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Up to the challenge

Ken Wesa is tackling the Great Cycle Challenge to raise funds for childhood cancer patients. For the full story, see Pg. 10.
PHOTO BY LORI PENNER/VOICE

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

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Featuring: **econoline crush**



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SATURDAY AUGUST 26

RPGA Planning District welcomes new gen. manager

By Lori Penner

The RPGA Planning District's new general manager took office last week and says she's eager to step into the role.

Tanya Waddell replaces Susan Stein, who moved on to another opportunity.

Waddell originally hails from Winnipeg, and later, St. Adolphe. She brings a lot of experience in municipal administration, having worked for the R.M. of Ritchot for the last 12 years, the last three specifically as a planning officer. She will be able to step right into the role, after some familiarization of Rhineland and Altona's specific zoning bylaws.

Waddell also boasts education in business administration, municipal administration, and land use planning. She recently completed the development plan for the R.M. of Ritchot, which will be an asset as she as-

sists the board as it creates its own development plan in 2024.

"I applied for this role because I was looking for new challenges," she says. "In the R.M. of Ritchot I was part of the whole process, working on every step, from proposals, selecting consultants, and organizing public hearings, to working with the community to get things finalized. I have a good taste of what this position entails."

In her new position, Waddell will split her time between the RPGA and doing administrative work for the Municipality of Rhineland.

The remainder of her time will be contracted out to the Municipality of Rhineland and the Town of Altona to form their respective asset management programs, something that is now required for all municipalities.

The RPGA already has much data gathered and base infrastructure in place for their development plan,

which looks to be a multi-year project for both municipalities. Asset management is a large part of that development, helping communities manage

municipal infrastructure assets such as roads, arenas, bridges, drinking water and wastewater systems to ensure maximum performance and help officials make better investment decisions. That includes a plan on how to renew and replace, and how to fund the renewal and replacements of those assets, in a way that is sustainable for the future.

"A big part of the asset management piece will be working on the financial side, calculating values and conditions, and replacement costs, and making plans for budgeting, and reserves to have a good plan for replacement for larger equipment," Waddell says.

She believes it's vital for municipalities and communities to have a long-term development plan in place.

"The plan is a very broad and general set of policies for councils and planning district boards to follow. It provides a vision for the municipalities—what they want to see, where they want to direct growth and where they want to maintain agricultural uses and commercial uses. This includes policies to deal with subdivisions, zoning bylaws, and what each property is zoned as and



PHOTO BY LORI PENNER/VOICE

Tanya Waddell is delighted with her new role as the general manager for the RPGA Planning District.

what infrastructure is already there." The close partnership between the town and the municipality is vital, she says.

"You want to make sure you don't have competing uses or incompatible uses next to each other. You want to have buffers in between them. You want everything to make sense and that takes some preplanning. You have to have a good idea of what you want and where you want it and have a plan that you can follow and implement so if somebody wants to develop in a way that doesn't fit that plan, you have something to fall back on. If you want growth, you want to direct that growth to the right areas. From what I've seen so far, the town and municipality already have a strong working relationship."

Waddell is currently looking to put down roots in Altona, excited to take on this new challenge, and eager to get to know everybody on council and in the community.

"Everybody has been very welcoming, and I'm starting to put faces to names. My first impression of this community is beautiful. I'm looking forward to moving here and learning more about it."

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Race fans pack the stands at airport drags

By Lori Penner

The bleachers were packed at the 19th annual Legends Car Club Airport Drags last weekend, with thousands of spectators from across the region eager to witness the speed and hear the rumble of high-octane power of race cars of all makes and models.

Club president Alex Loewen said they were thrilled with the turnout.

"It was standing room only on Sunday," he noted. "Saturday, we also had very good crowds, but [it was] probably a little too warm for some."

There was a good showing of drivers as well.

"We were full both days, with 60 drivers each day," Loewen said. "There were a few cancellations on

Saturday going into Sunday, but that usually happens. Overall, just a fantastic response from spectators and participants."

Racers came from as far away as Neepawa and Selkirk.

"Track conditions were great throughout the weekend," Loewen said. "Aside from a little rain, it all went smoothly."

Eliminations took place on Sunday. Each class winner received a trophy, and instead of receiving the prize money, the winners donated it to one of three title charities chosen by Legends Car Club this year. The drivers will receive a tax receipt in return.

"But then Dave Millar of Millar Engines, our platinum sponsor, stepped forward and added \$100 cash to each



SUPPLIED PHOTOS BY BETTY FALK LOEWEN

The 19th annual Legends Car Club Airport Drags took over the Altona airport last weekend to raise funds for SCCR, Genesis House, and STARS.



winner, and Vern Wieler from Vern's Customs in Winkler did the same," Loewe said. "Then Frank and Lacey Jay Safovonos, one of our racers from Team Peregrine Racing, followed by giving \$200 to each class winner as well. So, on top of the tax receipt from the club, each class winner ended up with \$400 in cash from various sponsors and local businesses, all out of the goodness of their hearts."

Charities reaping the benefits of the event this year include STARS Air

Ambulance, South Central Cancer Resource, and Genesis House.

Loewen noted it could take a few weeks to determine the final tally of the weekend after expenses.

"It's still too early to tell what we raised this year, but last year, each of these charities received \$4,000 from the proceeds of the races," he said. "We're thrilled with how the weekend went. It still draws huge crowds year after year."



Al Simmons takes the stage

PHOTO BY LORNE STELMACH/VOICE

Popular children's entertainer Al Simmons headlined a show in Morden Monday evening at the Access Event Centre. Called a "one man cast of thousands" and a "lightning bolt of lunacy," Simmons utilized a number of items as instruments and performed many of his all-time favorite bits, including "I Collect Rocks" and his singalong eye chart.

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WORK & WESTERN WEARHOUSE

Winkler Library launching community astronomy club

By Ashleigh Viveiros

The South Central Regional Library Winkler branch is looking to the stars with its newest program.

The library is launching an astronomy club for all ages, with plans to hold regular viewing parties utilizing the equipment of local amateur astronomer Kenton Dyck, who hosted a presentation about telescopes at the library last week.

"He's been nice enough to lend us his skills and the use of his new telescope," says branch administrator Jess Martens. "Being able to use a telescope of this magnitude is something that's not accessible to the majority of people. Kenton is very willing to do outreach so we figured, 'We're nerds. We love space. Let's start a club.'"

Dyck's telescope is a 12-inch, computerized Dobsonian unit that he got

just a few weeks ago.

"So far as I know, it's the largest amateur telescope in this area," he says, noting he's been out with it almost every night viewing neighbouring galaxies, nebulas, and, closer to home, the Moon. "It's not the James Webb telescope, but pretty much anything any amateur astronomer would want to see, you can see with this."

Dyck says he decided to go big with his telescope purchase specifically so he could share the joys of astronomy with others.

"I've been into astronomy for a number of years and when I decided to purchase a telescope I figured why keep all of this to myself?" he says. "I think if I has been exposed to something like this when I was little, my life would have taken a very different direction had I had those opportunities and assets available.



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Amateur astronomer Kenton Dyck showcased his new 12-inch telescope at a demonstration at the Winkler Library last week. The library's new astronomy club meets for the first time Aug. 30 to view the Super Blue Moon. All are welcome.

"My goal is to ... have more people behind this eyepiece looking at everything," Dyck says. "If there are other people that want to do this kind of thing, if this brings them out of the woodwork, fantastic."

Martens also has high hopes for the club, which will hold its first viewing party on Wednesday, Aug. 30 to check out the rare Super Blue Moon and the rings of Saturn.

"It's one of those things you don't necessarily think of when you think of the library—you think of books,

not looking through a giant telescope," Martens says. "But the library is evolving ... it's now a multifunctional community space. We want to offer the most diverse range of programming that we can."

Next Wednesday's gathering will run from 9-11 p.m. The location has yet to be determined; contact the library or check out its social media pages for updates.

There is no cost or advance registration needed to take part.

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Manitoba Fly-In touches down in Morden Sept. 2

By Lorne Stelmach

The Morden airport will play host to a celebration of aviation next weekend.

The Manitoba Fly-In takes place throughout the day Saturday, Sept. 2. It will bring together aircraft, pilots, passengers, and the public for an opportunity to enjoy and view all manner of things related to aviation.

"It's what they say about birds of a feather ... pilots from all over are invited to fly in ... and last time we drew some from Saskatchewan, one or two from Alberta and northwest Ontario," said organizer Chris Unrau.

"Last time we had about 60 airplanes, and this time we're hoping for a hundred."

The event was first held in 2021 and went over well despite there being public health restrictions in place.

"We were still a little bit in the pandemic at that point, so it was a little bit tempered with what we could all do and how far and wide we wanted to advertise it," said Unrau. "But this time around, it's wide open, so we're putting the invite out there to the public."

"There's going to be lots of planes

Continued on page 5



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Corn & Apple takes over downtown Morden this weekend

By Lorne Stelmach

Organizers are optimistic the 2023 Morden Corn and Apple Festival could perhaps be the biggest and best one yet.

Everything is set to make the first full festival post pandemic a huge success, chairperson Nathan Knight suggested.

"We expect big crowds every year. Of course, we need a little bit of help from Mother Nature ... but we expect it to be even bigger than we had in 2022," Knight said in advance of this weekend's festivities.

"Things have fallen into place nicely. There's always things that come up, but we're well equipped to deal with them," he added. "And it's a full festival this year, which means the return of the parade, which a lot of people are excited about in particular."

