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VOLUME 2 EDITION 40

THURSDAY,
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Niigaan (Niigaanweweidam) Sinclair spoke to students at W.C. Miller Collegiate last Tuesday to set the tone for the school's weeklong focus on the National Day for Truth and Reconciliation. For the full story, see Pg. 2.

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W.C. Miller marks Truth & Reconciliation Day

By Lori Penner

Niigaan (Niigaanweweidam) Sinclair spoke to the students at W.C. Miller Collegiate last Tuesday to set the tone for the school's weeklong focus on the National Day for Truth and Reconciliation.

Sinclair is Anishinaabe and an assistant professor at the University of Manitoba. He is a regular commentator on Indigenous issues on CTV, CBC, and APTN, and his written work on Indigenous stories can be found in a variety of publications.

During the week of his visit, Sinclair reached out to about 6,000 people across Manitoba, which included stops at numerous urban and rural schools.

"There were people from all different walks of life," he said. "I've also gone to about a dozen workplaces in



PHOTO BY LORI PENNER/VOICE

W.C. Miller Collegiate students donned orange last week in honour of the National Day for Truth and Reconciliation. downtown Winnipeg.

"CANADA IS MOVING. IT'S JUST A MATTER OF WHETHER EVERYONE IS READY FOR THAT MOVEMENT."

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"Canada is moving. It's just a question if everybody is ready for that movement. I don't think all Canadians have been conditioned or encouraged to move in a direction that's inclusive. I think we've been taught things in the past that have excluded more than included, particularly excluding First Nations from our economy, from our culture, and from our everyday life. We've even locked people away for decades upon decades. And so I think Canadians have been encouraged to

think exclusively."

However, Sinclair told the Altona students that he believes those attitudes are turning around with their generation.

"Manitoba is changing and we're thinking in ways of inclusivity and diversity and we're including people in positions we've never included them in before," he said. "It's changing because of you guys. Not my generation. We did a bit of work. We helped along the way. But the truth is

your group are some of the most competent, inclusive, and interested people who care more than anyone in history.

"Your age range is ready for change," he continued. "Look at the person sitting beside you and say I want to live in a society with you, even if we speak different languages and you act differently than me. You are ready for change. You're ready to make a beautiful country that's ready to accept everybody. You're ready to wear orange shirts that say Every Child Matters."



Sun Valley Co-op

2023 Annual General
MEETING

at the
Altona Curling Club

7:00pm Wednesday, October 25, 2023

·Annual Report

·2022 Audited Financial Statement

·Election of Directors

The subsequent special resolution shall be formally presented during the forthcoming members' meeting for the purpose of deliberation and voting.

Be it resolved: The updated bylaws of Sun Valley Consumers Cooperative Ltd. are hereby approved, confirmed and adopted. Copies of the proposed bylaw changes are available from the Sun Valley Co-op Admin office.

Call for nominations for the Board of Directors

Incumbent Directors are eligible for re-election. Nominations from the floor will not be accepted at the AGM.

Candidates must meet certain qualifications.

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Applications available at the SVC Admin Office
Deadline for applications is Wednesday, October 18/23

“Forever in our hearts”

By Ashleigh Viveiros

A sea of white “Forever in our Hearts” balloons took to the sky at Plum Coulee School Sept. 27 in memory of kindergarten teacher Lori Driedger.

Students and staff at the school combined their annual Terry Fox School Run with a Walk for Cancer in honour of Driedger, who died of the disease this summer.

Principal Mary Eberling-Penner explained they wanted to give the kids a chance to remember and honour Driedger, who had taught at the school for 16 years.

The community at large was invited to join the kids as they spent about an hour walking around the school grounds. Everyone was encouraged to wear something pink, which was Driedger’s favourite colour.

The day raised over \$1,300 for the Terry Fox Foundation, which supports cancer research.

Driedger’s husband, Brian Driedger, shared a few words of thanks and remembrance at the event.

“I want to thank each one of you for paying tribute to Mrs. Driedger,” he told the assembled walkers, stressing as well how important supporting research into cancer treatments is, given how many lives the disease touches.

Lori’s death has “changed our lives and our family, and I’m sure that your school is a little different as well, not hearing Mrs. Driedger walk down the hallway,” he continued. “Definitely her laugh; that was probably a very unique laugh, and I always could pick her out from a crowd.”

Driedger asked the kids how many of them had his wife as their kindergarten teacher. Nearly every hand went up.

“She appreciated every one of you,” he said. “She always did the best to try to teach you and prepare you for Gr. 1.”

Driedger shared that Lori had feared getting cancer ever since she was a child. But upon receiving her terminal diagnosis, a sense of peace came over her.

“She told me, ‘I felt God in that room. I am totally at peace,’” he said. “She wasn’t anxious ... she was calm ... and she had peace and calmness for the rest of the two weeks that she was in the hospital.”

He attributed her settled state of mind in the midst of hardship to her faith in God, and noted her family are



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Capping off the annual Terry Fox School Run last week (below), students at Plum Coulee School let loose hundreds of white balloons in memory of kindergarten teacher Lori Driedger. Right: Brian Driedger thanks students and staff for honouring his late wife.



leaning on their faith as well in their grief.

He shared that the family stopped by Plum Coulee School after the funeral to read some of the messages and memories staff and students posted on Driedger’s classroom window. The outpouring of support meant a lot to them, Driedger said.



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WORK & WESTERN WEARHOUSE

Pembina Counselling Centre cuts ribbon on new space in Altona Mall

By Ashleigh Viveiros

Pembina Counselling Centre (PCC) cut the ribbon on its new digs in Altona last week.

The agency held a grand opening celebration Wednesday for its offices in Unit 127 in the Altona Mall, which it shares with the Pembina Valley Pregnancy Care Centre.



SUPPLIED PHOTO

Cutting the ribbon on Pembina Counselling Centre's new home in the Altona Mall were (from left) Pembina Valley Pregnancy Care's Linda Marek, Don Cruikshank on behalf of Portage-Lisgar MP Brandon Leslie, PCC executive director Chris Derksen, Borderland candidate Josh Guenter, Mayor Harv Schroeder, PCC clinical director Paul Penner, and PCC board member Vern Reimer.

PCC, which also has offices in Winkler and Morden, first expanded into Altona in 2021. They quickly found the need was outpacing the space they had available.

"We were getting more and more clientele coming to us and what we didn't want to do was come into the community and not serve them properly," says executive director Chris Derksen. "It was important for us to communicate to the community that we are here and we are equipped to serve you, that we have the staff and the space to do that."

"We want to convey how grateful we are for the support of the community and those that we're just becoming acquainted with, whether that's in the local government or the business community. We're grateful for their support."

PCC moved into the newly renovated space in the mall earlier this year. At 1,000 square feet and with two private counselling rooms, the location will allow PCC to meet the Altona area's needs today and well into the future.

"We just hired another counsellor to serve Altona specifically, and obviously we're opening up this bigger space so that we can handle the volume," Derksen says, noting there are three counsellors in total who work out of the office.

The new space will allow them to be open two days a week instead of one. "And as the demand increases, we have the capacity to increase our presence there further," Derksen says.

The mall location also lends itself well to a measure of privacy for PCC clients.

"We like the idea of being in a place where there's traffic," Derksen says. "A lot of people are concerned about having anonymity and privacy when they're going for counseling; if you're going to the mall, no one knows why you're there. You can be there to shop for groceries or go to the dollar store or go for counselling."

"And it is central to the town," he adds, "and it's just such a beautiful space."

PCC is a not-for-profit counselling centre that operates on a sliding fee scale for clients.

They are a Christian organization, but Derksen stresses they are open to all.

"We are a faith-based counseling centre, but we just want to make it very clear that no matter what a person's journey is, we're here to walk with them through it. We provide services to all clients regardless of race, gender, beliefs, status, or sexual orientation."

"WE WANT TO CONVEY HOW GRATEFUL WE ARE FOR THE SUPPORT OF THE COMMUNITY."

Eden Fdn. launching Move for Mental Health

By Ashleigh Viveiros

Eden Foundation wants you to get up off the couch and out being active in support of mental health this month.

The fundraising arm of Eden Health Care Services is launching its first Move Mental Health campaign Oct. 10-17, inviting people throughout its service area to help Eden raise both awareness and funds.

"Because Eden is spread out across three main hubs—Winkler, Winnipeg, and Steinbach—I wanted to create a fundraising initiative that would cover all of the regions and get involvement from people of all ages," says Jayme Giesbrecht, foundation director of development.

The foundation is asking supporters to get involved—either on their own

Continued on page 5

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getinformed

Kroeker Farms cuts ribbon on new The Potato Store

By Ashleigh Viveiros

Kroeker Farms cut the ribbon on its new, larger The Potato Store location Friday morning in Winkler.

Located at 715 Circle K Dr., a stone's throw from its former spot across the road, the new facility is four times the size of the old storefront.

"We were outgrowing our space. We had a lot more products that we wanted to offer and we just didn't have anywhere to put them," said store manager Liana Fehr. "This building was just the perfect space for us."

The building was formerly home to Faith Mission and did require a fair bit of renovations to make it work as The Potato Store's new home.

"We wanted to keep the farm feel, but with a modern twist," Fehr said, noting they offer a wide variety of locally grown produce, including Kroeker's own premium potatoes and organic onions, and many other grocery products.

"We have so much more than potatoes," she said. "Our focus has always been local, fresh foods, healthy foods, and also catering towards those with allergies. We have a lot of gluten-free stuff."

"We try to support other local vendors, farmers, artisans, and so we like to offer all of that to the community."

The additional space has allowed them to add a small gift shop featuring a wide array of locally-made spe-



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Mayor Henry Siemens (second from left) helps Kroeker Farms' (from left) CEO Wayne Rempel, The Potato Store manager Liana Fehr, and CFO Tyson Kamminga cut the ribbon on the store's new location at 715 Circle K Drive.



ciality items.

"We wanted to have a place where you can buy a gift or a gift basket and find unique items," Fehr said.

Kroeker's president and CEO Wayne Rempel noted the new location is perfect, nestled as it is amongst the company's other buildings in the area, including its head office and processing facility.

It's also near the Discovery Nature Sanctuary, a project the company has been a strong supporter of.

"I just love the idea of people being able to stop here, get some produce, hopefully have a cup of coffee and a pastry in the future, go for a walk, enjoy the nature centre," Rempel said,

The new location is four times the size of the old, giving The Potato Store more space for locally-grown, locally-made products.

noting they're working on getting a bakery up and running in the store soon.

Mayor Henry Siemens brought greetings on behalf of the City of Winkler at the ribbon cutting festivities.

"We are so excited to see what Kroeker Farms is doing in our community," he said, pointing to the company's other recent expansions and the fact it continues to be at the forefront of organic potato farming while also "investing into a store like this in our community that allows local products to be sold."

"It's obvious when we see the investment in our community, this is what helps grow Winkler. This is what makes Winkler different from other areas: that we have businesses from our community that invest deeply in our community."

> MOVE FOR MENTAL HEALTH, FROM PG. 4

or with a group—by tackling a physical activity of their choice that week, which, fittingly, includes World Mental Health Day on Oct. 10.

