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The *Altona Rhineland* Voice

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Honouring Helena

Larry Friesen (left) and Jack Heppner, descendents of Anton and Helena Heppner, with a painting of their great grandparents' homestead. The family gathered in Altona Saturday to right a 75-year-old wrong. For the full story, see Pg. 16.

PHOTO BY EDWARD VINCENT ARCENAL/VOICE

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"Look for the helpers"



Sharon Hildebrand with nearly 100 of the Teddies for Tots she donated to the Winkler Fire Department last week.

PHOTO BY ASHLEIGH VIVEIROS/ VOICE

Teddies for Tots aims to provide a little bit of comfort to kids during a scary experience

By Ashleigh Viveiros

The Winkler Fire Department's various trucks are all packed to the gills with the equipment firefighters need on the job: fire hoses, breathing apparatuses, the Jaws of Life, and ... teddy bears?

Yes, teddy bears. Chief Richard Paetzold says no fire truck leaves the hall without a small bag of stuffed animals tucked away in case they're needed to comfort a child involved in an accident.

"What you see obviously at any accident is the physical trauma, but what is less seen is the emotional trauma

that comes with these incidents," he says. "This is one of those things that can help with that emotional trauma experienced by young ones at a scene."

It gives kids something to focus on and hug close as firefighters perhaps work to extricate their parents in the case of a car crash or while they wait to be taken to hospital themselves.

"It's all part of helping with that healing process ... helping them cope with the situation," Paetzold says, noting he's heard from a lot of families that the simple gesture of giving

Continued on page 6

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Celebrating Independence Day of Ukraine



People came together in Morden Park Aug. 24 to mark 31 years of independence for Ukraine. Although the current war with Russia may have made it a somewhat sombre occasion, local members of the Ukrainian community still celebrated their nation through song, dance and other performances. Information was also provided on how people are and can continue to help the nation. A similar gathering was also held in Bethel Heritage Park in Winkler earlier that evening.

PHOTOS BY LORNE STELMACH/VOICE



STAY SAFE THIS HARVEST SEASON

It is that time of year when crops and other vegetation can cause visibility issues and the farm equipment is out.

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Don Wiebe seeking re-election in Rhineland

By Lorne Stelmach

The reeve of the RM of Rhineland is seeking re-election in this fall's municipal vote.

If he gains office again, it will be the fourth time around for Don Wiebe, who was first elected to complete a partial term before being re-elected twice more, with the 2018 election seeing him voted in by acclamation.

Wiebe simply feels the role has been rewarding enough to keep going with it.

"It's the kind of work that I can do and like to do ... and I have the time, and I'm familiar with the work," he said. "I have had the support, so I thought let's do this, let's continue with it."

"There's a few challenges ahead, and we've had a few successes, so I thought let's continue, because it's been a good experience."

What appeals to him about the job is that it allows him to help address what really matters most at the grassroots level of government.

"It's challenging, and it's also rewarding. The level of government is really working at the base of the community," said Wiebe. "Whether it's infrastructure or road issues or water and sewer issues or just zoning, developments and planning, this is where it happens."

He sees the municipality as having made great progress in a number of ways over the past few years, such

as joining the Pembina Valley Watershed District.

The challenges faced by the RM of Rhineland are similar to those being dealt with by all rural municipalities, Wiebe noted, but it may be on a different level being in such a growing region.

"There are a lot of demands because there is a lot of growth ... there's a lot of demands for all the services," he said. "The big one we are dealing with now is, for this growth to continue, we need a good potable water supply. We need a predictable supply; a supply that can handle the growth."

"Hopefully in the next couple of years we can find a way to increase the capacity," Wiebe said. "We're go-



SUPPLIED PHOTO

Don Wiebe is seeking a fourth term in office this fall as the reeve of Rhineland.

ing to be working really hard on it this fall."

Voters head to the polls Oct. 26.

All children five to 11 can now get COVID-19 booster

By Voice staff

All children age five to 11 are now eligible to get their third COVID-19 shot heading into the new school year.

Manitoba Health last week announced it was expanding the eligibility for the booster dose to all kids in that age group, stressing it is especially important for children with an underlying medical condition that places them at high risk of severe illness due to the virus.

Following the recommendations of the National Advisory Committee on

Immunization, there should be a minimum six-month interval between the child's last dose and the booster dose.

In addition, it is recommended that children who are eligible to get a booster dose but were recently infected with COVID-19 should wait three months afterward to get a booster. Children who have not completed their primary series should wait two months after the infection to get their next dose. At a minimum, they should be outside of the recommended isolation period and be symptom-free.

Parents and guardians can book an appointment for their child at regional vaccine sites, public health offices, pharmacies, and medical clinics, either by calling them directly or via the

vaccine call centre toll-free at 1-844-626-8222. Head to www.gov.mb.ca/covid19/vaccine/finder.html to find sites in your area.



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Crokinole tournament at Winkler Heritage Museum Sept. 10

By Ashleigh Viveiros

The Winkler Heritage Society marks Mennonite Heritage Week next month with its second annual crokinole tournament and open house.

The Sept. 10 event takes place in front of the Winkler Heritage Museum in the Southland Mall starting at 10:30 a.m.

When they were last able to host this competition back in 2019, it proved a success, said museum curator Joanne Bergen.

"We had quite a few people come out," she said, noting a few competitors made the drive from Steinbach to prove their mettle. "It was a very full day."

This year, once again, there will be both single and team play games happening. Organizers are also working on structuring the day so that every



VOICE FILE PHOTO

The second annual Winkler Heritage Museum crokinole tournament and open house takes place on Saturday, Sept. 10. Above: The first event, held in 2019, was a big hit.

participant gets at least a few good rounds of competition.

"In 2019 that was the only complaint we heard—it wasn't long enough for some players," Bergen said. "It was a learning curve for us ... this year we're hoping to make sure there's a few rounds for everyone."

Entry fee per player is \$10, part of which will go toward cash prizes for the winners while the rest will support the museum's work.

You can pre-register by calling 204-362-2983 or stopping by the museum. Day-of registrations are also welcome, space allowing.

Don't play crokinole? You can still come down to watch the games and take a tour of the museum, which will have a special display up in honour of Mennonite Heritage Week.

"Everyone is welcome," said Bergen.

> TEDDIES FOR TOTS, FROM PG. 3

a child a cuddly friend to lean on during a scary time has helped create "a memory of when, even though it was a bad experience, there were good people there helping."

"Look for the helpers," he says, quoting Mr. Rogers. "This is one of those things where every time they look at that teddy bear after, they can remember the helpers and that there's good people in this world."

One of those good people is Sharon Hildebrand, who for the last several years has been dropping off giant bags full of stuffies at fire halls, hospitals, paramedic stations, women's

shelters, and kid's shelters across southern Manitoba.

"I'm the Teddy Bear Lady," she says in introduction, laughing.

It all began with her trying to find a way to honour the memory of her mother, who passed away due to cancer.

Hildebrand found herself one day in a local thrift store looking at shelves upon shelves of used stuffed toys, all seeking a new home.

"I just thought, 'Somebody's gotta do something with all of these,'" she recalls. "So I did."

With that, Teddies for Tots was

born. Hildebrand figures over the past few years she's cleaned up and sent out upwards of 7,500 furry friends.

"They've gone everywhere, from Mexico to Winnipeg to Killarney; any small town around here, I've probably been to."

She came to the Winkler Fire Hall last week armed with 90 stuffed animals. It's enough, says Chief Paetzold, to last them a couple of years.

"I've gotten some pretty sweet letters from parents explaining how they were in an accident and how their kid got a stuffie," Hildebrand says, recalling one mother who shared her son carried the little

whale he received with him everywhere. "She said he wouldn't let it out of his sight. It's stories like that that tug at the heart."

The project is truly a labour of love for Hildebrand, who foots the bill for the costs of buying used stuffies and all the detergent, bleach, and water needed to clean and dry them so they're suitable for distribution.

She welcomes donations to the cause, be it monetary or gifts of laundry detergent or gently used stuffed animals.

It's become increasingly more of a challenge to find affordable stuffies than in the past, Hildebrand notes, and the rising cost of soap and water certainly adds up as well.

If your household has a surplus of stuffed animals you'd like to do some good with, you can drop them off for Teddies for Tots at Mr Mikes Steakhouse Casual in Winkler.

You can also send donations to Sharon Hildebrand, Box 955, Winkler, MB R6W 4B1, stop by an Access Credit Union branch and tell them you want to donate to the Teddies for Tots account, or contact Hildebrand directly at sbhild@sdnet.ca or 204-325-8398 to arrange a pickup or dropoff.



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"THEY'VE GONE EVERYWHERE, FROM MEXICO TO WINNIPEG TO KILLARNEY ..."

Honk challenge in Morris next week

By Ashleigh Viveiros

A Morris business is once again marking National Trucking Week with a honk challenge on PTH. 75.

Rempel Insurance staff will be outside their office on the highway from 2-3 p.m. next week Tuesday, Sept. 6 to count how many truckers they can get to honk their horns as they drive past.

"We will have shifts of team members out over the hour time period cheering and showing support for the transportation industry encouraging as many honks as we can collect during that time," said Janice Graydon, director of strategy for the company. "We started the event last year and it was very well received."

Their goal last time was 60 honks in 60 minutes, which they achieved. This year they're aiming for 80 honks.

National Trucking Week takes place from Sept. 4-10 to recognize the contributions of the approximately 400,000 Canadians who get the nation's freight to where it needs to go.

Rempel Insurance has been a sup-

porter of National Trucking Week for many years, Graydon noted, with staff annually donning "I Love Trucking" shirts and taking part in their local United Way's truck pull.

They've also added a few new activities to the celebrations this year, including incorporating the artwork of local youth, hanging a thank-you banner on their building, and stopping by local transportation companies armed with treats.

"We are the largest independent transportation insurance broker in Manitoba so we are closely connected to the industry," said Graydon. "We often take the goods on the shelves for granted, but they are only there because of the teamwork of many, and they often came at the price of many nights away from a driver's family to ensure we all have what we need."

"The industry is also incredibly committed to ensuring safety in everything they do to keep our roads safe. We believe that National Trucking Week is an important time to recognize that dedication and express our gratitude for it."



Rempel Insurance staff will be trying to get 80 honks from truckers in one hour next week in honour of National Trucking Week.

SUPPLIED PHOTO

Two face charges after Winkler drug bust



WINKLER POLICE PHOTO

Police seized drugs, money, and trafficking paraphernalia in a bust last week.

By Voice staff

That search resulted in the seizure approximately 128.34 grams of cocaine with an estimated street value of \$12,800, approximately 11.07 grams of psilocybin (Magic Mushrooms), \$2,175 cash, drug trafficking paraphernalia, and items used in the production of crack cocaine.

Two Winkler residents are facing charges in the wake of a Winkler Police Service drug trafficking investigation. Shortly after 9:30 p.m. on Friday, Aug. 19, officers pulled over a black Ford Fusion on Pembina Ave. near 15th St.

The occupants of the vehicle were arrested in relation to the ongoing investigation and the vehicle was searched with assistance from the department's K9 unit.

Seized from the vehicle was approximately 0.85 grams of cocaine, 0.41 grams of crack cocaine, and a digital scale.

Following the traffic stop, local police, with assistance from the Regional Support Tactical Team, executed a search warrant in the 500 block of Park St.

A 43-year-old Winkler man is now facing charges of possession of cocaine for the purpose of trafficking, possession of a Schedule III substance (Magic Mushrooms), production of a controlled substance (crack cocaine), and possession of property obtained by crime.

A 28-year-old female from Winkler will be charged with possession of cocaine for the purpose of trafficking.

Both were released on undertakings with a court date in Morden in November.

Manitou man arrested in break-in

By Voice staff

A Manitou man is facing charges in



RCMP PHOTO

Cigarettes recovered from the vehicle of a suspect charged with breaking into a store in downtown Manitou.

connection with a break-in at a Main St. business earlier this month.

The morning of Aug. 18, Manitou RCMP received a report of a break, enter, and theft from a downtown business that occurred sometime the night before.

Upon arriving on the scene, police were told the suspects had entered the building and stolen an undisclosed amount of cash, fireworks, and approximately \$15,000 in cigarettes. The suspects also caused damage to the building and its contents before fleeing.

Subsequent investigation led to the arrest later that afternoon of a 25-year-old Manitou resident on charges of break and enter, mischief over \$5,000, and uttering threats. A search of his vehicle led to the recovery of the stolen property.

