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Stocking the shelves



Army cadet Lachlan White picks up food donations for the Red River Valley Food Bank from the doorstep of Kayla, Stephanie, and Brynlee Berg last Friday. For the full story, see Pg. 9.

PHOTO BY SEAN CONWAY/VOICE

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



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get informed

Blue House Market another big success

By Lori Penner

Altona's Gallery in the Park hosted their third annual Blue House Market last weekend in conjunction with the Pembina Valley Studio Tour.

The market featured 21 vendors selling their wares on both floors of gallery and outside on the patio as well.

The wide selection of items included pottery, earrings, clothing, and baked goods, as well as stained glass and, of course, plenty of artwork.

The Sun Valley Co-op Cafe was on-site again this year to provide full barista services while visitors shopped and explored the sculpture garden.

Curator Renae Friesen says the

event was a huge success, drawing over 300 visitors.

"It was very busy. We had many bodies in and out of the building throughout the day. Some people came for the market, some people came for the tour, and some came for both."

Over the summer, the gallery itself drew a large crowd of visitors from the region and beyond, with about 780 visitors over the Sunflower Festival weekend alone.

"People have been in awe of all the local talent. We also had a huge variety of different media and styles this year," Friesen says. "They're always amazed that we have a facility like this. As small of a town that we



PHOTO BY LORI PENNER/VOICE

Aliya and Anika Epp with their own product, Bouncy Bunny Butter Slime, at the Blue House Market at Gallery in the Park on Sept. 14.

are, it's such a gem. We're so lucky to have this space, and the grounds, and a groundskeeper. Peter Friesen does such a good job."

The gallery will soon be wrapping

up for the season.

"Sunday, Sept. 29 will be our last day," Friesen says, "so pop in while you can."



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Head for the Hills raises \$100K and counting



PHOTOS BY LORNE STELMACH/VOICE

Some 200 riders of all ages turned out Saturday morning for the Head for the Hills fundraiser in support of Eden Foundation. The cyclists had to change their route as a result of heavy rainfall the previous day rendering a planned trail portion unusable, but they persevered. As of Monday, organizers estimated the event had raised over \$100,000 for Eden Health Care Services, with more donations still expected to come in over the next week or two.

BBBS hosting Grow Youth workshop Oct. 5

By Ashleigh Viveiros

Big Brothers Big Sisters of the Pembina Valley is launching a new program this fall aimed at supporting and empowering young girls as they enter adolescence.

On Oct. 5, the mentoring agency is hosting a free one-day, female-led workshop for girls in Gr. 5-6.

Grow Youth will feature presentations and hands-on activities led by mental health counsellor Kelly Vipond, registered dietician Janine LaForte, and wellness coordinator/personal trainer Stephanie Hildebrand, explains mentoring coordinator Danielle Crossman

“We’ve been coming up with different ideas of how do we create programming that feels accessible to everyone in the community?” she shares. “We really wanted to create an opening where parents feel empow-

ered and youth feel empowered in taking part in programming that feels aligned to them around confidence building and empowerment.”

The junior high years can be challenging ones for kids.

“They’re just at the cusp of everything,” Crossman says. “When you get into junior high, things shift, dynamics shift, your friendships shift, your relationships with your parents, your relationship with the way you see yourself. We really want to equip these girls with tools to help them navigate this next transition in their lives.”

It can also be a challenge to find adult volunteers for one-on-one matches, Crossman notes, so a program like this a great way for local professionals to get involved and impact a lot of youth at the same time.

Continued on page 4

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getinformed

United Way sets \$160,000 campaign goal

By Lorne Stelmach

United Way Pembina Valley's annual fundraising drive gets underway this month, and directors are optimistic it can exceed last year's campaign tally.

The United Way was able to distribute \$150,000 in grant funding last spring to 31 local non-profit agencies thanks to the community's support of the 2023-24 campaign, so the organization is aiming a little higher this time.

"We set a very lofty goal of \$160,000. We've always received such very generous support from the communities, so we are excited to kick off our campaign," said president Levi Taylor.

"The Pembina Valley has always been very generous," he continued. "We couldn't support the local not-for-profits without the community support. We're very grateful, and we're excited to meet our goal this year.

"We get administrative grants from the province to cover our administrative costs, so every single dollar that gets donated to the United Way Pembina Valley goes back into the communities," Taylor noted. "Individual and corporate donations are what allow us to support local non-profits



PHOTO BY LORNE STELMACH/VOICE
United Way Pembina Valley president Levi Taylor says they're setting their sights high with this year's campaign, hoping to raise \$160,000—\$10,000 more than last year. With the community's support, he's confident they can do it.

who provide vital programs and services to children, families, and individuals in our region."

He further noted the support also allows the United Way to present \$7,500 in scholarships and bursaries to graduates of Garden Valley Collegiate, Northlands Parkway Collegiate, and Morden Collegiate each June.

Donations to the campaign can be made at unitedwaypembinavalley.ca or via e-transfer to unitedwaypembinavalley@gmail.com. Be sure to include your name and address for a tax receipt. Cheques can be mailed to United Way, PO Box 758, Morden, MB, R6M 1A7.

In addition, the United Way will be

accepting donations in person at the Co-op grocery stores in Winkler from 9 a.m. to 6 p.m. Wednesday, Sept. 18 and in Morden Wednesday, Sept. 25.

Businesses can also get in touch with them to talk about making it easier for their employees to give through a payroll deduction program throughout the year.

Applications for United Way funding will be available soon on the agency's website. The deadline to apply is Dec. 15.

At the campaign kickoff, Winkler Mayor Henry Siemens noted this region was the second most generous in Canada according to recent data in terms of donations and volunteer time.

"Thirty-one organizations were able to do something that they could not have done to support the community if it hadn't been for the community," he said. "When all of us give what we can to support organizations that we care about, we can make that difference as a group."

"It's nice to see the two communities joining together," added Morden Mayor Nancy Penner. "Many communities that the United Way supports are being taxed and communities are in need, and your dollars are going to a very good cause."

> GROW YOUTH, FROM PG. 3

"We think that this is such a great way and a great opportunity to invite a lot of leaders within our community to get involved with the program."

LaForte will help participants develop basic cooking skills and learn about nutrition in a fun way.

Vipond will facilitate a discussion of how one's inner and outer selves can often be different and how we can lean on people and places in our lives to find strength

when things get overwhelming.

And Hildebrand will focus on leading the girls through physical activities that enhance strength, flexibility, and overall wellness.

Hildebrand is a Gr. 5 teacher in the Garden Valley School Division. She says this is the perfect age to reach out to kids.

"Gr. 5 is just such an instrumental time to start chatting and to start building some confidence and foundations. It's just a really big transition year, I feel," she says. "Girls at any age, they can start to struggle with body image. We want to get them thinking about moving your body intentionally, including movement in your day ... out of love and wanting to celebrate [your body] for the things that it does for you, because you love it, not because you look at it and it makes you unhappy."

The session will run from 9 a.m. to 5 p.m. on Saturday, Oct. 5 at The Loft in the TerraPoint AgriBusiness Centre between Morden and Winkler.

It's open to all, regardless of identity, culture, or economic background, Crossman stresses.

"I want this to be a very accessible program," she says. "We really want to make sure this is a non-judgemental space for everyone."

While this session focuses on young women, Crossman says they hope to expand the program to hold a similar workshop for pre-teen boys, if they can find volunteers interested in getting involved.

"We want to grow and expand our agency and Grow Youth in general," she says, noting they also hope to host more Grow Youth girl sessions in the years ahead, expanding the age range as they go. "We would love to follow these girls as they grow up ... expand to Gr. 7 and 8 and, who knows, maybe into high school as well."

For more information or to register your child for the workshop, call 204-325-9707 or email danielle.crossman@bigbrothersbigsisters.ca. Space is limited, so reach out sooner rather than later.

A red-bordered graphic for Rural Buds Cannabis Shop. It features a stylized cannabis leaf and a cannabis bud. The text reads "RURAL BUDS CANNABIS SHOP" in bold, uppercase letters. Below that, it says "MORRIS • CARMAN ST. PIERRE • ST. ADOLPHE". At the bottom right, there are icons for Instagram and Facebook.

Studio tour pulls back the artistic curtain

By Lorne Stelmach

It was as much about making connections as it was about art as residents and visitors alike came for the annual Pembina Valley Studio Tour this past weekend.

The showcase of the arts across the region marked its 20th year, and it again offered a good chance for artists to be able to show their work and the spaces where they create it.