Knight noted how being a street festival continues to make Corn and Apple special.

"I think that's what makes the festival unique. It comes with its challenges obviously, logistically in terms of getting everybody in and in the correct spots," he said. "It really adds to the charm of what the Corn and Apple Festival is, and I don't think it would be what it is if it wasn't downtown Morden."

"A lot of stores do have an exceptional weekend because of the festival, and maybe some people who normally might not be a customer get introduced to the business because of the festival," he said. "I do think it is good for the economy, and not just for the Stephen Street businesses ... most businesses in the area I would say see a boost from Corn and Apple weekend."

The other big selling factor includes

the sheer amount of options of things to enjoy.

"The festival has the largest selection of food vendors of any festival in the province, so we know a lot of people will come to the festival with the sole purpose of trying all of the food vendors," Knight said.

"As always, we make sure there's activities for people of all ages, and that's everything from the petting zoo and reptile area for the kids to the Cottonwood stage for the more experienced guests of the festival," he continued. "With the main stage entertainment, there really is something for everyone. And of course the Wonder Shows midway is always one of the larger attractions as well."

"People are very happy that the parade is back," added Knight, noting that new chairpersons Tammy Duncan and Tara Ritchie have really stepped up. "When it went away last year due to the lack of volunteers, that was the first area we were able to fill with volunteers this year."

The festival is offering a double bill of 1990s alternative-indie rock acts as a headline stage show this year.

The Saturday night concert featuring Sloan and opening act Econoline Crush is generating a lot of interest.

"Going with Big Wreck last year was a bit outside of the box for us," noted Knight. "With all of the people who came from out of town to specifically see the show, that told us something."

"When you start talking about the Canadian rock that came out of the '90s, that really does create the buzz. It's time to try something different."

The Friday evening lineup, meanwhile, features a headline performance from Canada's premier Eagles tribute act Epic Eagles.



VOICE FILE PHOTO

The festival's praise and worship events kick off Saturday night at the Access Event Centre with the Fehr Family and The Browns. They will be joined on the main stage Sunday by the Glencross Quartet along with a morning service led by Richard and Kristjana Hale from Bethel Community Church and guest speaker Bruce Martin, who is the former pastor of Calvary Temple in Winnipeg.

Knight noted there is also excitement around the youth stage at the

Kenmor Theatre, which has a host of performances and activities scheduled through the weekend.

"Almost every venue is being used—from the Access Event Centre to the Kenmor Theatre. There's great entertainment on the youth stage. The fact that we have three stages that run all weekend long, and each one caters to a different interest ... that's a feat that takes a lot of work."

For the full festival schedule, head to cornandapple.com.

> MANITOBA FLY-IN, FROM PG. 4

flying in, and we're going to do some flight demonstrations and have some displays and airplane rides available and lots of fun to be had."

Events are planned throughout the day to showcase pilots and airplanes, and there will be ground displays, food trucks, and fly-bys.

"As long as the weather is good, we're aiming to get things kicked off around 10 a.m.," said Unrau, who noted they will aim for Sunday, Sept. 3 if the conditions are not good on the Saturday.

There will be a flour drop at noon where pilots can register to participate in dropping a flour bomb on a target at the airfield.

Next up at 1 p.m. will be a spot landing demonstration where pilots can practice their skills and aim for the white chalk line.

At 2 p.m. there will be a short take off and landing demonstration.

"These are pretty specialized aircraft that can take off and land in very short distances," said Unrau. "The pilots will come around and we'll measure how long it takes them to stop and take off again."

"So we've got some unique aircraft coming in," he said. "Hopefully, depending on the weather and timing, we'll see some pretty cool stuff come in for people to see and enjoy that day."

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The future is now

If you look the signs are everywhere—literally. Help wanted signs; need a place to rent signs; for lease signs.

It feels as though we are on the cusp of something and we're not quite sure what it is. Globally, nationally, and locally, things are interesting.

As we slowly climb out of the COVID pit the world struggles to adapt and deal with the aftermath of the pandemic that has not simply constrained supply chains but demolished them and left us in a new world.

Now a significant escalation in the war in Ukraine has led to steep increases in fuel costs and has taught us something significant: EVERYTHING is affected by fuel costs, from lettuce to Lexus and tomatoes to Tesla.

Interest rates around the world are climbing in an effort to slow global consumption and allow the supply chain to catch up.

In the meantime people are slowly transitioning out of home and back to a work-from-the-office mindset and in the process they have learned something incredible: they don't have to. The past few years have taught people that when push comes to shove businesses will bend to employee demands.

People have come to realize that currently there are more opportunities than people to fill them. Over the past three years restaurants and various other service industries contracted to meet reduced need and those employ-

ees caught without a job moved on because they had to. They retrained, started their own businesses and left the service industry entirely.

Now that industry is hurting for staff everywhere and especially here in the Pembina Valley where we are living on borrowed time in terms of the kind of growth we need to meet growing employment needs.

It feels a little like we are living in a house of cards and a great windstorm is on the horizon.

As is typical our region has a strong need for employees across industries. In order to attract employees we require a few things: competitive wages, good quality of life, good services, and housing.

In this constrained global and national economy if you are lacking in any of these areas (particularly housing) as a community you could find yourself in big trouble.

As it stands right now there is not enough housing to meet growth needs in our communities, particularly in Morden. I'm not talking about \$500,000 custom homes; I'm talking about affordable rental accommodations and entry level first-time homes.

From a development perspective, both Morden and Winkler are living on borrowed time given the looming

waste water treatment crisis. Regionally work has been going on for more than a decade to secure funding for much needed expanded capacity and, predictably, when funding was finally announced (for Winkler/Stanley) the costs of the new facilities had risen dramatically.

Of course there have been people who have been suggesting alternatives for years that have been dismissed as unnecessary and too costly and ironically when something is finally done the cost of having, say, expanded a lagoon 10 years ago (or even four years ago) will likely be pennies in comparison.

But I digress. As with all things we will get through this. The communities that have prepared the most will grow and develop and those that have not will slow and typically blame others for their pain.

At the end of the day it doesn't matter who made what mistakes and how fancy the excuses are—people will always move to where there is opportunity to live well and work, especially in this employee-driven market. Let's hope the Pembina Valley is one of the places people move to and not away from.



By Peter Cantelon

Letter policy

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

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

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

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

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Class of '72 reconnects

By Lorne Stelmach

The class of 1972 from Morden Collegiate remains a tight-knit group even 50 years on.

They have held a reunion every 10 years since graduation, starting from their 20th year reunion and continuing most recently with their 50th—one year delayed due to the pandemic.

It says a lot about the group that they have been able to maintain those connections still after all these years.

“We’re a pretty unique class,” suggested Lois Dudgeon, who is a co-chair of the planning committee along with Henry Penner. “It actually is pretty incredible. I think we said it more than once over the weekend, I don’t know if there is any other class out there that has been able to keep it going this long.”

“The three days went so terribly fast ... we’re very grateful for it,” said Judy Hiebert. “It’s been a warming thing to get together with these people and have a common denominator. It’s almost better than a family reunion.”

The weekend began Friday night with a gathering at the Morden Legion. Then it was to the Morden Motor Inn for Saturday. Another highlight was hosted at the home of Larry and Patty Schroeder near Lake Min-

newasta.

“We were hoping to have 50 for our 50th, but we ended up with 48, which I think is pretty good ... and out of that 48, there were 21 one of us who were from the Morden, Winkler and Carman area,” said Dudgeon, who estimated maybe a dozen came from Winnipeg and the remainder from outside the province, including one class member who came from Texas.

“The very first time we went, I didn’t want to go,” admitted Judy. “I went anyway, and it was just divine. Everyone is the same, and we were all excited about the positive things that have happened in our lives.

“It’s just an unbelievable group to still have all these years later,” she continued. “I don’t know if there’s even any kinder people.”

She and her husband Menno Hiebert also noted how the class connections that developed in school even overcame how groups of students were segregated in various ways.

“You know how it is when you’re in high school and people run you down. Even by our very first reunion, that was all gone ... there are no walls up. People are so kind,” said Judy.

“And everybody you talked to, there was no one being standoffish. You could talk to anyone of them, and there were no problems. Everybody



SUPPLIED PHOTO

The Morden Collegiate class of 1972 held their 50th high school reunion earlier this month.

was on the same level,” added Menno.

“Because we’re older and now most of us are retired, there’s just a sweetness in it now, and it seems to get better every time,” said Judy.

Dudgeon recalled what one of their teachers once wrote about the group after a previous reunion.

“He recognized the enthusiasm, energy and closeness of our group,” she said, adding she sees “the unconditional respect that we have for each other.”

She also noted how students at the time were kind of segregated, but, despite that, they built and kept connections.

“You had people from all of the groups who played sports, who were in the drama club, who were in the choir and in all those extra curricular activities that brought us all together. It didn’t matter what class you were in,” said Dudgeon, who noted they will have some discussion about perhaps not waiting another 10 years for the next reunion.