Take video or pictures to share on social media using #M4MH or #edenmentalhealth, collect donations on behalf of Eden, and challenge other groups or individuals to do the same.

"There are people who cycle or walk every day, youth groups who do physical activities together, pickleball teams ... why not take an activity you

already love and you already do and then get people to support you and to support Eden at the same time?" says Giesbrecht.

Funds raised will go to support Eden's mental health programming across southern Manitoba.

When it comes to our mental health, physical activity has been proven to ease symptoms of depression and anxiety.

"We've been made aware in this day and age of how important it is to get that serotonin boost in

our brains, the dopamine [mood improving hormones]," Giesbrecht says. "And when you get your body moving, that's what happens."

Giesbrecht hopes the community really takes this challenge and runs with it.

"We want people to share their hula hopping or share a walk with their dog and say, 'I'm walking for my mental health.'"

Registration information is available online at edenhealthcare.ca/move-for-mental-health/.

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

The **Voice**

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

OUR SISTER PUBLICATIONS



Long live Mars

My wife and I have been watching our way through Veronica Mars on Amazon Prime and I am thoroughly invested and engrossed (suddenly a vast sighing was heard as every astronomy buff who started reading this column closed the paper).

I had never watched the show in its original run back around 2005. You know, the ancient days when the world saw the first generation iPhone and had never heard of TikTok.

It was a simpler, more innocent time—Morden was still a town and not the bustling metropolis of a city it is today bursting with, like, five three-storey buildings; the idea of President Trump was simply a joke from *The Simpsons*; and a global pandemic was merely the plot basis for the next great zombie apocalypse film and never supposed to be a reality.

Yes, we had no idea how innocent we really were, but we had *Veronica Mars* to push the envelope under the guise of a simple high school drama with 90210esque overtones (another show from the dark ages of television history).

I will be honest. I had heard of *Veronica Mars* but it was popular during a less enlightened time in my life when

I probably decided that it would be boring simply because it was named after a woman.

You gasp in shock but it's true. Heck, I wouldn't even read women writers until I came under the spell of Marion Zimmer Bradley's *The Mists of Avalon* when I was 15. Let's just say life has been a journey for me ... but I digress.

In any healthy relationship partners often sacrifice for the sake of the other by feigning interest in something the other partner is passionate about. Such was the case of me and *Veronica Mars*. My wife expressed a great deal of enthusiasm for the program but was never pushy about it. At some point when we noticed it on Amazon it was suggested we add it to the list and by the time episode one was finished I was hooked.

Honestly it's a little hard to explain why I like it so much. There's a little Scooby Doo mystery solving vibe running through it, a little Buffy the Vampire Slayer irreverence, some solid soap opera elements to keep you coming back and pretty much unguessable finales in the same way you can't guess the end of an Agatha Christie novel. (I challenge anyone to ever admit to have honestly, based on solid clues, have guessed the end of

an Agatha Christie novel. Impossible).

I think what sealed the deal for me is the acting chops of a young Kristen Bell. Armed with some solid writing and a fantastic comedy foil, side-kick dad acted fabulously by Canadian Enrico Colantoni, it is difficult not to enjoy this show.

As with any teen high school drama you get some interesting and timely provocative bits on all sorts of things that "the kids were going through" in the day.

These provocations have aged incredibly well for a show that started almost 20 years ago and ran for a mere four seasons (although its 21 episode a season average would kill any actor in today's streaming universe of 6-8 episodes a season).

Much of the social commentary that runs through the show would still be considered provocative by today's standards and a few times I wondered how they got away with some of the gags on network television. Brilliant really.

So why write about this? Well, for a few reasons. I encourage you to dig into older content. There is great

Continued on page 7



By Peter Cantelon

Letter policy

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

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

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

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

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

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The *Voice* is published Thursdays and distributed as a free publication to 21,141 households. Republishing in whole or in part without permission is prohibited. Printed in Canada by Prolific Printing. The *Voice* received financial support from the Government of Canada in 2021.

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

• DON'T MIND THE MESS

Everything is relative

One of my favourite movies is *Elizabethtown*. I think I've watched it at least 30 times, but it never loses its charm, and its meaning always rings true.

The plot involves a young Oregon-based shoe designer named Drew, who causes his company a loss of nearly one billion dollars with a product no one wants to buy. Needless to say, he gets fired. Deep in despair, Drew at-



By Lori Penner

tempts to commit suicide, but at that exact moment, receives a call from his sister telling him his father has died in his hometown, Elizabethtown, Kentucky.

Since his mother has many issues with his father's relatives, Drew is elected to travel to Elizabethtown to bring his father's body home. He travels in an empty redeye flight, and meets a flight attendant named Claire who changes his whole view of life and death.

Meeting his paternal relatives for the first time also gives him a completely different perspective of his father, and of himself.

Like any movie where all the pieces come together in two hours or less, it's a bit idealistic.

But so am I. I've often been told that my expectations of people and life

in general are way too high. Because of this, it's easy to become frustrated and discouraged when others disappoint me, and things don't work out as planned.

We recently organized a big family barbecue. We expected at least 50 people at this event, so we bought enough food and drinks to sustain a small country during an apocalypse. A crowd of relatives ranging from age three to 83 pulled up their lawn chairs and partook in the outdoor feast, which even included live music courtesy of my brother, who we lovingly refer to as "The Man in Black" because of his amazing Johnny Cash covers.

It was a good time. It was a crazy time. There were moments when I was involved in about five conversations at once, while "I Walk the Line" was ringing in my ears. The burgers held out, and we were left with more potato chips and potato salad than we could ever eat. But it was worth the effort and the expense. And like *Elizabethtown*, I was left with another sol-

id reminder of who I am and where I come from.

The circle's been broken a few times. There was another empty lawn chair at the picnic table this year, and we were all keenly aware of it. But being together, even for a day, with all these familiar faces bearing the same features I see in the mirror every morning brought me comfort and a sense of belonging.

Family is family. You don't always agree. In fact, many times, you don't. But they're a part of you forever, whether you like it or not. As someone once said, "You can kiss your family goodbye, and put miles between you, but at the same time, you carry them with you in your heart and your mind. Because you do not just live in a world, but a world lives in you."

That inner world consists of memories and moments that formed who you are today. It's made up of family connections that give us a foundation, and a place our hearts can always call home.

Fire Prevention Week: cooking safety starts with you

By Voice staff

The National Fire Protection Association (NFPA) is reminding everyone that "Cooking safety starts with YOU" as part of this year's Fire Pre-

vention Week campaign.

Fire Prevention Week is Oct. 8-14 and the NFPA is working to educate everyone about simple but important actions they can take when cooking to keep themselves and those around

them safe.

According to agency, cooking is the leading cause of home fires and home fire injuries. Unattended cooking is the leading cause of cooking fires and deaths.

"Year after year, cooking remains the leading cause of home fires by far, accounting for half (49 percent) of all U.S. home fires," said Lorraine Carli, vice president of outreach and advocacy at NFPA. The trend holds true in Canada as well. "These numbers tell us that there is still much work to do when it comes to better educating the public about ways to stay safe when cooking.

"A cooking fire can grow quickly. I have seen many homes damaged and people injured by fires that could easily have been prevented."

The NFPA offers these key safety tips to help reduce the risk of a cooking fire:

1. Watch what you heat. Always keep a close eye on what you are cooking. Set a timer to remind you that you are cooking.

2. Turn pot handles toward the back of the stove. Always keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner.

3. Have a "kid- and pet-free zone" of at least three feet (one meter) around the stove or grill and anywhere else hot food or drink is prepared or carried.

For more information about Fire Prevention Week and cooking safety, visit www.fpw.org.

For fire safety fun for kids, visit sparky.org.

Letters

NO SECRETS IN SCHOOLS

On the cusp of implementing a new Health curriculum, Manitoba Education's website states that children need, quote, 'sexuality education' in every subject—from kindergarten to grade 12. As we watch sexual topics breach the Social Studies and EAL curriculums, parents will find that regardless of religious or moral conflict, Manitoba Education does not allow for parents to 'opt' their child out.

In a support document published in 2017, Manitoba Education stated, "...divisional and school personnel are not to disclose a student's actual

or perceived sexual orientation, gender identity, or gender expression to others... including parents [or] guardians..." (Supporting Transgender & Gender Diverse Students in Manitoba Schools, 2017)

Parents have the right and the duty to educate their child. This includes moral education, as well as physical and psychological protection of the child. These are not only God-given, inalienable rights; parental rights are sealed through longstanding, international law such as the Universal Declaration of Human Rights as well as the International Covenant on Civil and Political Rights.

Community members gathered at the '1 Million March 4 Children' to say, 'No more.' No more sexualization of our children. No medical experimentation. No attempts to remove the parent's authority and protection over their children. No secrets in schools.

We only have to look back to the generational trauma endured by Manitoba's Indigenous people to see what happens when governments, under the guise of education, strip parents of their rights.

Jennifer Friesen,
Gretna

> CANTELON, FROM PG. 6

value to be mined. Also: check your biases. I missed out on this the first time around and I'm glad it was reintroduced to me. You never know what you are denying yourself sim-

ply for something as dumb as a bias, be it in television or the real world. Good content is good content regardless of the wrapper.

Now I have to go because I still

have two more seasons and a couple of reboots to go (which is like seven seasons of content by current standards) and they're not going to watch themselves.

Mordenite invited to meet Zelensky, Trudeau

By Lorne Stelmach

A Mordenite who has been active in raising funds and other support for Ukraine was part of a select group that had the chance to meet her home country's leader.

Yevgeniya Tatarenko earned an invite to be part of the Sept. 22 event in Toronto where Canadian Prime Minister Justin Trudeau welcomed Ukrainian President Volodymyr Zelensky and First Lady Helen Zelensky.

To say that Tatarenko was happy and honoured is an understatement, as she still can't believe that a small-town girl like her would ever have such opportunities in life.

"That was mind-blowing to get the invitation from Justin Trudeau ... when you are here in Morden, small town, but I'm following my dreams to help Ukraine and make the world a little bit better and a little bit safer," said Tatarenko.

The opportunity resulted from her being actively involved in fundraising efforts and campaigns such as organizing and sending medical supplies to Ukraine as the country fights off the Russian invasion.

The invitation came through the Ukrainian Canadian Congress and the Ontario provincial council.

"It was quite a huge surprise for me," Tatarenko said, noting she at

first couldn't believe it was real, but she then heard from other people who have been active in raising funds and support for Ukraine who were also being invited.

"I was like, wow, I couldn't sleep for the next four hours because I was out of my mind ... what an honour ... and I thought this is too good of an opportunity."

Tatarenko said it was a moment to see the two leaders and so many other significant people in leadership roles standing up in support of Ukraine.

"It was important to see so many people together there ... and to realize that I have been able to do something to contribute ... it was such an honour," she said.

"I could never have done any of this without the help and support of so many people," Tatarenko added. "It took a lot of my time and effort ... and there were a lot of tears ... but having so many people come together and seeing the donations come in was so special ... so many volunteers have been involved in raising the money and making those tactical medical bags."

"I was getting donations not just from Morden or Winkler or Manitoba, even from other provinces and even other countries," she added.

