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VOLUME 4
EDITION 41

The *Altona Rhineland • Morris*

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Auxiliary gives back



Altona Health Care Auxiliary members got the chance to see some of the equipment—a ceiling lift track and its motor—their fundraising has enabled them to purchase for the local hospital in action last week. Back row, from left: Auxiliary members Ev Kehler, Elaine Friesen, Edna Wahl, Sharon Martel, Pat Dick, Kim Batchelor, and Tan Robinson. Front row: Nurse Kathy Winter and auxiliary member Elma Loeppky. For the full story, see Pg. 10.

PHOTO BY ASHLEIGH VIVEIROS/VOICE

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Elks donate \$5K to pathway

Federal funding also officially announced

By Lorne Stelmach

The pathway to connect Morden and Winkler through the RM of Stan-

ley corridor got another financial boost this week from a local service organization.

The Morden Elks Lodge presented a \$5,000 donation to the project Oct. 9.

"Predominantly, the funds come from our Cash is King lottery,

From left: Stanley Community Pathway project reps James Friesen, Hank Unrau, Jon Loewen, Doug Kelso, and Peter Loewen accepted a \$5,000 donation from Gary Grabowski of the Morden Elks last week.

PHOTO BY
LORNE STELMACH/
VOICE

which we've been running for the last 12 years or so ... it helps community projects like this," said Elk Gary Grabowski. "It's just the fact that it was a community thing ... I just thought this was a perfect fit because it does kind of join the two communities, and we'll have everybody from both communities using it, and hopefully the people will support our lot-

teries in the future to support good projects like this."

He also recognized the value of supporting and promoting activity and good health.

"We can all use it for whatever level of activity you're at," Grabowski said. "I hope everybody enjoys it."

Continued on page 3



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> PATHWAY, FROM PG. 2

Pathway committee chairperson and Stanley Trail Association director and member James Friesen said it feels meaningful to be getting support from such a wide range of sources.

"Out of the blue you get a call and can we give you some money?" he said.

"That's perfect because it tells us that community members are hearing about it. There's support for it, and having an organization like the Elks let's you know," he said. "They've got a long history in the community, and they look at projects like this as something that's valuable to the membership as well as the broader community, so it's a real vote of confidence for us."

Friesen was also happy last week to be able to finally acknowledge the official announcement of the federal government's funding for this project.

The Government of Canada is investing \$2.1 million through the Active Transportation Fund.

"This new pathway will provide residents of Winkler, Morden and the surrounding areas with a safe and accessible way to connect with their neighbours, local services and the Boundary Trails Health Centre," said Gregor Robertson, federal minister of housing and infrastructure. "By making it easier for people to walk, cycle and stay active, this project will help connect communities and support healthier lifestyles."

Friesen noted the commitment represents about half of the overall project cost. The three municipalities have each provided \$750,000, and another \$1.8 million has come in through community donations.

"For us it tipped it over in terms of saying, okay, we've got to do this

thing now," Friesen said of the federal funds, which were committed to the project a few years ago but not officially announced until now. "It's wonderful to finally go public on that one. The federal funding agreement we had with them goes back three years, so they've been walking alongside us over all the years of funding."

Friesen noted, however, that they still need more support for the project—perhaps up to another \$800,000—but it is exciting to be near the finish line.

"To be able to say to the community too that we've done our work in terms of grant writing ... and so now we're going to the community and businesses and so on to close the gap ... let's make this thing go."

Friesen added the challenge from the Winkler and Morden community foundations to match contributions

up to \$50,000 remains in play.

"We're closing the gap on that ... so recognize that if you give us a hundred dollars, it's leveraged to another hundred with the foundations contributing," he said, estimating they were at about \$35,000 last week, so that challenge has about another \$15,000 to go.

Finally, the question in everyone's mind is when will the pathway be open for use? While the much of it is complete, it is still technically under construction and so the public is asked to stay off of it.

"We know it's a beautiful fall, and people are just itching to get on there," said Friesen. "The official is it's still a construction site, so we're asking for people to be a little patient. We hope to announce a grand opening of the pathway soon."

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MCI holding online auction for school memorabilia

By Ashleigh Viveiros

As it winds down operations after 136 years, Mennonite Collegiate Institute is giving alumni and the public at large the opportunity to own a piece of its history.