There were both familiar faces and places and some new highlights for the self-guided tour, which included 20 possible stops overall across a wide region including locations in Emerson, Altona, Winkler, Morden, Carman, Miami, Darlingford, La Riviere and Pilot Mound.

"I would like to try to keep up with more things and ways to show my art," said Jodi Rietze, who was jointly exhibiting in Winkler with her sister Marcy Penner.

"I live in the country, and I work from home, so I don't share my stuff out in the world a lot ... it's just nice meeting people who have an appreciation for it," said Penner. "Even if they walk out with nothing, just to know that they took the time to come and care about what you created, that's huge."

Both reflected on how they very much grew with doing art in the family blood, though Rietze had stopped doing art for awhile.

"I've always had it in my past, but the last seven years I've been painting almost every day ... it just brings me joy, and I just paint whatever fits

the mood," she said. "There's just so much that I feel I need to catch up on, like I've missed out on it."

She started by following other artists and trying to do what they do, and she has done everything from abstract work to comic-style pieces.

"I go back and forth with what I like to paint ... I still feel like I need to learn so much, so I keep trying new things over and over again. I haven't been able to stick to one thing yet."

It was Penner's first time taking part in the tour.

"We're four generations of artists in the family, though ... my aunt was a painter as well, and she had been involved in it for many years," she shared. "In some way, there was going to be some creative art thing for sure in my life.

"I'm newer to sharing my art," she said. "We did a different, more of crafty type of tour last year. That

was my first tour, but then I really wanted to get into more of an art tour."

A veteran of the tour, Laverne Lovatt was again showing and selling his woodworking pieces in Morden.

"It's an outreach thing. I think people know the work I do ... sales of course are not number one, but it's an important part of being on it. If I wasn't selling anything, I wouldn't be on it," he suggested.

"It's nice to meet people ... a lot of it I think is about showing people what's out there," Lovatt said. "And sometimes people are returning, and they

"JUST TO KNOW THAT THEY TOOK THE TIME TO COME AND CARE ABOUT WHAT YOU CREATED, THAT'S HUGE."



A l t o n a artist Olga Kr a h n opened her home to hundreds of visitors during the tour

PHOTO BY LORI PENNER/VOICE



PHOTOS BY LORNE STELMACH/VOICE
Above: Marcy Penner with one of the pieces she had on display at her stop of the Pembina Valley Studio Tour last weekend. Right: Jodi Rietze with some of her work.



Left: Laverne Lovatt talks woodworking with a visitor to his Morden workshop.

say I remember I was on the tour ... do you have more of this or that?"

He has been getting more involved again now after having stepped away from the provincial woodturners association for a short time.

"I took a couple of years off, and I found that I missed it, so I rejoined again this year," he noted. "It's good to just have that dialogue with other people."

"I had to get new work done ... the kind of stuff that fits into handbags," he said, noting how being on the tour gets him working at it. "After this is done, I have to look ahead ... next spring I have a show at the Golden Prairie Arts Council too, so I want to get new work; things that I have wanted to do but aren't that commercial work ... pieces that I really want to do, and I don't care if it doesn't sell."

Jennifer Smirl, who is director at the Pembina Hills Gallery in Morden, was also part of the tour for the first time, sharing her pottery workshop space near Thornhill with Susan Crawford-Young, a veteran of the studio tour.

"It's a good chance to get to meet people ... it's great connecting with people and having people come to see you and where you're working and how you work," said Smirl. "And it

helps a lot to be sharing the space."

"We're both pretty busy with things, so it was nice to share this space," said Young.

She added "having an appreciation for art is all that you need to enjoy the tour ... and I get to show my art work to people who are interested in art, people who are actually really interested in art come out to your studio and look at it ... it's nice to meet people."

"It's also a great incentive to get to work," said Smirl. "You can create an environment for people to come into and to experience and see your work."

Among the people taking in and enjoying the tour was Kristina Peters of Winkler.

"We like to go most years. We go and hang out for the day. You can meet some new people and see what they enjoy doing," she said.

"There's so many different styles and so many different ways to express through art ... I'm always fascinated by it. I'm more of a musical person," Peters said. "We're not really artists, but we're always fascinated by the different styles, and there's so many options for art out there. It's fun to see what people do and what's happening locally."

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OUR SISTER PUBLICATIONS



PVPCC launches Get Moving Challenge

By Lorne Stelmach

The past year saw a continuing trend of rising demand for the supports and services provided by the Pembina Valley Pregnancy Care Centre.

The lone exception in recent years was during the pandemic when the numbers went down, executive director Linda Marek noted in a fall update on the organization's activities.

"Gradually, it climbed up again ... post-pandemic, it has been incredibly busy," she said. "For sure, it's just with the growing population in the Pembina Valley ... and part of it, I think, also could be newcomers having challenges maybe navigating the care system or maybe just having less medical care available in our region with the staff shortages. And overall, with our culture now ... I think there has been a shift in attitudes as well.

"My hope is that people would feel confident in coming for help and that they would know they would be cared for and respected no matter what their circumstances are," said Marek. "I think more people overall are more open to asking for help and also with receiving help."

Throughout the past year, clients came to the centre with a range of needs, and while the vast majority were women, some men also accessed supports.

The ages ranged, and some were married and others single, but the commonality is women, men, couples, students and families are impacted by the possibility or reality of pregnancy, whether it's planned, unexpected, or unexpectedly complicated.

In 2023, between all three locations in Winkler, Altona and Morden, the numbers jumped significantly compared to the pandemic years.

In 2020, over 80 different women and men came for help, then it was over 70 in 2021, over 100 in 2022 and 125 in 2023. And there were over 30 new clients in 2020 followed by over 30 in 2021, over 50 in 2022 and 85 in 2023.

Most people came to the centre for pregnancy options information, prenatal/child birth education, parenting education and support, baby



SUBMITTED PHOTO

The PVPCC board (from left) Kelly Wieler, Davis Wieler, Glenda Schwarz, Tricia Thiessen, and Andrew Penner have pledged to get moving to earn every dollar donated to the centre over the next month.

items like diapers and formula, and Marek noted there was a noticeable increase in the requests for mom and baby items, likely due to inflation.

"Seeing the increase in client numbers shows just how much the centre is needed," she said. "So far this year, we have seen steadily rising numbers again. So many different situations and circumstances are making it complicated for women experiencing an unexpected pregnancy, and it's our honour to provide a safe place for them to ask any question and gain perspective."

Earlier this year, recognizing the increased need, the centre created a half-time position to help meet the demand for care.

"We just had noticed the growing need and wanted to make sure that we could connect with everyone who was reaching out for help," said Marek. "Having Rhonda Friesen join our team in spring has been a huge blessing, she's helped so many people in just these few months. It's been a step in the right direction to have an expanded role for client care."

Marek added they hope this could also potentially lead to further growth in terms of the programs and services they could offer, and one example would be the Steps in HOPE support group. The plan is to offer another session in early 2025 as a free and confidential support group for women impacted by miscarriage and

stillbirth.

Marek also noted the increasing requests for care means increased costs, so the financial support they receive is vital.

"The community has been faithful over the years, and we are so grateful. Having annual or monthly support from families and churches is so kind, and receiving grants from places like United Way allows us to reach even more women in their time of need."

To assist with finances, the PVPCC board is hosting a Get Moving Challenge this fall. For every dollar received between Sept. 15 and Oct. 15, board members will run, bike, walk, do jumping jacks, sit ups, push ups and more.

"Our board is a little bit nervous about just how fit they may become this fall, but I know they're up to it," Marek said. "The board cares so much about this place and the people we serve, they are truly investing body, mind and soul into the work we do."

"We may be slightly nervous, but our board is looking forward to working hard to match the dollars that come in, knowing that every gift helps individuals who come into the centre," said chairperson Davis Wieler. "The more we sweat, the more support is possible, so we are grateful for everyone who gets us moving."

People can give online at pvpcc.com or mail a cheque to PVPCC, Box 2504, Winkler, Mb., R6W 4C2.

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Your FARM



Harvesting hope

Farmers unite to fight hunger

By Lori Penner

About 25 local growers participated in the Common Ground grow project on Sept. 10, and with the help of nine combines and four grain carts, they managed to harvest 300 acres of wheat within one afternoon for the Canadian Foodgrains Bank.

Project spokesperson Kevin Nickel has been part of the project since it began in 2010, when the Penner family reached out, looking to have their land four miles east of Rosenfeld used for this purpose.

"They give us a good rate on rent,

and they're very committed to the cause. They rent their land to the CHUM group out of Plum Coulee as well," Nickel says, adding that it's often a challenge for groups like theirs to find land for this purpose.