A 15-year-old male youth was also arrested and released for a court appearance in December where he will face a charge of break and enter.

Manitou RCMP continue to investigate.

The **Voice**

get heard

EDITORIAL > VIEWPOINTS > LETTERS



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A cautionary tale

Once upon a time a self-proclaimed "Captain of Industry" and entertainer chose to embark upon a new career—that of the head of a particular country.

This was not just any country, however, this was the "Greatest Country on Earth" (at least according to several sources who were also citizens of the aforementioned country).

Upon hearing of said candidacy many in the populace guffawed loud and long at the idea. It was fine for such a person to stay in their own lane and continue doing the sorts of things they did but to suddenly and, with what appeared to be a great deal of self-interest, throw themselves into the midst of what should have been a very predictable and somewhat dull political race—this was out of the question.

And so, the typical plan for such occasions was launched and what ensued was much mockery not only of the candidate but also of the kind of people that would vote for such a person. Clearly this person stood no chance of winning, so what could the harm be in overtly mocking and ridiculing them?

People such as this had risen to attempt such a feat before and had been soundly put into their place by those self-appointed few that declared who should and should not be fit for such role. Why should this time be any different?

Surprising many people (but not perhaps as many as one

would think) and despite some quite well thought out jeering and continued mockery, the individual somehow managed to win top office and thus began four years of constant conflict and turmoil at the highest levels in the land.

Division reigned supreme pitting brother against brother and friend against friend in the coffee shops, bars, and around the dining room tables of the country and, in fact, the world.

Of course, the lessons of this period were manifold. For instance, it turns out mockery and general declarations of "it will never happen" do not in fact mean it will never happen. Sometimes, when you mock a particular person, no matter how much they may beg for it, you end up mocking an entire demographic.

Mockery and derision, it turns out, are not a plan, but rather sign that you may not really have had a plan at all. They are the proverbial last straws that one grasps at in the end signifying that they don't really know what to do.

Furthermore, with hindsight being 20/20, it turns out there was a VERY large segment of the population supporting this person that many either literally did not know existed, thought was very small, or simply assumed that constant loud and broad declarations of them being "wrong" meant they could not possibly be much of a political threat.

A hard lesson in democracy was learned: no matter how measurably wrong some people are, mocking and ignoring them does not resolve any issues you may have. Such tactics may, in fact, galvanize them to act in ways you might consider irrational—like electing a clown to office (purely an example).

Conversation, dialogue, and a genuine desire to understand perspectives we find distasteful are far more effective tools. Education of course is the biggest but one cannot educate an entire demographic in a six-month campaign—that takes foresight, and commitment over generations, not panicked character assassination across months.



By Peter Cantelon

"MOCKERY AND DERISION ARE NOT A PLAN, BUT RATHER A SIGN THAT YOU MAY NOT REALLY HAVE HAD A PLAN AT ALL."

Letters

A note of thanks to the Winkler Horticulture Society and volunteers for the beauty they have created for our city.

Marilyn Striemer, Winkler

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

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getinformed

Used book store opens in Winkler

By Ashleigh Viveiros

Book lovers were out in full force last week to check out what Forest Books & Media has to offer.

The used book store opened its doors at 371 1st St. (right across from where South Railway Ave. meets 1st St.) for the first time last Wednesday.

Owner Riley Martens noted he's been purchasing used books in bulk from a third-party supplier for a few years now and then selling them online via Amazon Marketplace.

He's been so successful at it he was able to make it his full-time job earlier this year.

Soon after he started thinking about the viability of opening a used book store in Winkler to serve as a base of operations for his business.

"We had a lot of good books coming through that didn't fit the right parameters for us to sell elsewhere but were too nice to throw away, so we thought the community could use an outlet for that," Martens said.

And so Forest Books & Media was born, offering not just books but also movies and TV shows, video games, CDs, and even a few records.

Martens noted they have a little bit

of everything—non-fiction, adult fiction, children's and youth books.

"We've got books of all kinds. Every genre that we can find and we can put on the shelf, we'll put out there," he said, adding they're planning on getting more shelving in soon. "We'd like to increase the amount of product we have in the store."

Opening day proved there's quite an appetite for a dedicated used book store in the area. Martens said their lot was full and people were parking on the side street the first few hours he was open.

Martens receives truckloads of materials from his supplier in the U.S., so he anticipates they'll be able to replenish the stock regularly. People are also invited to contact him if they have materials to sell.

"If people have a larger collection or an estate lot or whatever, they can bring it by and we'll get them a price, store credit," he said, noting they also welcome smaller trades of items in good condition. "If they've got a box of books, they can bring it by, for sure."

"We're going to try to keep putting new stuff on the shelves a couple times a week, try our best to keep them as full as possible."



PHOTOS BY
ASHLEIGH VIVEIROS/VOICE
Riley and Ainsley Martens
opened the doors to
Forest Books & Media in
Winkler last week.

The store is open weekdays 9 a.m. to 6 p.m. and Saturdays 10 a.m. to 2 p.m. You can find Forest Books & Media on Face-



book and Instagram.

Regional Connections in Winkler hosting month-long job fair

By Lorne Stelmach

An upcoming job fair organized by Regional Connections perhaps couldn't be taking place at a more opportune moment.

Being held throughout the month of September, the job fair comes at a time when so many area employers are trying to find workers.

"There's lots of openings locally and lots of companies are hiring," said executive director Steve Reynolds. "Some of the key sectors are manufacturing and agriculture, but it's really across the board with many different kinds of jobs available and demand from employers."

Meanwhile, there are lots of newcomers to the area looking for work—since April 1, Regional Connections has worked with over 600 new cli-

ents, which is more than they had all year for the last two years.

"So this seemed like a really good time for this," Reynolds said.

The job fair is running over 20 days with at least 20 employers offering 200 or more jobs in the area.

Anyone looking for work is welcome to drop by Regional Connections in Winkler (295 Perry St.) any time between 10 a.m. and 6 p.m. weekdays. You should come with a resume and be prepared for an interview.

The campaign begins with Valley Fiber and Penner Waste this Thursday and Friday and continues Sept. 6-8 featuring representatives from Elmer's Manufacturing, Gateway Resources and the Precision Land Solutions group of companies along with Triple E on Sept. 6 and Northland Child Care Centre Sept. 8.

It continues the week of Sept. 12-16 with Agilus Work Solutions, Meridian Manufacturing, Monarch Industries, Lode King Industries and Friesen's Corporation along with the Winkler Shoppers Drug Mart Sept. 12.

For the week of Sept. 19-23, it will feature ETG World, Decor Cabinets, Maple Leaf Agri Farms, Salem Home, and Buhler Industries/Farm King.

The job fair concludes Sept. 26-30 with Heavenly Care Agency, Buffalo Creek Mills, Eden Health Care Services, Winkler Meats/Pioneer Meat, and Northland and Pine Ridge child care centres as well as Grandeur on Sept. 30.

Details, including the range of jobs available and possible compensation and benefits, are available online at regionalconnections.ca.

The organization has tried a few

different formats for the job fair but feel this year will be beneficial particularly for newcomers, Reynolds said, stressing, though, that this is open to anybody who is looking for work.

"It is always challenging to co-ordinate the logistics and figure out the number of employers hiring, how to organize it all, so it's a new approach this time with a different employer, one or two maybe, each day for 20 days.

"We've seen quite a few newcomer arrivals really pick up again this year ... that was quite a bit slower during COVID ... so we've seen quite a few more people arriving, and those people arriving are all looking for work," he concluded. "Things have really picked up overall, and a lot of people are looking to get into the job market, so we hope this will help people."

Check out the Voice online at www.winklormordenvoice.ca or altonavoiced.ca

'Quitting the Chinese Community Party' car tour makes Morden-Winkler stop

By Lorne Stelmach

A small group that visited the Mor-

den-Winkler area this past weekend was aiming to raise awareness of human rights abuses in China.



PHOTO BY LORNE STELMACH/VOICE

The Quitting the Chinese Community Party movement made a tour stop in Morden-Winkler Saturday.

The car tour held as part of a series of events across Canada during the month of August was also serving as a celebration of sorts organized through the Quitting the Chinese Communist Party movement.

The major purpose was to celebrate the 400 million Chinese who have quit the Chinese Communist Party," said Jack Gu, Canadian Service Centre for Quitting the Chinese Communist Party Winnipeg chapter.

"It's a gesture to say no to communism and to increase awareness," he said.

The Manitoba car tour included stops Aug. 20 in Brandon and Portage la Prairie, Aug. 21 in Winnipeg, and Aug. 27 in Morden and Winkler.

The Quitting CCP movement began in 2004, spurred by the release of the book *Nine Commentaries on the Communist Party* detailing the history of the party, which has run the country since the end of the Chinese Civil War

in 1949.

Since then, Quitting CCP says, an estimated 80 million Chinese have died of unnatural causes under the party's rule—a death toll greater than the two world wars combined.

"The CCP's evil nature is evident in its flagrant violation of human rights, in its brutal crackdown on Hong Kong's democracy, in the persecution of Falun Gong adherents, Tibetans, Uyghurs and countless ethnic and religious minorities," the group says.

"There are lots of crimes and persecutions still happening now, so we think it is important for the world to know the evilness of communism and to stay away from the communism," stressed Gu. "Morden and Winkler are important communities to the south of Winnipeg, so we think it is a good way that we can bring more awareness to people."

For more information, head to global.tuidang.org.

Morden hosts Sport & Leisure Expo Sept. 7

By Lorne Stelmach

The upcoming Sport and Leisure Expo will give Morden residents an opportunity to find out more about some of the recreation opportunities available locally.

The annual event takes place this year on Wednesday, Sept. 7 from 6-8 p.m. at the Access Event Centre.

A number of local sports and recreation groups will set up displays and take registrations, although it is lesser in scale than it has been in the past.

"Not all of the groups now are doing an event like this," said Stephanie Dueck, recreation programmer for the City of Morden.

"It is on a smaller scale since the pandemic ... and different groups have worked around it and are doing things a little differently," she said. "There's also just a lot of online regis-



VOICE FILE PHOTO

tration now as well."

But the expo still serves a purpose for people looking to learn more

about what's out there to do through the fall and winter months.

"We know it is handy to talk directly

to a person about the different programs that are available," said Dueck. "It has in the past served a good purpose in bringing all the different groups together and being a one stop shop kind of thing to see what all is available in the community.

"It's great to see programs running again, and we look forward to seeing what the season brings, and we hope everyone can get active and involved."

The annual expo has always been a welcome opportunity for the Morden Figure Skating Club, for one, to connect with the community.

"All of our registrations are done online now. We have an information station at the expo so that people can ask questions and learn more about our programs," said club representative Tasha Roberts. "This is a great evening for us to be able to meet families that are new to the area or are looking for new opportunities for their children. The Morden Figure Skating Club is a great learn-to-skate program."

Other participating programs and organizations include youth rec. hockey and basketball, adult fitness programs, DanceWorks, Morden Achievers 4H, Morden Parent & Child Resource Centre, Morden & District Horticultural Society and Morden Activity Centre.

You can also view the Morden activity guide for additional recreation opportunities online at www.mymorden.ca/activity-guide.

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Regional Connections programs are looking for volunteers

By Ashleigh Viveiros

Regional Connections Immigrant Services is putting a call out for new volunteers this fall.

Volunteer coordinator Shepherd Chiwandire says they're looking for fresh faces for all their programs.

"The volunteer program, it's key, it's essential for people to get connected in the community."

Two key areas in need of volunteers right now are the Language Buddy and Community Mentor programs.

Some newcomers arrive here with little or no local support system, and while they may be able to connect with other immigrants from their home country, "you need to learn Canadian culture as well," noted Chiwandire. "That's a big part of integrating."

That's where community mentors come in. Volunteers (which can be individuals, couples, or entire families) are paired up with an immigrant family or individual to get together informally and help educate them about the ins and outs of the community and life in Canada.

They ask for a one-year commitment from volunteers with this program, but beyond that how often you get together depends on what both parties feels works best for them.

"We say, hey, you guys go do your thing and work around your own

schedules," Chiwandire said, noting volunteers get an orientation session before being matched up with a newcomer.

The hope, though, is that these matches will get together on a fairly regular basis to help the newcomer settle into their new home.

"It's answering questions about how things work here, but also just hanging out together," Chiwandire said. "People can go for walks, get together for supper. It's just making them feel at home."

The Language Buddy program has also proven to be hugely beneficial to people learning English as an additional language.

These matches get together (either in person, on the phone, or via video conferencing) a couple hours a month just to chat.