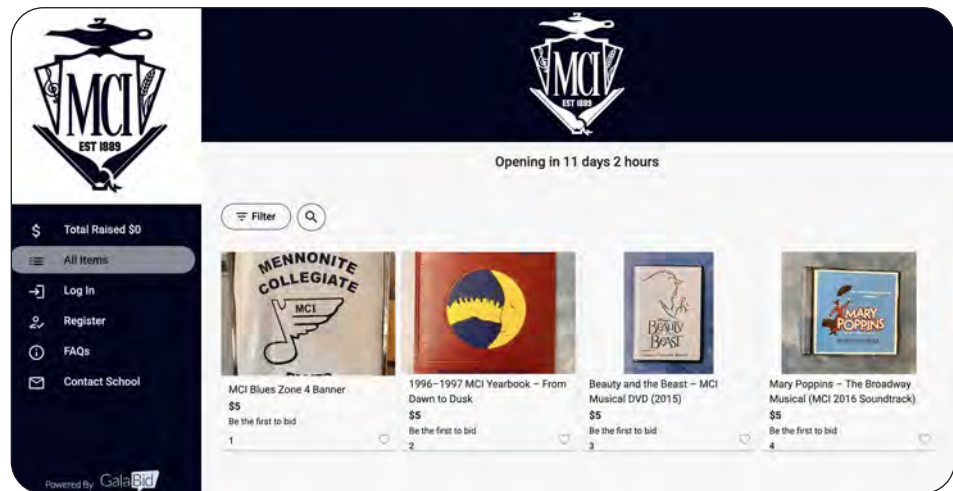
The Gretna private school is launching an online auction next week for a host of artifacts stretching back decades.

"It's going to be a huge mix of MCI memorabilia," shares CEO Chris Harms. "There's everything from left-over yearbooks, clothing, grad pho-

tos, all the sports banners that were hanging in the gym ..."

What you won't see on the auction block is any of the core school furniture or equipment, which the ownership group is hoping to sell with the land and buildings.

"Our goal was to keep all the items that a school would need so that in the event that another group were to buy the school and start up a school, they would have a lot of foundational items to get going," Harms explains, noting the property has been posted in a few places online since the



GALABID.COM

A few of the items up for grabs in Mennonite Collegiate Institute's online auction of memorabilia. More is expected to go up before bids are accepted Oct. 21.

school's closure due to financial difficulties was announced this summer. "We've had a number of inquiries, so we're just kind of walking through all that now."

This auction is focused on getting MCI memorabilia into the hands of people who will appreciate it most.

"For people that it's important to, we wanted them to have a chance to have it, as opposed to it just ending up in a storage warehouse or thrift store," Harms says.

"Lots of people have been asking what will happen to it all. Lots of people have been asking to have it," he says. "We wanted to do it in a way that everyone gets a fair chance at it."

The hope, of course, is also to generate some income for the organization as it closes up shop.

"That will allow us to continue paying bills," Harms says. "We hope to continue paying all the creditors that

are still outstanding, and then eventually hopefully we can sell the building and clean everything up so that we can at least end well as an organization."

The auction goes live on Oct. 21 and will run until Nov. 21. A few items are already up to view, but more will be added in the days to come. Registered users will receive notifications of items as they're added.

"We're just in the process of taking photos and writing descriptions of everything. So every day or every couple of days there will be more going up," Harms says. "We're going through room by room right now to see what it is that we'll all want to sell."

Once the auction is done, donation receipts will be issued for all items purchased above fair market value.

To bid, simply make an account at app.galabid.com/mci-auction/items.

Truth and Action Working Group hosting doc screening

By Lorne Stelmach

The Truth and Action Working Group (TAWG) will be screening an acclaimed documentary filmed on the Peepeekisis Reserve in the Qu'Appelle Valley called *I Plowed the Sacred Soil* next week.

The film tells one of many stories from reserves about how an Indian agent working for the government took advantage of his position with an agricultural experiment that has continued to impact the Peepeekisis First Nations to this day.

"TAWG has thought it would be good to learn more about the reservation system," said member Diane Guilford, noting this particular story is likely something a majority of people have never come across before.

