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VOLUME 2 EDITION 36

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SUPPLIED PHOTO

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

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# Orange Bench continues its storytelling journey

By Lori Penner

The next time you're out and about, keep a look out for a bright orange bench. It's more than just a place to sit; it's an educational journey.

The concept of the Orange Bench was created by Steps Toward Reconciliation, a local grassroots committee that was formed with the purpose of providing information, history, and stories from Indigenous communities regarding the experience through Canadian history over the last 150 years.

The bench has been making its way to different locations in Altona over the past few weeks. At each spot a new story is shared about an Indigenous person who experienced the

effects of colonization and what has happened as a result.

"In sharing, Steps Toward Reconciliation will seek authentic voices and whenever possible," says committee member Dorothy Braun, noting they've asked members of the Roseau River Anishinaabe First Nation to be those voices.

Braun says they've received very positive feedback in the community about the Orange Bench so far this summer.

"It's been mostly anecdotal. We'll run into people who have seen the bench and they'll tell us how much they appreciate it. I think we're really getting traction now. It's been a busy summer and interest is really build-

ing now."

The launch of the Orange Bench took place at Gallery in the Park at the end of July with Elder Peter Atkinson, Low Cloud explaining how the treaties came to be.

From there, it spent two weeks at The Community Exchange on Main St. featuring information from writer Bob Joseph and researcher Carolyn Taylor explaining the Indian Act.

This week, the Orange Bench made its home at Regional Connections at 58 2nd St. NE. across from the Altona Mall. This time, you'll have the opportunity to learn about the history of residential schools in Canada with Lizette Denecheze's story.

Denecheze is an Elder from Northlands Denesuline First Nation. At the age of three, she was flown out of her community to be treated for tuberculosis (TB). After living in a TB hospital for over a year, she was taken directly to Guy Hill Residential School, near The Pas, where she spent the next four years of her life, away from her family and her culture.

"We hope you'll take some time when running your errands uptown to sit and read the new storyboards," Braun says, noting the bench will move next to the Millennium Exhibition Centre.

Following that, it will leave the pub-

lic eye for one week while it's set up at École Parkside School in honour of Orange Shirt Day on Sept. 30.

"This is the event that inspired the Orange Bench project in the first place," Braun says, "and it will be very meaningful to have it there for the students to integrate into their projects."

The final outdoor stop for the bench will be downtown at the Altona Civic Centre. That will wrap up this year's outdoor placements for the bench, but Braun notes they're hoping to find regular indoor placements for it throughout the winter.

The Steps Toward Reconciliation group also has a special guest speaker coming to town this month.

On Thursday, Sept. 21, at 7 p.m. at the MEC, the committee, together with the Town of Altona, hosts Dawnis Kennedy for an evening of conversation, learning, and listening.

Kennedy, also known as Minnawaanigogizhigok, LL.M., is an Anishinaabe woman from Roseau River First Nation, the Community Connection Coordinator at Manitoba Indigenous Cultural Education Centre (MI-CEC), and a scholar of Ojibwe law.

To stay up-to-date on the Orange Bench project and other committee events, check out the Steps Toward Reconciliation's social media pages.

PUBLIC NOTICE  
BOARD OF REVISION

THE MUNICIPALITY OF RHINELAND

PUBLIC NOTICE is hereby given that the 2024 Assessment Roll for the Municipality of Rhineland has been delivered to the Municipal Office at 109 3rd Ave NE, ALTONA, Manitoba 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:

- b. Set out the roll number and legal description of the assessable property for which a 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 25th day of October, 2023 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 10th, 2023 by 4:30 pm.

Dated at ALTONA in the Province of Manitoba this 7th day of September, 2023, A.D.

Michael Rempel, Secretary  
Board of Revision  
Municipality of Rhineland  
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PHOTO BY LORI PENNER/VOICE

The Orange Bench has been making its way throughout Altona this summer.

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# Children's Camps International celebrating 20 years

By Lorne Stelmach

Children's Camps International has come a long way in its 20 years of service.

As they prepare to celebrate that milestone with a Sept. 17 banquet in Winkler, vice-president Dave Thiessen reflected on how much the organization has grown.

It all started in 2003 by sending 500 kids to camp in India while partnering with five local churches.

"Today we're partnering with thousands of churches, and in 2022 we reached just over 865,000 kids in one year," said Thiessen. "And as of June this year, we've reached just over four million kids total since we started."

"It's incredible to see how God's worked through the years ... how we've navigated and how it's grown and really with its foundational principles," he said. "It's been really exciting, and yet, at the same time, you've almost got to pinch yourself on where it's come."

Children's Camps International is a Christian ministry that works with churches in developing countries to host camps for kids. Their aim is transformation through intentional evangelism, discipleship, and leadership training programs.

Since those first camps in India, CCI has had 2,402,095 children attend camp there, including 500,000 in 2020 alone.

It then expanded into Cambodia in 2007 (58,525 kids so far) and Brazil in 2015 (12,402 campers to date).

Thiessen believes there are a few key factors driving their success and continued growth.

"I think it's sticking to the fundamentals, the foundational principles of the organization, which is we work in a developing country," he said. "We have a national leader; it's very important to have a national leader."

"We partner with a local church. That's very important to us. You need to have a partnering body to do the

discipleship aspect, which is very important to us."

Just as important as the camp experience itself is to then follow through with kids afterwards.

"That is where we see a lot of the transformation taking place. It is very important to us to have that ongoing commitment," said Thiessen. "We really think kids should have a great time, a fun time, but then where we see where the impact really comes in is when we do the follow-up and building into their lives ... we continue to work and share with the kids."

"So we're teaching the country to fish, meaning we don't want them to just depend on our dollars. We want to teach them to own it, help them

come up with a business plan and engage their communities to be able to fund it, so that one day we can step out of the way and let them run it."

As well, he noted churches now fund around 75 to 80 per cent of the costs.

"That's why we can reach the numbers that we're reaching. If we needed to fund all of it, we wouldn't be running 800,000 kids."

"So the camps are flourishing in all three countries," Thiessen continued. "Our plan is to just maintain the course. I don't think we want to change the vision and the mission of the organization."

"Moving forward, we really want to continue to work in the countries and really teach them how to fish so they can just continue to run the camps independent from what we do here in Canada and North America ... once they become independent, we can go to other countries and provide resources to other countries."

"So the opportunity is there to grow even more as time goes on ... the Lord willing and if it's still in His favour, we will continue to grow."

Two of the country leaders will speak and answer questions as part of a 20th anniversary banquet set for Sept. 17 at the Winkler Mennonite



**CHILDREN'S CAMPS INTERNATIONAL PHOTOS**  
Children's Camps International is marking 20 years of ministry with a banquet in Winkler Sept. 17.



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# Film to share the story of Mennonite journey from Ukraine to Canada

By Lori Penner

The Mennonite Historical Society of Manitoba (MHS) is partnering with an internationally renowned cinematographer to produce a film about the 1874 migration of Mennonites to Manitoba.

*Across an Ocean of Buffalo Grass* chronicles the hopes and hardships that brought the Mennonites to Canada, and the stories that have lived on through the generations that followed.

MHS president Conrad Stoesz says filmmaker Dale Hildebrand originally approached him with the concept of the historical documentary, hoping to join forces to pursue grants to support the project.

Hildebrand is a producer, director, writer, and winner/nominee of over 50 international awards and was also raised in a Mennonite community.

"I'm excited to work with him," Stoesz says. "We had some hurdles to jump through in terms of funding, but we have already received grants from the Plett Foundation, Sill Foundation, and the Province. We're at about 75 per cent of our goal and with a few more irons in the fire."

Stoesz acknowledges there have already been many films made about the Mennonites arrival in Manitoba but says that the historical society is supporting Hildebrand's documentary because it will look at the Mennonite experience of moving from Imperial Russia to Manitoba from a different point of view than the others.

"He'll be looking at why did the Mennonites leave, what was the process for leaving and what it was like setting up communities in Manitoba in the first few years."

Finding research material that details not just the historical details and facts, but images of everyday life can be a struggle.

"When the Mennonites were coming to the province, photography was still a fairly young technology. They didn't have the time or money to spend on technology. They were worried about building a shelter before the snow came. They were worried about getting animals or crops in, all that stuff for survival. Not taking pictures."

Hildebrand and his sister Eleanor Chornoboy, author of several books reflecting the Mennonite experience,

have been diving deep into any historical material they can acquire from the MHS archives.

"We've already written the draft script. They've been shipping me things non-stop, and it's been amazing to search through all the diaries and journals. I had no idea there were so many aspects of our history."

While the film's main focus is the journey to Canada in 1874, it begins with some background into the persecution history of the Mennonites and provides some insight into why they thought they had to leave Ukraine. It also includes the story of the delegation that arrived first in Canada to scope out suitable land.

Hildebrand describes their struggles.

"Laden with hope and burdened with what little belongings they had, the immigrants embarked on a voyage that would shape their destinies, define their identities, and leave an indelible mark on the pages of history. Little did they know of the challenges that awaited them—the losses, the injustices, the suffering. Most had never even seen a train or ship before, never mind travel 20,000 km on them to reach the 'promised land'—only to



SUPPLIED PHOTO

Dale Hildebrand's film *Across an Ocean of Buffalo Grass* will chronicle the hopes and hardships of the Mennonites who came to Canada in 1874.

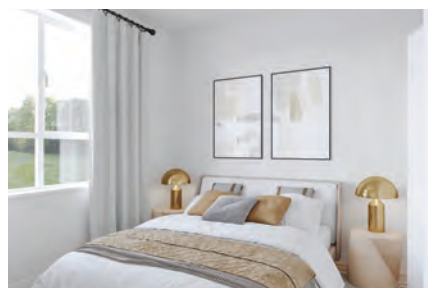
find that the promise was a completely untamed frontier in the middle of a never-ending ocean of mosquitoes, swamps, and buffalo grass."

It would take 11 different trains, five ships, two wagon trains, river boats,

Continued on page 5

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# WA+C to host first Newcomer Welcome Evening

By Ashleigh Viveiros

Winkler Arts and Culture is living up to the latter part of its name with a new program launching in a few weeks.

The first WA+C Newcomer Welcome Evening takes place at the Park St. gallery on Wednesday, Sept. 20 at 7 p.m.

Hosted in partnership with Regional Connections Immigrant Services, this monthly gathering follows in the footsteps of a similar welcome night program in Morden.

"To me, it's always felt like a void in the community," says Alesha Hildebrand, executive director of WA+C, who previously worked at Regional Connections. "Seeing Morden having this event and seeing it thrive there always put it in the back of my mind that we needed it here as well."