It gives English learners a chance to hone their language skills with a native or more experienced speaker.

"People are coming in with a low English level and they're taking classes, but in class it's different," Chiwandire pointed out, noting a big part of learning a new language is simply conversing in a more casual setting. To that end, Language Buddies give people the "opportunity to get connect with somebody and just go for a cup of coffee and just talk, practice."

Regional Connections is also hoping



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Regional Connections volunteer coordinator Shepherd Chiwandire says they're looking for volunteers to help newcomers integrate into the community.

to grow its roster of volunteer drivers and interpreters in the months ahead.

Drivers are needed to help newcomers get to various resources in the community, especially when they first arrive in town.

"For newcomers coming in, getting a car is not always their first focus," noted Chiwandire. "If we could have a community of volunteer drivers that would be amazing."

As for interpreters, they're looking for people who speak an additional language and are willing to help people navigate appointments and the like until their English skills are up to the task.

"We have like 10 main language-

es, but the big ones right now are Ukrainian, Russia, Punjabi, Arabic, Swahili," Chiwandire shared. "If we have a huge list of people we can contact then we don't always need to rely on one person every time."

Volunteers for these programs are needed right across south central Manitoba, in every community Regional Connection serves. The agency has local offices in Winkler, Morden, and Altona and caters to newcomers in all the surrounding areas.

If you'd like to help out as a volunteer, call 204-325-4059 or email info@regionalconnections.ca for more information.

Greywater usage at home



Submitted by Julia Konrad, Pembina Valley Watershed District

Greywater is gently used wastewater from household appliances such as bathtubs, washing machines, and bathroom sinks. This water is NOT blackwater, which comes from sewage. Greywater can be used to water plants or flush toilets.

The extreme drought of 2021 prompted the Nedohin family of Morden to look for ways to curb their water consumption.

One of these ways was to start re-using greywater. They use several different sources to collect and repurpose greywater, including water from dish washing, baths, the washing machine, and rain water.

"We watered the flowers using dish-

Left: Hana Nedohin-Macek getting water out of the washing machine for reuse.



SUPPLIED PHOTOS

From left: Brian Nedohin and Janet Nedohin with their kids Sara Nedohin-Macek and Hana Nedohin-Macek in the garden watered this year with greywater.

water—the soap used in the dish-water kept bugs away and kept the plants nice and healthy," noted Brian Nedohin. "We also watered our gar-

den and mulched it with lawn trimmings."

getinformed

Winkler Fire Department looking for new recruits

By Ashleigh Viveiros

The Winkler Fire Department is putting a call out for new recruits this fall.

Chief Richard Paetzold notes the department is pretty lucky with its firefighter retention rate (the last time it had to recruit was back in 2016; before that it was 2010), but it's time to start planning for the future.

"The reason for recruiting isn't that we're short of people now," he says. "But we have an average years of service on our fire department of almost 20 years. So we're going to have a tipping point at some point where we're going to have members leaving us."

None of the veteran firefighters have indicated a desire to retire anytime soon, Paetzold says, but the department wants to be ready for that inevitable day by getting some fresh blood out there training.

"Time's ticking for some of us more senior people in the department, so we have to start preparing for that now," he said.

It can take several years for a rookie to work their way through the various levels of training, which nowadays goes far beyond simply fighting fires.

"That's probably the easiest part of our job in recruiting is training somebody to fight fires," Paetzold says. "But we provide many other services, like technical rope rescue, vehicle extrication, confined space entry ... haz-

"TIME'S TICKING FOR SOME OF US MORE SENIOR PEOPLE IN THE DEPARTMENT, SO WE HAVE TO START PREPARING FOR THAT NOW."

ardous material response training. It isn't just firefighting anymore.

"[Learning all that] doesn't just happen in a year or two. So we're thinking five years down the road with this recruitment," he says. "This is proactive succession planning so we can maintain that level of service from one generation to the next."

Winkler Fire currently has 30 firefighters who go out on calls on a regular basis, plus another four who provide communications support from the fire hall. Members are paid per call for their service.

On an average call, the department's response rate is about 50 per cent; firefighters generally have full-time jobs and other responsibilities and so aren't able to make it to every incident.

Having at least 15 firefighters a call is a good response rate, the chief says, and they hope to maintain that, especially once they add between eight to 10 new members in the 2022 recruit-

> GREYWATER, FROM PG. 11

These measures resulted in significant cost savings for the Nedohin family. Their water consumption in the summer decreased by 15,000 gallons, from 23,000 gallons/quarter to 8,000 gallons/quarter in the summer of 2021.

The cost of implementing this system was approximately \$240. They purchased two pumps, and two rain

barrels in addition to the existing rain barrels and hoses the family already had.

The Pembina Valley Watershed District promotes conservation practices such as these. If you want to learn more about PVWD, please visit our website at pvwd.ca or connect with us on Facebook, Instagram, or Twitter.



VOICE FILE PHOTO

A Winkler Fire Department recruit in 2016—the last time the service welcomed new members—tackles part of the physical testing required before being accepted for further training. Winkler Fire is once again accepting applications for new firefighters this fall.

ing class.

WHAT DOES IT TAKE?

So what does it take to be a firefighter?

You need to be at least 18 years old and in decent physical shape. The department requires you to pass both a physical fitness test simulating common firefighter activities (climbing stairs in full turnout gear, carrying equipment, forcible entry simulation, etc.) and an aptitude test to see if you're well-suited to the role.

"We don't want to set people up to fail," Paetzold says, explaining that some of the testing looks for fears people may not even realize they have until they're in a certain situation, including a fear of heights and a fear of confined spaces.

Beyond that, Paetzold has three expectations for his firefighters.

"Respect the people you serve. Respect each other. And do your job well," he says, adding that they're looking for community-minded team players who are driven to succeed and willing to put in the work to get

there. "We're looking for people who will get a high out of doing things well."

Being a firefighter very much becomes a way of life for the people who excel at it.

"The whole family has to be on board," Paetzold stresses. "It's a lifestyle no matter what rank you're at. You're always carrying a pager ... you can get a call at any time, day or night."

Recruits with no prior firefighter training will need to successfully complete a first aid and CPR course (16 hours) and the Level 1 Firefighter training course (264 hours).

All recruits will then need to spend about 16 hours in the department's own orientation training before being placed on the call roster. Firefighters also need to get their Class 4 driver's license.

The deadline for applications is Sept. 24. The application form and additional details are available online at www.winklerfire.com (click on "About Us" and "Recruiting") or at the Winkler Fire Hall from 9 a.m. to 1 p.m. Monday to Friday.

News or sports tip? E-mail news@winklermordenvoice.ca or call 204-325-6888

arts & culture

Triple Threat Camp gives young performers a chance to shine

By Lorne Stelmach

Two weeks of intense preparation culminated with a Corn and Apple Festival weekend finale for the students of the Triple Threat Camp put on by Candlewick Productions.

The summer tradition for the Morden-based theatre company challenges the students to act, sing and dance as part of a fun production that usually includes a Corn and Apple Festival theme.

For director Richard Klassen, it is always interesting to see the students bring so much energy over the two-week period, which involves the students in every aspect—from creating the story to performing it.

“It’s good to have kids who are so gung-ho about performing,” Klassen said last week as they prepared for final dress rehearsal Friday. “I’ve worked with lots of kids over the years, but with this particular group, they are all extremely keen, and they are just really into the idea of performance.”

This year’s performance was dubbed *Meet the Cappletons* and loosely based on *Meet the Robinsons*, Klassen explained.

“There is time travel involved ... and there is a brand new ride which would give the kids a virtual reality experience and going back in time.”

Sent back in time was “Old Miss Grumpy Pants.” She hates Corn and Apple and so goes back to bring it to an end. The kids go on an adventure to try and stop her.

The camp, which included day-long and half-day sessions, included 21 students ranging in age from six to 14.

Vivian Guenther has been involved in other productions, but this was the 13-year-old’s first time at Triple Threat.

“I just love acting; it’s really fun. I’ve also done musical theatre, so singing, dancing and acting is all really fun,” she said. “It was great ... a little bit challenging. There were some dance moves that were a little challenging ... but overall, it’s been a lot of fun.”

Cailyn McKay, 12, has been involved before, and she is always keen to sign up again.

“We all become this big family, and it’s just a great experience,” she said.

“It is challenging. My favorite part is probably acting ... I’ve grown up acting my whole life so far.”

DRAMA AND DANCE

Klassen said it is important to them to have the students involved in the entire creative process to help them better understand how it all works and to stretch the performers’ abilities and creativity.

“They were involved in the process of developing the play and coming up with the ideas for the play,” he said. “Then they’re learning dances ... and songs were chosen. They had ideas in mind but we waited until we knew where the story was going, and then they started working on those songs and the choreography.”

He is pleased to see how the camp has evolved over the years.

“We started the triple threat camp a number of years ago, quite a while ago,” he recalled. “There was some interest in doing an arts camp in the summer, so we started it with drama and dance, and we ended up then



PHOTO BY LORNE STELMACH/VOICE

Participants in the Triple Threat Camp last week brought *Meet the Cappletons* to the stage at the Morden Corn & Apple Festival.

connecting it with Corn and Apple. It was a perfect time to get involved in the parade and then do the show in the afternoon.

“Over the years then, as I got involved with the festival youth stage, it became an afternoon family staple that’s been developing further since then.”

Klassen ultimately hopes the students were challenged and had some fun, but it would be a bonus if the ex-

perience somehow planted a seed for some of them.

“I’ve had a few who are great when they’re young, but then they start to lose that; I guess they start to become too self-conscious,” he said. “There’s at least one or two who come back, and they recognize that now they are really back into it. Or you get to the total opposite ... they’ll try something in their teens and realize that they just love it.”

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Local family place tombstone for their ancestor

By Ashleigh Viveiros

Altona's Helena Heppner (nee Penner) was laid to rest in the Sommerfeld Mennonite Cemetery 75 years ago this spring.

But her grave remained unmarked until just this past weekend, when dozens of her descendents gathered to ensure Helena's time on this earth was finally recognized.

"It all started about 10 years ago, maybe 12 years," shares Jack Heppner, the Altona man who spearheaded the project.

He and his cousin, Garry Epp, were touring Southern Manitoba trying to find the burial places of their forebears.

"We ended up here in Altona at the cemetery because we had heard that's where our great grandparents were buried, Anton and Helena Heppner," Heppner says, recalling they found Anton's final resting place easy enough, marked as it was by a three-foot tall memorial announcing his passing in 1925. "But there was nothing for Helena."

Helena outlived her husband by 22 years, living to the age of 90. She never remarried. As is custom, she would have been buried beside her husband, but why there was no marker was a bit of mystery.

Heppner was living outside the area when he and his cousin discovered all this. A few years later, he and his wife retired in Altona and he decided to do some sleuthing.

He connected with the Altona Sommerfeld Mennonite Church, who consulted their records from the time and



PHOTOS BY EDWARD VINCENT ARCENAL/VOICE

About 30 people came out for the unveiling of a headstone for Helena Heppner in Altona Saturday—75 years after she was first laid to rest. Below: Among the descendents was violinist Rosemary Siemens, who played a few songs for the occasion.



SUPPLIED PHOTO

After the ceremony at the cemetery and lunch in Altona Park, the group headed to the original Heppner family homestead just outside town to explore where their ancestors came from.

found that while someone was certainly buried beside Anton, the grave was inexplicably marked as "name unknown."

"Did somebody just forget to put the name down?" Heppner wonders. There's no way to know for sure—ev-

everyone involved with record-keeping at the time is long gone.

An obituary in the local paper the week after Helena died makes it clear, though, that the plot was most likely used by her.

Family stories hint that there was some bad blood between her children at the time of her death. Heppner speculates that perhaps they simply didn't want to talk to each other long enough to sort out getting a gravestone for their mother put in, and then the years passed without anyone stepping up to do so.

While Heppner never met Helena, she is family, and the fact her final resting place has sat unmarked for so long didn't sit well with him.

"It just seemed unfair ... why does Grandpa have a three-foot tombstone and Grandma has nothing?" he says "It seemed like such an injustice."

So he and his brother, Ed, purchased a memorial stone in 2020 with the intention of holding a small family gathering to unveil it. Then the pandemic hit and those plans got pushed back until this past Saturday.

"Better late than never," Heppner jokes, noting the turnout for the unveiling of the marker far exceeded his

expectations.

What was originally envisioned as a handful of people snowballed into a full-fledged reunion of 30 of Helena's descendents, many of whom chipped in a few dollars to help pay for the headstone.