Concerts in the Park has two shows left

PHOTO BY ASHLEIGH VIVEIROS/VOICE

Winkler’s weekly Concerts in the Park series moved indoors last week due to the smoke and wind, with Nathan Keys taking to the P.W. Enns Centennial Concert Hall stage. There are two more concerts scheduled for the series, which runs every Wednesday night in Bethel Heritage Park: the Brian Jacobs Band performs this week and the Cracked Eggshell wraps up the season next week. Shows begin at 7 p.m



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Bringing history to life



PHOTOS BY LORNE STELMACH/VOICE

The Manitoba World War One Museum located just outside La Riviere hosted its annual A Day in the Trenches heritage celebration Sunday afternoon. In addition to the museum, which features an extensive library and archives as well artifacts and memorabilia, a highlight of the day included two re-enactments of a battle in the trenches built on the property (left). Top, from left: A volunteer explains some of the guns and weaponry used in the First World War; museum director Bruce Tascona talks ammunition; a youth tries out a trench periscope.

MB Pork receives funding to battle African swine fever

By Lorne Stelmach

African swine fever is a global con-

cern, so that is why Manitoba Pork is working with federal funding to help fight its spread.

Manitoba Pork recently received almost \$1 million to prepare for African swine fever (ASF), and officials stressed the importance of the initiatives to aid in the preparation and preparedness work in the fight.

"If African swine fever was to hit Manitoba or hit Canada, our borders would close and our ability to export would close," said Cam Dahl, general manager of Manitoba Pork.

"The threat of ASF to the province of Manitoba is really significant," he said, noting that 90 per cent of hog production in Manitoba is exported. "We are putting a lot of effort into ensuring that we do everything we can to prevent ASF from arriving and having a plan in place in the event it does arrive, and that's really what these funds are going towards."

The detection of African swine fever in Canada would be catastrophic for both the Manitoba and Canadian hog sectors, resulting in not only a prolonged closure of international borders to pork, but a significant financial impact as well.

ASF does not pose a health risk to humans, other animals or the food system, and to date, it has not been detected in pigs in Canada. However, it is currently spreading throughout countries in Europe and Asia and was discovered last year in the Dominican Republic.

Manitoba Pork has received \$944,340 from Agriculture and Agri-Food Canada's African Swine Fever Industry Preparedness Program.

The funding is divided between three projects: increased funding to support the work of the Squeal on Pigs Manitoba initiative, funding to aid in communicating with small-scale pork producers in the province, and the development of a response plan in the event a case of ASF is found in the province.

The largest portion of funding—\$813,867, with a federal contribution of \$691,787—is going to the Squeal on Pigs program to increase surveillance, education, and outreach activities in Manitoba.

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Plum Fest delights



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

The 21st annual Plum Fest made Plum Coulee a hopping place last weekend, with plenty of fun activities for the kids (left), stage entertainment that included a host of musicians and performances from "Comedy Dangerist" Herbert Henries (shown here dodging knives as he shared a few jokes), and a Street Market that included vendors such as Kamryn Penner (Crochet By Kamryn). The weekend also included a parade, community meals, a fireman's rodeo, dances, and more.



> AFRICAN SWINE FEVER, FROM PG. 8

Presently the program is staffed by a project coordinator and three field staff as well as being supported by staff at Manitoba Pork in the areas of swine health and communications.

New funding will be deployed in multiple ways, including bringing the staff up to five, expanding the capacity to capture and remove wild pigs, monitoring and reporting on pig control activities, and expanding the public outreach campaign.

As well, they will be expanding testing and deploying new surveillance methods and equipment, developing and refining an information system to track results, supporting and evaluating research across the country that shows promise and supporting the development of a national strategy to eradicate wild pigs.

"They are invasive. They're not natural to the province," said Dahl. "Those wild invasive pigs really do pose a threat. They can become disease reservoirs, and of course they also do a significant amount of ecological damage and damage to crops."

He also stressed the importance of solidifying the emergency management plans including "outreach to small producers to ensure they are aware of the steps that they need to take to protect their herds and the industry as a whole."

Development of the ASF response plan receives funding of \$263,010 including a federal contribution of \$191,493. Other funding will support the communication with small-scale producers with \$71,836, including a federal contribution of \$61,060.

Funding under this stream will help Manitoba Pork improve bio-security and food safety practices of small-scale pork producers by increasing awareness, sharing and developing communications materials and creating a network of small-scale producers who have access to a variety of education materials.

There will be webinars, how-to videos, social media content and e-newsletters among other materials, and it will act as a pilot project for other jurisdictions who may be interested in better con-

necting with small-scale producers in their area.

"Animal diseases like ASF have a significant impact on the economy and on the mental health of producers," said Lawrence MacAulay, federal minister of agriculture and agri-food. "Investing in these proactive initiatives, led by Manitoba Pork, will help protect animal health and ensure the sector remains resilient and competitive internationally."

"African swine fever poses a tremendous risk to our province's hog sector, and we need to do everything we can to ensure that we are prepared in the event that horrible day comes upon us," said Manitoba Pork chair Rick Prejet. "We want to commend the federal government for not only stepping up with funding to support producers and our sector but for their continued engagement on preparatory work with our producers and our staff to ensure that we are best prepared for an outbreak."

The **Voice**

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Altona man hitting the road for Great Cycle Challenge

By Lori Penner

An Altona resident is doing his part to raise funds to fight childhood cancer.

Ken Wesa has been participating in the Great Cycle Challenge, joining thousands of riders across the nation



PHOTO BY LORI PENNER/VOICE
Ken Wesa hopes to bike 250 km before August is over, and raise \$2,500.

to raise funds for the SickKids Foundation.

Each rider sets their own personal goal of how many kilometres they want to reach in the month of August—and how much in donations they hope to collect.

Wesa is aiming for 250 kilometres and \$2,500, and he's well on his way.

After experiencing his own medical challenges, he says he'll never take his health for granted again.

Wesa was diagnosed with kidney disease at 19.

"IgA nephropathy is a genetic thing some teens end up with," he says. "The sad thing about kidney disease is you don't know you have it until it's too late. There are five stages. I was at stage 4 when I started having symptoms, but they assume I was probably 14 or 15 when it started."

After years of treatment, he went on to get married, have two kids, and hold down a job. All things, he says, that some people may never go on to experience.

He underwent a transplant in 2017.

"My younger sister gave me one of her kidneys five years ago. I still send her flowers every year on the anniversary. Everything is still going great. That's why I wanted to do this challenge. I was just 19 and I wasn't

allowed to work anymore. As a kid, I was active, in track and field and riding my bike everywhere. I couldn't do that for many years."

After hearing that over 1,700 children are diagnosed with cancer in Canada every year, Wesa wanted to do something to help support young patients.

"I heard about this challenge and thought it would be cool to give it a try," he says. "It's a great cause."

Wesa hadn't been on a bike for 10 years, so it was a challenge at first.

"I was so out of shape. I signed up in June, bought a new bike and quit smoking. And I haven't looked back. I've been on my bike more this summer than I have in a decade.

"I feel healthier than I did before. I like the idea of raising money and awareness for these kids so they can have a chance at life too. What I went through is nothing compared to what some of these poor kids have to endure ... it's the worst disease on this planet, and especially when children get it."

This year's Great Cycle Challenge is winding down to its last week, but Wesa says it's never too late to get on board. He plans to continue with an even bigger goal next summer.

"It's about raising awareness and

encouraging others to do it too. Every little bit helps. Maybe it's a plane ticket to get to the hospital or to support a family that has to miss work while they're caring for a child. It all adds up."

The Great Cycle Challenge Facebook page is filled with encouraging and heartbreaking stories about kids who have endured cancer, and if nothing else inspires you to support the cause, Wesa says those stories will.

"There are so many stories about kids who are struggling and kids who survived."

Wesa says he's glad to have spent his summer giving back.

"It's a nice feeling to know you donated your time for something that matters. You're not just making memories but you're making an impact ... just signing up for this will give you the drive to start moving and keep going.

"Cancer is the largest killer of kids in Canada, with 27 children diagnosed every week. Kids should be living life, not fighting it."

To donate, go to https://greatcyclechallenge.ca/Riders/KennethWesa?utm_source=share&utm_medium=facebook&utm_campaign=gcc_app_dashboard.

St. Jean firefighter brings home gold, silver

By Lorne Stelmach

A volunteer firefighter from St. Jean Baptiste earned two medals at the World Police and Fire Games that took place from July 28 to August 6 in Winnipeg.

Michelle Siemens earned a gold medal in the 5K run and a silver in the half marathon in the female 35-40 age category.

"It was quite a shock when my name was announced," recalled Siemens, who said she would have never imagined doing that well.

"It was the training and the perseverance, forcing myself to finish it," she said. "There was a point in the run when I just wanted to call my husband to come and get me. I wanted to quit, but I'm extremely stubborn, so there was really no way I was not going to finish it."

Siemens works as an educational assistant and lives in St. Jean Baptiste, where she has served with the fire department for about two years.

Having the Games so close to home in Winnipeg was an opportunity that was too good to pass up.

"When I first heard about it, I thought it would be really cool to go and watch. And then the more

I looked into it, the more I thought that would be really cool to go do, and I've always wanted to run a half marathon," said Siemens.

"So it just became my goal. I do run, but not to this extent. I run regularly just to stay in shape for the fire department, but it then became a lot more training for a half marathon."

She kicked it up a notch to prepare by starting to run a little more often and increasing the distances.

"Probably about four months ago is when I really started stepping it up," she said. "It was lots of early mornings. I would run at 4:30 in the morning."

St. Jean Baptiste Fire Chief Eugene Fillion was proud of what Siemens has accomplished not only at the Games but also with the department.

"She wasn't going to go, but we persevered to make sure she attended it," he said. "We were blown away with what she has accomplished ... if I had 20 like her, I would be set."

