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Altona's new childcare centre set to open soon

By Lori Penner

The Kiddie Sunshine Centre's new daycare facility is nearing completion. Board chair Laura Wiebe says if everything goes according to plan they'll be in operation by October.

"Right now they're doing the final site work, such as the parking lot and parent drop-off loop, as well as playground surfacing, fencing, and sandboxes. The building is pretty much complete, so we're into the phase where we're moving in furniture, and getting some of the rooms set up.

"We're grateful to our board vicechair Nicole Friesen, who has been organizing volunteers to move items out of storage and help set up furniture and all the little things that go into preparing a room to welcome new children.

On Aug. 12, board members and volunteers spent the day putting together playground equipment.

"It takes many hands to see a project like this through to completion, so

again, we're grateful for the continued support of our member families and the community at large that's been incredibly supportive and helpful," Wiebe says. "We wouldn't be able to be at this stage without the support that we've had."

There's still plenty of work behind the scenes as the centre prepares to start by opening two infant rooms with 16 spaces, three pre-school rooms with 48 spaces, and one of the school-age rooms with 15 spaces.

"It's tremendously exciting," Wiebe says. "We'll be moving over our current member families from the Rhineland Child Care Centre that's currently operating out of the Border Land School Division office first, as well as onboarding about 50-60 new children on top of that."

She says she is grateful to Kiddie Sunshine Centre director Patty Klassen, who has worked hard recruiting and training staff.

"Having the properly trained early childhood educators with the ratios



SUPPLIED PHOTO

Altona's new childcare centre is just weeks away from being complete.

that are required to open these licensed spaces is not an easy thing to find, particularly in rural areas, and she's done a really great job at making Kiddie Sunshine Centre an attractive centre for people to come to work. We've had a huge number of our current staff come as childcare assistants who have decided to go back to school and get their designations while working with us."

The board is also in the process of contacting families that are on the waitlist to provide updates on when they can expect spaces to open up.

"We appreciate the patience of those who are on our waitlist. We are reaching out and doing our best to provide updates on when we expect to be ready to welcome your children to the centre."

The new facility will provide 118 childcare spaces in total.

"So that's taking over 20 spaces that were previously operated at the Border Land School Division office, and then adding 98 new spaces to the community," explains Wiebe. "In addition to that, there are current plans to continue operations at the Centre Ave. location. We'll be adjusting the programming that we're offering at

each location to best suit the current needs in the community."

Financially, Wiebe says things are right on track.

'As we near completion, more and more bills become due, and funds are in place for the construction of the centre. But with grants, it's sometimes about timing. Some of the generous donations from the community are multi-year contributions, so it's a bit of a balancing act in terms of when those donations come through.

"We are continuing to do some ongoing fundraising for material and program needs, and to add to our outdoor playground. We used what we had in our budget to create some of the permanent items, but we also dedicated a significant portion of those funds to the playground surfacing. We wanted to make sure it was durable. It's all turf and rubber to ensure we could make it an accessible playground space for all children."

Meanwhile, Wiebe says fundraising will continue for extra supplies and toys. The centre will be running another WestJet fundraising raffle in

Continued on page 9

PUBLIC NOTICE BOARD OF REVISION THE MUNICIPALITY OF RHINELAND

PUBLIC NOTICE is hereby given that the 2025 Assessment Roll for the Municipality of Rhineland has been delivered to the Municipal Office at 109 3rd Ave NE, ALTONA, MB and is open for public inspection during regular business hours. Applications for revisions may be made in accordance with Sections 42 & 43 of the Assessment Act.

APPLICATION FOR REVISION

Section 42(1) A person in whose name property has been assessed, a mortgagee in possession of property under Section 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:

- a. Liability to taxation: b. Amount of an assessed value:
- c. Classification of property; or
- d. A refusal by an assessor to amend the assessment roll under Subsection 13(2).

APPLICATION REQUIREMENTS

Section 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 $\boldsymbol{\alpha}$ revision is sought:
- c. State grounds on which the application is based; 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 as indicated in the public notice.

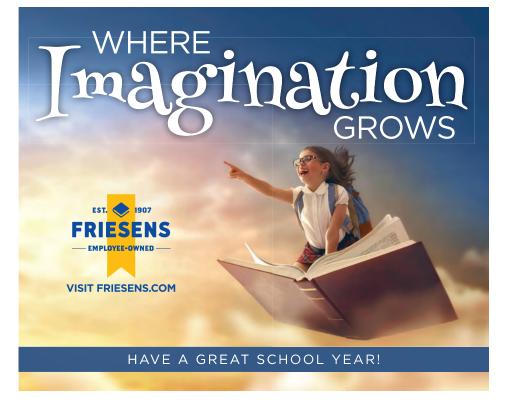
The Board of Revision for the Municipality of Rhineland will sit on Wednesday, the 6th day of November 2024 at 10:00 am in the Council Chambers of The Municipality of Rhineland to hear the applications.

The final date on which applications must be received by the Secretary of the Board of Revision is October 22nd, 2024 by 4:30 pm.

Dated at ALTONA in the Province of Manitoba this 5th day of September 2024, A.D.

Michael Rempel, Secretary **Board of Revision** Municipality of Rhineland Box 270, ALTONA, MB R0G 0B0





Baseball Hall of Fame unveils new feature display

By Lorne Stelmach

A new display at the Manitoba Baseball Hall of Fame in Morden is helping attract attention and draw in visitors.

The museum recently unveiled a feature display that offers a detailed scale miniature scene.

Administrative manager Mutcheson said they felt it was time for a refresh of the cabinet which sits front and center when you visit the museum.

The cabinet itself has a very unique shape and design, and Mutcheson's wife Loretta had the thought to use it for a miniature scene after reading about a similar display at the Winnipeg Art Gallery.

They wanted the display to evoke memories or emotions for anyone that viewed it, said Mutcheson, and they hoped the setting would replicate a scene that could be found anywhere in Manitoba from back in the day.

"I think it will engage people," he said. "You can see it from a distance ... people are coming in ... they're taking a turn and looking at this first, so it's attracting people.

The museum was led to Jason Golebioski of Winnipeg, who agreed to take on the project.

The display features a baseball field



SUPPLIED PHOTO

From left: Loretta Mutcheson, Jim Mutcheson, Jason Golebioski, Joe Wiwchar, and Dan Giesbrecht with the new miniature display recently unveiled at the Manitoba Baseball Hall of Fame in Morden.

with a league game in progress as well as a parking lot with beautiful retro cars, food trucks, and a playground area with a scrub game in progress.

No sooner was the display unveiled then they had a line of viewers both big and small. The detail of the display is what really makes it stand out, Mutcheson suggested.

"Several people who I've met ... they go back and see different things ... it's got so much detail to it that I don't think you can take it all in in one glance.

"Jason's attention to detail and creativity is amazing and something to be seen," said Mutcheson, who lauded "the time and effort that Jason put into this display."

The outer area of the Manitoba Baseball Hall of Fame can be accessed anytime the Access Event Centre is open, but museum hours otherwise are 9 a.m. to 4 p.m. during the week.

Mutcheson noted his goal is to keep looking for ways to further improve the museum.

"We're hoping we can add more stuff as we go along in displays so that it will kind of encase the whole area a little bit more and attract people to see what's actually there," he said. "We want to keep on updating and upgrading ... now I've gone to different museums and seen how they present their stuff to the public ... technology is great as long as we can

Work to begin soon on Winkler arena renos

By Ashleigh Viveiros

Winklerites will very soon see work getting started on the major renovation project at the Winkler Centennial Arena.

At its Aug. 29 meeting, city council gave final reading to a Local Improvement Bylaw that outlines its intent to borrow \$7.5 million for the estimated \$23.75 million project.

Winkler is also dipping into its recreational reserve fund to the tune of \$5.15M, and making use of \$7.97M in federal funding and \$3.13M in provincial dollars to pay for the project.

The borrowed \$7.5M will be paid back over a 15-year period. A local improvement tax will show up on Winkler taxpayers' bills as a result. A homeowner with a house worth \$300,000 can expect to pay about \$104 a year.

The bylaw received first reading by council earlier this year and then went to the Municipal Board for approval before getting second and third reading last week. It passed unanimously.

Mayor Henry Siemens shared that they are also in the process of drafting

a letter of intent to secure the services of Bockstael Construction out of Winnipeg for the project.

"Ultimately, we received two formal proposals" for the renovations, he said, explaining that, after an extensive review, the Bockstael proposal was the one that got the thumbs up. "We are now dotting the I's and crossing the T's to enter into a contract with them.

"But in the meantime, because this is a renovation, there's a significant amount of remediation that needs to happen, and deconstruction before

we get there, and we don't want to lose too much more time. So together with Bockstael, we've agreed that we're going to move forward with a letter of intent to negotiate that final contract. In the meantime, it will allow them to start the demolition."

The scope of the project includes demolishing much of the building's existing interior and redeveloping it into an approximately 1,300-seat rink, with a new main entrance from the Meridian Exhibition Centre at the southwest corner.

Continued on page 5

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getinformed

Presentation spotlights the Manitoba landscape, past and present

By Lorne Stelmach

A new initiative has been not only

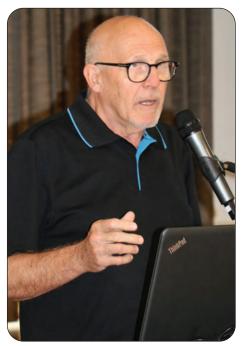


PHOTO BY LORNE STELMACH/VOICE

DNS chair Paul Goossen spoke about the natural landscape of historical Manitoba at the Winkler Senior Centre last week.

helping introduce local seniors to nature but also helping make connections in the community.

A variety of speakers have been involved in four sessions this spring as part of an intergenerational nature discovery project that has involved the Winkler Senior Centre, the Buhler Active Living Centre, and volunteers connected to the Discovery Nature Sanctuary.

Sessions took seniors and youth out to the refuge on the eastern outskirts of Winkler for a series of presentations that concluded last Wednesday with a final educational talk at the centre downtown.