"Now that I'm at Winkler Arts and Culture, it's such a fitting organization to be a place where newcomers can come and gather. We have culture right there in our name. We want this to also be a cultural centre for people from all over the world to come and

find a place to belong."

The evening is open not just to immigrant newcomers but anyone who has recently come to call Winkler homes as well as longtime local residents.

It's simply meant to be an opportunity for people to mingle and learn from one another, Hildebrand says.

"Everyone is welcome. Yes, it's a newcomer-centred approach to help them learn about the different services and opportunities here ... but really it's for anyone who wants to welcome newcomers and help bridge

some of the gaps and build community."

Refreshments will be provided and there will be an open mic available if people feel moved to share their stories.

"I know in Morden there were lots of times people who wanted to thank the community for making them feel so welcome," Hildebrand says. "We're going to leave it wide open."

Newcomer Welcome Evenings will run the third Wednesday of every month from 7-9 p.m. Future dates include Oct. 18 and Nov. 15.

## > DOCUMENTARY, FROM PG. 4

Red River ox carts. There were foreign diseases in every port, icebergs as tall as their masts, and more despair than they could ever have imagined. Children were born en route, and many died. When they landed at Fort Dufferin in 1875, it became a place of mourning. Almost a child a day died there.

While much of the story is told through interviews with historians, as well as computer-generated and original archival material, a large part of the film focuses on a group of women two generations later, gathered for a quilting bee, recalling the stories they had heard and the things they had

seen during that fateful journey from Ukraine to Canada.

"There are pieces of clothing representing a child buried at sea, or a piece of leather that came from the Metis or other Indigenous people. As we weave the story together, so is the quilt woven together. At the end, we complete the quilt, we complete the journey, we complete the story. And throughout the story, we're also bringing in the heart and compassion toward the journey, and the suffering they endured to get here, but also the other people who were in Manitoba at the time."

Hildebrand adds, "We want to make

it a story that people will be proud of. This is their heritage. Something that can not only be commemorated on the 150th anniversary, but also for many years to come."

"I'm very grateful that people like Dale are interested in capturing this part of the Mennonite journey," says Stoesz. "I think there's a great interest in the Mennonite story, not just for historical value, but for its heritage. It's important to remember it for our communities. It provides a sense of who we were, so there's a sense of belonging, and it's important for un-

derstanding who we are now. History explains the present. It's a legacy for future generations.

"I'm thankful that the provincial government has been able to provide us with the funding to work with this project, and if there are people out there who want to support the project, we're still looking for sponsors."

Hildebrand hopes to have the hour-long film completed by the summer of 2024 in time to commemorate the 150th anniversary of Mennonites in Manitoba.




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**PUBLIC NOTICE**

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Bell MTS is committed to providing Canadian communities high speed wireless voice and data service. To improve service, Bell MTS is proposing to construct a 104 metre guyed tower with ancillary radio equipment including an equipment shelter approximately of 3m x 3m at the base of the tower with a perimeter fence restricting public access. As part of the public consultation process as required by Innovation, Science and Economic Development (formerly Industry Canada), Bell MTS' regulator under the Radiocommunications Act, Bell MTS is inviting the public to comment on the proposed tower location before October 12, 2023 in compliance with ISED's telecommunication policy. This tower is fully compliant with ISED guidelines, as found under the CPC 2-0-03.

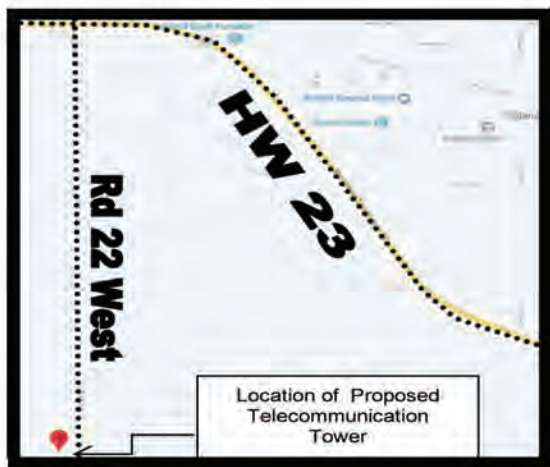
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## The dark days ahead

**I** bet you think this is going to be another eye-rolling political column from Cantelon, based on that headline. Well, you could not have been more wrong ... it's actually about seasonal change.

Now that Harvest Festival has harvested, Sunflower Festival has sunflowered, and Corn & Apple has corned and appled all over the place, things are beginning to change.

What does this mean for the Pembina Valley? Well, for some it means a great and deep sigh of relief as things swing back to normal and tens of thousands of visitors have vanished, leaving our swollen towns to recuperate.

For others, however, it is the sign that things are about to transform. You know of that which I speak: summer is coming to an end.

It's true. Various organizations have already begun planning for their fall suppers; parents and children have long since begun their back-to-school preparations; college and university students have gone back to the scholastic grind; and things are starting to get busier at work as various holidays come to an end.

I am somewhat apathetic about the change from summer to fall. I recognize however that there are numerous people who sit at one of two extreme ends of the spectrum when it comes to seasonal change.



**By Peter Cantelon**

There are those who won't even notice fall has begun until the middle of winter.

There are those who have already begun weeping as fall represents to them the coming of darkness and cold and damp.

And then there are the others (whom I confess are a tad annoying to me): those who have been preparing their fall wardrobe since June and are looking forward to bursting forth from their abodes like autumn rainbows covered in a thousand shades of copers and browns and oranges.

These are the people who belong to the Pumpkin Spice Everything Brigade (no offense to Beth Labonte, who is part of this crowd ... she's a great author and a very nice person).

Look, every season has its cheerleaders but for some reason those people who love autumn seem to love it at a level unsurmounted by the summer, spring, and winter crowds.

Homes will be festooned with fake and real autumn leaves and wreaths while turkeys across the country begin to feel a creeping sense of dread.

Squirrels throughout our communities are brazenly stuffing their nuts into every crack and crevice when they're not busy chewing the tassels off of outdoor cushions to insulate

their nests with.

Soon we will be inundated with social media posts about the forthcoming Fall Crazy Harvest Blood Orange Super Duper Moon.

Of course, there is a bright light in the midst of all the autumn carnage: that being that Hallowe'en is coming in all its creepy goodness.

I'm a fan of the ancient festival and love to decorate the house and dress up. I actually started ordering items and preparing for the event near the beginning of August. Now, I am not remotely close to the crazy Hallowe'en obsessiveness that is represented by our very own editor\*, but I am fond of the event.

So, while autumn represents darkening days and cooling temperatures it also represents some pretty interesting times as we seek to compensate with increased enthusiasm. It is a time of feasting and celebrating; it is a time of religious and cultural holidays and a time when we seek out brighter things to prepare for winter.

All in all, perhaps I am less apathetic than I thought. Maybe I might actually be a fan.

*\*Ed. note: It's never too early in the year to build a new Halloween yard decoration. Only slackers wait until August!*

### 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](mailto:news@winklermordenvoice.ca).

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# Delegation shares concerns with council about downtown street closure

By Lorne Stelmach

A delegation including downtown retail merchants and others addressed Morden city council last week on the issue of closing off a section of Eighth Street.

The consensus among those who spoke was that while they applaud council's desire to further boost the downtown, they don't feel this summer's experiment was enough of a success to continue with it.

"I think we should acknowledge that it didn't really work, and let's move on to something else ... when you find something didn't work, you pivot and you move on," said Jeff Appelt of Appelt's Diamonds, which directly borders the street section that was closed off to create the Sunset Plaza gathering space.

"We want to work with council as a community and as business leaders," he added. "We love new ideas, but let's consult and work together to find

the best solution."

"When they first said they were going to do it, I thought, okay, let's give it a try and let's see how this works out ... it was used very, very little during the day," noted Sandra Wiebe of Gables Realty.

Mayor Brandon Burley says council will take these and the other feedback its received on the matter under consideration.

"Council is going to take step back and try to gauge, based on feedback and some consultation, whether or not we feel we made progress on what it was we were trying to achieve and whether or not the outcomes exceeded the drawbacks," he said.

The decision to close off the half block section of Eighth Street between Stephen Street and the back lane to the south from May to September was done on a trial basis.

It was touted by proponents as a way to create a community space for programs and events and to draw people

downtown, but some merchants and property owners questioned the benefits and expressed frustration at not being consulted on the closure before it was passed by council last spring.

In addressing the issue before council, Appelt emphasized their desire to approach the matter in a positive way.

"I love it that they're trying something different. That's how you make a city thrive, by experimenting, doing something different. I love thinking outside the box," he said. "I have the same vision that the council does ... we want to make Morden into a spectacular place. We want to make it into a destination.

"What's happened in Morden though is the main street, Stephen Street, has been booming over the last few years ... so much so that parking is now coming at a premium," he continued. "With the closure of Eighth Street, it's taken away parking stalls ... people are driving around and can't find parking.

Appelt shared that he's heard some frustration about it over the summer from his customers.

"I think seniors are also saying they don't like it ... the traffic congestion ... they also like to have the lights so that it's easier for them to get around," he suggested.

"It was not really being used very

much," he said, while adding he likes the idea of blocking it off only for specific events like with the Crocus Suncatch Sounds concert series and the farmers' market.

Wiebe also shared concerns about the impact on parking and limiting the accessibility in the area.

"We want to see our town thrive, but maybe this wasn't the best idea. None of us were opposed to having special events there," she said. "We just didn't feel that it really was enough usage to block it off all the time ... just don't close it for the rest of the week if there's no events happening."

Randy Reimer of Crocus Realty, which sponsors the Suncatch Sounds concerts, loves the idea of having the road closed for special events but agreed with those questioning having it blocked off when the space is not being used.

"I don't think it needs to be closed during the day ... but having the special events there are good."

Burley was thankful for the feedback from the community.

"Feedback is how we gauge sometimes the value of what we're doing and trying to get done ... it certainly is one of the ways that council will measure and gauge public opinion.

Continued on page 11

## Letters

### MAIN ST. NOISE

City of Winkler leaders and police department are very scared of 'out of control' teenage drivers on Main Street, terrorizing our old people on Main Street and a number of other streets, circling our THREE 9-story high-rise buildings six hours every evening (6 p.m. to midnight).

These "terrorists" are also terrorizing the five-story high-rise and a 4-rise, 3-rise, 2-rise and a number of one level housing. My estimation is that there are approx. 800 old people in this area that are being terrorized in this HUGE circle, all around the Co-op mall. This should never be.