"It's a lot of work but it's worth it ... I love it," said Siemens, who would consider going to the Games again when they are next held in Birmingham, Alabama

"I've already started looking at it."



SUPPLIED PHOTO

Michelle Siemens won gold in the 5k run and silver in the half marathon at the World Police and Fire Games in Winnipeg earlier this month.

The Voice

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Ridgeville Club turns 50

By Lori Penner

For five decades, it was the place where residents of a small, rural Manitoba community could gather for coffee, games, special events, and a beer. Before there was social media, it was a friendly spot to go to catch up on all the local happenings, complain about the weather, brag about the kids, and wonder about the crops.

Community centres like the Ridgeville Club were, and in many cases still are, the social hub of small towns. At its largest, the community swells to 30 residents.

Long-time resident Lyn Riach says the club opened in October 1973. It started mainly because the guy who owned the hotel in Ridgeville picked up his building and moved it to the corner of Hwy. 201 and 59 and took his liquor license with him.

"We were hooped. We had nothing here to replace it," Riach recalls. "So, a few of us got together and decided we needed something to hold the community together. A place where people could gather."

A group of six locals met a few times to discuss their options, followed by several meetings with the Manitoba Liquor Commission.

"We wanted to come up with something that would work with our community. We ended up with a license that was unique to Manitoba. It became a licensed club dining room where you can take your kids with

you. It's a very family-oriented license and as far as I know, our club is still the only place in Manitoba with this particular permit. You can take your kids with you. Back then, there were a lot of kids in the community and surrounding area."

After approval, the committee started a guarantee fund where people could commit money to provide collateral for a new building.

"We built the club and the original mortgage was paid off in five years. Then we started paying back the people who supported the guarantee fund, because as a business we didn't think there should be any donations. It needed to stand on its own. And it has, for 50 years."

Today, with an addition, the Ridgeville Club is a licensed family dining room.

"It's a coffee shop in the morning and lunch specials, along with a bar," says Riach.

They've hosted a variety of performers over the years.

"We've had singers and stand-up comedians. We have local bands occasionally. Cribbage is a big thing in this town. They play a lot of that in the morning at coffee time. There's a car rally once a year, a snowmobile derby, and a broomball tournament. We have bingo and trivia nights. A busload of people come out from Dominion City."

The Club has drawn people from all over, she says, including groups from



FACEBOOK/RIDGEVILLECLUB
The Ridgeville Club marked 50 years with a community party Aug. 12.

local motorcycle organizations.

"Ridgeville is part of their tour. When they roll into town, I tell my sister, 'You know it's spring when the Harleys have landed,'" says Riach. "There's a lot of people that come in to enjoy our little community centre."

The Ridgeville Club celebrated its 50th anniversary on Aug. 12 with a day that began, of course, with morning coffee, followed by cribbage games, a barbecue, games and activities for all ages, a cold plate supper, and performances by two local bands.

Riach says the event was very well attended, packing the small facility from wall to wall.

"I was very pleased to see the kind of turnout there was. My daughter and many volunteers put in so much work to make it successful. It was a fantastic day."

Looking back, she says there were also a lot of volunteers who made the Club's existence possible. It's still run



by a committee, but Riach says now it's up to the next generation keep it running.

Will there be a 75th anniversary in the future? Riach chuckles and says you never know.

"With a town this size you take it one day at a time. It was a wonderful turnout, and now we just wait and see what happens. There are a lot of memories between those walls. And hopefully many more to come."



Sweet gospel sounds

Altona's 1st Annual Gospel Music Festival was a huge success, drawing a crowd of nearly 600 music lovers to the Altona Centennial Park Saturday. The event featured seven local groups, which filled the day with traditional classics and modern worship melodies. Clockwise from above: The Martens Brothers perform; Quonset Brothers; Glen Cross Quartet.

PHOTOS BY LORI PENNER/VOICE



Walk and Play a hit with newcomer families

By Lorne Stelmach

A trial program this summer was getting children and families and especially newcomers out into the community for both some exercise and social time.

There have been multiple benefits to the Walk and Play program offered through Regional Collections, suggested Iris Tsui, who is the HIPPY (Home Instruction for Parents of Preschool Youngsters) program co-ordinator.

"If they are new here, it can be challenging ... they may have no friends here yet and maybe don't know what all is here as newcomers. I hope this program can give them some confi-

dence to go out of their home, out of their comfort zone and meet some new people or meet someone from their home country."

Done for the first time on a limited trial basis this summer thanks to funding from the Healthy Child Coalition, Walk and Play throughout July went two days a week each in Morden and Winkler with sessions offered in the morning and afternoon.

There were 24 families in total who participated in the program geared towards children aged three to five.

In Morden, they would go for a walk and visit the Canadian Fossil Discovery Centre, while in Winkler they would walk and enjoy some time cre-



SUPPLIED PHOTOS

Regional Connections' Walk and Play summer camp program had newcomer kids exploring the Canadian Fossil Discovery Centre (above) and getting creative at The Clay Owl (left).

ating pottery at Clay Owl Studio

"I feel it went very well," said Tsui. "We wanted to provide an opportunity for families to get to know more about their communities by walking through it and exploring it.

"We hope we can enhance a child's development in different areas by participating in a variety of programs, and we also hope to strengthen the bonding between parents and children and let them have some fun in some way."

Just as important though is building connection to their communities,

which is especially important for families who are new here.

"Maybe then in the future, if they want something to do, they will know where they can go ... with their families, their friends."

They will apply for funding for the program again for next year and hope to perhaps be able to expand it.

"I hope next summer we will have something similar to this program or maybe we will focus on things like their motor skills and movement ... maybe we can play some more games outside," said Tsui.

Morden Lions Club receives independent status

By Lorne Stelmach

It is onward and upward for a Morden community service organization that now has full club status.

The revived Lions club in Morden recently received its independent club status after having initially been sponsored by the Crystal City club.

Bruce Robert, vice president of the Morden Roaring Lions Club and advisor for the Morden Roaring Leos youth club, described it as a milestone after having initially brought the organization back about two years ago.

"We had to be sponsored by a club until we had sufficient members to become independent, and we've now done that with 30 members in our Lions club and there's 11 active members in the Leos club," Robert said

while manning the club's table at last week's Get To Know Your Community volunteer recruitment event.

"So we just now became independent. We reached that goal about five months ago," he noted. "And I feel very good about it. It was a lot of labour and a lot of love, but we've got a lot of good people who want to see it happen here ... good people with a heart for community, and that's what Lions club members and Leos club members certainly have here."

There are a number of vital service organizations in the community, but Robert felt there was a need for another one like the Lions

"I'm thinking what COVID did is it maybe spotlighted the needs in the



PHOTO BY LORNE STELMACH/VOICE

Morden Roaring Lions Club vice-president Bruce Robert with Leos Club president Riya Jain. The Morden Lions recently received independent club status.

Continued on page 13

Faces of Winkler on now at WA+C gallery

By Ashleigh Viveiros

Winkler Arts and Culture's Faces of Winkler reception last week gave the community the chance to meet the people behind the popular annual exhibit—artists, photographers, and subjects alike.

Faces of Winkler 2023 shone a spotlight on eight Winklerites who have had a hand in shaping our community.

Honoured this year were Dr. Murray Reimer, Zahid Zehri, Nico Friesen, Jim and Martha Thiessen, Anita Froese, and Don and Joyce Bergen.

The exhibit shared a bit about each subject's impact and also included a professional photograph and a piece of artwork meant to capture some of who they are.

Participating artists and photogra-

phers this year included Olga Krahn, Ray Derksen, Kevin Driedger, Taylor Hildebrand, Scott Bell, Alesha Hildebrand, and Walter Dueck.

Artist Taylor Hildebrand got the chance to portray Friesen and the Bergens with her artwork, which utilizes pencil crayons and alcohol inks.

"I feel really privileged and acknowledged as an artist to be part of this," she says. "I think it's really important to recognize citizens in the community like this, because that's what makes it a community."

She's known both Friesen—an avid Winkler Flyers fan and Gateway Resources worker—and Don and Joyce Bergen for some time.

"Mr. Bergen is retired now, but he was the home school liaison at GVC. And Mrs. Bergen worked with my parents [at Regional Connections Im-



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Faces of Winkler photographer Kevin Driedger (left) with subject Zahid Zehri, who was one of eight Faces in this year's show. Ray Derksen did the artwork for Zehri's display.

migrant Services].

"I was so excited to do Mr. Bergen's portrait because he's such an important person not only to me and my peers at school, but also to the community," Hildebrand says, noting his work in the school touched so many kids' lives. "It was really a privilege for me to be able to draw and present in my art someone who's so important to so many people."

Being selected as one of the Faces of Winkler was a humbling experience for pharmacist Zahid Zehri.

"I was so happy and so grateful ... I don't know if I deserve it or not," he says, noting what an honour it is to be included with people who have given back in a myriad of ways for decades. "I feel so honoured ... to be standing along with those who have done plenty of work for this community."

Zahid is certainly no slouch himself;

in addition to taking a leadership role in the health care field as a pharmacist he has also championed cultural inclusivity in the area, founding the Pembina Valley Multifaith Council and helping to establish Winkler's first mosque.

For returning Faces artist Olga Krahn, the exhibit is a great way to get to know more about the people who call Winkler home. Krahn did a painting of life coach and author Anita Froese.