"And as we learn, it's a good opportunity for us to invite others to journey alongside us."

The feature-length documentary about the File Hills Farm Colony Experiment features descendants of the Saskatchewan Treaty Four reserve talking about their families' struggle to maintain a farming community under the original treaty agreement of 1874.

The story focuses on William Morris Graham, a government-appointed Indian agent, and his 1898 failed attempt to solve the "Indian problem." The consequences of the project created divisions in the Peepeekisis community that linger to this day.

Continued on page 5

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Southman Gleaners breaks ground on major expansion

By Ashleigh Viveiros

A little over a year after cutting the ribbon on their facility in Reinfeld, Southman Gleaners is already expanding.

The non-profit, which makes dehydrated soup mix out of unmarketable but perfectly edible vegetables to send to people in need the world over, broke ground last week on construction that will more than double its available space, creating room for some much-needed coolers and a lunch room for its volunteers.

"We need more room, so it's an exciting time for us," said board president Abe Janzen, sharing with those in attendance at the short ceremony Oct. 9 that work was set to begin immediately. "As soon as you all leave, we're ready to go."

George Wieler, board secretary-treasurer and one of the founding members of the organization, reflected on the many people they owe thanks to for supporting the mission in its work.

"I don't know where to start. It seems like a thank you isn't even enough for the support we get, be it the volunteers, be it the produce, financially, it's just been overwhelming," he said. "You look at a project like this and you wonder how's that ever going to come to completion? But we've come this far and we'll make this happen too."

About half a million dollars is needed to pay for the expansion, but they have faith they'll raise it.

"It's a team effort," stressed Wieler.

"WHEN YOU SEE HUNGER AND YOU'RE ABLE TO DO SOMETHING ABOUT IT, THAT'S WHAT DRIVES US."

> DOC SCREENING, FROM PG. 4

Guilford learned about it while she was in Saskatchewan for nine months as part of an interim ministry that involved five churches. She shares that she was struck by how people have been affected, noting how some residents who objected to the plan were simply removed from their land and to an isolated area.

"The whole reserve has been impacted by this Indian agent who was



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Southman Gleaners board members look on as volunteers George Wall and Abe Wiebe cut the squash instead of a ribbon to officially kick off work on the non-profit's expansion project last week. The new space will give them room for a much-needed cooler and break room.

"It's community, locally and around southern Manitoba. I have to give the people credit—it's because of them that they get led to help us get to this point."

Janzen shared that they have anywhere from 10 to 30 people coming out every day to help them process the vegetables they get donated from producers large and small all across southern Manitoba.

On any given day they handle about 3,000 pounds of food, generating 25,000 servings of soup. They estimate they can make between four to five million servings a year. The easy-to-ship packages have been sent worldwide.

"So far it's been going to Mexico, Ukraine, Africa, Guatemala, some to Cuba, and also some local Winnipeg food cupboards," Wieler said.

Wherever there's hungry people, they hope to be able to feed them.

"We see the need," Wieler said. "A lot of the stuff that is being processed would either be going to the feedlots or in the landfill."

"So we're salvaging—that's a big

part is to be able to salvage something, that drives me to some degree," added Janzen. "There's nothing wrong with feeding cattle, but feeding people is even more important."

For the many volunteers and donors who work tirelessly to keep the lights on and the machines operating, faith is at the core of this work.

"[It's] to help those who can't help themselves," Janzen said. "When

you see hunger and you're able to do something about it, that's what drives us."

"We don't do it for ourselves," agreed Wieler. "We do it to glorify God and to feed His people."

If you'd like to donate to or get involved with Southman Gleaners, you can connect with them online at southmangleaners.ca.



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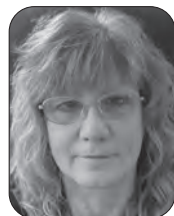
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get heard

EDITORIAL > VIEWPOINTS > LETTERS

• FAITH FOCUS

Embracing the season—and preparing for the next

We are currently in the fall season and final outdoor tasks are being looked after before the daily temperatures become cold and the outdoor weather less inviting. We know that there are four seasons in our weather cycles. Are you embracing this season and preparing for the next one to come?