It's a labour of love, but it comes with a few challenges.

"There's a lot of support needed for this. Getting it seeded and sprayed is not that big of a deal. But the harvest is always nerve-wracking, trying to find a time that suits everybody to come out, when some of these people still have crops in their own fields. But it always happens. It's always had a way of working out over the years."

The Common Ground group follows a rotation of wheat, canola and soybeans.



PHOTO BY LORI PENNER/VOICE

A group of producers gathered at a field east of Rosenfeld on Sept. 10 to harvest 300 acres of wheat for the Common Ground grow project.

"It was wheat's turn this year. All Manitoba Food Grains projects were able to access free seed from Seed Depot this year, and the Canadian Northern Hard Red Spring Wheat we

planted is one of the varieties they handle."

Nickel says their 2024 crop looks good.

Continued on page 8

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Your FARM



From Pg. 7

“Cereals, in particular, everybody was talking about them all spring and summer, just about how lush they looked,” he says. “And even though there are some drown-out spots here and there, they seemed to power through most of that excess moisture that came at certain times. The yields we’ve been hearing about have been strong. I guess they just like the weather this year.”

This is the 15th harvest on this field, and to date, the group has raised about \$900,000.

Despite his optimism for the 2024 crop, Nickel doubts they’ll hit the hoped-for \$1 million mark this year.

“We have significant expenses each year and, even if there’s a strong crop here, the prices have come down a long way,” he explains. “Based on the bills we have yet to pay, it will be tough to raise \$100,000 net but we

“IT’S SUCH A PURE CAUSE ... FEEDING HUNGRY PEOPLE.”



PHOTOS BY LORI PENNER/VOICE

About 25 growers, nine combines, and four grain carts worked for hours to complete the harvest in one day.

should put a good dent in that, so maybe next year will be the year.”

At the end of the day, he says it’s the common desire to help people in need that has kept the project going.

“It’s such a pure cause for one thing. Feeding hungry people is the baseline. Nobody argues about that; it’s a really rewarding thing to do. People coming together to participate with us is humbling and gratifying.”

The Common Ground project was one of four growing projects taking place that day. Others included

Hands Harvest Hope in Darlingford, Gardenland near Boundary Trails Health Centre, and the SHARE project also near Darlingford (check out next week’s *Voice* for more on that project).

This year there are nearly three dozen grow projects scattered throughout the province, with the majority of those in Southern Manitoba.

“It’s just wonderful to see the communities coming out to harvest food, which will be used as financial resources for people who don’t have

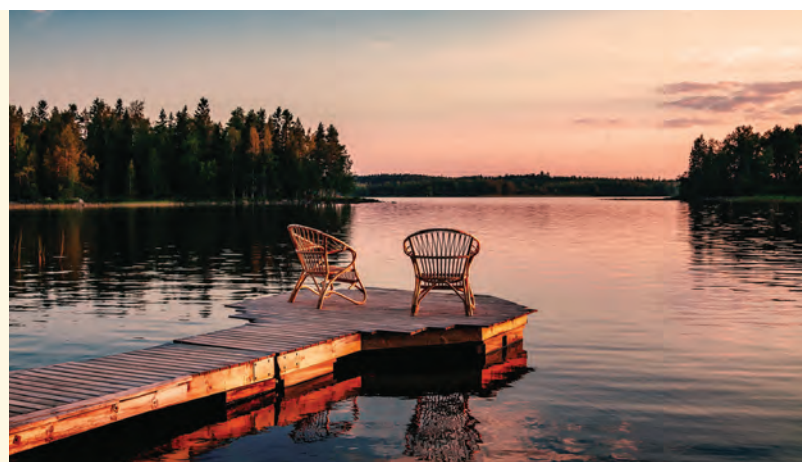
enough food,” said Manitoba regional rep. Gordon Janzen, who attended the Common Ground harvest.

Last year, half of the donations in Manitoba came from growing projects, along with contributions from individuals and farmers.

“I just appreciate the people who are in this network of generosity looking beyond themselves. We really appreciate the communities in Manitoba that are working together to end hunger. They have a big impact.”

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Producer Daryl Stoesz watches the freshly combined wheat fill his grain cart.

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Food drive stocks the shelves of Red River Valley Food Bank

By Sean Conway

On Saturday, the Morris Fire Department travelled through the community with sirens and flashing lights to call for food donations to the Red River Valley Food Bank (RRVFB).

Accompanying the emergency vehicles were members of the 3234 Manitoba Horse St Pierre Army Cadets. These young men and women were walking the route on the lookout for bags of food left on the doorsteps for collecting.

“The cadet program is the best kept secret in the Canadian military,” said their command officer Captain Phillip Atkinson. “Leadership, citizenship and physical fitness are part of our program. Community service is important to the corp. As these young people mature, they become the leaders of our communities.”

The Red River Valley Food Bank in Morris exists to aid people living with food insecurity in the Town of Morris, the RM of Morris, and the RM of Montcalm.

Clients, who are eligible to visit the food bank every two weeks, provide a request form identifying their needs. The form helps food bank volunteers put together hampers based on the number of adults and children that are in a household. Packers move through the aisles of the food bank office gathering selections from the 59 stocked items to pack a recyclable bag the

client takes home with them.

On Saturday, the army cadets picked up donations at countless doorsteps throughout Morris, and then headed to the Emmanuel Baptist Church for sorting alongside food bank volunteers and other youth volunteers. Volunteers were also on site to make snacks available and serve up a hot-dog lunch.

The collected bags were first weighed and recorded—the food bank reports the collected data to Winnipeg Harvest—and then opened and sorted.

“Working together to sort stuff was fun,” shared Erin Hamblin, a youth volunteer.

The sorted food items were then bagged for loading into vehicles that delivered them to the food bank distribution office on Boyne Avenue, where they filled the shelves and will



Local army cadets, firefighters, and food bank volunteers canvassed Morris Saturday to collect food for local families in need.

Addison (left) and Paige Hamblin sort food donations for the Red River Valley Food Bank food drive Saturday. Below: That same can of soup found its way onto the RRVFB's shelves courtesy of fellow volunteer Claire Hamblin.



PHOTOS BY SEAN CONWAY/VOICE

help feed families in need for weeks to come.

“I would like to thank the people of Morris, Lowe Farm and Rosenort for their wonderful response,” said food bank director Pat Rempel. “Contribu-

tions from local business and churches, the army cadets helping each year, our volunteer efforts, and the people that donated food or gave a donation are what keep the shelves stocked at the food bank.”

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Morris Manor upgrades a labour of love

By Siobhan Maas

Last Thursday, the Morris Manor celebrated 60 years of service with cake and the ongoing removal and re-purpose of the cement walking path around the facility.

“Without the new board created four years and the help of a lot of volunteers, we wouldn’t be where we are today,” shared board member Cindy Conway. “By December 2021, it was estimated the facility would have closed.”

Following consultation with the Town of Morris in 2020, a new volunteer board was created and tasked with solving the facility’s management issues. At the time, only five units were rented.

Major upgrades have taken place in all suites in the years since: new flooring, paint, air conditioning units, and outside landscaping. The manor now boasts 19 fully renovated suites and a 16-person wait list.

Board member and former RM reeve Ralph Groening was proud to share the manor is awaiting Manitoba Housing status.

“We are hopeful that it is successful in receiving a four-year agreement with Manitoba Housing. We have assurance through email that this will happen. The facility currently operates at a break-even budget and having additional funding will give us a boost.”

The challenge of finding affordable housing is a constant concern for lower income households.

“Operational funding will support

and strengthen the facility,” explained Groening. “Most, if not all, tenants are eligible for rental support.”

Current tenants will experience a rent increase from current prices to \$537 and \$704 for studio and one-bedroom units, respectively, over three years.

“The board hopes to align housing rates to be competitive yet affordable,” said Groening.

One longtime resident, Dorothy, shared that the rent increases won’t affect her much.

“It is still cheaper here than in other places. I’m happy,” she said, expressing relief about the new board and ongoing renovations around the facility. “The changes are very good.”

She says she enjoys the common room, using the windowed space as a “nice place to relax and visit with other tenants and watch people move about the community.”

“Dorothy was my inspiration to get [these changes] going,” said Conway. “Her friends thought she lived in a condemned building. No one wants to be thought of as living like that. She is proud to be living at the Manor now.”

Conway sees an “obvious need” for the Manor in the community and feels the current board works well together, “thinking along the same lines.”