"It creates a connection with somebody else to get to know their personality," she says. "When I'm painting it, I'm thinking about all the things that they've gone through in life."

To learn more about this year's Faces subjects, check out Winkler Arts and Culture's social media pages.

The show remains on display at the Park St. gallery until Sept. 2.

"I FEEL SO HONOURED ... TO BE STANDING ALONG WITH THOSE WHO HAVE DONE PLENTY OF WORK FOR THIS COMMUNITY."



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Faces subject Anita Froese (left) with artist Olga Krahn.

> MORDEN LIONS, FROM PG. 12

community," he said. "We need each other's help. We all need to help each other during trying times.

"It's just nice to have a service club in a community that's ready to tackle whatever issue, be it cancer, be it vision, be it health care, especially anything to do with sight."

Robert said there are a couple aspects of the new club which he feels are especially vital now.

"Our Lions club right now is primarily made up of newcomers to the area," he explained. "They know the need for the Lions Club. They know the importance of getting involved in their community.

"It's good to carry that on and especially with the help of our younger kids, we're going to continue that for a lot of years in Morden."

Riya Jain, who is president of the Leos Club for youth aged 12 to 18, has been in Morden for four years and became one of the first Leos members last year.

"I like being able to be in a leader role," she said. "Even though we have had some struggles to get the group together, we have come far, and it's all been good.

"So if you like helping people and you want to make this community a better place, then being a Leo is one of the best things because that is what

we do."

As for the Lions, Robert said they are looking at a number of project ideas including possibly helping provide wheelchair access at the beach.

"That's kind of near and dear to my heart," he said. "We are exploring that ... it has been put on the agenda as something we are looking at now.

"Also, at the Morden Park and the Lions Park, we're looking at refurbishing some things like the signage there as well," he said. "We're always looking for ways that we can help out ... we can just go in and help wherever we're needed, whatever the call is for us."

The Duhks perform in Manitou Sept. 9

By Lorne Stelmach

A Juno Award-winning band will play at the historic Manitou Opera House as part of the annual Honey Garlic and Maple Syrup Festival.

The Manitou Coffee House Musicians bring The Duhks to town on Saturday, Sept. 9 at 8 p.m. as a feature event of the festival.

The five-piece group was formed in 2002 in Winnipeg by a collection of accomplished folk nerds who met through the adventures of Leonard Podolak, son of famous Winnipeg Folk Festival founder Mitch Podolak and whose former band was dubbed Scruj MacDuhk.

Podolak is glad to have the band back at it again post-pandemic.

"The last couple of years have shown us that we all need to do what we can to bring joy into the world and into our own lives as much as we can," he said. "This seemed like a perfect reason for The Duhks to reunite and to tap into the essence of what brought them together in the first place, which was utter love of music, with the in-

tention of having a great time with friends, within the band, their musical community and their fans out there on the road."

Manitou Coffee House Musicians representative Mariette Howatt expressed their excitement at having landed The Duhks for festival weekend.

"They've been around for quite a while ... and they are well steeped in roots and folk music," she said. "I think they draw all sorts of people ... they cover a lot of different styles with what they do."

It is a further draw for the festival, which is partly why they moved the feature concert from the Friday night to the Saturday, which is the main day of the festival.

"We thought with people who are attending, it might make it a bit easier for those who are coming from a distance to enjoy it all ... go over from the supper to the concert."

The opera house itself is also part of the draw.

"We're very proud of it," said Howatt. "There's a great group of



SUPPLIED PHOTO

The Duhks take the stage at the Manitou Opera House Sept. 9.

people who take care of it and keep it going and keep good entertainment coming here."

The Duhks have performed over a thousand shows in 12 countries.

Podolak plays Appalachian-influenced clawhammer banjo with gospel and soul-influenced Jessee Havey up-front on vocals.

The group has no bass player, which is an unusual choice that has worked because of the innovation of founding member and luthier Jordan McConnell, who modified his guitar to allow a deep bass line to emanate in addition to the rich tone of his natural sounding guitar channel.

Percussionist Scott Senior displays Latin influenced poly rhythms on

congas, cajon, bongo and cymbals meant to be hit with a hand, not a stick. Jeremy Penner, fiddle player extraordinaire of Wailin' Jennys fame, is joining the band on fiddle for the Manitou performance.

The Duhks' first album *Your Daughters & Your Sons* in 2003 was nominated for a Juno. Their second album won a Juno for best roots and traditional album by a group.

"Heaven's My Home" from their third album *Migrations* in 2006 was nominated for a 2007 Grammy award for best country performance by a duo or group with vocal.

Tickets to the show in Manitou are \$25 for adults and \$15 for 17 and under. Call or text 204-242-4415 to book.

Cycle of Hope bikers raise \$12K for local Habitat for Humanity



SUPPLIED PHOTOS

Nettie Reimer, Debra Fehr, and Nancy Bezan spent 12 days biking 782 kilometres to raise funds for Habitat for Humanity. Together they brought in over \$12,000 for the local chapter.

By Lorne Stelmach

Three local cyclists recently conquered the challenge of a long-distance ride in support of Habitat for Humanity.

Debra Fehr, Nettie Reimer, and Nancy Bezan took part in the Cycle of Hope ride which saw them spend 12 days biking 782 kilometres from Little Current to Niagara Falls, Ontario.

They collectively raised around \$12,000 that will support the Winkler/Morden chapter, so it was well worth the effort.

"We're very happy with it, and it can make a big difference," said Fehr. "It was intense on a lot of different levels ... I don't know if I would do it again, but I can see why people do it ... the social aspect of it makes it a very good experience, but it's intense."

"It was pretty exciting," said Bezan. "It was nice to ride with a group of people with a likemindedness of biking and wanting to support Habitat."

Tackling this for the first time was Reimer, who recalled the first day was about 60 km with the next day reaching 130 km. She skipped the first 30

but did the last 100 km.

"That was a big one for me. The next day, I did 100, so that was a really long day," she said. "It was challenging ... every hill I came to, I wanted to stop, but there were all these other ladies with me, and they just encouraged me to keep going, and I managed to finish the day."

"I guess I didn't quite expect the go, go, go ... we had until 5 o'clock before we ended the day, and a lot of times we got done a bit earlier," Reimer said. "There were times it just felt a bit rushed ... I wanted to slow down just to see the scenery along the way as well. I did slow down, especially going along Lake Erie because that was a pretty long stretch."

She has many fun memories of the experience overall.

"The stops where we stayed for the night, a few places were a bit crowded, but we made do," she said. "Deb and I actually slept under the bus one night ... just because all the cabins were a bit crowded, and we decided to try it out."

Continued on page 19

sports & recreation

Winkler Whips are Border Baseball champs

By Ashleigh Viveiros

The Winkler Whips are the Border Baseball League champions

The Whips claimed the Gerry Coulthard Trophy in four games against the Cartwright Twins, the 2022 defending champs.

Cartwright took game one by a wide margin—17-5—on Aug. 10, but it certainly wasn't a sign of things to come, as the Whips returned the favour with a 16-6 trouncing in game two, an 8-1 game three win, and, finally, a 9-1 rout in game four last week Tuesday.

It ended the summer on a high note

for the Whips, who came in second place behind the Morden Mud Hens in the regular season. Morden (8-4-1) had one more win on their record than Winkler (7-4-2).

In the playoffs, the Whips knocked the Altona Bisons out in three games and then bounced Mud Hens in two to take the East Division title and advance to the championship final.

The Twins, meanwhile, were the West Division's regular season front-runners and playoff champs, dispatching Baldur and Pilot Mound in the first two rounds.



BORDER BASEBALL LEAGUE PHOTO

The Winkler Whips defeated the Cartwright Twins in four games to claim the Border Baseball League title last week.

'Cudas win high point banner



FACEBOOK.COM/WINKLERBARRACUDASSWIMTEAM

The Winkler Barracudas swim club brought home the Swim Manitoba Summer Swim Grand Prix large group high point banner from the championship meet in Treherne on Sunday. It was the last of five meets held throughout the summer. A number of swimmers also had individual high point podium finishes, including Isabelle Peters (first, 8U girls), Lauren Peters (first, 9-10 girls), Asher Zacharias (second, 9-10 girls), Capri Froese (first, 11-12 girls), Rebecca Kagan (2nd, 13-14 girls), Elexis Hoepfner (third, 13-14 girls), Jessica Kagan (second, 15+), Reagan Ens (second, 11-12 boys), Kaden Letkeman (third, 11-12 boys), and Levi Gerbrandt (second, 15+ boys). The Pilot Mound Piranhas won the small club high point banner at the event. Reaching the podium for the team was Bella Van Mol (third, 11-12 girls), Jeremy Schmidt (1st, 11-12 boys), Nolan Van Mol (first, 13-15 boys), and Parker Grice (third, 13-14 boys).

Storm 2 defeat first-place Scorpions FC 1-0

By Ashleigh Viveiros

The Winkler Storm 2 teamed welcomed the first-place Scorpions FC to town last weekend—and sent them packing with a loss.

A goal from Pah Dah gave the home team the win 1-0, bolstering their record for the summer to 8-2-1.

It's enough to keep them in third place in the MMSL's 3rd Division with 25 points, behind the Scorpions (9-5, 27 points) and the Richmond Kings (8-4-1 and 25 points). The Storm have a few games in hand over the front-runners.

Storm 2 next plays a road game against the YFC Saints Thursday night before closing out the month with a home game against Bandits FC Sunday at 4 p.m.