Tatarenko also noted it was time-



SUPPLIED PHOTO

Yevgeniya Tatarenko (right) got the chance to meet Prime Minister Justin Trudeau and Ukrainian President Volodymyr Zelensky in Toronto last month.

ly with some countries in the world starting to show waning support to continue to back Ukraine.

"When the whole world is kind of starting to get tired of it, of the war in Ukraine ... they close their eyes to what is going on," she said. "My mom is here. I've made her stay here for a few more months because it's so dangerous to go back ... because I know, I hear what is going on there."

She appreciated the unequivocal support from Prime Minister Trudeau.

"He was really powerful in saying and reminding the world ... that we need to help them ... that Canada will stand with Ukraine and they will con-

tinue to support Ukraine as much as possible.

"Democracy in the world will not win without that support," Tatarenko added. "It was really refreshing and even rejuvenating for me because it's really hard ... it's really hard to keep raising money, keep raising support now."

"It reminded everyone that Ukraine is not alone ... we are not alone, and we should fight together, and we should support Ukraine as much as possible ... we need to continue to work together."

RCMP and community come together to find missing 3-year-old

By Voice staff

A missing three-year-old boy was found after being lost in a corn field for hours after dark last week.

On Wednesday, Sept. 27 at approximately 9:20 p.m., Morden RCMP received a report of a missing boy from the RM of Stanley. The family had been searching for him for nearly two hours when police were contacted.

Police attended immediately and called the local fire department to assist as well. The RCMP Search and Rescue team and RCMP Police Service Dog Jolt were called to the scene along with the RCMP Remotely Piloted Aircraft Systems (RPAS) unit.

It was determined that the child had been playing with family and friends when they all decided to go into the tree line. The boy was believed to

have then gone into a cornfield.

A row-by-row search was conducted on the 210-acre field by the RCMP, fire department, and civilians. Outbuildings were searched by police. The police dog entered the field to look for a scent trail. Continual perimeter checks were also conducted to check the boy hadn't left the field.

After multiple heat signatures found by the RPAS unit turned out to be wildlife, one heat signature did finally lead searchers to the boy, at 12:40 a.m. Thursday morning. He was not physically injured.

"This is the best possible outcome, and it is because of the quick response of everyone involved," said Sergeant Scott McAuley, Pembina Valley RCMP Area Commander. "The local fire department, civilian searchers, and all the RCMP teams came together to



SUPPLIED PHOTOS

Emergency crews used drones and RCMP police dog Jolt to track down a three-year-old boy who went missing in a corn field in the RM of Stanley last week.

find this little boy and showed how important it is for community to come together.

"It is a great day when we are able to hand a missing child back to their frantic parents and reunite a family. Thank you to everyone who assisted. Working together, you made a difference."



BTHC Palliative Care program is looking for volunteers

By Ashleigh Viveiros

Boundary Trails Health Centre is looking for caring individuals to get involved as volunteers with its Palliative Care program.

The program, which is funded by community donations to the BTHC Foundation, provides end-of-life care to patients and their families in a special ward at the Morden-Winkler hospital.

The volunteers are truly the cornerstones of the program, says volunteer coordinator Jerri-Ann Froese.

"They are an integral part of the team," she says, explaining that team includes herself, two palliative care nurses, and the spiritual care coordinator. "The volunteers bring with them a wealth of knowledge and experience that they can use to provide compassionate care to the patients and their families."

Volunteers work as friendly visitors on the palliative care ward, act as an extra pair of hands in the cancer care unit, assist with mealtimes, bring the comfort cart with coffee and food around to families, and do visitations with patients receiving palliative care at home.

"The time commitment is very in-

dividual, depending on what area a volunteer wants to be involved with," Froese says.

Morden's Bonnie Gerbrandt has been a palliative/cancer care volunteer for over 20 years.

"When Boundary Trails was built, I was owning/operating a successful retail business with my husband," she shares. "I loved my life working together, but found myself looking for some way to fill the role of giving back."

She took the palliative care education course offered by BTHC to prospective volunteers and then got right to work.

"It's quite possibly one of my best decisions ever," Gerbrandt says, explaining that her role as volunteer most often is to simply be there for people, especially during times when their loved ones cannot (be it because they live far away or simply need a short break from the hospital).

"Families are so thankful when they can rest easy knowing a volunteer is present with their loved one," she says.

Gerbrandt has had the honour of walking alongside countless patients and their families over the past two decades.

"Too often, we find ourselves underestimating the power of a touch, a smile, a kind word, a listening ear, or

"TOO OFTEN, WE FIND OURSELVES UNDERESTIMATING THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, OR THE SMALLEST ACT OF CARING ..."



PHOTO BY ASHLEIGH VIVEIROS/VOICE

BTHC Palliative Care program volunteer Bonnie Gerbrandt (left) with volunteer coordinator Jerri-Ann Froese in one of the hospital's palliative care rooms, which have some extra comforts for patients and their families, including kitchenettes and a pull-out sleeper chair.

the smallest act of caring, all of which have the potential to make someone's journey a bit more bearable," she says.

The role can come with challenges—being with people in their final days can certainly be difficult—but knowing she's making a difference makes it all worth it.

"Being a volunteer in palliative situations means I will experience sorrow and grief, but it also means that I will feel incredibly blessed by the friendships made along the way," Gerbrandt says, noting she relies on her training and the community of volunteers and hospital staff to get through the especially difficult cases.

Gerbrandt urges anyone considering this volunteer opportunity to take

the leap.

"Know that if you have a heart of compassion, this could be one of your best decisions as well," she says.

The next BTHC palliative care training course for volunteers takes place Monday, Oct. 16 and Monday, Oct. 23 from 9 a.m. to 3 p.m. at the Christian Life Centre in Morden. This course is required for all volunteers, unless you have had similar training at another hospital palliative care program.

Anyone interested in registering to take part should contact Froese as soon as possible by calling 204-331-8815 or emailing jefroese@southern-health.ca.

Palliative care's history in Morden-Winkler

Palliative care in Morden-Winkler got its start in 1991 with Anne Goertzen, who started up an end-of-life care program at the Bethel Hospital in Winkler.

"She felt that the palliative care program had a single goal to achieve, in the remaining time left to a patient suffering from a terminal illness, a quality of life and ease-ment of pain and emotional distress by providing social, emotional, and physical supports," shares program volunteer coordinator Jerri-Ann Froese.

A similar program was begun at Morden Hospital a few years later, in 1995, by Thelma Alexander. The two programs merged when BTHC

opened in 2001.

The program today is funded by the BTHC Foundation through community donations. In addition to funding the nursing staff, the foundation has also funded the furnishing of nine palliative care rooms at BTHC which allow extra comforts for patients and their families, including small kitchenettes and pull-out sleeper chairs for family members to use.

"This program has been providing care to patients and families for 36 years," Froese says. "We are very thankful that BTHC Foundation supports the program."

—Ashleigh Viveiros

Superstore workers to vote on tentative contract

By Voice staff

The union representing Real Canadian Superstore workers across Manitoba announced last Thursday that a tentative contract agreement has been reached with its employer, Loblaw.

UFCW Local 832's current contract was set to expire at midnight last Friday.

The two sides have been negotiating since June. If a resolution could not be found, workers had voted in favour of striking.

"Though we can't discuss specifics

at this time, I can say that I'm proud of the work our committee has done on behalf of all Superstore workers," Jeff Traeger, UFCW 832 president and lead negotiator, said in a released statement. "In this tentative agreement, we've achieved recognition for the work our members did during the pandemic and have achieved gains for all workers."

Union members will vote to accept or reject the agreement Oct. 19-22.

UFCW Local 832 represents approximately 3,600 Superstore workers in Manitoba.

get informed

Community steps up at Border Valley, Blumenfeld schools

By Ashleigh Viveiros

The communities surrounding Border Valley School and Blumenfeld School south of Winkler came through for them in a big way this summer.

Border Valley is celebrating the addition of a new concrete pad to its schoolyard while Blumenfeld School is enjoying a new outdoor classroom/picnic shelter.

Both projects were made possible thanks to an outpouring of support—both financial donations and a fair bit of elbow grease—from local residents and businesses, says principal Donovan Giesbrecht.

“It’s one of the best parts of working out here,” he says. “When there’s hands-on stuff that needs to be done, parents here step up and the local business community steps up.”

The idea to build a new concrete pad at Border Valley came up just this past

spring.

The school’s parent advisory council (PAC) had been looking for a way to create more recreation options for students, Giesbrecht says. Skyrocketing costs of playground equipment and high installation quotes from Winnipeg companies sent them looking for ways to involve local skills and materials.

The concrete pad fit the bill. Spanning 4,000 square feet, the pad provides enough space for kids to enjoy basketball, street hockey, pickleball, skipping, and other surface games, all at the same time.

“We decided on it in spring and [project coordinator] Henry Schmitt took the bull by the horns there and he rounded up a whole bunch of local guy and companies to make it happen,” says Giesbrecht. “It was a lot of volunteer labour. It was amazing how quickly it came together.”



SUBMITTED PHOTOS

Thanks to community support, Blumenfeld School (above) has a brand new outdoor classroom/picnic shelter while Border Valley School students are enjoying a new concrete activity pad (left).

The concrete pad is worth about \$40,000, but in-kind donations and the volunteer labour force cut that cost down by about 70 per cent, which means a lot of the money the PAC fundraised for the project can now go to other improvements at the school.

The pad allows for kids of all abilities to play together in a way that isn’t always possible on traditional playground equipment, Giesbrecht notes.

“Accessibility is an issue out here,” he says. “Play structures aren’t exactly places where a kid on crutches or in a wheelchair can be a part things. But a cement pad? You’ve got basketball, you can go be involved in four square ... it just made a lot of sense.”

The school sends its thanks out to everyone who made the project a reality.

Meanwhile, it was a similar story at Blumenfeld School when it came to getting the outdoor shelter built.

“Again, that was all volunteer labour,” shares Giesbrecht. “There was probably half a dozen guys who came out one evening and a full Saturday to get it built.”

The shelter can be used as an outdoor classroom during the school day and a picnic space the rest of the time.

“In Blumenfeld, the school is really the hub of activity in the community. When they do community nights, it’s always at the school,” Giesbrecht says. “So the idea for this was really hatched in the community.”

Materials for the shelter were purchased thanks to a Manitoba Building Sustainable Communities grant along with funds raised locally by the school’s parent advisory council.

“Again, it’s just such a clear example of how, when there’s a hands-on project that needs to get done, people show up and they have all kinds of practical skills and they put their heads together and get it done really quickly,” Giesbrecht says, thanking all who had a hand in the build.

“WHEN THERE’S HANDS-ON STUFF THAT NEEDS TO BE DONE, PARENTS HERE STEP UP AND THE LOCAL BUSINESS COMMUNITY STEPS UP.”



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Is there someone you would like to see recognized in the newspaper for their accomplishments - athletic, academic or community service.

Pembina Valley Kidney Walk



PHOTOS BY RICK HIEBERT/VOICE

The 10th annual Pembina Valley Kidney Walk set out from Morden Park Sunday afternoon in support of the Kidney Foundation of Canada. Funds raised support a variety of services offered by the foundation, such as offsetting household costs like groceries and gas so kidney patients don't need to choose between their basic needs. Right: Organizer Jackie Plett, who has lived with kidney disease for years and is currently on dialysis, had a selection of painted "kidney stones" for walkers to hide along the route.



