicing our fighting [techniques] against everyone on the team. Everyone has different size [bodies] and fighting styles," Krahn explained.

Most recently, Krahn took silver in an international event in Chicago.

"The great thing about Paige's taekwondo club is they don't put emphasis on medals. She commits to a goal," said her mom.

"My goal was to work well in the ring and control the other person better," added Krahn. "I did really well [in Chicago] and my coach agrees."

The competitive side of taekwondo takes the basic patterns learned in the early years of the sport to fights against opponents in a ring. One match is three rounds of two minutes each, with a one-minute break

between rounds. To keep the matches as safe as possible, opponents are entered into categories by belt rank and weight, then matched by height.

"We wear equipment with magnets inside of them that send signals to the score board when we are hit," explained Krahn. "The magnets are located in easy-to-score locations in the chest protectors, head gear, socks." The competitors also wear arm and elbow guards, mitts, and groin and shin protectors.

If Krahn wins gold at Nationals in July, she can accept a place on Team Canada. This would mean a trip to Mexico in August for Worlds.

For now, however, the teen is focused on her first large international fight at the Australia Open in September.

"The large, international competitions are crazy to think about, to see how big the taekwondo community is, but I concentrate on representing myself as best I can," said Krahn. "Olympic set-up begins when I turn 15. I'll earn points at little tournaments and need a certain amount of points to qualify."

Krahn credits Yosipa Kafadar, her training mate from British Columbia who just made the Olympic team, as a large influence in her competitive taekwondo journey. Additionally, her coach Master Wade always has suggestions "that make me a better fighter."

"Honestly, getting Paige into taekwondo was just a fluke," laughed Reba Krahn "She liked it and was good at it and we're very blessed that we have this opportunity. We couldn't do half of what we do without the support of 'Taekwondo Nana' Terra Corrigan, Paige's grandmother. All the kids love hanging out with her at practices and competitions. They adore her."

Additionally, Krahn and her mother entered and won a design competition for the provincial taekwondo medals. Their design was included on this year's medals and will be used for next year's competition as well.

"Watching Paige's gradual progression of finding her spot in the sport



SUPPLIED PHOTOS

Morris teen Paige Krahn (in black above) has found success on the taekwondo mat and hopes to qualify to compete as part of Team Canada at Worlds in Mexico this summer. She's also preparing to compete at the Australia Open in fall.



is what makes me incredible proud," Reba Krahn said. "It is validating to see we have put her in the right sport and it's amazing to see her grow and gain confidence."



Get a **\$100 rebate** on eligible ENERGY STAR® certified windows and doors.



- ✓ Improve efficiency
- ✓ Increase comfort
- ✓ Enhance curb appeal



EFFICIENCY MANITOBA

Visit efficiencyMB.ca/windowsanddoors

Friesens: The success of employee ownership

In a business landscape dominated by shareholder demands, Friesens Corporation shines as a beacon of success through employee ownership.

This distinctive structure empowers the book manufacturing company based in Altona, MB to prioritize values alongside profits, guided by the best interests of their customers and fellow employee-owners.

"Employee ownership is more than just sharing profits," says CEO Chad Friesen. "It is a mindset, an attitude that if we think and act like owners, we will outperform other companies where employees don't share in the success of the business."

Historically, employees of Friesens bought and sold shares in the company.

"That worked well for a long time, but between the 1990 and 2010, the company realized there was a mature group of shareholders that needed to sell their shares so they could retire," Friesen explains.

"At the same time, we had a younger generation joining the company that either didn't have the wherewithal or as much interest in acquiring enough shares to make that internal market successful. Part of that was also influence by society in general. We had moved away from an investing and saving focused society, to more of a credit focused society today."

This challenge led to the creation of a more inclusive structure called an employee ownership trust (E.O.T).

"The company lent money to the trust and the trust bought shares back from the shareholders who wanted to retire. The trust became a bigger and bigger shareholder for the company because it kept buying back shares from these retiring owners. The goal was to one day sell the trust shares to the younger incoming employees. But when you're in your twenties and thirties, you just don't have the financial wherewithal to buy shares at that rate."

In 2010, the company decided to make the trust the sole owner of the company. This followed some trying times in 2008 when Friesens faced

challenging markets, the introduction of e-readers, and foreign competition.

"The U.S. economy was in a freefall. We had a whole bunch of nervous shareholders on the shop floor, worried about their investments," Friesen recalls.

"We wanted to avoid having employees leave the company to try and salvage their shares. We knew the company was in a good financial position, so Friesens lent money to the trust and the trust bought back all the shares from all the employee-owners, essentially derisking the situation for them.

"So, while previously we were a directly-owned company with individuals owning shares, we became an indirectly-owned company where the trust owns the shares, but all the employees of the company are beneficiaries of the trust. We still refer to ourselves as employee-owners because employees are the only ones who participate in ownership benefits"

This shift brought numerous benefits to Friesens.

"First, it put the company in a position where it would be owned in perpetuity by a trust," Friesen says. "In today's ownership model, everyone participates, equitably. Even in your first year, you start to participate in some of the ownership benefits. Instead of only benefitting those who can afford to buy shares, we have more equitable participation for everyone. It's a much more inclusive ownership model than we had before."

Becoming an employee-owner at Friesens is straightforward—the only requirement is to be a full or part-time employee and to pass your probationary period.

The impact of employee ownership translates into high standards, superior quality products, and a team proud of their collective achievements. Employees often describe the company as a big family that supports one another through good times and bad.

"Employee ownership at Friesens means different things to different people," Friesen says. "For some,



SUPPLIED PHOTO

Friesens Corporation's employee ownership system empowers the Altona book manufacturing business to prioritize values alongside profits, and gives staff a vested interest in the company's success.

it's about giving back to each other and the community. For others, it's a chance to forge their own career paths. Despite these varied perspectives, a common thread unites all employee-owners, whether they've been with the company for two years or thirty: a sense of belonging and family."

This sense of unity and shared purpose, he says, is integral to the success of Friesens Corporation. Over the last 12 months, Friesens has shared over \$5 million with its employee-owners.

The company employs nearly 600 people, which translates to roughly 14 per cent of the community (although 1/3 of the employees live outside of Altona).

"Total employee ownership benefits have added up to over \$27 million over the last 10 years," Friesen shares. "That's a huge economic spinoff for the community."

"When our employee-owners receive these ownership payments, hopefully some of them are saving for retirement, but many of them are buying cars, doing home renovations, buying tools and equipment, or sending their kids to better schools ... things that help the community grow.

"If our company was owned by an individual or family, it's very unlikely that they would choose to spend all that money at the local level. Whereas if the same proceeds are divided 600 ways, you've got more chance of it being spread out throughout the community. That's a big win for Altona and southern Manitoba because every time we make a distribution, there's this flood of cash that goes into the community in some shape or form. I think that's a bigger benefit than most people in the community realize."

This sense of unity and shared purpose is integral to the success of Friesens Corporation, illustrating how a business model rooted in employee ownership can yield exceptional results for the company, its employees, and its community.

"Yes, it feels awesome to hand out cheques," Friesen says. "But ultimately, you want people to be a part of the whole story. I take pride in telling people how this company started, how we're owned, and how that benefits the lives of the people who work here."