“[The changes of the past three years] have been a labour of love. Hard, but rewarding.”

The Manor is open to people age 55+ or younger individuals with medical conditions or other special circumstances.



PHOTOS BY SEAN CONWAY/VOICE

Improvements at Morris Manor continue as the 55+ housing facility celebrated 60 years in the community with a celebration last week (below).



Neubergthal Darp Days takes place this weekend

By Lori Penner

Rudyard Kipling once wrote: “If history were taught in

the form of stories, it would never be forgotten.”

The Neubergthal Heritage Foundation (NHF) must have had this in mind when they planned Darp Days, an annual event that shares and celebrates the stories and rich culture of this historic Mennonite village.

It’s through stories that history comes to life and is preserved for generations, and Neubergthal is filled with stories, waiting to be shared.

Having grown up there, NHF committee members Jolanda Friesen and Joyce Friesen can tell you a thing or two about the village, and the rich culture from which it was born.

On Friday, Sept. 20, at 7 p.m. their presentation, “Dit & Daut” (This and That) will reflect the whimsical and often downright funny aspects of the Low German language.

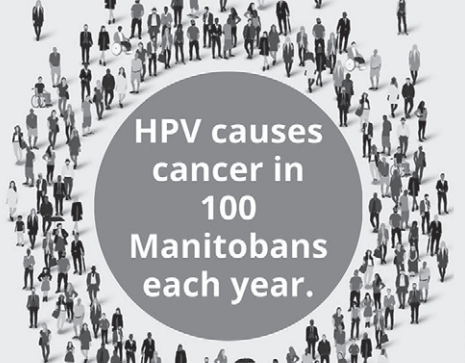
“It’s a little bit of this and a little bit of that. It’s in Low German, but part of it is in Flat English, which is the way Mennonites mispronounce English. It’s not just a skit. We’ll be sharing stories and quotes, and conversing about things from the good old days, and the funny kinds of things we used to say to our kids. The sky’s

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Continued on page 12

“It’s never too late to learn”

By Lori Penner

Kelly Chinchilla’s story is about healing and finding her roots.

Chinchilla, whose spirit name is Nishkewaasiia’ed Ikwe (Shines Alone Woman) grew up in Winnipeg and always felt disconnected from her Indigenous heritage.

“I didn’t know anything about my culture when I was growing up. But I experienced all the negative things, such as being stereotyped and the intergenerational trauma our family was dealing with. I struggled with depression, anxiety and low self esteem. When I was a teenager, I went through identity issues.”

Her mother is Anishinaabe, and her parents came from two Ojibwe communities: Roseau River First Nation and Skownan First Nation. She also has Métis ancestry from her dad’s side (from Kinosota) as well as Polish, but was born and raised in Winnipeg.

Her mother was raised in Winnipeg and was part of the Sixties Scoop with her siblings. Both of her maternal grandparents went to a residential school.

“My parents both grew up in poverty, surrounded by addictions. They had their struggles, which also affected me and my siblings. But they worked their way out of it. They lived in housing and got better jobs. My dad became a police officer, and my mom became a teacher. They’re still together.”

Motherhood became the turning point in her life. Her daughter, Rylee Sandberg, was born when Kelly was 20.

“It was unplanned, and I struggled. Her dad was also First Nation. I didn’t know much about the world, and I really became a helicopter mom. Everything I did was about my daughter. Little did I know that becoming an Indigenous mother would heal me and empower me.”

When Rylee was two, Chinchilla decided she wanted her daughter to grow up proud of her Indigenous heritage.

“I wanted her to know who she is and be filled with knowledge. I took her to a powwow club in Winnipeg. That’s when she started dancing. She just went right into the circle. It was like it was made for and it still is.”

Sandberg received competitive dance lessons. Now, at just 15, she is a well-known hoop dancer in the Indigenous community.

Chinchilla also aspired to rediscover her Indigenous roots, learning about the sacred role of motherhood in traditional Indigenous societies. These

teachings also inspired her own personal growth, driving her to reclaim her culture through ceremonies, language, and dance.

“I started dancing a year later. I was very shy, with low self-esteem. I learned how to make regalia and all about powwow teachings. It felt empowering to connect with my Indigenous roots. Initially I felt like I didn’t belong, because I didn’t grow up with it. But I had the right people guide me. They know the history about what was lost,” Chinchilla recalls.

“At Roseau River where my grandfather is from, and where my daughter and I are registered, they’re known for keeping a lot of the ceremonies during a time when there were Indian agents finding and arresting people for having ceremonies or during anything cultural. So, in Roseau River, they kept their practices and their stories alive. When I learned about this, I felt pride.”

Chinchilla and her daughter continued to perform at powwows and ceremonies.

“We’d get invited to Folklarama and other dancing events. and then I joined a women’s drum group. I learned ceremony songs and singing at the drum. Part of that group was also raising awareness of Missing and Murdered Indigenous Women and Girls (MMIWG). It was a healing time, and the teachings I was learning mixed with all the anger and the hurt, and the traumas I didn’t know how to name when I was growing up.”

In 2016, she was diagnosed with Type 1 diabetes, a condition that altered her life significantly. Yet her determination to follow her dreams never waned. She enrolled in the CATEP education program at the University of Winnipeg, which partners with Seven Oaks School Division. This opportunity allowed her to gain experience as an Educational Assistant while pursuing degrees in both Education and Arts. Upon graduation, she joined the Ojibwe Bilingual Program at Riverbend School, where she currently teaches.

Now, as both a mother and an educator, Chinchilla is helping shape a new generation of students with a stronger connection to their Indigenous heritage

Her mother teaches in the class beside hers.

“It’s about understanding the traumas. And that we can still make our choices to live a better life, especially for our kids, with what we know now compared to my mom’s generation. They didn’t have social media and the internet. I feel like her generation had



PHOTO BY LANA MEIER/VOICE

Kelly Chinchilla started learning about her Indigenous heritage late in life, but now she celebrates it regularly as an accomplished dancer at powwows across Manitoba.

a harder time when racism was so much more in your face. I think about what my daughter doesn’t have to experience”

There’s a quote Chinchilla often shares at demonstrations: “A year

from now, you’re going to wish you’d started today.”

“I didn’t start learning about my culture until I was an adult, but I want people to know, it’s never too late to learn.”

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EFFICIENCY MANITOBA

Fort Dufferin marks an historic day

By Lori Penner

Fort Dufferin celebrated their annual Heritage Day on Sept. 15.

Along with the day's traditional events, such as the church service, children's games, live music, and barbecue lunch, guests were also invited to tour the nearly completed officer mess kitchen, the interpretive centre and to wander the self-guided interpretive trail.

But the biggest priority of the day was commemorating the 150th anniversary of the Northwest Mounted Police (NWMP) March West.

Marlyn Empson, who chairs the Post Road Heritage Group that oversees the historic site, welcomed special guests such as Red River Métis Minister of Culture Alfred Anderson and Allan Schaldemose, retired member of the Canadian Security Intelligence Service, RCMP, Canadian Armed Forces Reserve, and the RCMP Veterans Association.

Schaldemose told the crowd gathered under the ancient trees for shade that there are lots of reasons to celebrate Fort Dufferin, not the least of which is that it was the British (Canadian) Boundary Commission Headquarters, that it was a major immigration hub for Mennonite settlement in Manitoba, and the origin point of the Northwest Mounted Police (NWMP) March West.

He noted that the cavalcade that

moved out of Fort Dufferin on that fateful day in 1874 contained 295 mounted policemen, 142 oxen, 310 horses, 93 head of cattle, 114 ox carts, two field guns, and an assortment of agricultural machines.

That day also marked the first and last time the entire force was ever formally assembled together in its entirety.

"It has never happened again since," Schaldemose said.

Schaldemose thanked the Post Road Heritage Group for all the work they've done at Fort Dufferin, preserving a place that is very close to the hearts of Manitoba RCMP veterans.

As a token of appreciation, he presented Empson with a NWMP map of activities, a feasibility study, and a commemorative integrity statement to display at Fort Dufferin. The map was created in the 1960s and is a rare find.

In honour of the day, RCMP Aboriginal Policing erected a Cultural Community Teepee.

Also in attendance was Minister Alfred "Buck" Anderson, the vice-president of the Interlake region and the Minister of Culture & Heritage at the Manitoba Metis Federation. Anderson brought his Metis Music Van, which was created to promote and revitalize the Red River Metis culture and heritage. The traditional Metis music carried from the speakers had many visitors tapping their feet.