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New PHAC executive director has big dreams for gallery

By Ashleigh Viveiros

There's been some behind the scenes shuffling going on at the Pembina Hills Arts Centre this summer.

Liza Isakov stepped into the newly created role of executive director a few months ago.

Isakov is by no means a stranger to the Morden gallery, having worked there as administrative coordinator since last fall. She's also an artist herself and has trained and worked as an arts educator.

With the recent departure of Tye Danridge-Evancio as PHAC's programs and outreach coordinator, the board decided it was time to take the leap to a full-time executive director position that would oversee both Danridge-Evancio's former responsibilities as well as all the administrative tasks necessary to keep the gallery running smoothly.

"Up to now, we had resisted moving

to a full-time director position for a number of reasons, but chief among them had been the budget implications, as we had felt that we were not in a position to maintain it sustainably," said president Lorne Stelmach, noting the part-time nature of past positions led to high staff turnover as people went on to pursue other opportunities.

The elimination of the programmer's job made this change feasible, Stelmach explained, and also allowed for a slight increase in hours for the part-time gallery attendant position manned by Dani Johnson.

"In the end, we felt this had the potential to help the arts council take the next step forward in its growth," he said. "We envision the new full-time director being able to help better address such key challenges as finding more grants and funding opportunities as well as expanding our programs and community outreach."

"I WANT TO SEE YOUNG VOICES, ASPIRING ARTISTS COMING THROUGH THE DOORS ..."



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Pembina Hills Art Centre executive director Liza Isakov in front of a mural unveiled last week as part of Culture Days in Morden. The painting, located on a storage shed behind the gallery, is meant to bring a little more colour to the suncatch area.

For her part, Isakov is psyched to be at the helm of a gallery she feels has much potential for growth.

"I have a lot of dreams and goals, but I think the biggest one is just bringing the community back into the gallery," she said. "A lot more attendance, a lot more engagement."

"I want to see young voices, aspiring artists coming through the doors to show them that we are very inclusive, we're very open, and we want to see everyone here."

The executive director role will help streamline the operating of the gallery and its programs and events moving forward, Isakov said.

"It will really help us to elevate how we do things and just make sure that we are reconnecting a lot better with the community."

Isakov has exhibitions lined up for the next several months—October is Celia Rabinovitch's *Lost Expressionist*—and there are numerous art classes kids and adults alike on the schedule.

Eventwise, PHAC has its annual Holiday Craft Sale coming up in early December.

Looking further ahead, Isakov hopes to bring shows and events to the gallery that get people thinking and talking.

When looking for themes, she notes she tries "think about current issues and topics that we want to address—how do we start a conversation, what will push people to have those conversations? That's kind of the motif is going for 2024 is having a lot more topics covered."



Winkler Consumers Cooperative Ltd.

Notice of a Meeting

Of the Members of Winkler Consumers Co-operative Ltd.

Notice is hereby given of a Special Meeting of the members of the Winkler Consumers Co-operative Ltd. at Winkler in the Province of Manitoba, on the 26th day of October 2023, at the hour of 7:00 p.m. to consider a proposal to amalgamate La Cooperative Paroissiale De St. Joseph and Winkler Consumers Co-op Ltd. and consider proposed changes from the existing Articles of Winkler Consumers Co-op Ltd.

The following is the special resolution which is proposed to be brought forth at the meeting:

BE IT RESOLVED:

1. The Articles of Amalgamation for Winkler Consumers Co-op Limited, based on the positive vote for the amalgamation, be and are hereby approved, confirmed and adopted.
2. The By-laws of Winkler Consumers Co-op Limited, based on the positive vote for the amalgamation, be and hereby approved, confirmed and adopted.
3. The Amalgamation Agreement, effective the 22nd day of August, 2023, between Winkler Consumers Cooperative Limited and La Cooperative Paroissiale De St. Joseph providing for the terms and conditions of their amalgamation and their continuance as one Cooperative under The Cooperatives Act of the Province of Manitoba, be and is hereby approved, confirmed and adopted.
4. The directors and officers of Winkler Consumers Co-op Ltd., be and are hereby authorized and directed to do such acts and things and execute such documents as may be necessary and desirable to implement the said amalgamation.

Copies of THE AMALGAMATION AGREEMENT AND ARTICLES adopted by the Board of Directors on August 22, 2023 are available from the Winkler Consumers Co-op Ltd. administration office for review. A member has a right to dissent to the amalgamation. This can only be done by sending a written objection to the resolution proposing amalgamation to the Co-operative on or before the meeting referred to above.

VOTING DATE: October 26th, 2023 TIME: 7:00 P.M.

LOCATION: Days Inn Conference Centre, Winkler, Manitoba

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PHOTOS BY LORI PENNER/VOICE

The annual Altona Memory Garden planting ceremony draws family and friends of all ages to remember someone special who has passed on.

A garden planted with memories and love

By Lori Penner

The Altona Memory Garden held its annual planting ceremony on Sept. 26.

The small crowd gathered that night had shovels in their hands, hearts filled with memories, and tears in their eyes. A total of 19 plants were added to the garden this year, each carefully placed with love in memory of lost loved ones.

Located at the corner of 10th Ave. and 2nd St. NW, the Memory Garden was originally established in 2007 by the Altona in Bloom committee. They had a vision to create a space that would provide peace and serenity where visitors could spend time

remembering loved ones while surrounded by beauty and nature.

The land for this garden was donated by the Town of Altona. The committee hired a professional artist, Monique Rampton, who created a predetermined plan and continues to help with the layout. She was advised that the garden should be low in maintenance but high in beauty, interest, and peacefulness, with plants that are native to the area.

The first year, four trees and some tulips were planted. Today the site features well-kept and organized beds spread all along the trail, with meandering paths and monuments, surrounded by trees, shrubs, and flowers that burst into colour every

spring.

A small gazebo provides a quiet place to view a book listing the names of those commemorated there. The garden is maintained by Gwen Harman.

"Each tree or shrub planted is a way to pay tribute and to honour the memory of someone who is gone. Every bloom and fresh new leaf is a sweet reminder of how precious that person was, and how life, in all its painful beauty goes on," Maria Nickel of Altona Palliative Care told the families and loved ones gathered at the site last week.

"This is your special time to reflect, to pray, and to give thanks as you plant their trees, shrubs, and perennials for their loved ones. I'm sure you've come with many memories of wonderful times but also the feeling

of emptiness and loss. Our hope is that in doing this labour of love and here, surrounded by others who have also experienced loss, it will bring you comfort.

"Someone once said good memories are the perennials that bloom again and give us hope after the hard winter of grief."

"EACH TREE OR SHRUB PLANTED IS A WAY TO PAY TRIBUTE OR HONOUR THE MEMORY OF SOMEONE WHO IS GONE."

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

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As Fire Prevention Week approaches, Altona Fire Department reminds residents: “Cooking safety starts with YOU. Pay attention to fire prevention.”

The National Fire Protection Association® (NFPA®) — the official sponsor of Fire Prevention Week™ for more than 100 years — has announced “Cooking safety starts with YOU! Pay attention to fire prevention™” as the theme for Fire Prevention Week, October 8-14, 2023. This year’s focus on cooking safety works to educate the public about simple but important steps they can take to help reduce the risk of fire when cooking at home, keeping themselves and those around them safe.

According to NFPA, cooking is the leading cause of home fires, with nearly half (49 percent) of all home fires involving cooking equipment; cooking is also the leading cause of home fire injuries. Unattended cooking is the leading cause of home cooking fires and related deaths. In addition, NFPA data shows that cooking is the only major cause of fire that resulted in more fires and fire deaths in 2014-2018 than in 1980-1984.

“These numbers tell us that more public awareness is needed around when and where cooking hazards exist, along with ways to prevent them,” said Lorraine Carli, vice president of the Outreach and Advocacy at NFPA. “This year’s Fire Prevention Week campaign will work to promote tips, guidelines, and recommendations that can help significantly reduce the risk of having a cooking fire.”

Following are cooking safety messages that support this year’s theme, “Cooking safety starts with YOU! Pay attention to fire prevention”:

- Always keep a close eye on what you’re cooking. For foods with longer cook times, such as those that are simmering or baking, set a timer to help monitor them carefully.

- Clear the cooking area of combustible items and keep anything that can burn, such as dish towels, oven mitts, food packaging, and paper towels.
- Turn pot handles toward the back of the stove. Keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner.
- Create a “kid and pet free zone” of at least three feet (one meter) around the cooking area and anywhere else hot food or drink is prepared or carried.

- “Staying in the kitchen, using a timer, and avoiding distractions that remove your focus from what’s on the stove are among the key messages for this year’s Fire Prevention Week campaign,” said Carli.

Fire Prevention Week is celebrated throughout North America every October, and is the oldest public health observance on record in the U.S. Entering its 101st year, Fire Prevention Week works to educate people about the leading risks to home fires and ways they can better protect themselves and their loved ones. Local fire departments, schools, and community organizations play a key role in bringing Fire Prevention Week to life in their communities each year and spreading basic but critical fire safety messages.

To learn more about Fire Prevention Week and this year’s theme, “Cooking safety starts with YOU! Pay attention to fire prevention,” visit www.fpw.org. Additional Fire Prevention Week resources for children, caregivers, and educators can be found at www.sparky.org and www.sparkyschoolhouse.org.

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ALTONA FIRE DEPARTMENT



Manitoba government, the Office of the Fire Commissioner and Manitoba Firefighters' Burn Fund are offering the Smoke Alarm Every (S.A.F.E.) Family program. The goal of the program is to reduce fire-related deaths by protecting at-risk residents with a working smoke alarm and encouraging families to make and practise a home fire escape plan.

How it works

Manitoba/Rhineland Emergency Services will offer the S.A.F.E. Family program in the communities we respond to. We will promote and de-

liver the program in eligible homes.

Fire department personnel will visit the eligible homes and install smoke alarms in hallways outside of bedrooms (with a maximum of two smoke alarms per home).

Who qualifies

Eligible homes include those with at-risk residents, including older adults, newcomers to Manitoba, young children, people with disabilities and low-income families.

Only owner-occupied homes qualify for the S.A.F.E. Family program, since landlords are responsible for installing and maintaining smoke alarms in their rental units.

If anyone is interested or has questions they can contact the Fire Chief at the fire hall at 204-324-8500, they can also leave a message and the Fire Chief will get back to you.

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Finding belonging

By Ashleigh Viveiros

A local physician is sharing his story of living between worlds during apartheid in South Africa.

Dr. Ganesan Abbu's new memoir, *Between Black and White*, hit Amazon's virtual store shelves this month.

For Abbu, the book is very much a reflection on the theme of belonging.

"When I think about our life in South Africa, we never felt like we belonged," he says. "During apartheid, we were not white enough. And then post-apartheid, we were not black enough. We were always kind of sandwiched in between two majority groups."

Abbu's family had in fact called South Africa home for generations—his ancestors were brought over from India as indentured servants.