I feel we need to get a strong message to our City leaders and to our police department. We don't need "weaklings" to get these teenage "monsters" off our streets. These "monster" teenage drivers are not only a very big danger to our old people but also a great danger to our precious young children. We protect our schools and we must protect our seniors and our younger children.

NO PASSING signs should be immediately installed on all these streets that I have mentioned above.

Speed signs at all schools read max:

30 km/hr. We must also strongly consider, drastically reducing speeds in these danger zones. Max. 15 km/hr signs should be immediately installed on all these streets that I have mentioned above.

In the Aug. 31 edition of the *Voice*, Pg. 9, our city leaders and city councilors are begging our citizens to help them to get these night crawlers off our streets.\*

Everyone who will violate these new laws that will be enforced must have their driver's license taken away. They must then take a new driver's test.

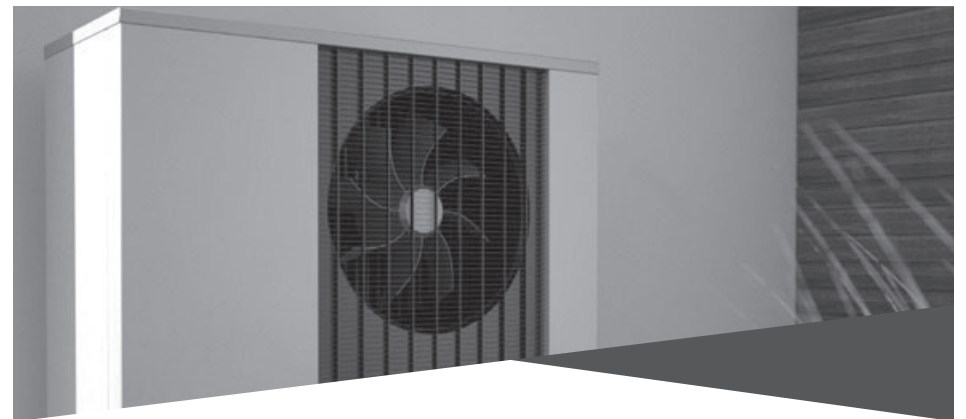
Planting more trees? It takes a tree 20 years to grow to a point where it will star to "muffle." Better to take away the horribly loud mufflers, oops, I meant to say MUFFLERS.

We needed to "catch it in the bud" but that was long ago. We fell asleep at the wheel.

No hard feelings to anyone.

**Peter Neufeld,  
Winkler**

*\*Ed note: The story states that council is planning on consulting the community for ideas to lessen traffic noise and subsequent complaints on Main St.*



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## Choose local for your reno project

# Get vocal about BUYING LOCAL!

Do you value supporting your local economy and want to prioritize local businesses when renovating your home? Check out these tips.

- 1. Buy locally-made products.** Ask your suppliers where your desired materials originate. Learn about wood species that grow in your region or find out how to acquire stone extracted from a nearby quarry. If you're buying new tools, choose locally-made options.
- 2. Purchase supplies from local businesses.** Whether you're in the market for paint or a shower enclosure, or even looking to rent tools, shop at independent hardware stores or regionally owned chains rather than big box giants.
- 3. Hire professionals from your region.** From door and window installation to interior design, think local. You're sure to find professionals in your area providing services in fencing, custom cabinetry, electrical work and more. Choose companies that use local products.

When you support local businesses with your renovation project, you do more than invest in your local economy. You get sustainable products made under good working conditions and with minimal environmental impact.

## Say "no" to fast fashion: buy locally made clothing

Large corporations are making huge profits by exploiting the fast fashion business model. Considering their enormous advertising budgets, it's nearly impossible to ignore these businesses' irresistible web and social media offers. Do you love buying new clothes? Here are some good reasons to avoid fast fashion.

You should be aware that appealingly priced clothing is often made in overseas factories with deplorable working conditions. People working in these places receive extremely low wages and work long hours in buildings with poor air quality. If your new sweater only cost eight dollars, it surely wasn't produced ethically with sustainable materials.

It takes a conscious effort — and a different way of thinking — to avoid supporting companies with dubious values and unsound environmental practices. Tell yourself that, rather than buying four pairs of pants at \$20 each that lose their colour and shape after a few washes, it's better to

buy one high-quality pair at \$80 from a local business that treats its employees well.

When you're ready to update your wardrobe, think local.

When you support a small business you are supporting a dream.



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# Get vocal about BUYING LOCAL!

## Test your knowledge about buying local

Buying local is more important than ever before. How much do you know about supporting your regional economy? Here's a fun quiz to test your knowledge.

### TRUE OR FALSE

1. Buying local is good for the environment.
2. Buying local is more time-consuming.
3. Buying local empowers your region.
4. Buying local is more equitable.
5. Buying local is more expensive.



### ANSWERS

1. True. In addition to reducing transportation and greenhouse gas emissions, local products often require less packaging and therefore generate less waste.
2. False. Shopping closer to home saves you travel time. You can also find lots of local products online.
3. True. When you opt for local products and services, you help create and sustain employment in your area. This, in turn, stimulates your local economy, making it more attractive to other businesses and investors.
4. True. Buying locally enables you to learn more about the producer's working conditions and support an equitable environment for those who produce the goods and services you consume.
5. True and false. Some local products are more expensive to buy, but often last longer. Moreover, you can save money by buying in-season products and taking advantage of promotions.

## Buying local is about more than consumer goods

When people talk about buying local, they often mean purchasing locally made or grown products like food, clothing or home goods from businesses in their area. This is undoubtedly an excellent practice. However, buying local is about more than consumer goods.

Every little bit adds up to a robust local economy. Try to spend locally in any way you can.

Did you know that you can boost your local economy in myriad ways without putting a thing in your physical or virtual shopping cart? Consider these ideas:

- Do business with your local beauty salon, insurance broker or shoe repair shop
- Visit tourist sites and museums near you and attend shows at your local cinema or performance venue
- Advertise your business in your local newspaper rather than getting lost in the internet wilderness
- Attend festivals and other special events taking place in your area
- Use your investment wealth to back local businesses



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# Some choices mean more than your fit check. Vote.

Advance voting: September 23 - 30

Election day:  
Tuesday, October 3

## Voter Information Card

Watch your mailbox for your voter information card, it will tell you where and when you can vote. During advance voting, vote at any advance poll in the province. On election day, vote at any polling place in your electoral division.

 Provincial General Election   Élection générale provinciale <b>VOTER INFORMATION CARD</b> <b>CARTE D'INFORMATION DE L'ÉLECTEUR</b>	
<b>ADVANCE VOTING: Sept. 23 - 30, 2023</b> Vote at any advance poll in Manitoba. Your suggested advance polling places are: <b>LOCAL ELECTION OFFICE</b> 0000 STREET NAME, TOWN Sat to Sat: 8 am to 8 pm Sun: 10 am to 6 pm <b>COMMUNITY CENTRE</b> 0000 STREET NAME, TOWN Sat to Sat: 8 am to 8 pm Sun: 10 am to 6 pm	<b>SCRUTIN PAR ANTICIPATION : du 23 au 30 sept. 2023</b> Votez dans n'importe quel bureau de scrutin par anticipation au Manitoba. Vos centres de scrutin par anticipation suggérés sont : <b>BUREAU D'ÉLECTION LOCAL</b> 0000 STREET NAME, TOWN Sam à sam : 8 h à 20 h Dim : 12 h à 18 h <b>COMMUNITY CENTRE</b> 0000 STREET NAME, TOWN Sam, à sam : 8 h à 20 h Dim : 12 h à 18 h
<b>ELECTION DAY: October 3, 2023</b> Vote at any poll in your electoral division. Your suggested polling place is: <b>POLLING PLACE NAME</b> 0000 STREET NAME, TOWN Hours: 8:00 pm to 8:00 pm	<b>JOUR DU SCRUTIN : le 3 octobre 2023</b> Votez dans n'importe quel bureau de scrutin de votre circonscription électorale. Votre centre de scrutin suggéré est : <b>POLLING PLACE NAME</b> 0000 STREET NAME, TOWN Heures d'ouverture : 8 h à 20 h
Find all polling places at <a href="https://electionsmb.ca">electionsmb.ca</a> . For details about accessible voting and other voting opportunities, visit <a href="https://electionsmb.ca">electionsmb.ca</a> or call your local election office.	Vous trouverez tous les centres de scrutin sur <a href="https://electionsmb.ca/fr">electionsmb.ca/fr</a> . Pour plus de renseignements sur les possibilités de vote accessibles ainsi que sur les autres possibilités de vote offertes, consultez le site <a href="https://electionsmb.ca/fr">electionsmb.ca/fr</a> ou téléphonez à votre bureau d'élection local.

## Update or Register

Voting is faster and easier if your voter information is up to date before the election. You can update your information or register on our website until September 14.

## Who can vote?

You can vote if you are:  
 A Canadian citizen  
 18 years old on or before election day  
 A resident of Manitoba for at least 6 months before election day  
 All voters must show ID to vote. Check out our website for a full list of acceptable ID.

## Candidates

Candidates must file their completed nomination papers with their local election office by 1:00 pm, Monday, September 11.

Find forms and guides on our website.



ElectionsMB.ca



## Work for Us

Apply on our website to work at a polling place in your community.

## For more information

Phone: 204-945-3225  
 Toll-free: 1-866-628-6837  
[election@elections.mb.ca](mailto:election@elections.mb.ca)

# Winkler Heritage Museum marking Mennonite Heritage Week

## Crokinole tournament is planned for Saturday, Sept. 16

By Ashleigh Viveiros

The Winkler Heritage Society celebrates Mennonite Heritage Week with its third annual crokinole tournament.

The Sept. 16 competition takes place in front of the Winkler Heritage Museum in the Southland Mall starting at 10:30 a.m.

All skill levels are welcome to compete, says museum curator Joanne Bergen, noting last time the fun lasted well into the afternoon.

"We only had about a dozen people

last year but it still lasted a few hours," she says, explaining they're trying to structure the day so that everyone gets to play several games at least.

Crokinole is the perfect way to mark Mennonite Heritage Week, Bergen reflects.

"Anyone who was raised in a Mennonite household, or Mennonite adjacent, grew up playing crokinole," she says. "The adults would be playing on the card table and us kids would have our board too .... it's just something that has been a part of the Mennonite culture forever."

To register in advance for the tournament, contact Bergen at 204-319-0080. Same-day registrations are also welcome, space allowing.