A survey of literature shows us very quickly that the word 'seasons' is also used as a metaphor or word picture to describe new periods of personal experience.

As we spend time with others and consider our own life stories we may recognize some changing seasons in our life due to relationship changes, personal health needs and just plain old 'aging' of our bodies and minds.

The Bible offers recognition of seasons in our personal life. In Psalm 1 we read about the person who chooses wise friends and is guided by the law of the Lord in daily life. In verse three we read "That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither – whatever

er they do prospers."

Streams of water points to a healthy source that feeds the roots of our lives (body, soul and spirit). The trees we see above ground can only be healthy if they have a good and reliable source to feed the roots. God's revelation and guidance in the Scriptures gives us the resources we need to feed the deepest part of our inner person. I am glad the apple tree in my backyard produces great fruit but without the underground supply for the roots it would be nothing.

If we are like a tree with roots that are connected, we will have different seasons but not all seasons are fruit bearing seasons. We grow, mature and learn over years and decades. We can and probably will be battered by winds we did not ask for or anticipate. We will not always be bearing discernible fruit but the buds can become blossoms and the process of bearing fruit moves toward a season of growth and harvest.

When the roots are well supplied the leaves will not wither. With God's help, we can face circumstances that

could be highly stressful because we believe that God has not forgotten us and is able to look after us in this present 'season'. There can be a calmness that carries us in what seems to be unscripted times. The "leaves" of your tree do not need to dry up.

You may still have leaves to rake up in the yard where you live but God invites us to walk with him through all of the seasons of our life. Talk to God about the season you are living in and ask him for guidance. He provides the source to feed our soul. King

David wrote: "Praise be to the Lord, for he has heard my cry for mercy. The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him." (Psalm 28:6,7)

Randy Smart has been a pastor in Southern Manitoba since 1979.

"WHEN THE ROOTS ARE WELL SUPPLIED THE LEAVES WILL NOT WITHER."



By Randy Smart

Letter policy

The *Voice* welcomes letters from readers on local matters.

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

RHA reports on ongoing projects, priorities at AGM

By Lorne Stelmach

The regional health authority addressed some of its projects and priorities as part of its online annual meeting last Wednesday.

The overall tone of the noon-hour session of Southern Health-Santé Sud was positive as leaders see progress being made on the myriad challenges being faced by the health care system.

Interim CEO Dana Human noted that their theme this year revolved around the power of listening.

"It really sums up how we work closely together with our communities and teams to make things better for everyone," she said. "Even with the challenges happening around the world, the conflicts and rising costs, we stay focused on what matters most ... helping people get the care they need."

She emphasized what she described as a resolute aim to create meaningful opportunities for interactions with communities, partners and stakeholders, and she noted how they recently sought feedback through a survey.

"We got some amazing responses, like this one, which reminds us of our purpose ... it said, 'Being listened to makes us feel important. There's so many voices and also so many ways

that people look at things ... so having someone listen to my little voice makes me feel valued.'

"Another response said, 'I want to feel like communication goes both ways. There's some things that my provider understands better, but

there's some things that I understand better. A good partnership considers both.'"

Human observed how it helped reinforce the importance of having a focus on people-centred care and meaningful engagement, and she es-

pecially emphasized that in connection to the Indigenous communities the RHA serves.

"We spent a lot of dedicated time listening to our Indigenous communities in relation to several projects,"

Continued on page 8

letters

THANK YOU WINKLER

On behalf of HANDS Canada, we wanted to say thank you to Rob Haslam, Vic Enbrecht, and Chris Derksen for inviting us to be a part of the Harvest Festival Sunday morning church service.

HANDS is a project started in 2016 in Winkler by Asani Muhanuzi to help support his home village of Cirri, near the city of Bukavu, in the Democratic Republic of Congo.

The main project is the funding and construction of a school, which started with about 100 students in 2016 and has since grown to our current enrollment of over 700. HANDS also provides the students with porridge for breakfast three times a week.

Though the main project is the school and the students' education, the spin-off benefits for the community means much more. Cirri and the surrounding area is a very poor part of the country, with unemployment

rate at 80 per cent. Thanks to HANDS, there are 33 teachers and staff that are employed. The economy is also benefitted whenever we need more classrooms or desks built, as the building materials come from local businesses, and the labour from nearby communities.