"There were about 150,000 people that came to South Africa between 1860 and the early 1900s," Abbu says.

"I'm part of the descendants of that group of people.

Abbu recalls growing up in a society that was very much racially segregated.

The school system prioritized the English and Afrikaans languages over any other mother tongues, and pushed a historical narrative in which white people were painted as superior and black people as uncivilized.

As an Indian, Abbu says he and his family found themselves wedged firmly in the middle rung of the social ladder. Never wholly accepted by either side of the white/black divide, both victims of racism themselves and complicit at times in the perpetuation of deeply embedded racist stereotypes.

"In my childhood, we were indoctrinated into the belief that this was normal," Abbu recalls. "Our parents never challenged the system, like the



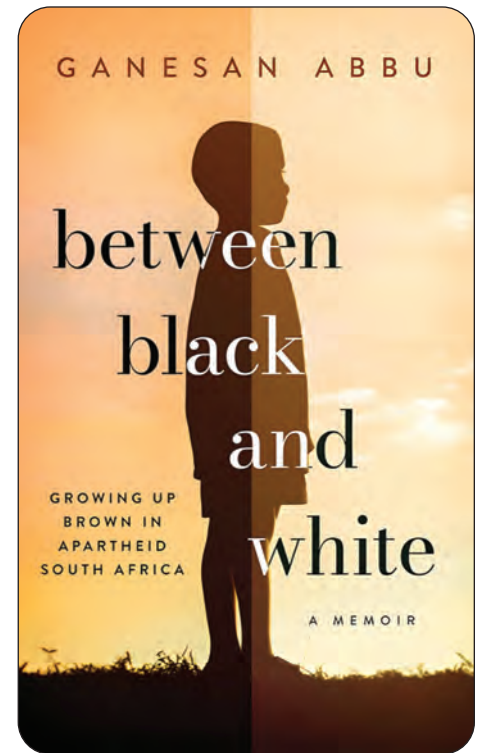
SUPPLIED PHOTOS

Dr. Ganesan Abbu has released a memoir of growing up in South Africa during apartheid.

majority of people. We grew up believing this is how life was intended to be.

"But with time and as I became more conscious of what was happening around me, things began to change."

Abbu was a teenager in 1976 when the Soweto uprising occurred. Tens of thousands of black students rose up to protest the introduction of Afrikaans



as the language of instruction in their schools. They were met with brutal police opposition, leading to many students being injured or killed.

Continued on page 18

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Salem fall faspa raising funds for courtyard improvements

D’Friesens to perform at Oct. 29 concert

By Ashleigh Viveiros

The Salem Home courtyard is overdue for a major spruce-up, and the Winkler personal care home is putting out a call to the community for help to make it happen.

Salem Foundation, the fundraising arm of Salem, hosts its fall Faspa, Fellowship & Song event at the Winkler Berghaler Church (252 6th St.) on Sunday, Oct. 29.

The afternoon will feature Christian country and gospel music from family band D’Friesens in both English and Low German starting at 3:30 p.m. followed by faspa at 4:30 p.m. No ticket is required.

Freewill offering proceeds from the event will go toward a revamp of the central courtyard, which was created as a result of the 1986 bed addition at Salem. The ground has shifted in the years since, making it difficult for residents in wheelchairs to get around.

“Residents spend time outside enjoying the sun and fresh air. Right now, the courtyard is not safe, with bricks and areas the residents can’t

get to,” noted foundation board chair Henry Enns. “There is limited shade, and the temperature in the area gets very hot. We want to make the patio a safe place for residents to spend time.”

Upgrade plans for the space include removing the aging brick and replacing it with smooth concrete to make the area more wheelchair-friendly.

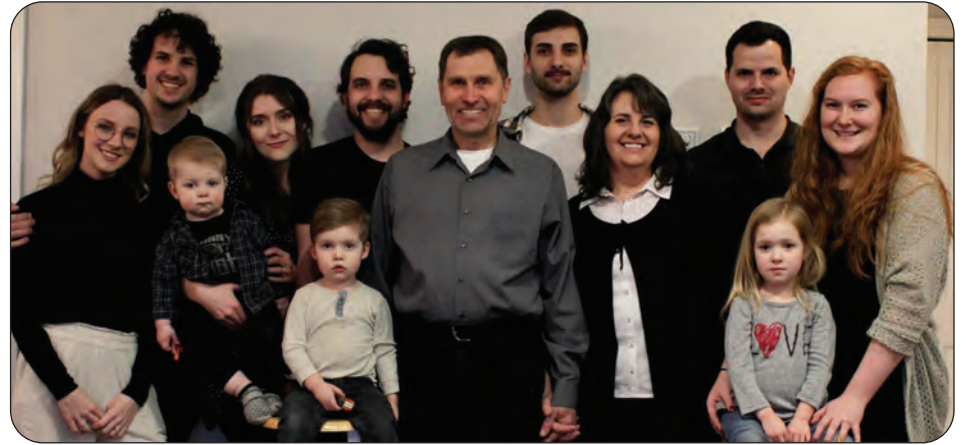
A golf green will also be added to the space and there will be a sitting area with patio furniture for residents and guests to enjoy.

The existing wheelchair-accessible swing and gazebo will be relocated and the fountain will be replaced, as will the benches.

“Our goal is to complete the courtyard patio project by next spring/summer at an approximate cost of \$45,000,” Enns said. Prep work has already begun on the space.

Salem Foundation is able to turn its attention to this project now that most of the new furniture for the residents rooms has been purchased and

Continued on page 19



SUPPLIED PHOTOS
D’Friesens performs at the Salem Foundation’s fall Faspa, Fellowship, & Song Oct. 29. Right: A resident watches as work begins on the courtyard improvements the faspa is fundraising towards.



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Fun extravaganza



PHOTOS BY RICK HIEBERT/VOICE
Morden's Culture Days festivities wrapped up with a Fun Extravaganza hosted by Regional Connections Immigrant Services at the Morden Activity Centre Friday night. The evening included shadow puppet shows sharing Indigenous stories (above, left) calligraphy lessons (left), face painting (right), a line dance workshop (below), games such as floor shuffleboard (above), and more.



> BELONGING, FROM PG. 16

It was a watershed moment for the country—and Abbu's own rising political awareness.

"By the time I finished Gr. 12, I began to take a more active role in protest politics," he says. "And then throughout my time in medical school, we were at the forefront of political activism in the country. We would take part in marches and were beaten by the police, tear gas ... it was quite a horrific time. At the time, when you're young, in some ways it seems exciting, but it was anything but.

"My parents' generation used to say, well, you just stay out of it. But my generation really had to pick a side. And to err on the side of justice was to say that you were black and fight for the rights of all discriminated people."

When apartheid ended, Abbu had hope for his country's future. He began to feel that sense of belonging he had long sought, but it was soon shattered by a rise in violent crime.

He and his wife eventually made the difficult decision to leave South Afri-

ca for Canada, seeking a safer life for their two young children.

"After all that, to still leave the country that you thought had changed so much, you feel like you are betraying the values of that country," Abbu reflects. "But there are other priorities, like the safety of your family."

The Abbus have called the Winkler area home for 25 years now.

In putting pen to paper for this memoir, Abbu says it gave him a chance to reflect on his life and what he feels he's learned about finally finding a

place to belong.

"It's an existential question: where does one belong? And in some ways it's dependent on other people who make you feel unwanted and make you feel that you don't belong. And that can be true in Canada as well.

"But the thing that changed for me is the feeling that, if you feel a connection to the universe, you kind of belong everywhere. Any place can be home if you believe it to be home. If

Building community

By Ashleigh Viveiros

As the new school year was getting underway last month, the Sixteen13 Ministry property south of Winkler played host to a special event aimed at our community's youngest Ukrainian newcomers.

The Christian ministry has been heavily involved in supporting the hundreds of Ukrainian refugees who have come to the Morden-Winkler area since the Russian invasion began early last year.

While the community has welcomed these newcomers with open arms, sometimes it can be hard for the kids to connect with others in their native language, shares Alex Magola, who moved to Canada from Ukraine nearly a decade ago.

"We wanted to do something for the kids," he says. "They have a lot of support from the Pembina Valley community, but at the same time, to speak English, especially for those kids who just came here a year ago or just recently, they don't really have enough English to communicate. So we wanted to do something for them to have fun, to have some good times with other kids."

A Vacation Bible School session was held Sept. 9 and welcomed nearly 40 children ranging in age from six to 12 years old.

They spent the day exploring the creation story from the Book of Genesis and assembling fragments of plan-

et Earth at seven different stations featuring various intellectual and athletic games and challenges.

At day's end, parents joined their kids for a family barbecue.

"We had a blast with the barbecue," Magola says. "Everyone was talking and enjoying the evening."

Magola says they're also looking at starting up a more regular get-together—a sports club or activities night—

for kids moving forward. This is on top of existing Bible study and social gatherings for families and adults already being hosted at the Sixteen13 property.

It's all about building community and helping newcomers adjust to life in Canada.

"The community is really nice, but for Ukrainians who were not really planning to come here, they were just escaping from the war" it can be a challenge, Magola says.

"There's language barriers and you have different mentalities, different cultures. So you need to adjust.

"So if those moments when they can get together with others and just talk about it ... get some more information, it makes it better.

"Jesus' message in the Gospel is that we are created for good works," he adds. "So the more good works we will do for the community, the better the community will be."

To learn more, get in touch with Sixteen13 Ministry online at sixteen13ministry.ca or through its social media pages.

"THE MORE GOOD WORKS WE WILL DO FOR THE COMMUNITY, THE BETTER THE COMMUNITY WILL BE."



SUPPLIED PHOTOS

A Saturday camp for Ukrainian kids at Sixteen13 Ministry's property last month gave newcomers the chance to hang out with others who speak their language.



> SALEM FASPA, FROM PG. 17

installed. The past few Salem fundraisers have gone to support those efforts, raising nearly \$215,000.

The community always comes

through for the residents of Salem, Enns noted.

"As the Salem Foundation, we are thankful and often humbled by the

many individuals and groups who are committed to ensuring that the residents' care and place they live keeps improving," he said. "The

commitment the community has to the residents is visible throughout the facility, wherever one goes."

> BELONGING, FROM PG. 18

you can adjust to the knowledge that you're not foreign in such a place, that everybody has a purpose in it, you can get that sense of belonging."

Abbu is hosting a book launch at the Days Inn Conference Centre in Winkler on Monday, Oct. 9 at 3 p.m. where he'll be sharing stories and

answering questions.

All are welcome, though you are asked to register your attendance by email to abbu@mts.net.

Books will not be available to purchase at the event—head to amazon.ca if you'd like a copy.

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arts & culture

A long legacy of song

By Lori Penner

The Southern Manitoba Choral Society is well into their fall season, with an eclectic selection of music in store.

The committee recently held their registration night, and treasurer and archivist Sarah Dueck says they're delighted to have 30 singers come aboard.

"We'd like to have 10 more but this is a great start. There are posters around town if people are still interested in joining us. We'd love to have more and welcome singers in each voice – soprano, alto, tenor, and bass."

The choir practices together every Tuesday in the W.C. Miller Collegiate choral room.