The entry fee is \$10 per player, part of which will make up the cash prize pots for the winners, with the rest supporting the heritage society's work at the museum and the Winkler Archives.

If crokinole isn't your game, you're still invited to stop by the museum to check out the special displays they have set up for both Mennonite Heritage Week and to mark the centennial of the 1923 Mennonite migration from Russia to Canada in the wake of the Bolshevik Revolution.

The heritage week displays include vintage photographs, dolls wearing authentic dresses, a handmade shawl with intricate embroidery on it, and a few fancy lace hats worn by Mennonite women a century ago.

The migration displays include a series of photos and unique artifacts donated to the museum by local families.

The photos, blown up large, include a portrait of the Fast family in Osterwick, Russia, just before they moved to Canada in 1923. Others show the family arriving at the Winkler train station before settling in Gnadenthal.

"This was the second big Mennonite migration to Canada," says Bergen, "and they were basically running for their lives. They were losing their land, they were being starved, persecuted."

Artifacts include a bag bed brought over by John C. and Frieda Loewen and a wooden suitcase made by Jakob Hildebrand, who intended to leave Russia but didn't make it out

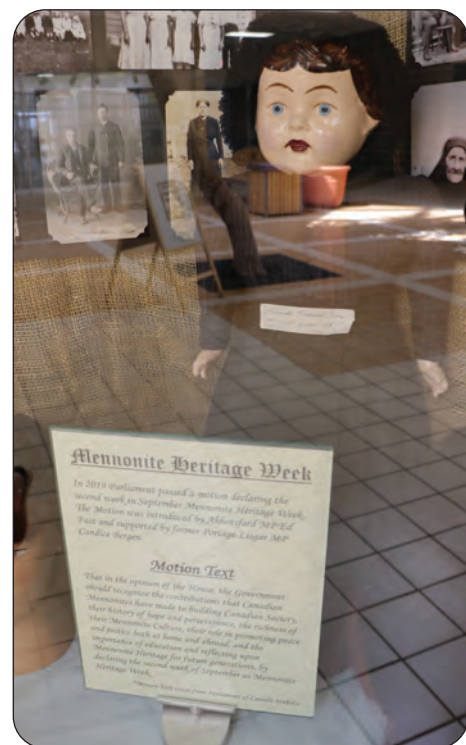


PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Joanne Bergen of the Winkler Heritage Museum with the display they recently put up to honour the centennial of the 1923 Mennonite migration to Canada. They also have artifacts on display marking Mennonite Heritage Week (left).

before the border was closed. He was sent to Siberia, where he died. His family later successfully made it to Canada after the Second World War, Hildebrand's suitcase in hand.

Bergen notes she will also be on hand Sept. 16 to show guests around the museum and talk about the genealogical program they have that can help people flesh out their family trees.



# Plum Coulee to break ground on pedestrian bridge

By Ashleigh Viveiros

An event that's been literally years in the making is finally happening in Plum Coulee next week.

The community is breaking ground on a long-awaited permanent pedestrian bridge over the Hespler Drain, which cuts off part of the town from the other.

"This is not just a frivolous thing—it's an important thing because we have so much new development on the south side of town," says project spokesperson June Letkeman. "We've needed this bridge for years."

Currently, pedestrian and cyclists who want to safely access the south side of town need to use the busy traffic bridge on nearby Hwy. 306 or even head down to Hwy. 14.

"It's just not safe, and Hwy. 14 is even less safe," Letkeman says. "So

this is a necessary thing for our community, and so many people are waiting for it."

The committee has spearheaded a fundraising campaign for the bridge the past few years. So far they've raised nearly \$300,000 of the \$420,000 they need, and are optimistic the rest will come in over the next year.

"We're not quite there yet, but we're

## > SUNCATCH PLAZA, FROM PG. 7

"The issues brought up primarily around parking was one that we were aware of already. We have been doing fairly regular counts as to availability of parking and what points and what times. So we have a fairly good idea of where the parking needs are," he said.

"Stephen Street has become far more used and far more vibrant than it was,

certainly going to break ground on this," Letkeman says.

The sod-turning will hopefully usher in the start of construction work on the bridge, although it may still be some time before the project is completed.

"We're really hoping to get all of our ducks in a row so we could put the piers in," Letkeman says, noting there

say, 10 years ago ... now to see the resurrection of it is refreshing," he added, while acknowledging also that it comes with challenges.

"We do expect to have to demonstrate to ourselves that there was a progression that was satisfactory, so that will be done over the next couple of months, and it certainly will be a major focus as well of our strategic

are a lot of engineering logistics that are being worked out. With any luck, both on the engineering and fundraising fronts, the bridge could be operational sometime in 2024.

The sod-turning ceremony is open to all. It takes place on Wednesday, Sept. 13 at 11:30 a.m. at the south end of Centre Ave.

planning session this fall."

The mayor also agreed that there is a need for consultation.

"That is part of what we intend to do in regards to this space ... the chamber of commerce will be consulted throughout," he said. "We will continue to work with downtown residents and businesses and the chamber and other community organizations."



PHOTOS BY LORNE STELMACH/VOICE

It was a celebration of aviation Saturday at the Morden airport as it hosted The Manitoba Fly-In. There were a variety of planes that flew in for the day, and a number of flight demonstrations and challenges for pilots such as a flour drop to hit a target, spot landings, and short take-offs and landings. Some pilots also offered plane rides.



## Flying high

# PTM hosts 55th annual Reunion Days Friday, Sat.

By Lorne Stelmach

This weekend's Reunion Days offers a good chance for the Pembina Threshermens's Museum to get more people in through the gates perhaps for the first time.

It is always surprising to board president Ike Elias that there are likely lots of people who have never taken a turn off Hwy. 3 at the "tractor in the sky" at the entrance to the museum between Morden and Winkler.

"There are lots of people who drive past there hundreds of times or thousands of times, and they don't know what all we have until they come and see it ... and I think word of mouth gets around about it," said Elias. "It's surprising too how many of our visitors from Winkler or Morden will say, 'I've never been here before, and I didn't realize you have so much stuff here.'"

Visitors can stop in this Friday and Saturday for a variety of blast-from-the-past activities, including threshing, sawmill, blacksmith, rope making, and spinning demos, antique tractor parades, barrel train rides, hands-on interactive stations like corn grinding, and the kids zone ac-

tivity centre.

All the buildings are open this weekend, including the 4,000 sq. ft. indoor Brimberly Village and the General Store with ice cream and treats available for purchase.

Lunch is available for purchase as well in the dining hall, and there is entertainment and music in both the Roseisle United Church at 10 a.m. and on the main stage at 3:30 p.m. Friday will feature John Penner and Shield of Faith while Saturday will have Dead Horse Country and John Penner.

Elias thinks a large part of the appeal of Reunion Days—an annual tradition for 55 years now—is the good food and the overall atmosphere of the pioneer village museum.

"There's definitely just an interest in the yesteryear," he suggested. "The Valley Harvest Maids have a good reputation for their food, and the fact that some of the food gets prepared in a stone oven in an old-fashioned way ... it makes it taste a little bit better."

A few of the event's regular features are always highlights.

"The parade is a big thing ... and I'm trying to change it up a little bit every year to keep it interesting," said Elias. "The old-timers definitely come for



VOICE FILE PHOTO

The antique tractor parade is always a highlight of PTM's Reunion Days festivities, which run this Friday and Saturday at the Hwy. 3 heritage museum.

the threshing demonstration, for sure. "Just about every year, there's a new building or one that gets redone," he continued. "This past year, we had one building, the Haskett elevator, that had the exterior redone, and a new picnic shelter was built."

"We always try to have something new," Elias said, noting this year that

includes a special sale. "We will have a surplus inventory booth with surplus items for sale ... we have difficulty displaying all that we have there because there is never enough room to display everything well."

Gates open daily this weekend at 9 a.m.

# Shared Horizons exhibition is on at the WA+C

By Ashleigh Viveiros

Winkler Arts and Culture's September exhibition shines a spotlight on Indigenous art.

*Shared Horizons: Métis Legacy and Life in Color* features the work of oil painter JD Hawk.

The Winnipeg artist has brought over two dozen of his pieces to the Park St. gallery that reflect his love of nature, people, and his connection to his Métis heritage.

Each piece has a story behind it, Hawk says, sharing with a chuckle how a pair of paintings of an inquisitive seagull came about.

"I was travelling through Oregon on my motorcycle, along the coast, and I pulled over to admire the ocean. This one seagull stopped and flew right in front of me because he saw I was eating a granola bar. So he was like, 'What'cha doing? Are you going to share?'"

The paintings perfectly capture the seagull's questioning head tilt as it waited for its part of the meal.

While he enjoys painting wildlife, Hawk's real love is doing portraits of people.

His most recent series seeks to capture modern Métis leaders and community members. The Winkler show includes paintings he's done of fiddler Jason Lepine, Manitoba Métis Federation vice-president Andrew Carrier, and Hawk's friend Ron Poirier wearing a century-old moosehide jacket and beaded mitts.

"For me, the portraits are really important as a personal project because every artist in the Métis community wants to paint Louis Riel and some of those people," he says. "There's this huge gap in history of Métis citizens. So it was important for me to grab Métis citizens of today and paint



PHOTOS BY ASHLEIGH VIVEIROS/VOICE  
JD Hawk's artwork is on display at the Winkler Arts and Culture Centre this month.

them to really close that gap."

Hawk has several more such portraits in the works. He's also done a self-portrait for the series featuring himself in traditional Métis dress.

"The beaded vest I'm wearing tells a story, it's not just for decoration," he explains. "It talks about hardships, hopes and dreams, meeting my partner right now and her kids and how they've influenced my life in a positive way."

"The biggest part of my story that most people find fascinating is that I was homeless for five years," Hawk says, sharing that he struggled with mental health challenges and found himself travelling Canada and the U.S. trying to find healing and his place in the world.

His artistic talents were on the back burner on and off during those years—at one point, after losing all

his possessions, including pieces of his art, he decided he'd never create again—but eventually, once he'd gotten back on his feet, he found his way back to his craft.

He and his partner were travelling throughout the East Coast when Hawk had a powerful revelation upon hearing the story of Canadian folk artist Maud Lewis. Lewis spent much of her life in poverty and grappled with rheumatoid arthritis, but she became known for her cheerful paintings.

"She lived in a home that was about 12 feet by 13 feet ... and in this little tiny space, she painted her joy of life, which was inspiring," Hawk says. "It got me thinking: how selfish am I not to continue something that I have a gift for?"