"That interaction for the seniors is so neat and so valuable," said Paul Goossen, who spoke on the theme of prairie wildlife past and present and connected it to the nature sanctuary. "Some of them will not be able to get out, so this can bring it a bit to their front door."

In his presentation, Goossen talked about what kind of wildlife has been in southern Manitoba both past and present. He touched on what the landscape was like and what animals

"I WANTED TO GIVE A PICTURE OF WHAT LIFE ON THE PRAIRIE WAS HERE MAYBE TWO OR THREE HUNDRED YEARS AGO ... IT WAS VERY, VERY DIFFERENT FROM WHAT IT IS TODAY."

lived here at one tim,e including bison, grizzly bears, and elk, for exam-

"I wanted to give a picture of what life on the prairie was here maybe two or three hundred years ago ... it was very, very different from what it is today," he said.

"Then I talk a little bit about the impact of some of the changes that have caused the change in the landscape and in terms of wildlife," Goossen continued. "I use the Discovery Nature Sanctuary as a focal point for what we see today and what's being done in terms of conservation there."

Goossen said it is interesting to try to imagine what it once was like here in this area of southern Manitoba.

"To see an ocean of prairie, tall-grass prairie or shortgrass prairie, it's phenomenal, and to think that there were bison that roamed here, and not just a few but thousands of bison," he said. "It sort of boggles the mind ... we're used to an urban environment with small villages, agricultural fields, highways ... we don't think about historically what it was like here."

Goossen offered his thoughts on what he hoped people would have

been getting from his and the other presentations this summer, which shone a spotlight on local birds, plants, and butterflies.

"I think what the three previous presentations had done was give people a chance to see what variety we have, like even just the birds we have in the area ... Discovery Nature Sanctuary has I think something like 140 species that have been recorded there, which is pretty substantial," he suggested.

And the plants will have given people an appreciation for the variety of plants that maybe they don't normally see," he said. "And the monarch butterfly presentation will have given people an appreciation for a species that is I think listed as a special concern ... it's facing a lot of challenges in terms of habitat protection. There's lots of people who are trying to help the butterfly and to increase its numbers, so that may spur some people as

"I hope it gives people a little bit of appreciation for what it was like here and how things have changed and the need we have now to ensure that some of that we can restore or pro-

The Board of Directors of **Child & Family Services** of Central Manitoba Inc.



Would like to invite you to attend the

90th Annual General Meeting

of Child & Family Services of Central Manitoba Inc.

Wednesday, September 11, 2023 at 6:30 pm

Child & Family Services of Central Manitoba Inc. 25 - 3rd St. South East Portage la Prairie, Manitoba

Guest Speakers

Membership is not required for attendance.

Please RSVP to Christine.bergen@gov.mb.ca or 204-239-3839 by September 5, 2024.

If you are unable to attend the meeting, but wish to view the 2023-2024 Annual Report, it will be available on our website at https://cfsofcentral.mb.ca after September 11, 2024

Our mistake

The Aug. 29 article on the Morden-Winkler Parkinson Canada SuperWalk coming up Sept. 7 contained an error.

When Winkler resident George Braun was speaking on the impact that Parkinson's has had on him, it was misinterpreted as himself having

the disease. In fact, he was speaking from the perspective of how his wife and other loved ones having Parkinson's has impacted him and his fam-

We apologize for this error and for any confusion it may have caused.



Get in touch 204-325-6888

HANDS Canada concert benefits Congo school

By Ashleigh Viveiros

HANDS Canada hosts its fall fundraising concert in Winkler next week-

The Glencross Quartet, the Peters Family, George Braun and Abe Friesen perform a benefit concert at the Winkler EMMC (600 Southview Dr.) on Saturday, Sept. 14 at 7 p.m.

Admission is free, but donations will be gratefully accepted in support of the HANDS school in the Democratic Republic of Congo.

The importance of that support cannot be overstated, stresses HANDS Canada founder and program director Assani Muhanuzi.

"It helps us to be able to pay the teachers, maintain the school, keep the school running," he says, adding international donations have also allowed them to set up a porridge program to ensure students aren't going to class with empty bellies. "So donations from the Winkler community go for that, help us sustain the school and keep feeding the hungry children."

The school is expecting over 400 children to attend classes there this fall. Muhanuzi shares that they've seen an enrolment bump in the Gr. 1 age group, necessitating the construction of an additional classroom.

Another room is also needed to expand the school to cater to the high school students wishing to continue their education into Gr. 10.

"So we need classrooms to be built," Muhanuzi says. "And we need to buy desks and equipment, supplies for those new classes."

The school's growth from about 120 Gr. 1-5 students when it opened in 2016 to today has been exciting for Muhanuzi and the other local people involved in making the facility a re-

"But also there are challenges," he says. "Parents struggling to support us so we can achieve the sustainability that we always expected."

The school is for families with limited resources. They are asked to pay a tuition of \$2.50 a month for their child to attend classes, with other costs off-



Donations from supporters in the Pembina Valley made HANDS Canada's Congo school possible. The non-profit invites people to a benefit concert in Winkler Sept. 14 to help them add additional classrooms to the building.

set by donations raised by HANDS here in Canada.

The non-profit also operates a small pig farm, a garden, and a sewing operation in Congo to generate income for the school while also helping to feed and support local families.

"We just keep praying God will help us to be able to do what we can,

Muhanuzi says. "So far at least, we are bringing young children back to school, helping them learn to read and to write. That was always our main goal, and we thank God that it has been going very well."

You can learn more about HANDS Canada at the concert or online at handscanada.com.

> WINKLER COUNCIL, FROM PG. 3

The plan, according to the city's overview of the project, is to "redevelop and modernize the existing arena by implementing energy efficient systems, constructing extensive code upgrades, and providing safe spectator viewing and inclusive public amenities."

The link between the MEC and the Centennial Arena will also be expanded to provide more room for concessions, concession seating, and a staff room.

Work will also be done on the building's exterior to improve energy efficiencies, while the aging mechanical and electrical systems inside will be fully replaced.

The hope is the renos will be complete by December 31, 2025. Between then and now, all arena user groups will be making use of the ice surface in the Meridian Exhibition Centre.

Siemens says they expect to have some design concepts to share with the community in the coming weeks.

"My genuine hope is that sometime in the next 30 days we're going to be at a place that we can at least show a visual of what is being proposed and will be moved forward with."

FINDING THE DOG PARK A HOME

Last Tuesday's council meeting also saw a petition presented to council from community members frustrated at the closure of the Winkler Dog

Previously located in the north end of the city beside the water treatment plant, the fenced-in, off-leash dog park was closed earlier this year as work on the plant's major expansion got underway.

Initially, it was announced the park would move to green space in Scotia Park in south Winkler, but then the City, responding to complaints from nearby residents, cancelled those plans. No alternative site has been found thus far for the park.

It's been a source of frustration for the community that has been built up at the park over the years, shared Leah Nel as she presented a petition with 200 signatures to council.

"Dog parks are an amenity. They're not a necessity, but they are also a sign of a healthy city culture that values young families and fosters community," she said. "When I first moved here three years ago, some of the first people that I met and connected with were at the dog park. There are many dog owners in Winkler, and we truly value having a space to take our dogs off leash. Without a dog park we're missing something important and valuable."

Nel questioned the process by which the city attempted to find a new location for the park, announced it with no wider public consultation, and then cancelled it, also without letting the broader community weigh-in for or against the site.

"Unfortunately, there wasn't a lot of dialogue facilitated about the dog park," she said. "The project was kind of announced and then abandoned, and I don't think it was very respectful to the citizens of Winkler. Those who were in favour of it and those who might have been opposed to it didn't have the opportunity to speak."

She urged council to reconsider this matter and try to find a solution.

"My request is that you please make it a priority to build a dog park as soon as possible in an accessible space."

Mayor Siemens noted the city spent the years leading up to the treatment plant expansion getting underway trying to find a suitable location for the dog park. They weren't expecting it to be such a challenge to find a spot.

"We ultimately ended up looking at 24 different locations, and, for any

number of reasons, each one of them didn't work," he said, noting they initially thought Scotia Park was the ticket, but negative feedback from some in that neighbourhood "caused us to pause and reconsider.

"I recognize that the people who would like to use an off-leash dog park are frustrated and would like to see an answer, but it is a little bit more difficult to put one into a built out community," Siemens said.

There will be space back beside the water treatment plant once construction is complete, and right now that is the plan for the permanent location of

"We'll be able to put it back there," Siemens said. "That's an existing spot that it already was and it's a spot people were already used to going to."

The problem is, the construction project is still 12-18 months away from completion.

Siemens said city council and staff have not given up on finding a new home for the dog park in the interim.

"We're researching every option," he said, noting Nel's presentation was heard loud and clear by council. "We left that meeting committed to seeing if we can find anything in the meantime. Whether it's a permanent location or a temporary one, we do want to find something.

The Winkler Morden Morden



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

OUR SISTER PUBLICATIONS





Tribune Standard



Setnember 2 Septiments > VIEWPOINTS > LETTERS

My kingdom for a canopy

ne of the most striking features of Morden is its tree canopy.

Before I moved here in 2005, I was convinced I would not be staying because being a typical, egocentric Ontarian why would I want to?

But then as I drove south from Winnipeg toward Morden for a visit and then west at the hospital corner there it was, rising up before me like an oa-

sis of trees in the midst of the beautiful surrounding flatlands: the city I now call home.

Even its core main drag, Stephen St., was covered in trees. A beautiful, green umbrella that stretched all the way to the end.



By Peter Cantelon

Thornhill, Gilmour, Wardrop and all the streets connecting them were literal tunnels of emerald at the height of summer.

Sadly, most of those trees are ash and elm. Both of which are highly susceptible to devastation between the emerald ash borer and Dutch elm disease. With this in mind the city has been carefully removing at-risk trees and replacing them as best they can.

Unfortunately, one street that seems to be struggling is our core: Stephen Street.

Have you noticed lately that when a tree comes down the small square it was growing in is immediately filled in with concrete?

