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Fun and food at Heritage Day

The crowd that attended Fort Dufferin Heritage Day Saturday were treated to a hearty lunch, which included a variety of desserts, such as the muffins presented by volunteer Rita Wiebe. For more photos, see Pg. 16.

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

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get informed

A brand new season of learning begins at AAFRC

By Lori Penner

The Altona and Area Family Resource Centre (AAFRC) is excited to launch another fall season, filled with fun ways to support families and pre-schoolers.

"We have so many exciting things already starting and coming up and I hope many of you can join us with your little ones," says director Nina Edbom-Kehler. "We're looking forward to con-

necting with everyone again."

The AAFRC will once again be hosting their weekly Stay & Play drop-in programs in Altona, Gretna, and Rosenfeld. The Altona group began on Sept. 12.

"It was really nice to hear all the little kids in the playroom downstairs, and it's exciting to have them back in the building," Edbom-Kehler says. "And there's a lot of new faces. I think to start with, we had eight families, and I think there

were 10 or 12 kids. So that was really exciting. For the other two communities, we like to give the schools a week or so before we come in, so Rosenfeld starts on Sept. 20 with Gretna to follow on Sept. 21."

No registration is required for these programs. Just drop in and participate.

"With this program, we concentrate on socialization. There are centres with toys set up with different developmental levels, from Lego or dress up clothes. There's often a craft table where they can cut or colour things, or a product they can create. We're also bringing a snack back. Some of the kids that are there from 9:30 to 11:30 a.m. might be getting a little hungry. We usually tie up the end with a story book or songs."

A new program this year is Toddler Shenanigans on Wednesdays at 10 a.m. at the Altona Park, with some great activities planned.

"This one will run into October. It's



SUPPLIED PHOTO

The Altona and Area Family Resource has its free early childhood education programs up and running again for the fall sessions.

more about messy play exploration, so some parents are a little leery about

bringing all that messiness into their house. So come out with your kids, and we'll do all the clean up. Our Altona facilitator Lisa Hiebert Penner will be there to help with all the fun."

Email the AAFRC (aafrc1998@gmail.com) to register for this program with the names

and ages of the children you will be bringing with you, to ensure supplies last.

"WE HAVE SO MANY EXCITING THINGS ALREADY STARTING AND COMING UP ..."

Continued on page 13



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Breaking ground on Coulee's pedestrian bridge

By Ashleigh Viveiros

Plum Coulee broke ground last Wednesday on a new pedestrian bridge that will join the two halves of the community.

Project leaders, supporters, and dignitaries gathered at the end of Centre Ave. to symbolically begin work on the bridge spanning the Hespler Drain, which cuts off the south side of the community from the north.

"It's been a long, long time since we started this, since we had this idea," said committee member June Letkeman, sharing it's been about four years of lobbying, fundraising, and planning to get to this point. "We need a pedestrian bridge here. It's a necessary thing that we have this bridge to join the sides of our town, somewhere for the children to walk safely."

There have long been safety concerns about the temporary bridge currently in place (and arguments with the Province on whether it should be removed entirely), Letkeman noted, and the only other way to get across is a busy traffic bridge on Provincial Road 306 or walking down Hwy. 14—neither of them particularly safe options for pedestrians or cyclists.

"It's been a journey, but here we are," she said, sharing that they've raised nearly \$300,000 of the estimated \$420,000 needed for the project—enough to get it started—and have no doubt the remaining money will come in as work begins. "People have



PHOTO BY ASHLEIGH VIVEIROS/VOICE

The community of Plum Coulee last week broke ground on a new pedestrian bridge that will span the Hespler Drain and permanently connect the north and south sides of town.

just been so generous."

Committee member Kyle Wiebe has been overseeing some of the engineering work on the bridge. He says the plan is to get Phase 1 underway this year.

"Right now we're busy working with a great team of engineers," he says. "They've completed our geotechnical assessment for the project and they're currently working on the hydraulic and hydrological assessment for the project."

"Once the engineering's in place, which should be fairly shortly, it's going to go to a great team of public servants with MTI [Manitoba Transport

ation and Infrastructure], since we're working with a provincial waterway here, and we'll get the final approvals from them and then construction is going to happen immediately afterwards."

Getting the foundation in is part of the first phase, Wiebe noted. The rest of the bridge will be built in 2024.

Rhineland Reeve Don Wiebe lauded Letkeman and her fellow committee members for all their work on this.

"I think it's paid off," he said. "Thanks to all of you and to the community for supporting this project."

"It has a purpose of connecting people ... we're looking forward to seeing its completion."



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Gospel music lovers gathered at a farm just south of Winkler Saturday afternoon to hear from a variety of groups (including Susan Fehr and Friends, above), chow down on barbecue food, and put their tickets in for auction prizes in support of Grace Valley Mennonite Academy. The festival raised upwards of \$8,000 for the school, shares organizer Betty Hiebert.

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WORK & WESTERN WEARHOUSE

United Way aims high with \$150K campaign goal

By Lorne Stelmach

United Way Pembina Valley kicked off its 2023 campaign last week.

The annual fundraising effort gets underway this month, and directors are optimistic they will be able to exceed what they brought in and distributed last year.

"The applications we receive for funding each year far exceeds the funds we have available," noted United Way Pembina Valley board president Levi Taylor. "We're hoping to close that gap a little more by setting a 2023 fundraising goal of \$150,000. But we need the community's help to

make it happen. We're always looking to contribute more to the community.

"We can't do it without generous donations, and so we've committed to approaching different businesses and holding different fundraising events to ensure that people are aware of the United Way Pembina Valley and aware of the different not-for-profits that we give back to, and we hope that will get people excited about donating knowing that 100 per cent of their donations are going back into the community to help those who are in need," said Taylor, noting government funding covers the agency's administrative costs.



PHOTO BY LORNE STELMACH/VOICE

United Way Pembina Valley president Levi Taylor says the agency is aiming high with its fundraising goal this year. They hope to raise \$150,000. Last year they were able to distribute a total of \$117,500 in grants and scholarships

United Way Pembina Valley was able to distribute \$110,000 in grant funding to 19 local non-profit agencies thanks to the community's support of the 2022 campaign.

That support also allowed them to present \$7,500 in scholarships and bursaries to 2023 graduates of Garden Valley Collegiate, Northlands Parkway Collegiate, and Morden Collegiate.

Taylor feels the merger of what was

formerly separate United Way campaigns in Winkler and Morden has paid off for the organization in recent years.

"We're all neighbours in the area, right, so what's good for Winkler is good for Morden and what's good for Morden is good for Winkler and Altona and Carman and surrounding areas," he said. "I think it's been positive."

Continued on page 9

"THE APPLICATIONS WE RECEIVE FOR FUNDING EACH YEAR FAR EXCEEDS THE FUNDS WE HAVE AVAILABLE. WE'RE HOPING TO CLOSE THAT GAP ..."

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Elias Woodwork marks 40 years with a community bash

By Ashleigh Viveiros

If you're going to have a party, why not do it right and invite the entire community?



That's just what Elias Woodwork did Saturday on the grounds of its Morden location as it celebrated 40 years of business in Morden-Winkler.

The company put a blanket call out to everyone to come enjoy inflatables, face painting, food trucks, and an evening of music that included performances from the Quonset Brothers, Leathers & Lace, and Canadian rock icons Trooper.

"We thought, let's do something special, something a little more outrageous than just the standard thing," says CEO Ralph Fehr. "So we started talking about bringing in some good name bands. And then we thought, well, if we're doing that, we may as well open it up to everybody, not just our employees, because it really is the people of the area that have made it all possible for us over the years."

In 1983, Ron Elias and brothers John and Ralph Fehr purchased Elias Woodwork from Peter Elias, who had



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Elias Woodwork celebrated its 40th with a community party featuring performances from the Quonset Brothers, Leather and Lace (left), and Trooper (above). There were also food trucks and dozens of inflatable fun and games for the kids (below).

started the business as a one-man cabinet shop from a garage on his side yard.

Over the years the company has grown in leaps and bounds, reliably doubling its manufacturing capacity and sales every four years and growing from its initial 2,000 square foot location in Winkler to increasingly larger shops in both Winkler and Morden today. They currently employ upwards of 450 people.

Today they manufacture cabinetry and millwork components for industry professionals all across North America, Fehr says, attributing the company's success to the work ethic of people in this area.

"That's, I think, the big reason why we do so well—the ambition of the people in the Winkler, Morden, Altona area," he says. "We have such enthusiastic people who work so very hard."

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• DON'T MIND THE MESS

A mother's wish as the buses drive by

While many parents anticipate the beginning of a new school year like a long-awaited holiday, my mother always seemed a little sad when September arrived.

She said she loved to see us playing out in the yard, and the relaxed schedule of summer holidays, with no pressure to drag us out of our warm beds on a frosty winter morning, hurry us along so we wouldn't miss the bus, or pack endless lunches.

We became more ourselves over those two months away from the classroom with all its lessons and peer pressure, when it was mostly siblings and cousins who were our companions, and Monday was simply just another day of the week.

But suddenly, there we were, in our new school clothes, in our clean new shoes, holding our new lunch kits, standing at the end of our long country driveway, waiting for the big yellow bus that would drive us back to the harsh reality of schedules and expectations. We were tired, because it was hard to get to sleep the night before, with a mixture of dread and excitement, wondering what the next day would bring.

As we stared down the road, waiting for our ride to reality, we could

feel our mother watching us from the kitchen window, her day's work just beginning. But on this day, the rooms would be empty, and the quiet would be too loud. She'd turn up the volume a bit on that radio on the kitchen windowsill. And the book she saved for just such a day would remain on her dresser, because she needed to get used to the idea of having a little time to herself again.

People often say they didn't appreciate their mother's love enough, but during those school days, I felt it keenly. She watched us leave and she'd rejoice when we got back home. Her chicks were back in the nest, where they belonged. I never took that welcoming spirit for granted, especially when I knew other kids who didn't have that smile waiting for them at the door.