Paid advertorial

EST. 1907
FRIESENS
EMPLOYEE-OWNED
LISTEN TO CFAM ON JULY 25TH

PROUD TO BE
100%
EMPLOYEE OWNED

TO LEARN MORE ABOUT EMPLOYEE-OWNERSHIP VISIT FRIESENS.COM

“She would get a kick out of this”

From Pg. 2

Honoured in this year’s planting were Grant Nickel, Bernhard G. Wiebe, Mary Driedger, John D. Driedger, Hilda Funk, Don Radford, Toots Sawatzky, Evelien, Benjamin, and James Wiebe, Marlene Plett, John Dueck, Marge Friesen, Glen Robinson, Joyce Loewen, and Ken Pappel.

“Grief doesn’t follow a schedule,” Nickel noted. “Families gather tonight, supporting each other through the process. Some have lost loved ones years ago, and today they honour their memory.

“Losing a loved one is never easy,” she said. “Creating a living tribute in the form of a Memory Garden offers us a place to grieve, to reflect and to pay homage to the loved one’s memories.”

The garden’s legacy extends beyond its greenery. An annual book records the names of those honored with shrubs or trees. Located in the pagoda near the

garden’s west end, this book ensures that memories endure, season after season.

The garden is maintained by Gwen Harmin, who was hired by the Town of Altona. Visitors who walk by the garden are also encouraged to pull a weed or two, if they wish.

The family of Toots Sawatzky chose a flowering crab tree to plant in her memory. Her grandchildren said she would have loved something that blooms every year.

Her husband John says he loves that he can see it every day from where he lives at the Gardens on Tenth.

“This is very special. Toots just loved to garden, and we had a big garden on the farm. She would get a kick out of this.”

Beckett Dueck makes sure the plant that was planted in memory of his great-grandfather John Dueck gets plenty of water.



PHOTO BY LORI PENNER/VOICE

Altona’s Canada Day festivities set to take over Centennial Park

By Lori Penner

The Town of Altona is all set to celebrate Canada Day in a big way.

“It’s kind of cool that it falls on a Monday this year,” says recreation programmer Brittany Winkler of July 1st. “It kind of rounds out the long weekend, so hopefully, more people will be around to come and celebrate with us.”

Throughout the day, Centennial Park will be the place to be, with a plethora of free activities and events for the whole family.

The fun begins at 1 p.m. with free swimming all day at the Altona Aquatic Centre.

Make sure you stick around until 4 p.m. when there will be inflatables and cotton candy available for everyone.

You can also dress up your bike and join the parade. Meet at shelter #3 near the playground at 4 p.m. where Sunflower Festival royalty will be on hand to judge and hand out prizes for best decorated entries.

There will also be a scavenger hunt until 8 p.m. All ages can participate. Pick up the list from shelter #2.

“This is something a little different from past Canada celebrations, but we think it will add another element of fun to the day’s events,” Winkler

says.

The hunt will take place outdoors at the park, at Gallery in the Park, and at the Millennium Exhibition Centre. The winner will be announced a few days later.

Meanwhile, the Prancing Pony Petting Zoo will also be set up at the park, featuring all your favourite furry and feathered creatures to feed, pet, and hold.

At 5 p.m., little ones can enjoy a Kid-die Carnival, run by Manitoba Queen Quest royalty and entrants, with all kinds of activities to enjoy.

To satisfy your appetite, there will be a variety of food trucks set up at the park from 4-10:30 p.m., free watermelon and roll kuchen handed out at 6:30 p.m., and Canada Day cupcakes at 7:30 p.m.

Meanwhile, baseball fans will be thrilled to watch the Jr. Bisons take on the Carillon Sultans under the lights at Access Field.

The evening will also be packed with entertainment. After opening

ceremonies at 8 p.m., The Pylons will take the stage at 8:15 p.m. followed by Nick of Time.

At 9:15 p.m., the contestants vying for the crown in the Manitoba Sunflower Queen Quest will be introducing themselves, followed by another round of music by Nick of Time.

The day ends with a bang with fireworks presented at 10:30 p.m. behind the exhibition centre.

“It’s going to be a really great day,” Winkler says. “Hopefully we’ll have a lot of people at the park, with maybe some coming back from their cabins or camping, and ready to celebrate



Public Notice is hereby given that Enbridge Pipelines Inc. (Enbridge) intends to conduct the following Pesticide Program from June 1, 2024 – November 15, 2024, 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:

- MCPA Ester
- Saflufenacil
- Carfentrazone-ethyl
- Pyraflufen-ethyl
- Bromoxynil
- Clopyralid
- Glyphosate
- Dicamba
- 2, 4-D
- 2, 4-DB
- Aminopyralid
- Propyzamide
- Indaziflam
- Chlorsulfuron
- Fluroxypyr
- Aminocyclopyrachlor
- Aminopyralid
- Difluzoppyr
- Metsulfuron-methyl
- Picloram
- Mecoprop-P
- Adjuvant
 - o Surfactant blend
 - o Solvent (petroleum hydrocarbons)

Any person may, within 15 days after the notice is published, send a written submission to the department below, regarding the control program or register with the department their written objection to the use of pesticide next to their property.

**Environment and Climate Change
Environmental Approvals Branch
14 Fultz Boulevard (Box 35)
Winnipeg, Manitoba R3Y 0L6**

**Pickup *Your* Community
Weekly News at**

IN MORRIS MB



Filipino community celebrates



The Pembina Valley Filipino community came together in Morden Saturday to celebrate their homeland's Independence Day. Suncatch Plaza was packed with people out to enjoy traditional food, dances, music, and dress from the Philippines.

PHOTOS BY ASHLEIGH VIVEIROS/VOICE



Your FARM



Cultivating wellness by managing stress

By Lori Penner

As anyone in the agricultural industry will attest, farming has its fair share of challenges.

But according to Louise Sanders, that doesn't mean you have to be stressed out.

As a stress management trainer and coach, and the founder of The Stress Experts, she helps her clients become their own "stress expert" by empowering them with scientific knowledge and practical skills to handle life's challenges, big and small.

Raised on a farm near Manitou, Sanders' journey from the fields to the clinic unveiled a profound truth: the importance of addressing stress in farming communities.

The agricultural industry is riddled with stressors, aggravated by the unpredictable financial landscape of farming and the profound sense of identity tied to the land. From consecutive years of poor yields to livestock epidemics and equipment break-downs, each unforeseen setback inflicts profound financial strain, which can lead to a cycle of despair.

"Stress is a human condition, that's felt the same with every industry. But each industry has unique stressors. It's about managing the emotional dysregulation that those stressors can produce," Sanders says.

"When you understand the basics of stress and have some simple, powerful tools to conquer stress anywhere, at any time, you can experience the benefits of increased resilience including less overwhelm and anxiety, more energy, better sleep, and increased efficiency."

For Sanders, the mission is clear: equip farmers with the tools to navigate the turbulent seas of stress. Drawing from her background in physical therapy and complementary therapies, she delved into the heart of stress management, seeking holistic solutions.

Sanders utilizes a multifaceted approach, integrating scientific insights

with practical techniques. Collaborating with institutions like the Institute of HeartMath, she empowers farmers to harness the innate resilience within.