"It was a very meaningful day and a lot of people said they really appreciated us doing this," Heppner said, noting one fun surprise was that violinist Rosemary Siemens, also a Heppner descendent, was one of the attendees and graced the ceremony with some moving musical numbers.

The group gathered in Altona Park after the graveside ceremony for a potluck lunch and then ventured just outside town to Anton and Helena's homestead, which still stands today, though a little worse for wear.

"It's so neat to imagine, that's where my grandfather was raised," says Heppner. "There's these big old trees still there ... they were probably there when Grandpa was a child."

The entire day was a chance to walk where his ancestors walked, reconnect with family members, and get justice for Helena, who now finally rests with some recognition of the legacy she left behind.

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5 facts about the Canadian trucking industry

After two years of disruptions from the COVID-19 pandemic, Canadian truckers have been at the forefront of public awareness. National Trucking Week takes place from September 4 to 10 and celebrates truckers and the integral role they play in keeping stores stocked with food and goods of all kinds. Here are five facts about the Canadian trucking industry.



1. Ninety per cent of consumer products and foodstuffs are shipped by truck.
2. Over 10 million trucks cross the U.S.-Canada border every year.
3. The value of goods carried by trucks each year is higher than that moved by sea, air and rail combined.
4. Over 450,000 Canadians are employed in the trucking industry. This contributes over \$24 billion in personal income to the Canadian economy.
5. Although the number of women truck drivers is increasing, trucking is the largest employer of men in Canada.

The demand for truck drivers continues to rise. To address the shortage, the Canadian Trucking Alliance (CTA), which represents the trucking industry in Canada, has been working with governments and industry leaders to promote mandatory entry-level trucker training programs. By providing a clear path for entry into the industry, the CTA hopes to attract new drivers while increasing safety on the roads.

Lastly, take the time to thank a trucker in your life for everything they do to keep the Canadian economy going.

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Demand for truckers is on the rise

This year, National Truck Driver Appreciation Week takes place from September 11 to 17, 2022. This event is an opportunity to celebrate truckers and the integral role they play in delivering goods safely, securely and on time.

However, demand for truckers has skyrocketed in the past few years, leading to a shortage of qualified personnel. The American Trucking Association (ATA), which represents the trucking industry, estimates that the industry is short 80,000 drivers. That shortage is expected to grow to 160,000 by 2030. The COVID-19 pandemic contributed to this shortfall as many older drivers chose early retirement, and training offered by driving schools was disrupted.

The good news is that the United States

government is taking several measures to address these challenges. Initiatives are underway to improve working conditions, and innovative workforce programs are being developed to recruit, train, and retain drivers. Efforts are underway to recruit from underrepresented communities like women, the formerly incarcerated and service-disabled veterans.

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getinformed

Celebrating a decade of the Manitoba Fibre Festival

Festival returns in person on Sept. 9 and 10

By Autumn Fehr

With the effects of climate change becoming more apparent in our day to day, it's important that people start to make significant changes in how they go about living their lives.

This includes being conscious of where our fibre comes from, whether it's the clothes we wear or the furniture in our homes.

This year, the Manitoba Fibre Festival returns in person to celebrate its tenth year on Sept. 9 from 5 to 9 p.m. and Sept. 10 from 10 a.m. to 4 p.m. at Red River Exhibition Place in Winnipeg, connecting local fibre farmers with the crafting community and educating the public on local fibres.

"We want to bring the community together. To learn more about different fibre arts, to share in our love of the fibre arts, to introduce new people to the fibre arts...To promote our local businesses, so the folks who make stuff here in Manitoba especially, and the locally raised wool and fibres that are often overlooked," said Mandy Furney, volunteer coordinator for the Manitoba Fibre Festival.

The festival deals with all things related to the fibre and wool industry, discovering alpaca and sheep fleece, hand-spun and hand-dyed yarns, and pieces made by local artisans.

The Fibre Festival is a family-friendly event where you can find demonstrations of fibre arts, workshops such as ancient lace-making techniques, machine knitting, sheep shearing that people can sign up to take, and things to buy to invest in small businesses, most of them from Manitoba.

The artisan market will feature raw fleece, wool, and alpaca fibres for spinning and felting, hand-spun yarn, hand-dyed yarn, knitted socks, scarves, shawls, and hats; goat's milk soap, rugs and mats, pillows and project bags, baskets, hand-made clothing, leathers and furs, wall hangings, spindles, knitting needles, tools, kits, wool bedding, patterns, fabrics, buttons, and yarn bowls.

The festival will have an art show as well, curated by the Textile and Fibre Artists of Manitoba (TFAM).

There will be people there who raise sheep and alpaca, mohair goats and angora rabbits for fibre, as well as



SUBMITTED PHOTO

Spinning guild members demonstrating their craft at the Manitoba Fibre Festival in 2017



PHOTO BY CHRISTEL LANTHIER

A young visitor in a handknit sweater meets a sheep

those there that harvest qiviut from the northern muskox, harvested by Inuit peoples, which is a premium fibre

There will also be a variety of different breeds of live sheep and alpaca there for people to interact with in the Hall of Breeds display.

"Folks love coming together, seeing what diversity there is offered in the fibre arts," said Furney.

Fibre is so important, and buying local fibres is even more important.

Natural fibres are bio-degradable, which means it is good for the planet and promoting these fibres cuts down on the carbon footprint.

The festival also likes to highlight supporting local farmers, and the shepherds that raise these animals as their business and means of living, said Furney.

Before the pandemic, the festival was growing significantly, and expanding in what they offered in dem-

onstrations at the festival.

Since COVID-19 hit, the festival has been focusing on recovery.

In the future, the festival hopes to continue its regular festival activities, such as bringing in live animals, but they also hope to build on workshop offerings.

"We do see that the festival doesn't have to be a one-time a year event. It's an ongoing community that we seek to support where we can with our knowledge of the field. With our experience now of 10 years, wanting to make sure that there is this offering everywhere that different people can access at different times of the year," said Furney.

Admission to the festival is \$5, and parking is free.

For a list of vendors and details regarding the educational workshops visit www.manitobafibrefestival.com.

The **Voice**

Get in touch with us via e-mail:

Send news items to: news@winklermordenvoice.ca
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BACK TO SCHOOL Safety

Help everyone stay safe this school year!

- 1) Observe School Zone Speeds. Although you should always obey posted speed limits, it is especially important during the school year. ...
- 2) Obey the Crossing Guard. A crossing guard is there to keep children safe. ...
- 3) Watch for Darting Children. ...
- 4) School Buses.

Get Prepared for Back to School Safety! It's back to school time!

As school doors open, traffic gets a little heavier on our streets. People are back from holidays, school buses and public transit are on regular routes, and more people are walking, cycling or driving to school.

To help with the transition and share the roads safely, read our safety tip. Help everyone stay safe this school year!

1) Observe School Zone Speeds

Although you should always obey posted speed limits, it is especially important during the school year. Children crossing the road on their way to and from school can easily get distracted and step into harm's way. Slowing down and being vigilant is crucial to keeping kids safe. Children are often out throughout the day at recess, lunch, and for certain classes, so it's important to drive slowly throughout the day.

2) Obey the Crossing Guard

A crossing guard is there to keep children safe. If you come up to a set of lights, and the light turns green, but the crossing guard still says stop, follow his/her direction and not the traffic light. There might be a child still crossing the street that you can't see.

3) Watch for Darting Children

Kids are small and easily distracted, and for drivers, this can create dangerous situations on the roads. Be vigilant and alert behind the wheel. You never know when a small child might step out from between parked cars or off a sidewalk. Your fast reflexes might

be needed to prevent an accident.

4) School Buses

Most mishaps take place outside the bus. Make sure children don't arrive too early at the bus stop where they



can wander or get into mischief. Make sure children wait well away from the road and stay back until the school bus makes a full stop and the doors open. Explain that they must walk at least three metres (10 feet) away when crossing in front of the bus so the driver can see them. When driving your car near a school bus please note that extra caution is needed. You shouldn't pass a school bus when the signal lights are flashing (as children are often crossing the road at that time), and drive slowly as a general precaution.

The following information is

useful for school bus passengers and their parents.

Rules for getting on the bus safely:

1. Be at the bus stop on time. Never run to or from the bus.
2. Wait at the designated stop in a safe place well back from the side of the road.
3. Remember the danger zone around the bus. The danger zone is anywhere close enough to touch the bus. The bus driver cannot see you when you are in the danger zone.
4. If you cross the street to get on the bus: when the bus comes, wait until it has come to a complete stop. The bus driver will make sure all the traffic stops. The stop arm will

as quickly as possible and sit properly, facing forward at all times.

2. Hold bags and parcels in your lap. Do not put your feet into the aisle: someone might trip.
3. Keep your head, arms and everything inside the bus. Don't throw anything out the windows or around in the bus.
4. Talk quietly. The driver must concentrate to drive the bus safely.
5. Save snacks for snack time at school or for when you get home. They may spill or you may choke if the bus goes over a big bump.
6. No fighting, shouting or playing in or around the bus.
7. Always follow the bus driver's instructions.

Rules for leaving the bus safely:

1. When you leave the bus, hold the handrail and step away from the bus.
2. To cross the street in front of the bus, walk ahead at least 10 giant steps (three metres). Cross only when the driver gives a signal. Cross the street in single file.
3. If you drop something near the bus, don't pick it up. Tell the driver or another adult first.
4. If everyone is getting off the bus, the people at the front leave first. Do not push.
5. Be familiar with the bus driver's rules for emergencies.

This safety tip was prepared by Public Safety Canada in collaboration with the Canada Safety Council.



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Corn & Apple makes a triumphant return



Downtown Morden was packed last weekend as the community celebrated the long-awaited return of the Morden Corn and Apple Festival. Clockwise from above: Volunteers braved the heat to make sure the thousands of festival-goers got their free, hot corn on the cob; Big Wreck was a big hit on the main stage Saturday night; there were shoulder-to-shoulder crowds for the vendors who lined Stephen St.; Elle's Sweet Corn workers Ailsa Wood, Sloan Kyle, and Larsen Wood with some of the local produce for sale; fun and games for the young and young at heart; a youth gets up close and personal with a snake at the reptile show.



PHOTOS BY LORNE STELMACH & RICK HIEBERT





Clockwise from above: The Elks were back to serve up tasty eats in support of local causes; Snake Oil paid tribute to iconic rockers with their show Friday night; the arts and crafts stop in Confederation Park; the Morden Fire Department's annual boot drive raised funds this year for Muscular Dystrophy Canada; checking out the vintage wheels at the Show & Shine Sunday; a trio of buskers provided a sweet soundtrack for passersby.



PHOTOS BY
LORNE
STELMACH/
VOICE



getinformed

Honey, Garlic, and Maple Syrup Festival in Manitou next week

By Lorne Stelmach

The Honey, Garlic and Maple Syrup Festival shares many elements of other community fairs, but the event now two decades old offers something a little special in the eyes of organizers.

There is a vibe and a feel to the festival that may have it on people's radar, chairperson Juanita Cobb suggested in advance of the Sept. 9-10 celebration.

"We have a different feel because we don't have the rides and such ... we appeal to a different demographic," she said. "It really is a festival of the senses. I think people like coming especially for the farmers' market, and there's the gourmet alley for lunch, and then we have the banquet supper at night.

"The focus is on the fresh produce and food and the crafters and farmers market ... there is live entertainment, but it's more about the food as opposed to the entertainment."

The festival kicks off on Friday with a barbecue lunch and entertainment in support of the historic log cabin and Nellie McClung Heritage Site.

Municipal bus tours are available by pre-booking with Joy Pauls at 204-242-4424. Friday evening also includes a concert hosted by the Manitou Coffee House Musicians featuring Leaf Rapids.

Saturday morning begins with a



VOICE FILE PHOTO

Manitou's Honey, Garlic, and Maple Syrup Festival returns next week, Sept. 9-10.

pancake breakfast in support of the Manitou Kinsmen Club, and members of the Manitou Flying Club are also welcoming fly-in guests at the Manitou airport. You can also sign up in the arena for historic town tours, which run at select times through the afternoon.

The farmers market and craft show features many local farms and artists, so be sure to stop by and grab your fresh honey, garlic and maple syrup

and maybe even start your Christmas shopping a little early.

Don't forget then to stop by gourmet alley featuring local restaurants for a light lunch or a snack. You can then kick back and have a drink at the Pembina Valley Saloon in support of the Manitou Curling Club and listen to some entertainment.