I have so much of my mother in me. I was glad my kids were learning, and their worlds were expanding a little outside of my own little nest but seeing them run back to the house from the bus at 4 p.m. each day always made me happy. Maybe I wasn't a progressive-minded woman, but I felt whole again when my house was full, and I was surrounded by the familiar mayhem that spelled home to me.

Now that most of my chicks have flown away to their own nests, I still feel a little nostalgic when I see those yellow buses drive by. I can sense the anticipation of the kids on every seat, wondering if their friends changed over the summer, and whether they'll like their teacher or not. Will they fit in? Will the work be too hard?

As Sara Baume wrote, "The old summer's end, melancholy at my heels. There's no school to go back to; no details of my life will change come the onset of September, yet still, I feel the old trepidation."

My empathy blows up, and I say a little prayer for all those young scholars, embarking on a brand-new year of learning. It will take a while to wean themselves off the lackadaisical days of summer, where the authority figure stands beside a desk and not a dishwasher, and it matters that you're wearing the same shirt a few days in a row, and you have to learn to sit still again.

The only thing they know for sure is that by next summer, they'll be a little taller and hopefully a little wiser. And somewhere, there is a mother who never forgot how they looked in Kindergarten and realizes that letting go never gets any easier.



By Lori Penner



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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.

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

Artisan Market Tour returns

By Ashleigh Viveiros

An artisan market tour that had its roots in the height of the pandemic is back for a second go-around this weekend.

The first Artisan Market Tour in the spring of 2021 was a way to give local makers and bakers a chance to sell their wares without having to be part of large public gatherings.

Instead, shoppers were invited to stop by the homes of these artisans, who set up shop for the day in their garages and front yards.

While public health restrictions are a thing of the past, the success of that first tour was such that organizer LaDawn Insull has decided to do it again this Saturday, Sept. 23, from 9 a.m. to 3 p.m.

"There was a really positive response the first time, not only from shoppers but also from the artisans," said Insull, who is also a stop on the tour with her handcrafted jewelry.

"First off, it's the easiest market to

set up for," she said with a chuckle. "We can just set up the night before and then open the garage door ready to go. So the set up and take down is definitely a bonus as an artisan."

It's also a fun way for people to shop local while getting the chance to explore locations in Winkler, Morden, and Stanley.

"I really want to emphasize the idea of shopping local, supporting handmade businesses," Insull said, noting it's a great way for artisans to get their name out there. "You might not get the sale that day, but it might be that now your neighbours know that you sell whatever it is you make and they might be knocking on your door on another day, for Christmas or birthday gifts."

"It's about making those community connections."

There are 21 artisans taking part in the 2023 tour: 18 in Winkler, two in Stanley just south of Winkler, and one in Morden. All will have signs up so you know you're in the right spot.



LaDawn Insull is organizing the second Artisan Market Tour this Saturday. There are stops in Winkler, Morden, and Stanley. VOICE FILE PHOTO

"Many of them are actually sharing locations this year," Insull said. "So you could probably almost hit all 21 because some spots have two or even three artisans."

They run the gamut in goods on offer, everything from painted rocks,

jewelry, and wood creations to dog treats, pottery, custom softline items, and more.

The full list along with directions to each stop is available online at www.artisanmarkettour.ca.

PCs promise health-care recruitment funds

By Ashleigh Viveiros

Morden-Winkler Progressive Conservative candidate Carrie Hiebert unveiled one of her party's health-care promises on Monday.

Standing across the road from the Boundary Trails Health Centre, Hiebert announced that a re-elected PC government would invest \$40 million into new permanent recruitment fund to expand Manitoba's rural health-care workforce. An \$80 million health-care recruitment fund for Winnipeg will also be established.

"We're facing a health-care staffing crisis," Hiebert said, noting this funding will help ensure BTHC will have the staff needed to man the \$100-million expansion currently underway there.

"We're growing that, there's this big new construction happening there and it needs to be staffed," she said. "There's definitely going to be priority needs in different areas and one of them is going to be Boundary Trails Health Centre."

The announcement comes on the heels of the New Democratic Party of Manitoba making almost daily announcements in recent weeks of how it plans to fix the Manitoba's health-care system.

NDP leader Wab Kinew has pledged to reopen emergency wards closed by

the Conservative government, improve cardiac care, streamline credentialing for internationally educated health-care professionals, hire more home care workers, and build a new Cancer Care Building at Health Sciences Centre and a Mature Women's Centre at Victoria Hospital.

"Heather Stefanson wants you to think the best she can do is the best we can do. But in this election, you can vote for better health care," Kinew noted Monday as he pledged to reduce wait times at Grace Hospital in Winnipeg by adding emergency rooms and beds and also expanding surgical capacity. "The time for excuses is over. It's time for change."

Hiebert said that fixing the health care system will take time and a solid plan that doesn't increase the tax burden on Manitobans.

"Wab Kinew has promised to build almost a dozen new medical facilities without committing to the existing projects underway, without strategic planning or clinical backing, and with absolutely no indication on how he plans to staff them," she said. "Not only is the PC health capital plan fully costed, it's already under way."

"We're moving forward. We're on the right path," Hiebert said. "And we just don't want that to stop."

Manitobans head to the polls Oct. 3.



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'Bring Back the Hymns' show stops in Winkler

Award-winning violinist Rosemary Siemens offered a live performance at the Winkler MB Church on Sept. 15. The show was part of a series of three in Winkler, Steinbach, and Winnipeg delivering a live version of her Bring Back the Hymns series on YouTube. Taking to the stage alongside Siemens was her husband, jazz saxophonist Eli Bennett. The show also featured the couple's four-year-old son, Theodore Parker Bennett, and Siemens' parents, Jack and Mary Siemens.

PHOTO BY LORI PENNER/VOICE



Morden organizing host of Culture Days activities

National celebration of culture runs Sept. 22-29

By Lorne Stelmach

Morden will be part of nationwide cultural celebration this month.

A number of local activities are planned from Sept. 22-29 for Culture Days Morden in connection with Culture Days Canada.

Culture Days is committed to reaching the goal of having all Canadians in every community declaring "I Love Culture" and making culture a daily habit, and Pembina Hills Arts Council is among the local organizations participating in the event.

"Culture is an integral part of what makes our community so vibrant, and we are very proud and excited to be participating again in Culture Days," said director Liza Isakov.

"This annual event is an opportunity to publicly highlight the enormous talent and creativity that exists right here in Morden," she added. "I encourage everyone to express their love of culture by participating in some of the fantastic free activities on offer. Get out and discover our wonderfully talented local artists and cultural offerings, roll up your sleeves and get creative yourself."

Over 5.5 million Canadians have participated in 25,000 Culture Days activities hosted by 4,440 Canadian artists, cultural organizations, and groups since 2010.

Culture Days activities will be taking place in over 825 communities across Canada between Sept. 22 and Oct. 15, including over 10 activities in Morden. Here is a rundown of what's happening:

- Sept. 22 - chalk art, a mini market, and an arts council mural unveiling at 4 p.m. along with free activities all day at the Morden library.

- Sept. 23 - Whitecap Coffee latte art (10:30-11:30 a.m.) and a coffee brewing demo and tasting (2:30-3:30 p.m., with registration required). There will also again be free activities at the Morden library.

- Sept. 24 - Trunk or Treats and *Supercats* movie night at the Stardust Drive-in starting at 7:15 p.m., with the movie starting at 8:15 p.m. There will also be free admission at the Canadian Fossil Discovery Centre (CFDC).

- Sept. 25 - Soulful Studio workshop and Regional Connections Coffee Corner (6:30-8 p.m. Registration is required). The CFDC will also again have free admission.

- Sept. 26 - A Stroll Through Time at Bellas Castle (5:30-7 p.m., with registration required). There will also be free activities at the Morden library.

- Sept. 27 - Open mic night at Rendezvous starting at 8 p.m. as well as free activities at the library.

- Sept. 28 - Morden farmers' market at 4 p.m. along with a Dutch blitz tournament and game night at 500 Stephen and free activities at the library.

- Sept. 29 - Regional Connections fun extravaganza at the Morden Activity Centre (5-8 p.m.) and free activities at the Morden library.

You can visit the Morden Culture Days hub and plan your week online at Culturedays.ca or mymorden.ca/ events.

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Plum Coulee School hosting a Walk for Cancer

Entire community invited to walk in memory of kindergarten teacher Lori Driedger

By Ashleigh Viveiros

Plum Coulee School is honouring one of its own next week.

The school, which annually takes part in the national Terry Fox School Run, is this year doing a Walk for Cancer fundraiser the same day in memory of teacher Lori Driedger, who died of the disease this summer.

"She had worked for 16 years in Plum Coulee School teaching kindergarten," shares principal Mary Eberling-Penner. "She passed away very suddenly from cancer. She taught school here until the 30th of June and passed away in July."

Driedger was a dedicated, compassionate educator who touched the lives of countless children and their families during her career.

"She was a master kindergarten teacher,"

Eberling-Penner recalls. "Very kind, very nurturing, very caring, which made her a good first teacher for every child to have.

"She taught orderliness with kindness because she wanted people, her kids, to always feel safe and to learn to respect each other. She was always teaching with kindness."

When schools were closed during the pandemic, Driedger did driveway visits at each of her students' homes to ensure they felt loved and supported and to celebrate their graduation from kindergarten in a special way.

Earlier this summer the community was invited to leave messages on the school's sidewalk and Driedger's classroom window as a memorial. The community filled the space with memories and condolences.

Now that the new school year has begun, they wanted to do something more.

"We decided as a staff that we would still do the fundraising for cancer research through the Terry Fox Foundation, but we would try and connect it to Mrs. Driedger," says Eberling-Penner. "The kids are eager, I think, to do something active."