Upon returning to Manitoba, Hawk dove back into art. He has spent the

past few years making a career out of his life's passion. He's been commissioned nationally and internationally, including assignments for Parks Canada, Festival du Voyageur, the Royal Canadian Mint, and the Manitoba Métis Federation.

"I've met so many nice people through my art, making connections and telling stories," Hawk says. "I'm not this person in the shadows anymore where I'm ashamed or embarrassed about my situation. Mental health is a real nasty thing to be stuck in. But although I've really lived through some things, I get to paint so much joy."

Hawk's work will be on display at Winkler Arts and Culture until Sept. 28.

Hawk will also be in town for a public reception on Wednesday, Sept. 13 at 7 p.m. Admission is free.

# Tickets on sale now for PHAC art raffle, gala

By Lorne Stelmach

The Pembina Hills Arts Council wants people to dress up for its next fundraising event.

It is holding an art raffle and gala Thursday, Sept. 28 at Bella's Castle in Morden, with all proceeds supporting the arts council's programming and outreach initiatives.

"We wanted to do a little bit more of a major event, have a fundraiser that's also a black tie kind of affair to attract more people," explained director Liza Isakov. "I think the city is just really ready for an event that's a little more

up and coming and have a fundraiser that's done in a little bit of a different way.

"Since we are trying to be a bit more of a cultural hub here, I think this is a really good opportunity for us not to just showcase local art but also the type of events that we could be doing more of here as well."

Tickets are limited to 80 and are available for \$100 each. The evening will include music, games, beverages (two complementary drink tickets), and delicious treats. Dress is black tie formal.

Every ticket guarantees you an art

print donated by a roster of about a dozen talented artists. When your ticket is randomly drawn, you'll have the chance to pick the piece you'll take home.

Participating artists include Isakov as well as Jean Mackie, Heidi Friesen, Julia Schnurawa, Halley Ritter, Tye Dandridge-Evancio, Mishelle Aminov Kosonovsky, Dani Johnson, Margie Hildebrand, Susan Crawford-Young, and Esther Hildebrand.

The evening will also include a silent auction with five pieces of art up for grabs.

The gallery will be open for previews

of the donated works of art from Sept. 18-26 during regular hours.

"We're going to have the gallery set up with moving walls and all of the prints are going to be available for people to look at them along with a little catalogue to take home and review it at home," Isaov said.

Stop by the gallery to get a ticket or purchase one online at [www.pembinahillsarts.com](http://www.pembinahillsarts.com).

"I'm very optimistic that we will be able to sell it out," said Isakov. "It's a more high class style of event."

# Ride 4 MS poker derby makes its way through region Saturday

By Lorne Stelmach

Bob Wishart is hoping to start an annual fundraiser to support the fight against Multiple Sclerosis (MS).

It is a personal mission for the former carpenter from Portage la Prairie, as his late wife had the disease.

Now he's doing his part to battle it by organizing the Ride 4 MS poker derby this weekend, merging a desire to give back with a former passion of his: riding a motorcycle.

"I missed 40 years [of riding]. I got married and had children ... got to have a roof over our heads and food in our bellies," said Wishart. "We were supporting MS for quite a few years, so I figured this would be a fun way of raising some money."

MS is a chronic autoimmune disease of the central nervous system. Since that includes the brain, spinal cord, and optic nerve, MS can affect vision, memory, balance and mobility.

Canada has one of the highest rates of MS in the world with an estimated 90,000 Canadians living with the disease. On average, 12 Canadians are diagnosed with MS every day. Most people are diagnosed between the ages of 20 and 49, and the unpredict-



PHOTO BY LORNE STELMACH/VOICE

Bob Wishart is heading up the Ride 4 MS poker derby setting out from Morden and making its way through Carman, Morris, Altona, and Winkler Saturday.

able effects of the disease will last for the rest of their lives.

"Pretty much everybody knows

somebody or someone in their family who have MS. It's pretty widespread," Wishart noted.

The Ride 4 MS poker derby starts Saturday with check-in beginning at 10:30 a.m. followed at about 11:30 a.m. with departure from Gaslight Harley Davidson in Morden.

The route then takes the riders to Carman, Morris, and Altona before ending in Winkler at the Smitty's Restaurant bar, which will have their wings and draft on sale.

"I'm just trying to keep it as local as possible ... but you want a decent ride," said Wishart.

"I just thought it would be a fun way to get people together and go to different places and stop ... and the more people that come, the bigger the pot. You get to meet more people, and the more people you meet, the more people you can ride with.

"I'm hoping it just kind of gets bigger and bigger all the time," Wishart added. "I would love to make it an annual event ... hopefully it goes as planned. I just hope some people come and enjoy themselves."

To register (\$20 per hand) or get more information, contact Wishart at 204-872-4844 or by e-mail to [r.jwishart2@gmail.com](mailto:r.jwishart2@gmail.com).

# Honey, Garlic & Maple Syrup Festival is on this weekend

By Lorne Stelmach

It's got that small town fair feel to it, but one of the main appeals of the Honey, Garlic & Maple Syrup Festival

is evident in its name.

Whether its stocking up on those three staples or enjoying the gourmet alley and buffet, there's lots to sample and taste at the festival set for this Sat-

urday in Manitou.

"It's mainly the food, but people really seem to like the shopping ... and there's so many vendors to see and lots of unique items," said chairperson Juanita Cobb. "And the concert Saturday night is something new, so now people can go right from the buffet to the concert."

The community at large really gets involved and supports the festival, said Cobb.

"The festival tries to support our local clubs and organizations," she added, noting for example the Kinsmen Club starts the day with a pancake breakfast, and local 4H members do clean-up. As well, the curling club runs the bar, and arena reps help with the set-up while Services for Seniors makes all the salads.

"It takes well over 200 volunteers from our local community to put it on, but it brings a few thousand people into town, so for a small town, that's a pretty big feat."

The farmers' market and craft show features many local farms and artists, so be sure to stop by and grab your fresh honey, garlic and maple syrup and maybe even start your Christmas shopping a little early.

"There's all kinds of tables set up with homemade items," Cobb said.

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

The gourmet food alley runs from 11 a.m. to 4 p.m., while the Pembina Valley Saloon goes from 11 a.m. to 7 p.m. with beer and spirits and cider from Wooden Gate Cider Company.

Take a wander then outside to see the 'mighty machines' supported by many local businesses. Stop in at the kids tent organized by the Manitou Christian Fellowship to win some awesome prizes. And if cars are your thing, the Country Hicks Car Club has been known for their huge turnout of classic cars, trucks and motorcycles.

The grand finale is the gourmet buffet meal in the evening which in recent years has served as many as 600 people in about 45 minutes.

You can find more information online at [pembina.ca/m/honey-garlic-maple-syrup-festival](http://pembina.ca/m/honey-garlic-maple-syrup-festival).



VOICE FILE PHOTO

Manitou hosts its Honey, Garlic & Maple Syrup Festival this Saturday.

# 'Relive the Music' at the Winkler concert hall Sept. 15

By Lorne Stelmach

A concert in Winkler Sept. 15 promises to be like a rock and roll musical.

*Relive the Music - 50's & 60's Rock N Roll* very much has a Broadway feel with a band accompanied by singers and dancers.

Over 40 years ago, Steve Marshall thought of doing a show featuring '50s and '60s music. Every year since, he kept pondering doing the show but always put it off until next year. It wasn't until early 2018 that he finally committed by booking three big theaters on Vancouver Island after making a bet with himself.

"I produced the show over 40 years ago in Prince Rupert, where I'm from, because the bars in town wouldn't hire us," Marshall recalled. "So I rented a big gym there, got our band and another band, and we held our own show ... then the bars came to me and said any time you want to perform, just let us know, because we emptied all the bars."

While it's music that perhaps especially connects with Baby Boomers, many of these songs are evergreen,

popping up regularly in television shows and commercials for decades, allowing younger generations to experience them as well.

"It's music that lasts. It's songs that last because they get redone again and again," Marshall said. "That's how it lasts, and people think, oh, I know that song, and maybe they hear their granddaughter playing it then."

Marshall is on the road with 15 people, a 40-foot motor home, and a large trailer with all of the troupe's equipment. The group together handle every aspect of the show.

It is very much a family affair as well, with Marshall on drums, his daughters Kimi and Zenia on guitar and vocals, and his wife Luisa and sister-in-law Tota Mendez on vocals.

Another feature of the show is how a voiceover tells trivia before each song starts without telling the name of the artist. The audience has a few seconds to yell out the name they think it may be, and then the party begins.

"We take them through all the different costumes, so costumes are just flying left and right all night," shared Marshall, who noted the first set goes



SUPPLIED PHOTO

Relive the Music—50's & 60's Rock N Roll takes the stage in Winkler Sept. 15.

through the 1950s while the second delves into the 1960s. "It's all about bringing people back. The music of the era kind of floats away a bit, and we take them through it."

He is always encouraged by the positive response the show receives. He recalled one audience member in Prince George coming up to him afterwards with tears in his eyes.

"He said these are tears of joy. You guys just brought back my life, and we were just kind of wow," Marshall

said. "That's how it is ... the good ones just keep going ... and it's just so popular."

"I have never seen so many Baby Boomers and older folks so happy. It brought back many memories for all. And a lot of people commented that they didn't know the history."

Show time in Winkler is 7 p.m. Friday, Sept. 15 at the PW Enns Centennial Concert Hall. Tickets are available at [winklerconcerthall.ca](http://winklerconcerthall.ca).



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# sports & recreation

## Flyers gearing up for season ahead

By Ashleigh Viveiros

Over 50 Flyers hopefuls took to the ice at the Meridian Exhibition Centre in Winkler last weekend for the junior team's main camp.

Head coach and general manager Justin Falk and the rest of the Winkler Flyers' coaching staff put the players through their paces with three days of practices, fitness testing, and scrimmages.

"It's a very competitive camp, obviously, and we have some key pieces we need to replace from last year," Falk said, noting the graduating players from the 2022-2023 campaign left behind big shoes to fill. "But we've worked hard here in the off-season with a few trades and some recruitment to bring in solid players and people.

"And when we say that, we're not just bringing a player—we're bringing in a family. It's going to be a great group here, a great core that's going to lead the way."



PHOTO BY RICK HIEBERT/VOICE

Over 50 Winkler Flyers hopefuls took part in the junior hockey team's main camp last weekend, which culminated with the intrasquad game Monday morning.



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Winkler Flyers coaches Coltyn Bates (left) and Justin Falk are whittling down the roster after main camp this weekend. The junior team has its first pre-season exhibition game on Wednesday at home against the Steinbach Pistons.