"We've got some great representation of voices from Morris, Emerson, Gretna, and Altona," Dueck noted.

In the past, the choir also included members from Plum Coulee, Winkler, Lowe Farm, and surrounding areas.

"So, this is a community choir, but it's also a regional choir," Dueck said.

Rehearsals build up to a grand performance on Nov. 19 at 3 p.m. in the Altona Bergthaler Church.

"The next concert date hasn't been determined yet," noted Dueck. "But

we will continue to meet for practices from January to sometime in March before spring break."

Conducting this season is Ben Kroeker, music director at Northlands Parkway Collegiate in Winkler.

"We're excited about this season. We have retired people, students, people in education, health care, agriculture, business, so quite a variety of singers," Dueck said. "We have so many

talented people in our region. There's so much power in singing as a group."

The choir has a rich performing history. It began in fall of 1957, with Ben Horch at the helm. Horch participated actively in the musical life of the Canadian Mennonite community and did much to determine the nature and direction of musical development. His work at CFAM and CBC brought Mennonite choral singing and music making to the attention of the Winnipeg and Canadian public.

"They had their first concert that spring with a choir of about 120 singers of all ages and walks of life, which completely filled the West Park School stage," shared Dueck. "It was just amazing and had huge appeal."

There were a variety of concerts in

**"WHOEVER
WANTS TO SING IS
WELCOME."**



SUPPLIED PHOTO

The Southern Manitoba Choral Society has begun meeting weekly for rehearsals in the lead up to a concert next month. They're looking for more members.

the years that followed, featuring a host of local and guest soloists and musicians.

"We loved providing concerts for the community. The early concerts were usually classical in nature, and big pieces such as Handel's Messiah and Haydn's Creation, with more variety in the '70s and '80s. Later, Buhler Hall in Gretna became the scene of a variety of classical presentations.

"We always had a full house," Dueck recalled.

In the last few years, their performances have evolved to feature a variety of music, such as folk, gospel and modern music, along with classical.

"We have modern composers that the younger people enjoy and some music from movies as well. This year we're featuring Evermore from Beauty and the Beast."

The choir has enjoyed a variety of gifted conductors through the years, each bringing their own style and

flair.

Dueck says originally, the concerts were an homage to the 'sangerfest' concerts performed by Mennonites from Russia in the 1920s

"So this is an attempt to keep singing as a gathering of people who simply love to sing and want to present a concert to people who like to listen, and we've been gifted with some wonderful sponsors."

The legacy of the choir lives on, Dueck said, with grandchildren of some of the original members sometimes joining in.

Practices run every Tuesday from 6:30 p.m. to 8:30 p.m. until Nov. 14, and then picking up again in January. The cost is \$35 per individual.

If you're interested in joining the choir, contact Dueck at 204-324-7144 or email srdueck@hotmail.com.

"There are no auditions. You don't need any musical training," Dueck said. "Whoever wants to sing is welcome."

'What's Your Story' workshop coming up Oct. 21

By Lorne Stelmach

An upcoming workshop is for any-



one who is interesting in contemplating and telling their life's story with words and images.

The What's Your Story workshop set for Saturday, Oct. 21 from 1 to 4 p.m. at the Access Event Centre in Morden is built around the idea that we each have a story to tell about ourselves, our life, our hopes and dreams and our joys and sorrows, and writing our story is empowering and liberating.

"People have said it is a creative, supportive experience," said Amanda

Amanda Le Rougetel (left) and Deborah Schnitzer are hosting a day-long workshop in a few weeks to help people learn how to tell their stories.

SUPPLIED PHOTO

Le Rougetel, who is one of the workshop leaders along with Deborah Schnitzer. "We're not therapists. We have no qualifications in counselling, but we know from our own lives that there is phenomenal power in this process of working with words and images on the page.

"What people get out of it is a clearer understanding of what the transition or the change in their lives can represent for them ... how it is that they can help themselves come to a place of understanding about it."

Le Rougetel and Schnitzer are trained educators and published writers. Their experience, creativity and humour will make this session both fun and fulfilling.

The idea for What's Your Story start-

ed with offering a course on writing as a tool for transformation where they used writing activities for people to reflect on their lives and identities through a four week session, and they have worked that into this one time format.

"It has the same purpose. It's an opportunity, through guided writing activities, to reflect on what is my story, which means who am I, where am I, where am I going and what's important to me," said Le Rougetel.

"Writing is a really, really powerful tool for transformation. When we see words on a page or on a screen ... it's very powerful to see the words on a page."

Continued on page 27

sports & recreation



Kicking off the season

PHOTO BY RICK HIEBERT/VOICE

Cohen Pilkington of the Pembina Valley Hawks goes down to block a shot in front of goaltender Bryson Yaschyshyn as the Hawks took on the Southwest Cougars last weekend. The Hawks lost both games, 2-1 and 3-2.

By Lorne Stelmach

The male U18 Pembina Valley Hawks may have kicked off the regular season with a pair of narrow losses, but coach Brendan Edie sees reason for optimism.

The results could have been different in the 2-1 and 3-2 losses to the Southwest Cougars Friday and Saturday, Edie suggested.

"We had some good moments during the games this weekend, but it's tough to win in this league when you don't play a full 60 minutes," said Edie. "In the home opener Friday, I think it was jitters and excitement. Our crowd was awesome, and it was great to have lots of fan support, but guys were

trying to do too much individually.

"Saturday in Souris, I think we just were flat until the third. Credit to the Cougars, though. They were prepared from the start and made things frustrating in their zone."

Southwest capitalized on two of their four power-play opportunities Friday in Morden, and that was all that they needed for the victory.

Kam Thomas scored Pembina Valley's lone goal in the second period as the Hawks were outshot 30-25, with Bryson Yaschyshyn making 28 saves.

On Saturday in Souris, the Hawks fell behind 2-1 and then trailed 3-1 with about three minutes left, and they could only get one back with about a min-

ute remaining in the game.

Liam Goertzen scored both goals for Pembina Valley, while Ryler Gates made 27 saves as Southwest held a slim 30-29 edge in shots on goal.

This weekend the Hawks welcome the Norman Northstars for a doubleheader Friday evening and Saturday afternoon.

"If you look at the scores around our league from the weekend, there's going to be a lot of parity, so preparation and readiness from opening puck drop is going to be important," Edie said. "We'll take the week, look at the video and get some hard work in, and I'm optimistic we'll have a more cohesive product next weekend."

Winkler Flyers 4-0 in fledgling MJHL season

By Lorne Stelmach

The Winkler Flyers remain unbeaten in the early going of the 2023-24 Manitoba Junior Hockey League season.

They remain perfect after four games as they doubled up the Steinbach Pis-

tons 4-2 Friday and then shut out the Winnipeg Blues 6-0 on Sunday.

The Flyers broke open a 1-1 game after 40 minutes Friday in Steinbach with three goals in the third period.

Trent Penner scored twice, with the other Winkler goals coming from Do-

bie Unrau and Mike Svenson.

Shots on goal were 25-21 in favour of Steinbach, but Malachi Klassen got the win in goal with 23 saves for the Flyers.

On Sunday in Winkler, the Flyers breezed to period leads of 2-0 and 5-0

as they nearly doubled the Blues in shots on goal 49-25.

Logan Fillion and Brody Beauchemin both scored a pair of goals for the Flyers while Jayce Legaarden and Dalton Andrew added singles. Liam

Continued on page 22

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



Female Hawks off to a winning start

By Lorne Stelmach

The female U18 Pembina Valley Hawks got off to a winning start as they kicked off the regular season this past weekend.

They took both home games with a 2-1 victory over the Central Plains Capitals Saturday afternoon and a 3-2 win against the Westman Wildcats Sunday.

"The girls came ready to play both days, and we wanted to set the tone for the season early on," said coach Jenai Buchanan. "It definitely felt good.

We got a couple wins on the board in our first couple games of league play.

The Hawks were backstopped by a solid performance in net from Kasia Rakowski, who made 35 saves including 16 in the first period, while Pembina Valley had 37 shots on goal. Hayden Arkle and Ava Dalebozik scored for the Hawks, who had 37 shots on goal.

On Sunday, Casey O'Brien led the way with a pair of goals as the Hawks snapped a 2-2 tie after 40 minutes with the winning goal in the third period.



PHOTOS BY RICK HIEBERT/VOICE

Above: Things get a little crowded in front of the Hawks' net where Zenith Vanstone tries to give Kasia Rakowski a view of the incoming shot. Left: Ana Dalebozik completes a pass despite the defensive efforts of Taylor Terin. Pembina Valley downed the Central Plains Capitals 2-1 to start the 2023-2024 season.

Abigail Brigg also scored for Pembina Valley, and Rakowski earned her second win with 29 saves as the Hawks were outshot 31-26.

"Saturday's game was a very close game, and our goalie kept us in it at key moments to give us the chance to come out on top, and in the end we did, so it was a great team win," said Buchanan.

"Sunday's game versus Westman

was a intense, fast paced game. Before hand we made some adjustments based on who we were playing, and the girls bought in and came together to get another big win."

Pembina Valley will try to keep their strong start going with another pair of home games this weekend. They host the Winnipeg Ice Saturday evening and then welcome the Yellowhead Chiefs Sunday afternoon.

Pembina Valley Twisters split first two games

By Ty Dilello

The Pembina Valley Twisters have started their Manitoba Major Junior Hockey League (MMJHL) with a win and an overtime loss.

On Sept. 29, the Twisters had their season opener and hosted the River East Royal Knights. Derek Wiebe led the way for the Twisters with a pair of goals as Pembina Valley won 6-4. Cohen Thomas, Zander Carels and Riley Goertzen scored other Twisters goals.

Logan Enns stopped 27 shots in goal for the win.

On Oct. 1, the Twisters faced off against the Raiders Jr. Hockey Club and fell 4-3 in overtime. Merek Degraeve, Alex Vandenyze and Keston Worley scored the Twisters' goals.

Enns was once again in the Pembina Valley net and stopped 18 shots.

The Twisters are back in action with a home game at the Morris Multiplex

on Oct. 6 against the Transcona Railer Express. The puck drops at 8 p.m.

> FLYERS, FROM PG. 21

Ernst got the 25-save shutout.

Winkler sits atop the east division in the early going as they have outscored their opposition 18-4 overall so far in their 4-0 start.

The Flyers hit the road Friday for a meeting with the Terriers in Portage. They return home to welcome the Selkirk Steelers on Sunday.

In other Flyers news, the team announced last week that they've signed Winklerite Kam Thomas (2006) for the 2024-2025 season.

Thomas played the 2022-23 sea-

son with the Pembina Valley Hawks in the Manitoba U18 AAA League, where he scored 16 goals and 21 assists for 37 points in 44 games.

"I hope to develop as a player over the next couple of years and I believe Winkler is great place to do that," Thomas said. "I am most excited to be a part of this team and play in front of a great city. It's really cool to be a part of the Flyers, as I grew up coming to all the games.

"It's especially awesome because my dad had played here in the past

and had a great career here. I would like to follow in his footsteps in the next couple of seasons."

General manager and head coach Justin Falk and the coaching staff believe Thomas will play a big role for the Orange and Black.

