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Bringing back Brommtopp

At Neubergthals Darp Days Saturday, Paul Krahn and Friends performed the Brommtopp, which was a unique New Year's Eve custom amongst early Mennonite settlers. For more photos, see Pg. 14.

PHOTO BY LORI PENNER/VOICE

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

On October 3, 2023 RE-ELECT

JOSH GUENTER



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getinformed

Talking treaties

Steps Toward Reconciliation welcomes Dawnis Kennedy as guest speaker

By Lori Penner

Altona's Steps Toward Reconciliation group welcomed guest speaker Dawnis Kennedy last week to discuss Anishinaabe perspectives on Treaty.

Kennedy is from Roseau River Anishinaabe First Nation, Treaty 1 Territory. She works at the Manitoba Indigenous Cultural Education Centre in Winnipeg, has a Bachelor of Law from the University of Toronto, and a Master of Law and Society from the University of Victoria.

As a graduate student and a Trudeau Scholar, she has focused on Anishi-

naabe Onaakonigewin (Ojibwe Law) and culture-based education. Kennedy has been called on as a legal expert by the National Inquiry into Missing and Murdered Indigenous Women and Girls and by First Nations with regard to Child Welfare and Family Law from the perspective of Anishinaabe Onaakonigewin and Harvesting Regulation and Relational Laws of the Anishinaabe.

Kennedy is also an activist and a Yellowhead Research Fellow.

During her presentation to a crowd at the Rhineland Pioneer Centre on Sept. 21, she shared her personal view



PHOTO BY LORI PENNER/VOICE

Altona's Steps Toward Reconciliation group (back row, from left) Susie Fisher, Erica Enns Rodine, Shaun Friesen, Susanne Braun, Dorothy Braun, and Jamie Friesen Pankratz with (seated) guests Gail Lakotas, Dawnis Kennedy, and Josephine Hartman.

of treaties.

"What I've learned is that they are an expression of our law. And I think they're expressions of the parts of our law that we forgot between us. And we raise up treaty to remind ourselves about life and what was given to us."

In their pipe ceremonies, Kennedy says they remember every being in creation.

"All the directions above and below and center. They'll remember all the gifts that were given. And how life flows. That's the way I understand law as an Anishinaabe. There's a way that life flows where life is at the center. And is sustainable. Life renews itself through these daily cycles, these seasonal cycles. These yearly cycles. Cycles of eras. To me I think about that as a law. And we have the power

of choice. To do things outside of the law. We can do that, but then there's a counter. It comes back to you or your family. So if you stray from the law, you are also straying from life. And there's consequences to that."

Canadian law, she says, can be argued. But Anishinaabe law represents how life flows and can't be changed.

"And if I want to be within that sheltered, protected, always renewed and re-energized place, I need to live by these laws. Because living these laws is what ensures life not only for me, but for my descendants."

Kennedy hopes the audience thought about her elders, ancestors, teachers, and her community during the presentation.

Continued on page 13

National Day for Truth and Reconciliation

Orange Shirt Day, also known as the National Day for Truth and Reconciliation, is marked each year on September 30th. It honours the children who never returned home, and Survivors of residential schools, as well as their families and communities.

The Town of Altona encourages each resident to take time to reflect on the tragic and painful history and ongoing impacts of residential schools. Visit nctr.ca for educational resources for Truth and Reconciliation Week 2023, visit the Orange Bench Project coordinated by Steps Toward Reconciliation locally, or attend an event scheduled this weekend in Winnipeg for opportunities to learn more and reflect.

Please note: the Millennium Exhibition Centre and Altona/Rhineland Waste Disposal Site will be closed on September 30, 2023, and Town offices will be closed on October 2nd, 2023.



The **Voice**

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

"March 4 Children" held in Winkler

By Ashleigh Viveiros

Winkler was the site of one of the "1 Million March 4 Children" marches held across Canada last week.

A few hundred people gathered in Bethel Heritage Park Wednesday morning and then made their way through the streets of Winkler for about an hour, ending up on the steps of City Hall for speeches.

According to the national event's website, the march was about safeguarding "the well-being and innocence of our children" by "advocating for the elimination of the Sexual Orientation and Gender Identity (SOGI) curriculum, pronouns, gender ideology and mixed bathrooms in schools."

In his remarks to the crowd after the walk, Winkler event organizer Rick Wall said they were marching "to protect God's children" and raise awareness.

"We will no longer be intimidated or suppressed by small minority pushing this evil ideology that our elected officials believe to be okay for

our children to have full authority to make life-altering changes without any parental authority or consent," he said. "Our schools should be teaching our children to add and subtract numbers, not body parts ... time is running out if parents won't take a bold stand against the indoctrination of our children."

Other speakers likewise spoke out against what they perceive as the increasing sexualization of children in schools and the pushing of an LGBTQ-inclusive and gender-affirming agenda they believe excludes parental oversight.

March participants were met by counter-protestors at events across the country, though not in Winkler.

Pembina Valley Pride had urged members and supporters of the local LGBTQ+ community to "not engage with this group, or arrange a counter-protest at the same time. Instead, devote your time and energy to supporting your local Pride organizations, libraries, or other groups working to combat hate every day."



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Winkler's "1 Million March 4 Children" event took place last Wednesday.

Home and Community Care Expo Oct. 4

By Lorne Stelmach

An upcoming information evening in Morden will be aimed at families who are facing having a family member needing more care.

A number of presentations and displays will be part of the Home and Community Care Expo Wednesday, Oct. 4 at the Morden Activity Centre.

"We didn't want to make it too big and too overwhelming," said Rhonda Plett, resource co-ordinator for Morden Services for Seniors.

"I know we've had health expos in the past. This is more residential focused. It's about how we can keep people in the home longer ... if we need to move to that next step, here are some options," she said. "It's an opportunity for people to learn what maybe is the next step in their journey of their residential needs and care needs."

Organizations and agencies that will be represented at the expo include Southern Health-Santé Sud home care, Heavenly Care Agencies, Homestead South, Legion House 1 and 2, Alzheimer Society of Manitoba, and Pfahl's Home

Health Care.

The displays will be open to the public from 4-6 p.m. with short presentations starting around 5 p.m.

The idea for the expo came from a similar event held by Winkler Services for Seniors in the spring.

"We thought it would probably be beneficial for the Morden area to do something like this," said Plett. "So we're kind of piggybacking off of what Winkler had done."

"It's geared to any member of our community and surrounding areas to learn about the care options in our area," she said. "As care needs increase for themselves or their families ... they're looking at things like what all does home care involve or how do I get into home care? If I'm looking at another residence, if I'm downsizing, where can I go? Am I going to assisted living? Am I going into a seniors complex? Am I ready to go into Tabor Home? What does the paneling process look like? How long perhaps might it take to get into a Tabor Home facility?"

Continued on page 6

Promotions start from Sept. 28, 2023 to Oct. 6, 2023

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SUBMITTED PHOTO

PHOTOS BY ASHLEIGH VIVEIROS/VOICE

The 10th annual Katie Cares Celebration of Life Fashion Show had models on the catwalk at the Meridian Exhibition Centre in Winkler Saturday night to raise funds for Katie's Cottage. The evening also included music from The Bromantics (below), charcuterie and dessert, a live auction led by Morris Olafson, and silent auction prizes. Over \$80,000 was raised.



By Ashleigh Viveiros

The 10th annual Katie Cares Celebration of Life Fashion Show was the non-profit's most successful one yet.

The sold-out fundraiser, held at the Meridian Exhibition Centre in Winkler Saturday night, saw 640 people come out to enjoy an evening of food, music, auction prizes, and, of course, fashion from a variety of local retailers.

When all is said and done, it's expected the night will have raised over \$80,000 for Katie Cares and the Katie's Cottage respite home—more than double last year's earnings and a new record to boot.

"We had enough sponsorship this year that the whole show was paid for," shares executive director Ruth Reimer. "So once we were selling tickets, that was already profit."

The fashion show has come a long way from the small event held in a local church gymnasium for the first time over a decade ago. That one raised about \$17,000 and welcomed a little over 200 guests.

"I feel like we're growing up," Reimer reflects. "We're not this little charity anymore that was in the Emmanuel Church or when we first started in the hospital. We're growing up and we're doing really good work for our community, for the families that need it so desperately. I think of a few families that are in our building right now and they're struggling; if they weren't here, where would they be right now?"

The respite home provides people with an affordable, welcoming place to stay while a loved one receives care at the nearby Boundary Trails Health Centre. Guests can book a room overnight or simply stop by during the day to relax instead of wait-

ing at the hospital. The cottage has welcomed over 500 guests so far in 2023.

Raising such a substantial amount of funds in one evening takes a huge bite out of the charity's expenses for the year.

"I can't even describe what it means to have this kind of support and relief all at the same time," Reimer says, noting the COVID-19 years were challenging ones for the organization and they're still recovering.

With this year's proceeds, the fashion show has raised upward of \$380,000 for Katie Cares since 2011.

"That has sustained us," Reimer says. "It has purchased Beanie Babies for children receiving care. It has fed guests. It has paid bills. It has brought relief and comfort to so many."

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

Branden Leslie gets sworn in on the Hill

Rookie Portage-Lisgar MP had a busy first week in Parliament

By Ashleigh Viveiros

Portage-Lisgar Member of Parliament Branden Leslie was sworn at the House of Commons last week.

"It's been an incredible feeling, a very surreal feeling, an incredible honour," the rookie MP said after a few days of getting settled in on the Hill. "You feel that sense of responsibility when you put pen to paper and swear the oath of allegiance to our King and to do the right things for our country.

"I am so excited to finally be here in Ottawa, joining my Conservative colleagues, and I'm ready to get to work and hold this Liberal government to account."

As the winner of a by-election coming into Parliament mid-term, Leslie got the rare honour of walking into the Chamber for the first time with Conservative leader Pierre Poilievre and Manitoba caucus chair Larry McGuire, the MP for Brandon-Souris, at his side.

"It's only by-election victors that have that opportunity," he noted. "It's a very special moment.

"It is a completely overwhelming feeling to hear your name called for the first time in the House of Commons, being offered by the leader of your party to take your seat, meeting the speaker, and just having 338 MPs cheering with excitement that you're able to join them as a colleague."

Leslie didn't waste any time getting to work—the same day he was sworn in he also delivered his first question to the government during Question Period.

"The topic I chose was the carbon tax, as it was one of the topics that came up at the doors the most throughout the campaign," he said. "I wanted the opportunity to raise an important issue to our constituents to our region on my first day."