Take a wander then outside to see the "mighty machines" supported by many local businesses, stop by the

kid's tent organized by the Manitou Christian Fellowship, or take a gander at the vintage wheels brought by the Country Hicks Car Club.

The grand finale of the weekend is the gourmet buffet meal in the evening.

"We serve 600 people in about 45 minutes ... that's our goal," Cobb said of the undertaking, which tends to be a sellout success.

Overall, she sees the festival as having wide mass appeal.

"And a lot of people use it as a homecoming weekend," she said, noting she has relatives coming from Alberta and Ontario.

"This really is about coming together as a community," Cobb said. "All of our local user groups come together to help make the festival a success. It can't be done without literally hundreds of volunteers.

"It's nice to be back," she added in reference to events returning now that pandemic restrictions are gone. "Everything seems to be really well attended, and everybody is going in the spirit of the events as well ... everybody has missed it for two years. Everybody seems quite excited about it."

You can find more information online at pembina.ca/m/honey-garlic-maple-syrup-festival.

Leaf Rapids perform at Manitou Opera House Sept. 9



Leaf Rapids perform in Manitou Sept. 9.

By Voice staff

The Manitou Coffeehouse Musicians are getting in on the Honey, Garlic, & Maple Syrup Festival fun next weekend with their first concert in some time.

The group brings Leaf Rapids to the stage at the Manitou Opera House on Friday, Sept. 9 at 7:30 p.m.

Leaf Rapids, named after the hometown of one of its members, is the brainchild of Keri and Devin Latimer. The band describes their sound as "cinematic folk with a wisp of therrmin."

Their debut album, *Lucky Stars*, was

followed by their 2019 sophomore release *Citizen Alien*, which was nominated for a Canadian Folk Music Award for Contemporary Album of the Year.

The album was a labour of love for the Latimers, which each song spinning a tale that stretches back through both time and place.

Tickets are \$25 for adults and \$15 for 17 and under and are available by calling or texting 204-242-4415. All ticket holders will be entered for door prizes.

Seating is reserved, so an advance call eliminates the need for standing in line on concert night.

Reach us at news@winklermordenvoice.ca

arts & culture

Pembina Valley Studio Tour is back Sept. 10-11

By Lorne Stelmach

An annual showcase of the arts across the region is not only on again this year but back to offering a fuller slate of artists' homes, studios, and galleries to visit.

The Pembina Valley Studio Tour is set for Sept. 10-11. The weekend event, now in its 18th year, has become a good chance for artists to showcase both their work and the spaces in which they find the inspiration to create.

Organizer Margie Hildebrand noted it's great to be back to normal after needing to have fewer stops the past few years due to pandemic restrictions.

"It's all open again. Some of the groups shows and galleries that had bowed out because of the restrictions are back in this year," she said.

"It's great that United Community Arts in Pilot Mound is going to be on it again," said Hildebrand, who added they also welcome the return of the Miami group exhibit that will be on display in the railway station museum.

There are 28 stops overall in Altona, Winkler, Morden, Carman, Miami, Darlingford, La Riviere, and Pilot

Mound.

"It's a big area, so you probably can't do it all in one day, but maybe you can go in one direction one day and another direction the next day. You can make a weekend of it," said Hildebrand. "It's a diverse group of artists who work in a wide variety of media, and they are spread all across the Pembina Valley."

There will be many familiar faces and places but also some new highlights for the self-guided tour.

A fixture is sculptor Jake Goertzen in Horndean, and Miami will also have Brian McMillan and Lucinda Doran displaying stained glass, fused glass, wood birdhouses, and furniture at their Hollyhock Studio.

Participants in Carman include Kate Froese, Barb Murray, Chris Larsen and the Golden Prairie Arts Council, which will host the *Ghost Towns* exhibit by Candace Propp.

In the area from Darlingford to Manitou and La Riviere, participating artists will include Susan Crawford Young, Susan Pharaoh, Tracy and Justin Currie and the Wee Wollie Shoppe and Studio.

Stops in Morden include Margie Hil-

"IT'S A DIVERSE GROUP OF ARTISTS WHO WORK IN A WIDE VARIETY OF MEDIA ..."



VOICE FILE PHOTOS

Mary Klassen and Marge Fehr will once again show their work as one of the Winkler stops on the Pembina Valley Studio Tour. Below: Walter Dueck is opening up his studio in Morden.

debrand, Laverne Lovatt, George Fieber, Walter Dueck, Laurie Hiebert and the Pembina Hills Gallery, which will be featuring a multimedia exhibit by Jan Jenkins.

Participating in the Altona area will be Ken Loewen, Olga Krahn and the Alexandra Robertson Art Gallery along with Gallery in the Park, which has up the *Poetry of Painting* exhibit by Genevieve Henderson and Angela Lilloco as well as work by the Buffalo Creek Artists. The Altona gallery is also hosting the Blue House Market on the Saturday featuring several more artists and their pieces.

Winkler Arts and Culture will feature a Scott Bell display this year. Other Winkler artists include Mary Klassen, Marg Fehr, Jessica Rachele, and Nina Sawazki.

The variety of galleries, studios, and homes will be open that Saturday between 10 a.m. and 6 p.m. and the Sunday between noon and 5 p.m.

"It's a great way to see some artists

at work and to see the different kinds of art they're making," Hildebrand said, adding it is also a good opportunity for the artists to not only make connections but to perhaps sell some pieces.

"Some rely on this event to make some extra money," she said. "We usually don't have a problem getting them to sign up. Many of them are signed up in January or February already."

Tour-goers hail from all across southern Manitob, Hildebrand noted.

"A lot of people look forward to the weekend to see the area and to reconnect with people," she said.

Brochures with maps are available at various locations including Gallery in the Park in Altona, Winkler Arts and Culture, and the Pembina Hills Arts Council in Morden.

You can also head to www.pembina-valleystudiotour.com for more information.



The **Voice**
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Creating 'sound sculptures'

By Lorne Stelmach

Jimmie Kilpatrick likes to work with what he sees as sound sculptures and to create overlap between visual art and music and sound.

The musician and interdisciplinary artist based in Brandon had that idea on display at the Pembina Hills Gallery over the Corn and Apple Festival weekend with an installation he dubbed Pembina Valley Ballads.

"In my practice as an artist ... I'm a musician, songwriter and artist ... I like to blur the lines between all of those things whenever possible," Kilpatrick said in introducing his exhibit last Thursday evening. "So when I'm doing something in the visual arts realm, I'm thinking a lot about music and songwriting and how I can bring those things in as well."

The exhibition featured an audio installation consisting of sound samples recorded in and around the Pembina Valley. When a viewer/listener entered the gallery, they triggered a series of cassette players, creating a discrete analog audio collage of places ranging from Morden Park and Colert Beach to the Co-op gas bar.

"I was thinking about Morden in particular, so I wanted to make a piece that was kind of a love song for Morden," said Kilpatrick.

"Maybe it expands on what ballads can be ... but the genesis was to make something for the City of Morden," he added. "Music is so abstract and open to interpretation ... this exhibition also asks you to expand what you might think music is because it's comprised of field recordings.

"It's also maybe blurring the line between what's art and what's music," added Kilpatrick, who had local musician Rochelle Drudge on hand to respond to the installation on her violin.

Kilpatrick cut his teeth in the early 2000s as part of the east coast indie rock outfit Shotgun and Jaybird, and he has appeared on recordings by John K. Samson, Christine Fellows, Joel Plaskett, and By Divine Right.

He's been touring regularly and releasing records since 2009, and his 2011 release *Transistor Sister* was long-listed for Canada's Polaris Music Prize. In 2018, he was the Manitoba winner of the BMO 1stART! Competition and presented his performance/installation *Quality Control* at the Justina M. Barnicke Gallery in Toronto.

For *Quality Control*, there were 100 porcelain cymbals that were systematically destroyed. While a performer played a four-piece drum kit with an improvised score punctuated by literal cymbal crashes, two helpers placed new porcelain cymbals on the stand. Each repeated crash resulted in the destruction of a cymbal and a repeating series of sound events: hit, break, fall.

A heaping aftermath of detritus then remained in the gallery as a stand-alone installation and evidence. It served as a prime example of how Kilpatrick's art can combine elements of performance, sculpture, video, installation, and sound.

Kilpatrick wants sound to be perceived as a material thing that can be seen and touched, so as a practicing musician, his approach to studying and making art has been continually



PHOTOS BY LORNE STELMACH/VOICE

Jimmie Kilpatrick (above, far right) brought his soundscape art to Morden last week, using cassette tapes to create an audio collage. Right: Violinist Rochelle Drudge performs at a gathering for the exhibit last Thursday.



informed by areas of interdisciplinary overlap, especially the relationship between visual art, music, and sound.

"I think that people who are visually impaired would be able to experience the exhibition fully in most ways because it has an audio focus," he noted.

"I do recognize it's not traditional ... but these ideas go way back ... and I

think there's also a piece of nostalgia involved with it," Kilpatrick noted in reference to the use of old-fashioned cassette players. "So I don't know what people will take from it, but I think they will bring a lot to the exhibition."



SUBMITTED PHOTO

Art Cameron is in charge of the annual pumpkin patch tour, which will be on Sept. 3 this year.

Pumpkin Patch Tour Sept. 3

By Becca Myskiw

Roland pumpkin growers will share their secrets on growing enormous pumpkins on their annual patch tour.

Three growers are featured on this year's Pumpkin Patch Tour, each in and around the Roland area. The tour will be on Sept. 3, starting at 1:30 p.m., and is an opportunity for growers to get together and throw ideas around and for new growers to see other patches and learn new techniques.

Art Cameron, one of the growers and tour coordinator, said a few pumpkin growers were flooded out earlier this year, so they didn't get anything from their crop. The stops on tour, however, have patches full of giant pumpkins, watermelons, beets,

beans, and more. And each patch is in a different location, so they have different soil, growing conditions, and protection.

"The whole thing is set up to help growers improve their growing conditions," said Cameron.

He said caring for a pumpkin patch is similar to caring for a dog — you must tend to it daily.

Those on the tour can expect to see smaller pumpkins this year. Most of Cameron's are over 500 lbs., but the world record pumpkin was 2,702 lbs., so he's hoping his pumpkins continue to grow.

"It doesn't matter what size we have; we always hope to have them bigger," he said.

To take part in the tour and get the locations of each stop, call Cameron at 204-343-2314.

Check out the Voice online at www.winklermordenvoice.ca or altonavoice.ca

sports & recreation

Central Charge wins U13 AA silver medal

By Voice staff

The U13 AA Central Charge brought home the silver medal from the provincial championships in Brandon earlier this month.

Coach Jim Smith says the team started strong with a decisive, seven-run win against the Westman Fury.

They stumbled, then, and lost the following two games against Westman Storm and Brandon Heat.

In order to make it to the playoffs, the Charge needed to win their final round robin game by seven runs.

They did so handily, beating the Interlake Phillies by a score of 13-3

That gave the ladies a fourth-place finish in the round robin and put them up against the first seed Brandon Heat, who they beat 10-5 to advance to the gold medal game against Westman Storm South.

Westman ultimately got the win to earn gold.

“Central got behind early in the final but never gave up,” shared Smith. “Ultimately the comeback fell short, but the players showed grit and determination until the very end.”



SUBMITTED PHOTO

The silver-medal winning U13 AA Central Charge team. Back row, from left: Nevada Wrixon (La Salle), Hayden Manness (Domain), Shayna Driedger (RM of Stanley), Oksana Vasko (La Salle), Blaine Wiebe (Stanley), Presley Wolfe (Carman) Kneeling: Brielle Thiessen (Winkler), Sinead Convery (Morden), Ashley Dyck (Winkler), Payton Manness (Domain) Front row: Cara Klassen (Reinfeld), Megan Krahn (Stanley). Coaches: Jenn and Jim Smith (Stanley).

Flyers welcomes Coltyn Bates to coaching staff

By Voice staff

A familiar face will be behind the bench for the Winkler Flyers this fall.

Former player Coltyn Bates is returning to the junior team for the 2022-2023 season, this time as assistant general manager and assistant coach.

Bates, who hails from Brandon, played three seasons in Winkler, scoring 47 goals and 98 assists in 169

games.

He went on to play for the University of Wisconsin Superior (NCAA Div III) for four years, playing 88 games and scoring 47 points.

Now he's back in Winkler to join the coaching staff.

“Coltyn has proven over the past 14 months with his passion and work ethic behind the scenes that he is ready for this next opportunity,” head coach and GM Justin Falk said. “We

are thrilled to add a man of Coltyn's character and look forward to his positive contribution and commitment to the Flyers organization and City of Winkler.”