"There's a lot of misconceptions about stress, which makes the topic of stress, stressful. Everything nowadays is called stress. But there's a difference between the stress and the stressor. A stressor is an event, circumstance, or situation that you have little or no control of. It's something that's external to us. Stress, on the other hand, is a negative or ineffective response to the event, situation, or circumstance. This is something you do have control over."

Stress is an internal response. When traffic is moving slow, the combine breaks down, or the cows are getting stuck in the mud... you think you don't have a choice but to be angry, worried, confused or overwhelmed. But you do have a choice, Sanders stresses.

"The reason it doesn't feel like you have a choice is because it's become your habitual pattern of response. A

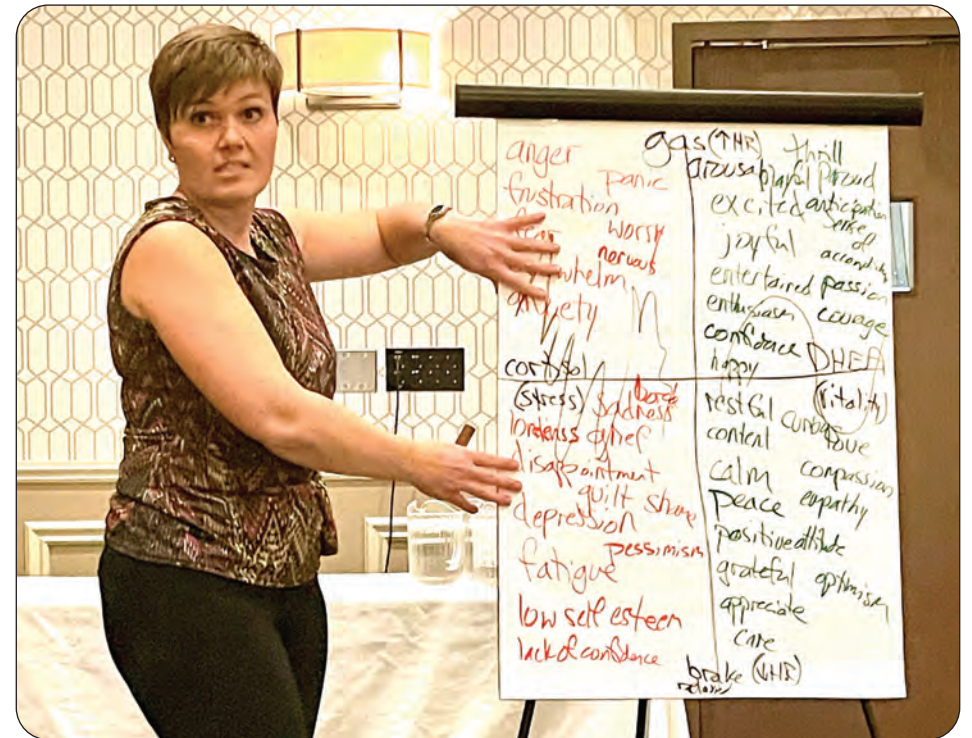


PHOTO BY LORI PENNER/VOICE

Stress management trainer and coach Louise Sanders explains a learning tool she uses during conferences to demonstrate the relationship between the emotions, the nervous system, and the hormone system.

negative response becomes second nature."

In farming, stressors can include weather, finances, policies, labour, farm transitions, succession, or even little things like sour milk or a broken dish. Anything can become huge.

"What if you can't get the harvesting done? You're in control of your response, but you're not in control of

the weather." Sanders calls stress physiological disharmony.

"The gas pedal is the sympathetic nervous system. The parasympathetic nervous system is the brake. And your heart is the gauge. That's what HeartMath is all about. The greater

Continued on page 16

JOIN US FOR THE JUNE CONSIGNMENT SALE 2024

DAY 1 ITEMS AVAILABLE TO VIEW KROEZE ESTATE AUCTION ARE JUNE 14 & 15, 9-5PM

DAY 2 ITEMS AVAILABLE TO VIEW JUNE 11TH - 15TH FROM 9AM TO 5PM

BIDDING STARTS: JUNE 13TH AT 9AM

Pickup Days: June 21 & 22 from 9am to 5pm. Arrangements can be made otherwise. CLOSED SUNDAYS

DAY 1 OFFSITE ITEMS WILL BE CLOSING ON JUNE 19TH STARTING AT 10AM

DAY 2 ONSITE ITEMS WILL BE CLOSING JUNE 20TH STARTING AT 10AM



SALE WILL CONSIST OF FARM EQUIPMENT, GENERAL MERCHANDISE, OVERSTOCK AND SURPLUS ITEMS, PLUS MUCH MORE!

THIS IS AN ONLINE BIDDING AUCTION ONLY! IF YOU REQUIRE HELP OR DO NOT HAVE INTERNET ACCESS PLEASE CALL THE OFFICE AT (204) 434-6519. CALL TODAY IF YOU WOULD LIKE TO CONSIGN YOUR ITEMS












Call today if you would like to consign your items! Office (204) 434-6519 • Brad Kehler (204) 346-2440
Darryl Enns (204) 216-0931 ITEMS ARE SOLD AS YOU SEE THEM. Call Now to Consign in Upcoming Auctions.

Your FARM



Second annual Poultry Fun Show to take place at Carman Fair

By Ty Dilello

The Dufferin Agricultural Society (DAS) will be holding its second annual Poultry Fun Show at the Carman Fair on July 13 from 10 a.m. to 2 p.m. in the Agriculture Education Tent north of the Carman Arena.

There will be eight classes at the show: Best Layer, Best Feathered Leg, Best Other Breed, Best Game Bird, Best Bantam Duck, Best Medium/Large Duck, Funky Poultry, and Little Britches (for five-and-under competitors, where everyone wins).

The show will have a Senior and Junior section, with a champion and reserve champion for each section. Entry is a mere \$3 per bird, and over \$800 in prizes will be handed out this year to the most outstanding birds in the first, second, and third classes.

"We have a judge for the show coming in from Oakbank, who has been breeding for 18 years and showing poultry for over five years," said Jacqueline Rudd of the ag. society. "She has extensive knowledge of colour patterns and genetics of many breeds of chickens and waterfowl.

"My big push for this Poultry Fun Show is to try and increase interest

from the younger generations to learn and perfect the art of poultry keeping and showing," she said.

Rudd and her chickens will be participating in the show. She and her parents, Cathy and Bill Rudd, own and operate the Ruddneck Ranch out of Roland.

"This all started with a trip to watch a poultry show in Portage la Prairie," said Rudd. "I walked into the show, and my jaw dropped. I saw all of the different varieties and breeds and how magnificent and beautiful the birds were. I walked past a row of Silkies (a breed of Chickens known for soft, fluffy feathers and almost black skin and turquoise earlobes) and fell in love. I told my parents right there that I wanted to get a few chickens, specifically silkies, for our farm."

The Rudds knew nothing about poultry other than how to feed and water it, so they started this adventure by purchasing a few birds at a time, correcting mistakes, and talking to others who had poultry farms.

Today, Ruddneck Ranch has over 13 breeds of poultry, totalling around 150- 200 birds.

"My obvious favourites are my Silk-

ies, which I am currently working on breeding and correcting my genetics to get them as close to standard as possible," shared Rudd.