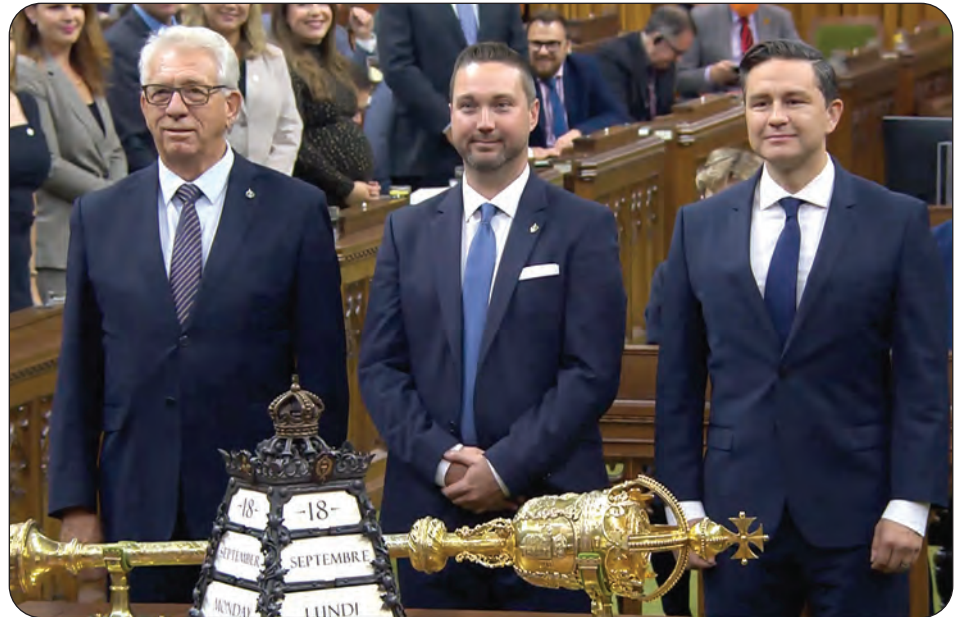
In his address, Leslie noted the average farm family will spend an extra \$150,000 a year because of the carbon tax.

"The people who make the food can't afford that, and the people who buy the food can't afford that," he stressed. "After eight years, the Prime Minister has driven up the cost of everything, and Canadians have had enough. When will the Prime Minister listen to Canadians and finally axe the tax?"

Leslie said it was a privilege to get to speak so soon after being sworn in, especially with so many of his friends and family members present that day to support him. It was also a good chance to dive right in to his role as Portage-Lisgar representative.

"I was happy to grab that by the horns and ask what I thought was a pretty good question to the Liberal government," he said, noting he also got to deliver a member's statement on his second day "thanking the res-

"I'M READY TO GET TO WORK AND HOLD THE LIBERAL GOVERNMENT TO ACCOUNT."



SCREENSHOT

Shortly after being sworn in as MP for Portage-Lisgar, Branden Leslie (centre) walked into the House of Commons for the first time flanked by Conservative leader Pierre Poilievre (right) and caucus chair Larry McGuire.

idents of Portage-Lisgar for placing their trust in me and again suggesting to the current government that the carbon tax is extremely problematic for rural communities like ours.

"I absolutely intend to get up as much as I can," Leslie noted.

Leslie was also appointed a member of the Conservative's Environment Committee last week and attended his first committee meeting.

With his background in agriculture, this is a topic Leslie is passionate about. He's eager to bring a rural per-

spective to the discussion.

"I think that that's something that's often lost in the conversation when we focus on these rather large, big-picture issues of the environment, like emissions. I think it often results in policies that detrimentally impact our farmers and our rural landowners and our natural resource communities.

"So I'm certainly going to be bringing in an agricultural lens, a rural lens and a natural resources lens to this conversation."

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Our mistake

Our profile last week on Progressive Conservative Borderland candidate Josh Guenter referred to him as living in the Altona area.

In fact, Guenter lives 20 minutes west of Altona, near Plum Coulee.

We regret the error and any confusion it may have caused.

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OUR SISTER PUBLICATIONS



Stop shouting in my ear

Anybody else having a boring provincial election cycle or is it just me?

It's almost like walking into a rager of a party and casually mentioning that perhaps people should consider using coasters for their drinks. I mean, it's sound advice but literally no one is paying attention because of all the screaming. They see you and comprehend that you are trying to communicate with them, but they don't really care.

On the one side you have the NDP focusing almost entirely on health care (which admittedly is a big, important issue) while on the other side the PCs seem to be latching on to almost anything they can and throwing money at it.

This column is with apologies to the Liberals who do not seem to even remotely be a factor in the provincial election at this point.

There was a time in the distant past when parties were easier to identify: tax and spend on the left and scrimp and save on the right.

Not anymore. Everyone seems to want to spend, spend, spend our way out of inflation, housing crisis, affordability, and more. I am curious to see how this works one way or the other.

Maybe I'm not paying enough attention. After a while everything becomes so exhausting. The past three years have been a sensory overload of one apocalyptic crisis after another and eventually you become numb to it all. You just want to get through the

day, get home, eat dinner, watch some Netflix and go to sleep. Repeat.

I think this is why this election cycle feels so confusing: people are exhausted and barely able to pay attention because they're trying to figure out how to buy that \$10 head of lettuce, how to fill the car every time gas approaches \$2 a liter and when the rent for their one-bedroom, duct tape apartment will go up to \$2,000 a month.

And to be clear, Canada is doing better than virtually every other country on Earth when it comes to all of these varying and sundry climate and economic circumstances.

Recently I spent a great deal of time drinking Guinness in British pubs (among other things) and I can highly recommend that as a strategy to distract oneself for a time from the electorally polluted airwaves.

I'm not advocating for apathy. Never apathy. But there is something to be said for taking a great step back to get the lay of the land.

So, amidst all the sound and the fury, our little provincial election struggles to get anyone's attention. I'm not sure if this is a bad thing or a good thing. I don't envy any politician their job these days. There are so many wicked problems that need to be dealt with and simple, linear, cause and effect solutions just aren't going to cut it

anymore.

I will say this: the amount of talking has skyrocketed to record levels. Historically when this happens solutions are farther and farther away. Talking fills the action void. The more talking, the less implementable ideas there are ... and heck, there's a lot of talking these days.

Anyhow, enjoy the provincial election cycle. There will be a municipal one in two years and another federal one somewhere between now and then ... yay for us.

> EXPO, FROM PG. 3

"So what are the services that they can connect to," she continued, noting something that will come up for discussion will be self- and family-managed care.

"It's another avenue for home care for the families ... home care is pretty stretched with staffing shortages, so maybe there's a private way we can do this, but there may be government subsidy," said Plett. "This event is a good chance for agencies and businesses to showcase their services and options that they have here in the region."

Letter policy

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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.

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• FAITH FOCUS

Retrain your brain

Over fifteen years ago, Steve Jobs, co-founder of Apple, introduced to the world, the iPhone, and whether you are a fan of Apple or even technology, the smartphone has ushered in a new era of information and connectedness across the globe.

We're some of the first generations to be connected to information and media 24/7. How does that impact us? How does the unprecedented access to information and social media we now have impact the quality of our lives?

Our human brains are also pre-wired towards a negativity bias. This psychological



By Terry Dueck

phenomenon explains why bad first impressions can be so difficult to overcome and why past traumas can have such long lingering effects.

In almost any interaction, we are more likely to notice negative things and later remember them more vividly. We tend to pay more attention to negative events than positive ones, we learn more from negative outcomes and experiences, and we make decisions based on negative information more than positive information. Bad things grab our attention because our brains are naturally pre-disposed towards negativity. This is why negative news outpaces positive news 17:1, and conspiracy theories spread six times as fast on social networks.

What I love is that the ancient writers of the Bible, are telling us exactly what the last 20-30 years of brain science has revealed; and that is with intentionality, we can train ourselves to think differently. We can re-wire our thought patterns permanently, and break-free of negative thinking.

One of the early church leaders named Paul said it this way roughly two thousand years ago: "Don't copy the behaviours and customs of this world, but let God transform you

into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and please and perfect." As you are shaped by your faith and trust in God, as you rely on the Holy Spirit's power and activity in your life, as your life is increasingly guided by biblical principles—your mind will literally be changed, and you will think differently.

Let me suggest three ways you can begin to re-train your brain to and live in freedom and peace. First, we commit to having a daily conversation with the God who cares for us. We can give God our anxious thoughts and fears knowing that one of the most common phrases God speaks in Scripture is "Don't be afraid, I am with you." Writing out your negative thoughts in a prayer journal and combating them with God's promises is an excellent way to begin taking your thoughts "captive" and limiting their power.

Second, we have to set limits. We have to learn to manage the flow of negativity we allow into our minds. Limit your screen time, use safety filters, be selective with what notifica-

tions you get, change who you follow on social media. You have a choice with who and what you allow to influence you! Begin to take control of your thought life.

And finally, I encourage you to follow the advice of Paul. Don't just limit negative news, take action, and actually fix your thoughts on what is true and honourable, and right, and pure, and lovely, and admirable. Slow down and spend time in God's Word. Slow down and have conversations with your family and put your phones away. It's fascinating how Jesus' profound, contemplative prayer life with his Father resulted in a contemplative presence with people. We can do this, science is proving exactly what the Bible promised, we can change the direction of our lives, and find lasting peace, as we renew our minds through a God-centered life. I invite you to join me in the good and beautiful life we find in Jesus.

—Terry Dueck is the lead pastor at the Winkler MB Church

Churches take COVID-19 fight to Supreme Court

By Voice staff

A group of Manitoba churches are bringing their legal battle against COVID-19 public health orders to the Supreme Court of Canada.

The Justice Centre for Constitutional Freedoms announced last week that five churches and two individuals have filed an application with our nation's highest court to argue the constitutionality of church closures and restrictions on outdoor gatherings during the pandemic.

The group argued in provincial court that these restrictions violated the Charter of Rights and Freedoms.

A justice with the Manitoba Court of King's Bench disagreed, ruling in spring of 2021 that the restrictions were permissible under the Charter. That decision was then upheld by Manitoba's Court of Appeal this summer.

Now the group is asking the Supreme Court to hear the case, arguing it raises issues of national importance.