PHOTOS BY LORI PENNER/VOICE

Members of the Post Road Heritage Group gather on the newly constructed ramp at the Officers Mess building during Heritage Day festivities Sunday. From left: Rita Wiebe, Charlotte Johnston, Jean Mackie, Wally Empson, Shelby Graham, Doug Johnston, Dick Remus, Marlyn Empson (chair), Dale Buhler, Jamie Buhler, Ben Wiebe, Dawna Knutt, Ashley Pettit, Lori Ihme, and David Wiebe. Right: Alfred "Buck" Anderson with his Metis Music Van.



> DARP DAYS, FROM PG. 10

the limit and we may just improvise. I think you're all in for a treat," Jolanda Friesen says.

Their free performance takes place in the Commons Barn, and is preceded by a soup, sloppy joe, and pie supper from 5 p.m. to 6:30 p.m. for \$20.

The evening rounds off with a performance by Cold Hard Cash, a tribute to Johnny Cash, from 7:30 to 9:00 p.m. Admission is \$20, or combine the meal and concert for \$30. Children under 12 are \$5 for the meal and performances.

Saturday begins with fresh coffee and muffins at 9:45 a.m. Following that, Darp Days goers can choose to be in Group 1 or 2.

From 10 to 11:30 a.m., Group 1 will continue the morning learning all about the 100th and 150th Mennonite migrations with archivist Conrad Stoesz. They'll also listen to village oral histories as recorded by historian Jonathan Hildebrand and take a tour with artist Margruite Krahn, who will reveal the nostalgic beauty of Mennonite floor painting in the restored Klippenstein house attached to

the Commons Barn.

Meanwhile, Group 2 will take a guided interactive tour through the village on a flatbed trailer, either in the morning or afternoon, and hear some of the stories about the Mennonite women of the village.

"You can choose how you want to spend the day," Friesen says.

From 12 p.m. to 1 p.m., for \$15, everyone can indulge in the Build Your Own Sandwich Bar. Children under 12 are \$5.

After lunch, Group 1 can enjoy some Low German fun with performer Dennis Reimer, get another chance to hear Jonathan Hildebrand's recordings, and watch a slideshow about Neuberghthal, presented by Ray Hamm, and prepared by Parks Canada when the village became a historic site.

At 3 p.m., everyone is invited to enjoy watermelon and rollkuchen, fried to perfection right on site.

Outdoor games will keep the kids busy all day.

"It's just a fabulous two days of fun and history," Friesen says. "There's really so much value here.

There's food, music, history and fun for everyone."

She adds that It's part of the NHF's mission statement to promote the village and its heritage.

"We want to keep the Low German language out there. Many people don't understand it, but you can come out and have fun anyway."

Visitors can also appreciate all the work that's been done to preserve the old buildings.

"We've had lots of tours, and the Commons Barn is becoming more and more popular for weddings and family events."

Meanwhile, work continues on the Klippenstein House, with plans for a library on the second floor. The kitchen and other spaces on the main floor are nearly complete.

"There will be something for every room, and we're looking forward to many years of sharing our history and our culture there."

The Commons Barn is located at 5013 Rd 1 W.

For more information, go to Neuberghthalheritage-foundation.com or call 204-304-6253.

sports & recreation

Flyers sweep Pistons in pre-season games

By Ashleigh Viveiros

The Winkler Flyers end the short MJHL pre-season with a perfect record.

The team downed the visiting Steinbach Pistons 5-4 Friday night, following up on a 3-2 OT victory against the same team the week before.

In Friday's game, Steinbach matched goals from Winkler's Brody Beauchemin and Mathys Blanchette to make it 2-2 heading into the middle frame.

There, the Pistons pulled ahead in the first five minutes with two to Winkler's one, scored by Connor Jensen.

Brady Craik fired one home for the home team midway through the final period to force what ended up being a fruitless overtime.

The Flyers then took the resulting seven-round shootout with three goals, scored by Brendan Vincent, Jensen, and Nick McKee for the win.

Liam Ernst went the distance in net for Winkler, making 13 saves off 17 shots. The Flyers outshot the Pistons



PHOTO BY RICK HIEBERT/VOICE

Winkler's Kam Thomas tries to keep Pistons Brett Kaiser from getting a shot on net in Friday's home game. The exhibition match went Winkler's way 5-4 after a shootout.

18-17.

The Flyers kick off the regular sea-

son this weekend with a home and away against the Pistons. They play

in Winkler Friday night and in Steinbach Saturday.



PHOTO BY RICK HIEBERT/VOICE

Winkler Storm 1 keeper Carter Klassen robs Kucame's Danila Shakhov on a breakaway in Sunday's final game of the regular season. The Storm won it 5-2 and finish the summer in first place in the MMSL's Division 1. Playoffs get underway next week.

Storm 1 finish season in first

By Ashleigh Viveiros

The Winkler Storm 1 team ended their regular season with a 5-2 win against the visiting Kucame FC Sunday afternoon.

Scoring for the home team was Peter Neufeld, Mamadou Turay, Janick Richter, Santi Bergen, and Cornie Siemens.

The win cemented the team's first-place finish in the Manitoba Major Soccer League's Division 1 with a record of 14 wins, two losses, and two ties, good for 44 points—four ahead of the second-place Galacticos FC and nine up on Winnipeg FC in third place.

Winkler now advances right to the division semi-finals Sept. 24 in Winnipeg. The championship final will be Sept. 28.

Hawks 1-1-1 in pre-season

By Lorne Stelmach

It was a weekend of mixed results for the male U18 Pembina Valley Hawks in pre-season action in Souris.

The Hawks kicked off the three games with a narrow 5-4 loss to Interlake Saturday morning, but they recovered to earn a 3-3 tie with Eastman Saturday evening. It wrapped up with Pembina Valley coming out on top of a 3-2 decision over Yellowhead Sunday afternoon.

The weekend gave the coaching staff headed by Jeff Andrews a good look at their prospects in game action as they work to make decisions about the roster.

Continued on page 19

Zodiacs make new junior U of W basketball team

By Lorne Stelmach

Four Garden Valley Collegiate students who excel at basketball are getting the opportunity to take their game to another level.

They were recently accepted to be part of the new junior Wesmen team at the University of Winnipeg. It's an exciting opportunity, especially for a trio who have played together going back as far as Gr. 3 and now through high school.

"It's not common that four of them would be on the team, but we think they can definitely compete talent-wise, so we are happy to give them the opportunity," said Alyssa Cox, head coach of the U of W women's basketball program.

The trio who are longtime friends and classmates are Mekdes Wall, Annika Dyck, and Maria Bergen. The fourth local student accepted into the program is Nadlyne Bergen. The latter Bergen was not available to comment, but the other three were very excited to have the opportunity.

"The three of us have played together, so I think we'll have good chemistry," said Dyck.

"I'm really grateful that we are able to have an opportunity like this," she

said. "As rural kids, it's really hard to get exposure if you would like to play at a higher level. I think it's really cool that they reached out to us and are giving us this opportunity as kids with potential."

Wall said it is especially good as well to be going into it with some classmates and friends.

"I thought it was pretty cool to just be able to be a local player and be able to grow with some elite competition and a good coaching staff," she said. "It's a really good opportunity ... I'm looking forward to it."

Maria Bergen thinks it will be a tremendous learning experience.

"I'm really thankful for this opportunity because playing here compared to in Winnipeg, it's two different levels," she said. "I'm happy to get this exposure to playing against athletes who are better ... it helps me as a player."

Being part of the junior Wesmen team will include a number of tournaments throughout the season with a break during the winter months before resuming next spring.

Cox recognized it is a bit more of a challenge for rural athletes with the program being in Winnipeg.

"It's a little bit tougher for some of



PHOTO BY LORNE STELMACH/VOICE

Mekdes Wall, Annika Dyck, Maria Bergen, and Nadlyn Bergen (not shown) will play on the University of Winnipeg's new junior Wesmen basketball team this fall.

the rural athletes to participate just because of the drive and the distance," she acknowledged.

"This group of girls has a lot of talent," she noted. "They have participated with some provincial teams and Manitoba Games teams, and they just have had some good coaching and development out there."

"I've seen them play a handful of times and some of our other coaches have as well," she noted. "We reached out in hopes that they would come to our tryouts."

"They're a great group; very athletic, and I think all of them are multi-sport athletes, and I think it's really helped them develop as basketball players

and as athletes."

Cox noted they have high hopes for the revival of the junior Wesmen program, which existed a number of years ago.