Rudd comes from a poultry background. Her great-grandmother J.A. Mclardy from Miami was featured in a newspaper in 1927 for having one of the first chickens to lay a record 302 eggs in one year. Mclardy went through extensive breeding programs with the Manitoba poultry keepers under the rules of a Manitoba-approved flock plan of the Dominion livestock branch.

At one point, Mclardy had a flock that consisted of over 80 hens, 155 pullets and 150 cockerels. Some of her birds were even selected to participate in the World's Poultry Congress as part of the Manitoba Record of Performance exhibit.

"So you could say that poultry keeping is in my blood, and I hope to pass this knowledge and love of poultry down to further generations, including my eight-year-old daughter Beau, who also shares in my love for birds and all animals," said Rudd.

The Ruddneck Ranch's petting zoo is open for bookings this summer and

is perfect for birthday parties, family gatherings, etc. The cost is \$90 per hour, plus mileage, and the animals can include chickens, goats, sheep, a pig, turkeys, and ducks.

For more information or to check availability, email Rudd at Jac-q_18rudd@outlook.com or call 204-312-0542.

> STRESS, FROM PG. 15

medical community thought that to become healthy, you want your heart rate to be like a metronome. Very consistent. Now we know that is not true. We do not want that. We want natural variation. It doesn't matter what you're doing, your heart rate should be varied."

The heart and the brain are in constant communication, she adds.

"The heart does most of the talking, and it speaks in rhythms. The info from the heart goes to the brain, which affects the way the brain functions: your memory, choices, creativity, emotions, and relationships. Better brains become people who make wiser decisions."

But when you experience a negative emotion—fear, anger, worry, sadness, loneliness or worry—the brain goes offline.

"You can't think clearly. You can't make decisions. You can't solve problems on your farm or in business. It's like driving your internal car with one foot on each pedal. You'll cause mechanical wear and tear, and breakdown in your systems. And your ride through life will not be fun."

But there is hope.

"When we experience positive, renewing emotions, such as appreciation, care, love, peace, calm, excitement, we create a completely different rhythm in our heart, and that rhythm gets sent to our brain. It optimizes brain function. You make wiser decisions. You can plan. We get to choose what's happening in our brains, by choosing our emotions," Sanders asserts.

"At the core of it all lies understanding what stress truly is, its origins, and how it impacts us. Armed with this knowledge, farmers can reclaim control over their emotional well-being."

Plan for your future farm needs.

I can help you develop a customized financial and retirement strategy that meets your needs today and builds a solid foundation for your future.



Brad Ritchie*, CFP®
Financial Planner, Sun Life
TruPath Financial Solutions Ltd.
(204) 822-6777
brad.ritchie@sunlife.com

Critical illness insurance • Savings plans
• Estate and Financial Planning Service



*Advisors and their corporations conduct insurance business through Sun Life Financial Distributors (Canada) Inc. Mutual fund business is done with your advisor through Sun Life Financial Investment Services (Canada) Inc.

Sun Life Assurance Company of Canada is the insurer and is a member of the Sun Life group of companies.
© Sun Life Assurance Company of Canada, 2023.

sports & recreation

Winkler Storm in Division 1 top five

By Ashleigh Viveiros

The Winkler Storm are holding their own in Division 1 of the Manitoba Major Soccer League so far this summer.

The team was in a three-way tie with Grant Park SC and Niverville Force SC for third place in the standings heading into their game against Niverville Monday night. All three teams had 10 points to their names coming out of the weekend, putting them behind Winnipeg FC (16 points) in first place and Galacticos FC (15 points) in second.

Monday's match went Winkler's way 5-4, with Matheus Ruffini scoring three goals and Santi Bergen and Ekh Moon contributing singles.

The win followed the Storm losing to Winnipeg FC 1-0 June 11.

Coming up, Storm 1 host CSSE Juventus this Sunday at the 15th St. pitch in Winkler at 7:30 p.m.

Winkler Storm 2, meanwhile, had no



Bisons down Whips

PHOTO BY EDWARD VINCENT ARCENAL/VOICE

In Border Baseball League action this past week, the Altona Bisons downed the visiting Winkler Whips 7-6 last Tuesday night (above) and then went on to trounce the Baldur Regals 13-1 and 13-3 in Friday evening's doubleheader. Elsewhere in the league, the Morden Mud Hens blanked Pilot Mound 4-0 and Clearwater 14-0 while the Whips lost game one of their Sunday doubleheader against Clearwater 7-5 before bouncing back with an 11-0 win. This week Tuesday sees Winkler in Pilot Mound and Carman in Morden. Friday night has Altona hosting Pilot Mound, Morden in Clearwater, and Winkler hosting Cartwright.

games in the past week.

They're sitting in sixth place in the

eight-team Division 2 with a record of 1-3-1 and a game in hand.

They play next at home June 24, against the Bonivital Flames 2.

Orioles 1-2, Bisons 0-2 in MJBL action

By Lorne Stelmach

The Pembina Valley Orioles were one for three this past week in MJBL action, while the Altona Bisons went winless.

The Orioles lost 9-2 last Wednesday to the Interlake Blue Jays, while the Bisons fell 13-3 to the Winnipeg South Wolves.

Then, in the Sunday doubleheader, Pembina Valley beat St. Boniface 9-2 but were edged 2-0 in game two.

Altona that day came up just short in falling 3-2 to Elmwood in game one and then were blanked 10-0 in game two.

Six runs on five hits in the second inning did in the Orioles against the Blue Jays, with Interlake holding an 8-6 edge in hits overall. JT Martine took the mound after going two innings and giving up the six runs, and Thomas Titchkosky pitched three innings and surrendered just one hit and one run.

Five runs in the sixth inning led Pembina Valley to the win in game one against St. Boniface. The Orioles connected for nine hits overall with Thomas Titchkosky, Darius Peters and JT Martine each collecting two hits.

Game two was a pitcher's duel with

Jackson Friesen recording nine outs and allowing just one hit and one run through three innings for the Orioles, while Mike Heppner was two for three at the plate.

Winnipeg South drove in seven runs in the sixth inning to finish off the Bisons while having just a 7-4 edge in hits overall. Kasen Mateychuk allowed six runs on six hits through three and two-thirds innings on the mound for Altona.

Game one was so close for Altona against Elmwood with the game tied at two in the seventh before a Giants' single scored the winning run in the bottom half. Maddux Mateychuk al-

lowed seven hits but just two runs over six and one third innings for the Bisons while picking up 12 strikeouts.

In game two, six runs in the bottom of the third turned the tide in favour of Elmwood with the Giants out hitting Altona 9-2 overall.

Pembina Valley sits in fifth place at 5-9, while Altona is last in eighth place at 1-11.

Altona was to host Pembina Valley Wednesday, and the Orioles were then to visit Elmwood Saturday. The Bisons are also scheduled for a Sunday doubleheader with Winnipeg South.

The **Voice**

Get in touch with us via e-mail:

Send news items to: news@winklermordenvoice.ca

Advertising inquiries to: ads@winklermordenvoice.ca

What's *Your* story?