This is Falk's third season in the top spot behind the bench, and the former NHLer hopes it'll be the team's most successful yet.

Last season the Flyers finished in third place in the MJHL's MGEU East Division, behind Portage and Steinbach, before getting knocked out in the quarterfinals at the hands of the Pistons, who went on to win the Turnbull Cup.

It was the second year Winkler fell in the playoffs to the league's eventual champions, as they did the same in 2021-2022 when the Dauphin Kings defeated them in the semi-finals. That year the team finished second in the regular season behind Steinbach.

"So we're really itching to try to break through there ourselves now," Falk said, adding he's optimistic the

team will be a force to be reckoned with this season. "We're seeing a lot of enthusiasm from the returning players and also the new guys who are trying to earn their space."

Falk noted they've worked hard to create a certain culture for the team both on and off the ice.

"It's been a nice surprise the reaction of the new players that show up here and see the culture and the standard that's been created here," he said. "That's a true testament to

our veteran players.

"While it's been a demanding environment what we ask out of them, they're all rising to the challenge,"

**"WE'RE SEEING A LOT OF ENTHUSIASM FROM THE RETURNING PLAYERS AND ALSO THE NEW GUYS WHO ARE TRYING TO EARN THEIR SPACE."**



# Bandits Volleyball Club starting up in Winkler

By Ashleigh Viveiros

The Bandits Volleyball Club is looking to start up a new 17U girls team in the Pembina Valley this winter.

Coach Carly Dumanske has put a call out to see how many athletes are interested in trying out for the team.

"I was wanting to start up a program here in Winkler and I reached out to the Bandits [a Winnipeg volleyball program] with some questions. They suggested that I bring the Bandits to Winkler," she explains. "I've played against the Bandits before when I coached last year and it's a wonderful program. So I thought this would be an absolutely amazing opportunity for the parents and athletes in the community."

They're looking at 17U right now, though Dumanske says they'd love to expand that to other age groups. That would require more local coaches, though.

"I know a lot of parents are willing to coach, but the only thing that holds them back is needing their coaching certifications," Dumanske says. "There are some workshops that are going to be held at the beginning of January before the season starts that people can take that would allow them to get certified to coach the club season."

She's also looking for an assistant coach for the 17U team.

Tryouts for the Bandits will take place in early December. To be eligible for the 17U team, athletes must be born between Sept. 1, 2006 to December 31, 2007.

The season gets underway in January and runs until May (avoiding the high school volleyball season entirely). Players who make the cut will practice two or three times a week in Winkler and will travel to Winnipeg for several weekend tournaments.

"And then we also have provincials, which are in Winnipeg, and nationals, which are in Edmonton," Dumanske says. She also hopes to take the team to an international tournament in Omaha, Nebraska.

While the Bandit's home base will be Winkler, it's open to players from across the region.

"With where Winkler is we have so many different communities to pull from," Dumanske says. "I have zero doubt in my mind that we will get an absolutely great amount of girls."

Club volleyball gives youth athletes a chance to really hone their skills, both on and off the court, Dumanske says.

"It is a lot of commitment, but athletes get to train at an elite level and it teaches them teamwork and social skills. They get to learn self-confidence. They get to see so many different role models throughout all these competitions."

"They learn leadership and healthy habits that it takes not just to be an athlete, but to be a functioning adult."

If you're interested in getting involved as a coach or a player, email Dumanske at coachcarlybelle@gmail.com.



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Coach Carly Dumanske is starting up Bandits volleyball in the Pembina Valley.

## > FLYERS, FROM PG. 16

Falk said. "They know what's expected out of each other and they're having fun doing it."

A junior club is about so much more than just hockey, Falk reflected—it's also helping to mold young men into productive members of the community.

"We're finding key, core character pieces that will be invested back into the community," he said. "I think it's hopefully made a good impression on the community, the involvement that we're trying to have and give back in certain areas like Salem Home and the food cupboard and all these areas where we try to make sure that these players can grow personally and not just on the hockey side of it."

Falk and his staff will be fine-tuning the roster this and next week as the pre-season gets underway with exhibition games against the Steinbach Pistons both at home

Wednesday and away Saturday. Next week the team has a home-and-away with the Selkirk Steelers.

The MJHL regular season kicks off Sept. 22 when the Flyers host the Winnipeg Blues.

"We just can't wait to get out there in front of our fans and the business community that supports us to make an impression and give them some great entertainment and great hockey," Falk said.

*The* **Voice**

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In most years, crop residue management practices can reduce or eliminate the need to burn. For more information, contact your local Manitoba Agriculture office or visit manitoba.ca.





PHOTOS BY ASHLEIGH VIVEIROS/VOICE

The Winkler Flyers hosted their High Performance Hockey School last week at the Meridian Exhibition Centre. The program offered U9, U11, and U13 participants four days of instruction both on and off the ice from Flyers coaching staff and players. "We try to keep the numbers at a level where we can give the kids lots of ice time, lots of development," Flyers head coach Justin Falk says, noting they had about 100 kids take part. "They're on the ice two times a day and there's other activities and workouts ... it's a great week for these kids."

# Hockey school a hit



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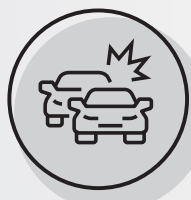
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# Programs for pre-schoolers launch registration next week

## New name, logo for Morden resource centre

By Ashleigh Viveiros

It's a season of change at both the Winkler and Morden family resource centres.

Both agencies—back to operating again as separate organizations after sharing staff for a few years—welcome new executive directors this fall. The Morden centre also has a brand new name, logo, and website to kick off the year.

The former Morden Parent and Child Resource Centre is now the Morden Family Resource Centre (MFRC) headed up by Jen Froese, who worked as program coordinator in Winkler and Morden for the past three years.

"Now we're doing a bit of a shift and separating the Morden and Winkler centres," Froese explains. "Morden has been growing quite a bit in the last few years, so now I'm the executive director for just Morden's programming."

MFRC, which has both its office and programming space in the Morden Alliance Church, has three free programs for pre-schoolers starting up the week of Sept. 18 and running for

six weeks.

Tuesday mornings will be the Pumpkin and Leaves Number Train program, Wednesday mornings will be A Fairy Tale Theatre Kit & Kaboodle, and Thursday mornings is In My Community, which will take participants on field trips to a variety of locations in Morden, such as the fire station, the art gallery, Co-op, and more.

All these programs are aimed at pre-schoolers and are filled with fun games and activities designed to help them develop their literacy, numeracy, and social skills.

Registration opens Sept. 11 online at [mordenfamilyresourcecentre.com](http://mordenfamilyresourcecentre.com). You can also reach the centre via email at [mordenpccr@gmail.com](mailto:mordenpccr@gmail.com) to be added to their mailing list.

Meanwhile, the Winkler Family Resource Centre (WFRC) welcomes Christian Horn to the executive director role on a term basis while Chantal Human is on maternity leave.

Horn is new to the role but certainly not to the resource centre. He and his kids took part in its programming years ago and Horn has served on WFRC's board of directors.

"So I've got a really good insight



into the programs and how the centre is run," he says, noting the plan is for him to head things up until Human returns from mat leave in January.

WFRC has three free early childhood education programs in Winkler and one in Plum Coulee this fall.

Toddler Shenanigans will run Monday mornings at the centre's space in the Emmanuel Mennonite Church on 15th St. It will feature a variety of sensory play and art stations.

Growing Up Green will take place Tuesday mornings and give participants the chance to play, explore, and learn about the natural world.

The zoo-themed literacy and language program Kit and Kaboodle Goes To The Zoo runs Wednesday mornings.

The Centre on Main in Plum Coulee will also host a Kit & Kaboodle program on Wednesdays.

All these sessions start the week of Sept. 18 and run six weeks.

New for WFRC this year is a program aimed at parents called Circle of Security Parenting. This attachment-based parenting education program aims to help parents better understand and build on their relationships with their kids. It will run Wednesdays at 1 p.m. in Winkler Sept. 20 to Nov. 8.

Plans are also in the works for Wiggle, Giggle, Munch sessions in a few of the villages south of Winkler. Details of when and where are still being hammered out.

Registration for WFRC's programming begins Monday, Sept. 11 online at [winklerfamilyresourcecentre.com](http://winklerfamilyresourcecentre.com). That's also the place to go for detailed descriptions of each program and for program updates.

Registrations traditionally fill up fast, so both Froese and Horn urge parents not to delay in registering if they're interested in attending a program with their kids.

# Pembina Valley Child Care Centre to head up new Morden day care

By Lorne Stelmach

City council announced last week who will be operating the new day care in Morden.

Pembina Valley Child Care Centre will add the new 104 space facility to its roster of centres that will number four once the new one opens in 2024.

In addition to its original facility on Rampton in Morden, Pembina Valley Child Care Centre also operates the newer Hive Site nearby on First Street as well as a day care in Manitou, so it was clearly the best option for Morden given its wealth of experience, said Mayor Brandon Burley.

"We have had successful partnerships with them in the past in relation to the same kind of facilities. They've been very good to work with, and they've demonstrated a capability for caring for our kids well, so we're happy to be able to award it to them."

It is an exciting challenge for the centre to take on the new facility, which

will be located in the northwest corner of the community.

"It is very exciting for the residents of Morden," said executive director Shuana Richards. "Our wait list was 310 children for Morden, so this will help significantly."

It is an unfortunate reality that the new facility will only address about a third of the waiting list. Both of the other Morden facilities are full, with the first Morden site at its licence capacity of 112 and the Hive site also at its capacity of 90.

"Things are at least starting to move forward, so that is exciting for Morden," said Richards. "Those families who have been on the list longest will get the spaces first, and families who are in our existing facilities will have the option to change facilities based on where they live or where they work."

The new facility is going to be just for infants and pre-schoolers.

"It's hard to get funding for school

age programs, so that is where there is still going to be a large gap," Richards said. "We do know that some of the people on our wait list for sure are school age. It will be very hard for those families to access licensed child care unfortunately."

"It will make a huge difference with our infants because it should be 16 additional infant spaces, so that's lots," she said. "Western School Division will also be opening their program for their new school ... that will be another 74 spaces for the community, so that will help a lot as well."

Richards noted they have already been preparing for the possibility of having a fourth centre.

"We've been doing a lot of in-house training," she said. "We've been promoting staff into leadership positions, so we've been doing some leadership training ... we have three staff currently taking their early childhood educator three, which is the administrative component."

There are also currently 11 who are in the early childhood educator program in Winkler.