Where is the Lorax when you need

him? Heck, I'd even take an Ent or two right now.

Call me silly, but once you fill in those spots with concrete it seems unlikely a new tree is going to be put in the old one's place.

While cities like Singapore and Oslo are actively working to creatively increase the density of trees in their highly urban environments, Morden's Stephen Street seems to be heading in the wrong direction.

I say seems to be because what do I know, really? Maybe trees are incapable of growing on Stephen Street for some reason. Perhaps there is fear that a healthy tree could cause sidewalks to crack and streets to heave? Maybe there is an innovative plan in the works right now to double the tree canopy on Stephen Street and I simply missed the memo.

In these days when there is increasing competition for resources, people, economic development and more, a small city like Morden needs to protect its distinctives with everything it's got and frankly our trees are our most striking feature.

Another distinctive feature is our beautiful historic Stephen Street.

Did you know that when you measure the length of Stephen Street, North Railway and the connecting side streets Morden has the longest park-once-and-walk retail district in the province outside of Winnipeg?

It's true. This is one of the reasons the Corn and Apple festival can stretch 200 hundred vendor booths and tents in essentially a straight line and be one of the most popular festivals in Manitoba.

Between the trees and the historic buildings, Stephen Street is unique in the province. I would love to see an arch at each end of the street like the one stretching over Corydon at confusion corner in Winnipeg.

But I digress.

The heroic work that Morden's director of parks and urban Forestry Shawn Dias and his team have been doing cannot be applauded loudly enough. The plan that he has spearheaded will ensure that most of Morden's lost trees are replaced.

I just hope that Stephen Street, the heart of the city, is not forgotten along the way.

Letter policy

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

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

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

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

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

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

letters

STORIES OF COMPASSION IN MORDEN

My name is Mariyam Tsygankova, and I am the executive director of Many Hands Resource Centre here in Morden. As many of you know, our community centre runs a food bank every Tuesday from 12 to 4 p.m. But what you may not know is that our work begins long before that day arrives.

Every Monday, our dedicated teams are hard at work preparing for Tuesday. There are no long weekends or days off for us. This is more than a job for our staff and volunteers—it's a commitment to our community.

Every Tuesday, I sit in my office and watch as people come through our doors. I see a single mother who is struggling to make ends meet after her husband left. I see an elderly person whose pension isn't enough to cover the cost of groceries. I see a newcomer experiencing culture shock, unable to find a job. I see a person with disabilities trying to navigate a world that often feels unkind.

But through my office window, I also see something beautiful: our volunteers welcoming everyone with open arms. They offer coffee, snacks, and conversation, making sure each person feels seen and valued, no matter their circumstances. In that moment, it's clear to me that people who come for a food hamper need more than just groceries—they need to feel like they belong. They need to know that they are part of our community.

Recently, our statistics showed that about 400 families are using our services. That's nearly 1,000 people, almost 10 per cent of Morden's population, and about 400 of them are children. Of these families, 71.43 per cent live in private rental housing, 10.65 per cent own their homes,

Our mistake

The headline on Pg. 10 of our Aug. 29 edition should have read "Immigrant Business Expo comes to Morden Sept. 20" not "Immigration Business Expo."

We regret the typo and any confusion it may have caused. The expo takes place at the Morden Access Event Centre on Friday, Sept. 20 from 10 a.m. to 4 p.m. and will feature guest speakers, informational booths, and workshops aimed at newcomer business owners and entrepreneurial hopefuls, though all are welcome to attend.

You can reserve a free spot in advance at the Southern Manitoba Immigrant Business Expo page at Eventbrite.ca.



We want to hear from you.

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

Please share your story ideas via email to news@winklermordenvoice.ca or call 204-325-6888

Voice

> Got something you want to get off your chest? How about an act of kindness to share?

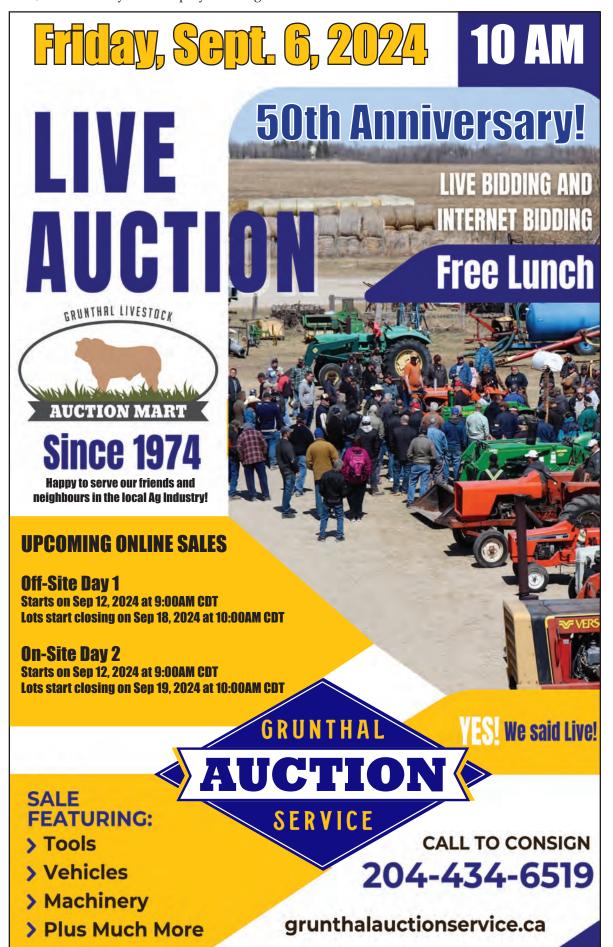
Send your letters to the editor or acts of kindness to news@winklermordenvoice.ca. Please include your name, address, and phone number for confirmation purposes.

and 13.35 per cent live in social housing or with someone else. These numbers reflect a crisis that is not unique to Morden; it's happening across Canada and requires a multifaceted response.

Despite these challenges, I am continually amazed by the people of Morden. Our community is wonderfully supportive. While we receive little help from governmental organizations, we are always lifted up by our neighbors who bring food, donate money, and volunteer their time.

Thank you, people of Morden, for standing by us and for each other. Together, we are more than a food bank—we are a community.

> Mariyam Tsygankova, **Many Hands Resource Centre**



getinformed

Thanks for Giving Run adjusting route for Oct. 12 races

By Lorne Stelmach

Plans are in place for the annual Thanks For Giving Run in Winkler this fall, and it comes with a change in the route.

It was made necessary by the City of Winkler's plans to start work on renovations at the Winkler Centennial Arena.

"We had to rethink it and come up with a new start and finish area, and that's why we went to the west side of the Meridian Exhibition Centre," explained lead organizer Dwight Suderman.

Most of the rest of the course will be familiar to previous runners, with a few minor changes.

"We use a little more of Eighth Street on both the first and the second loop," Suderman noted.

"The course for the half-marathon will now be run over two almost identical loops with the main difference being an approximately one kilometer add-on in the middle of the second loop. It happens at the south end of the course and takes the runners down Road 22 towards Schanzenfeld.

Another change this year is that the kids' run has been expanded to in-

clude youth 12 and under instead of the previous 10 and under category.

Here are other key details for the 18th annual Thanks For Giving Run happening Saturday, Oct. 12:

- The gathering point and registration will be at the Meridian Exhibition Centre on the south side starting at 7:30 a.m.
- 5k, 10k and half marathon races begin at 9:30 a.m., and the kids' run starts at 9 a.m.
- 5k racers will have a surprise element in their race course, with details to be announced.
- Online registration can be done at RaceRoster.com, and the early registrant price ends Sept. 19, and runners are encouraged to make a donation when they register at Raceroster.com.

Suderman was encouraged that they already had over 42 registrants as of early last week. The race last year hit new participation heights with around 240 runners.

The amount raised in support of the Winkler and District Food Cupboard also increased from a previous best of about \$13,000 to around \$20,000 in 2023.

"It kind of validates our event in that the end goal is to raise funds for



VOICE FILE PHOTO

Construction at the Winkler arena means organizers of the Thanks for Giving Run next month have had to tweak their run routes a bit. Registration for the event is now open.

and awareness of food insecurity in our area and how we can help with it," Suderman said. "They need lots of money to buy food."

All that remains now as far as planning is hoping for the best from Mother Mature come Oct. 12.

"Hopefully we'll have good weather," Suderman said. "Who knows what we might get in October."

Those wishing to volunteer can do so by emailing thanksforgivingrun@gmail.com.

Manitou Honey, Garlic, & Maple Syrup fest is Saturday

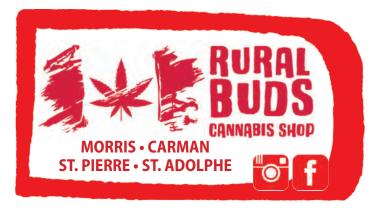
By Ashleigh Viveiros

The community of Manitou will be alive with the sights and sounds of its annual Honey, Garlic, and Maple Syrup Festival this weekend.

Set for Saturday, Sept. 7, the celebration offers something for everyone, says organizing committee chair Juanita Cobb, though food is certainly a big focus of the day.

"It's basically a food festival," she says.

To that end, there's no shortage of meals and vendors to check out: the Kinsmen Pancake Breakfast; honey, garlic,



and maple syrup vendor booths; a large farmers' market; Gourmet Alley vendors; adult beverages at the Pembina Valley Saloon; cooking demonstrations with Chef Devin Boulton; and, to top it all off, a gourmet buffet supper (tickets can be purchased that day or in advance at 204-242-4233).

"There's so many choices," Cobb says, noting the buffet especially is a hit every year. "We feed over 500 people at the supper."

The arena stage features free entertainment from 10:45 a.m. through to 5:30 p.m., including performances from Ceclia, Jonathan & Tracy, On the Edge, Ron Braun, and a very special tribute to the late Stew Clayton.

"He was our local musical celebrity," Cobb says, noting Clayton was a fixture at the festival for years, so honouring him this fall, nearly a year after his death, seemed fitting. "He came and he played for the festival at no charge when it was just trying to get launched and establish itself.