Wiwchar, Scott honoured for a lifetime of baseball

By Lorne Stelmach

Two Mordenites were honoured last weekend for their lifetime dedication to baseball in Manitoba.

Joe Wiwchar and Glennis Scott were presented honorary lifetime memberships to the Manitoba Baseball Hall of Fame at its annual induction banquet Saturday in Morden.

"I am so proud and humbled to also receive this honour. Many people have contributed to my receiving this honour," said Wiwchar.

"I feel humbled really," echoed Scott, who added he was not sure how to adequately express his appreciation. "There's a lot of good baseball people in this room, so to receive recognition like this in front of my fellow baseball people, that makes it extra special."

Scott's achievements include being selected for Manitoba's all-time dream team in 2016. Honours came mostly because he was one of the best pitchers the province has ever produced, but he also became an outstanding coach and clinician.

He competed for Canada in the 1967 Pan Am Games and won two games at Canada Games in Halifax in 1969. Scott also pitched two games for Team Canada at Cartagena, Columbia in 1970 and was pitcher-manager in Cali, Columbia in 1971 and was at world championships in 1972 at Managua, Nicaragua. He also was player-coach for Team Canada at an Intercontinental Cup in Bologna, Italy.

Closer to home, Scott held various offices for Baseball Manitoba and Baseball Canada, and he is now being recognized for his enormous contributions to the hall of fame. He was

one of the original directors and banquet chairman for the first 23 years.

Inducting Scott, Morris Mott praised him as always being good-natured and co-operative as well as both dedicated and well informed about the sport in Manitoba.

"He knew baseball people in this province. He knew the teams. He knew the players, umpires, media people, everyone," he said.

Scott's involvement in the game just came naturally to him.

"We had a family of six of us at home, and we all played ball including my sisters, some who were even better at baseball," he noted.

"This is a great opportunity to rub shoulders with some of the other baseball people in Manitoba ... and this has really developed into a great museum, and the organization has grown considerably," Scott said. "I've really enjoyed my association with the directors of the Manitoba Baseball Hall of Fame ... and all baseball people."

Wiwchar was inducted into the Manitoba Baseball Hall of Fame in 1999 and the Canadian Baseball Hall of Fame in 2023.

He was an outstanding coach for half a century at the local, provincial and national levels and also served Baseball Manitoba in many capacities for more than three decades.

He was also cited for his efforts as a volunteer administrative manager of the museum located at the Access Event Centre in Morden. He held the position for the first 24 years of the museum's existence.

Wiwchar worked constantly to add



PHOTOS BY LORNE STELMACH/VOICE

Glennis Scott (above with Morris Mott) and Joe Wiwchar (below with Murray Zuk) were presented with honorary lifetime memberships to the Manitoba Baseball Hall of Fame at the organization's induction banquet Saturday night in Morden.

to the museum's collections as well as to improve the way they were displayed. He looked for old equipment, uniforms and photographs as well as good deals on display cases, lighting, flooring and computer terminals.

And his name came up as part of the Manitoba 1977 Summer Games team, which was also inducted in the special team category and won Manitoba a silver medal.

Inducting Wiwchar, Murray Zuk noted how the hall of fame and museum has become what it is today largely through the efforts of Wiwchar.

"He had little or no money and very little memorabilia," Zuk recalled. "The result is that we now have what many have described as one of the finest provincial sport museums in Canada. Joe worked tirelessly as a volunteer museum manager for over 25 years, working five to six days a week except when he was away coaching.

"With all that Joe has done for the sport of baseball, you must assume that he has had many awards and recognitions. I counted 10 provincial, inter-provincial and national awards including last year's induction into the Canadian Baseball Hall of Fame.

"There are not many volunteers who have shown such dedication to the sport of baseball."

"Hopefully this is the culmination of my career," said Wiwchar, who was somewhat reluctant to receive further honours for his work.

"It means so much. I'm so humbled and proud to be chosen as a life member," he said. "It's because of the people who have contributed to me being selected ... all of the baseball players, all of the coaches."

Among the other honoured inductees were members of the Tycoles family of Reston in the family category

"It was definitely an honour for us,"

said father Ross Tycoles, who gave credit to others, including primarily his wife.

"Carol liked baseball, but I don't think she loved it," he said lightheartedly. "She's been the organizer and driver of our family's baseball life."

"As the family grew up, there was a love for the game. This passion is still growing, and it is now into a new generation in our family."

The other 2024 inductees include:

- Special team category: 2010 Manitoba Junior Baseball League all star squad, which won the 2010 junior national championship.

- Ryan Boguski, Brandon. Chosen three times (1992-94) for the Manitoba Youth Team; in 1994 he made Team Canada.

- Eleanor Callow, Winnipeg. Played in the All-American Girls Professional Baseball League.

- Stuart Gilman, Calgary. Part of two provincial championship junior teams and played for Team Manitoba at the Canada Games in 1981.

- Chris Hofer, Warren. In 1994 was Manitoba's senior AA player of the year and MVP of the Manitoba senior AA championship tournament.

- Derrick Mudge, Winnipeg, was part of a provincial championship 18U team from the Interlake that went to nationals.

- Ollie Schroeder, Winnipeg. Nominated for more than 40 years of service to baseball and sports in Winnipeg.

- Derek Shamray, Oak River, for over 40 years as an important contributor to baseball and hockey in the Oak River and Hamiota area.

- Ken Sharpe, Minnedosa. Played 15 years of intermediate and senior ball and played at provincial all-star tournaments and provincial championships.



Continued on page 19



Rick Wiebe Memorial raises \$33K for SCCR



PHOTOS BY RICK HIEBERT/VOICE

The Rocking W Rick Wiebe Memorial Charity Barrel Race was a resounding success in Carman last weekend, attracting competitors from across the province and raising \$33,000 for South Central Cancer Resource. Left: Event organizer Dusty van der Steen, daughter of Rick Wiebe, presents SCCR president Dianne Mestagh with the donation, which beat last year's total by over \$2,300. Above, left: Haily Klassen from the RM Of Stanley rounds the barrel. Above, right: Altona's Chris Wheel on the course. Right: Stetson Reimer, from Carman, competes in the peewee event.



Local track athletes bring home the hardware

By Voice staff

High school athletes from across the region cracked the top 10 in countless events at the Dairy Farmers of Manitoba Provincial Track & Field Championships held in Winnipeg earlier this month.

Several brought home medals for their efforts, including:

- Reegan Stoesz, W.C. Miller Collegiate, third place in the varsity boys 5 kg shot put.
- Molly Conrad, Prairie Mountain High School, third in the varsity girls triple jump.
- Amery Roberts, Northlands Parkway Collegiate, third in the varsity boys 1.5 kg discus throw.
- Soren Reid, Nellie McClung Collegiate, first in the JV boys triple jump and second in the JV boys pentathlon

> HALL OF FAME, FROM PG. 18

• Bryan Swaenepoel, Souris, was a power hitter and a 15 time all-star in the MSBL and was part of six MSBL championship teams.