For his part, Bates said he's excited to be back working with a team he first joined at the young age of 15.

“The team and this community gave me the opportunity to take my hockey career to the next level, and having the opportunity to give back and help these kids achieve their dreams is what it's all about.”

In other Flyers news, the team re-

cently announced it has signed Winnipeg forward Zach Nicolas (2004).

Nicolas spent the 2021-22 season with the Northern Cyclones in the USPHL Premier league, where he scored 10 goals and 14 assists for 24 points in 35 game played.

“Zach is a talented young player with a wide array of skill sets,” coach Falk said. “Whether playing off his strong shot, using his size to his advantage down low, or using his speed wide down the wing, he knows how and when to utilize his strengths to his advantage.”



WINKLER FLYERS PHOTO

Former player Coltyn Bates (left) with Winkler Flyers head coach and GM Justin Falk. Bates is the team's new assistant coach and assistant GM.

Twins win Border title

By Voice staff

The Cartwright Twins are the Border Baseball League champions.

It took the full five games for a decision, but the Twins took the final series 3-2 with a win over the Morden Mud Hens Thursday night at home.

The two teams traded close wins throughout, Cartwright taking game one 12-8, Morden game two 6-4, the Twins tying it with game three 4-3, and then the Mud Hens forcing a fi-

nal game with a 4-3 win themselves in game four.

Game five stuck to the pattern, with Cartwright narrowly winning it all 6-5.

It caps off a strong season for the Twins, who were not only the West Division champs but were also crowned the AA champions at the provincial tournament in Rivers earlier this summer.

U17 Central Energy competes at nationals

By Ty Dilello

The U17 Central Energy girls' softball team, made up of players from the Central and Westman regions of the province, earned a hard-fought silver medal at the Manitoba Provincial Championship held from July 15-17 in Friedensfeld.

The top three teams at provincials earned a spot to represent Manitoba at the Canadian National Championships, which were held in Montreal from Aug 16-21. Altona was represented on the Central Energy squad with two players in Dayna Wahl and Celina Toews.

Central Energy (Manitoba 2) started the first day of pool play with a 5-4 loss against British Columbia 5. They also played later that same day against Ontario 5 and lost 9-1.

The ladies rallied the next day to defeat Alberta 2 by a 2-1 scoreline in an exhilarating game.

They then beat Quebec 3-2 and lost 9-0 to British Columbia 4 to end their round robin with a 2-3 record, which placed them in fourth place in the sec-

ond tier of teams. They played one more placement game with British Columbia 3 but lost 3-1.

"We had trouble stringing together our hits to create a more favourable outcome, but enjoyed the tournament and the venue," said head coach Noelle Hildebrand. "We were very lucky to be able to travel this year, after two years of COVID-19 and made the most of our trip."

"I would like to thank the members of the U17 Central Energy team for their hard work and their parents for putting in the time and being great cheerleaders. I would also like to thank all of our sponsors for their support."

"My hope, as a coach, is that their girls have made lifelong friends and will cherish the experience of attending a National and the memories of this 2022 season."

The senior girls on this U17 Central Energy team will be moving up to the U19 category for next season, while the seniors of the U15 Central Energy will be moving into the U17 category. Tryouts for all Central Energy Teams



SUBMITTED PHOTOS

The U17 Central Energy team has returned home after finishing with a 2-4 record at the Canadian National Softball Championships held from Aug 16-21 in Montreal. Right: On the team were Altona's Dayna Wahl and Celina Toews.



will be held this September for the 2023 season.

"Quite a few of these girls have their eyes on college ball in the States so that they can continue to play very competitive ball while getting an education," noted Hildebrand.



Rusty Rae Woodward rounds a barrel.

Charity barrel race a rockin' success

By Ashleigh Viveiros

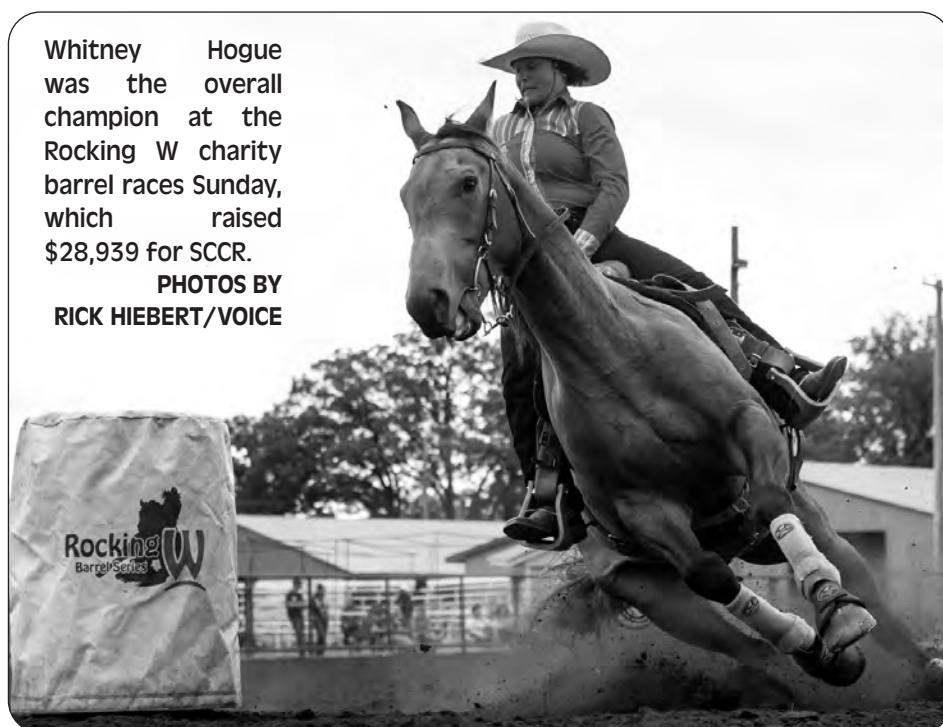
A waterlogged competition ring forced an unexpected move, but it couldn't dampen the success of the Rick Wiebe Memorial Charity Barrel Race last weekend.

The races were supposed to be held at the Rocking W Ranch off Hwy. 3 on Sunday, but the aftermath of the tor-

rential rain a few days earlier forced organizers to move the whole shebang to Carman.

The last-minute change didn't prove a deterrent to the riders and spectators who came out in droves to the event, which raised a whopping \$28,939 for South Central Cancer Resource.

"The last year that we had it we raised something like \$18,000," said



Whitney Hogue was the overall champion at the Rocking W charity barrel races Sunday, which raised \$28,939 for SCCR.

PHOTOS BY RICK HIEBERT/VOICE

Dusty van der Steen, who organized this year's competition in memory of her late father. "I was hoping we'd beat \$18,000, maybe hit \$20,000. We were quite shocked when we added it all up."

She estimates they had over a dozen more riders than in past years and plenty of new spectators as well.

"A lot of people walk through the

park area there, so we had lots of local people just stumbling across us, because it wasn't advertised [for there] because we moved there so quickly," van der Steen said. "And otherwise, yeah, lots of friends and family came out. We had a canteen and a silent auction. It all went over really well."

Continued on page 29

Grundy, top female harness racing trainer in Manitoba

By Becca Myskiw

It was 15 years ago when Jacqueline Grundy first watched a harness race.

She was in Glenboro and decided to watch the races. After coming back time after time, Jackie met her husband, Tyler Grundy, when he was there racing.

"I thought it was really fun to watch," she said. "It was really interesting."

Soon enough, she started going to the barn with her husband on weekends and it snowballed from there. Before long, she was brushing the horses and helping pack up for race weekends, and after eight years, Jackie got her own horse. She started jogging her and Tyler's racehorses, and she became a certified trainer four years ago. Now, she trains the horses full-time, and Tyler is the driver.

The pair buy their foals halter broke and spend the next year of its life training it to be a racehorse. When buying a foal, said Jackie, you look at the sire and dam. Who they are generally has a big influence on the pros-

pect of the colt, as well as its selling point.

They race with a breed of horse called a standardbred and in Manitoba, they don't race in the winter, but lots of people who race here travel to other places that do race in winter, she said. Those that do stay in Manitoba usually spend the fall and winter breaking and training yearling colts to race the next summer

"When you own one and see them start from scratch and turn into a racehorse...it's amazing," said Jackie.

She's spending her summer camping at the Miami Agricultural Society grounds. There, she can stable their six horses, tend to them, train them, and keep them in one place between races.

Her day starts around 6 a.m. when she gives each horse their breakfast. Then, at 7:30 a.m., she starts jogging the horses, does putaways, rubs the horse's legs, and checks them for sore spots. Next, Jackie feeds the horses lunch, lets them rest, feeds them supper, then does it all again the next day. She sticks to the routine seven days a



SUBMITTED PHOTO

Jackie Grundy is the top female trainer in Manitoba harness racing this year so far.

week.

She said she loves the animals and loves working in the barn. A nine-to-five job isn't the life for Grundy, so the life she's made for herself in the harness racing world is perfect.

"We've had a pretty good season,"

said Grundy. "I think right now I'm actually the top female trainer on the grounds. I always just look forward to race day and seeing [the horses] race and try their best out there. I'm happy to see them happy out there."

As of last week, the Grundys have 15 race wins this year.

Indulge your tastebuds in Le Burger Week

Local restaurants are taking part Sept. 1-14

By Autumn Fehr

Feast your eyes and prepare your tastebuds for a two-week Manitoba tradition.

From Sept. 1 to 14, participants will be able to discover new restaurants while indulging in specialty burger creations never tasted before through Le Burger Week 2022.



The Mac, Altona Hotel's Le Burger.

Due to its popularity, over the last few years, Le Burger Week had extended its festival to two weeks so burger lovers can have the opportunity to try even more mouth-watering creations.

This year, there are 190 burgers to try throughout Manitoba.

The festival began in Montreal 11 years ago but has now expanded across Canada, generating over 150,000 participants in cities across the country.

As a theme this year, restaurants were encouraged to create plant-based burgers – vegan burgers, creating a platform for chefs to get creative and have even more fun with their creations, and for everyone to have a burger they can indulge in.

There are four rural restaurants participating in this year's Le Burger Week, with their delicious entries.

From Kahleigh's Brew Barn in Riverton, there is the Feisty Pickerel Burger, made with pickerel from Lake Winnipeg tossed in panko breading and fried, served on a sesame seed bun with mango salsa, chipotle, mayo, and mixed greens.

In Sandy Hook, Carlo's Cucina will be serving their Rock'n Rootbeer

Burger made with Angus beef, apricot jalapeño jam, topped with braised AAA ribeye steak, Bothwell jalapeño Monterey jack cheese, and a fresh spring mix with rock'n cucumber mint aioli.

Something Beautiful Café in Stone-wall will be serving their Bacon & Blue Quarry Burger, a beef burger topped with crumbled blue cheese, candy bacon, caramelized onions, and a house-made honey Dijon spread, served on a brioche bun with mixed greens and tomato.

At the Altona Hotel, they will be serving The Mac, made with a breaded deep-fried beef patty, cheese sauce, topped with bacon, lettuce, tomato, onion and drizzled with Chipotle aioli, on a grilled brioche bun.

With restaurants across Manitoba putting forth their best burger cre-

ations, festival participants have the chance to vote for their favourite burger via LeBurgerWeek.com.

At the end of the two-week festival, winners in each participating city will be announced for the different categories.

The five categories are the most popular burger, voted by participants at www.LeBurgerWeek.com, the judge's choice, determined by an expert panel of burger aficionado judges in the city, the Sysco choice, given to the most outlandish burger in the city, Kim's choice, determined by Kim Lallouz, and the best plant-based burger, voted by participants on the website.

Don't miss out on this two-week festival and a chance to support local restaurants in your area through delicious never-before-seen burger creations.

> BARREL RACING, FROM PG. 28

Being able to hand over so much money to SCCR, an agency her father made use of when he was going through his own cancer journey, is a blessing, van der Steen said.

"They rely on fundraisers, and

with two years of not really being able to have the fundraisers like normal I think this will be a very, very big help for them to have this much coming in at one time."

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The *Winkler Morden* Voice

PUBLIC NOTICE

WESTERN
School Division
Morden, Manitoba



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Committed to Learning"

NOTICE OF NOMINATIONS

Western School Division

NOTICE IS HEREBY GIVEN that on the following days:
On Wednesday September 14, 2022 through September 20, 2022 between the hours of 9:00 AM through 5:00 PM at the following location: 4 – 75 Thornhill Street, Morden MB

I will receive nominations for the offices of School Board Trustee Ward 1 & Ward 2 of the aforesaid Local Authority.