"So we have a tribute band that is doing Stew's original music. And then we also have his two

daughters—the Yodeling Farmers' Daughters—with special guests Common Threads."

Also taking the stage is Fender Bender, who will play outdoors at the Show 'n Shine being put on by the Country Hicks Car Club all afternoon.

"The car show is typically over 100 cars," shares Cobb, noting gearheads young and old can also get their fix at the Mighty Machines displays along the west fence from 11 a.m. to 3 p.m.

There's also a craft show and sale, self-guided tours of the community, and children's tent activities

The day wraps up with a performance from The Janzen Boys at the Manitou Opera House. Tickets are \$25 for adults and \$15 for youth.

If you've never ventured to Manitou for the festival before, this is the year to do it, Cobb says.

"I would say come for lunch so you can take in all the sights and then stay for supper to wrap up a great day of shopping and eating."

For the full schedule, head to hgmsfestival. com/schedule

Keeping the community's history alive for future generations

By Lori Penner

Dave Harms says he inherited his love of history from his father, William Harms.

"He knew the value of things and he was always very practical. He was very involved in the Cooperative movement and was the one who eventually got them to put numbered signposts on the country roads. He was also one of the founding members of the Manitoba Historical Society and that's how I got pulled into it; I was in there for years."

Harms' father, who passed away in 1998, also had a fascination for technology, and with the help of his grandson, Ashley, became adept at every new model of home computer.

"He started using genealogy programs because he could just keep adding to it. He had lots of people who contacted him for help with their own family genealogies."

As the board chair for the Altona & District Heritage Research Centre, Harms also spends many happy hours parked in front of a computer, storing photos, documents and news articles so they can hopefully be valued and cherished for generations to come.

"I've always been involved with history," he says. "It gets in your blood." Located on the main floor in the Golden West Plaza, the centre—more commonly known as the Altona Archives—was established in 1999 by an ad hoc committee made up of former mayor Al Schmidt, councillor Ted Klassen, Eugene Heinrichs, Ted Friesen, and Don Penner.

The roughly 450 square foot space may be small, but it's packed wall-towall with generations of information relating to Mennonite history, businesses, institutions, churches, schools and local politics in the Altona and Rhineland area.

Much of the material is donated by families who want a safe place where potentially valuable documents and mementos can be stored and enjoyed by others.

"We get more and more all the time," Harms says. "We still have lots of files to sort. I've scanned well over 44,808 photos."

Shelves are lined with boxes stuffed with treasures, including photos, scrapbooks, journals, old transactions, school records, land titles, maps and original, bound copies of the *Red River Valley Echo*, the former community newspaper founded in 1941.

"They have a safe place here," Harms says.

Everything is carefully catalogued and cross-referenced on a digital database for every researcher's ease. If you want to find an old school photo, discover where your family lived in the 19th century, or who married who, this is the place to go. Visitors are welcome to visit on Mondays from 1 to 3 p.m. (excluding long weekends) or you can call a board member for access to the material.

The Heritage Centre relies heavily on grassroots support to keep running, with the help of local businesses, grants, and donations, as well as funds from the Town of Altona and the Municipality of Rhineland to cover operating costs.

Current board members include Harms, Al Giesbrecht, Albert Falk, and Art Wiebe while volunteers Liz Rempel Wieler, Tina Rempel Siemens, and Mark Villeneuve also lend a hand. And they're always looking for new members who love history as much as they do.



PHOTO BY LORI PENNER/VOICE

Altona and District Heritage Research Centre volunteers Dave Harms (seated) and Albert Falk examine old files in the facility's database, which also includes over 40,000 old photos, maps, and documents from generations past.

Harms says through the years many people have helped out, out of pure pleasure. Some have passed on, but there is always another archivist willing to step in and take their place.

"We always welcome new members. It's important for the next generation to become involved," Harms says. "Otherwise, it quits. Someone needs to take an interest, and take this on, after we can't."

Falk stepped in as board treasurer last fall after the passing of long-time member Jake Rempel. He joined the board because he also loves history.

"I was always into science in university. As I have more time, I realize there were questions I should have asked that I didn't ask, and those people are no longer there. Things that

are put down on paper have a value because they pinpoint a moment in time."

He added, "My mother's brother did a bit of a biography, and he would ramble on, but one time he mentioned his 93-year-old grandmother from Blumenfeld. If he hadn't put that in there, I wouldn't have known to look for her burial place in the Blumenfeld Cemetery. Now I'm looking for my grandfather's siblings in Russia, and of course Die Mennonitische Rundschau was the Facebook of the late 1800s to the 1920s, and there is just so much information there. And if that information gets lost, it is lost. And if people don't have access to it, it will die with this generation and disappear."

Steinbach man killed in PR 201 crash

By Voice staff

A Steinbach man was killed in a crash south of Roseau River last week. In the late morning of Sunday, Aug. 25, Emerson RCMP were patrolling westbound on Provincial Road 201, nearing Highway 59, when they observed thick black smoke coming from a tree line located near a property on Road 9N. The officers found a pickup truck engulfed in flames.

Local fire crews were called to put out the blaze. Firefighters were then able to locate the driver, later confirmed as a 58-year-old man from Steinbach. He was pronounced dead on the scene.

Investigators have determined that the pickup truck travelling west on PR 201, left the road and entered the ditch where it then continued into a cornfield before coming to a stop at the tree line.

Due to the heat from the vehicle, the corn stalks under the truck ignited.

An autopsy will be done to determine cause of death, though police say it does not appear suspicious at this time.

Emerson RCMP continue to investigate.

> DAYCARE, FROM PG. 2

"Otherwise, we've been able to do things within budget. We've prioritized safety and are mindful of how we're allocating the money for the long term."

Looking back on all the effort and commitment it took from their staff and the community at large to make this dream a reality, Wiebe says it feels great to see the end in sight.

"I've been on the board since 2018, and it's always been a conversation about what we can do to expand. Initially it was about how to make this happen at our current location, and then realizing we need to go

bigger here and not just find a bandaid solution for the needs right now, but to make sure we have the capacity for the growth of our community as well.

"We could not have done this without all our key sponsors, such as local businesses and the Town, who really made this happen. We're so thankful. What a testament to what this town can do. Looking at the quality of care the children have received at the centre over the years and knowing that this will continue for the future of the community is just wonderful."

getinformed





BY SIOBHAN MAAS/VOICE **RRVPCC** been busy with summer programming the past few months. Above: "matching game" booth provided fun children at the Morris Stampede in July. Left: Doell. Jayda Summer Fun facilitator, with ocean-themed programming provided Stagecoach Park in Morris.

PHOTOS

Making connections providing friendship

Parent-Child Centre builds community

By Siobhan Maas

Operating out of Morris for over 25 years, the Red River Valley Parent-Child Centre's focus is to build literacy and healthy lifestyle outcomes for young children and their families.

This summer was no exception, with activities running regularly throughout July and August at various parks in Lowe Farm and Morris.

Summer Fun facilitator Jayda Doell found her seasonal position to be a rewarding one.

"Finding fun crafts for children to do with their parents, [interacting] with families, and getting to see the kids was great," she said. Many of her inspirations came from Pinterest, and she encourages parents to search the platform for interactive crafts for their children.

Different themes were attached to the crafts, stories, and activities, including space, dinosaurs, food, and ocean, with a new theme visited each week.

"The children especially loved the safari and superhero-themed weeks and making crafts," said Doell. A favourite event included the evening science night where children rotated through activities like "elephant

toothpaste," learned about solubility with Skittles, and made gas creations with balloons, baking soda, and vinegar.

RRVPCC director Cheryl Crick is excited about the upcoming weekly Stay & Play programming that resumes on Wednesday, Sept. 11.

"The centre provides the biggest opportunity for connection to moms and children. They come together, provide each other with friendship, and build connections," said Crick. "If my job is just to connect families, I have a pretty amazing job."

Attendance to programming ebbs and flows depending on demand, but with overwhelming child numbers this spring, Stay & Play expanded from its usual Wednesday time to include Thursday mornings as well.

"We are hoping to keep both morning dates on the calendar this fall," Crick said.

In the past, the RRVPCC has offered programming for pre-school aged children such as Messy Play, L'il Artist, a six-week movement and dance class, Growing Up Green, creative cooking classes for parents, and women's empowerment crafting.

Keep an eye on the Red River Valley Parent-Child Centre Inc. Facebook page for ongoing programming available throughout the year, including Stay & Play mornings from 9-11 a.m. at the Morris United Church basement

Pickup Your Community Weekly News at IN MORRIS MB

Anniversary celebrations at the Lodge Sunday

By Siobhan Maas

The Red River Valley Lodge in Morris is celebrating a milestone anniversary this Sunday.

"We wanted something simple that celebrated and acknowledged 50 years [of the Lodge in the community]," said Tanya McGregor, manager of health services. "Major progression has happened over 50 years."

McGregor spoke to the fact that residents a half century ago looked and behaved very differently from those of today. Most walked, and some even drove vehicles while living at the personal care home.

"The typical resident presents different today.

They are usually in wheelchairs and using larger equipment. Renovations and additions have taken place over the years and the staff provide amazing care in a facility that is 50 years old.

"The Red River Valley Lodge [remains] a much-needed facility in Morris that lets people come to their final home within or close to their community," explained McGregor. "It is so important to residents. Sometimes their spouse still lives in the community [and being close] enables them to come visit. The staff always provide resident-focused care and I'm proud and thankful for them."

Uncertain future for Altona's curbside compost program

By Lori Penner

The future is uncertain for Altona's curbside compost collection service.

Green Opportunities Inc. (GO), the company that processes the town's compostable materials, recently requested a large rate increase. However, the Altona town council denied this request due to the long-term cost implications for the community.

Altona CAO Dan Gagne explained that when the Town of Altona entered into an agreement with Penner Waste Inc. in 2020 for solid waste and compost collection, the contract included the delivery of compost to a licensed facility for proper processing.