- Maria Gundrum, Prairie Mountain, third in the varsity girls long jump.
- Angela Gundrum, Prairie Mountain High School, first in the JV girls triple jump, first in the JV girls 800 metre run outdoor pentathlon. Gundrum also set a new record in placing first in the JV girls pentathlon with 2,938 points.
- Taya Wall, Northlands Parkway Collegiate, second in the JV girls triple jump
- Jaden Mah, Pilot Mound Collegiate, second in the JV boys 1.5 kg discus throw.
- Nikkel Hudson, Morden Collegiate, second in the JV boys long jump.
- Ashley Morrow, Pilot Mound High School, first in the girls varsity 1 kg discus throw.
- Ava Earl, Morden Collegiate, first in the JV girls 80 meter hurdles.
- Payton Wytinck, Prairie Mountain, second in the JV girls 800 metre run outdoor pentathlon

• Ky-Lynn Jenner, Morden Collegiate, third in the JV girls 800 metre run outdoor pentathlon. Jenner also earned a second-place finish in the JV girls pentathlon.

What's *Your* story?

We want to hear from you.

The Voice connects people through stories to build stronger communities. Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

Please share your story ideas at news@winklermordenvoice.ca Phone 204-325-6888

The **Voice**



Menzies clinic BBQ raises \$4,100

The community gathered at Suncatch Plaza in downtown Morden Wednesday in support of the Menzies Medical Centre. Spearheaded by community board members and volunteers, the barbecue fundraiser had support from local businesses including Giant Tiger, Co-op, and Winkler Meats as well as Old Dutch, Westside Church's coffee truck, and Alice's. It raised over \$4,100 to go towards new medical equipment and physician recruitment efforts.

PHOTO BY LORNE STELMACH/VOICE

U15 Central Energy moves to second place in MPSL standings

By Ty Dilello

The U15 Central Energy squad won both games of its doubleheader on Saturday afternoon to improve to 6-2, which is good for second place in the Manitoba Premier Softball League (MPSL) standings.

U15 Central Energy defeated the Smitty's Terminators 6-0 in the first game and then dispatched the Interlake Phillies 4-2 in the second game. Shyanne Goertzen, Taylor Wall, Addy Nikkel, and Kennedy Funk were all

outstanding in the pitching circle as they led Central Energy to two victories.

"A big focus on mental toughness and mental preparation, and lots of reps is creating some good habits," said U15 Central Energy coach Kevin Perrin. "We've also been having a lot of focus on strategy and aggressive base running which is helping lead to our success."

U15 Central Energy's next game is a doubleheader on June 22 against the Eastman Wildcats at the Morden

Ball Diamonds. The game times are 12 p.m. and 2 p.m.

Looking ahead, the U15 Central Energy squad is preparing for a tournament in Fargo, North Dakota, during the first weekend in July, as they prepare for the upcoming provincials.

"Our goals for the rest of the season are to win the provincials and then to place in the top six at the Nationals later this summer in Montreal," said Perrin.

The U13 Central Energy team had the weekend off from MPSL action

and will play their next games on June 22 with a doubleheader against the Manitoba Angels and Eastman Wildcats at the Winkler Parkland Diamonds. Game times are 12 p.m. and 4 p.m.

The U17 Central Energy squad also had the weekend off, but will be back in MPSL action on June 22 with a doubleheader against the Eastman Wildcats at Friedensfeld Community Centre. Game times are 12 p.m. and 2 p.m.

Cutting the ribbon on One Insurance

Staff from Winkler's One Insurance, formerly BSI Insurance, cut the ribbon at its rebranding celebration last week. One Insurance and BSI merged last fall to create the largest Manitoba-owned brokerage, with 28 locations across the province, including at 575 Boundary Trail in Winkler. Their range of services includes MPI Autopac, home, tenant, and condo insurance as well as business, commercial, and farm coverage.

SUPPLIED PHOTO



The **Voice**

Get in touch with us via e-mail:

Send news items to: news@winklermordenvoice.ca
Advertising inquiries to: ads@winklermordenvoice.ca

Classifieds The Winkler Morden Voice

Book Your Classified Ad Today - Call 467-5836 or Email ads@winklermordenvoice.ca

SCRAP METAL

Buyer for all farmyard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

FARM MACHINERY

J.D. 4WD 8640, \$19,900; Leon scraper, 8.5 yards, \$19,900; Flexicoil cultivator, 33 ft., 7" spacing, \$2100. Email orsulaktc@gmail.com or call 204-981-7618.

FEED & SEED/ AGRICULTURAL

FORAGE SEED FOR SALE: Organic & conventional: Sweet Clover, Alfalfa, Red Clover, Smooth Brome, Meadow Brome, Crested Wheatgrass, Timothy, etc. Star City, SK. Birch Rose Acres Ltd. 306-921-9942.

WANTED

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

NOTICES

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

2023 Show Home for Sale

Starting at \$289,000

Aurora Plus RTM

1648 SqFt 3 bedrooms, ensuite, large kitchen with quartz countertops 9ft walls, double cathedral ceiling

www.wgiesbrechthomes.ca
204-346-3231

NOITCES

HIRING SUMMER STAFF? NEED CLASS 1 DRIVERS? Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Now booking summer and fall advertising for 2024. Plan your success! Please call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

WANTED

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

Wanted: USA, Canada, World Coin Sets & Coin Collections. Will buy entire collections & accumulations!
Todd
306-774-2420



Power Builder Advertising WORKS!

- GET SEEN by over 360,000 Manitoba Homes!
- Use your LOGO!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$339.00 (includes 45 lines of space)
- The ads blanket the province and run in MCNA's 31 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at 204.947.1691 or email classified@mcna.com

www.mcna.com

FLIGHT ACADEMY

Want to learn how to fly? Interested in a career as a commercial pilot? LS Airways Flight Academy is the most affordable in Canada. We have students from all over the world. We offer flight training & ground school (air law, navigation, meteorology, aeronautics general knowledge. Call 204-651-1402.

Please support our advertisers
SHOP LOCAL

FIND THE RIGHT PERSON FOR THE POSITION with an **EMPLOYMENT/ CAREERS AD** in **The Voice**
467-5836

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net

News Tips? Story Ideas? call the Voice

BATTERIES FOR EVERYTHING! 50,000 BATTERIES IN STOCK

- *Auto *Farm *Truck
 - *Construction *ATV
 - *Motorcycle *Golf Carts
 - *Rechargeables *Tools
 - *Computers *Medical
 - *All phones *Chargers
 - *Marine *RV & more
- Shipping/Delivery avail.