The walk, which takes place at 2 p.m. on Wednesday, Sept. 27 on the school's grounds, is open to anyone in the community who wants to take part.

"A lot of parents who have been in the community, they may have had Lori as their kindergarten teacher themselves," notes Eberling-Penner. "She was already in some cases on her second generation of kindergarten children."

Walkers are encouraged to wear something pink, which was Driedger's favourite colour.

They're also working on a special surprise at the end of the walk, at about 3



SUPPLIED PHOTO Plum Coulee School walks in memory of Lori Driedger Sept. 27

p.m., weather and time allowing.

If you can't make next week's walk but would like to support the cause, head to terryfoxschoolrun.org and make a donation to Plum Coulee School (site number: MB1640).

> UNITED WAY PEMBINA VALLEY, FROM PG. 4

itive ... we're excited about the future.

He also suggested that supporters appreciate that the United Way supports a wide range of community organizations.

"It's not just one area of life that we support. We try to support wide, diverse programs. I think people like the idea that a 100 per cent of their donations are being reinvested into the community, and they're going to programs that people are aware of, that people are familiar with and that people see their neighbours going to and benefitting from," he said. "It is only through the generosity of indi-

vidual and corporate donors that we are able to support vital programs and services in our community each year."

Donations to the campaign can be made in person at the Access Credit Union branches in Winkler or Morden, online at unitedwaypembinavalley.ca, or by mail to United Way, PO Box 758, Morden, MB, R6M 1A7.

United Way volunteers will also be at the Winkler Senior Centre on Oct. 4 from 9-11 a.m., at the Winkler Co-op grocery store on Oct. 11 from 9 a.m. to 6 p.m., and at the Morden Co-op grocery store Oct. 18 from 9 a.m. to 6

p.m. to answer questions and accept donations in person.

Businesses interested in learning more about the agency's payroll deduction program are urged to email them at unitedwaypembinavalley@gmail.com for details.

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Three vying for Morden-Winkler riding seat

Conservative, Liberal, and NDP candidates make their pitch for your vote Oct. 3

KEN FRIESEN,

NEW DEMOCRATIC PARTY

Ken Friesen has a clear idea of how he would approach the role if he were to be elected in the Morden-Winkler riding as the NDP candidate.

"I want to be the loudspeaker for everybody in our community," said Friesen, who vowed to be a thorn in the side of anyone who is stopping progress. "Having a local voice in the Legislature is important, but more important is to have someone who is willing to stick their neck out and to actually speak up for the people here."

Friesen is originally from Winkler and went on to spend time in Winnipeg as well as overseas before moving back to Morden.

He is currently a member of the Pembina Hills Arts Council board, where he aims to champion the idea that everyone needs a voice and an avenue to express themselves and their ideas.

"We chose to live in Morden because it is a community that we absolutely love and adore," said Friesen.

He has a degree in the ministry field from Providence College as well as a degree in political science with a minor in religion from University of Manitoba, but he is now working now in the field of IT sales.

He has been a member of the NDP since he became an adult and was involved in a local riding association while living in Winnipeg. More recently, he has been helping to organize and co-ordinate the party's presence

in this area.

"I've always been interested in politics and how people relate to each other and how people understand and try to makes sense of the world around them ... and how can we try to make life better for everybody involved," said Friesen.

"I've been involved in a number of campaigns ... trying to engage with and educate people around me to let them know that there is an alternative to what we have been provided so far."

There are a number of key issues in this election but perhaps none moreso than health care, he suggested.

"I want to stop the cuts to health care," Friesen said, citing the need to address issues like the waiting lists for family doctors. "I also want to ensure that our local voices are being heard in our education system."

Friesen suggested a Conservative government will continue not investing as much in this riding because they feel it is not necessary to gain support.

"The only way is to make the PCs stand up and notice that they cannot just win, cannot just waltz into this riding and assume things," he said.

He sees an overall struggle for so many people is affordability and all that comes into play, so there is a need for such things as tax cuts and freezing

hydro rates for example.

"Keeping things affordable is one way we can help ease the burden," said Friesen.

"What I've seen time and time again in this area is I don't really hear their voice in the Legislature. I don't see that commitment coming back to the people in this area," he concluded. "The NDP is committed to standing up for people, standing up for workers, standing up for all the different communities within our larger community."

MATTISON FROESE,

LIBERAL PARTY

Mattison Froese wants to help grow the Liberal brand in the province, so he welcomes the opportunity to be the party's candidate for the Morden-Winkler riding.

He realizes that it is a challenge especially in southern Manitoba, which has traditionally been solidly Conservative.

"I think a lot of it is complacency in government ... they don't really need to listen to their constituents and don't really listen to the needs of the communities," said Froese. "I think Liberals are the best choice for Manitoba ... we offer a real choice to make real change."

Froese is from Winnipeg, where he earned a degree in business administration from the University of Winnipeg and currently works with a city credit union.

He has been involved with the Liberal Party for about five years and had the opportunity to put his name forward as a candidate for the first time this year.

"I've been thinking about it for awhile, but the party reached out to me ... it's a good opportunity to help out when the party was needing candidates," said Froese. "I'm very excited about it, and I think I could do a good job for it."

He credits the party leader for drawing him to the Liberals.

"What attracted me the most to the Liberal Party was Dougald Lamont because he is very well educated and knows a lot about what he's talking about," said Froese. "And beyond that, he has genuine care for people and not just helping the average Manitoban, but he cares about making lives better for everyone."

"I see him as a chance for Manitoba to move out of the climbing pattern of the same switching between two parties. It's a chance for real change."

Putting his name forward for the Morden-Winkler riding seemed to be an ideal choice for him, Froese noted.

"I'm attracted to it because they are very fast growing communities," he said. "In particular, I like the model of the public housing project in Winkler. I feel public housing and things like housing

co-ops are great ways to deal with the housing crisis in the province. I think it's a very good model that the province should be investing more in."

He touched on what he sees as priorities in this election.

"The key issues to me are the government services in education, housing, and health care," Froese said. "The government has been neglecting things for a long time."

He cited the increasing number of labour strikes now as an example of where a different approach is needed.

"We just keep passing on the buck in trying to balance the budget through the wages of the workers who need it, and this has ripple effects of people not being able to afford their month to month expenses ... wages are not rising to keep pace with it."

"So I think we need to focus more on investing in the growth of Manitoba ... it takes stronger investment to grow into a better future."

CARRIE HIEBERT,

PROGRESSIVE CONSERVATIVE

It may be her first time seeking election, but Carrie Hiebert comes with plenty of experience as the Conservative candidate for Morden-Winkler.

She is well versed in politics as a result of having worked for both former MLA Cameron Friesen and former MP Candice Bergen, as well as having served on Conservative boards provincially and federally.

"Everything right now just made sense and the timing was perfect for me to do this," said Hiebert. "And I've always been a firm believer in the idea that if your dreams don't scare you then they're not big enough."

Hiebert has raised her family in the Morden-Winkler area and been an active member in the community, contributing to a number of organizations through volunteerism and her working career.

She has experience in business and the private sector, having owned and operated King's Deli in Winkler, which she will be turning over to her son.

"So I will be able to give all my attention to this new endeavour," Hiebert noted.

"I feel that I have great experience in many different areas that I will bring to the table," said Hiebert, who has also been involved with a number of charities and organizations including the Winkler Chamber of Commerce and Winkler Community Foundation.

"I'm a very strong advocate of volunteering and contributing to your community. I think our communities are amazing, and we need to continue to support those around us and continue to grow."

Hiebert feels her political involvement has given her a range of valuable experience.

"I've been quite involved in campaigns and events



Ken Friesen



Carrie Hiebert



Mattison Froese

Borderland voters have three candidates to choose from

LOREN BRAUL, LIBERAL PARTY

Loren Braul is throwing his hat in the ring on behalf of the Manitoba Liberal Party for a third time this election because he believes strongly that voters deserve a choice.

"There is a fairly sizeable group of people who are not wanting just the same kind of representation year after year," he said. "I wanted to make sure that they did have somebody to vote for in the election,, as opposed to further disengaging from the political process."

That's always the danger in an area that has voted overwhelming the same way for generations (Borderland, formerly the Emerson riding, hasn't voted in anything but a Conservative since 1977), Braul noted.

"We still want to make sure people have an option on the ballot of someone who lives here and who's invested in this community who can, if the stars aligned and I did win, provide meaningful representation for the area."

Braul lives in Altberghal, near Altona, with his family. He's a partner at the Gilmour Braul Hiebert Law Office and is an active community member, having volunteered with Regional Connections, the Altona Community Foundation, and at his church.

He has been a strong supporter of the Liberal Party for years, feeling it has the best approach to stable, sensible governance.

"What I like about the Liberals, or just a centrist party altogether, is it is not as ideologically driven as some other parties," he observed. "We have this space there to find pragmatic solutions, make some incremental change. It's not always the most exciting approach to governing ... we just want stability. We want government to make sure that we're providing for essential services.

"We're going to be driven by data and what works."

Along those lines, Braul wants to see a more stable funding commitment for things like public education and health care.

"For years the Conservatives have decided essentially just to spend less. And so they've given mandate letters to the health care authorities or to the school divisions or municipalities and said, in some cases, your budget next year is going to be 15 per cent less or 20 per cent less ... they haven't done a needs assessment to say the approach that we're taking is still going to allow you to meet your needs. The only objective is to spend less.

"In order for these groups to be successful, they need to know that they can rely on core funding to meet their needs," Braul stressed. "We need to make sure that we can have teachers in the classrooms that are going to keep our student ratio well. We need to know that we can keep our emergency rooms open or that we can keep our hospitals open. And municipalities need to know that they can get a budget for paving their roads.

"Right now, a lot of those groups, they have to compete against each other for a small pot of fund-

ing, and that creates a lot of uncertainty."

Braul emphasized that the government needs to give local leaders sufficient support to do what they know needs to be done for the betterment of their communities.