"We hope that the Supreme Court of Canada agrees that constitutional issues surrounding closing churches and curbing outdoor protests during a pandemic are worth the Court's attention and adjudication," said Allison Pejovic, the group's lawyer, in a statement. "Canadians would like to understand whether the Charter's protections can be easily cast aside during a pandemic, while non-Charter-protected activities with an economic interest remain open and operational."

Listed as applicants on the appeal are Pembina Valley Baptist Church, Grace Covenant Church, Gateway Bible Baptist Church, Slavic Baptist Church, Bible Baptist Church, Pastor Tobias Tissen, and protestor Ross Mackay.



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WCF hands out Community Services Recovery fund dollars

By Voice staff

The Winkler Community Foundation handed out financial support to two local non-profits recently through the Community Services Recovery Fund.

WCF presented Central Station Community Centre and the Eden Mental Health Centre with a total \$139,000 from the fund, which is a one-time \$400 million investment from the Government of Canada to support community service organizations, including charities, non-profits, and Indigenous governing bodies as they adapt and modernize their organizations.

"We are thrilled to see funding come into our community specifically to support modernization of charitable operations," WCF board chair Corey Hildebrand noted. "This will have a significant impact on the services they offer and management of volunteers and staff."

Both agencies intend to use the money to upgrade and integrate their data collection systems, which should free up human resources and make for better and more dignified experiences for community members accessing services.

"We anticipate the tech upgrade will provide us with an increased efficiency of data handling for all employees and volunteers," noted Central Station's



SUPPLIED PHOTOS

Winkler Community Foundation board chair Corey Hildebrand presenting cheques to Bev Wiebe, executive director of Central Station (left) and Karma Shepperd, program director of the Eden Mental Health Centre.

Bev Wiebe. "Reduction in time spent in data collection for staff and volunteers. Additional options for clients to schedule their own appointments to provide more dignity and choice. And increased reporting features will support grant writing and fundraising capabilities."

Eden will be developing forms to track and trend patient flow, vitals, supporting documents, and patient-integrated progress notes to further assist in the rollout of electronic health records at the centre.

Federal Minister of Families, Children and Social Development Jenna Sudds noted these funds will

go a long way toward helping organizations prepare for the future.

"Community service organizations are at the heart of communities like Winkler, creating a sense of belonging from coast to coast to coast," she said. "The Community Services Recovery Fund will enable the organizations that serve our diverse communities to adapt and modernize their programs and services and to invest in the future of their organizations, staff, and volunteers."

"Together, we can rebuild from the isolation of the COVID-19 pandemic and build a more just and equitable future for those in Winkler."

Elks complete upgrades to Morden tennis courts

By Lorne Stelmach

Recreation in Morden is getting a boost as a result of a recently-completed projects by the local Elks club.

The community service organization finished having upgrades done on the tennis courts, including setting them up better for pickleball.

The result is now having four mobile pickleball nets available in addition to the two tennis nets.

It not only means 16 people could be playing pickleball at any one time, but they now do not have to use the tennis nets anymore.

"Our tennis courts here have been a mainstay here since about 1980, but they fell into some disrepair," noted club member Henry Penner. "About eight years ago, we fixed them up a bit for tennis."

"Pickleball has become such a fast growing sport. It's one of the fastest growing sports around, and we've

had pickleball lines here, but it didn't really work well because the nets are different, everything is different, and we were using the tennis nets," he explained. "So our biggest thing was how do we do this and increase the capacity to have pickleball players play here?"

The project happened with local companies getting involved in doing the work while club members and pickleball players helped out by repainting the lines. Metal Valley Manufacturing in Morden constructed the four portable pickleball nets, and Mobile Wash did the power washing of the courts.

"We are fortunate to live in an area where there are lots of manufacturers who can make these things, so we were able to do these at quite a savings ... these normally might be made in the States," noted Penner.

"We were happy to do this," he said, noting they raised some of the funds



PHOTO BY LORNE STELMACH/VOICE

From left: Orest Zwarich, Gary Graboweski, Jim Martin, and Henry Penner at the Morden tennis courts, which the Elks club recently upgraded.

through their raffle. "Last year we raised \$10,000 to do this project, and I was able to get another \$5,000 through the Manitoba Elks Foundation."

Penner said they have received good feedback already from some of the users.

"The pickleball users seem ecstatic about it. They're here pretty much every day ... it's a pretty busy place," he said.

"We tend to try to get projects that are mostly geared to youth like skate

parks ... pickleball is also played by some younger people, but it's fast growing with the older ages," he noted.

"This was something that was needed here. We don't have enough courts by a long shot," Penner concluded. "We get a lot of players even from Winkler ... all the way from Crystal City people come here to play, so it's being used by more than just Morden."

Local chapter of Ducks Unlimited hosting fundraising banquet

By Ashleigh Viveiros

The Pembina Triangle chapter of Ducks Unlimited Canada (DUC) holds its annual fundraising banquet in Morden next month.

Scheduled for Saturday, Oct. 21 at the Access Event Centre, the evening includes a hearty turkey supper with all the fixings, an open bar, live and silent auctions for a variety of prize packages, raffles, and a costume contest.

Funds raised that night go to support Ducks Unlimited's conservation efforts across the province, shares regional chapter rep. Wes Vanstone.

"The money being raised stays right here in Manitoba and it goes towards reclaiming land or keeping land in its natural state for generations to come," he says.

Vanstone has been involved with DUC for over 35 years, going all the way back to its biggest project in our area: Lizard Lake.

Located between Miami and Manitou, Lizard Lake is one of Ducks Unlimited's largest wetland conservation areas in the province. The 580-acre lake and 1,500-acre backflood area provides a spring habitat for waterfowl, supports haying operations for local agricultural producers, and offers environmental benefits such as carbon storage and filtration of excess nutrients.

Vanstone was part of a group of locals battling to prevent the uncon-

trolled draining of the lake decades ago.

"We got retention pipes put in so they could only drain at certain times," he recalls, noting the lake had long been a haven for local wildlife.

Conservation efforts kicked into high gear when Ducks Unlimited got involved, Vanstone says. In 1985 the backflood area and outlet was created to conserve part of the existing wetland while still benefiting area landowners. The project became a partnership between DUC, the rural municipalities of Thompson and Pembina, the Pembina Valley Conservation District (now the Pembina Valley Watershed District), and landowners.

"Without an organization like Ducks Unlimited, we're going to lose habitats and we're going to lose water," Vanstone stresses. "Sure, ducks need to have the water, but people do too ... Ducks Unlimited is there to help preserve the habitats, the water, to keep our water clean for years to come."

This year marks Duck Unlimited's 85th anniversary in Canada. DUC's first Canadian conservation project was Big Grass Marsh near Langruth, MB in 1938. Today their cumulative conservation footprint spans 234.3 million acres of habitat.

The Pembina Triangle DUC chapter works to support the agency's conservation work, often raising upwards of \$15,000 from the banquet each year.

Involvement with DUC is a great



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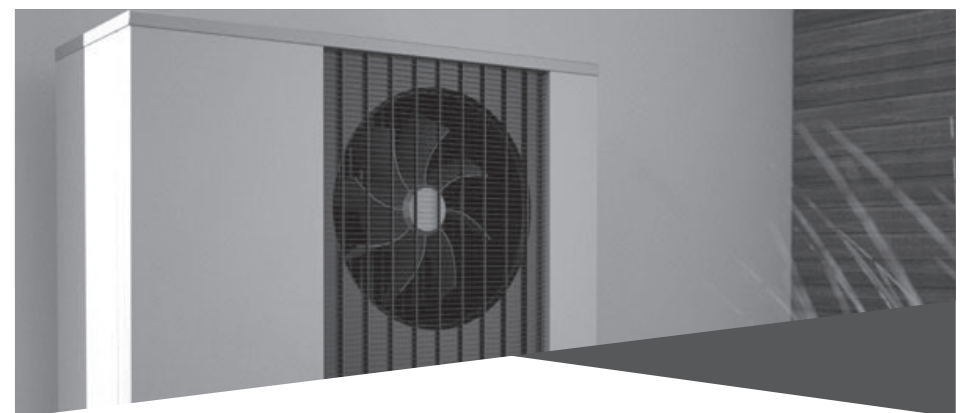
Last year's costume banquet was a big hit for the Pembina Triangle chapter of Ducks Unlimited Canada. A costume contest is back on the menu for this year's fundraiser as well, which takes place Oct. 21 at the Access Event Centre.

way to get to know fellow environmentally-minded people from across the province, Vanstone notes.

"If you're new to the area and you want to meet some new people and do a bit of work for a good cause, this is it," he says. "I've met people from Emerson right through to Churchill, from Flin Flon to Killarney. It's a great organization to get involved with and become a member of."

Tickets to the banquet are \$75 each and can be purchased online at pembinatriangleducksunlimited.square.site, by emailing pembinatriangleduc@gmail.com, or by calling 204-751-0294 or 204-823-1804.

Reach out to the chapter as well if you'd like to make a donation or learn about sponsorship opportunities for the banquet.



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The Funnies

PLANET GARRY By: Harrison Doell
Inspired By: Bill Watterson



Kicking off Culture Days



LEFT PHOTOS BY RICK HIEBERT/VOICE;
RIGHT PHOTOS BY LILI KRUSHEL
Morden's Culture Days festivities got underway Friday with colourful scarves put on the town's prehistoric mascots, courtesy of PHAC's Liza Isakov (right). On Saturday, Whitecap Coffee hosted a workshop where owner Zachary Hildebrand (left) guided participants through the ins and out of coffee brewing and latte art. The fun continues all this week, with cultural events scheduled daily through Friday night. Go to mymorden.ca/events for details.



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Old Farmer's Almanac makes its winter predictions

By Lorne Stelmach

It's the annual weather predictions that get the headlines, but there is much, much more to the *Old Farmer's Almanac*.

The 2024 Canadian edition is out with a forecast for a colder, snowier winter on the prairies, so readers here may want to delve more into the other varied content offered by the *Almanac*, which is the longest running periodical.

"Weather only makes up maybe five or six per cent of the *Old Farmers Almanac*. We have food, gardening, astronomy, history, home remedies and humour and so on and so forth," noted managing editor Jack Burnett.

There is also always some content especially for the Canadian market such as one touching on a special moment in the Olympics when a Canadian sailor forsook a chance to perhaps win when he stopped to help another boater in trouble.

"His gesture was so important that the Olympic committee gave him a

special medal, so that was really Canada at its finest," said Burnett.