THE BATTERY MAN
1390 St. James St. Winnipeg
TF 1-877-775-8271
www.batteryman.ca

Danny's MOVING AND DISPOSAL

- Local & Long Distance
- Household Packing
- Estate Clear Out, Clean up, Buyout
- Storage Clear Out

Small Jobs & Free Estimates
Seniors Discounts
Professional & Courteous
204-298-7578

CAREERS



Border Land School Division invites applicants for a **PERMANENT RESOURCE TEACHER (1.0 FTE)** FOR ROSEAU VALLEY SCHOOL AND COLONY SCHOOLS IN THE DOMINION CITY AREA

FOR DETAILS VISIT WWW.BLSD.CA

COMING EVENTS

MANITOBA'S AWARD WINNING PASSION PLAY
July 5, 6 & 7, 2024 7:30pm Nightly Gates open at 5:30pm
July 12, 13 & 14, 2024
Oak Valley Outdoor Theatre La Riviere, MB

Organize a bus with your church, family, or friends. Bring your lawn chairs and come and enjoy the life of Jesus Christ unfold before your eyes in a beautiful outdoor setting.
Sun., July 14/24 at 4pm Outdoor Mass Gates open at 3pm for the Mass 5:30pm for the performance

INFO / BOX OFFICE
888-264-2038
passionplay@passionplay.ca
Adult: \$20 Advance* \$25 Gate
Youth (12 & under): \$12 *Advance until 10 pm the day before
Family & Group Rates Available
Tickets available at www.passionplay.ca



Experience Christ's Passion through drama in the beautiful Pembina Valley

CAREERS



Border Land School Division invites applicants for a

PERMANENT DIVISIONAL DISCIPLINARY LITERACY COACH

FOR DETAILS VISIT WWW.BLSD.CA

PUBLIC NOTICE



Annual General Meeting
Tuesday, June 25
7:00 PM

Gateway Resources Dining Hall
1582 Pembina Avenue West

CAREERS



MAINTENANCE MECHANIC/MILLWRIGHT

Bunge Altona has an opening for a Maintenance Mechanic/Millwright. Work involves process equipment installation, maintenance and repair, lubrication, steel fabrication and welding.

Preference will be given to those candidates holding a valid provincial Millwright or Industrial Mechanic ticket. Candidates who do not hold a valid ticket will be expected to enrol in the apprenticeship program to obtain their ticket as soon as possible. Overtime and on-call duties are required. The successful applicant will possess excellent written and verbal communication skills, trouble shooting skills, and be a team player.

The following would be considered an asset for this position:

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

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

Starting Wages:

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

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

Bunge Canada is an equal opportunity employer.

Classifieds Announcements

The *Winkler Morden* **Voice**

Book Your Classified Ad Today - Call 467-5836 or Email ads@winklermordenvoice.ca

take a break > GAMES

SUDOKU

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

Level: Intermediate

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!

OBITUARY



Peter Friesen
November 18, 1928 – June 11, 2024

Peter Friesen of Winkler, Manitoba passed away on June 11, 2024 at the age of 95. Peter was born on the family farm outside of LaSalle, Manitoba on November 18, 1928, to Johann and Helena Braun Friesen. He was the sixth of 12 children born to German Mennonite immigrant farmers who fled to Manitoba, Canada from Siberia, Russia in 1926.

Peter spent his first eight school years in the country grade school and exhibited an early love for music. He contributed along with his siblings to the farm work until the family farm was hailed out in 1950. Peter did not attend high school, starting his piano and voice education at age 15. Through a series of evangelistic meetings held at his church Peter gave his life to the Lord at age 18. Serving the Lord through music became Peter's life's calling.

At age 21 Peter's love of music took him to Mennonite Brethren Bible College in Winnipeg, Manitoba, then to Pacific Bible Institute in Fresno, California, and completing a Bachelor of Music in 1963 at Tabor College, Hillsboro, Kansas. He followed that with a Master's degree in counseling at Emporia State University, Emporia, Kansas, in 1972, and finally completed a Master's Degree in Music at Emporia State University in 1981.

Peter met Marilyn Schafer at Pacific Bible Institute and they were married on May 18, 1957 at the Harvey, MB Church in Harvey, North Dakota. They raised a family of three children, Jenny Lynn (1958), Susan Grac (1960) and Douglas Andrew (1964).

Peter spent his career teaching music, choir, private piano and voice lessons, and heading music departments at Berean Academy, a Christian high school in Elbing, Kansas (1964-1973), Calvary Bible College, Kansas City, MO (1973-1980), Freeman Junior College, Freeman, South Dakota (1981- 1985) and Winkler Bible Institute, Winkler, Manitoba (1985-1994). He led these choirs in many tours, singing in churches across Canada and the US, and one tour to Europe. He also directed church choirs in many churches he attended throughout his life.

During Peter's retirement years he stayed involved with music by teaching private voice and piano lessons, organizing community music concerts, and was founder and first conductor of Prairie Singers, a community choral ensemble. Peter was also the chair of the music celebrations of the Winkler Centennial. In the early 1990's Peter provided two summers of music teaching and choral experience for the fledgling Lithuania Christian College Summer Institute in Klaipeda, Lithuania. Peter participated in several opportunities to direct alumni choirs at Berean Academy and at Calvary Bible College and served on the Winkler Bible Camp Board. Throughout his life, Peter championed talented young musicians and spent many hours counseling and encouraging individuals. During these years Peter and Marilyn often traveled to visit their children, grandchildren and relatives across Canada and the US.

Peter is survived by his wife of 67 years Marilyn; daughter Jenny and husband Robert Wall of Wichita, Kansas, daughter Susan Friesen of Spokane, Washington, daughter-in-law Monica Clem (John) of Freeman, South Dakota and grandchildren Kate Friesen and Richard Friesen of Sioux Falls, South Dakota, Sara (Matthew) Fideler of Springfield, Oregon, Allison Wall and Jessica (Jordan) Langford of Wichita, Kansas, Nathan Buchheit of Post Falls, Idaho, Claire Buchheit of Spokane, Washington; sister Martha Ede; brothers Abraham (Joyce) Friesen, Jack (Marianne) Friesen, Henry (Diane) Friesen, Victor (Heidi) Friesen; sister-in-law Sandy (Ron) Flickinger and many nieces, nephews and cousins in Canada and the US.

He is predeceased by son Douglas Friesen; parents John and Helen Friesen; sisters Mary in infancy, Ann and husband Peter Suderman, Helen and husband Henry Dick, Frieda Friesen; brothers John and wife Margaret Friesen, Isaac and wife Eleanore Friesen, and sister-in-law Gerry Friesen.

Wiebe Funeral Home
In Care Of Arrangements

MANITOBA'S LARGEST RECORD & MUSIC SALE

Sun, June 23rd, 2024
10 AM – 4 PM
Over 70 tables of Records, Tapes, CDs Cassettes, Posters, Memorabilia & Books
Admission \$5.00
12 yrs and under FREE
Caboto Centre
1065 Wilkes Ave,
Winnipeg
FREE Parking
For info:
204-990-3463 or
431-374-6925

Online McSherry Auctions

Laurie Hunt Antique Tractors, Equip. & Vehicle Auction
July 4th @ 7:00PM
Petersfield, MB
1 Mile South on Hwy 9 Then 1/2 Mile West on Hall Rd #748
39 Diamond T Firetruck, 55 Dodge Military Ambulance, 68 Kaiser Jeep 4x4, 12 Antique Tractors, 50 Antique Implements, Snow Plane, Forklift, Restaurant Equip, Plus
204-467-1858 or 204-886-7027
McSherryAuction.com

Online McSherry Auctions

Estate & Moving
June 26th @ 7:00 PM
Estate & Moving
July 3rd @ 7:00PM
12 Patterson Dr. Stonewall, MB
204-467-1858 or 204-886-7027
McSherryAuction.com

www.meyersauctions.com

Moving Auction for ED SNELL

GLADSTONE, MB

Closes June 21

John Deere D155 Riding Mower, Single Axel Trailer, Wood Working & Shop Tools, Antiques, Furniture, Appliances, Kitchen Ware