"We wanted to bring it back just to kind of increase our involvement with the youth basketball community," she said. "We're hoping it goes well ... and our biggest goal is that we get the chance to get some young players involved in our Wesmen community."

"It would be great if we were to perform well on the court as well, but I think more than anything we're just hoping we can give more kids an opportunity to play and get to know our program."

U18 female Pembina Valley Hawks down Buffaloes

By Lorne Stelmach

The female U18 Pembina Valley Hawks picked up their first win of the exhibition season Saturday.

Three unanswered goals in the third period broke open a tied game and gave the Hawks a 5-2 win over the Pilot Mound Buffaloes.

Emma Durand and Jessica Anderson each had a goal and an assist, with the other goals coming from Leah Klaassen, Casey O'Brien, and Rory Perrin. Kasia Rakowski had a solid game in net in stopping 31 of 33 shots.

The victory followed a 5-4 overtime exhibition loss to the Westman Wildcats the previous weekend.

Pembina Valley now takes part in the Central Plains Showcase tournament this weekend in Portage la Prairie. They take on the Eastman Selects Friday morning then have the Northern Capitals and Central Plains Capitals Saturday before closing it out with the Winnipeg Avros Sunday afternoon.

The following weekend then takes the Hawks to Grand Forks for a pair of exhibition games against the North Dakota 19U team.

The regular season gets underway with three home games in Morden the first weekend of October: the Hawks will welcome Westman Oct. 4, the Avros Oct. 5, then Eastman Oct. 6.



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SALE OF LANDS FOR ARREARS OF TAXES
RURAL MUNICIPALITY OF MORRIS

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **24th day of October, 2024**, at the hour of **10:00 AM**, at Rural Municipality of Morris, Council Chambers, 207 Main Street North, Morris, proceed to sell by public auction the following described properties:


Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
275450	ALL THAT PORTION OF RL 414 PARISH OF STE AGATHE WHICH LIES WEST OF HIGHWAY PLAN 4116 WLTO - 28150 PR 246 RD, RIVER LOTS E OF RIVER	L -\$60,600 B -\$49,200	\$14,686.16

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

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

Dated this 9th day of September, 2024.

Managed by:



Wes Unrau
Chief Administrative Officer
RURAL MUNICIPALITY OF MORRIS
Phone: (204) 746-7300
Fax: (204) 746-8801

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CAREERS



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CAREERS



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PUBLIC AUCTION

Annual General Meeting

OCTOBER 3


from 11:30-1pm
at Central Station

555 Main Street in Winkler

Lunch will be included by RSVP is required by September 30

Please RSVP to info@winklercentralstation.ca

PUBLIC NOTICE



CITY OF WINKLER
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PLANNING & INFRASTRUCTURE
Planning & Permitting Department

NOTICE OF PUBLIC HEARING

UNDER THE PLANNING ACT

The City of Winkler, under the authority of The Planning Act, will hold a hearing at which time and place the council of the City of Winkler will receive representation from the applicants and any other persons who wish to make representations in respect of the Rezoning Application No. RZ2024-004 and By-law No. 2321-24, being an amendment to Winkler Zoning By-law 2271-21 of the City of Winkler.


The general intent of the above By-Law No. 2321-24, is to zone the land described below, as shown outlined in a heavy solid line on the map attached hereto as Schedule "A", and forming part of this by-law, so that:

- A) The lands legally described as being Lots 1, 2,3, Plan No (Dep 709-2023) MLTO be rezoned:
FROM: "DR" DEVELOPMENT RESERVE ZONE
TO: "CG" COMMERCIAL GENERAL ZONE
- B) The lands legally described as being Lots 6,7,8 Plan No (Dep 709-2023) MLTO be rezoned:
FROM: "DR" DEVELOPMENT RESERVE ZONE
TO: "R2" RESIDENTIAL MEDIUM DENSITY ZONE
- C) That the lands legally described as being Public Reserve, Plan No (Dep 709-2023) MTLO be rezoned:
FROM: "DR" DEVELOPMENT RESERVE ZONE
TO: "PI" PUBLIC INFRASTRUCTURE ZONE

A copy of the above By-Law No. 2321-24 and supporting material may be inspected by any persons between the hours of 9:00 AM and 5:00 PM, Monday to Thursday and 9:00 AM and 4:30 PM, Friday, in the City Office.

Date of Hearing: October 8, 2024
Time of Hearing: 6:30 p.m.
Location: Winkler Council Chambers, 185 Main Street, Winkler, Manitoba

DATED at Winkler, in Manitoba, this 6th day of September 2024, Designated Officer, City of Winkler
Schedule "A"



185 Main Street, Winkler MB R6W1B4
204-325-9524 | permits@cityofwinkler.ca WWW.WINKLER.CA

CAREERS



PKF LAWYERS
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Legal Assistant - Carman, MB

PKF Lawyers is seeking a full-time or part-time Legal Assistant to join our dynamic team. As "Manitoba's Law Firm," our culture is built on professional excellence, collaboration, and a strong sense of pride in the services we deliver.

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We are looking for a candidate with the following skills:

- Excellent organizational capability and attention to detail
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- Strong interpersonal and communication skills
- Excellent written skills
- Ability to adapt to new processes
- Ability to work independently as well as part of a team
- Following instructions with minimal supervision
- Working knowledge of Microsoft Office

Position will include but is not limited to the following responsibilities:

- Ability to handle all aspects of a real estate transaction including preparing and managing all documentation from beginning to end
- Prepare all routine correspondence, draft and register electronic instruments
- Handle multiple simultaneous responsibilities
- Deal directly with clients, financial institutions, municipalities, real estate agents, brokers, and land registry offices
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ANNIVERSARY



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Jake and Katie Penner
 65th Anniversary
 September 27, 1959
 -Love and best wishes from your family

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The Winkler Morden Voice
 Call 204-467-5836 or
 ads@winklermordenvoice.ca

TENDER



Border Land School Division Invites Sealed Tenders for Snow Removal at the Following Locations in the Eastern portion of the Division for the 2024-2025 School Year

1. Roseau Valley School in Dominion City
2. Administration/Transportation Office in Dominion City
3. Shevchenko School in Vita
4. Ross L. Gray School in Sprague

All driveways and parking lots must be cleaned by 8:00 a.m., Monday-Friday. Please include type of machine, truck/machine sizes and hourly rates. Lowest or any tender may not necessarily be accepted.

Tender Deadline is 1:00 p.m., Friday, October 4, 2024

Address All Submissions to:
 Border Land School Division
Attention:
Barry Friesen, Maintenance Manager
 120 - 9th St. NW
 Altona, MB ROG OB1
 Email: friesenb@blsd.ca
 Phone: (204) 324-9536

TENDER



Border Land School Division Invites Tenders for Snow Removal at the Following Locations for the 2024-2025 School Year

1. Gretna Elementary School
2. Rosenfeld Elementary School
3. W.C. Miller Collegiate, École Parkside School, École West Park School, École Elmwood School and the Administration Office in Altona
4. Roseau Valley School in Dominion City
5. Administration/Transportation Office in Dominion City
6. Shevchenko School in Vita

All driveways and parking lots must be cleaned by 8 a.m., Monday-Friday. Please include type of machine, truck/machine sizes and hourly rates. Lowest or any tender may not necessarily be accepted.

Tender Deadline is 1:00 p.m., Friday, October 4, 2024

Address All Submissions to:
 Border Land School Division
Attention:
Barry Friesen, Maintenance Manager
 120 - 9th St. NW
 Altona, MB ROG OB1
 Email: friesenb@blsd.ca
 Phone: (204) 324-9536

NOTICE OF PUBLIC AUCTION



**NOTICE OF PUBLIC AUCTION
 SALE OF LANDS FOR ARREARS OF TAXES
 MUNICIPALITY OF RHINELAND**

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **23rd day of October, 2024**, at the hour of **10:00 AM**, at MUNICIPALITY OF RHINELAND, 109 3RD STREET NE, ALTONA MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
373045	LOT 1 BLOCK 2 PLAN 51772 MLTO EXC ALL MINES AND MINERALS AS RESERVED IN THE ORIGINAL GRANT FROM THE CROWN IN SW 1/4 9-3-1 WPM - 12 J.J. NICKEL CRES, ROSENFELD	L -\$27,100	NO RESERVE BID

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

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the MUNICIPALITY OF RHINELAND as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - iii) A fee in the amount \$500.85 (\$477 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 4th day of September, 2024.