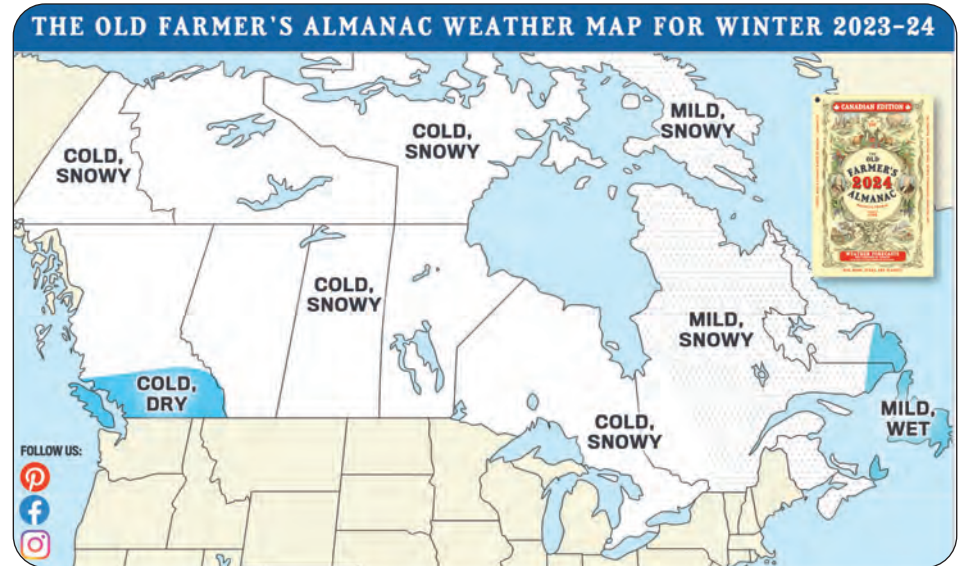
He noted as well they know they have a lot of readers in this region of southern Manitoba.

"We know from feedback that we have many hundreds and hundreds of our family in the Winkler and Morden area. They know that we have a lot more than weather."

Their guiding principle remains the motto of its founder: to be useful with a pleasant degree of humour.

It includes, of course, the forecast, which predicts almost every nook and cranny of Canada should expect oodles of fluffy white throughout the season coupled with seasonably chilly temperatures at or below normal.

Other staples include gardening tips, recipes, and a myriad of other anecdotes and pleasantries from *Almanac* readers: step-by-step instructions for hypnotizing your own foot, the protocol for when Groundhog Day goes horribly wrong, a scientific study that settles the long-debated question of what is America's favorite pie (hint:



SUPPLIED IMAGE

Manitobans can expect a cold and snowy winter ahead, according to predictions in the *Old Farmer's Almanac*.

it's not apple), expert angling advice, tips on how to enjoy 2024's total solar eclipse, and more.

"Back in the day, the *Farmer's Almanac* was the Google of the day," observed Burnett. "They had lots of different kinds of information, and that's what we still try to do. People know we have lots of good information about many different things."

"I like to think of the *Farmer's Almanac* as kind of being like a security blanket in book form ... people know what we are and they know we're

not going to change. It makes people comfortable," he said. "How we stay current and relevant is we listen to our readers, and that's kind of the secret of 232 years ... we try to be as close to our readers as we can."

The 2024 *Old Farmer's Almanac* Canadian edition is available wherever books and magazines are sold. A full list of stores that carry it is available at Almanac.ca/Wheretobuy. Print and digital copies are also available online at Almanac.ca/Shop.



STAY SAFE THIS HARVEST SEASON

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

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WORK & WESTERN WEARHOUSE

Plum Coulee School cuts ribbon on new playground

By Ashleigh Viveiros

Plum Coulee School cut the ribbon on its new playground equipment Monday evening.

In conjunction with a meet the teacher barbecue designed to give parents the chance to tour the facility and chat with staff, the school celebrated the completion of a project they've been working towards for some time now.

"There was an older playground structure here, a wooden structure, that predates my time here, so that means it was very old and very tired," says principal Mary Eberling-Penner. "And that one actually came from another school secondhand.

"So we've been thinking about saving money for a play structure for quite a while, probably six, seven years."

Through fundraisers and sponsorships, the parent advisory council managed to raise \$28,000 for the project. Then a \$40,000 grant from the provincial government's Teachers' Idea Fund helped make it a reality.

The teachers' fund grant specifically helped pay for some very special parts of the playground, Eberling-Penner explains.

"Some of our teachers got together and thought about some items of playground equipment that could address children with some special needs or special adaptations they need."

That includes a couple of outdoor musical instruments kids can play and two specialized spinners.

"We have a number of kids who



have occupational therapy needs and one of their recommendations is to be engaged in some fast spinning and turning," says Eberling-Penner.

One of the spinners is a cooperative one where multiple kids can jump on and make it go. The other is more of a tub design that a physically-disabled child can easily settle into and then be pushed and spun around.

"We tried to do things that were accessible, so even if child has some physical limitations they can still play," says Eberling-Penner.

The rest of the equipment includes a pair of slides, a climbing bridge, and a giant tic-tac-toe game.

Volunteers helped clear out the old playground this spring and install the new pieces shortly after.

The playground has been seeing heavy use ever since.

"The kids love it," says Eberling-Penner, thanking the community for making it happen. "This wouldn't

PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Plum Coulee School's parent advisory council and staff cut the ribbon on the new playground equipment Monday night, which includes pieces designed for children with sensory needs or physical challenges.

have come to be without the parent advisory council ... or without community members coming in to lend or donate equipment and skid steers and gravel trucks. So hats off to the parent advisory council and also the community."

Guests at the school Monday also got the chance to see the new break room, which was also covered by a teachers' fund grant, this time to the tune of about \$16,000.

"We retrofitted a classroom with some crash mats, some rockers, a couple of different kinds of swings that can be interchanged from the ceiling to, again, meet some of the needs of some of our children who have sen-



sory needs or sometimes just need a break from the classroom if it seems overwhelming," explains Eberling-Penner, noting there's a reading corner and an exercise space as well. "So they'll go there with a buddy or a couple of buddies and an adult and they can spend some time in a different setting."

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The school also has a new break room this year where kids can go for a bit of a breather from the regular classroom environment.

getinformed

Rain didn't dampen Good Double Blessing walk



PHOTOS BY LORI PENNER/VOICE

The rain didn't diminish the success of the Good Double Blessing fundraiser on Saturday. The event was organized by the Love Well Women's Drop-in Centre and included a walk around the Altona Centennial Park trails (above, right) while the W.C. Miller Collegiate band (above, left) offered some pep. A fiesta celebration followed back at the centre with food, fun, music, and a variety of vendors. How much the celebration raised wasn't available at press time.



> TREATIES, FROM PG. 2

"I wanted people to be encouraged to give them weight. To give their words weight. To approach them as a people with great wisdom. That maybe if they don't see it right away, they have to work with it and think about it, that there's things that they can say that you turn over. And you realize that over time, they're evident truth. But you must think about them, and want your life, and see the truth of it in your life. Not something where you say oh it's true or it's false. But to say, oh, this is the way life flows. Do I see Dawnis Kennedy holds a replica of the One Bowl, One Spoon Treaty, or wampum belt. Every bead is a prayer.

PHOTO BY LORI PENNER/VOICE

that to be true in my life? I think my elders' words are worth reaching for. That's what I wanted them to see."

Kennedy says the main reason her ancestors signed the treaty was to protect the trees from being deforested. But as soon as the treaty was signed, more trees were cut down.

"Knowing that and understanding why we need the trees. Why we need the animals. Why they have just as much of a right to a home as we do. Those things are our responsibility. I would like to see more safe spaces for trees and for animals and for our children.

"I think the ways that we lived from the land was a way that ensured the land was healthy and the ways we're living from the land now aren't the same and we're not leaving healthy good land water and air and life for the future generations. I want that. For my son and for my grandchildren. I want that for everybody's grandchildren."

"I THINK MY ELDERS' WORDS ARE WORTH REACHING FOR ..."

The Voice

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PHOTOS BY LORI PENNER/VOICE

The Neubergthal Heritage Foundation hosted its annual Darp Days celebration Saturday to celebrate the rich history and culture of the Mennonite heritage village. Clockwise from left: Dr. Aileen Friesen delivered a report on her train journey across Canada to trace the travels of the Russlaender Mennonites; a build your own sandwich bar nourished the crowd; a flatbed trailer pulled by a tractor travelled the street of Neubergthal as visitors braved the rain and listened to facts and stories of Neubergthal Then & Now; Al Schritt regaled the audience with Low German stories.



• SUSTAINABLE LIVING

Slow living is soulful living

By Tamara Franz, Altona Community Action Network

Fast food ... high-speed internet ... two-day delivery ... it seems everything is operating at a faster, more efficient rate every year.

Or is it?
High-speed efficiency is one of those unquestioned societal values that has been planted in our consciousness without us really stopping to question what it means. After all, who would argue against convenience? Don't we all want to get from here to there faster, obtain our goods faster, and get our tasks done faster?

I have spent the past couple of years exploring an interesting paradox: the more I slow down, the more I find I am living a richer, fuller life. When I

cycle to the store instead of driving, I feel the air on my skin, smell the leaves, and feel grateful for the quiet town I live in. When I slow down further and walk, I notice the birds and squirrels. If I sit still and get quiet, the tiny, hidden world of butterflies and bees and frogs comes out from hiding and shows itself to me.

We pay a price for our demand for speed. We lose touch with a natural world that nurtures us and helps us remember who we are. We create punishing schedules for warehouse and factory workers and delivery drivers who are pushed to exhaustion meeting the pace of our demand. And we miss out. We fail to be present to savour the delights the world is offering us.

My husband and I have a daily

after-work ritual. We sit down with a coffee, put on soft music, look out the window, and talk about our day, about life, about things that matter. This slow-down time brings us back to ourselves and to each other. It is our favourite time of the day. We feel no pressure to be striving, doing, and filling every second with busyness and so-called productivity. Our brains rest from device screens, and we come back home to the real world—the one we can touch, smell, taste, and feel.

I believe this is why so many people love camping; it slows them down and makes them present to themselves and the natural world. But we don't have to wait until summer holidays to experience these gifts. We can slow down every day to take in the little things. Strangely enough, we

stretch time when we do this. We lose the low-grade anxiety that life is running like sand through our fingers. The more we become present, the more fully we live.

What could a daily slow-down ritual look like for you? An evening walk in the park? A bike ride in the country? Reading with your family? Sitting outside around a fire? Why not create one?