Meanwhile, the Winkler Storm 1, playing in the Premier Division, got a breather this past week but will return to the field Thursday in Winnipeg to face Lucania FC and then host World Soccer Academy Sunday in Winkler at 6 p.m.

At press time, Storm 1 were 3-10 for the season so far, good for eighth place in the standings, ahead of Lions FC and World Soccer Academy.

Westman wins Westerns in Winkler

By Voice staff

Winkler's Parkland diamonds hosted the 2023 U17 Girls Western Canadian Championship last weekend.

There were three Manitoba teams at the event: Westman Magic, Smitty's Terminators, and the Manitoba Angels.

Both the Magic and the Terminators made it to the playoff round on Sunday with round robin records of 5-1 and 4-2, respectively.

The Terminators' loss came at the

hands of B.C.'s Abbotsford Outlaws 14-4 while the Magic fell to the Terminators 8-6 and the Lloydminster Liners (Alberta) 7-9.

The Liners and the Outlaws also made it to the playoffs. The Smitty's beat Abbotsford 10-3 to advance to the championship final while the Magic had to work their way through both teams to do the same, beating the Outlaws 5-2 and then the Liners 13-6.

In the gold medal match, the Magic came out ahead 12-5 to win the title.

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

Bunge Canada is an equal opportunity employer.

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.

BUSINESS SERVICES

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228 www.firstandsecondmortgages.ca

LJI REPORTER WANTED

Neepawa Banner & Press is seeing a candidate with a passion for journalism, a strong news sense, excellent research skills, a creative approach to coverage, a desire to learn and an ability to adapt to rapidly changing situations. Reporter will have a focus on Municipal Council, School Board and Health Region news. Contract position until March 31, 2024, but may be extended. **Deadline: Friday, Sept 1** Email resume, cover letter, and three references to: Ken Waddell, Publisher Neepawa Banner & Press 204-476-6214 kwaddell@neepawabanner.com

FLIGHT ACADEMY

Want to learn how to fly? LS Flight Academy is the most affordable in Canada. Recreational, private and commercial certificates. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

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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.

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FARMLAND FOR SALE

393.99 acres of farmland for sale (226 cultivation) on SE 19-3-6E and SE 29-3-6E and NE 20-3-6E 204-256-0601 or 204-998-5526 for info.

McSherry Auctions
12 Patterson Dr., Stonewall, MB
Online Timed Auctions @ iCollector.com

Closing Aug. 30 @ 5:00PM
Featuring Guns + Ammo & Kubota U55 Excavator with 686 Hours, Enclosed Trailer, 3PH Equip., Farmall H Tractor, Vehicles, Small Buildings, Tools

Estate & Moving
Closes Sept. 6 @ 7:00PM
Booking Auctions At Your Place or Ours!
McSherryAuction.com
204-467-1858
Consignors Welcome!

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? Announcing a scholarship? 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.

BOOK YOUR ANNOUNCEMENT

The *Winkler* *Morden* **Voice**

Call 467-5836 Email ads@winklermordenvoice.ca

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mcna

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www.mcna.com

NOTICES

HIRING? REGISTER-ING PEOPLE for fall/winter community groups or programs? **SOMETHING FOR SALE? HAVING AN EVENT?** Book your Blanket Classified Ads NOW in the 31 Weekly Manitoba Community Newspapers to have your messaging seen all over the province! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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Old coins, old money, collectors coins, rare coins, coin collections, pre1969 10¢, 25¢, 50¢, \$1., Olympic coins, coin sets, Royal Canadian Mint Coins, Franklin Mints Sets, buying Entire Collections & Estates. USA, Canada & world collections wanted. Also purchasing bullion, jewelry, scrap, nuggets, sterling, gold, silver, platinum.

Todd
250-864-3521

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

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INVITATION TO TENDER

INVITATION TO TENDER

We invite **TENDERS** for the purchase of approximately 138.25 Acres of land in the R.M. of Stanley located in: **THE SE 1/4 OF SECTION 6-3-4 WPM Title No. 2532926/4 Roll No. 203600**

A cheque for \$10,000.00 must accompany the tender as a down payment. Written tenders must be received by 2:00 p.m. on September 7, 2023. Down payment will be returned if tender not accepted. Closing date for the sale shall be September 29, 2023 by cash or approved loan proceeds. Any loan advances paid after closing date are subject to payment of interest at loan rate during reasonable delay for registration of security. Purchaser shall be responsible for payment of all 2023 property taxes and GST or shall self-assess for GST. The highest or any Tender may not necessarily be accepted.

ADDRESS: DOELL LAW OFFICE
P.O. Box 1150
1-655 Main Street
Winkler, MB R6W 4B2
Ph. (204) 325-8807
To the attention of Scott C. Doell
For more information on the tender email info@doelllaw.com

FIND THE RIGHT PERSON FOR THE POSITION with an EMPLOYMENT/CAREERS AD in

The *Winkler* *Morden* **Voice**

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

Classifieds

Book Your Classified Ad Today -
Call 325-6888 or Email
ads@winklermordenvoice.ca

The **Winkler Morden**
Voice

CAREERS



PEMBINA VALLEY
WATER COOPERATIVE INC.

**Maintenance & Distribution
Supervisor Position – Altona, MB**

Pembina Valley Water Cooperative is seeking applicants for the fulltime, permanent position of Maintenance & Distribution Supervisor. The Pembina Valley Water Coop is Manitoba's 3rd largest water utility, producing potable water for 14 municipalities in south central Manitoba. Three water plants feed a network of over 9000 square kms.

What we have to offer:

- Excellent benefits package offered by the municipal government program
- Competitive industry wage
- Provincial certification program based
- Company matched retirement savings program (starts at 8% match) through MEBP
- Strong support for internal training
- An environment geared towards learning.
- 2 weeks holidays to start, 3 weeks after 3 years
- Strong safety focus

Position Description:

The Maintenance and Distribution Supervisor is responsible for maintenance of the company assets, leadership of the distribution system and the company safety program. This role involves interfacing with suppliers, government, customers, engineers, and employees. The role works closely with the Operations Manager, the Engineering department, and the water treatment plant employees. The individual should be knowledgeable of maintenance programs, and the distribution system which includes booster stations, reservoirs and pipelines. This person ensures, in conjunction with other plant and distribution employees that all regulatory parameters are met within the distribution system. This person is also responsible to ensure safety regulatory compliance is met, by ensuring a process is in place to train all employees on Workplace Health & Safety Regulations, audit for compliance and develop plans to meet any deficiencies.

Qualifications:

- Good written and verbal communications skills
- Experience in working in a changing environment.
- Experience as a team player and positive attitude.
- Ability to work with people at all levels.
- A positive and proactive safety attitude
- Ability to analyze data and create reports.
- Ability to develop processes and implement systems.
- Valid driver's license
- Willingness to learn and further education such as Water Distribution Class 3
- Computer competency; emphasis on Microsoft Word and Excel. Scada familiarity an asset
- Any trade experience or post secondary education is an asset.

Interested applicants should forward their resume to water@pvwc.ca by August 25, 2023. Call 204-324-1931 or visit <https://pvwc.ca> for more information.

Starting a new business?
Call us - We have everything you
need to promote your business
Call **204-467-5836**

CAREERS



Border Land School Division anticipates an opening for a
**TERM VOCATIONAL
ASSISTANT FOR THE RRTVA
CARPENTRY PROGRAM**
FOR W.C. MILLER COLLEGIATE
IN ALTONA, MB

FOR DETAILS VISIT WWW.BLSD.CA

CAREERS



Border Land School Division invites applicants for an
**EDUCATIONAL
ASSISTANT**
FOR ÉCOLE WEST PARK SCHOOL
IN ALTONA, MB

FOR DETAILS VISIT WWW.BLSD.CA

PUBLIC NOTICE



**TOWN OF ALTONA
PUBLIC NOTICE
2024 BOARD OF REVISION**

The 2024 Real Property, Personal Property and Business Property Assessment Rolls have been deposited in the Office of the Clerk at 111 Centre Avenue East (Town of Altona Civic Centre) and will be open for inspection by any person(s) during regular office hours.

The Board of Revision will sit at the Council Chambers of the Town of Altona located at 111 Centre Avenue East in Altona on Tuesday, October 10th, 2023 at 6:00 P.M. for the purpose of revising the Assessment Rolls of the Town of Altona.

Complaints against any of the above noted assessments must be received by the Secretary of the Board by Monday, September 25th, 2023 and may be made as follows:

Application for revision

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under subsection 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- (a) liability to taxation;
- (b) amount of an assessed value;
- (c) classification of property;
- (d) a refusal by an assessor to amend the assessment roll under subsection 13(2).

Application requirements

43(1) An application for revision must

- (a) be made in writing;
- (b) set out the roll number and legal description of the assessable property for which a revision is sought;
- (c) set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- (d) be filed by
 - (i) delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41(2), or
 - (ii) serving it upon the secretary,
 at least 15 days before the scheduled sitting date of the board (no later than September 25th, 2023) as indicated in the public notice.

Dated at Altona, in Manitoba, this 24th day of August, 2023, A.D.