"We have been working ahead," Richards said. "Last spring we already started thinking there was something potentially coming here."

Burley said the continuing shortage of child care is something they will continue to pursue, especially with the other levels of government.

"The waiting list is long ... we could've already used three more of them," he said.

"It's a problem, but when we look at the community, it's a good problem to have ... it means your community is growing, not shrinking."

"With the school division having a new site coming online in the next year, more families will be able to access the child care they need," said Burley. "We need to keep finding ways to get more of it ... we're looking at a variety of different ways we can continue to find more spaces."



## Concerts in the Park wraps up

The Cracked Eggshell performed an evening of classic rock last week to wrap up Winkler's Concerts in the Park series, which ran Wednesday nights in Bethel Heritage Park (or inside the concert hall, in case of rain) throughout the summer. Music fans got to hear from Orlando and Grace, Three's Country, Young and Haggard, The Seven Pines, That's 80s Band, Jakebrakes, Nathan Keys, and Brian Jacobs.

PHOTO BY ASHLEIGH VIVEIROS/VOICE

## 73-year-old facing charges after assault with a chain saw

By Voice staff

A 73-year-old man was arrested in Somerset last week after an alleged assault with a chain saw.

On Aug. 28 at approximately 1:25 p.m., Manitou RCMP received a re-

port that a suspect had broken into a home and used bear spray and a chain saw to assault a man inside.

Officers arrived on the scene and located the victim, a 36-year-old male, injured. He was taken to hospital with

non life-threatening injuries.

The suspect, who was known to the victim, had fled the scene, but police located him a short time later and arrested him without incident. A mini electric chain saw was also recovered

and seized by police.

The man has been charged with aggravated assault, breaking and entering, and possession of a weapon for a dangerous purpose.

He was remanded into custody.

## Mcfadden second oldest player to win Calder Memorial Trophy

By Ty Dilello

Carman's own Jimmy McFadden. McFadden was one of the finest NHL players to ever come out of these parts.

McFadden tore up the National Hockey League as a strong-skating scoring centreman of the Detroit Red Wings and Chicago Blackhawks in the 1940s and 1950s. A prolific scorer, McFadden was always near the top of his team's scoring leaders throughout his eight-season NHL career.

McFadden was born in 1918 in Belfast, Northern Ireland. He immigrated to Canada with his family at the age of 10 and settled in the Opawaka District (near Darlingford). That was when his father brought the family from Northern Ireland on something called the Veteran's Land Act.

"Moving my mother and six kids over here and starting up wasn't easy," McFadden recalled in Bill Boyd's 2000 book *Hockey Towns*. "He got a quarter-section, and we started with a few horses, that's what you farmed with in those days, and some cows, some pigs. They had some hard years. During the Depression, we just had what was on the farm. Some people had nothing. I remember driving a hay wagon, two horses, when I was only eleven. That was man's work."

McFadden received his first pair of skates at the age of 11, and from that time on, you couldn't keep him off the ice. He was always skating, and that's likely why he was able to get so good at the game of hockey in quick fashion.

"I was crazy about hockey," said McFadden. "I'd walk three miles to

listen to a game on the radio. I must have been crazy about hockey."

McFadden's first venture into higher echelons of hockey went poorly, but not because of his late start at skating.

"I tried out for Portage in the Manitoba Junior Hockey League. I made the team, but coming from Northern Ireland I didn't have a birth certificate, so I couldn't prove my age."

He then returned to Carman and played for the intermediate Carman Beavers, and they won a provincial championship. While playing for the Carman Beavers in 1939, he was discovered by the Montreal Canadiens and spent time in their organization before joining the armed forces in World War II.

Because of the war, McFadden had a late start in the NHL. He didn't play his first game until the 1947-48 season when he was twenty-eight. However, that season he won the Calder Memorial Trophy as rookie of the year with the Detroit Red Wings for scoring 48 points in 60 games.

"Because of my years in the army, I never even thought I'd make the NHL. I was twenty-eight when I went up and was getting old. So in that way, I was lucky. But it wasn't all luck. I guess I had to be pretty good, too."

At twenty-eight, he's the second-oldest players ever to win the award. Ironically, 43 years later, another Carman native by the name of Ed Belfour also won the Calder Memorial Trophy.

"It was great to win the Calder," said McFadden. "You got \$1,000 for winning, and the club matched that.

That was a lot of money. The salaries then were nothing compared to these days. The most I ever made, counting bonuses, was \$15,000 in one year."

In 1950, McFadden reached the sport's pinnacle when he won a Stanley Cup with the Detroit Red Wings.

Over eight strong years in the NHL, McFadden scored a hundred goals and another ten in the playoffs. He played at about five-foot-eight but was sturdy, and his opponents always said he was hard to knock off his skates. People who saw him play say he was a magnificent skater.

McFadden married Mildred Johnston of Carman in 1951 and settled back to Opawaka District after his playing career ended where he farmed and drove the school bus for many years. He also coached senior hockey for the likes of Carman and Miami.

The McFaddens later retired to Carman in 1985, where they lived out their remaining years.

A Manitoba Sports Hall of Fame member, the late Gladwyn Scott, who played for the Miami Rockets when McFadden was the Rockets' playing-coach and spoke highly of the legendary McFadden.

"Jimmy was an outstanding player for years after he left the NHL," said Gladwyn Scott. "He made a big impact in the southeastern league around Morden, Altona, Winkler, Pilot Mound, and Portage. He was one of the most dominant hockey players in Manitoba in the late '50s and '60s. Nobody could catch him once he had a stride on them. And he had a



SUBMITTED PHOTO

Jimmy McFadden of Carman won a Stanley Cup and a Calder Memorial Trophy over a strong eight-year National Hockey League career in the 1940s and 1950s.

very good shot, very quick getting it away."

"As a coach, he'd have us on the ice for an hour and a half every night. We were in mid-season shape before the season began. He was strict: no smoking, no drinking. It was all business, and we would pack the rinks. Miami was a small town, but we'd take on Brandon and Selkirk, and we'd come within a goal of representing the province. Most of this was due to Jimmy."

Jimmy McFadden passed away on August 28, 2002, at the age of 84.

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**CAREERS**



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

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

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

**PUBLIC NOTICE**



**UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING FOR RE-ZONING**

By-Law # 2023-06

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: REDEKOP, JOHAN & AGATHA, (applicant) of mailing address 35 PARKLAND CRES, WINKLER, MB, has made an application to amend the Municipality of Rhineland Zoning By-Law 2021-06 and Re-Zone the land legally described as Lot 11 Plan 492 in the NW-1-3-3-W, civic address 12158-ROAD 13NW, roll# 195000.000 from "RR - Rural Residential" to "AI - Agro-Industrial"

**HEARING LOCATION:** Rhineland Council Chambers  
109-3rd Avenue NE, Altona, MB

**DATE AND TIME:** Sept 13, 2023 at 9:30 AM

**GENERAL INTENT:**

The applicant is applying to rezone the property to AI - Agro-Industrial from RR - Rural Residential on the property described above. A Public Hearing is required for this purpose. Notices were sent out within 100 Metres.

Please see attached Schedule "A" for reference.

**FOR INFORMATION CONTACT:**

Tanya Waddell, Community Development Officer  
109 - 3rd Ave NE, Box 270 Altona, MB ROG OBO  
Phone: (204) 324-5357 Email: manager@rpgamb.ca



Schedule "A"  
Attached to and forming part of  
By-Law No. 2023-06

Associated with Subdivision  
File No. 4164-23-8304

Amending Schedule "A" of the  
Municipality of Rhineland  
Zoning By-Law No. 2021-06

**LEGEND:**

- Portion to be rezoned
- From: "RR" Rural Residential Zone
- To: "AI" Agro-Industrial Zone

**Municipality of Rhineland (Plum Coulee)**

**Part of NW ¼ 1-3-3 WPM Being Part of Lot 11, SS Plan 492 MLTO**



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**JANITORIAL TENDER**

# JANITORIAL TENDER

Access Credit Union Winkler requires the services of a contractor to provide daily general cleaning duties for the interior and exterior of the building.

Tender information can be obtained by emailing [Vickie.Addison@accesscu.ca](mailto:Vickie.Addison@accesscu.ca).

Tenders, accompanied by a minimum of two references, must be received on or before **September 20, 2023, before 4:30 p.m.**

**TENDERS MAY BE DELIVERED, MAILED OR EMAILED TO:**

Access Credit Union  
PTH #14 Unit 2 - 23111 Stanley Business Centre  
Winkler, MB R6W 4B4

EMAIL: [Vickie.Addison@accesscu.ca](mailto:Vickie.Addison@accesscu.ca)



[accesscu.ca](http://accesscu.ca)

# Classifieds The Voice Winkler Morden Announcements

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**COMING EVENTS**

**SOMERSET FALL SUPPER**  
Sunday, September 17th, 2023  
Somerset Community Hall  
4:00 – 6:30 p.m.

**Adults: \$20.00**  
**Children (5 – 12 years): \$10.00**  
**Children (4 & under): Free**

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# take a break

> GAMES

## SUDOKU

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

**Fun By The Numbers**

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

Level: Intermediate

**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!

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

Sudoku Answer

D	O	S				V	A	W
O	G	E			C	I	R	O
C	X	E			V	W	V	T
M	H	E			G	D	M	N
O	O	B			N	A	S	O
T	I	F			T	S	I	H
					C	V	A	V
					A	V	D	D
					E	G	E	E
					S	O	H	O
					H	H	G	E
					I	E	N	E
					D	T	L	O
					E	S	I	V
					T	E	R	S
					A	V	A	L
					N	A	R	L
					S	E	P	E

Crossword Answer

# X CROSSWORD

**CLUES ACROSS**

- Second sight
- Standard electrode potential
- Type of gibbon
- John Joseph \_\_\_: American industrialist
- Manning and Whitney are two
- Abrupt
- Baroque musical instrument
- Post-burning residue
- When you hope to arrive
- Sign up (Brit. Eng.)
- Sun up in New York
- Employee stock ownership plan
- Where people live
- Method to record an electrogram
- Angry
- No longer living
- Simple
- Swiss river
- Portion of a play
- It's under the tree
- Wood sorrels
- No (Scottish)
- Dialect of English
- Former Steelers' QB
- Popular beer
- It can make you sick
- Tropical tree and fruit
- Company officer
- Contact lens term
- Your consciousness of your own identity
- "Ghetto Superstar" singer
- Piece of turf

1	2	3				4	5	6				
7						8			9			
10			11			12						
13					14	15			16			
17			18			19			20			
21				22	23			24				
			25			26						
			27	28		29						
			30			31						
		32			33			34	35	36	37	38
39	40				41				42			
43				44					45			
46				47					48			
49										50		
	51									52		

**CLUES DOWN**

- Number of players on each side in a football game
- Containing salt
- Reasoning or knowledge: a (abbr.)
- Car mechanics group
- Leave a place
- Southern Colombian capital
- Old English letter
- Tide
- Walk heavily
- Chemical compound (abbr.)
- Artificial openings
- Luteinizing hormone
- Unit of energy
- Circular movement of water
- A way of holding
- Popular book of words
- States' group
- Dashes
- Body part
- Electronic countermeasures
- Consumed
- Small bird
- Unhappy
- Football's big game (abbr.)
- Valued object offered in good faith
- Wild goats
- Precede in place
- Small edible fish
- Notice of death
- Body cavity of a metazoan
- Partner to cheese
- Not around

# getinformed

## Memorial walk offers comfort for grieving parents

By Lori Penner

Losing a child is one of the most devastating and painful experiences, one that no parent should ever have to go through—and yet, many do.