"I think the main role for the Province at this point is to fund them fairly and predictably so they can do their job," he said. "If you're going to give them the responsibility, then you've got to give them the funding to act on it."

RICK DERKSEN, NEW DEMOCRATIC PARTY

Rick Derksen believes the NDP represents Manitoba's best chance for change for the better.

The rookie candidate shared in an email interview with the *Voice* that he's running to give Borderland voters options.

"I chose Borderland to run in not just because of my family history here, but because I believed that the voters of Borderland deserved a choice on the ballot," he said. "I believe that the voters in this area should be able to vote for an NDP candidate because we are the only party that can defeat this government.

"Wab Kinew has said he will be a premier to all Manitobans—he cares about people in Borderland and the rural municipalities across the province," Derksen said. "When Wab asked me to run I said yes because I couldn't just sit by and do nothing while Borderland voters suffered from a premier who took their votes for granted and has done nothing to help the people in this community."

Derksen, who is a Winnipeg architect, shares that he's a descendent of Ukrainian immigrants who came to the Borderland area to farm. He says he feels a deep connection to the community.

"As a person of faith, I believe I share the strong values of many of the people of this part of Manitoba," Derksen noted, pointing to his involvement with Engineering Ministries International, a Christian non-profit which designs and builds structures which serve communities and the church. He's been involved in building projects in Africa and the Middle East.

His background as an architect will serve him in good stead if he's elected, Derksen reflected.

"Architects believe that every system needs to be designed. We spend our time designing systems, creating budgets and then re-designing that system when conditions change. Because I think in those terms, I believe I can be effective in a government environment that has to frequently adapt to the quickly moving conditions of our present society.

"Working as an architect, I've seen how badly we need affordable housing. I believe my experience in this area will contribute to ensuring that the NDP policies are as effective and efficient as possible at creating livable housing that allows working families to put down roots in every community."

Health care, agriculture, and the high cost of living are other issues Derksen feels passionately about tackling.

"The NDP has made restoring rural health care a

priority, and for good reason. You can see it everywhere in the province, so I agree with the party that Manitobans should not have to suffer unnecessarily because of a government that believes we should cut services and reward multi-billion dollar out of province companies," he said.

On agriculture, Derksen noted that "the family farm has been threatened for many years now. I stand by our policies that support young farmers who want to make a life in agriculture, and the long-term farmers who have been forced to compete with huge multi-national agricultural corporations that put profit before the quality and safety of the food they grow."

Finally, when it comes to affordability, he noted it's at the root of many other problems our society is facing.

"Costs are rising faster than wages and people are falling farther and farther behind in their bills. This in turn leads to an increase in poverty, which leads to an increase in homelessness and crime. Band aid solutions to these problems are not working and the real solutions to these issues involve many sectors working together."

JOSH GUENTER, PROGRESSIVE CONSERVATIVE

Josh Guenter feels his first four years in office were fruitful ones, and he's eager to get to work on the next four.

"There's more work to do," the Altona area resident said. "I feel proud of what has been accomplished, but also recognize that the job is not done in this area.

"When I say that I'm talking specifically about the need to stand up for the moms and dads, the parents of this area, who are sending their children to school and want to have confidence in the school system," he added.

The Manitoba PCs have promised parents they will have expanded parental rights in regards to what's happening in schools if they're relected next month.

Health care is another area where Guenter believes lots of headway has been made but there's still more to be done.

"We've seen the expansion that's underway now at Boundary Trails Health Care Centre, a \$100-million expansion," he said. "And the new patient transfer service, which is a low-acuity transfer service that takes the pressure off our paramedics, off our ambulances, which is something I've advocated for.

"We know we face challenges in Manitoba, as do all provinces across the country, but it's about working to shore up the system with more staff and bigger and better facilities and ensure, ultimately, that we have better health care closer to home. That's the end goal."

Infrastructure remains another key focus for the Conservatives as they seek another term in power, Guenter said, pointing to the "need for further infrastructure investments, whether it's our roads and bridges, drainage."



Loren Braul



Rick Derksen



Josh Guenter

Your FARM



MB Farm Women's Conference is in Winkler Nov. 21-23

By Ashleigh Viveiros

The Manitoba Farm Women's Conference has been bringing women in agriculture together for three days of connection and education since 1986.

This year the conference takes over the Day's Inn Conference Centre in Winkler Nov. 21-23.

It's going to be a return to form for the event, notes spokesperson Cheryl Janzen, after a few years of scaled-down and virtual conferences thanks to the pandemic.

"We're trying to rebrand, be more relevant, reach new people," she says, stressing, however, that the conference's focus remains to educate, encourage, and empower women in agriculture.

"It's quite empowering to see these ladies in action," she noted of the

event's organizing board, which includes members from across the province. "We're doing what we can to help women ... it's a little bit of fun, a little bit of learning, a bit of gaining pride in who we are as rural women in Manitoba.

"Sometimes, you're really alone on the farm. You have your little group, sure, but this gives you a feeling of being part of something bigger."

The conference kicks off on Tuesday, Nov. 21 with an evening of registration and social activities.

The meat of the event is on Wednesday, Nov. 22, and Thursday, Nov. 23, when participants will have their choice of guided visits to two local agriculture businesses (a combine clinic at Green Valley Equipment and a tour

Continued on page 13



FACEBOOK/MANITOBA FARM WOMEN'S CONFERENCE

The Manitoba Farm Women's Conference is back with a full-sized, three-day event this year. It takes place at the Days Inn Conference Centre in Winkler Nov. 21-23.

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Your FARM



Conference seeks to “educate, encourage, empower”

From Pg. 12

of Vanderveen Greenhouse), sessions on a variety of topics related to life on the farm (everything from stress management to farm safety to transition plans), and presentations from multiple guest speakers.

Cherilyn Nagel is the Wednesday keynote speaker. She was recently recognized as one of the top 50 most influential people in Canadian agriculture and will be talking about promoting the industry rather than defending it.

“She is a dynamic speaker that really talks about amplifying your farmer’s voice,” Janzen says, noting Nagel is also known for her ‘So ... Your Client is a Farmer?’ online training program that seeks to help people build better relationships with farmers and increase the overall level of knowledge about agriculture and food. “She’s speaking not only to the farmers but

also if you work with farmers ... just to understand that we need to build relationships.”

Thursday’s keynote address, entitled “No Place Like Home” will be provided by Kim Ulmer, RBC regional president for Manitoba, Saskatchewan, Nunavut, and Western Ontario. Ulmer’s presentation will share some of the life lessons she’s learned as a rural Canadian.

“She’s looking at, again, really celebrating who we are,” says Janzen.

It’s certainly going to be a busy couple of days, Janzen reflects, but she wouldn’t have it any other way.

“This is an opportunity to meet, bring your girlfriends, and go out to something that has some purpose.”

For a full breakdown of the conference’s sessions, head to mfwc.ca. That’s also the place to go to register for the event from now until Nov. 8. You can sign up for the entire conference (\$200) or individual days and se-



MFWC.CA

The Manitoba Farm Women’s Conference is organized by a dedicated team of women from across the province.

lect which sessions you want to take part in.

> AAFRC, FROM PG. 2

Once again, take home kits are available. The first one was released on Sept 14. Supplies are limited, so families need to register for them.

“Those are bi-weekly, so send us an email for how many kids you have at home who are under five.”

Another favourite they are continuing to give away is their PUBB – pop up book bag. Simply send an email stating that you would like to receive a kit (one per family), then a draw will be made as there are only 10 to give away each month.

“They’re meant to create that early bonding and creative thinking. Especially for first time parents, how do you know how to play with your

children? So, we encourage interaction with each of these kits, with an information letter to parents, offering suggestions on how to do them together with their child, and how to adapt the activities to any

age group. So yes, they’re meant to provide activities and independent learning and play, but they’re also to help with your parenting, so

Continued on page 23

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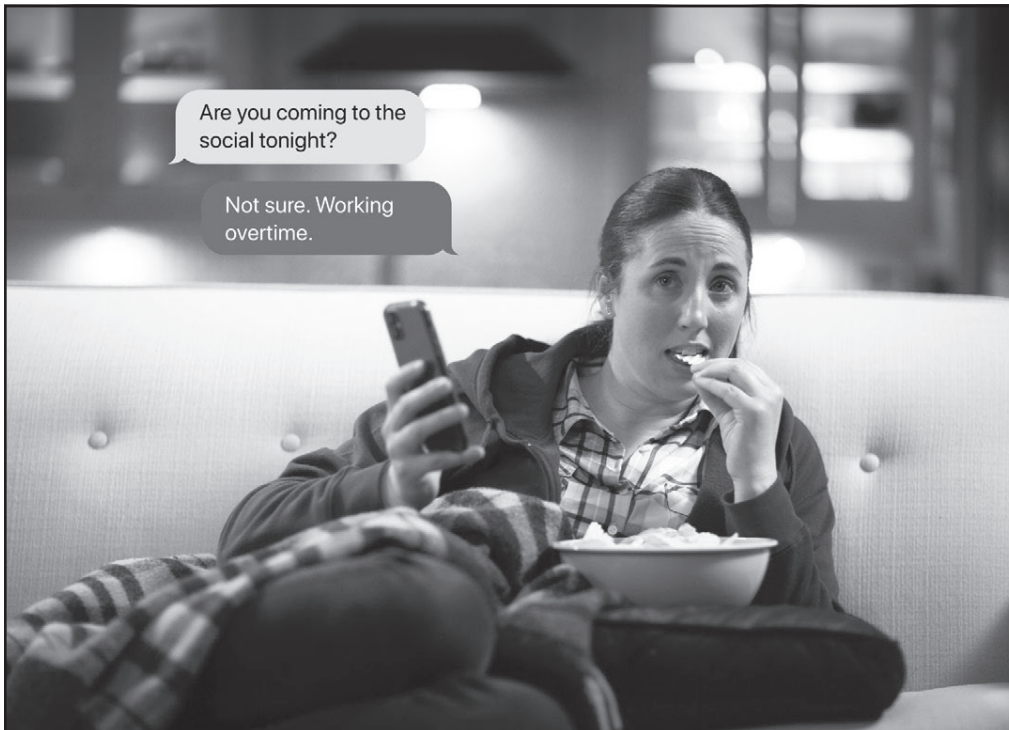
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Celebrating the music of John Denver

By Lorne Stelmach

Being the driving force behind *Rocky Mountain High - Celebrating the Music of John Denver* is very much a passion project for Rick Worrell.