Our share of the offering from the Sunday morning service will go towards the construction of three classrooms at the school.

We at HANDS, along with the team in the DRC, would like to express our gratitude to the generous people of Winkler for the donations for this project.

You can learn more about HANDS by visiting our website, handscanada.com. In the photos you will see a sign that states "Thank You Winkler."

Thank you and blessings!

Harold Hamm,
HANDS Canada board chair,
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CANADA'S HEART IS CALLING

GVC auto students learning on new brake trainer system

By Ashleigh Viveiros

Funds from the provincial government's Skills Strategy Equipment Enhancement Fund (SSEEF) mean students in Garden Valley Collegiate's automotive technology program are learning the ins and outs of brake servicing on the latest piece of training technology.

The Winkler high school received a brake trainer at the tail end of the last school year and were able to start using it this fall.

"The cool thing about this is that fits in the classroom," says teacher Robin Mondor of the mobile training unit, then pointing to one of cars they have up on lifts in the school's garage. "Those don't. So if we're demonstrating in the classroom, it's much easier just to have this in there, and it allows students to do tests on it."

"And we can fit 16 students around it easily," adds fellow automotive teacher Zane Strydom. "Whereas on one wheel well, you might only get three or four heads in there."

The unit is a Consulab four-wheel Honda ABS trainer that allows instructors to demonstrate the functionality of an ABS braking system as it operates on a real vehicle. It can also be programmed to show various mechanical faults that students can diagnose while performing a brake inspection.

"We can test the ABS sensors, we can actually see how the pump cycles on. It has all these pressure gauges so we can actually see what happens when the ABS cycles on," Strydom explains.

"We can get them to actually dismantle brakes on here, and also adjust the parking brakes, making brake lines," he continues. "It covers a whole bunch of stuff for us, which is really nice."

Mondor, who has been with the GVC program for 20 years, notes they have had similar training modules in the past, but they're much tougher to move around and have rapidly become outdated.

"This is for a modern vehicle, a Honda," he says, noting it means they're



PHOTO BY ASHLEIGH VIVEIROS/VOICE
GVC automotive technology instructors Zane Strydom (left) and Robin Mondor with the new brake trainer the school received thanks to funding from the provincial government.

able to more easily order original parts from the manufacturer as needed.

The device has been on the automotive team's wishlist for a couple of years now. Their annual application for SSEEF funding always includes two or three potential items they'd love to have for their students to learn on.

"And then the government picks one of them," Mondor says, noting GVC has been very successful in securing funding. Over the past decade or so they've been able to purchase numerous training units, including several that allow students to explore and troubleshoot a vehicle's electrical

systems in-depth and even an entire mobile engine system.

"This is a running car," Strydom explains of the unit. "This basically is an '09 Cobalt and we can start it, we can run the air conditioner on it, do heating and cooling, and we can bug it for diagnostics."

Like the brake trainer, the engine can be easily moved into the classroom for a large number of students to crowd around while doing things like checking the oil or dismantling a particular part of the system.

"Underneath the hood of a car is hard when you can't have many students there," Strydom says. "Here, everyone can see, everyone can un-

derstand how it's done."

"We're pretty fortunate" to have access to so many of these different training devices, observes Mondor. "I know some schools, they don't get anything, especially in Winnipeg where there's so many schools applying. The pot is only so big. In a rural area, we have a little better chance."

The units give students the invaluable opportunity to get their feet wet before diving into the innards of an actual car.

"When you're starting out learning wires, electrical, that can be intimidating," notes Strydom. With the training units students can "start by one wire at a time, so the buy-in from students to learn is a lot higher. It's not so scary."

"And the modules that come with it, they start at the base, the most basic level," says Mondor. "And they tell you step by step where to put the wires. So they learn as they go."

GVC's automotive technology program has been a part of the school for decades, ensuring generations of Winklerites know the ins and outs of car maintenance and helping more than a few local mechanics get a head-start on their careers.

"We support a lot of the local businesses in Morden and Winkler," Strydom says. "We have agreements with a lot of the shops, good relationships, and we send students there every semester, and a couple of them get hired once they're done their hours for work experience."