Town of Altona
Box 1630, Altona, Manitoba ROG OBO
Terry Fehr, Secretary
Board of Revision for the Town of Altona

AUCTION

**WARREN NORDQUIST ONLINE AUCTION
AUGUST 25, 2023 AT 6:00PM SURPLUS AUCTION**



28037 Road 33N, this is 3 Mile west of Carman lights, on PR 245 Then 1 mile south on road 28 and 1/4 mile west on road 33, north yard # 28037, Carman Manitoba MB, CA. Warren is selling a good amount of Surplus items, we will have a listing in few weeks its a cataloged timed online only auction, if you need help with bidding give us a call, we will try to help.

For more listing www.billklassen.com/nextlot

Bill Klassen Auctions Ltd.
Ph: (204) 325-4433
Cell: (204) 325-6230
Fax: (204) 325-4484

**Reporter/Photographer
Wanted**

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

**Please forward your resumé along with
three writing and photography samples to:**

Lana Meier
Email: news@stonewallteulontribune.ca

The Carman-Dufferin
STANDARD

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CARD OF THANKS

We would like to express our sincere thank you to all of our extended families, neighbours and friends, who helped and supported us these last few weeks after the passing of Bill Klassen. A special thank you to Wiebe's Funeral Home, Bethel Church and Beausejour Health Centre.
-The Klassen family

BIRTHDAY



If you know this guy who works daily at the Altona MCC store, wish him a Happy 85th Birthday on August 25

-Love and Blessings, from your wife and family

BIRTHDAY



If you see Martha this week Give her a call and wish her a Happy belated 80th Birthday! Her birthday was Aug 21. Happy Birthday Mom!!

-Love your family, Your husband John, Darryl, Gwen, Kailyn and family, Dennis and Shauna and family

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

OBITUARY

Edna Florence Friesen (nee Fehr) 1933 - 2023



On Saturday, August 12, 2023 at the Pembina Manitou Health Centre with her family by her side, Mom went to be with her Lord and Saviour Jesus Christ.

Mom was born on May 14, 1933 to her parents, Wilhelm and Maria Fehr. She was the first of four children. They lived in Blumenfeld. Mom married Jake Friesen on July 10, 1955. God blessed them with two daughters and three sons. They were dairy and grain farmers in the Mason School District.

Mom was predeceased by her husband, Jake and her son, Alvin, her parents, Maria and Wilhelm Fehr, her stepmom, Mary Fehr and two granddaughters in infancy.

Mom is survived by her children, Verna and Jim, Harvey and Kim, Harold and Loretta, Janice and Tim, daughter-in-law, Tina. Also left to cherish her memory are 14 grandchildren, 23 great-grandchildren and one sister, two brothers and one sister-in-law.

Faith was very important to Mom. She spent numerous hours reading and studying her Bible. She prayed for her children and their families every day, for everyone she knew and anyone who needed extra prayers. Mom loved her family, her children were precious to her, she enjoyed every visit and every hug that she could get. Her grandchildren and great-grandchildren held a special place in her heart. She loved when they would stop in to visit or would share a song or a verse they had learned. She also loved the phone calls she received to see how she was doing.

Memorial service was held at 11:00 a.m. on Wednesday, August 16, 2023 at the Morden EMMC with interment prior to the service at the Winkler Cemetery.

The family would like to thank the wonderful staff and friends at Homestead South. Dr. Kim, homecare staff, nurses and the staff at Boundary Trails and the Pembina Manitou Health who we were just starting to know and to palliative nurse, Deanne. Special thanks to Wiebe Funeral Home for the compassionate care. We are truly grateful to everyone.

Donations may be made on Mom's behalf to Back to the Bible or Tabor Home.

Wiebe Funeral Chapel, Morden
In care of arrangements
wiebefuneralhomes.com



OBITUARY

Richard Phillip Fehr 1983 - 2023



Rick was born on May 26, 1983, the only child of John and Sarah Fehr, who loved and raised him on their family farm near Schoenwiese, MB. Farming became Rick's way of life at a very young age, and he eventually took over the farm after John's health declined. When John and Sarah moved to Winkler in 2010, Rick, Char and Aiden moved onto the homestead. Rick married his best friend and life partner, Charisse Hamm in 2003 and they were blessed with the arrival of their only son, Aiden in 2005. Together as a family and with their three employees, they worked tirelessly to ensure that the farm produced well. In 2020, Rick was diagnosed with a very rare type of genetic cancer that was affecting his liver. This was a very difficult recovery for Rick, and he had to learn to

slow down which wasn't easy for him; go-getter that he was! The cancer reared it's ugly head again in April of this year and this time it was in his small intestines. Once again, he underwent surgery to remove all but six inches of the intestines, but they were not able to remove all the cancer. Complications set in and Rick was hospitalized at Boundary Trails Health Centre. He was baptized upon the confession of his faith on August 10, 2023 by Pastor Larry Reimer. On Tuesday August 15, 2023 Rick went to be with his Heavenly Father.

He was predeceased by his father, John in April 2022.

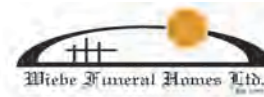
He is survived by his wife of 20 years, Charisse, son, Aiden, mother, Sarah (nee Gerbrandt), parents-in-law, Ron and Bev Hamm, sister-in-law and brother-in-law, Stacy and Jake Krahn, nephew, Peyton and niece, Braylee.

Funeral service was held at 2:00 p.m. on Saturday, August 19, 2023 at the Winkler EMMC with interment at Schoenwiese Cemetery.

If friends so desire, donations may be made in Rick's memory to the Candlelighters Childhood Cancer Support Group or South Central Cancer Resource.

Special thanks to Dr. Visser and staff at HSC, Dr. Gacutan, Kaylee Vodden (cancer navigator), Dr. Woelke and the staff at BTHC and the large medical team of professionals who worked with the family, the Pastoral team, Wiebe Funeral Home and for the abundance of prayer support from all.

Wiebe Funeral Home, Winkler
In care of arrangements
wiebefuneralhomes.com



OBITUARY

Helen Froese (nee Huebner) 1933 - 2023



Our beloved mother, grandmother, nana, sister, aunt and friend, Helen Froese entered the presence of the Lord on Wednesday, August 9, 2023, at the age of 90 years.

Helen was born in the Turtle Mountain Municipality of Manitoba to the late George G. Huebner and Sara Braun. Helen was predeceased by her husband of 17 years, John Froese and her sister, Elfrieda Huebner. She is survived by her two daughters, Heather Popkes (Cameron) and Lori-Anne Benoit (Lanny). She was the proud grandmother of five grandchildren, Dillon Popkes (Amanda), Amy Popkes (Bryson), John Aidan, Grayson, and Cade Benoit. She was also the great-grandmother to Jaxon and Antaeus Popkes. Helen is also survived by her brother, George G. Huebner

(Joyce), and sisters, Tina Huebner, Dorothy Huebner and Hilda Friesen (Bert), as well as many nieces and nephews.

Helen grew up in the Rhineland, Manitoba area where she met and fell in love with her knight in shining armour. However, John was taken away by the Lord too early after a courageous battle with cancer. Helen and John raised their girls in Morden, Manitoba where she retired at the age of 65. Helen relocated to Okotoks, Alberta in 2007 to be closer to her family in Alberta and British Columbia. In Helen's earlier years, she was an avid seamstress, a self-taught knitter, maintained beautiful gardens and pursued other interests all of which fell short to her love of baking and preparing meals as fondly enjoyed by family and friends.

We would like to thank the nurses and doctors of both the South Health Campus Hospital in Calgary, and the Oilfields General Hospital in Diamond Valley as well the residents and staff of Medicine Tree Manor in High River.

Memorial service was held at 11:00 a.m. on Saturday, August 18, 2023 at Wiebe Funeral Chapel in Morden with a private interment prior at Southside Cemetery.

Helen's family requests that, in lieu of flowers, donations can be made in her memory to the Canadian Cancer Society and the Heart and Stroke Foundation of Canada.

Wiebe Funeral Chapel, Morden
In care of arrangements
wiebefuneralhomes.com



Your memory will live forever Engraved within our hearts

ADAMA donates \$3K for Altona rink girls' dressing room

By Voice staff

A donation from ADAMA Canada is helping pave the way for a girls' dressing room at the Altona rink.

The crop protection company last week announced it has donated \$3,000 to Altona Minor Hockey for the project.

While the number of girls playing hockey in the community is growing, there isn't a proper dressing room for them to use.

"We're so happy to see more girls excited to play hockey, and we don't want to diminish that excitement because they have to change in the boys' room," said Wes Hildebrand, Altona Minor Hockey president. "ADAMA's donation means they can have a comfortable space to change before and after games and practices, which we hope will encourage girls to continue playing hockey in the years to come."

The news girls' dressing room will

take over what was once a storage room.

The Altona skating rink is one of 19 initiatives supported by ADAMA Canada's All In On Your Stomping Grounds program, which issued a cross-country call for Canadians to share community space improvement projects, agricultural education projects, or community food bank projects in their hometowns that needed funding earlier this year.

The program donated a total of \$120,000 after receiving 60 applicants.

"ADAMA is proud to support our customers not only in the field but also in their communities," says Andrew Kaminsky, ADAMA's area business manager. "It's a great feeling to know we can be a part of making communities better, and the Altona rink project is a great example of this and why we started the All In On Your Stomping Ground initiative."



SUPPLIED PHOTO

ADAMA Canada's Andrew Kaminsky presented Altona Minor Hockey's Wes Hildebrand with \$3,000 towards creating a girls' dressing room at the rink.

> CYCLE OF HOPE, FROM PG. 14

"We got creative and slept in the cargo hold spot on the bus," said Fehr.