The music has a special place in the heart of the B.C. resident, so it is a dream come true for him to have crafted this show with Lee Holdridge, who is a well-known arranger and conductor who worked with Denver over the years.

"I pinch myself; I really do ... I've been in the business a long time," Worrell said last week in advance of the show arriving in Winkler Oct. 12 at 7 p.m. at the P.W. Enns Centennial Concert Hall. "I cut my teeth on what I call the balladeers. I always was drawn to the melody and the voice, and John's voice just had that special quality ... that kind of buttery voice, and his melodies were really strong."

The genesis of this production goes back to when Worrell had done a fill-in performance for an Elton John tribute show with the Okanagan Symphony when the lead singer fell ill.

"Right away I thought of John Denver. I cut my teeth on John Denver. I grew up in the '70s and saw John Denver in Toronto. It was one of my first concerts," he recalled.

"I thought that would be a perfect kind of show to do in this format. I went looking for the symphony charts and they were nowhere to be found."

He then reached out to Holdridge and was surprised to get an email re-

ply within an hour.

"He said, 'I've got good news and bad news. The bad news is the symphony charts don't exist.' Basically, when John died, his management company at the time destroyed all the symphony scores," Worrell said. "The good news though is I kept all my hand-written conductor scores."

"I think over 18 months we reconstructed over 40 songs ... the first song he sent me was Annie's Song, and I was just beside myself, looking at this piece of history."

The full version of the production has featured a full symphony with Holdridge conducting in such places as Victoria, Vancouver, Kelowna, Calgary, Edmonton, Winnipeg and Hamilton. The version of the show touring this fall was designed by Holdridge for centres that couldn't host the larger show.

"It's a smaller version of the full production that we do with full symphony that has been touring since 2018. That's when this project really took off," said Worrell.

He emphasized it is not a tribute show in the sense of how people might imagine one.

"It's not a dress-up as John. It's a celebration of his music and the legacy of songs that he left us. Nobody dresses up like John," he said. "I don't try to emulate his voice. It's just similar in timber ... it's a little similar, so it kind of gives the audience permission to sort of let go.



SUPPLIED PHOTOS

Rocky Mountain High - Celebrating the Music of John Denver comes to the Winkler concert hall Oct. 12.

"It's without Lee conducting, but he and I put this together, and it has Lee in it by video," Worrell added. "It's still a pretty impressive show. There's nine core members on stage ... so it sounds really, really good."

Worrell noted Holdridge had also worked with Gordon Lightfoot and did arrangements for many of his famous songs including Early Morning Rain, so they include that in this show as well.

In the meantime, they continue to



collaborate on sharing more of Denver's music.

Continued on page 17

> MORDEN-WINKLER, FROM PG. 10

like town halls and round tables," she noted. "I'm pretty connected with the community, which I think is a really good asset for what I want to do here."

She sees health care as likely the top issue in this election

"We still need to continue to grow and improve services," said Hiebert, who not only noted the importance of the expansion of BTHC but addressing such things wait times, more support for doctors and nurses, and improvements in the area of mental health services.

"I would love to see more onsite training specifically in Morden and Winkler for health care," she added. "Once you get somebody here in Winkler or Morden ... if we can get

them trained here, that opens the door for a lot more people."

Other key areas for her range from education to the economy.

"I think affordability is a big thing right now with all of the increasing costs and inflation," she said. "We need to make it more affordable for families.

"I really just want to be available to meet with community members ... whatever the concern you have is what I want to hear."

Manitobans head to the polls Oct. 3. Advance voting takes place Sept. 23-30.

—By Lorne Stelmach



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PHOTOS BY LORI PENNER/VOICE

Fort Dufferin celebrated Heritage Day on Sept. 17, drawing a crowd of history lovers from across the region. The day was filled with a variety of events, including a church service, barbecue lunch, games and relay races, music, and tours of the historic site and its structures. Above, far left:



Post Road Heritage Group chair Marlyn Empson and her granddaughter climb the embankment where the Mennonite settlers disembarked when they arrived at Fort Dufferin in 1875. Above, far right: Empson with some of the original lumber from the officer's mess kitchen, which was used by the British-Canadian contingent of the International Boundary Commission from 1872-74. Right: Steven Penner of Altona entertained the audience with an eclectic selection of tunes.



> BORDERLAND, FROM PG. 11

Likewise, the party remains committed to lowering the tax burden on Manitobans, Guenter stressed, including by cutting personal income tax and eliminating payroll tax.

He also cited the importance of battling the federal carbon tax and standing up for the rights of gun owners.

Above all else, Guenter feels people need a leader that listens to their constituents and stands by their values.

"People want to know that the repre-

sentative is standing up and fighting for them, and that's what I've tried to do in these last four years.

"It hasn't always been easy. It's meant at times going against my own party, it's meant sometimes having to upset the apple cart a bit, but my purpose has always been to stand up for my convictions and to stand up for my constituency, because ultimately I want to know when I see them in the grocery store and I see them around

town that I can look at them and say, I know I did my best."

He believes the Conservative Party is the right choice for Manitoba.

"I'm a Conservative because I believe in the potential of the working man and woman," Guenter said. "I believe that family is the fundamental building block of society and needs to be respected. It's at the core of how a free society functions, and government must be mindful of that and not interfere with that.

"Government must respect the natural ingenuity and enterprise and hard work of free-thinking individuals and not interfere with that.

"I really believe that the government that governs least governs best."

Manitobans head to the polls Oct. 3. Advance voting takes place Sept. 23-30.

—By Ashleigh Viveiros

arts & culture

'Revival' exhibition shines a spotlight on addictions recovery

By Lorne Stelmach

The current exhibit at the Pembina Hills Gallery in Morden goes deeper than just promoting the work of artist Glen Krushel.

He is also the local facilitator for the SMART Recovery addiction recovery program, and that comes into play with the show entitled *Revival* both in terms of highlighting the issue as well as raising some funds.

He is using one of the pieces in particular to raise public awareness on the connection between complex trauma and addiction.

"There's still just a huge amount of stigma around this as a health issue, and addiction is a health issue," said Krushel, who noted only three per cent of the national health budget is devoted to addictions. "To me, that is disconcerting."

As the facilitator for the local SMART Recovery sessions, Krushel saw an opportunity to connect his exhibit to the program, which kicked off last week at Central Station in Winkler and will continue there every Thursday. It will also be starting up at 500 Stephen in Morden.

In connection with the exhibit, there are prints for sale, with proceeds going towards funding the SMART Recovery program.

The issue is especially highlighted with the piece 97, which highlights

the percentage of people with addiction who have complex trauma.

There is an artistic connection to the SMART Recovery program with what is dubbed VACI (vitaly absorbing creative interest), which is based on the idea that creative outlets can be part of the recovery process through programs like art therapy.

"I sort of have integrated that into this idea that I have about getting Smart Recovery off the ground in the communities here," Krushel said.

Born and raised in Morden, Krushel earned a bachelor of arts degree in theatre production, which is where he learned how to paint.

He changed vocations over the years and eventually took addiction studies at university in Calgary and then got involved in Smart Recovery in 2015 when he moved back to Manitoba to continue studies in psychology.

"I think for people who have struggled with addiction, COVID was then a huge challenge," he noted.

"I started painting when I had come out of theatre back in the early 2000s, and I was doing other things in life, so it sort of took a back seat for a long time ... but I picked it up again in around 2019.

"So, with a lot of the paintings here, there's a huge gap ... so that's why it's called *Revival*. It's a revival of creativity.

"It has gone through changes and



PHOTOS BY LORNE STELMACH/VOICE

Artist Glen Krushel with a piece he created that highlights that 97 per cent of people with addictions are also dealing with complex trauma.

experimentation," said Krushel, who noted he recognizes the transitions that are reflected in his work. One piece called *Opinions* is particularly interesting with its simplicity also having deeper meaning through its black, grey, and white sections.

"It's kind of how you've got black and white thinking on each side of what we interpret as a grey world ... our black and white thinking can kind of impose itself on this existence ... that painting, I've actually flipped it a couple times so that it changes the perspective."

The experimentation is also reflected in a piece featuring a canola field.

"I learned that process working at Rainbow Stage on *The Wizard of Oz* using a weed sprayer to create that look," said Krushel. "The way that

I create my skies is actually, I don't know anybody else who does that but it's actually through a subtraction of paint as opposed to an addition."

Another piece he especially likes features a row of birch trees.

"It seems to get a lot of attention because people seem to like the scale of it. It's quite large," he noted.

Ultimately, Krushel hopes people take away a couple things from seeing the exhibit.

"I hope that people see the diversity in painting styles," he said.

"I'm really hoping that we can get the word out about addictions and that people can break down their fears and come out," he added. "I just think it's really important for communities to be able to work through their problems together."



Glen Krushel's work is on display at the Pembina Hills gallery in Morden this month.

> JOHN DENVER, FROM PG. 15

"It's an ongoing project. Lee and I are still working on songs. We're up to over 80 now for songs."

Worrell suggests there was just something very genuine about Denver and his music.

"That was the real deal. What you saw was what you got," he said. "John never wrote songs in a minor key ... it means it's always kind of uplifting. I think that kind of reflects what people felt in his music.

"He was also an exceptional guitar player. A lot of people don't realize that about him," added Worrell, who further noted Denver was a philanthropist who was an early driving

force in wanting to get aid to Africa, for example.