ACAN seeks to educate and inspire sustainable practices in our community. Follow us on Facebook, Instagram, altonacan.blogspot.com or email inquiries to altonacan@gmail.com Give us a shout if you would like to be a Friend of ACAN.

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

The Friesens way: a culture of inclusion and opportunity

As any book lover will tell you: stories evolve. That's what keeps them interesting and relevant. So, it makes sense that a company that manufactures books would need to grow and evolve, as well.

The story of Friesens Corporation began in 1907 and has continued to be written for over 150 years, growing into a business of employee-owners with a mission to not only build a company, but to also build each other up, as they build a community.

The way Friesens accomplishes this mission is to help their customers share their best stories while creating an inclusive workplace that provides their employee-owners with opportunities to improve their personal stories.

Their employee-ownership model fosters a common desire to grow and prosper together.

"So, while creating a successful business, our strategy is to develop and grow within, so that our employees can achieve their own goals," says Odia Reimer, Vice President of People and Culture.

"If you look at the people who have been with the company for a long time, they have stories to tell about

how they got to where they are today. We love to see people grow in their careers with us and achieve things they never thought they would."

Reimer can attest to this as she reflects on her own career journey with Friesens, which has included a variety of rewarding roles.

"Friesens sees the value in the people and what they bring to the table, the skills, and the gifts that they have, and helps them grow," she says. "If you are wanting to achieve something, we will help you do that. That can be through education and training, or through different experiences or projects.

"Do you want leadership? We have a leadership development program where you can learn the skills of becoming a leader. Do you want to learn how to do presentations? We can teach you how to run meetings and continuous improvement events. This applies to anybody in the company with the desire to put in the effort to grow as an employee-owner."

The path to opportunity begins during your first year with the company.

"They learn what it means to be an employee-owner. At the end of that year, they are presented with a career



SUPPLIED PHOTOS

path, and are asked about their goals and aspirations with the company," Reimer says. "There is different training you can take to go forward. They can progress if they choose, through various training programs. There are also English, employability skills and culture classes. There are lots of areas where people can plug in for additional training to be successful at Friesens.

"We believe strongly in continuous improvement. The better the company performs, the more opportunities we create for each other. As employee-owners tackle these opportunities, their success opens new doors for their families."

Along with providing opportunities for growth, creating an environment of open communication and respect is also a priority at Friesens.

This has become particularly vital as they welcome employees with a variety of nationalities. Nearly 40 per cent of their 654 employees are newcomers to Canada, representing a spectrum of 25 different countries and cultures.

"For the past 15 years, we've been working towards bringing in newcomers—20 in 2022 alone, as well as 20 additional workers from Ukraine," says Reimer. "This has really changed the dynamics of the company. We've been able to bring skilled workers who have experience in print manufacturing. We wouldn't be able to do the things we do without them. And we're now seeing the second generation also starting to work here, and it's so exciting to see that growth."

With that growth, she says, comes an enhanced priority to make every

employee-owner feel welcome, safe, and understood.

"We're educating our local folks and our newcomers to bridge the gap between different cultures and how they work. We will be offering cultural classes for newcomers and all other employees to clarify any differences this year. We want to create a good working experience."

Reimer and her team support learning and communication about cultural differences.

"That can mean something as simple as, 'What does arriving for work or a meeting on time look like? Do you arrive early, right on time, or is it okay to arrive late?' We want to talk about those cultural norms, expectations, so it's on the table to avoid misunderstandings and assumptions and create an awareness of where our differences come from. Whether it's a personality trait, or a cultural practice."

Friesens goal to encourage and support an environment of opportunity and inclusion is reflected in their recently launched company handbook: The Friesens Way.

"The first 13 pages explain our vision, our mission, and our values, as well as our expectations and our culture. It's a great overview of who we are and what it means to be an employee-owner," Reimer says.

We've moved to a place where we look at our employees and our culture in a new way. We're a people-focused company and that's where we want to stay."

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National Day for TRUTH and RECONCILIATION



Recognize. Reflect. Reconcile.

3 ways to learn more about First Nations, Métis and Inuit people

September 30, 2023, marks the National Day of Truth and Reconciliation. This event commemorates the tragic history of residential schools and aims to pay tribute to the communities that have experienced — and continue to suffer the effects of — a painful piece of Canadian history.

This day is also an opportunity to learn more about First Nations, Métis and Inuit people and to discover the richness of these cultures. Here are three ways to do it:

1. Educate yourself. If you want to learn more about Indigenous languages, history and arts, the “Indigenous peoples and cultures” section of the Canadian government website (Canada.ca) is an excellent place to start. You’ll find a host of interesting resources, reading suggestions and fun games for children.

2. Practice Indigenous tourism. Every province has opportunities for traditional Indigenous experiences like hunting and fishing. You can also discover art from various nations, participate in events like pow-wows or enjoy a traditional meal. Visit your province’s Indigenous tourism site to plan your activities and immerse yourself in diverse cultures.

3. Explore Indigenous works. There are so many works by First Nations, Métis and Inuit artists that deserve to be known, including theatre, music, visual arts and poetry. Broaden your horizons by taking in their rich, unique worldviews.



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get informed

Truth and Reconciliation Day healing walk in Morden Saturday

Ceremony at 10 a.m., walk to follow

By Ashleigh Viveiros

The Pembina Valley Truth & Action Working Group hosts its third annual

Truth and Reconciliation Day Ceremony and Healing Walk this weekend.

The community is invited to the



VOICE FILE PHOTO

Morden hosts its third annual Truth and Reconciliation Day Ceremony and Healing Walk Saturday morning at the Access Event Centre.

Roland's annual Pumpkin Fair returns Saturday, Oct. 7

By Ty Dilello

Roland's Pumpkin Fair runs annually on the first Saturday in October, which means it will be coming up on Oct 7.

The all-day event starts off with a pancake breakfast, which is a fundraiser for the Roland Curling Club. There will also be extended craft sale hours from 9 a.m. to 3 p.m. this year.

The Great Pumpkin and Vegetable Weigh-off will be held at 10:30 a.m.

"It was a dry year, but our regular top growers are expected to bring in some giants," said organizer Lisa Pinkerton.

Free children's activities will take place all afternoon from 1-4 p.m., including inflatables and choo-choo train rides. Captain Bubbles will be

on the grounds in the afternoon, and there will also be a tea room with pumpkin dessert specialties.

Free family entertainment will be available from 1-6 p.m., including two shows from Mr. Richard a magician and ventriloquist; a performance by up-and-coming country music artist Brady Kenneth; and more music from the band Three's Country."

A full course harvest supper is to take place from 5-6:30 p.m.

"For the second year, we are excited to have our giant pumpkin drop," Pinkerton said. "It was a 'smashing' success last year. We have moved the time to 6:30 [p.m.] and hope that people will stay to enjoy the entertainment and supper. We are planning a new element for the smash this year."

Access Event Centre in Morden at 10 a.m. on Saturday, Sept. 30 for a ceremony that will include an address from Roseau River Anishinabe First Nation Elder Peter Atkinson, a performance from Roseau River drummer Keith Henry, a song sung by local performers, a land acknowledgement in English, French, and Ojibwa/Ojicree, and the raising of the Every Child Matters flag.

"We try to keep the ceremony short and really want the more meaningful part to be the walk itself," explains organizer Tammy Hendrickx.

The walk will take participants from the event centre down to Thornhill St. and back again where they will be greeted with a free lunch of bannock dogs in the community hall.

"Part of the Indigenous culture, a lot of the cultures, is to stay and eat something and chat," Hendrickx says, noting they found after their first walk in 2021 that people very much wanted to stay afterwards to share experiences and reflections on reconciliation, so they've made that part of the event.

Truth & Action Working Group volunteers will be on hand after the walk to speak more about their work and

how people can get involved. The RE-Dress Project will also be on display, honouring missing or murdered Indigenous women across Canada.

Organizers have been pleased with the turnout at the event each year, but they hope to see more people than ever this year given that it's all taking place on the weekend.

"We want to share this with the whole community and also invite people from surrounding areas to join us," Hendrickx says. "I'm hoping that we can reach out to a lot of newcomers so that they can understand our privileges of living in this country and the sacrifices that people have made.

"This is what our group is all about," she adds. "Our purpose is to promote positive public awareness of Indigenous realities to build relationships within our communities."

The Pembina Valley Truth & Action Working Group also hosts an event for Indigenous Peoples Day in June and hopes to bring guest speakers to town throughout the winter.

You can stay up to date on their activities by following them on Facebook.



SUPPLIED PHOTO BY LISA PINKERTON

The annual Roland Pumpkin Fair is going to be an all-day event taking place on Oct. 7 and featuring the Great Pumpkin and Vegetable Weigh-off.

RETIREMENT PLANNING

Do you have to make a will?



As you get older, it's normal to start thinking about your estate and getting your affairs in order. If you don't already have a will, you may wonder whether you need one in the event of your death. The short answer is no. Nevertheless, a will is an essential document. Here's why.

The specifics vary depending on the province, but generally, if you don't have a will at the time of your death, your assets will still be distributed to your heirs. However, the distribution may differ from what you would have wanted. Usually, your spouse will receive a set amount before the remainder is divided among your children and other family members, if any exist.

A will is essential because it allows you to decide how your assets will be divided among your heirs. Specifically, you indicate who inherits what and who'll act as an executor.

There are three basic types of wills in Canada: formal, notarial and holographic. Consult a lawyer to learn the differences and determine the best type for you.

Should you take a sabbatical or wait until retirement to fulfill a dream?

Have you been in the workforce for several years? If you're eager to travel the world or undertake a large project, you may want to consider taking a sabbatical. However, waiting until you retire could also be practical.

Firstly, be aware that putting your work life on pause requires a lot of preparation, as you won't receive a salary for a long time. If you decide to take an extended leave, plan your absence carefully and save the necessary funds.

On the other hand, waiting until retirement to fulfill a dream can be a risky gamble. The older you get, the greater the risk of developing health problems and running out of energy — it's a sobering thought.

The one sure thing is that if you want to make a dream come true, you must be disciplined. Talk to a financial professional to make sure you're set up for success.



Advice from someone you trust

A retirement plan includes the right mix of income, savings and insurance protection products to help you meet your financial goals today and live with peace of mind in retirement.

Let's start planning.



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Singin' in the Grain concert comes to Winkler Oct. 29

By Lorne Stelmach

Fans of choral music will again have the chance to enjoy the music they love and support a worthy cause at the same time.