"I had my goals ... I wanted to be able to do 60 km a day," she said. "The first two days, I did that, not without cry-

ing, but then the third day I did much better, and I ended up doing two days of 100 km each and a couple of 70, 80 km days ... I was happy that I could do more.

South Central clinch silver



FACEBOOK/WINKLERMINORBALL

The South Central team brought home silver from the 2023 18U AAA Western Canada Championships held in Winnipeg over the weekend. The team were victorious for much of the weekend, downing the Calgary Bisons 6-3, North Shore Padres 8-7, and the Carillon Sultans 10-0 before coming up short against the Regina Wolfpack 9-1. They shook that loss off to defeat the Sultans 5-3 in the tie-breaker, but then fell once again to Regina 8-5 in the gold medal match.

"It was definitely a different ride, a challenging ride," she continued. "This ride was nothing but hills, so I needed to get my strength ... and just the rhythm ... it's a different thing, and it took me a couple days to figure it out.

"It was beautiful terrain," noted Fehr, who added that a highlight was everyone being fully in on the adventure and being ready to support each other. "There's a real camaraderie amongst all of the riders. You're in different riding groups, and you end up sitting or sleeping with them next to you on the bus ... it's a great team, and everyone is really supportive."

This was the fourth time for Bezan, so she had a good idea of what she was in for, but it was still challenging.

"We were really lucky with our ride. We had pretty much good weather the whole time," she said. "There were challenging moments. There were lots of hills and things like that, but all in all, it was a very good event. All of us, I believe, really enjoyed it.

"It was quite hilly, and there were some higher grades we had to go up ... most of us usually don't ride that amount—anywhere from 60 to a 100 km a day—for consecutive days."

One day even reached about 160 km, she noted.

"At the same time, the scenery was gorgeous, so I guess that took a little bit out of it too," said Bezan, who noted they were part of a group that included 27 riders in total.

She enjoyed the camaraderie of the ride and recalled having had an accident where a dog ran out at her, though it resulted in nothing serious.

"It was nice how everyone came to check on me," she noted.

And something that stood out for her was in one town where a girl spoke to the group about her struggles after having been separated and trying to make it on her own with family, shuffling from one apartment to the next. As well, there was the connection with the First Nations people involved with Habitat and in the process of getting perhaps five new homes built there.

She would gladly do something like this again.

"I kind of like the idea of doing another one that would be just strictly for this area ... but I certainly would like to do another ride."

"I already have my support for next year if I want to go again," said Reimer. "Next year is their 30th anniversary, so they might have something big going on ... if people would like to have an adventure and something new ... all of the people are very supportive along the way."

Next up is the Spirit of Hope ride taking place in Manitoba in late August where riders will spend five days biking along the shores of Lake Winnipeg.

The two charity rides help Habitat for Humanity build homes for deserving families in Manitoba including through the local chapter in Morden-Winkler. You can find out more about both the Cycle of Hope and Spirit of Hope rides and support the participants with a donation online at www.habitat.mb.ca.

get inspired

> MEAL IDEAS



Game Day Buffalo Chicken Dip

chips
vegetable sticks
Heat oven to 400 F.

In bowl, mix shredded chicken, cream cheese, sour cream, 1 1/2 cups shredded cheese, onion powder, garlic powder and dried dill until combined. Add hot sauce; mix until combined.

Transfer mixture from bowl to oven-safe dish. Top with additional shredded cheese, to taste.

Bake until cheese is melted, approximately 15 minutes.

Top with blue cheese crumbles and chopped green onion.

Serve warm with chips and vegetable sticks.

Servings: 3-4
2 cups shredded chicken
8 ounces cream cheese
1/2 cup sour cream
1 1/2 cups sharp cheddar cheese, plus additional for topping, divided
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1 heavy pinch dried dill
1/2 cup hot sauce
2 green onions, chopped
blue cheese crumbles



Game Day Taco Dip

cheese
1 cup tomatoes, chopped
1 can (2 1/4 ounces) sliced black olives, drained

1 package (14 ounces) tortilla chips
In skillet over medium-high heat, cook beef 5 minutes, or until no longer pink. Sprinkle with taco seasoning; mix well. Add water; cook 2 minutes, or until water is absorbed. Transfer to bowl; cool to room temperature. Add cilantro; mix well.

In 9-inch pie plate, evenly spread refried beans; top with seasoned ground beef and salsa. Add spoonfuls of guacamole across top of salsa then carefully spread to smooth.

Place sour cream in small resealable bag; cut off corner. Pipe sour cream to create football shape on guacamole.

Put pie plate in center of 15-by-18-inch tray. Arrange salad blend around pie plate. Top with cheddar cheese, tomatoes and olives. Serve with tortilla chips.

Prep time: 25 minutes
Cook time: 5 minutes
Servings: 12
1 pound ground beef
1 package (1 ounce) taco seasoning
1/4 cup water
2 tablespoons minced cilantro
1 can (16 ounces) refried beans, zesty salsa flavor
1 jar (16 ounces) thick and chunky salsa, medium or hot
2 cups guacamole
1/2 cup sour cream
3 packages (5 ounces each) Fresh Express Butter Supreme
1 1/2 cups shredded sharp cheddar



Game Day Chicken Wings

fresh parsley (optional)
Preheat oven to 425 F.
Line baking sheet with foil. Arrange butter cubes on foil.

In medium bowl, combine flour, paprika, garlic powder, salt and pepper.

Coat both sides of wings in flour mixture then evenly space among butter cubes on baking sheet.

Bake wings 30 minutes.
Turn wings over and bake 15 minutes, or until crispy and fully cooked.

Serve with dipping sauces and sprinkle with fresh parsley, if desired.

Total time: 50 minutes
Servings: 4
1/2 cup butter, cubed
1/3 cup flour
2 teaspoons paprika
1 teaspoon garlic powder
1 teaspoon salt
1 teaspoon black pepper
10 chicken wingettes, thawed
dipping sauces (optional)

Children as scapegoats



By Gwen Randall

An insidious problem that sometimes arises in families occurs when issues between the parents are not dealt with directly, and instead become acted out with the children.

An example might be a man who feels his wife is too controlling, perhaps even bossy, and so when he hears her disciplining a child, tells her to get off the child's back. Or the woman who feels her husband is too strict with the children, and so undermines his rules when he is not around.

There is the case where a father feels his wife is babying their son, and so he's extra tough with him so he'll "learn to be a man." (Yes, this still happens.) Or the woman who is jealous of the closeness between her husband and their daughter, and so (often unconsciously) punishes the daughter by being very hard on her. And then on the simplest level is misdirected anger: you're angry at your spouse, so you yell at the kids.

These behaviours all arise either because we are unconscious about what we are really doing, or we are not taking responsibility for dealing with the issues in our lives. It is much easier,

and less scary to act out our frustrations, than to confront and deal with what's really going on.

It is also much more damaging. It is really insecure and misdirected thinking that leads to the conclusion that it's better to carry on a kind of emotional guerrilla warfare than to go and get some help to change your process. Often these negative processes are so well entrenched that the couple feels hopeless about it ever changing. This is because what they often really want is for the other person to change. It's easy to get locked into this dead-end perspective, and that is why having a third party who can point out the blind spots can help you to move beyond them.

We all have limitations and need to grow, and sometimes children are the catalysts who set this growth in motion. So if there is a lot of conflict at your house over how the children are to be treated or disciplined, then you need to honestly look at what is going on between you and your spouse.

Children must not be made into scapegoats. If this is happening, staying together for the sake of the kids is ludicrous, because the child is being emotionally damaged. If you see this pattern in your family, talk it over with your partner, and vow to change it. If you need help, then get help. Do this... for the sake of the kids.

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Raspberry Streusel Muffins

Recipe courtesy of the American Heart Association and Sorghum Checkoff

Servings: 12 (1 muffin per serving)
Muffins:
Nonstick cooking spray
1 1/2 cups whole grain sorghum flour

1 teaspoon ground cinnamon
3/4 teaspoon baking soda
3/4 cup low-fat buttermilk
1/3 cup firmly packed light brown sugar

3 large egg whites
1/4 cup canola or corn oil
2 teaspoons grated lemon zest
1 teaspoon vanilla extract
1 cup fresh or frozen unsweetened raspberries, thawed if frozen

Streusel:
2 tablespoons whole grain sorghum flour
2 tablespoons light brown sugar
2 tablespoons uncooked quick-cooking rolled oats
2 tablespoons chopped pecans
2 tablespoons light tub margarine
1/2 teaspoon ground cinnamon



To make muffins: Preheat oven to 400 F. Lightly spray 12-cup muffin pan with nonstick cooking spray.

In large bowl, stir sorghum flour, cinnamon and baking soda.

In medium bowl, whisk buttermilk, brown sugar, egg whites, oil, lemon zest and vanilla. Stir into flour mixture until batter is just moistened and no flour is visible without overmixing. Spoon batter into muffin cups. Top each muffin with raspberries.

To make streusel: In small bowl, stir sorghum flour, brown sugar, oats, pecans, margarine and cinnamon to reach texture of coarse crumbs. Sprinkle over muffins, gently pushing into batter. Bake 16 minutes, or until wooden toothpick inserted in center comes out clean. The USDA recommends cooking egg dishes to 160 F.

Transfer pan to cooling rack. Let stand 5 minutes. Carefully transfer muffins to rack. Let cool completely, about 20 minutes.