Initially, Penner Waste Inc. handled both collection and processing at its licensed facility in Winkler, with a starting rate of \$40 per metric tonne in 2021, subject to annual increases based on the Manitoba-adjusted CPI. This agreement is valid until Dec. 31,

Gagne noted that when the agreement was signed, Altona was introducing kitchen organic waste into its curbside compost collection service. Diverting kitchen organic waste from the Altona Rhineland Waste Disposal Site to a licensed facility was a priority for the council.

Previously, the town processed compostable waste at its own facility, which was only licensed for yard waste.

Establishing a licensed facility would require significant investment in equipment and labour. If the town decided to stop accepting kitchen organic waste and only accept yard waste, the existing compost drop-off site would need expansion, but this would be less costly than setting up a licensed facility. Additionally, any changes to the compost site would require consultation with the Municipality of Rhineland, as it is a shared

In early 2023, Penner Waste Inc. sold its solid waste hauling and container services divisions, along with its name, to MWM Environmental Ltd. The licensed compost facility continued operations under the name GO, which agreed to honour the existing terms for processing Altona's compostable materials.

On July 17 of this year, GO representatives met with Gagne to discuss the business's viability at current processing rates. They indicated that significant rate increases, or higher volumes of incoming compostable materials, would be necessary to sustain operations. GO's primary revenue comes from compost processing, with minimal income from finished compost

Currently, the processing rate is \$46.03 per metric tonne. On August 13, GO informed Gagne of a rate increase to \$90 per tonne from September 1, 2024, to December 31, 2024, followed by a further increase to \$135 per tonne starting January 1, 2025. The average amount of compost processed by GO in the last four months of the past three years has been 155 metric tonnes. If the proposed rate increases are approved, the estimated cost increase for 2024 would be \$6,815.35 and \$37,011.52 for 2025.

Ultimately, council denied the rate request and is currently awaiting a re-

"The rate is almost doubling this year, so that is significant. This year, we've budgeted in a way that we could absorb it. But next year, when the rate really starts to climb, we would notice it in our budget," Gagne said. "The indication I got was that this is just the beginning. It signalled to us that moving forward, we'd likely have to look at taxpayer-funded increases at some point down the line. It's a matter of principle that we negotiated a five-year agreement, and we want to keep it that way."

Recently, the City of Morden was informed by its compost processor, Enviroclean Landfill Solutions Ltd., that it would cease operations, leaving GO as the only licensed compost facility in the Pembina Valley. There is a possibility that the Solid Waste Area Management Project (SWAMP) could accept compostable materials for processing, but currently compostable waste is only accepted as general

Instead of agreeing to the new fees, the town has decided to research options such as discontinuing kitchen organics within the curbside collection program, expanding the existing compost processing facility for yard waste only, establishing a licensed compost processing facility for all compostable materials, or finding an alternative licensed compost processing facility.

"We're looking at ways to preserve what we have. Gagne said. "We're hoping there is another alternative that we can send our compost waste somewhere else. For the time being, maybe it doesn't get processed immediately, but they may



PHOTO BY LORI PENNER/VOICE Opportunities Inc., which processes Altona's curbside compost, has been denied a major rate increase by Altona city council.

get stockpiled a while until they get set up to process it. So, we're holding out hope for that. The other alternative is at home options, such as composters that are subsidized, or having in-home composters. But that doesn't solve our yard waste issue. Our current site would need to be expanded."

For now, there will be no changes to the compost collection service.

"Right now, MWM will continue picking it up. Their trucks will still go there. We're hoping GO will come back with a more reasonable offer, or a different solution."

A walk to remember: honouring child loss

By Lori Penner

Nothing compares to the pain of losing a child. The grief can seem unbearable, but knowing there are others who understand can bring comfort on this sad journey.

This is why Cassondra Sawatzky launched the annual Wonderfully Made Memorial Walk in Altona six years ago, to show other grieving parents that they are not alone.

Sawatzky and her husband know how devastating that journey is. Two of their sons, Deklyn and Wyatt, died due to a rare genetic bone disease called hypophosphatasia.

Sawatzky decided to create some-

thing to help others who might be feeling as alone as she did.

"I had heard of other organizations having memorial walks and I felt it would be so nice to have one here," Sawatzky explains. "I think one of the greatest fears parents have is that their child will be forgotten, and I am really trying my best to help others feel like their child is remembered and loved."

The event is open to anyone who wants to support or remember a child who has passed away.

"This includes any infant or child loss-miscarriage, ectopic pregnancy, stillbirth, infant death, or child death," Sawatzky says. "It's a chance for others to rally around those they

love who have lost a child, to support and remember with them."

During the event, with parents' permission, there is a reading of the names of children who have passed away.

"This is another piece that I really hope gives families the feeling of their child being remembered," says Sawatzky. "These are names that should be said every day but unfortunately, they are said so little. It can be such a joy just to hear their name, especially said by someone else. Grandparents, aunts, uncles, siblings, cousins, friends—anyone who wants their child's name read at this event, please send me a message so I can take down

their name. Even if you can't be at the event, I can still gladly read their

Anyone who wants to come in memory of a child, even if the child was not theirs, is welcome to join the 30-minute walk around Altona Centennial Park on Sept. 14 starting at 10 a.m.

"Just show up. There is no cost to attend or have your child's name read, but I do take donations that go towards making packages for families who have lost a child," Sawatzky says. "If you can't make it but would like to help, let me know."

You can connect with Sawatzky via her Facebook page.







PHOTOS BY SIOBHAN MAAS/VOICE

The 1st Morris Scouts group made a visit to the Morris Fire Hall Aug. 27 to kick off their fall programming. The Beavers were able to sit in the fire engines, try on equipment, and spray water from a hose. Youth interested in registering can visit scouts.ca. Above, from left: Atticus Potetz, Edda Maas, firefighter Shelby Fehr, Dexter Morgan, and Benjamin Bohemier inside a fire engine; Bohemier helps Fehr man the water hose; Maas tries on a firefighting outfit.

Pembina Valley Studio Tour returns Sept. 14-15

By Lorne Stelmach

An annual showcase of the arts across the region is back with a full slate of artists' homes, studios, and galleries to visit.

The Pembina Valley Studio Tour is now in its 20th year, and it has become a good chance for artists to be able to show their work and the spaces that they create and find inspiration in across the region.

There are usually at least a few new artists along with some of the familiar faces who are there most years with new work to show, organizers noted in advance of the tour weekend set for Sept. 14-15.

"I'm always happy when we get some new additions ... some of the old guard bow out for a year or maybe just need a break ... and a few new people come in," said Margie Hildebrand.

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

There are 20 locations overall this year, going as far east as potter Joanne Graydon in Emerson and as far west as Pilot Mound with the United Com-

munity Arts. To the north, Carman has a presence with not only the Golden Prairie Arts Council but also artist Barb Murray.

Altona stops include not only the Gallery in the Park but also artists Ken Loewen and Olga Krahn, and then there is also Jake Goertzen in Horndean.

In Winkler, there is not only the Winkler Arts and Culture centre stop but also artists Nina Sawazki as well as new additions Jodie Rietze and Marcy Penner along with a group exhibit at the Trinity Lutheran Church.

Herb Kuhl has been part of the tour in the past but not in recent years, and he is back this year at his location northeast of the Boundary Trails Health Centre.

In Morden, the tour features not only the Pembina Hills Gallery but artists George Fieber Laverne Lovatt, while the area from Darlingford to Manitou and La Riviere includes participating artists Susan Crawford Young along with Jennifer Smirl. The Miami Arts Association is also involved with a group show.

"It covers a really big area ... there's not as many sites, but they are pretty

far flung if you want to hit them all," said Hildebrand, who has often been a stop on the tour but this year is part of a group exhibit on display at the Pembina Hills Gallery.

"I'm hoping to get some of us there to do demonstrations there," she noted. "I'm not on it this year, so I hope to get to some of these new places and check some of it out.

"There's such a wide variety from sculptures like metal sculptures to fibre arts and pottery to painting and other new things. There's lots to see," said Hildebrand.

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.

Brochures 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. pembinavalleystudiotour.com for more information.

> LODGE, FROM PG. 10

In celebration, cake and beverages will be served in the courtyard of the Lodge between 2-4 p.m. Sept. 8.

During the come-and-go event, guest speakers will share lived experiences and thoughts on what the facility means to them. Past and present staff, senior leaders from Southern Health-Santé Sud, the mayor of the Town of Morris, and a current resident will speak.

"We wanted to involve those from the past all the way to present because everyone has played a significant role here," said McGregor.

Family members of residents have been invited to the festivities, along with special invitations sent out to past staff. The Morris and area community is welcome to attend as well.

Attendees are encouraged to use the outdoor gates on the north side of the facility to access the courtyard. In case of inclement weather, the event will take place inside in the activity room.



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sports&recreation

New Flyers head coach hits the ground running

By Ashleigh Viveiros

Matthew Melo arrived in Winkler last week ready to hit the ground run-

He started his new role as the Winkler Flyers' head coach and general manager during a week that saw the team hosting its annual youth hockey school followed by Main Camp over the weekend in which over 70 junior hockey players competed for a spot on the roster.

A busy starting week, to be sure, but Melo relished every minute of it.

"I'm embracing the joy of this incredible opportunity," he said. "It's such a privilege and an honour, specifically when you think about where this program is right now and what's been established.'

The Flyers head into the 2024-25 season as the defending MJHL champions, having won the Turnbull Cup for the first time in 26 years last spring.

Melo, who has spent the past two vears as an assistant coach at the University of Western Ontario (USports), said the chance to take the reins from outgoing head coach and GM Justin Falk was one he couldn't pass up.

"It's always been a dream to be a head coach and general manager. I've been working towards that goal for many years," he said, noting he started out as a junior hockey player himself before serving as head coach of the North Middlesex Stars (PJCHL) and then assistant coach at Briercrest College (ACAC) before moving on to his university position.

As a result of those past roles, Melo is well-versed in the national junior hockey world.