"Kam has continued to take strides in his development the last couple seasons. His work ethic and character continue to be his foundation that will allow him to grow into a culture piece for the Flyers next season."

Local horse crowned grand champion at national show

By Ty Dilello

Theresa Barylski and her star horse, Gator (Only Shy Rad), were recently crowned the Grand Champion at the Canadian National Quarter Horse Show in Red Deer, Alberta.

Barylski grew up on a horse ranch near Eriksdale. She moved to Carman in 2010 and has been in town ever since. Her parents, Kelly and Ruby Stuart, own and operate K & R Stuart Quarter Horses.

"Our farm specializes in purebred registered American Quarter Horses or AQHA (American Quarter Horse Association) horses," said Barylski. "This is the horse breed you see on most farms, in the movies and on shows like Yellowstone. AQHA headquarters is based out of Amarillo, Texas. My parents have been on the AQHA leading breeders list of Performance and Halter horses five times and have been the AQHA high point Canadian Breeder three times."

Gator "Only Shy Rad" is a six-year-old horse that shows and competes at AQHA-sanctioned shows. This means the breed sanctions the judges, and the achievements or points earned at these shows go on Gator's permanent pedigree or registration record.

Gator is his stable name, and Only Shy Rad is his registered name. If anyone wanted to look up his pedigree or show record, they would have to use Only Shy Rad.

"The name is chosen from his bloodline," said Barylski. "We try and use names of accomplished bloodlines in his name."

Barylski is considered an amateur or non-pro as she doesn't train outside horses. She rides her own horses that come from her parent's operation.



Barylski and her horse Gator won every class they entered.

Barylski has both a coach and trainer that help her and Gator perform at the highest level. Until this show season, the pair were under the guidance of Dale Barkman of Alidale Farms in Steinbach. Currently, they are under the guidance of Deserie Rieu Bitz of Bentley, Alberta.

At the end of August, Barylski and Gator competed at the Canadian National Quarter Horse Show in Red Deer, Alberta. It was a five-day show with five judges from the United States.

Gator was entered in the Open (pro) performance event, and he was the unanimous first-place choice from all five judges.

He was then brought back for the Grand and Reserve event, and again, he was the unanimous Grand Champion under all five judges.

When it was all said and done, Gator won Grand Champion of the show under all five judges.

But it wasn't over yet. At the show's end, they called her back into the ring



SUBMITTED PHOTOS

Carman's Theresa Barylski and her star horse, Gator (Only Shy Rad), was recently crowned Grand Champion at the Canadian National Quarter Horse Show in Red Deer, Alberta.

because any horse that went Grand Champion under any of the judges, can compete for the Canadian National Quarter Horse Superior Halter champion.

Gator "Only Shy Rad" was eventually crowned the champion of the entire show.

"I still cry when I think about it, as it was an amazing moment," said Barylski. "It's a moment you dream of. What was even better was my parents drove to Red Deer for the day, and they were there to see it all. I was so happy for them. They work hard, and I'm so proud of them, so I'm unbelievably happy to have shared that day with them."

Gator was also named the Canadian National Show High Point Canadian Bred Horse.

"It's a testament to my parents' equine program. It was an unbelievable five days. Gator won every class he entered that day. I don't know if that happens very often at the National Show, but I know I'll never forget it."

Barylski and Gator have travelled all over Manitoba, Saskatchewan and Alberta for shows this season. Gator has also qualified for the World AQHA Show in November, which is to be held in Oklahoma City, Oklahoma.

The 2024 show season will start in March, with the first show in Scottsdale, Arizona, called the Sun Circuit. After that, they will participate in the Level 1 Championship in Las Vegas, Nevada, in May.

Barylski is proud to represent and bring attention to the AQHA industry within Manitoba and nationally.

"We have great horses in Canada. You don't have to go far to find them," said Barylski. "It really takes a village to get a horse to this level. And I couldn't have done any of this without my support group and loved ones."

"I STILL CRY WHEN I THINK ABOUT IT, AS IT WAS AN AMAZING MOMENT,"

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COMING EVENTS

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(nee Martens, Wieler)**
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**NOTICE OF PUBLIC AUCTION
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CITY OF WINKLER**

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **6th day of November, 2023**, at the hour of **5:00 PM**, at City of Winkler, 185 Main Street, Winkler, MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
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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 CITY OF WINKLER 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.
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 - 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 26th day of September, 2023.
Managed by:  Jody Penner, City Manager
CITY OF WINKLER
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Assiniboine welcomes applications from all qualified candidates who are legally entitled to work in Canada, including Indigenous peoples, persons of all abilities, members of visible minorities, all genders and sexual orientations, and all other groups protected by the Human Rights Code.

If you are interested in this career opportunity, please email your resume and cover letter with reference to:
careers@assiniboine.net

We thank you for your interest. Those selected for further consideration will be contacted.


ASSINIBOINE COMMUNITY COLLEGE

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

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take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

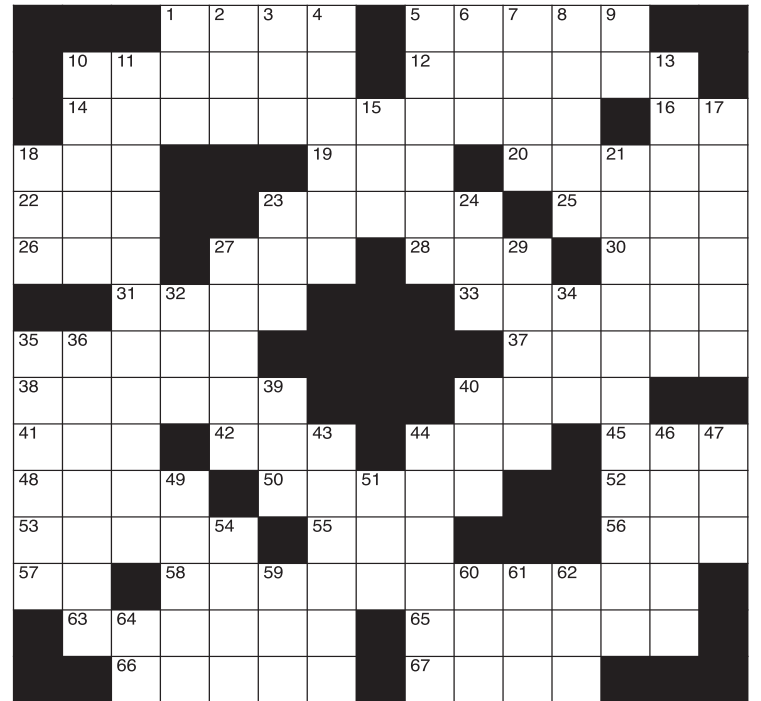
	N	O	B	E	S	L	B			
E	K	A	V	T	R	D	A	O	O	D
L	V	N	I	O	U	T	I	V	T	S
G	E									S
E	A									I
E	S		X	N	M	V	T			S
E										L
N	E									R
I	A									V
T	I									S
U	M									E
L	H									C
V	I									A
S	H									N
S										G
K	E									A

Crossword Answer

CROSSWORD

CLUES ACROSS

- Flat tableland with steep edges
- Byproduct of fire
- Talked
- Unique skill
- Unembarrassed
- Where teenagers go
- Boxing's GOAT
- Used to anoint
- Reproductive structure found in rust fungi
- Auburn great Newton
- Some are for Christmas
- Dried, split pulses
- Self
- Where to get your mail
- High schoolers' test
- Flightless bird
- Expectorated
- Practice of misrepresenting the truth
- Type of patch
- French river
- Told on
- Hillside
- Peyton's little brother
- Soviet Socialist Republic
- Progressive country musician
- Witness
- Brews
- Yellowish-brown
- Arctic explorers (abbr.)
- Mexican agave
- Type of "cast"
- Popular breakfast food
- Atomic #52
- Position north or south of the equator
- Gadget
- Another recording
- Irregular bulges in cell membranes
- Dark brown



CLUES DOWN

- Licensed for Wall Street
- Partner to flow
- A very large body of water
- Accumulate on the surface of
- Central cores of stems
- Angry
- Spanish stew: __ podrida
- Fastened with a pin
- On your way: __ route
- Soviet labor camp system
- Enmities
- B complex vitamin
- Go quickly
- Toast
- A team's best pitcher
- Philly culinary specialty
- Small child
- Unhappy
- Trims away
- Full of tears
- Touch softly
- Former OSS
- A person's chest
- Came from behind
- Fall back
- Nellie __, journalist
- A part of a river where the current is very fast
- Weather
- Sports broadcaster Ian
- Electroencephalograph
- Phenyl salicylate
- Web of Things
- Ship goods as cargo
- The bill in a restaurant
- Young female
- OJ trial judge
- One's grandmother
- West Siberian river

Announcements Classifieds The Winkler Morden **Voice**

ANNIVERSARY



Time to Celebrate!
Gordon and Betty Sager (nee Morrow)
70 Years of Having Fun!
 You are invited to a
Come and Go Get Together
Saturday, October 7, 2023
2 - 4 p.m.
St. Paul's United Church
353 Thornhill St.
Morden, Manitoba

OBITUARY

Johann Guenther
1942 - 2023



Johann D Guenther passed away peacefully on Wednesday, September 20, 2023 at the Erikson District Health Centre at the age of 81 years.

Johann was born in Camp 6 1/2 Cuahtemoc, Chihuahua Mexico. He was baptized upon the confession of his faith and was a member of the Old Colony Church. On October 17, 1965 he was married to Elizabeth Martens (nee Neudorf) with whom he shared the joys and sorrows of marriage for nearly 58 years. In 1967 he moved to Bolivia where he farmed. In 2001 he moved to Ontario, Canada where he worked as a factory labourer until he moved to Winkler, MB in 2009. He lived in an apartment in Winkler until his health declined at which point, he moved in with his youngest

daughter and her family at Mountain Road, MB in August of 2022. In August of 2023 he moved to the care home.

He is survived by his loving wife, 11 children: four sons and six daughters, 56 grandchildren and 20 great-grandchildren.

Funeral service was held at 2:00 p.m. on Sunday, September 24, 2023 at the Old Colony Mennonite Church in Chortitz with interment at the Church Cemetery.

The family would like to extend their sincere thanks to the staff at the Neepawa Hospital and the Erikson Care Home for their care and support as dad went through his difficult last days here on earth.

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



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

CAREERS



MAINTENANCE MECHANIC/MILLWRIGHT

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

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

The following would be considered an asset for this position:

- Experience in grain handling, processing, or manufacturing facility
- Experience in industrial equipment maintenance and repair
- Ability to read blueprints and technical documents
- Pressure or structural welding tickets and related experience

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

Starting Wages:

- Mechanic \$32.70/hour
- Red Seal Millwright: \$38.08/hour

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

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PUBLIC NOTICE

**UNDER THE AUTHORITY OF THE PLANNING ACT
 NOTICE OF PUBLIC HEARING**

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

**CITY OF MORDEN BY-LAW 13-2023
 Being an AMENDMENT to the CITY OF MORDEN
 ZONING BY-LAW 08-2017**

HEARING: Morden Civic Centre
LOCATION: 195 Stephen St., Morden, MB
DATE: October 30th, 7:00 Pm
TIME: 7:00 pm
From: "RS-L" Residential Single Family Large
To: "RM-M" Residential Multiple Family Medium

AREA:
339 Mountain St N Lot 56 Plan 23598 Morden, MB
 As shown outlined in red lines on the map attached hereto as Schedule "A" and forming part of this by-law.