Managed by:



Michael Rempel
 Chief Administrative Officer
 MUNICIPALITY OF RHINELAND
 Phone: (204) 324-5357
 Fax: (204) 324-1516

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PRESTIGE ROOFING

OBITUARY



Mary Ann Agnes Wiebe
January 8, 1937 – September 9, 2024

Mary Ann was adopted into the home of Jake R. and Agnes Wiebe in June 1937. She was well loved and very content with her family. Mary Ann lived near Plum Coulee, in Zion and in Winkler. She was baptized as a young adult and her church family was very important to her. She enjoyed the friendship and camaraderie at the Winkler Bethel Hospital where she worked meticulously in the Housekeeping Department for 25 years. She enjoyed entertaining and connecting with her Birthday Ladies Group, cousins at family gatherings and friends at church events. She was gifted in handiwork, liked to keep busy helping others and loved her cat Spotty. She crocheted many dishcloths for Samaritans Purse and cut many denim squares for others. Mary Ann enjoyed adventure and travelled extensively. Her favorite trip was to the Holy Land.

The highlight of Mary Ann's life was the special relationship she had with Stephanie, Courtney and Lindsey Wall. After their mother Mary passed away, Mary Ann took on the role of hosting family suppers for Easter, Christmas and Thanksgiving. Stephanie and Courtney were faithful helpers to Mary Ann in planning and preparing these meals, and these were times that the whole family looked forward to. Mary Ann was close to the age of their grandparents but she viewed them as 'her' children and she loved them.

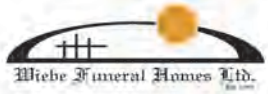
Mary Ann struggled with health issues in the last few years but she did not worry and instead trusted the Lord to take care of her. She was fully confident her life was in God's hands.

Mary Ann was hospitalized mid August due to the complications of her growing cancer. Her health declined quickly and she passed away peacefully September 9, 2024.

We would like to thank the residents and staff at BALC for the care they gave Mary Ann; The HF Wiebe Pharmacy for going above and beyond in making sure she had what she needed; Dr. Jordan Kroeker, Dr. Woelk and the staff in the Palliative Care Dept and the Medical Ward at BTHC for carefully honoring her wishes and diligently attending her needs during her stay.

If friends so desire, donations may be made in memory of Mary Ann to the BTHC Foundation. The funeral will be held on September 15th, 2024 at 3:00 p.m. at the Winkler Mennonite Brethren Church with a prior burial.

Wiebe Funeral Homes Winkler
in charge of arrangements



Announcements The Winkler Morden Voice

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OBITUARY



Fred Goshulak
May 22, 1928 - July 2, 2024

Our, dear Fred passed away on July 2, 2024 at the Red River Valley Lodge in Morris, MB.

He was born in Dauphin, MB and grew up on the family farm with his parents Nelly and Monty and his sisters Fran and Marge. He loved farm life and shared many special memories of his life there. As a young man we went to work for Western Grocers and also played in a band with a group of friends. They played for weddings and social events and also in the local pubs. Rumour has it that they were a hit and very popular!

He later went to work for CN Railroad which would eventually lead him to Morris where he chose to call home for the last 50 years. He lived at the Morris Manor where he met the love of his life, my mom, Gayle Fraser, "his Missy" just before the 1997 flood.

They lived there until 2022 when, for health reasons, had to transition to the RRVL. With the help of our very dear friend Cindy, we were able to stretch out one last year for them at the manor. He was a foodie and the four of us shared many meals of pizza, chicken, and "long sandwiches" (Subway), all his favourites. He loved it there and this move was hard for him as he was fiercely independent, self-reliant, and loved his cat Shilo who he couldn't take with him.

The adjustment didn't take long as the wonderful team at RRVL welcomed him with compassion, respect, love, and dignity making it possible for him to spend his last year and a half of life fulfilled and truly happy with "his Missy". And he got some visits with his sweet Shilo which brought him so much joy.

We are so blessed and thankful for each and every one of them.

A gentleman's gentleman. He was kind, considerate, generous, exceptionally polite, always thankful, and ever so humble.

We are so blessed that you chose us to share this life.

We love and will miss you always.

take a break

> GAMES

SUDOKU

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

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!

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Wrest
- Russian river
- Grupo Montparnasse founder
- One who quits prematurely
- Related to the nature of being
- Early multimedia
- Indigenous Tibetan religion
- Tease
- J.M. __, Irish dramatist
- Pounds per square inch
- Surrendered
- Notable Dallas Cowboy Leon
- Dash
- Man who behaves dishonorably
- British Air Aces
- Data executive
- Spiritual leader
- Flower cluster
- Of the cheek
- Tears down
- Uncoordinated
- Touches lightly
- Soak
- Founder of Babism
- Not good
- Inches per minute (abbr.)
- Type of casino game
- Skills assessments for adults
- Check
- Gives a job
- Fifth note of a major scale
- Small, faint constellation
- Thou
- Reduce
- Another recording
- Removes for good
- Jill and Catherine are two
- Cruise

CLUES DOWN

- Greenwich Time
- Metropolis

			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	
53				54		55							56	
57				58		59			60	61	62			
	63	64						65						
								67						

- Complete
- Scheduled
- One who obeys
- Resinlike substance secreted by certain lac insects
- Days (Spanish)
- Unsaturated hydrocarbon radical
- Region of the U.S. (abbr.)
- Tributary of the Alabama River
- One who eliminates
- Ballroom music
- Officer in the Book of Mormon
- Denies
- Barrels per day (abbr.)
- Make vital
- Former NFLer Newton
- Kashmiri tribe
- Indigenous S. American person
- Capacitance unit
- MLB great Scherzer
- Taxi
- Boggy
- Artist's workroom
- Feline
- Prosecutors
- Freshwater perches
- Young ladies
- Whittles
- Licensed for Wall Street
- Type of gene
- Express displeasure
- Fly high
- Norwegian krone
- Investment account
- Chinese surname
- Language
- By the way (abbr.)

Genesis House hosting fundraising walk/bike for transitional housing project

Oct. 5 event sets \$20K donation goal

By Ashleigh Viveiros

Genesis House, the regional shelter for the victims of domestic violence, is aiming high with its first Ride for Refuge fundraiser taking place in Morden in a few weeks.

At press time, the Oct. 5 event already had a couple dozen participants, several teams, and \$2,400 in pledges collected towards their \$20,000 goal, but there's certainly room for more.

Karina Bueckert, who's heading up the event on behalf of Genesis House, is feeling good about their chances to give the shelter a great head start on its new transitional housing project.

"This is their first fundraiser that's going to go towards that, so we're really excited to launch all of it," she says.

With the soaring costs of housing, it's become increasingly more difficult for women who want to permanently leave an abusive partner to do so. Genesis House shares that only about 12 per cent of women move into their own housing upon leaving the shelter. The remaining 88 per cent move into temporary living situations or, in many cases, return to their abuser.

"They have emergency housing available, but there's so much more needed," Bueckert says.

The shelter plans to build a 25-unit transitional housing complex that will help domestic violence survivors get back on their feet, away from their abusers.

The project comes with a \$14 million price tag. Bueckert hopes the Ride for Refugee's \$20,000—or more—will be the first step towards making it a reality.

Participants are invited to walk or bike either a 2 kilometre or a 5 kilo-



metre route that will start and finish at the Access Event Centre on Saturday, Oct. 5

Check-in will begin at 10 a.m. that day followed by the send-off at 11 a.m. and then a light lunch at noon after the walk.

There is no fee to take part, but participants are asked to try and collect as much they can in pledges in support of Genesis House. Adults who raise over \$150 and kids who raise over \$75 will receive a free event shirt for their efforts, while supplies last.

While same-day sign-up is welcome, you can also register in advance to get started on fundraising online at rideforrefuge.org/location/morden.

That's also the spot to go to make a donation, either towards the cause in general or a specific walker/team.

Bueckert hopes to see more local businesses and community groups get involved in the walk, perhaps challenging others to some friendly competition.

Genesis House itself is squaring off against SOFIA House in Regina to see which shelter can raise the most.

"We're trying to do this whole Blue Bombers versus Roughriders thing," says Bueckert. "They have more participants so far, but I'm not worried. We've got this."

Niigaan Sinclair to speak in Morris Sept. 25

By Siobhan Maas

On Sept. 25, Niigaan Sinclair will speak at the Morris Multiplex, continuing a conversation that began almost 10 years ago.

What started as a land acknowledgement during Sunday services at the joint congregation of the Lutheran Church of the Cross and Morris United Church in 2021 has expanded to form a Truth and Reconciliation committee of seven people from Morris and area.