"Both in USport and the ACAC where I coached previously, we're recruiting right across Canada, and these are the leagues that you're very directly recruiting from," he said. "So I'm really familiar with the MJHL and other leagues across Canada, but ultimately it will take time to learn the [Flyers] organization.

"I'll be taking some time to get to know the board here ... what's important to them as an organization," Melo continued, noting what he's

seen so far "directly aligns with who I want to be as a head coach and general manager. I can really be myself in this role and invest into a program the way I would desire to do it. It felt like an incredible fit."

Melo says the behind-the-scenes team the club has put together in recent years is a credit to the organiza-

"Just recognizing the people here and how well supported and well established things are in terms of an incredible board, incredible coaching staff. You've got Coltyn Bates, Eric Fehr, Ryan White—and that's just the coaching staff. Then you look at the other roles that are already established in the organization and incredibly gifted in what they do ... it means I can focus on getting up to speed, getting to know the players, acclimatizing myself to the responsibilities of

"I think a lot of people would dream of being in this position. It's been in-

Looking back on his career, Melo feels he's learned and grown a lot since his first time behind the bench in the southern Ontario junior league.

"I would say though those opportunities have really prepared me for stepping into this role and being effective and successful and building upon the momentum that's been established here."

He characterizes his coaching style as "transformational."

"What's important to me is investing into lives and coming alongside people for whatever goals they have in life and career and community, but also in the sport," he said. "Really investing in a way that they feel supported and encouraged.

"I really desire to be consistent with guys and see them as more than just hockey players and treat them with incredible care," Melo said, noting junior hockey is a formative time in a young player's life. "They all have aspirations, individual goals to go in hockey as far as they can, so caring well isn't just being soft with them.

Continued on page 14



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Matthew Melo started in his new role as the head coach and general manager for the Winkler Flyers last week, just days before Main Camp over the weekend.







PHOTOS BY ASHLEIGH VIVEIROS/ VOICE

The Winkler Flyers High Performance Hockey School took over the Meridian Exhibition Centre last week.

Youth hockey players hone their skills

By Ashleigh Viveiros

Nearly 100 kids took part in the Winkler Flyers High Performance Hockey School last week, spending the final days of their summer vacation honing their skills alongside the junior hockey team's players and coaching staff.

The week focused on getting the U9, U11, and U13 kids fine-tuning their core skating, passing, and shooting abilities ahead of the upcoming season, says Flyers assistant coach Coltyn Bates.

"It's really cool seeing the kids develop, seeing how much better they get year to year," he said, noting

they've seen many returning young players the last four years.

There were also personalized workouts for each age group and plenty of non-hockey fun—an afternoon at the pool, movies, and more—to make for a well-rounded week.

As much as the kids love hanging out with the Flyers, the team's players and staff have just as much fun with this program each year as well, Bates says

"It's great for us too to get to see the kids, get to build some relationships, get to know some of the faces you see around the rinks throughout the season."



> FLYERS, FROM PG. 13

It's also telling them the truth, being direct with guys, calling them up to the standard that they collaborate in establishing.

"That's a huge part of what I love to do as well—seeing potential in people, being able to draw out strength, and calling them up to that potential."

In the weeks ahead, Melo says he'll focus on getting to know the returning players and hopeful rookies while also diving into the framework that got the Flyers to their championship win last season.

"I don't need to come in elbows swinging and changing a whole bunch. There's an opportunity to make little tweaks here and there, and obviously we've got some roster decisions to make, but in terms of strategy, the guys are familiar with what's been successful.

"Obviously teams are going to change, they're going to adapt,

they're going do things differently, so throughout the course of a year you're making a ton of adjustments, but to start, no, it's just kind of moving forward with the standard, the framework. Really coming in and making sure guys are aware of who we are as the Winkler Flyers and what we want to be as a culture and what our standard is."

Defending the championship title is obviously a goal for the season ahead, but Melo has his sights set even higher.

"They won a Turnbull championship here ... but there's also more. There's winning a Centennial Cup [the national junior hockey championship]. So being able to cast vision for continued growth—there's still more for us to accomplish."

The community, as always, will be a

Continued on page 15



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Natural Factors & Home Hardware for supporting our local carrier force.

Twins down Bisons for Border Baseball League championship

By Ashleigh Viveiros

The Cartwright Twins are the Border Baseball League champions.

Up by two games heading into last week, the Twins had their hopes of a championship series sweep foiled by the Altona Bisons, who took games three (9-5) and four (10-6) to force the decisive game five Monday afternoon in Cartwright.

There, the Bisons tied the game at the top of the seventh to force extra innings. The Twins' Andrew Lochead then hit a three-run walk-off in the bottom of the eighth to earn his team the title 7-4.

The Twins last won the championship in 2022, ending a 20-year drought.

Hwy. 14 pursuit ends in arrest

By Voice staff

A Stephenfield man is facing multiple charges after fleeing from police and colliding with a pursuing police cruiser.

Winkler Police Service officers were called to a reported theft at the 7-11 on Main St. just before 11 p.m. Friday night.

Witnesses directed police to a suspect who was in a vehicle in the area. When police approached, the suspect fled the scene.

Police briefly pursued the vehicle westbound on Highway 14, during which time the suspect intentionally collided with a police vehicle a number of times.

As a result, the man lost control of his vehicle and came to a stop in the north ditch of Hwy. 14, west of Road 23 West.

He was taken into custody by Winkler and Morden police officers.

During the incident, police noted the suspect to be exhibiting signs of impairment by alcohol. A breath sample showed readings of 90 mg%, above the legal blood alcohol concentration limit while operating a vehicle.

The man has been charged with two counts of possessing property obtained by crime, failing to stop a motor vehicle while pursued by a peace officer, dangerous operation of a motor vehicle, assaulting a peace officer with a weapon, and impaired driving.

There were no injuries to any officer or the suspect as a result of this incident.



PHOTO BY EDWARD VINCENT ARCENAL/VOICE

The Bisons downed the Twins 10-6 last Thursday night in Altona to take game four and tie the championship series at two games each. Game five then went Cartwright's way 7-4 Monday night to give them the Border Baseball League title.

> FLYERS, FROM PG. 14

big part of the Flyers' success again this year, Melo noted.

"I know how important the community is to this program," he said. "Even just getting here, I'm hearing from the people within this organization how incredible the community is in their support, the way they pack the rink and the way they give us the opportunity to have everything that we need at our disposal to invest into these

guys and their futures—not just in the game, but as men of character.

"I'm so excited to get into the community, to get our guys into the community to start meeting people. That's going to be such a huge part of our year."

The Flyers have pre-season exhibition games this Friday in Winkler against the Steinbach Pistons and then next week Friday, Sept. 13, in Steinbach.

The regular season begins Sept. 20 in Winkler against the Pistons.



PHOTOS BY LORNE STELMACH/VOICE

The Morden air cadet squadron was among a variety of community organizations and programs represented as the City of Morden hosted its annual Sport and Leisure Expo last Wednesday at the Access Event Centre. The event, which serves as a one-stop shop to find out about a variety of recreational opportunities in Morden, also had the Morden Hawks minor hockey program on hand (right) taking registrations for the season ahead, among numerous other local rec. groups.

A one-stop shop for sport & leisure programming



Mark World Suicide Prevention Day with "living room conversations": RHA

By Lorne Stelmach

People are being encouraged to have conversations about a difficult topic next week.

For World Suicide Prevention Day, the Southern Health-Santé Sud health region is promoting the idea of having "living room conversations" about it on or around Sept. 10.

The hope is that these conversations could help people move from a culture of silence and misunderstanding to openness, empathy, and support.

"It's promoting people having conversations about suicide and mental health to kind of reduce some of those barriers that kind of stop people from reaching out for help," said Lindsay Hainsworth, a community mental and the goal is not to change one anhealth worker with the mental health and addictions program.

"I thought this was well suited to the theme for this year's World Suicide Prevention Day, which basically involves changing the narrative on suicide," she said. "It gives people an opportunity to engage in conversation about topics that maybe we normally wouldn't talk about ... it uses a guide that really helps people set up that conversation."

Living room conversations can involve a group of four to six people gathering in a private space and using a structured conversation guide to help people, build understanding on a specific topic. It is not a debate,

other's opinion. The questions are designed to draw out personal experiences rather than opinions around

You don't require a trained facilitator to take part, and there are conversation agreements like "listen and be curious" and "show respect and suspend judgement" that create the framework for diving into the provided questions.

If a group or organization is interested in hosting a living room conversation, you can contact Hainsworth via email at lhainsworth@southernhealth.ca

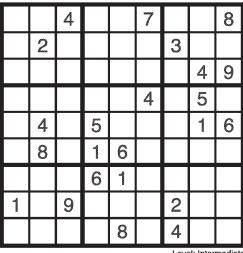
Hosts will receive a hosting tool kit with a resource list of mental health services specific to your area. The first five organizations to register will receive a \$25 gift card to use for snacks/ refreshments, and there will be a grand prize entry for each participant.

"It really helps that we are creating a safe space for people to have these conversations and recognizing that everyone is going to come with different perspectives and experiences with it, and it's more just to build that understanding," said Hainsworth.
"I hope too that it inspires maybe

individuals to be more aware of what role they can play in supporting people around them who may be struggling ... there are lots of programs out there to help people become more comfortable in doing that."