The production itself normally supports HOPE International, but for this fall's tour \$5 of every ticket sold will go to the Okanagan Food Bank to assist those in need due to the recent fires in B.C., as most of the core band is from the Okanagan or Shuswap area.

"It is something that hits very close to home for many in the core band as the majority of us are from the area and have been affected either directly or indirectly."

Tickets are \$51.83 and can be booked at winklerconcerthall.ca.

sports & recreation

Flyers make short work of Steelers

By Ashleigh Viveiros

The Winkler Flyers ended the pre-season on a high note with wins against the Selkirk Steelers last week.

Wednesday night's game in Winkler saw the home team pull ahead in a big way in the middle frame.

The period began with Selkirk up 2-1 (Winkler's first-period goal came from Marek Miller) but goals from Thomas Gerum, Brady Craik, Noah Diemer, and Avery Anderson put the Flyers in the lead 5-2. Selkirk managed one more in the final 32 seconds to make it 5-3.

Two more from Isaiah Peters and Jayce Legaarden versus one for Selkirk in the final period sealed the win for the Flyers 7-4.

Malachi Klassen made 19 saves off 22 shots during his 40 minutes in net. Liam Ernst was in for 20 minutes and stopped five of six shots. Overall, Winkler outshot Selkirk 35-28.

The two teams went head to head again three nights later in Selkirk.



PHOTO BY RICK HIEBERT/VOICE

The Winkler Flyers beat the visiting Selkirk Steelers 7-4 last week Wednesday. Then they doubled up on Selkirk 4-2 three nights later on the road.

Winkler came out ahead again, this time doubling up over the Steelers 4-2.

Winkler's goals were tying ones in periods one (Dalton Andrew) and two (Avery Anderson) but they pulled ahead with a pair of unanswered

goals in the third from Brady Craik and Xyon Kiemeny to win it.

Klassen was in net for the duration of this game, making 40 saves off the 42 shots on goal. His teammates fired 41 the other way.

The wins came on the heels of a pair

of exhibition losses to the Steinbach Pistons 5-1 and 5-2 two weeks ago.

The Flyers kick off the Manitoba Junior Hockey League regular season this Friday night at home against the Winnipeg Blues. They then host the Winnipeg Freeze Sunday afternoon.

Female Hawks fall in Swift Current, male Hawks fare better in Souris

By Ashleigh Viveiros

The Pembina Valley Hawks U18 AAA ladies team had a challenging go of it at a pre-season tournament in Swift Current last weekend.

The Hawks found themselves on the losing side of matches against the U16 Team Saskatchewan White (7-4, goals scored by Jessica Anderson, Hayden Arkle, Emma Durand, and Abigail Brigg), U16 Team Saskatchewan Green (6-1, with Sophie Armit

scoring for the Hawks), and the Innovation CU Wildcats (3-2, with goals from Brigg and Casey O'Brien).

Pembina Valley next head to Portage for a tournament where they'll face the Eastman Selects, Weyburn Gold Wings, and Winnipeg Avros.

They then open the Manitoba Female Hockey League regular season at home against the Central Plains Capitals on Saturday, Sept. 30.

Meanwhile, the 18U AAA men's team returned from exhibition action

in Souris with a 2-1 record to show for their efforts.

After falling 4-3 to the Eastman Selects Saturday afternoon (scoring for the Hawks was Cohen Pilkington with one and Acoyen Fehr with two), they bounced back with an 3-0 evening win against the Southwest AAA Cougars. Brett Lesage, Adrien McIntosh, and Haiden Friesen scored for the Hawks while Bryson Yaschyshen and Rylan Gates got the shutout in net, Yaschyshen making seven saves

and Gates eight.

Victory was earned by a much wider margin Sunday against the Yellowhead Chiefs. The lengthy list of goal-scorers included Kam Thomas with a hat trick and singles from Ragnar Gillis, Liam Goertzen, Lane Apperley, Tegan Fehr, and Acoyen Fehr.

The Hawks start their season in the Manitoba U18 AAA Hockey League Sept. 29 against Southwest in Morden and then play against Southwest in Souris the next night.

The **Voice**

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Advertising inquiries to: ads@winklermordenvoice.ca



PHOTOS BY RICK HIEBERT/VOICE

Winkler Storm 2 fell to the visiting Hellas SC 4-0 last week. Storm 2 fared better, bouncing back from a 6-1 loss against the Kings to beat Dunvegan 4-0 and reclaim first place in the 3rd Division.

Storm 1 struggle, Storm 2 reclaim first place

By Ashleigh Viveiros

Winkler Storm 1 lost a challenging match to the visiting Hellas SC Sunday afternoon.

The 4-0 defeat puts the team's record at 5-11 in the Manitoba Major Soccer League's Premier Division.

They remain in the bottom three, but have a full 10-point lead over World

Soccer Academy and Lions FC. It's the last two teams at season's end who will automatically drop down to First Division next summer.

Winkler Storm 2, meanwhile, are having a better go of it overall in the league's 3rd Division, though a loss last week did knock them out of first place briefly.

The Storm 2 bowed 6-1 to the Richmond Kings Thursday night. Eh Tha hay Moon scored Winkler's lone goal.

They bounced back with a 4-0 rout of the visiting Dunvegan Castle Sunday afternoon. Steven Klassen contributed two to the tally while Waqas Umar and Fritz Maier added singles.

The win put the Storm back in first

place with a record of 12-3-1 and 37 points. The Kings are just a couple points behind in second place.

Coming up this weekend, Storm 2 host the YFC Saints Saturday at 4 p.m. and Mobb United Sunday at 1 p.m. at the 15th St. field in Winkler. Storm 1 hosts the Bonivital Flames Sunday at 3 p.m.

Twisters ready to rip: Pembina Valley junior hockey club seeks strong season

By Ty Dilello

The first pucks in the Manitoba Major Junior Hockey League season are

about to drop, and Moriss' Pembina Valley Twisters are shooting for a strong season.

Twisters head coach Braeden Beer-

naerts will be back behind the bench on Sept. 29, as the Twisters begin their season opener at home with an 8 p.m. start against the River East Royal Knights. The team will then travel to Winnipeg to take on the Raiders Jr. Hockey Club Sunday at 7:30 p.m.

"I really enjoy being in Morris and being a part of a great league such as the MMJHL," said Beernaerts, who has signed on for his second season with the club.

"The team is shaping up great as this year we have 19 returning players, with two returning goalies. We had 50 players signed up for camp and are slowly cutting down to what we would like for when the season starts."

The head coach noted his team is seeking a top-four finish in the regular season standings and a solid playoff push.

Last week, the league held a presea-

son tournament at the East End Arena in Winnipeg. The Twisters went 2-1 in the tournament with wins over the Fort Garry Twins (6-2) and St. Boniface Riels (4-1) and a loss to the Stonewall Jets (3-1).

"The tournament went well as we got to see a lot of young talent work

towards trying to make the team, as well as the chance to narrow down our team," Beernaerts said.

In preseason action this past weekend, the Twisters defeated the Ft.Garry/Ft.Rouge Twins 4-1 Friday and then 5-2 Sunday

night.

Pembina Valley will travel to Stonewall to take on the Jets Friday to close out its preseason schedule. Puck drop is 8 p.m.



PHOTO BY LANA MEIER/VOICE

The Pembina Valley Twisters had a strong showing at an MMJHL preseason tournament last weekend, logging a 2-1 record in Winnipeg's East End Arena.

"I REALLY ENJOY BEING IN MORRIS AND BEING PART OF A GREAT LEAGUE SUCH AS THE MMJHL."

One-stop shop for rec & leisure



PHOTOS BY LORNE STELMACH/VOICE

There was a one stop shop last Wednesday to get more information on a variety of programs in Morden. The annual Sport and Leisure Expo at the Access Event Centre had a variety of sports and recreation groups on hand with displays and to take registrations and answer questions.

take a break > GAMES

SUDOKU

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

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

Sudoku Answer

S	K	A	E	T	U	O	S	D	E	E	T					
S	I	Z	A	N	L	T	I	L	I	V	E	R	N	E	U	G
E	E	F	E	N	K	H	E	R	D	E	R	N	O	U	G	
G	E	L	A	S	L	A	S	L	A	S	L	A	S	L	A	S
T	A	R	E	A	V	A	R	E	A	V	A	R	E	A	V	A
L	A	N	S	A	V	A	R	E	A	V	A	R	E	A	V	A
T	E	A	V	A	R	E	A	V	A	R	E	A	V	A	R	E
C	P	A	V	A	R	E	A	V	A	R	E	A	V	A	R	E
D	E	B	T	O	B	E	S	I	D	E	S	I	D	E	S	
S	B	T	A	V	T	O	C									
N	O	E	P	A	V	A	R	E	A	V	A	R	E	A	V	A
A	V	A	R	E	A	V	A	R	E	A	V	A	R	E	A	V
A	V	A	R	E	A	V	A	R	E	A	V	A	R	E	A	V
A	V	A	R	E	A	V	A	R	E	A	V	A	R	E	A	V
A	V	A	R	E	A	V	A	R	E	A	V	A	R	E	A	V

Crossword Answer

X CROSSWORD

- CLUES ACROSS**
- Type of cat
 - Weaponry
 - Western Christian Church service
 - Significant eruption of pustules
 - Baltic nation
 - Start of American holiday season
 - Unhappy
 - Maintains possession of
 - Metrical foot of one long and three short syllables
 - Mountain pass
 - Vestments
 - Type of dish
 - Escaped quickly
 - Zoroastrian concept of holy fire
 - Wings
 - Political action committee
 - Touches lightly
 - Stood back from
 - Philippine Island
 - Popular winter activity
 - Type of amine
 - Small freshwater duck
 - Filled with love
 - Without (French)
 - Vetch
 - Swiss river
 - Describes a sound
 - Sign language
 - Hair product
 - Have surgery
 - Quality of being imaginary
 - Far-right German party
 - Drove
 - Former French coin of low value
 - Hard, durable timbers

- CLUES DOWN**
- Body art
 - Middle East military title
 - Actor Pitt

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			

- Container
- Speak incessantly
- Relating to algae
- Jacob __, journalist
- Rock TV channel
- Boat's cargo
- Most wise
- Within
- Chinese industrial city
- Scotland's longest river
- Not capable
- Footwear
- Savings account
- Capable
- Vaccine developer
- Tax collector
- Fencing swords
- Native religion in China
- Promotional materials
- A shot in a film production
- Afflict in mind or body

- A passage with access only at one end
- Breathing devices
- Employ for wages
- Kids' TV channel (abbr.)
- Popular Boston song
- Made amends
- Selling at specially reduced prices
- Atomic #18
- With fireplace residue
- Unleavened cornbread
- Draw out
- Southwestern Alaska island
- Where the Pyramids are
- People of Nigeria
- Smaller quantity
- Destroy the inside of
- City
- Chivalrous figure (abbr.)
- No (Scottish)

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CAREERS



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- Experience in industrial equipment maintenance and repair
- Ability to read blueprints and technical documents
- Pressure or structural welding tickets and related experience

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

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

Bunge Canada is an equal opportunity employer.