The nomination deadline is Tuesday, September 20, 2022 at 5:00 PM. Nominations cannot be accepted after this day.

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

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

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

Carl Pedersen, Senior Election Official
204-822-4448
cpedersen@westernsd.mb.ca
Dated at Morden on August 22, 2022

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

EMPLOYMENT



Seasonal Soil Sampler - Term

Position: Seasonal Soil Sampler - Term
Location: Carman North/Winkler South

Employment:

F/T Term with possibility of extension
Available for up to 40+ hours/week, including weekends
O/T will be paid out after 40 hours/week
Wage: starting at \$22/hr, commensurate on experience

Reporting to a Supervisor, the Seasonal Soil Sampler collects soil samples according to established methods and techniques using vehicles with GPS equipment and soil sampling probes. They are responsible for ensuring quality control of samples and accurate recording of information.

Duties may include the following:

Travel to assigned rural locations to take core soil samples from client's fields;
Record sample data accurately;
Database administration and maintenance;
Safe operation of motorized vehicles.

Education and Experience

Valid driver's license;
Some agricultural experience would be an asset;
Ability to carry up to 20 kg.

Send your CV to: Troy Turner at troy@field2fieldag.com
Only the successful candidates chosen for an interview will be contacted.

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ROCKY MOUNTAIN EQUIPMENT is NOW HIRING: AG Equipment Techs, Heavy Equipment Techs - Journeyman & Apprentices, Parts Techs. View Open Roles & Apply: www.rockymtn.com/careers. Relocation and signing bonus offered.

ANTIQUÉ & COLLECTIBLE SALE

Don't miss the big annual JunkWagon Antiques & Collectables Sale. Everything from old toys, vintage clothing, comics, records, jewelry, rustic, retro, glassware, old advertising, old signs, upcycled & so much more. Saturday, Sept. 10th. Doors open 9 a.m. – 4 p.m. 980 Winakwa Rd. in Winnipeg. \$5 per person.

HANDYMAN

Handyman: serving the Altona area. Starting at \$25 per hour plus GST, and parts. Call Ben at 431-775-8025.

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Profitable subscription-based Community Newspaper / printing business in South Central Manitoba for sale. Very reasonably priced.

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Accepting music students year round for electric/acoustic and bass guitar as well as music theory for all instruments. Enrol anytime. Visit www.winklermusicacademy.com or call 204-331-3722.



Online Patient Support Group
September 17 2022

10:30 a.m. CDT
Facing Fear - Coping with a chronic disease

To register: sclerodermamanitoba.com
204 510-2855

McSherry Auctions
12 Patterson Dr., Stonewall, MB

Online Timed Auctions @ iCollector.com

Estate & Moving Auction
Closes Wed Sep 7 @ 7:00PM

Estate & Moving Auction
Closes Wed Sep 14 @ 7:00PM

Estate & Moving Auction
Closes Wed Sep 21 @ 7:00PM

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PUBLIC NOTICE



PUBLIC NOTICE REGARDING AUDITOR'S REPORT

Pursuant to Section 194 of The Municipal Act, notice is given that the Financial Statements and Auditor's Report for the City of Winkler for the year 2021 are available for inspection by any person at the City of Winkler office during regular office hours.

David Martens
Director of Corporate Services

PUBLIC NOTICE



PUBLIC NOTICE NOTICE OF NOMINATIONS AND BY-LAW 85-22 – WARD CHANGES

Prairie Rose School Division
At the Special Board Meeting of July 26, 2022, the Board passed By-Law 85-22, being a by-law to re-establish the boundaries of the wards and the number of trustees in each ward. The newly established areas are listed below.

- Ward 1 - Miami/Roseisle - One Trustee
- Ward 2 - Roland/Homewood/Sperling - One Trustee
- Ward 3 - Carman/Graysville - Two Trustees
- Ward 4 - Elm Creek/Fannystelle - One Trustee
- Ward 5 - Elie - One Trustee
- Ward 6 - St. François Xavier - One Trustee
- Ward 7 - St. Eustache - One Trustee
- Ward 8 - St. Laurent/St. Ambroise - One Trustee

Please visit our website for a revised ward map at www.prsdmb.ca. School trustee elections are set for October 26, 2022.

NOTICE OF NOMINATION IS HEREBY GIVEN that on the following days:

September 14, 15, 16, 19 and 20th, 2022, between the hours of 8:30 a.m. to noon and 1:00 p.m. to 4:30 p.m. at the following location: School Division Office, 45 Main Street, South, Carman, MB., the Senior Elections Officer will receive nominations for the office of School Trustees of the aforesaid Division.

The nomination deadline is September 20, 2022, at 4:30 p.m. Nominations cannot be accepted after this date and time.

Candidates seeking election for School Trustee must obtain on their Nomination Form a minimum of 25 signatures of voters or not less than 1% of the voters of the ward (whichever is the lesser). Voters who have signed the candidate's nomination form, must have their name on the Prairie Rose School Division Voters List for the school division ward in which the candidate is seeking election.

Completed nominations must be submitted in person at the above location on the dates and hours specified. Candidates must bring in the original nomination form with acceptable signatures.

Nomination forms and more information can be found at www.prsdmb.ca under the "Board" menu or contact Prairie Rose School Division by phone at (204) 745-2003 or email at prsd@prsdmb.ca

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The Winkler Morden Voice

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UPCOMING EVENTS

Cluck & Quack Poultry Club Annual Sale - Poultry, small animals, equipment, crafts, vegetables, hobbies, etc. Saturday, Sept. 10th, 10 a.m. - 3 p.m. at Springfield Curling Club in Dugald, MB. For further vendor information contact Bill 204-755-2347 Email: bhartmann@xplornet.com

FINANCIAL 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

NOTICES

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

NOTICES

NOW ACCEPTING FALL AND WINTER CLASSIFIED NEWS-PAPER ADVERTISING! Book ahead and make the last part of the year the best part! Advertise NOW in the 32 Weekly Manitoba Community Newspapers to get your messaging out and be seen WEEKLY in over 368,000 homes in Manitoba! Hiring? Selling something? Having an AGM? 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

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 stone_woodelkranch@mymts.net

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The Winkler Morden Voice

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

PUBLIC NOTICE

GARDEN VALLEY SCHOOL DIVISION
COMMITTED TO EXCELLENCE LEARNING TODAY
BUILDING FOR TOMORROW



School Trustee Elections

Interested in running for the GVSD School Board, but want to learn more?

Plan on attending an information session!

School Board Candidate Information Session

7:00 p.m., Thursday, September 15, 2022
Garden Valley School Division Office
750 Triple E Blvd, Winkler

Walk-ins are welcome but for planning purposes, it would be appreciated if those interested in attending would email us at election@gvgsd.ca

PUBLIC NOTICE



NOTICE OF NOMINATIONS Garden Valley School Division

NOTICE IS HEREBY GIVEN that on the following days:
September 14, 15, 16, 19, and 20, 2022

between the hours of 8:00 a.m. and 4:30 p.m. at the Garden Valley School Division office, 750 Triple E Boulevard, Winkler, Manitoba, nominations will be received for the offices of

Nine Trustees of the aforesaid Local Authority.

The nomination deadline is September 20, 2022, at 4:30 p.m. Nominations cannot be accepted after this day.

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

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

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

Local Authority telephone number - 204-325-8335

Fax - 204-325-4132

Dated at Winkler, Manitoba on August 19, 2022.

Kevin Vovchuk
Senior Election Official (S.E.O.)
Garden Valley School Division

PUBLIC NOTICE

NOTICE OF NOMINATIONS City of Morden



NOTICE IS HEREBY GIVEN that on the following days:
September 14, 15, 16, 19 and 20, 2022

between the hours of 9:00 a.m. and 4:30 p.m. at the City of Morden office, 100 - 195 Stephen Street, Morden, Manitoba, I will receive nominations for the offices of:

Mayor and six Councillors of the aforesaid Local Authority.

The nomination deadline is September 20, 2022 at 4:30 p.m. Nominations cannot be accepted after this day.

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

Nominations may be filed in person, by an agent, or by mail or fax at the above location, on the date and hours specified. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the S.E.O. at the telephone number listed below or at the City of Morden office.

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

City of Morden telephone number: 204-822-4434
S.E.O telephone number: 204-799-3817

Ted Fransen
Senior Election Official (S.E.O.)
City of Morden

Dated at Morden, Manitoba on August 29, 2022.

PUBLIC NOTICE



PUBLIC NOTICE 2023 BOARD OF REVISION TOWN OF ALTONA

The 2023 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 11th, 2022** 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 26th, 2022 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 26th, 2022**) as indicated in the public notice.

Dated at Altona, in Manitoba, this 26th day of August, 2022, A.D.

Town of Altona
Box 1630
Altona, Manitoba
ROG OBO

Terry Fehr, Secretary
Board of Revision for the Town of Altona

BIRTHDAY



Celebrating
Hazel Windsor
101

Still having fun!

Come and Go Tea

Saturday, September 10

2 - 3:30 p.m.

C.E. Building, St. Andrews's Church
(338 Hamilton St.) Manitou, MB.

*Masks (not required) and hand sanitizer
will be provided*

As per Hazel's wishes - PLEASE NO
Cards, gifts or flowers

A Free Will donation to
Pembina Manitou Health Centre

- Palliative Care Unit

Should you wish to do so.

DEVOTION

Devotion

If you do not know
Jesus before you die,
Heaven will not be
your home.



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AUCTION

**SEPT 9 CLOSING DATE, TIMED
ON-LINE AUCTION FOR HENRY WIEBE**



Henry Wiebe Farm Auction, #69 Chortiz Village, SW of Winkler, MB, across the street from Loadline MFG. Timed on-line auction closing Sept 9, 2022 beginning at 6pm, selling an item every minute. Please note Saturday Sept 10 will be pickup and payment day from 10am to 1pm. Please pay by E Transfer, or come with Cheque, cash or credit card.

2013 CIH 130 Puma 130 CVT, FWA, 5535 HRS, BUDDY SEAT, Universal hook up on L765 loader, sells with 8 ft bucket and grapple, 2012 Bobcat S 650, 78 IN Bucket, only 4309 hrs. cab, air, heat, 2 speed, 2007 Duramax 2500 GM truck, crew cab, new paint, 525,000 km, good solid truck, 2011 Chev Cruze 1.4 Turbo 204-332-1311 David Martens current safety. 1986 goose neck Prairie 18 ft floor, cattle trailer, 8 bolt hubs, slide and swing Rear door double wood floor 25 free standing panels 24 ft. 44 ft Flex coil 5000 air drill, with pull between 3220 tank and 320 Granular applicator attachment. John Deere 330 Tandem disk 25 ft 21 in front 23 rear blades.

See our website www.billklassen.com for list and pictures!

Bill Klassen Auctions Ltd.
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AUCTION

**Live auction at the acreage
of Cornell Martens**

1.5 mile west of Plum Coulee, MB, yard # 15097B
on Hwy 14. Saturday, Sept 17, 2022 at 10 am,
lunch available on site.



Large Dewalt roll away tool chest, 40 ft sea can container with side door and room partition. 250 AMP Miller Bobcat Mig welder powered by Kubota diesel engine, 60 gal up-right air compressor, good trailer axles with tires. Milwaukee compound miter saw on quick stand & much more.

Check out our photos on www.billklassen.com

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CAREERS

Maybe it's time to add a new suit to your wardrobe



Winkler Fire Department is
accepting applications for Paid-on-Call Firefighters

For application information go to www.winklerfire.com
click on - about - recruiting

Applications available online or at the Winkler Fire Hall
Office Hours Mon-Fri. 9 am - 1 pm. Ph: 204-325-8151

Application deadline is September 24, 2022

COMING EVENTS

The P.W Enns Concert Hall
is Pleased to Present

THE ALAN JACKSON EXPERIENCE



Oct 9 2022
6:00 PM

Tickets Available!

Online: winklerconcerthall.ca

In Person:
MON-FRI, 8:30am-4:30pm
at the Meridian Exhibition Centre.



Aaron Halliday

ISSA Entertainer of the year.

Classifieds Announcements

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

OBITUARY



Kenneth Warkentin 1945 - 2022

On Thursday, August 18, 2022, at the age of 77, Ken Warkentin passed away at the Health Sciences Centre in Winnipeg.