INFORMATION CONTACT:
 Jose Yanez, Planning Development Officer
 133 7th Street, Morden, MB. R6M 1V3
 Phone: (204) 822-2567

A copy of the above proposal and supporting material may be inspected at the location noted above during office hours, Monday to Friday. Copies may be made, and extracts taken therefrom, upon request.



getinformed

Redboine Watershed District teaches the teachers at Envirothon Fall Camp

Submitted by the Redboine Watershed District

Kiche Manitou Campground in Spruce Woods Provincial Park was a hub of activity Sept. 20-22.

Redboine Watershed District staff, two of whom are steering committee members, along with Kent Lewarne hosted teachers from Cross Lake, Waterhen, Brandon, Baldur, Manitou, Teulon, Whistling Wind School Division, and Dauphin for the 2023 Envirothon Fall Camp. This camp was intended for teachers who have heard of Envirothon and wanted to see what it was about and to get firsthand experience.

Envirothon is an annual event that combines the exhilaration of team competition, the challenge of learning about environmental issues, and the experience of using this knowledge in hands-on activities. This approach to environmental education helps students develop the skills necessary to address environmental issues, such as teamwork, problem-solving, critical thinking, and public debate.

The teachers were able to experience a mini Envirothon event for themselves. They were required to bring their own camping accommodations, which went from mini one-man tent to luxurious two-room tents. It was noted by Kent Lewarne that some of the RBWD staff were less than adven-

turous as they decided to rough it in the confines of the heated and air-conditioned camper free from raccoons and bears.

The evenings included guided night hikes on Isputinaw Trail and through the Spirit Sands. Campfire tales and fables along with Smores, campfire tea and star gazing concluded each day's events.

Over the two and a half days, the teachers were exposed to canoe and GPS training (only one teacher chose to take the polar plunge out of his canoe—right Ivan?) aquatic, wildlife, soils and land use, theme as well as forest and plant ecology training.

On the final day, the teachers had to test their newfound knowledge as they were run through a mini mock trail test. Some teachers neglected to listen to the not-so-hidden clues and hints that were given to them by Captain Kent the Obvious the previous evening and attempted to protest the test questions due to the perceived difficulty. (The answer was Van Dorn Discrete Horizontal Water Sampler.)

Overall, the event was very successful, as each teacher had fun and returned to their schools with a healthy respect for the Envirothon program and everything it fosters for our youth.

According to David Scott, Swan Lake First Nations, who discussed traditional ecological knowledge



SUBMITTED PHOTOS

Kiche Manitou Campground in Spruce Wood Provincial Park was the site of the 2023 Envirothon Fall Camp last month, where teachers got the chance to experience the educational program firsthand.



with us all, "Learning the history of indigenous ways of protecting and respecting the land can reveal that great change has occurred and that many otherwise unassuming places have more significant meaning than we think. It is too late for our older generation to fix our mistakes. We need

to teach our youth to take care of our earth and make a difference."

If you are looking for more information about Envirothon, visit mbenvirothon.com or contact the Redboine Watershed District at info@redboine.com.

> WHAT'S YOUR STORY, FROM PG. 20

They use guided activities and creative prompts to spark your thinking, get your creativity flowing and invite you to represent the story you hold within you.

No formal writing experience is required. All you need is an interest in telling your own story or finding out what the story of your self is, and what you write and create can remain private unless if you wish to share it with the group.

"Some people come and don't say a word. They simply do their own work in their own space ... others find it really helpful to participate in a conversation about it," said Le Rougetel.

She sees it as a very interesting exercise in addressing some very big questions that we all face at times in our lives.

"Maybe they seem too big to consider, but again that's where the beauty of the writing activities come in ... and partly because the story that we write today might look very different when we write it again. Having captured it on the page is a powerful testament to that point in time."

And she stressed that you don't need to be a writer.

"It's not about being a writer. It's about working with the power of words," said Le Rougetel. "There

have been several seminal moments in my life where I have found myself with a scrap of paper ... sitting at the dining room table writing words on a page that once I saw them, I couldn't deny them.

"For me, it acted as a powerful motivator because I couldn't deny what I saw on the page, whereas if I just go round and round in my head with scraps of thoughts, it's pretty easy for me to just say I'm not listening to that ... and that goes with the positive messages just as much as the challenging ones."

You can learn more about Le Rougetel and Schnitzer online at www.writingastool.ca.

The cost for the workshop is \$55. Pre-registration is required online at

mymorden.ca/recreation or by contacting Morden recreation programmer Brookelynn Wolfe by e-mail to bwolfe@mymorden.ca or at 204-822-5431.

"IT'S NOT ABOUT BEING A WRITER. IT'S ABOUT WORKING WITH THE POWER OF WORDS"

get inspired

> MEAL IDEAS



Servings: 4 (1 egg and 1/2 cup salsa per serving)

- Nonstick cooking spray
- 4 corn tortillas (6 inches each)
- 4 cups water
- 1 tablespoon white vinegar
- 4 large eggs
- Salsa:
- 1 medium avocado, diced
- 1 medium Anaheim or poblano pepper, seeds and ribs discarded, diced
- 1 medium tomatillo, papery husk discarded, washed and diced
- 1/2 medium tomato, diced
- 1/4 cup diced red onion
- 1/4 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 medium garlic clove, minced
- 1/8 teaspoon salt

Preheat oven to 400 F. Line baking sheet with aluminum foil. Lightly spray foil with nonstick cooking spray.

Poached Egg Tostadas with Avocado-Tomatillo Salsa

Arrange tortillas in single layer on foil. Lightly spray tortillas with nonstick cooking spray. Using fork, pierce tortillas to prevent from filling with air. Bake 5-6 minutes on each side, or until golden brown. Transfer to serving plates.

In large skillet over high heat, bring water and vinegar to boil.

Once water is boiling, reduce heat and simmer. Break egg into cup then carefully slip egg into simmering water. Repeat with remaining eggs, avoiding eggs touching in water. Simmer 3-5 minutes, or until egg whites are completely set and yolks are beginning to set but aren't hard. Using slotted spoon, drain eggs. Place each egg on tostada.

To make salsa: In medium bowl, gently stir together avocado, pepper, tomatillo, tomato, red onion, cilantro, lime juice, garlic and salt. Serve with tostadas.



- Servings: 4 (1 cup per serving)
- 2 teaspoons canola or corn oil
- 1/2 medium onion, chopped
- 4 medium sweet potatoes, peeled and cut into 1/2-inch cubes
- 1/2 medium red or green bell pepper, chopped
- 2/3 cup fat-free, low-sodium vegetable broth
- 2 teaspoons minced garlic
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon dried thyme, crumbled
- 1/2 teaspoon coarsely ground pepper
- 1/8 teaspoon salt
- 4 large eggs
- hot pepper sauce (optional)

In pressure cooker set on saute, heat oil. Cook onion 3 minutes, or until soft, stirring frequently. Turn off pressure cooker.

Stir in potatoes, bell pepper, broth, garlic, paprika, cumin, thyme, pepper and salt. Secure lid. Cook on high pres-

Sweet Potato Hash with Eggs

sure 3 minutes. Quickly release pressure. Turn off pressure cooker.

Remove pressure cooker lid. Crack one egg into small bowl. Using back of spoon, make small well in potatoes. Slip egg into well. Repeat with remaining eggs, making separate well for each egg. Secure lid with pressure vent open. Saute 2 minutes. Let stand on "keep warm" setting 2 minutes, or until eggs are cooked to desired consistency.

Serve hash sprinkled with dash of hot pepper sauce, if desired.

Poblano Frittata



Expert patient here to help!



Susie Schwartz

By Susie Schwartz

Do you ever want to curl up in a ball under the duvet and hug a puppy? No? Maybe you're a cat person? That's allowed. What's also allowed is reaching out for help when you need it—more than allowed, actually.

Recently, I've had a multi-illness pile-up, and I'm sick of (with) it. I won't moan or overwhelm you with the details, but I will say this: go ahead and feel sorry for me. (Wink)

Seriously though, I've been in a similar place before, and a few things help: Carlos, my puppy (obvs), my support system, and therapy.

Yes. Therapy.

Back in the day, when Don first suggested it to me, I balked. No way did I, Susie Schwartz Extraordinaire, need counselling.

Well, I extraordinarily did need therapy. Each health problem, type 1 diabetes, eye disease, fibromyalgia, and liver growth all piled upon me like a heap of rocks. They were crushing me.

Here's what she said in my first session with my first therapist.

"Susanne, let's say the strongest man in the world can bench press

1,000lbs. They push and struggle and finally lift the bar in the air. Then, someone comes and adds 10 lbs to the bar. They push and struggle, and they cannot lift it. I'm here to help you get rid of that extra 10lbs, maybe even more, so you can manage the weight."

Wow. Yes. No false promises of life becoming a bed of roses (oh, hello, Bon Jovi). She couldn't cure my ailments. She could, however, lift a rock or two off the pile. And she did.

Counselling isn't a sign of weakness. You could be stronger than every single person on earth, and life still could be too heavy. So yeah... therapy.

Here's the kicker. The healthcare system is in a state, and you may not have access to free therapy. And the cost of private is too much for your budget. I hope something changes soon. But if you are suffocating under the weight of your ill health (or other life challenges), reach out to a friend or two that you trust. Yes, it would be too much to ask of them to remove all the rubble, but maybe they could help with that extra 10 lbs.

And for the record, I can't get enough of therapy now. I am discovering revolutionary things about myself that I couldn't do alone. So, let's ditch the stigma around it.

Now go. Make the call and hug a puppy.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalmiss_stress, and at www.lesshealthstress.com where you can sign up for 'Convos with Carlos'. Her book, 'Help the Doctor Help You – 32 Secrets and Tips for Self-Advocacy to Get the Best from Your Appointments' is now available on Amazon!

- Servings: 4 (2 wedges per serving)
- 4 large eggs
- 1/4 cup fat-free milk
- 2 tablespoons chopped fresh cilantro

- 1 teaspoon olive oil
- 2 medium poblano peppers, seeds and ribs discarded, chopped
- 2 cups frozen whole-kernel corn, thawed
- 2 medium green onions, chopped
- 1/4 cup finely shredded Cotija cheese or crumbled queso fresco
- 1 medium tomato, chopped
- 1/4 cup fat-free sour cream
- In medium bowl, whisk eggs, milk and cilantro.

In medium skillet over medium heat, heat oil, swirling to coat bottom of skillet. Cook poblano peppers 3 minutes, or until browning on edges, stirring frequently.

Stir in corn and green onion. Reduce heat to medium-low and carefully pour in egg mixture. Cook, covered, 10 minutes, or until mixture is just set on edges and still soft in center. Avoid overcooking. Remove from heat.

Sprinkle with cheese. Cut into eight wedges. Place two wedges on each plate. Top with tomatoes and sour cream.