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

take a bred > GAMES

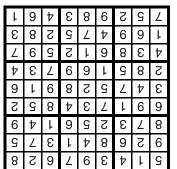


Fun By The Numbers

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

Here's How It Works:

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



Sudoku Answer



Crossword Answer

CROSSWORD

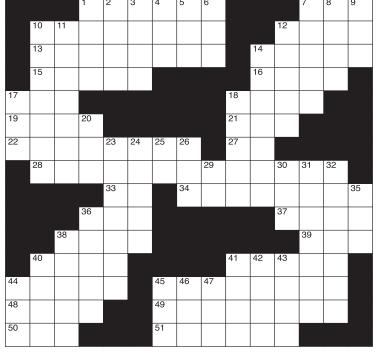
CLUES ACROSS

- 1. Current unit
- 7. Reciprocal of an ohm
- 10. God of the sea
- 12. A way to disfigure
- 13. Positioned
- 14. Tall tropical American tree
- 15. Large deciduous trees
- 16. and ends
- 17. Part of a machine
- 18. Brews
- 19. One who leads prayers in a mosque
- 21. Indian state
- 22. Partisans
- 27. Top lawyer in the land
- 28. Former Dodgers MVP
- 33. Title for women
- 34. Heated and allowed to slowly cool
- 36. Copycat
- 37. Sounds
- 38. One-time Israeli diplomat Abba
- 39. Part of (abbr.)
- 40. Hateful
- 41. Collide
- 44. European football heavyweight
- 45. One who works for you
- 48. Song
- 49. Ancient marvels
- 50. Bridge building degree
- 51. Delivery boys

CLUES DOWN

- 1. Continent
- 2. Submissive
- 3. There's a lot in a bowling alley
- 4. Sun up in New York
- 5. Court decision v. Wade





- 6. Finish line
- 7. Young women
- 8. Hives of activity
- 9. Hyman Roth's right-hand man Johnny
- 10. Eastern U.S. river
- 11. Popular cooking ingredient
- 12. Greek mythological princess
- 14. Scent for men
- 17. Cost, insurance and freight (abbr.)
- 18. Once more
- 20. Irate
- 23. Triangular spaces above
- 24. Norwegian playwright and poet Henrik
- 25. Atomic #58

- 26. Patti Hearst's captors
- 29. Natural logarithm
- 30. Talk incessantly
- 31. Went by
- 32. Strives
- 35. Fall back
- 36. Manila hemp
- 38. Not easily explained
- 40. Former "Double Dare" host **Summers**
- 41. Mollusk
- 42. Capital of Togo
- 43. Letter of Semitic scripts
- 44. Founder of Babism
- 45. Indicates near
- 46. Family of regulator genes
- 47. Indicates before

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Todd 306-774-2420

News Tips? call the Voice

SCRAP METAL

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

ANTIQUE SALE

Don't miss the big annual Fall Junk Wagon Antiques & Collectibles Sale. Everything from old toys, vintage clothing, comics, records, jewelry, rustic, retro, glassware, old advertising, old signs, upcycled and so much more. Saturday, Sept 7. Doors open 9 a.m. - 4 p.m. 980 Winakwa Rd. in Winnipeg. \$5.00 per person.

HELP WANTED

ROCKY MOUNTAIN EQUIPMENT IS HIR-ING: Parts Technicians, Sales Consultant, Agriculture & Heavy Equipment Techs - Journeyman, Apprentices and Sales roles. View Open Roles www.rockymtn. com/careers . Possible relocation and signing bonus offered.

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FLIGHT ACADEMY

Want to learn how to fly? Recreational Pilot Program is the best way to get started, must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger; can easily add float rating to permit, LS Airways Flight Academy 204-651-1402.



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News Tips? call the Voice

PUBLIC NOTICE

CITY OF WINKLER **PUBLIC NOTICE**

REGARDING SPECIAL SERVICE PROPOSAL NO. 47 -BY-LAW NO. 2325-24 FOR THE PROVISION OF HIGHWAY MAINTENANCE, STREET LIGHTING AND SNOW REMOVAL SERVICES

The Council of the City of Winkler has scheduled a public hearing at Winkler City Hall, 185 Main Street, Winkler, MB on the 24th day of September 2024 at 6:30 p.m. to present the following special service proposal:

GENERAL DESCRIPTION OF SPECIAL SERVICES PLAN NO. 47

Council is proposing to replace Special Service By-Law No. 2220-18, dated February 12, 2019, to provide for highway maintenance services, street lighting services, and snow removal services. The proposed special service levy will not be a new tax, but will be a separate levy to transparently reflect the costs of highway maintenance, street lighting, and snow removal, and will be levied on all rateable property including otherwise exempt properties within the City of Winkler limits, at estimated costs as follows:

2025	Up to \$1,704,921	2028	Up to \$2,000,338
2026	Up to \$1,798,094	2029	Up to \$2,110,022
2027	Up to \$1,896,467	2030	Up to \$2,225,851

The method of taxation to be applied shall be based on the portioned value of assessable property. The assessed property is all rateable properties, including otherwise exempt properties, within the City of Winkler. The mill rate shall be determined by Council annually, based on the annual highway maintenance services, street lighting services, and snow removal services budgets set out in the City of Winkler's Financial Plan, to a maximum annual levy as per the estimated costs above. The actual assessed values of the properties will be supplied annually by the Department of Local Government (final 2024 - \$1,133,548,560). Estimated budget for 2025: \$1,704,921.00 / (\$1,133,548,560 / 1000) = 1.504 mills. Calculated on a residential property valued at \$300,000 (portioned value of \$135,000) and based on 2025 estimated budget and assessment, a \$203.04 special service tax will be levied.

A written objection may be filed with the City Manager, at 185 main Street, Winkler, Manitoba, prior to the commencement of the hearing. At the hearing, Council will hear any potential ratepayer who wishes to make a presentation, ask questions or register an objection to the special service proposal.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name, address and property description of the person filing the objection and the grounds of their objection.

Copies of the Special Services Plan No. 47 are available at the City of Winkler office at 185 Main Street, Winkler, MB, and on the municipal website at www.cityofwinkler.ca.

Dated at the City of Winkler this 16th day of August, 2024, and issued pursuant to Section 318 of The Municipal Act.



Jody Penner City Manager City of Winkler 204-325-9524

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PUBLIC NOTICE

CITY OF WINKLER PUBLIC NOTICE

REGARDING SPECIAL SERVICE PROPOSAL NO. 48 - BY-LAW NO. 2326-24 FOR THE PROVISION OF POLICE AND FIRE PROTECTION SERVICES

The Council of the City of Winkler has scheduled a public hearing at Winkler City Hall, 185 Main Street, Winkler, MB on the 24th day of September 2024 at 6:30 p.m. to present the following special service proposal:

GENERAL DESCRIPTION OF SPECIAL SERVICES PLAN NO. 48

Council is proposing to replace Special Service By-Law No. 2221-18, dated February 12, 2019, to modify the properties that are subject to the special service tax for police and fire protection services to more equitably reflect those properties receiving and paying for the services. The proposed special service levy will not be a new tax, but will be a separate levy to transparently reflect the costs for police and fire protection services, and will be levied on all rateable property including otherwise exempt properties within the City of Winkler limits, at estimated costs as follows:

2025	Up to \$5,317,263	2028	Up to \$6,155,397
2026	Up to \$5,583,126	2029	Up to \$6,463,166
2027	Up to \$5,862,282	2030	Up to \$6,786,325

The method of taxation to be applied shall be based on the portioned value of assessable property. The assessed property is all rateable properties, including otherwise exempt properties, within the City of Winkler. The mill rate shall be determined by Council annually, based on the annual police protection and fire protection budgets set out in the City of Winkler's Financial Plan, to a maximum annual levy as per the estimated costs above. The actual assessed values of the properties will be supplied annually by the Department of Local Government (final 2024 - \$1,133,548,560). Estimated budget for 2025: \$5,317,263.00 / (\$1,133,548,560 / 1000) = 4.69 mills. Calculated on a residential property valued at \$300,000 (portioned value of \$135,000) and based on 2025 estimated budget and assessment, a \$633.15 special service tax will be levied for police and fire protection services.

A written objection may be filed with the City Manager, at 185 main Street, Winkler, Manitoba, prior to the commencement of the hearing. At the hearing, Council will hear any potential ratepayer who wishes to make a presentation, ask questions or register an objection to the special service proposal.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name, address and property description of the person filing the objection and the grounds of their objection.

Copies of the Special Services Plan No. 48 are available at the City of Winkler office at 185 Main Street, Winkler, MB, and on the municipal website at www.cityofwinkler.ca.

Dated at the City of Winkler this 16th day of August, 2024, and issued pursuant to Section 318 of The Municipal Act.



Iody Penner City Manager City of Winkler 204-325-9524

PUBLIC NOTICE

CARMAN MEDICAL GROUP

Drs Clayden, Kruk and Engel are pleased to announce that DR AIMAN DABLOUK

has joined the Carman Medical Group and is now accepting new patients. He is a family physician with an interest in babies and children, and he is also offering office based prenatal care. He speaks Arabic, Russian and Ukrainian as well as English. Please phone 204-745-2024 for an appointment. 182 Main Street South Carman MB R0G 0J0

FARMLAND TENDER

FARMLAND FOR SALE BY TENDER

RM of Stanley/Reinfeld - NE 1/4 36-2-4W Prime farmland and potential future development land of 60.39 acres

- 1. Tender deadline is Sept. 23/24 by 5pm.
- 2. Possession date to be Nov. 29/24.
- 3. Minimum \$20,000 deposit.
- 4. Highest or best offer not necessarily accepted.
- 5. Buyer is responsible for GST.
- 6. Buyers are responsible to do their own due diligence regarding the future development potential of the property.

For crop history, additional information or to submit a tender, contact The Property Brokers Real Estate Group Inc. at 204-325-8325 or visit online at thepropertybrokers.ca



THE PROPERTY BROKERS

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CAREERS

MAINTENANCE MECHANIC/MILLWRIGHT

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

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

The following would be considered an asset for this position:

- Experience in grain handling, processing, or manufacturing facility
- Experience in industrial equipment maintenance and repair
- Ability to read blueprints and technical documents
- Pressure or structural welding tickets and related experience This is a regular full time position providing an excellent wage and benefits package. Bunge is committed to providing a safe, healthy, and rewarding workplace for all employees.
- **Starting Wages:**
- · Mechanic \$32.70/hour
- Red Seal Millwright: \$38.08/hour

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

Bunge Canada is an equal opportunity employer.