Singin' in the Grain returns as a major fundraiser in support of the Canadian Foodgrains Bank with two in-person concerts starting Saturday, Oct. 28 at 7 p.m. at the Douglas Mennonite Church in Winnipeg and then Sunday, Oct. 29 at 3 p.m. at the Emmanuel Mennonite Church in Winkler.

This year's show features the Steinbach Regional Secondary School choir with Kristel Peters conducting and the Westgate Mennonite Collegiate choir with Vic Pankratz conducting.

The 12th year for the concerts is also celebrating the 40th anniversary of the Canadian Foodgrains Bank, so committee chairperson Pearl Braun Dyck noted that makes this one a little extra special.

"All of the money has always gone directly to CFGFB because of all of the fabulous sponsorships that we have," she said, noting the exact country that

will benefit this year was not determined yet, but it will be wherever it is felt to be the most needed.

"And the musicians give all their time ... so that's something that we just don't take for granted," she noted. "Something we will do this year is that there will be a little bit more of a congregational part with the singing."

Since the concerts started in 2011, they have raised almost a quarter million dollars, with the federal government then matching that amount for CFGFB up to four to one. Last year, including online donations, the shows raised \$36,000.

"People have been very, very generous with their giving," Braun said, suggesting there is a higher level of awareness now around the area of food security. All funds raised with go towards CFGFB projects addressing food insecurity around the world

"People who are not able to attend the concerts but would like to make a donation can go to the Canadian Foodgrains website [foodgrainsbank.ca] and there will be a page for our concerts where they are able to make



ABOVE
PHOTO BY PAUL
REIMER

The Steinbach Regional Secondary School Choir (above) and the Westgate Mennonite Collegiate choir (right) perform in Winkler Oct. 29 in support of the Canadian Foodgrains Bank.



a donation," Braun noted.

"Everybody needs to be involved in eradicating hunger in this world ... the need for food is just so great again ... that need for food has just exploded

again, and we hear people to say that we want to help, we have a lot and we can share."

Mystery writer behind new Morden Bound blog

A Torontonion's musings on life in southern Manitoba

By Ty Dilello

There's a new blog in town that details life in southern Manitoba from an outsider's perspective. It's called "Morden Bound," and its description is "How I survived the safest town in the middle of nowhere."

The author of this new blog spoke to the *Standard* on condition of anonymity.

Born in Lithuania to Jewish-Belarusian parents, the blogger's family immigrated to Canada when she was a child, and Canada has been her home for more than three decades.

While she travels back and forth between Toronto and Morden, the small town has become her second home, and she plans to make a permanent move, she said.

"The experience recorded in my first post, 'Mordenites are not afraid of the dark,' was too funny to pass up," she said when asked what inspired her to

create a blog.

"We decided then and there (at around 2 a.m., safely indoors) that a Torontonion's view of living in Morden would be both unique and amusing."

As an English major with a background in literary analysis, she has been writing creatively all her life — mostly poetry and a personal blog full of dreams, anecdotes and travel writing.

She hopes to publish a new blog post once a week or biweekly, if circumstances allow.

"The fruit trees, and the cucumbers and the corn. And anything else that I can eat, including the abundance of potatoes that an East European will never fail to appreciate," she said, when asked what she loves most about southern Manitoba.

"In short, if you see someone in the bushes because she spotted a raspberry, (or more recently, in the apple tree



SUBMITTED PHOTO

"Morden Bound" is a new blog aimed at sharing on mysterious authors musing on life in southern Manitoba from an outsider's perspective.

near George's), that's me."

For those interested in checking out her musings, the mystery writer's

blog can be viewed at <https://www.mordenbound.ca/>.

sports & recreation

Flyers start the season with wins

Best Blues, Freeze

By Ashleigh Viveiros

The Winkler Flyers got the season off on the right foot last weekend, defeating the Manitoba Junior Hockey League's two Winnipeg teams.

The Winnipeg Blues came to town Friday night, and left with a 3-1 loss to their names.

Winnipeg's lone goal came in the final seconds of the first period, while Winkler tied it up thanks to Brady Craik three minutes into the third and then took a 2-1 lead on the strength of a goal from Noah Diemer two minutes into the third. Logan Fillion scored midway through the frame to cement the win.

Malachi Klassen was between the posts for the duration and made 21 saves off 22 shots. His teammates fired 46 the other way.

It was a similar story two nights later against the Winnipeg Freeze.

This time it was Liam Ernst in net for Winkler, who again massively outshot their opponents, 46-18. Ernst made 17 saves.

A hat trick from Dalton Andrew and singles from Diemer and Fillion gave Winkler the win 5-1.

The Flyers are currently one of three teams in the MJHL's MGEU East Division to have a flawless record after opening weekend, putting them in the lead in the early goings on with



PHOTOS BY RICK HIEBERT/VOICE
Above: Winkler's Dalton Andrew loses the handle on the puck as he tries to score on Winnipeg's River Leslie-Toogood in the Flyers' home opener Friday night. Right: Blues player Dawson Zeller attempts a wrap around on Winkler's Malachi Klassen. The Flyers got the win 3-1.



the Niverville Nighthawks and the Steinbach Pistons.

This week the team heads to Steinbach Friday night to face the Pistons and then hosts the Winnipeg Blues in Winkler for a rematch Sunday afternoon.

Female Hawks 0-1-3 at pre-season tourney

By Voice staff

The Pembina Valley Hawks female U18 AAA team were 0-1-3 at their final pre-season tournament in Portage over the weekend.

Pembina Valley dropped a 5-2 decision to the Eastman Selects Friday morning. Scoring for the Hawks were Chase Braun and Ava Dalebozik. Vay-

ha Willis made 37 saves in net.

The next morning the ladies battled the Weyburn Gold Wings to a 4-4 tie. Braun and Dalebozik scored again, along with Casey O'Brien and Jessica Anderson. In net this match was Kasia Rakowski, who made 28 saves.

Up against host Central Plain Capitals later that day, the Hawks fell 5-3. Anderson had a two-goal night while

Dalebozik had a single. Willis made 24 saves in net.

The team rounded out the weekend with a 3-1 loss to the Winnipeg Avros on Sunday. Anderson scored the lone goal for the Hawks. Rakowski made 23 saves between the posts.

The Hawks start the regular season Saturday at home in Morden against the Central Plains Capitals. They then

host the Westman Wildcats Sunday afternoon.

The local men's U18 team also kicks off their regular season this weekend.

Playing in the Manitoba U18 AAA Hockey League, the male Pembina Valley Hawks host Southwest Friday night in Morden and then have a rematch in Brandon the next night.

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

Storm 1 end season in eighth, Storm 2 finish first

By Ashleigh Viveiros

Winkler Storm 1 ended their season with a loss to the visiting Bonivital Flames Sunday afternoon.

The rainy game saw the Flames pull ahead 4-0 in the first half. Tobias Morasch scored the Winkler's last goal of the season off a penalty kick. Bonivital managed one more before the final whistle.

With that, the Storm finish in eighth place in the Manitoba Major Soccer League's Premier Division with a 5-13-0 record and 15 points—enough to keep them ahead of World Soccer Academy and Lions FC in the bottom two spots in the standings.

It's traditionally the last two teams

who drop down to First Division next summer, so the Storm should have another crack at improving in Premier in 2024.

Meanwhile, the Winkler Storm 2, playing in the league's 3rd Division, wrapped the regular season over the weekend with a pair of wins by default after the YFC Saints and Mobb United forfeited.

That means the Storm retain their first-place spot in the division's SMSL Conference with a 14-3-1 record and 43 points, well ahead of the Richmond Kings in second and Scorpions FC in third place.

Storm 2 will take on the MCSL Conference winners next week to see who claims the division title.



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Winkler Storm 1 hosted the Bonivital Flames Sunday afternoon to close out the season. Winkler lost 5-1 and end the summer in eighth place.

Morden puts call out for Scotties volunteers

By Ashleigh Viveiros

The 2024 Manitoba Scotties Tournament of Hearts is coming to Morden in just four short months, and organizers are looking for volunteers

The host committee last week put a call out to the community for help at the Jan. 23-28 competition, which will see the best women's curling teams from across Manitoba compete at the Access Event Centre. The event is being hosted by the Morden Curling Club in partnership with CurlManitoba.

"It's been over 20 years since we've had such high caliber curling in Morden. The heart of any community lies in the people who live there," notes Ernie Epp, chairperson tournament. "Our last tournament here was in 2003 and it was a great success. We are looking to repeat and build upon that this year."

Putting on a tournament of this size takes more than 16 committees and

over 200 volunteers, and organizers are hoping to put that team together sooner rather than later. Volunteers can email mordenscotties2024@gmail.com starting Sept. 27 to express their interest.

"Morden is full of great people with a phenomenal volunteer ethic. We'll be ready to show off this great place we call home, and build an experience players and fans will remember," said Epp. "I'm so excited to be a part of this."

Executive committee member Clare Agnew notes there are lots of ways people can get involved—as ticket-takers, 50/50 sales, ice crew, access control, VIP hosts, hospitality, and more. Email organizers for a complete listing of volunteer roles.

"We're asking people to sign up for a minimum three shifts," Agnew said. "Most shifts are three to four hours long."

With games taking place in the morning, afternoon, and evening,



SUBMITTED PHOTO

From left: 2024 Morden/Manitoba Scotties Tournament of Hearts executive committee members Clare Agnew, Chris Driedger, Ernie Epp, Chris Moffatt, and Myrna Wiebe.

there's plenty of flexibility in the shifts, Agnew noted

Fundraising efforts are also underway for the Scotties.

An elimination draw is planned with 400 tickets of \$50 each. Tickets will be drawn throughout the event with a total of \$10,000 in prizes avail-

able.

Organizers are also reaching out for local sponsors for the event. If you're interested in supporting the Scotties, contact Myrna Wiebe at 204-362-8811.

Event passes will be available in early October.

The **Voice**

Get in touch with us via e-mail:

Send news items to: news@winklermordenvoice.ca
Advertising inquiries to: ads@winklermordenvoice.ca

Schroeder gets drafted by New York at PWHL draft

By Ty Dilello

Elm Creek's Corinne Schroeder continues to put her hometown on the hockey map. On Sept 18, the star netminder became a member of the Professional Women's Hockey League (PWHL), going as the 33rd pick in the sixth round to the New York team.

The league is a new professional women's hockey league featuring six teams in Minnesota, New York, Toronto, Boston, Montreal and Ottawa.

It's the first full-fledged league for women's hockey, with salaries at the highest in the women's pro level.