Bradley Meyers Auctioneer
204 476 6262

Remember Your Loved Ones with an Announcement in the *Winkler Morden* **Voice**
Call 204-467-5836 or ads@winklermordenvoice.ca

Sudoku Answer

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

Biz Cards
Call 467-5836

PCPainting
with an artist's touch!
PAUL CHAHIVEC
Owner & Operator
431-743-5932
paul@pcpainting.ca
30+ YEARS EXPERIENCE
COLOUR THEORIST • ATTENTION TO DETAIL
INTERIOR/EXTERIOR • DECKS & SHEDS • FURNITURE
BARNs & CABINs • DOORS & WINDOWS

SPRING DISCOUNT
15% OFF
Call or email for a FREE ESTIMATE!
403.872.4934
Veteran Owned & Operated
WE OFFER:
Painting • Drywall • Flooring
Re-roofing, New Roofs & Repairs
Asphalt, Rubber Tiles and Metal
RESIDENTIAL & COMMERCIAL
Have an odd job? Give us a call!
prestigerooftingcontracting@gmail.com

Organizations benefit from YIP, ACF spring grants

By Lori Penner

The Altona Community Foundation (ACF) recently awarded \$33,555 in grants to seven community organizations as part of their 2024 spring grant cycle.

Among the successful applicants was the Altona Health Care Auxiliary, which received funds to install sixteen ceiling tracks and acquire two new wheelchairs for the Altona Health Care Centre. The Altona Senior Centre was awarded a grant for shingles needed for a new roof replacement. Equal Access Altona secured funding to construct an accessible washroom at Altona Centennial Park.

The Southern Storm Volleyball Club received support for establishing a beach volleyball court, while Steps toward Reconciliation was funded for a medicine garden at the Altona Community Garden.

Vic Loewen, chair of the ACF granting committee, expressed his enthusiasm about the foundation's ability to support organizations that had seldom applied for funding in the past.

"We had a number of new recipients this year, and that was great to see. It's thrilling to see new partnerships and projects come to life through these grants."

He added that this granting cycle was particularly special as it marked the first time they could award funds from the Richard Neufeld Legacy Fund, which contributed significantly



SUBMITTED PHOTO

Altona Community Foundation members, students involved in the Youth in Philanthropy (YIP) program, and grant recipients gathered at W.C. Miller Collegiate last week for a special ceremony.

to the projects by Steps toward Reconciliation and Equal Access Altona.

The spring granting cycle also included ongoing financial commitments to Kiddie Sunshine Centre and Blue Sky Opportunities, supporting their multi-year projects.

In addition to these grants, the W.C. Miller Collegiate Youth in Philanthropy (YIP), which receives 50 per cent of its funding from the ACF, announced its annual grant recipients in a ceremony held at the school last week.

Each year, the YIP group raises funds through student-led activities,

which are then matched by the ACF to support local charities. This year's fundraisers included a community movie night, a concession stand during the school's production of *Emma*, and the sale of candygrams, chocolates, and roses during the Christmas and Valentine's Day seasons.

They also organized a unique "Pudding Fling" event, allowing students to throw pudding at teachers to raise money for the local food bank.

Meadow Letkeman, a Gr. 12 student council and YIP group member, shared her excitement about the pro-

gram's impact.

"Our student council ran many successful fundraisers throughout the year, and we are thrilled to give out grants to organizations in our community," she said. "YIP is very important to our council because it provides students with an understanding about how ACF works and gives back to our amazing community. We are so grateful to be a part of it."

YIP was able to distribute \$1,350 to local community groups this year.

Continued on page 24



PHOTOS BY LORI PENNER/VOICE

About 100 people, including tenants, staff and visitors, kicked off the summer by attending a courtyard party at the Gardens on Tenth on June 13. The event included watermelon and roll kuchen, and an outdoor concert featuring a performance by The Cracked Egg Shell.

Kicking off summer at The Gardens





PHOTOS BY SEAN CONWAY/VOICE

Local vintage vehicle enthusiasts took their show on the road last week. The group that meets Thursdays in the Bigway parking lot headed over to the Red River Valley Lodge to show off their wheels to residents last week. "This is our second year coming to the lodge," says organizer Ralph Fyfe. "We have a great group of guys. This year we have 20 cars. The residents of the lodge love it and it is a great community event." Above: Gayle Fraser, 85, and Fred Goshulak, 95, were among those who enjoyed checking out one of the entries on display. "We appreciate the car guys doing this," says Tanya McGregor, manager of health services at Red River Valley lodge. "The resident love it, and families also."

Show & Shine stops by the lodge



Dive into fun for Canada Day in Morris

By Siobhan Maas

Canada Day long weekend festivities start in Morris a day early this year.

In celebration of the accessibility ramp installation and pool refurbishment, the Morris Pool will be open for a Free Swim on Sunday, June 30th from 12-6 p.m.

Then, Monday's official Canada Day festivities will have entertainment for everyone.

Visit the Stampede Grounds beginning at 3 p.m. for complementary glitter tattoos, sweet treats, and bouncy houses.

The Lollipop Fairy and Friends will make an appearance, and Glitterbug Family Entertainment will be on site.

Free hot dogs and pop will be available at 4 p.m. with the opening of the

Saloon Beer Gardens.

Local band Uncorked takes the stage at 6 p.m. Stay for the fireworks at

dusk with viewing from the grandstands.

Check the Morris Area Recreation

Commission social media and website for specific times and a complete list of activities.

> SPRING GRANTS, FROM PG. 23

Kiddie Sunshine Centre will receive \$400 to purchase games, activities, and craft supplies for their school-aged children over the summer months.

"Increasing the amount of developmentally appropriate resources available for children to use is an important goal for the centre, and we are happy to help them continue in their mission and vision with these funds," said Kiddie Sunshine Centre director Patty Klassen.

Genesis House will also benefit from a \$400 grant, which will be

used to buy new play kitchen food, dishes, and utensils for their playroom.

The Altona Curling Club Junior Programs will receive \$250 to help replace equipment essential for their junior curling program.

Grade 12 student council chair and YIP group member, Piper Stoesz, highlighted the importance of this grant.

"The Altona Junior Curling Program is where I first learned to curl, and now as a coach, I am extremely thankful for the new opportuni-

ties that we will be able to provide to the current junior curlers with more equipment to help them to improve their skills on the ice."

Lastly, the Altona Area Family Resource Centre is set to receive \$300 to purchase an activity table designed for young children. This table will enhance the inclusivity and functionality of their programs by providing a suitable space for smaller children to engage in play and activities.

Loewen said he was proud to see the enthusiasm shown by the students during their fundraising campaigns.

"Philanthropy starts off at a young age, and we're encouraging people from all walks of life and age brackets to get involved in the Community Foundation in donating," says Loewen. "Whether that's \$5 a month, or \$5 a year. It's good to give back to the foundation that gives back to the community."

Going forward, he says the ACF will have additional funds to support a variety of local initiatives, thanks to the \$750,000 they received from the Thomas Sill Foundation late last year. Those monies will start to become available for granting in 2025.

The **Voice**
What's *Your* story?
Call 204-325-6888

Do you have a suggestion for our news team?
Is there someone you would like to see recognized in the newspaper for their accomplishments - athletic, academic or community service.