The grief that comes from a loss this big seems unbearable, but knowing there are others who understand and share your pain can bring comfort in this sad journey.

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

Sawatzky's first son, Deklyn, was born in 2012 with a rare genetic bone disease called Hypophosphatasia. He lived his whole life in the hospital, passing away at 14 months.

"We were fortunate to have a healthy

son, Flynn, two and half years after Deklyn's passing," Sawatzky shares. "But two years after our Flynn was born, we found ourselves pregnant with another boy who again had Hypophosphatasia. It was in that pregnancy that I found myself feeling very alone and was dealing with a lot of hard feelings."

Wyatt was born in 2018 and passed away the day he was born. After his passing, Sawatzky decided to do something to help others who may be feeling just as alone as she did. That is when she came up with Wonderfully Made, an event that provides a space for families to get together to remember their children.

"I had heard of other organizations having memorial walks and I felt it would be so nice to have one here, so I organized the walk while also reaching out to families.

"When I hear of someone who has lost a child, I create care packages, and try to support them as best I can. I also provide support through my Instagram page [@wonderfullymademb] making posts for families that want to share their child on their birthday or other significant dates.

"I think one of the greatest fears us loss parents have is our child being forgotten and essentially, I am really trying my best to help others feel like their child is remembered and loved."



SUPPLIED PHOTO

Now in its fifth year, the Wonderfully Made Memorial Walk honours families who have experienced the loss of a child. Left: Cassandra and Sheridan Sawatzky with their two sons, Felix and Flynn. The teddy bears they're holding are in honour of their two older brothers, Deklyn and Wyatt, who passed away as infants.



The walk honours child loss of any kind, including ectopic pregnancy, miscarriage, still birth, and loss in infancy or childhood.

"I have found my greatest friendships now are with ones who understand the great pain it is to have lost a child and I hope that those connections can be made through this event," Sawatzky says. "It's a chance for others to rally around those they love that have lost a child, to support and remember with them."

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

"This is another piece that I really hope gives families the feeling of their child being remembered. These

are names that should be said every day but unfortunately, they are said so little and it can be such a joy just to hear their name especially said by someone else."

This Wonderfully Made Memorial Walk will be held Saturday, Sept. 16, at 10 a.m. at the Altona Centennial Park. Participants can meet at Shelter #1.

Anyone who wants to attend in memory of a child, even if the child was not yours, is welcome to come for the 30-minute walk around the park. The event is free, but donations are welcome to cover the cost of the event and to help me support families who have lost a child.

For updates, questions or to submit a child's name to be read you can visit [wonderfullymademb](https://www.instagram.com/wonderfullymademb) on Instagram, e-mail [wonderfullymademb@gmail.com](mailto:wonderfullymademb@gmail.com), or submit the child's name at the event.

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

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

"I AM REALLY TRYING MY BEST TO HELP OTHERS FEEL LIKE THEIR CHILD IS REMEMBERED AND LOVED."

# get inspired

> MEAL IDEAS



## Grape, Broccoli and Avocado Salad with Toasty Oat Topping

2 cups lightly packed torn curly kale  
1 1/2 cups halved Grapes from California

1/2 cup minced red onion  
1/3 cup chopped dried figs  
freshly ground pepper, to taste  
1 large, firm but ripe avocado, diced  
To make toasted oat topping: In medium skillet over medium-low heat, cook butter, almonds, oats, salt and Italian herb seasoning about 5 minutes, or until lightly toasted and fragrant, stirring frequently.

To make dressing: In small blender, puree olive oil, grapes, wine vinegar, honey, sea salt and pepper, to taste, until smooth.

To make salad: In large bowl, mix broccoli slaw, kale, grapes, red onion and figs; season with pepper, to taste, and drizzle with dressing; toss well to coat. Add avocado and toss lightly. Transfer to six serving plates or bowls and sprinkle with toasted oat topping.

Prep time: 30 minutes  
Cook time: 5 minutes  
Servings: 6  
Toasted Oat Topping:  
1/2 tablespoon butter  
1/3 cup sliced almonds, coarsely chopped  
3 tablespoons steel-cut oats  
1/8 teaspoon seasoned salt  
1/4 teaspoon Italian herb seasoning  
Dressing:  
6 tablespoons extra-virgin olive oil  
1/3 cup quartered red or green Grapes from California  
1/4 cup wine vinegar  
1 tablespoon honey  
1/4 teaspoon sea salt  
freshly ground pepper, to taste  
Salad:  
1 bag (12 ounces) broccoli slaw



## Protein-Powered Chia Pudding 4 Ways

**Cheesecake Drink**

3 tablespoons chia seeds  
2 teaspoons pure maple syrup  
1/4 teaspoon pure vanilla extract  
1 cup chopped strawberries

2 tablespoons low-sugar granola

**Milk and Cookies Madness:**

1 Chobani Zero Sugar Milk & Cookies Drink

3 tablespoons chia seeds  
2 teaspoons pure maple syrup  
1 tablespoon unsweetened cocoa powder

1/4 teaspoon pure vanilla extract

2 teaspoons cacao nibs

2 teaspoons chopped hazelnuts

To make Mixed Berry Blast: In small bowl, use fork to whisk mixed berry drink, chia seeds, maple syrup and vanilla extract. Let mixture sit 10 minutes to thicken then stir to distribute seeds. Stir in 1/2 cup berries and transfer to serving glass. Top with remaining berries.

To make Peaches and Cream Dream: In small bowl, use fork to whisk peaches and cream drink, chia seeds, honey

Prep time: 15 minutes  
Servings: 1 per flavor  
**Mixed Berry Blast:**  
1 Chobani Zero Sugar Mixed Berry Drink  
3 tablespoons chia seeds  
2 teaspoons pure maple syrup  
1/4 teaspoon pure vanilla extract  
1 cup mixed berries (blueberries, raspberries, blackberries or chopped strawberries)  
**Peaches and Cream Dream:**  
1 Chobani Zero Sugar Peaches & Cream Drink  
3 tablespoons chia seeds  
2 teaspoons manuka honey  
1/4 teaspoon pure vanilla extract  
1 peach, chopped  
1 tablespoon sliced almonds  
**Strawberry Cheesecake Delight:**  
1 Chobani Zero Sugar Strawberry

# Exercise as medicine



Fitness and Nutrition expert  
Julie Germaine Coram

By Julie Germaine Coram

Exercise is commonly known to be “good for you” and plays a vital role in a healthy lifestyle. However are you aware that exercise can function as medicine for serious diseases and dangerous conditions?

Yes! Getting active and maintaining a routine that includes regular physical activity isn’t just a solution for weight management, but can be used as an additional way to manage certain medical conditions.

For example, diabetes is related to high blood sugar levels, and millions of people are affected by this around the world. When one exercises, glucose is used by our muscles for energy as fuel, which in turn helps maintain an optimal blood sugar level. Insulin sensitivity is also improved when you workout, a way once again to regulate blood sugar levels. Truth: I had a client whose doctor wanted to put her on medication to manage diabetes, but agreed to wait three months while the patient tried to get healthier. We did it! She completely turned her diagnoses around with the nutritional tips and exercise routine we developed together.

I also recommend speaking with your doctor before starting a new fitness routine, but some simple activities you can try to incorporate to see these types of benefits include walking, swimming, playing casual spots, or going for a bike ride. Remember that making a change doesn’t have to be painful or extreme. Small steps towards more movement every day add up quickly.

and vanilla extract. Let mixture sit 10 minutes to thicken then stir to distribute seeds. Stir in half the peaches and transfer to serving glass. Top with remaining peaches and sliced almonds.

To make Strawberry Cheesecake Delight: In small bowl, use fork to whisk strawberry cheesecake drink, chia seeds, maple syrup and vanilla extract. Let mixture sit on 10 minutes to thicken then stir to distribute seeds.

Want help getting started or to ask me your nutrition or fitness questions? Please email me [julie@juliegermaine.fit](mailto:julie@juliegermaine.fit)

Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. Coach Julie has helped tens of thousands of men and women improve their health since 2005. Visit [juliegermaine.com](http://juliegermaine.com) or [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)

## LOW-CARB VANILLA PROTEIN PANCAKES

**Ingredients:**

1 scoop Vanilla Protein Powder  
1 scoop Almond flour (use the protein powder scoop)  
2 Whole eggs  
1/2 cup Skim milk or non-dairy milk of choice

1 teaspoon Coconut oil

**Directions:**

1. In a bowl, use a power blender to mix together all ingredients (except for the coconut oil) until mixture thickens slightly.

2. Heat coconut oil in a large non-stick pan.

3. Pour in half recipe (or amount of mixture to create pancakes of desired size).

4. Cook 5 minutes each side (flipping carefully once with a large spatula).

5. Top with diced strawberries and sugar-free maple syrup, and enjoy! Can be refrigerated and reheated for use later too.

Makes two servings.

**Macros**

Calories (1/2 recipe): 302 Carbs:7g  
Fat: 20g Protein:24g

Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. Coach Julie has helped tens of thousands of men and women improve their health since 2005. Visit [juliegermaine.com](http://juliegermaine.com) or [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)

Stir in 1/2 cup strawberries and transfer to serving glass. Top with remaining strawberries and granola.

To make Milk and Cookies Madness: In small bowl, use fork to whisk milk and cookies drink, chia seeds, maple syrup, cocoa powder and vanilla extract. Let mixture sit 10 minutes to thicken then stir to distribute seeds. Transfer to serving glass and top with cacao nibs and chopped hazelnuts.