Schroeder attended the draft in Toronto, which featured many celebrities making draft picks, including women's rights activist and former world number one tennis player Billie Jean King.

"The draft was an amazing experience," Schroeder said. "Being in a room full of the best female hockey players in the world was surreal. It was quite nerve-racking as well, but incredibly exciting at the same time. The event was very well done also, so big props to all those who helped coordinate everything that went into that day."

New York was one of the teams that had reached out to Schroeder during the initial free agency period, so she was very excited to be picked selected in the draft, she said.

"There were a lot of emotions all day, but the moment my name was called, it was just pure joy and excitement,"



she said.

"This is a historic year for women's hockey, and the creation of the PWHL was with the intent of bringing the best in the world together into a single league. The skill level and competition will be incredible, and I look forward to being challenged and prove myself at this new level."

Schroeder is coming off one of the finest seasons a goaltender could have, logging a 1.67 goals-against average, a .955 save percentage, 19 wins and a league record seven shutouts while playing with the Boston Pride of the Premier Hockey Federation.

Prior to the draft, Schroeder spent last week at Hockey Canada's National Women's Team camp as she



SUBMITTED PHOTOS

On Sept 18, Elm Creek's Corinne Schroeder attended the PWHL Draft in Toronto and was a sixth round draft pick of the New York PWHL team.

turned some heads with her strong play in net.

"The Hockey Canada Fall Festival was a great experience. It's always an honour to attend camp and train with the very best in Canada, as well as learn from the best coaches in the country. The camp was great for my development and has given me a lot of confidence going into next season," she said.

In addition to playing for the New York squad this season, Schroeder also wants to continue with her dream of playing on Team Canada one day at international events such as world championships and the Olympics.

Training camp opens for PWHL teams in November, and the league is set to begin play in January 2024 and wrap up in June or July.

Spence scores hat trick to lead Jets to pre-season win

By Voice staff

Michael Spence scored three goals and added an assist to lead the Stonewall Jets to a 6-3 home win over the Pembina Valley Twisters last Friday to close out their Manitoba Major Junior

Hockey League preseason schedule.

Nathan Vigfusson, with a pair, and Karson King also scored for Stonewall.

Marek DeGraeve (two) and Cohen Thomas replied for the Twisters.

Matt Grysiuk went the distance in net for the Twisters, making 25 saves off 31 shots. His teammates had 24 shots.

The Twisters' season opener is this Friday when they host the River East Royal Knights. Game time is 8 p.m.



PHOTO BY LANA MEIER/VOICE

Michael Spence scored three goals and added an assist in the Stonewall Jets' 6-3 pre-season win over the Pembina Valley Twisters last Friday.

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NOTICE TO CREDITORS

CREDITOR NOTICE

IN THE MATTER of the estate of JOHN H. REDEKOP (Also known as JOHAN REDEKOP). All claims against the above estate must be sent to the undersigned at: 390E 1st Street, Winkler, MB R6W 2R6 on or before the 8TH day of November 2023.
Dated at the City of Winkler in Manitoba, this 19th day of September 2023.

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7	3	1	4	9	8	6	5	2
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Sudoku Answer

NOTICE OF PUBLIC AUCTION



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

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 24th day of October, 2023, at the hour of 10:00 AM, at MUNICIPALITY OF RHINELAND, 109 3RD STREET NE, ALTONA MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
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The tax sale is subject to the following terms and conditions with respect to each property:

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- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the MUNICIPALITY OF RHINELAND as follows:
 - The full purchase price if it is \$10,000 or less; OR
 - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - A fee in the amount \$498.75 (\$475 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 12th day of September, 2023.

Managed by:



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

take a break

> GAMES

SUDOKU

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The **Winkler Morden**
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COMING EVENTS

Medical fundraiser for Agatha White (nee Martens, Wieler)

Agatha recently went to Mexico for hip surgery which resulted in complications along with a few more unplanned surgeries and hospital stays. Agatha and her husband are now left with a medical bill of \$100,000.00 which continues to climb as her discharge date is unknown. On **October 6, there will be a thanksgiving style lunch 11am-1pm and supper 5pm-7:30pm at the Threshermen's Museum to help cover some costs.** Donations can also be made by e-transfer to winklerhome2023@gmail.com

Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier
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The Carman-Dufferin
STANDARD

EMPLOYMENT

EMPLOYMENT OPPORTUNITY PEMBINA VALLEY WATERSHED DISTRICT GROW COORDINATOR

Principal Duties (plus other duties as assigned):

- Meet and work directly with local landowners and agricultural producers to develop best management practice (BMP) implementation plans that fit watershed plans objectives
- Identify wetland classes using Stewart & Kantrud classification system
- Make presentations to landowners and the District
- Promote Growing Outcomes in Watersheds (GROW) and PVWD programs
- Assist in completing annual funding applications and reports by required deadlines
- Operate within an approved budget

Qualifications:

- Strong written and verbal communication skills
- Environmental Science related post-secondary education or equivalent experience (agricultural experience is an asset)
- Computer literacy with MS office, Google Drive, Microsoft Teams, social media platforms, and GIS software desirable
- Ability to use GPS surveying equipment desirable
- Have a valid Class 5 drivers license
- Ability to work independently and as part of a team
- Ability to meet deadlines and follow a budget

This is a 40 hours per week, full-time position. A full job description is available on the PVWD website. The position will be based out of the eastern portion of the district (including, but not limited to: Manitou, Morden, Winkler, Plum Coulee, Altona and Letellier) with the specific office location to be determined. Some "work from home" options are available if desired.

The job requires travel throughout the district.

A work vehicle will be provided.

Please submit resume with 3 references to:
Pembina Valley Watershed District
Box 659 - 261 Main Street, Manitou, MB R0G 1G0
Phone: 204-242-3267 Website: www.pvwd.ca
E-mail: administrator@pvwd.ca

Application Deadline: THURSDAY OCTOBER 5, 2023 at 12pm.

PVWD would like to thank all applicants; however, only applicants selected for an interview will be contacted.

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CAREERS

BUNGE

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Overtime and on-call duties are required. The successful applicant will possess excellent written and verbal communication skills, trouble shooting skills, and be a team player.

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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:

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

Application requirements:

43(1) An application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- set out which of the matters referred to in subsection 42(1) are at issue and the grounds for each of those matters; and
- 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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OBITUARY



Jacob (Jake) Bergman

May 20, 1944 - September 13, 2023

Jake is survived by his wife Martha (Zacharias) Bergman; son Merle (Beth Hershey) Bergman, son, Curtis (Shelly Grift); grandchildren Joshua, Makena, Masyn; great granddaughter, Lilith (Van Dan Bosch) Bergman.

Predeceased by granddaughter Kathryn Elizabeth (Hershey) Bergman.

Jake is survived by eight brothers and five sisters.

There will be a private Celebration of Life at a later date.

OBITUARY



Helen Hemminger (nee Giesbrecht)

1925 - 2023

Helen Hemminger, 97, of Morden, MB formerly of Windygates passed away on Tuesday, September 19, 2023 at the Pembina-Manitou Care Centre in Manitou.

She is survived by her three children, Calvin (Trudy), Pat (Debbie) and Michael (Natalie), nine grandchildren and four great-grandchildren. She is also survived by one brother and one sister and their families.

Helen was born in Winkler on November 2, 1925 and grew up in Blumenfeld with her many brothers and sisters. She married Leonard Hemminger in 1956. They moved to Windygates to start farming shortly after and it was there where they raised their four boys. Donald, the youngest son passed away in 1965.

Helen was very active member in Zion Lutheran Church in Morden. She was a representative for Tupperware in the Darlingford, Morden and southern Winkler area where she garnered many lasting friendships. She will be missed by her family and many friends.

Funeral service was held at 2:00 p.m. on Friday, September 22, 2023 at the Zion Evangelical Lutheran Church with interment at Chapel Cemetery.

If friends so desire, donations may be made in Helen's memory to Siloam Mission.

Remember Your Loved Ones
with an Announcement in the **Voice**
Call 204-467-5836

REQUEST FOR PROPOSALS



www.westernsd.mb.ca

Western School Division is now accepting proposals

From qualified Non-Profit Child Care Providers to operate a new Child Care Centre at Discovery Trails School, to be located at 1079 Parkhill Drive, Morden.

Visit our website at

www.westernsd.mb.ca for more details.

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Todd

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Wiebe Funeral Chapel, Morden
In care of arrangements
wiebefuneralhomes.com



OBITUARY



John Nickel

1941 - 2023

On Friday, September 22, 2023 at the Red River Valley Lodge in Morris, MB, John T Nickel passed away.

John was born at the Bethel Hospital in Winkler on September 5, 1941 to John H and Aganetha (nee Thiessen) Nickel. He married Gertrude Bueckert on July 14, 1963 and together they had nine children.

He is survived by his children and their families: Annie Nickel, Mary (Henry) Reimer, Kathy Rempel, Helen (Roger) Neufeld, George (Patti) Nickel, David Nickel, William (Diane) Nickel and Bernie Nickel; 10 grandchildren and seven great-grandchildren.

He was predeceased by Gertrude in 2022, a son, Abram in infancy, grandson, Joseph and son-in-law, Ken Rempel.

Funeral service will be held at 2:00 p.m. on Saturday September 30, 2023 at the Reinland Mennonite Church in Winkler with interment at the Church Cemetery in Schanzenfeld.

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



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

FIND THE RIGHT PERSON FOR THE POSITION with an EMPLOYMENT/CAREERS AD in

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



McSherry Auctions
12 Patterson Dr., Stonewall, MB
Online Timed Auctions @ iCollector.com

Estate & Moving
Featuring Die Cast Tractors, Pressed Metal Vehicles
Closes October 4 @ 7:30pm

Estate & Moving
Closes October 11 @ 7:00pm

Signs, Service Station + General Store
October 28th closes @ 10AM
McSherryAuction.com
204-467-1858
Consignors Welcome!