PUBLIC NOTICE



**CITY OF WINKLER
PUBLIC NOTICE - BOARD OF REVISION**

Public notice is hereby given that the 2024 assessment roll for the City of Winkler has been delivered to the Municipal Office at 185 Main Street, Winkler, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with sections 42 and 43 of The Municipal Assessment Act.

Application for Revision

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

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

Application requirements:

43(1) An application for revision must

- (a) be made in writing;
- (b) set out the roll number and legal description of the assessable property for which a revision is sought;
- (c) set out which of the matters referred to in subsection 42(1) are at issue and the grounds for each of those matters; and
- (d) be filed by delivering it or causing it to be delivered to the Municipal Office at 185 Main Street, Winkler MB., or by serving it upon the secretary, at least 15 days before the scheduled sitting date of the board.

The Board of Revision will sit on **Thursday, November 9th, 2023 at 7:00 p.m.** in the Council Chamber of the City of Winkler to hear applications. The final date on which the Secretary of the Board may receive applications is Tuesday, October 24th, 2023.

Dated this 18th day of September 2023.

Jody Penner, Secretary

Board of Revision
City of Winkler
185 Main Street, Winkler, MB R6W 1B4

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NOTICES

TAKING REGISTRATIONS FOR THE FALL? NEED WINTER STAFF? Let us help you with that. Book your Blanket Classified Ads NOW in the 31 Weekly Manitoba Community Newspapers to have your messaging seen all over the province! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

SENIOR RENTAL/LIFE LEASE

NOTICE TO CREDITORS

IN THE MATTER of the ESTATE of **PHYLLIS FELICIA BLANDINA HUNTER**, late of the City of Winnipeg, in Manitoba, deceased.

All claims against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at 351 Main Street, Box 279, Manitou, Manitoba, R0G 1G0, within thirty (30) days of the date of this publication.

DATED at the Town of Manitou, in Manitoba this 12th day of September, 2023.

McCULLOCH MOONEY JOHNSTON SELBY LLP
Attention: **CHRISTOPHER H. BOWLER**
Solicitors for the Estate of Phyllis Felicia Blandina Hunter

PUBLIC NOTICE

RHINELAND Municipality
PUBLIC NOTICE
Canadian Navigable Waters Act

The Municipality of Rhineland hereby gives notice that a submission has been added to the Common Project Search (online registry) pursuant to the Canadian Navigable Waters Act described herein and its description.

Pursuant to paragraph 4.1 and 9.1 of the said Act, The Municipality of Rhineland has deposited with the Minister of Transport, on the on-line Common Project Search Registry (<http://cps.canada.ca/>) under registry number 8717, a description of the following work, its site, and plans:

- Replacement of Wingwalls at a Two-celled Concrete Box Culvert

In, on, over, under, through or across the Buffalo Creek Channel (a non-scheduled waterway) near Altona, Manitoba At Southwest Section 25, Township 1, Range 2WPM

Posted at Altona, Manitoba this 21st day of September, 2023.

Michael Rempel
Chief Administrative Officer

PUBLIC NOTICE



**CITY OF MORDEN
PUBLIC NOTICE -
BOARD OF REVISION**

**2024 REAL, PERSONAL AND
BUSINESS ASSESSMENT ROLLS**

PUBLIC NOTICE is hereby given that the 2024 assessment roll for the City of Morden has been delivered to the Municipal Office at 195 Stephen Street, Morden, Manitoba and is open to public inspection during regular business hours. Applications for revision may be made in accordance with sections 42 and 43 of the Assessment Act:

APPLICATION FOR REVISION

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

43(1) An application for revision must

- (a) be made in writing;
- (b) set out the roll number and legal description of the assessable property for which a revision is sought;
- (c) state the 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 fifteen (15) days before the scheduled sitting date of the Board of indicated in the Public Notice.

The Board of Revision will sit on **Monday, October 16, 2023, at 7:00 P.M.** in the Council Chambers of the City of Morden to hear applications.

The final date on which the Secretary of the Board must receive applications is Tuesday, **October 3, 2023 by 4:30 P.M. local time.** Dated at Morden, in Manitoba, this 6th day of September, A.D. 2023.

Ruziel Relatores, Secretary
Board of Revision City of Morden
100 - 195 Stephen Street Morden, Manitoba R6M 1V3

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COMING EVENTS

**Valley Mennonite Academy
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Saturday, Sept 23rd 4:30-7pm

EMMC
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Please park on the south side
Dine in and Take out
Fajitas, Rice, Beans and Brownies



Proceeds go to the general operating fund of the school.
VMA is non-government funded.
All donations are greatly appreciated

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TENDER

**TENDERS FOR
SNOW REMOVAL**



**Border Land School Division Invites Tenders for Snow Removal
at the Following Locations for the 2023-2024 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

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 PM on Friday, October 6, 2023

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

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COMING EVENTS

**Fall
Luncheon
& Bake Sale**

Boundary Trails
Health Centre
Auxiliary

Sat., Sept. 23, 2023
11:00am - 1:30pm

**At Morden
Legion Hall
285 North
Railway,
Morden**

OBITUARY

**Abe N. Driedger
1931 - 2023**



Abe Driedger, age 92, passed away peacefully in his sleep in the early hours of Thursday, September 14, 2023 at Boundary Trails Health Centre.

He is survived by his wife of 66 years, Hilda (Heppner); three children and spouses: Beverley (Willie), Gary (Lisa), Cameron (Susan); four grandchildren: Jillian (Kevin), Bridgette (Mark), Felix, Jonas and four great-grandchildren Liesl, Lyle, Levi, Iris. Abe was part of a large family and leaves two brothers and a sister, their spouses, three sisters-in-law and numerous nieces and nephews. Many times he told us that most of his friends were gone, but was glad for those who remained.

Abe was born on January 20, 1931, at home in Gruenthal district, the 4th of eight children of Abram and Helena (Nickel) Driedger. He was baptized upon the profession of his faith in Jesus Christ in May 1951. On April 28, 1957 he married Hilda Heppner. Early on the couple lived near the Driedger family farm. Growing up Abe worked on the farm alongside his siblings. As a young man he had an avid interest in vehicles and travel. His brother says, "Abe was made for cars, and cars for Abe!" From early "coupes" to the later "RVs", he enjoyed talking about almost any aspect of a vehicle. Telling a story about a vehicle he had owned, taking it to a faraway place—and having your attention for the story, was Abe in his element. He particularly enjoyed the "wheel n deal" on a car, truck or RV, and could remember the details many years later. As a young man he worked for telegraph, hydro, and pumping gas; eventually farming became his chosen occupation. Starting in 1961 Abe and Hilda farmed their own land, moving their young family over the years to: Rudnerweide, Darlingford (farm at Mowbray), High Bluff, and Roland; in 1968 the family moved to Winkler and farmed from a distance for some years. In 1981 Abe became an "armchair" farmer, renting their land to others and working for Manitoba Crop Insurance as an adjuster. He enjoyed this work immensely, and retired in 1995. In retirement his main "occupation" became "coffee shop-ing" which we all know he enjoyed most of all!

In summary, the themes in Abe's life, alongside a deep commitment to family, included farming, travel and a love of people. This social side was the last to be lost and sustained him almost until the very end. As we watched him weaken and struggle to breathe these last weeks, he continued to perk up if someone came to visit. Those who were able to visit at BTHC gave him the best medicine — the enjoyment of a good "schpazier".

The family thanks all those who provided material and emotional support during Abe's illness: EMTs who took him to the hospital on August 11, medical staff at Boundary Trails Health Centre who provided excellent medical care, rides for Hilda by volunteers from church, Pastor Art Wiebe, Wiebe Funeral Home and numerous visitors. Visits -- short or long in duration, each was an event for Abe worthy of the guest book and to be reported to Hilda if she was not there.

Funeral service on Thursday, September 21, 2023 at the Winkler Sommerfeld Mennonite Church with burial at the Westridge Memorial Gardens.

Donations in memory of Abe may be made to Boundary Trails Health Centre Foundation Palliative Care.

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



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getinformed

Altona Rec gearing up for fall

By Lori Penner

With the Altona Recreation Department's new fall and winter programs, you have no excuse to feel shut in or bored when the cold weather hits.

"We have a number of new programs this year, along with many of our other favourites, so there will be all kinds of ways to stay busy and have fun," says recreation programmer Brittany Winkler.

One new program is the Mommy & Me Stroller Fitness class.