"But not every student wants to be a mechanic," adds Mondor. "Some just want a better understanding of their vehicle ... it's a lifelong skill that they'll use forever. If you can do stuff with your hands, it's transferable anywhere."

> RHA AGM, FROM PG. 7

she said. "One of the highlights was the new Indigenous cultural space in Portage. Elders helped design it, and it will be filled with meaningful artwork and signs. It's a space that truly respects and honours culture."

Board chair Adam Montieth echoed how that is very much a priority for the health authority.

"Something new that happened this year is that an Indigenous education council was born as a collaboration between Southern Health-Santé Sud and members of the First Nations communities and Dakota Ojibway health services," he shared. "This group provides a critical lens of promoting culturally safer care, cultural humility, and two-eyed seeing. This is a group that's coming together to develop education and on-the-ground resources in the best ways possible," he

said, noting how they continue to work on building stronger relationships."

Human touched on how they hold regular monthly sessions that have covered a wide range of topics, such as traditional medicines.

"It's helped us learn and grow together," she said. "It has reminded us there are always advancements in reconciliation that can be made at the individual level and at higher levels."

Human went on to note the importance of updating their strategic plan in the past year.

"This is not a document that is finalized and put aside. It is a living document that guides our decision making on a daily basis."

Another key step highlighted from the past year was the hiring of two child psychiatrists through a partnership with the Manitoba Adolescent Treatment Centre.

Continued on page 9

MORRIS • CARMAN
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'The Martian and the Mound' coming to the stage in Morden, Neubergthal

By Lorne Stelmach

A collaborative theatrical project that's been two years in the making is taking to the stage this fall in Neubergthal, Morden, and Winnipeg.

Theatre Projects Manitoba is presenting the premiere of *The Martian and the Mound* by One Trunk Theatre of Winnipeg in collaboration with the Candlewick Players and cast and crew from across southern Manitoba, including especially Altona and Morden.

"It's great to be able to rub shoulders with some other professionals and some actors," said Richard Klassen of Candlewick, which is based in Morden. "You're collaborating with actors and artists and musicians from all over southern Manitoba. We're meeting each other for the first time and working with each other for the first time."

The Martian and The Mound is a time-bending, prairie-rooted theatrical romp that follows Dr. Phoenix Albright, an archaeologist from Mars, as they investigate a mysterious 'pull' beneath a Manitoba mound.

Guided by ghosts, memories and extinct animals, Albright travels through pivotal moments in the re-

gion's past, from the tall grass prairie to the future's last sunset. The play blends myth, memory and local voices in asking, in the eyes of history, what makes a moment worth remembering?

Commissioned and developed as part of Theatre Projects Manitoba's live art trade route initiative, its aim was to generate stories and music about the land and the people to weave together into a full length play performed by community and professional artists from across the region.

Klassen recalled the genesis of the idea going back close to two years ago when One Trunk Theatre was doing some drama workshops across southern Manitoba.

"Part of that workshop was just thinking of ideas ... things about the local communities and history," he said.

"They had done that in Altona and Neubergthal ... then they called us back to say they would like to have a secondary workshop with some of our adult actors again to look at a partial script they had written based on all of these ideas they had accumulated from all of these communities, and then from there they continued working at it."



A cast and crew from across southern Manitoba is set to bring *The Martian and the Mound* to the stage in Morden, Neubergthal, and Winnipeg this and next month.

They then found themselves in a position to move ahead with a production that grew from the process.

"We started talking through some ideas this last spring and co-ordinating some scheduling, and now in the fall here we started to put this collaborative thing together."

Theatre Projects Manitoba is co-ordinating the overall effort, while the production itself is written and spearheaded by One Trunk Theatre, but it is drawing on talent from across southern Manitoba.

"What's also cool is we've got Devin Lowry, who is from the Darlingford area," shared Klassen. "I used to teach him in high school, and he went off to university to take theatre, and he's

been on Rainbow Stage, and he's touring with the Manitoba Theatre Centre, and now he gets to come back home and I get to work with him again.

"It's a brand new piece. It's cool. It's very multi-faceted," he said. "We've got acting on the stage and lights and music and sound effects and some puppetry, and there are some video visuals ... so it is a multi-sensory experience."