"The United Church board wanted to grow this simple act [of land acknowledgement] into something more," shared Sharon Eadie, member of the committee and a United Church board member. "We started with a monthly five-minute educational piece on a relevant topic to help the congregation."

Now the board has invited author, *Winnipeg Free Press* columnist, and University of Manitoba professor of Indigenous Studies Niigaan Sinclair to lead the beginnings of that something more.

"Where to start can be overwhelming, so we are starting here. Now," said Eadie.

Eadie expressed the view that

"many people want to do something [about reconciliation] but don't know where to start, and often it is easier to do nothing."

"We hope the event brings into the open the interest people have for more conversation, coming together, sharing resources," she said. "This event will be us together—the people who care to do something—rather than individually. Even a small group is a start to something more. "This is just the first step, we hope. We are creating a trust relationship with someone to guide us."

At the event, Sinclair will address comments made in a 2013 *Morris Mirror* editorial piece written by editor-in-chief Reed Turcotte. The opinion piece stated that "in some cases, natives are acting like terrorists in their own country. Indians/natives want it all but corruption and laziness prevent some of them from working for it."

The comment shocked many in Morris and sparked conversation both within and outside the community.

Sinclair responded in his role as a columnist and as an Indigenous man, encouraging readers to "learn the history of who we are" and "make some new paths" because "we are more

than the words and images we have inherited."

Sinclair's own opinion piece reflected on how "we can expect more of ourselves if we are brave, honest and patient and if we listen. It is time that we give each other the gifts of responsibility."

The upcoming presentation will put these past encouragements into action.

"People need to recognize the damage done," said Eadie. "It is important that people hear stories. We need the truth through learning and listening [and] inside of just understanding, we are deciding what works with a wrong foundation."

Eadie hopes the committee can "understand how we can begin our learning journey."

"We cannot treat people the same because we are not seeing the inequity. We fail to see how systems are designed to favour what already exists."

She further acknowledged a simple fact of life: "Humans need something fundamental so they understand what their purpose is and they have inspiration knowing that what they are doing matters. Without something meaningful it is hard to push forward. It is knowing that you make a difference in the world, that your presence matters: to give, to be kind, to want to participate."

The Truth & Reconciliation event takes place on Wednesday, Sept. 25 at the Morris Multiplex at 7:30 p.m. All are welcome. There is no admission fee.

> HAWKS, FROM PG. 14

"It was a fun weekend of hockey," said Andrews. "We were able to narrow things down and pick our final roster."

"We would like to thank all of the kids who came to tryout and helped to keep our camp super competitive and fast paced," he added.

Pembina Valley now hits the practice ice and begins to gear up for the start of the regular season, which kicks off with a pair of home games in Morden next weekend.

The Hawks host Southwest Sept. 28 and then welcome Parkland Sept. 29.

get inspired

> MEAL IDEAS



Caterpillar Sandwich

each.

Lay American cheese, ham and lettuce leaf on one bread slice then top with other bread slice.

Using biscuit cutter, punch four holes into sandwich, removing crust from sandwich, then set aside.

Using toothpick or knife, poke two holes into cherry tomato. Insert small cores of carrot into tomato for “antennae.”

Using pastry tip, cut “eyes” out of provolone cheese. Cut out sliver of provolone cheese for “mouth.”

Dab mayo on back of “eyes” and “mouth” then attach to cherry tomato.

Use black decorating gel to add tiny dots to eyes for pupils; set aside.

Place four mini sandwich circles on plate to form caterpillar body then place cherry tomato face at one end.

Total time: 20 minutes
 Servings: 1
 2 slices whole-wheat bread
 mayonnaise, divided
 1 slice Kretschmar American Cheese
 2 slices Kretschmar Off the Bone Ham
 1 leaf iceberg lettuce
 1 cherry tomato
 1 carrot, shaved
 1 slice Kretschmar Provolone Cheese
 black decorating gel
 On two slices whole-wheat bread, spread thin layer of mayonnaise on



Spiced Pineapple Skewers

skewers, soak in water 30 minutes.

Heat grill to 300 F.

Trim and cut pineapple and ham steak into 1-inch cubes, 1/2-inch thick, and lay on paper towel to pat dry before placing in mixing bowl. Add barbecue sauce to bowl. Toss to combine.

Cut bell peppers and red onion into equal-sized, 1-inch cubes. Place in small bowl and coat with canola oil, salt and black pepper, to taste.

To assemble skewers: Alternate threading ham, pineapple, bell peppers and onion onto skewers then place on baking sheet.

Using paper towel, apply oil to grill grates or grill pan then place skewers on grill uncovered, turning every few minutes until charred, no longer than 6-7 minutes.

Total time: 30 minutes
 Servings: 4
 8-10 stainless steel or wooden skewers
 16 ounces pineapple,
 1 1/2 pounds Kretschmar Spiced Pineapple Ham
 1/2 cup Hawaiian-style barbecue sauce
 1 green bell pepper
 1 red bell pepper
 1 small red onion
 1/4 cup canola oil
 1 teaspoon salt
 black pepper, to taste
 oil, for grates
 Prepare skewers. If using wooden



Chicken Spaghetti

Recipe courtesy of “Cookin’ Savvy”

Servings: 4
 2 pounds spaghetti noodles
 1 box chicken broth
 water
 3 cups chopped, cooked chicken
 2 tablespoons garlic powder
 1 tablespoon onion powder
 1 can (10 ounces) cream of celery
 1 can (10 ounces) diced tomatoes and green chiles

Why fibre is important during a perimenopausal diet

By Julie Germaine Coram

Each stage of life has significant challenges, but thankfully, there are nutritional ‘cheats’ to ease the physical burden. A high-fibre diet during perimenopause can help combat uncomfortable bloating and digestive issues and even aid women in managing the emotional changes often experienced.

Fibre also supports healthy weight management by controlling appetite and the excretion of excess hormones, such as estrogen. When transitioning through this stage of life, it is incredibly important to include foods such as fresh fruit, oats, a variety of vegetables, whole grains, and high-fibre legumes in your regular diet.

Unfortunately, not addressing dietary issues during perimenopause can result in weight gain, mood disorders, low energy, and ongoing struggles with proper digestion. The latter is a common complaint women make, which can be alleviated by simply incorporating more soluble fibre to promote optimal gut health.

An increase in body fat is usually accepted by women over 40, and some healthcare professionals even encourage them to embrace this. Women are beautiful in every size and shape and should never be unhappy with their bodies, but it is possible to avoid weight gain by maintaining a healthy metabolism. This is accomplished through regular physical activity and a complete, nutritious diet. Once again, fibre plays a key role by keeping you feeling ‘full’ for longer (more satisfied and energized). It can also stabilize potential insulin spikes by slowing digestion overall.

Quality rest is essential for everyone’s well-being, and no one wants to be interrupted by hot flashes in the middle of the night. Interest-



Julie Germaine Coram
 Registered personal trainer

ingly, the fibre content in foods like flaxseed or chia seeds can bind to excess estrogen during digestion, aiding in its removal from the body. This hormone-balancing effect of fibre can help ease the perimenopausal symptoms, promoting a good night’s sleep.

Lastly, cardiovascular health should always be a priority, and the risk of cardiovascular disease rises as estrogen levels decline. Cue fibre once again! Beans are high in fibre and have been proven to lower cholesterol levels, supporting great heart health.

Do you want to discuss your nutrition questions, fitness goals and struggles with me? Visit my website www.juliegermaine.com or schedule a consult by visiting: www.calendly.com/juliegermaine

Coach Julie Germaine Coram is dedicated to long-life health! She is an active mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fitness Specialist. She has helped many thousands of people worldwide improve their health since 2005.

salt, to taste
 pepper, to taste
 1/2 block pasteurized cheese
 shredded cheese or Parmesan cheese (optional)

French bread (optional)
 salad (optional)

In large Dutch oven, cook spaghetti noodles in chicken broth and water. While noodles are cooking, add chicken and let water reduce until almost gone and noodles are moist.

Turn off heat and add garlic powder, onion powder, cream of celery and diced tomatoes with chiles; add salt and

pepper, to taste. Cut cheese into chunks and add to Dutch oven. Mix well and cover Dutch oven with lid, about 5 minutes.

Serve spaghetti with shredded cheese or Parmesan on top, if desired. Serve with French bread and salad, if desired.

Tip: Leftovers can be placed in disposable aluminum pan and covered with foil. Freeze up to 1 month. When ready to eat, heat oven to 350 F and bake 30 minutes with foil on then 5 minutes with foil removed. If dry, add 1/2 cup chicken broth during final 5 minutes.