"The instructor Abby Cornelson will help prenatal and postpartum moms stay fit," explains Winkler. "It's a one-hour class, from 10 to 11 a.m. from Oct. 16 to Nov. 13 at the Millennium Exhibition track. Bring your little

ones with you. There will be a variety of things, so you won't always need a stroller. Some classes might just be walking, others will be stretching or fitness bands. I'm hoping we'll get a lot of ladies to sign up for this program. As cold weather approaches, the days can be pretty long, and this provides a nice break."

This year, there will be a couple of new pickleball programs, as well.

"The Youth Pickleball (Grade 6-12) and the 18+ Pickleball programs are an extension of our already popular 50+ Pickleball programs," Winkler says. "That sport has really taken off, and now the younger people are wanting to play as well. They're already starting to play it in school, so we thought why not offer it through the recreation office too."

The Youth Pickleball program runs on Thursdays, Oct. 12-Nov. 16, from 5-6 p.m. at the Rhineland Pioneer Centre and is coached by Gord Sawatzky. All skill levels are welcome. The cost is \$30.

The 18+ Pickleball Co-ed Pickleball program runs on Wednesdays from Oct. 11-Nov. 15, from 7-9 p.m. The cost for the season is \$20.

A much-anticipated candle making workshop will be taught by Jenna Luptak at the Rhineland Pioneer Centre on Oct. 24 at 7:30 p.m. The cost is \$55.

Another new activity that is gaining popularity is disc golf. The course is open all year round at the Altona Centennial Park. Discs are available to borrow or purchase at the MEC.

"That has also really taken off," noted Winkler. "People even played during the winter last year."

Back by popular demand, acrylic painting classes with Altona artist Cheryl Krahn have already begun at the MEC. Individual sessions will run for ages 6-10, and 11-16, at a cost of \$125. Krahn will also be hosting an Adult Paint Night at the Altona Curling Club lounge on Sept. 25, at 6 p.m. for \$55.

Artist Meaghan Canart will also be running a Mother Daughter Painting class on Oct. 29 from 1:30-3:30 p.m. at the MEC. The cost is \$45 for the duo.

"This was a real hit last year," Winkler says. "Each of them get a canvas to paint, and at the end they put them together to form one picture. It's a really nice way for moms and daughters to spend some time together."

Other programs are also back by popular demand, including the Royal Winnipeg Ballet Satellite Program, which runs from Sept. 25 to March 11.

"This program has been running for decades and it's still



PHOTO BY LORI PENNER/VOICE

Altona recreation programmer Brittany Winkler is looking forward to all the activity the new fall and winter programs will bring to the arena and the MEC.

very popular. It not only teaches ballet, but really encourages fitness, coordination, and flexibility," Winkler says.

She adds that it's important not to wait too long to register for programs, as many have a limit.

"Our fall swimming lessons at the Altona Hotel pool, for example, filled up in just 10 minutes."

The arena is open now, as well, so free public skating is another activity to add to the list. 18+ skating runs on Tuesdays and Thursdays. Stick and puck is from 10:45-11:30 a.m. No puck runs from 11:30-noon. Preschool skating runs on Mondays and Fridays, from 10:45-11:45 a.m.

Winkler says the Altona Recreation Department is really looking forward to all the activity the various programs will bring to the MEC.

"It's about to become really busy. It's so good to see people back here, and getting involved. These programs are a good way to not just get through the winter months, but actually enjoy them."

Registration details are available at altona.ca/p/recreation-programs.

> AAFRC, FROM PG. 13

that your child develops the way they're supposed to. You can learn so much by watching how your child plays."

Edbom-Kehler adds, "We had as much as 18 families receiving them last year. These are free thanks to grants, such as Literacy for Life from the Winnipeg Foundation. The Healthy Child Coalition, Southern Health, corporate and municipal donations, and the community at large also help us keep running these programs."

Promoting healthy families is at the core of all their programs, she says.

"When you have a healthy family, you have a healthy child, which leads to a healthy community as well. It's such a continuous circle. And starting early is the best place to start. It's harder to unlearn things than to learn them."

She wants families to continue to make use of their programs, knowing that they are there for every preschooler.

"We have many other fun things planned, so be sure to watch our social media and keep an eye on our calendar on the website to make sure you do not miss anything. Or if you have suggestions on things you would like to see, please let us know."

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

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> MEAL IDEAS



Grilled Chicken Salad with Goat Cheese, Fresh Blueberries and Pecans

Recipe courtesy of Safeway and Albertsons

Total time: 20 minutes
 3/4 pound boneless, skinless O Organics chicken breasts
 1/4 teaspoon salt
 1/8 teaspoon black pepper
 2 teaspoons O Organics extra-virgin olive oil
 1 package (5 ounces) O Organics spring mix
 1 package (6 ounces) O Organics blueberries (or desired berry)
 1/4 cup O Organics pecan halves
 3 tablespoons O Organics olive oil
 1 tablespoon O Organics balsamic vinegar
 1/2 log (4 ounces) O Organics goat cheese
 Pat chicken dry with paper towels and place on cutting board. Cut chicken in half horizontally to form thin cutlets. Season with salt and pep-

per on both sides.

Preheat grill pan, outdoor grill or skillet to medium-high heat.

Once pan is hot, coat with oil. Add chicken to pan and grill, turning once, until cooked through, 3-4 minutes per side.

Wash and dry mixed greens. Place in medium bowl.

Wash and dry blueberries. Add to bowl with mixed greens. Using clean cutting board, roughly chop pecans. Add to bowl.

Transfer cooked chicken to cutting board and cut into thin strips.

In bowl, mix olive oil and balsamic vinegar to create dressing.

Add chicken and dressing to salad bowl; toss to combine.

To serve, divide salad between plates or bowls and crumble goat cheese over top.



Strawberry Oatmeal Smoothie

- 14 frozen strawberries
- 1 cup soy milk
- 1 1/2 teaspoon sugar
- 1/2 teaspoon vanilla extract

Use blender to grind up oats. Add soy milk, strawberries, banana, vanilla extract and sugar then blend until smooth. Pour and serve.

- 1/2 cup rolled oats
- 1 banana



Peanut Butter Ice Cream Sandwiches

chopped peanuts, for topping (optional)

mini chocolate chips, for topping (optional)

toasted coconut, for topping (optional)

On 12 cookies, top sides down, spread layer of peanut butter. Add one scoop of ice cream to each. Create sandwiches by topping with remaining cookies.

Roll edges of ice cream in chopped peanuts, mini chocolate chips or toasted coconut, if desired. Place on baking sheet in freezer and freeze until firm.

Serve slightly frozen.

Recipe courtesy of Peanut Butter Lovers and the Georgia Peanut Commission

Yield: 12
 24 fresh baked chocolate chip cookies (about 3 inches in diameter), cooled
 1 1/2 cups creamy or crunchy peanut butter
 1 1/2 quarts vanilla ice cream, slightly softened

Blending families



them to become an issue between the two of you. Try not to make inappropriate generalizations about your relationship based on what is happening in the negotiating process. If she's bending over backwards to work out an agreement with him, don't jump to the conclusion that her ex is more important than you are.

In past columns I dealt with strategies for making life easier for children in blended families. This time we will look at some of the issues faced by adults.

If both parents re-marry, there are now four parents instead of the traditional two. Each of the four likely has a different idea as to how life should be managed. This can create conflict not only between the two sets of parents, but also within each pair.

It is important, firstly, to acknowledge that this is an incredibly complex situation, and secondly, that there will need to be a lot of compromise.

If you are a stepparent, the most loving thing that you can do is to find out what your partner really needs in relation to his/her children, and support that. If she gives in too often to her ex-husband, just to keep the peace for the sake of the children, that's her decision. Only if this directly creates difficulty for you should you pressure her about her choice. If decisions need to be made about the children, it is best to leave those to the natural parents to work out, again intervening only if something directly affects you in a negative way.

It can be hard enough for two parents to come to agreement, much less three or four. Be sensitive to the difficulties that arise when your partner feels caught between you and an ex. Avoid allowing an issue between

Discuss with your partner your role in relation to his/her children. Find out if he wants the two of you equally involved in the care and discipline of his children, or if he prefers you to act in a supportive role. For the sake of your partner and the children, it is best to move into a parenting role gradually, building the trust of all as you go. Try not to attribute selfish motives to other parties, for you will only upset yourself more. Assume that others are acting in accordance with what they need and may be so caught up in their own emotions that they aren't even thinking of yours.

This is different than if they were consciously trying to make things difficult for you. Ideally, in time, all parties will be able to look at blended family issues in terms of what is fair and equitable, and also what is in the best interests of the child. If there are ongoing troublesome issues that keep coming up, it may be wise to seek counseling.

Often there are simple solutions that just have not occurred to those directly involved. Remember too, how quickly the children will be grown and gone, and try to keep things in perspective.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for inspiration.

BLT Lobster Roll

Recipe courtesy of the Werner family of Island Lobster Co. on behalf of the Maine Lobster Marketing Collaborative

Yield: 1 roll

3 slices bacon

1/4 pound fresh lobster meat (or meat from 1-pound lobster)

1 tablespoon butter

1 brioche bun, halved

1 tablespoon mayonnaise

3 tomato slices

1 large leaf romaine lettuce or butter lettuce

Preheat oven to 400 F. Line baking sheet with parchment paper and arrange bacon slices on top. Cook 10-15

minutes, or until desired crispiness.

Prepare large pot with 2 inches of salted water and bring to rolling boil. Add lobster and steam 12 minutes. Halfway through, lift lid carefully and shift lobster to cook evenly.

Break down lobster and remove meat from shell, yielding about 4 ounces of cooked meat. Chop meat into bite-size pieces.

In large skillet or griddle over medium heat, warm butter to coat pan.

Place both pieces of bun cut sides down on pan and cook about 30 seconds until golden. Remove buns from pan and set aside.

In bowl, toss chopped lobster meat with mayonnaise and set aside.

Assemble cooked bacon, tomato, lettuce and lobster mix on toasted bun.