The Martian and the Mound debuts Oct. 17-19 at the Krahn Barn in Neubergthal before moving to the Kenmore Theatre in Morden Nov. 1-2 and then the Gas Station Theatre in Winnipeg Nov. 14-16. Tickets for the Neubergthal and Morden shows are available by calling 204-822-7469.

> RHA AGM, FROM PG. 8

"This means more kids and teens can get the help that they need," said Human.

She went on to discuss the challenge to meet the needs of a growing population and how it impacts their programs and services.

"We have to be flexible in where and how we provide services depending on where the needs are," Human said. "We have also noted a 50 per cent increase in our age 65+ senior population in the last decade alone, and that number continues to grow."

Monteith noted that the board regularly monitors key health care indicators, such as minimum service volumes for certain procedures. Significant progress that had been made in the last year, he said.

"We're excited to share that we beat our targets for hip, knee and cataract surgeries in this past year, helping Manitobans get back to healthier lives sooner."

Human commented on the ongoing challenges related to staffing.

"Recruitment and retention are also critical to the success of our organization and our most important resource," she said. "This past year, we hosted 30 health care students on a bus tour to show them how great it is

to work in our region. It was a fun and inspiring day ... throughout Manitoba, we also welcomed 150 health care workers from the Philippines, and 21 of them joined our Southern Health-Santé Sud family."

They also shared significant progress in a number of major capital projects, including in Portage, Steinbach, and at Boundary Trails Health Centre.

In a brief question and answer session, the measles outbreak was touched on. RHA reps said they have been doing everything they can to promote and make vaccinations available to all and to stress the importance of immunizations.

The financial report for Southern Health-Santé Sud for the past year showed revenue increased from \$479 million to \$521 million, while expenses increased from \$491M to \$517M. It leaves the agency with a surplus of about \$3.4 million and brings its accumulated surplus to just over \$51 M.

The largest category of expenses of course is acute care services, which came in at almost \$171 million. Long term care services was next at nearly \$85 million.

On the revenue side, provincial support makes up a vast majority of the funding at almost \$456 million.

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Friesens supports Candace House

By Voice staff

Friesens Corporation's support of Candace House continues with the Altona company's annual donation of \$2,000.

Located near the law courts building in downtown Winnipeg, Candace House provides a home-like environment for the survivors of violent crime navigating the justice system to rest, meet with lawyers, and receive support from Victim Services.

The facility was created in memory of Candace Derksen, a Winnipeg teenager who went missing on her way home from school. Her body was later found not far from her home. It was decades before her killer was tried.

Candace's mother, Wilma Derksen, became an advocate for the victims of violent crime and dreamed of a place they and their families could find comfort and support during the court process. Candace House opened in 2018.

It's a cause that's deeply personal for Odia Reimer, vice-president of people and culture at Friesens and a director with Candace House.

"As Candace's sister, my connection to Candace House is both deeply personal and profoundly meaningful," she shares. "Serving on the board allows me to carry Candace's memory forward in a tangible way. As the family representative, my role is to help steward the mission, guide the organization's direction, and ensure that every decision honours the spirit in which Candace House was created. For me, this work is not only about governance—it is a commitment to hope, healing, and hospitality for families at their most vulnerable moments."

"Each time I see the impact Candace House has, I'm reminded of the strength of community and the power of love to bring light into the darkest of places," Reimer says. "I am honoured to continue this work alongside an incredible team, carrying both my



SUPPLIED PHOTO

The board for Candace House includes outgoing chair Carla Loeppky, incoming chair Sande Higgins, treasurer Terri Scott, and members Melina Elliot, Katherine Stanley, Michelle Hykawy, Jillian Waruk, Jennifer Wood, Odia Reimer, who is also the Derksen family representative, and honorary director Wilma Derksen.

mom's vision and my sister's memory into the future."

Giving back by supporting organizations like Candace House is part

of Friesens broader commitment to community care and storytelling, the company said in a statement.

Auxiliary purchases \$33K in equipment for hospital, care home

By Ashleigh Viveiros

Thanks to the support of the community, the Altona Health Care Auxiliary was able to purchase several key pieces of equipment for the Altona Community Memorial Health Centre and Eastview Place this year.