He was born in Winkler to Cornelius C. and Katherine (Tina, nee Hoeppner) Warkentin and grew up on a family farm in the Glencross District. He married Barb Martindale in 1965, and raised their children Janice and Dwayne first on the family farm, and then on the farm West of Morden.

Ken was predeceased by his wife Barb in 2016; his parents C.C. and Tina; his siblings Kate, Walter, John, Anne, Pete, and Bette; his parents-in-law Buff and Shirley; brothers and sisters-in-law Doris, Peter, Neil, Grant (Butch), Donna, and Anne; two grandchildren and one great-grandchild.

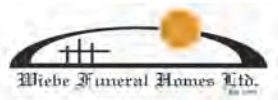
He is survived by his daughter Jan (Daniel); his son Dwayne (Denise); his grandchildren Sara, Dustin, Rikki, Melissa (Brody), Tyler, and Christopher (Taylor); as well as his great-grandchildren Seth, Addison, Pax, Gage, Easton, Vincent and Oren. He also leaves behind his sister Helen; his brother Ed (Helen); sisters-in-law Mary, Marge and Susan; brother-in-law Bill; many nieces and nephews, and numerous friends.

The family would like to thank Dr. Shacter and her team, as well as all the staff of GH7 at the Health Science Center. Our deepest gratitude also goes to the many family and friends who reached out to us with love and support.

Funeral service will be held on Thursday, September 1, 2022 at 2:00 p.m. at the Christian Life Centre in Morden, with interment to follow at Chapel Cemetery.



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



OBITUARY



Mary Wieler (nee Penner) 1932 - 2022

Mary Wieler of Winkler, MB went to be with the Lord on Sunday, August 21, 2022 at the age of 89. She passed away just three weeks shy of her 90th birthday.

Mary was a wife, grandmother, great-grandmother and great-great-grandmother. She leaves behind to mourn her son Les (Mary), daughter Faye (Frank) Suderman, son Mark (Diane), son James, daughter Leila, daughter Paula (Steve) Froese, daughter Sandra (John) Giesbrecht, daughter Lisa (Gary) Driedger, daughter Julia and 22 grandchildren, 21 great-grandchildren and 1 great-great-grandchild, as well as six siblings, a multitude of nieces and nephews and many others who loved her dearly and considered her "Mom" or "Granny" to them.

Mary was born in Mountain City School District (Morden area), Manitoba on September 10, 1932. She liked to say she grew up "under the trees" and loved talking about her childhood. She was privileged to grow up in a Christian home and was taught to love the Lord Jesus Christ. Mom accepted Christ as her Saviour at the age of 15, through a Back to the Bible radio program, while listening to a message by Theodore Epp. Mom married Jake Wieler on November 14, 1954. They raised a large family and lived in a few different places before finding "home." They eventually settled on their small hobby farm, which was right between Morden and Winkler. The farm was always immaculately maintained and was a testimony to both of our parents' hard work ethics. Mom lived there until after Dad's passing, subsequently moving into Morden and later to Winkler. In Winkler she enjoyed her many friends, community and social life at Winkler's Heritage Village. Mom thoroughly enjoyed gardening, hand crafts, sewing, music, socializing and playing dominoes. Truly anyone that knew her knew she loved her coffee. She was always happy to be with her siblings and loved to visit them.

Although the last year presented some health issues, she enjoyed many blessings and had a feisty but loveable personality. She had a very positive outlook and was often mentioned as being "very pleasant." She was loved.

She was predeceased by her husband in 2002, and her grandson, Dallas in 1994 as well as eight siblings, some in her childhood and some in later years.

Her passing will leave a huge void in our family but we're so grateful to have had her as our Mom these many years. We love you so much Mom and are comforted knowing that you are Home with the Lord.

Mom and we, as her family appreciated the outstanding care and compassion she received from the doctors, nurses and staff of Boundary Trails Health Centre. A special thanks to Dr. Caswill, the wonderful palliative care nurses, and Jerri-Ann who helped make her early birthday party possible. Also thank you to the Home Care team who have helped her this past year, especially those who've gone above and beyond. Many thanks also to those who visited and blessed her during her final days.

Memorial service was held at 11:00 a.m. on Thursday, August 25, 2022 at the Pembina Valley Baptist Church with a private interment prior at Hillside Cemetery.

Wiebe Funeral Home, Winkler
In care of arrangements
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OBITUARY



Dora Adrian (nee Hiebert) 1943 - 2022

On Friday, August 19, 2022 at 7:17 p.m. Dora (nee Hiebert) Adrian, beloved wife of Ron Adrian, went home to be with her Lord and Savior at the age of 78.

Dora left a rich legacy and will be greatly missed by her husband Ron, son Brad (Helen) Adrian and family Conor and Raina; daughter Jody (Bob) Dewbury and family Tessa and Brett; sister Elsie; brother Henry; in-laws, Marg Fehr, Pete Fehr; numerous nieces and nephews and many friends.

She was predeceased by her parents Jacob and Katherina (nee Guenther) Hiebert; brothers Peter, John and Cornie; sisters Martha, Mary, Tina, Helen and Nora; brothers-in-law George Friesen, Jake Giesbrecht, Jake Janzen, Henry Reddekop, Bill Siemens and

nieces and nephews.

Funeral service was held at 2:00 p.m. on Thursday, August 25, 2022 at the Winkler EMMC Church with interment at Westridge Memorial Gardens.

The family would like to thank all the Salem staff for the loving care you gave to Dora. A special thank you to Dayna Jonasson for your special attention and kindness to Dora and family. Thank you to Wiebe Funeral Homes for your professional care and service.

Donations may be made in Dora's memory to the Alzheimer's Society of Manitoba.

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SEPTEMBER 19, 2022 AT 6:00PM**

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> MEAL IDEAS



Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council

- Prep time: 20 minutes
Cook time: 50 minutes
Servings: 4
- Chicken:**
8 boneless, skinless chicken thighs
salt, to taste
pepper, to taste
6 tablespoons unsalted butter
16 ounces mushrooms, such as white button, crimini or portabella, quartered
3 zucchinis, sliced in half moons
3 large carrots, thinly sliced
4 sprigs fresh rosemary, leaves removed and roughly chopped
4 cloves garlic, minced
- Orzo:**
4 cups chicken or vegetable broth
1 tablespoon unsalted butter
1 tablespoon extra-virgin olive oil
1 small yellow onion, diced
2 garlic cloves, minced
16 ounces mushrooms, such as white button, crimini or portabella, finely chopped
1 cup uncooked orzo pasta
1/8 teaspoon black pepper
1/3 cup white wine
1/3 cup shredded Parmesan cheese

To make chicken: Preheat oven to 450 F. Pat chicken dry. Season with salt and pepper, to taste. In large skillet over medium-high heat, melt butter. Sear chicken until brown on both sides, 4-5 minutes on each side.

In large bowl, toss mushrooms, zucchini and carrots with rosemary and garlic. On large baking sheet, spread vegetables. Nestle chicken into vegetables. Drizzle with butter and juices from pan.

Bake 20 minutes until chicken is cooked through and vegetables are tender.

To make orzo: In small pot over medium-low heat, warm broth.

Using skillet from chicken over medium heat, add butter and olive oil. Add onion, garlic and mushrooms. Cook, stirring occasionally, until onions soften, 3-4 minutes.

Add orzo and black pepper. Stir and cook orzo 2 minutes. Add white wine and cook until evaporated, about 1 minute.

Add broth to orzo, 2/3 cup at a time, stirring until liquid is absorbed. Repeat with remaining broth, waiting until last batch is absorbed before adding next. Remove from heat and stir in Parmesan.

Serve in individual bowls with chicken and roasted vegetables atop mushroom orzo risotto.



Creamy Spinach, Mushroom and Lasagna Soup

Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council

- Prep time: 10 minutes
Cook time: 30 minutes
Servings: 4
- 1 tablespoon extra-virgin olive oil
2 cloves garlic, minced
1 medium onion, small diced
8 ounces mushrooms, such as white button, crimini or portabella, sliced
1 jar (24 ounces) marinara sauce
1 can (15 ounces) diced tomatoes
2 tablespoons tomato paste
2 teaspoons balsamic vinegar
1 teaspoon granulated sugar
1 tablespoon dried basil
1/2 teaspoon salt
1 teaspoon oregano
1/2 teaspoon black pepper

- 1 bay leaf
3 cups vegetable broth
6 lasagna noodles, broken into pieces
1/2 cup heavy cream
5 ounces fresh baby spinach
1 cup whole milk ricotta
1/2 cup shredded mozzarella cheese, for topping

Heat large pot over medium heat. Add olive oil, garlic, onion and mushrooms. Cook, stirring occasionally, until onions and mushrooms soften, 4-5 minutes.

Add marinara, diced tomatoes, tomato paste, vinegar, sugar, basil, salt, oregano, pepper, bay leaf and broth. Bring to boil over high heat then reduce heat to low and simmer. Add lasagna noodles and cook, stirring often, until softened, about 15 minutes.

Remove from heat and remove bay leaf. Stir in heavy cream and spinach until wilted, 2-3 minutes.

Divide between bowls and top each with dollop of ricotta and sprinkle of mozzarella.

The six best vitamins for improving your fitness level



Health and Wellness Fitness expert Julie Germaine Coram

By Fitness Expert Julie Germaine Coram

Every vitamin that your body uses to complete important functions is important, however there are a few that are particularly crucial when you are focused on improving your muscular strength or physical endurance.

Did you know that there are many vitamins and nutrients that assist the body's process of converting food into energy? If your goal is be able to lift heavier objects, have more stamina to keep up with your grandkids, or simply to have more strength for everyday tasks, then assuring you top up on these six vitamins will help.

1. **Calcium** – The ideal consumption of calcium is 1000 milligrams per day, to ensure strong bones and teeth, and regulate muscle contractions. Pills are available, as well as powders that can be easily mixed into water or juice.

2. **Iron** – A lack of iron can lead to anemia, which presents as fatigue and weakness. Include red meat, fish, poultry, beans, and lentils to maintain a healthy intake.

3. **Zinc** – This mineral has a hand in numerous processes in the body, including cell regeneration, injury recovery, and enzyme production. Zinc is also a supporter of the immune system, aiding the body in fighting off illness. If you are a vegetarian, have recently had surgery, or those with certain medical conditions may be at risk for zinc deficiency.

4. **Magnesium** – This abundant mineral helps regulate blood sugar levels, promotes healthy blood pressure, helps the body maintain normal muscle and nerve function, and is involved with immune system and bone strength. It is often added to breakfast cereals and can be found in leafy vegetables, legumes, nuts, and whole grains.

5. **B12** – This water-soluble vitamin has been proven to provide higher mental clarity and soaring energy levels. You can find B12 naturally in animal products, and supplements are available.

6. **Vitamin D** – The sunshine vitamin is important to help the body absorb calcium, which promotes bone health, heart and muscle function, and prevention of diabetes. As the winter nears, you may want to consider supplementing vitamin D, particularly if you are at risk for developing osteoporosis.

Easily lose two inches from your waistline by joining my 30 Day VIP Fat Loss Challenge! Mention this article this month to receive a bonus 2 months of coaching FREE! Visit: www.calendly.com/juliegermaine or email info@juliegermaine.com to apply today.

Coach Julie Germaine Coram is a Manitoban fit mom, 2x International Pro Fitness Champion, Miss Fitness Manitoba, Certified Nutrition Coach & Renowned Fitness Expert. She has helped thousands of men and women improve their health since 2005.



Blended Pasta Sauce

Recipe courtesy of the Mushroom Council

- 2 tablespoons extra-virgin olive oil
1 medium yellow onion, finely chopped
3 garlic cloves, minced
1 pound mushrooms (such as white button, crimini or portabella), finely chopped
1 pound 80% lean ground beef
1 tablespoon Italian seasoning
1 teaspoon kosher salt
1 jar (24 ounces) marinara sauce
cooked pasta
salt, to taste
pepper, to taste
grated Parmesan cheese

In large pot over medium heat, add oil and cook onions, stirring occasionally, until just soft, about 3 minutes. Add garlic and cook 1 minute.

Add mushrooms and cook 5 minutes, or until mushrooms are soft and reduced in size.

Add ground beef, Italian seasoning and salt; cook until browned throughout, about 6 minutes, stirring and breaking up lumps. Skim off fat, leaving about 2 tablespoons.

Stir in marinara sauce and reduce heat to low. Cook 10 minutes.

Serve over cooked pasta, season with salt and pepper, to taste, and top with grated Parmesan



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