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PUBLIC NOTICE

HEALTH

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

Online McSherry **Auctions**

Estate & Moving September 11 @ 7:00 PM

Estate & MovingFeaturing Coins & Paper

Money September 18 @ 7:00 PM

Consignment Auction

Equip, Tractor, Lathe, Tools September 19 @ 7:00 PM

12 Patterson Dr. Stonewall, MB 204-467-1858 or 204-886-7027 McSherrvAuction.com

UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter:

CITY OF MORDEN BY-LAW 10-2024 Being an AMENDMENT to the CITY OF MORDEN **ZONING BY-LAW 08-2017**

HEARING: Morden Civic Centre

LOCATION: 195 Stephen St., Morden, MB

DATE: September 23rd, 2024

TIME: 7: 00 pm

From: "CR" Community Reserve, "CH" Commercial Highway and "RT"

Residential Two Family

To: "RS-L" Residential Single Family

To provide new area for housing growth

Lots 1-24 Block 6, Lot1-2 Block 7, Lot 7-8 Block 8, Plan 1854, and Lot 40 Plan 58126 Morden, MB

As outlined in red lines on the map attached hereto as Schedule "A" and form-

ing part of this by-law.

INFORMATION CONTACT:

Jose Yanez, Planning and **Development Officer** 133 7th Street, Morden, MB. R6M 1V3

Phone: (204) 822-4434 ext. 1106

A copy of the above proposal and supporting material may be inspected at the location noted above during office hours,

Monday to Friday. Copies may be made, and extracts taken therefrom, upon request.



NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES CITY OF WINKLER

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 10th day of October, 2024, at the hour of 2:00 PM, at City of Winkler, 185 Main Street, Winkler, MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
87800	LOT 23 BLOCK 3 SS PLAN 716 MLTO EXC THE WLY 50 FEET IN SW 1/4 4-3-4 WPM - 1131 PEMBINA AVE	L -\$58,500 B -\$169,300	\$10,942.07

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality \mathbf{may} exercise its right to set a reserve bid in the amount of the arrears and costs. If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to
- the start of the auction The Municipality makes no representations or warranties whatsoever concerning the properties
- being sold. The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or
- bank draft to the CITY OF WINKLER as follows:
 - The full purchase price if it is \$10,000 or less; OR
 - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - iii) A fee in the amount \$500.85 (\$477 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.

 The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration

Dated this 27th day of August, 2024.

Managed by:



Jody Penner City Manager CITY OF WINKLER Phone: (204) 325-9524 Fax: (204) 325-5915

get inspired > MEAL IDEAS



Recipe courtesy of Parker's Plate on behalf of the Georgia Peanut Commis-

Prep time: 25 minutes Cook time: 2 hours Servings: 8 (1 slice each)

2 cups pretzels

11/2 cups vanilla-flavored waferstyle cookies

1/2 cup peanuts

12 tablespoons unsalted butter nonstick cooking spray

1/2 cup cottage cheese 1 cup heavy whipping cream

3 tablespoons sugar



Peanut Butter Cottage Cheese Cheesecake

3 tablespoons creamy peanut butter 1/2 cup roughly chopped dark chocolate

1/2 cup roughly chopped peanuts 1 pinch sea salt

To make crust: In food processor, pulse pretzels, wafer-style cookies and peanuts until chopped but not powdery.

In skillet, melt butter. Add pretzel mixture until combined with butter.

Spray pie pan with nonstick cooking spray and spread mixture on bottom of pan and slightly up sides; press down

To make filling: In bowl using hand mixer, whip cottage cheese until lumps are smoother, 3-4 minutes.

In separate bowl, use hand mixer to whip heavy cream and sugar until stiff peaks form.

Add cottage cheese and peanut butter to heavy cream mixture; whip until combined, about 1 minute.

Top pie with chopped chocolate and peanuts and freeze 2 hours. Remove from freezer 15 minutes before ready to

Before serving, sprinkle with sea salt.



Prep time: 5 minutes Cook time: 15 minutes Servings: 4

2 pounds boneless skinless pork chops 4 tablespoons Italian seasoning

2 tablespoons canola oil

1 red onion

1 bag (9.3 ounces) Fresh Express Twisted Caesar Creamy Truffle Caesar Chopped Salad Kit

4 long sandwich rolls

Preheat pan on stove over mediumhigh heat. Season pork chops with Italian seasoning.

When pan is hot, add oil and pork

Creamy Truffle Caesar Pork Sandwiches

chops. Cook pork chops, turning halfway through, until they reach minimum internal temperature of 145 F, 6-8 minutes per side (depending on thick-

Once pork chops are cooked through, remove from pan and let rest a few minutes

Peel and slice onion. After resting, slice pork into strips; set aside.

In same pan, saute onion until translucent, about 5 minutes. Set aside.

In large bowl, combine lettuce, dressing, croutons and cheese from salad kit.

In separate pan, toast buns until golden brown; set aside.

To build sandwiches, place sliced pork on bottom halves of toasted buns. Top with prepared salad mixture and sauteed onions. Finish with top halves of

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

Today, I aim to convince you that building a strong relationship with your doctor is worth the effort. Let's see if I'm any good at this, yes?

When I moved to the U.K. from Stonewall, I had to start from scratch with my medical team. Of course, the priority was a new General Practitioner (G.P.), as they are the 'in' to every other specialty.

The first GP I saw had to decipher the 600+ page manual that is my medical history. I packed it as precious cargo on the plane. I liked Dr. D, but I found him a bit hot and cold, rushing some days and relaxing others. At least I had his fascination with Canada going for me. Then, he got ill and left.

I switched to Dr. Jones, whom I still see eight years later. I won't lie; she seemed a bit guarded at first, and I had come from a G.P. in Canada who comforted me with hugs. I realize now that Dr. Jones needed to grow

to trust me, trust that my file was not a manuscript of hypochondria and that I took my health seriously.

Slowly, as I always attended appointments, showed up on time, went in prepared, and proved I was in tune with my body and symptoms, I earned her trust. (The positive bad test results helped her belief, too.)

Here's where the proof in the sugarfree pudding comes in. At my last appointment, I had a list of four minor talking points - blood results, etc., and we celebrated my great diabetes results and much-improved cholesterol together as she gave a cheer. Then, as I stood to go, she said, "But how is your gastroparesis doing?'

I hadn't needed to burden her with more of the same bad news as the last time I saw her since, with drastic measures, I was managing. She looked sad and asked if my gastroenterologist had been replaced yet since he moved to the U.S., and I said, "No, not yet."

"Well, maybe it will help if I send a letter saying you need attention." We then went on to discuss a few possible improvements to my regime.

So yeah, the time it took to build our relationship is worth it. I have a doctor willing to run over my schedule and go the extra mile to get me the care I need.

So how'd I do? Do you believe me

Less health stress, yes? A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalmiss_stress, and at www.lesshealthstress.com . (Email: info@lesshealthstress. com) If you like her writing, find more on her Substack page: The Quest For Less



Prep time: 10 minutes Cook time: 20 minutes Servings: 4

3 eggs

3 cups all-purpose flour

1 packet taco seasoning

2 chicken breasts, sliced in half horizontally

3 cups neutral oil

1 bag (9.4 ounces) Fresh Express Caesar Chopped Salad Kit

In shallow bowl, beat eggs. In separate bowl, combine flour and half packet of taco seasoning.

Place chicken in resealable bag and, using meat tenderizer, pound to 1/4-

Chicken Caesar Tacos

inch thickness.

In medium saute pan, heat oil over medium heat

Season chicken breasts with remaining taco seasoning.

Coat chicken in flour mixture, dip into beaten eggs then coat chicken in flour mixture again, pressing firmly to adhere.

In pan with hot oil, cook battered chicken until golden brown, flipping halfway through, until chicken reaches minimum internal temperature of 165 F, 4-5 minutes per side (depending on thickness). Fry in batches to avoid overcrowding pan, if necessary.

Once fully cooked, fold chicken over to create taco shell-shape. Place sheet pan on top to hold shape, 3-4 minutes.

In large bowl, combine lettuce, dressing, croutons and cheese from salad kit.

Once chicken taco shells set, carefully remove sheet pan. Fill each taco shell with prepared salad mixture.



SEPTEMBER 7, 2024

MANITOU, MANITOBA





hgmsfestival.com @0

ALL YOU CAN EAT

Saturday Buffet Supper

- "Slow Roasted" Pork
- · Honey Glazed Chicken
- · Sweet & Sour Farmer Sausage · Honey Applesauce
- Garlic Mashed Potatoes
- Honey Glazed Carrots
- · Gourmet Pasta Salad
- · Corn on the Cob

Buffet Tickets available in Manitou: Sam's Foods, Charlie's Coffee or call Tracey Crawford at: 204.242.4233

- · Honey Coleslaw
- · Wild Cranberry Jelly
- Assorted Pickles
- Harvest Buns
- · Pumpkin Square whipped topping
- · Tea, Coffee, Iced Tea

Buffet Tickets:

Only 550 Tickets Available. NO PETS ALLOWED

5:30 pm - Inside the Arena

Enjoy the Honey Garlic & Maple Syrup Festival!

Good Times! Great Food! Awesome Memories!



(204) 325-8941 • Hours: Mon. - Fri. 8:30 am - 5:30 pm

Craft Sale

10:00am to 5:00pm O Located inside the arena

Handcrafted items from the Pembina Valley's talented artisans.



10:45am to 5:30pm O Located inside the arena

Watch our social media, website and local newspaper closer to the date for bands and show times!

"Stew Clayton Tribute Band"

"The Yodeling Farmer's Daughters"

"Common Threads"

PEMBINA VALLEY SALOOI

11:00am - 7:00pm

Beer, Wine and other beverages.

11:00am to 3:00pm O Inside the small tent Games, Prizes & Fun!

See our display of big machinery!

Mighty **Machines** Display

Farmers

10:00am to 5:00pm Olnside the big white tent!

Fresh vegetables, baked goods and vendors in the tent.

8:00pm | Manitou Opera House

Doors open at 7:00pm | Reserved Seating | Cash Ba



Contact Harry at 204.242.4848

FEATURING:

Fender Bender

On the outdoor stage!

Thank you to all of our sponors!

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