McSherry Online Auction for St. Andrews Storage "Offsite"
Closing Thurs. Oct. 5 @ 7:00pm
Located in St Andrews
#5 Industrial Park Road
St Andrews MB
Contact Buddy: 204-904-9740

Featuring: 13 Vintage Vehicles; '21 Studebaker Lark; '30 Ford 2 Door Coupe Body; '58 Ford Fairlane; '30s Willy; '90 Int. 3Ton w/ HIAB + Deck; '78 Int. 1850 w/ B+H
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McSherryAuction.com
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Mcsherry@mymts.net

www.meyersauctions.com
For the Estate of the late Robert (Bob) Neal, Ericksdale, MB
Closes Oct 13
14' Alumni' Boats - 1 Has 15 Hp Merc Motor * 2004 Honda Quad * Fishing Shacks *
David Brown 1210 & 990 Tractors w/Loaders * 3 Pth Equip *
Bale Wagon * John Deere Riding Mowers * Snow Blowers *
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Rnd Bale Feeders * Animal Kennels * Shop Tools * Household *
Viewing Oct 7 & 8
Bradley Meyers Auctioneer
Text 204-476-6262
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getinformed

Mobile Vision Care Clinic visits Dominion City

By Ashleigh Viveiros

Canada's only full-time mobile eye clinic ventured beyond Winnipeg for the first time this fall to bring comprehensive eye exams and glasses to kids in rural Manitoba.

Optician Sean Sylvestre and his team with the Mobile Vision Care Clinic visited Roseau Valley School in Dominion City last Monday, the last stop on a rural tour that brought them to Thompson, Brandon, and Selkirk as well.

The clinic has been on the go in Winnipeg for six years now, providing free eye exams and discounted or free glasses for kids in high-need populations.

The demand has been so high that it's been difficult to expand beyond the Perimeter, Sylvestre says.

"As soon as people found out that we were doing this, we were getting asked to come out [beyond Winnipeg]," he says, explaining, though, that scheduling and travel costs made it difficult to meet those requests, until this year.

The clinic has grown significantly from the 50 school visits it did the 2017-18 school year.

"This year we will have 120 clinic days in over 100 different

schools and provide comprehensive eye exam for up to 12,000 kids," Sylvestre says. "Every child who needs glasses has access to them. We stock glasses at 65 per cent off. We've also donated \$500,000 in glasses to students whose parents could not even afford the discount. And this is leading to some incredible successes in

the classroom.

"Most kids who have been labelled 'poor readers' don't have learning disabilities at all. They just can't see the front of the room."

The majority of the kids getting tested in these school clinics—about 70 per cent—are seeing an eye doctor for the very first time.

The program got its start in a conversation between Sylvestre and a friend who was a principal at a Winnipeg school.

"He was explaining how after hours he was running kids to clinics, but he could only take two or three a night," Sylvestre shares. "He had a school of 350 kids.

"So we had a conversation and kind of talked back and forth about what they thought they needed. We put together a plan and pitched it to the Winnipeg School Division."

The division jumped at the idea of bringing in eye exams for the students, and the mobile clinic was born.

"It's just kept growing every year since then," says Sylvestre.

While there are vision screening clinics in schools used to identify kids who may need to see an eye doctor for a proper prescription, Sylvestre notes many

low income families don't have the means to follow up. Manitoba Health pays for children's eye exams, but that doesn't cover the costs of transportation to a clinic nor the glasses themselves.

"The issue is even if they got identified, most of them didn't have the capacity to take the student in or



SUPPLIED PHOTO BY LIZ TRAN

MVCC CEO and founder Sean Sylvestre helps a student choose glasses on the clinic's rural school tour, which included a stop at Roseau Valley School in Dominion City last week.

to pay for the glasses," he says. "So what they really needed is something where they could get the actual prescription filled right there and make sure these kiddos get the glasses they need."

The clinic works with their suppliers to discount the glasses and with an international vision foundation to donate them outright to kids when needed.

"We try to do everything for almost cost ... just enough to pay everyone and keep the lights on," Sylvestre says, explaining they don't make any money off the sale of glasses.

Sylvestre notes they're not in competition with other vision care centres that sell eyeglasses. Their target is solely underserved members of the community.

"We're looking at those who struggle to gain access. This is an equity program," he says. "We're trying to break down those barriers ... if we don't come in, those students are just going without."

The implications of that are long-reaching.

"If these kids don't get glasses, they are three times more likely to fail at least one grade in school," says Sylvestre. "What we're doing is setting children up for success in school and adult life. Kids get a better education which leads to higher graduation rates, which paves the way to post-secondary education, better incomes, and taxpaying citizens. It is a win-win for all Manitobans."

Sylvestre would love to see the clinic travel to more areas of the province, but it's difficult given he's the only optometrist on the six-person clinical team.

"Maybe there are optometrists out there close to retirement, maybe there are young optometrists who want to make a real difference to help our most vulnerable youth. We would love to see them join us so we can expand this to more communities."

You can learn more about MVCC online at mobilevisioncareclinic.com.

"WE TRY TO DO EVERYTHING FOR ALMOST COST ... JUST ENOUGH TO PAY EVERYONE AND KEEP THE LIGHTS ON."

The **Voice**

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get inspired

> MEAL IDEAS



Sweet Heat Pickled Beet Grilled Cheese

into thin strips

- 2 tablespoons unsalted butter
- 1/2 teaspoon garlic salt, or to taste

Place two bread slices on cutting board. Drizzle with hot honey then add 4 ounces brie evenly across bread.

Drain beets and pat dry. Add evenly on top of brie followed by basil and remaining brie.

Spread 1 tablespoon butter on one side of remaining bread slices. Sprinkle with 1/4 teaspoon garlic salt. Place top piece of bread on each sandwich.

Heat cast-iron or frying pan over medium-low heat then add sandwiches butter sides down. Butter top sides and add remaining garlic salt.

Cook about 5 minutes on each side, or until bread is golden brown and cheese has melted, flipping halfway through.

Once sandwiches have cooked on both sides, remove from heat and serve.

Recipe courtesy of MacKenzie Smith of "Grilled Cheese Social"

Prep time: 5 minutes

Cook time: 12 minutes

Yield: 2 sandwiches

4 slices (3 ounces each) sourdough bread

2 tablespoons hot honey

1 small wheel (8 ounces) brie, at room temperature, cut into thin strips

8 ounces Aunt Nellie's Diced Pickled Beets (1/2 jar or 2 individual diced pickled beet cups)

2 tablespoons fresh basil, cut



Bacon Wrapped Potato Stuffed Chicken

- 8-12 bacon slices
- nonstick cooking spray
- freshly ground pepper, to taste
- Preheat oven to 400 F.

Using sharp knife, slice pocket or slit into each chicken breast and fold open.

Place two slices sharp cheddar cheese in pockets then spoon 4 ounces potato salad onto cheese.

Fold chicken over and close so cheese and potatoes are inside pockets.

Take 2-3 bacon slices and completely wrap stuffed chicken breasts, tucking loose ends of bacon on undersides of chicken.

Spray baking dish with nonstick cooking spray then place bacon wrapped chicken on tray. Season chicken with pepper, to taste.

Bake approximately 40 minutes until internal temperature of chicken reaches 160 F.

Turn oven to broil on high (500 F) and broil 2-3 minutes to crisp bacon until chicken reaches 165 F.

Remove from the oven and rest 5 minutes then serve.

Recipe courtesy of "EZPZMealz"

Prep time: 20 minutes

Cook time: 40 minutes

Yield: 8 servings

2 pounds (approximately 4 large) boneless, skinless chicken breasts

8 slices sharp cheddar cheese

1 can READ German Potato Salad with sauce

Ask The Money Lady

Dear Money Lady, I'm wondering if you can provide advice on RESPs. We have 2 kids currently aged 14 and 16. We opened a family RESP account approximately 12 years ago contributing monthly. We have no idea how to plan for future expenses beyond the basic tuition. I've read online that a car purchase could be deemed eligible for a student, but I'm not certain. Do I need to get a financial advisor to help? Carol

Dear Carol, I've always recommend having a Family RESP plan versus individual plans because it has so much more flexibility – so you were really smart to do it this way, good job!

There are a few key components of a RESP that you must be aware of. The limit on lifetime contributions for any one beneficiary is \$50,000 and any over contributions are subject to a penalty of 1% per month. You can make contributions to the plan for up to 31 years and it can remain open for up to 36 years. If the beneficiary is disabled, you can contribute to 35 years, and it will remain open for 40 years.

There is a basic CESG, (Canada Education Savings Grant) for beneficiaries of the plan under the age of 18, (special rules apply for children over 16). The Canadian government will add 20% annually to the first \$2,500 contributed, a \$500 bonus every year. The maximum CESG over the life of the plan is \$7,200 per beneficiary. The benefit to a family plan is that when you are planning to allocate the funds among the beneficiaries, you will not be restricted on withdrawals and can direct more to a child whose education expenses may be higher.

Almost all Canadian universities and colleges qualify for a RESP including some outside of Canada, (CRA will be able to provide a complete qualifying list). A part-time student can access up to \$2,500 for



Christine Ibbotson

each 13-week semester and a full-time student can access up to \$5,000 during the first 13 weeks of initial enrolment, with no limit thereafter, (so if you wanted funds for a vehicle – I guess you could take it). The funds withdrawn are taxable upon the beneficiary, resulting in little to no tax payable because they are a student.

If you have any leftover funds after each child has completed their education, you can transfer up to \$50,000 of the plan's earnings to your RRSP provided you have the contribution room (you can check on the Canadian government website at: www.cra-arc.gc.ca/tx/ndvdl/tpcs/respree/menu-eng.html.)

I think you are fine to use the financial institution where the RESP is held and it will not make any difference going to an independent advisor since the rules are explicit on how it can be used, withdrawn, and administered among each beneficiary. I hope that helps.

Good Luck & Best Wishes,
ATML - Christine Ibbotson

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6 sponsored by East Coast Credit Union. Send your money questions (answered FREE) through her website at askthemoneylady.ca

Egg, Avocado and Black Bean Breakfast Burritos

- Servings: 4
- Nonstick cooking spray
- 1 1/3 cups liquid egg whites
- 1 can (15 1/2 ounces) no-salt-added black beans, rinsed and drained
- 4 whole-wheat tortillas (6 inches, lowest sodium available)
- 2 medium avocados, sliced
- 1/4 cup hot sauce or salsa (lowest sodium available, optional)

Lightly spray large skillet with nonstick cooking spray. Heat over medium heat.

In skillet, stir egg whites constantly with rubber spatula to scramble.

Cook until eggs are almost set. Add beans, stirring until combined and heated through.

Microwave tortillas on high 45 seconds. Transfer to work surface.

Spread egg mixture in center of each tortilla. Top with the avocado and hot sauce, if desired.

For each burrito, fold two sides of tortilla toward center. Starting from closest unfolded side, roll burrito toward remaining unfolded side to enclose filling. Transfer with seam side down to plates.