"We started off last year already to raise funds for 17 ceiling tracks, and then we also purchased a vital signs machine, a [commercial cleaning] steamer, and a motor for the lift so that there was an extra one," shared president Elaine Friesen. "That cost altogether about \$33,000."

The ceiling lift tracks—which allow staff to more easily move patients in and out of their beds—represent the

bulk of the year's funds at just under \$24,000. The lift motor came with a price tag of \$2,480, the monitor—a wheeled unit that can be easily moved wherever it's needed—was \$4,271, and the steam cleaner—which allows staff to quickly get into the nooks and crannies of soiled wheelchairs—was \$2,714.

The group also issues \$1,000 annually for two bursaries for local high school graduates, and spends lesser amounts on things like poinsettias for the hospital during the holidays and ice cream outings for personal care home residents.

The ladies are now looking at how they're going to put their 2025 fundraising dollars to best use. Their annual Taco Buffet Fundraiser

in May was a smashing success, serving nearly 400 meals.

"That's a big fundraiser for us and it seems to go over quite well," Friesen said.

Auxiliary members are also busy through the year serving up food at community gatherings, such as funerals or large family cel-

ebrations. Pre-pandemic, they used to host additional fundraising soup and pie events, but those haven't made a comeback just yet.

They are currently 11 members strong and are always looking for new people to join them.

It's an incredibly rewarding team to be a part of, its members share.

"It's an easy group to be involved with because the commitment level isn't huge. And yet there's a reward aspect when you know you're helping others," noted Kim Batchelor. The auxiliary meets once a month for 10 months of the year.

"I'm involved because I was a part of the nursing community and this was something I thought was valuable," shared Pat Dick. "I know that the nurses always need stuff, the care home always needs stuff, and they can't always have it arrive in a timely manner."

The items the auxiliary purchases are ones the health care facilities might otherwise wait years to get funding approval for, if at all.

"There is always a wish list," said Amy Funk, Eastview Place manager, noting their asks of the auxiliary are very resident-centred—things that improve the quality of life of the people who call the facility home.

The auxiliary's gifts are a real blessing, Funk said.

"It's lovely," she said, sharing in example how the auxiliary provided

them with a beautiful quilt they use for when a resident passes. "We lay this quilt over the body as it is wheeled out of the facility, and it gives the time for residents and staff to say a final farewell. It's been beautiful."

And the wheelchair-accessible swing purchased with auxiliary funds a few years ago remains a big hit with residents and their families, Funk added.

Clinical resource nurse Kathy Winter observed that the ceiling lifts have been a huge timesaver in the hospital.

"It saves many steps from having to go get a floor lift and bring it to each room," she said. "Now we just have this track and we don't have to maneuver around furniture and wheelchairs as much ... and it's easier on the patients, too."

The second lift motor, meanwhile, also means they aren't having to run all over the place with a lone motor anymore, Winter added.

These donations are only possible thanks to the auxiliary's generous donors, Friesen stressed, sending thanks out to everyone who has supported them this past year.

"If it wasn't for them, we couldn't do any of this," she said. "The community is generous. Very generous."

If you'd like to get involved with the Altona Health Care Auxiliary or make a donation to it, you can connect with Friesen at 204-324-7791.

Pickup *Your* Community

Weekly News at



FOODS

IN MORRIS

MB

Youth help FCC Drive Away Hunger with annual food drive

By Lorne Stelmach

Communities rallied last Wednesday evening to support Farm Credit Canada's annual Drive Away Hunger food drive.

Early indications were that record amounts of food and monetary donations came in to support the Winkler and District Food Cupboard, Morden Caring and Sharing, and the Rhineland Area Food Bank.

In Winkler, it was estimated about 20,000 pounds of food and around \$2,000 in donations were collected—an increase from around 14,000 pounds in both 2022 and 2023 and about 19,000 pounds in 2024.

"I know we have been seeing some year over year growth in a lot of ways," said Brad Harms, youth pastor at Grace Mennonite Church, which is among the Winkler churches that support the campaign each year with volunteers.

"The generosity of our community is just absolutely incredible ... and I could not be more excited to see the community come together and support these kinds of things," said Harms, who shared the Winkler food bank is supporting about 300 families.

He estimated the amount collected will perhaps last them until Christmas.

"This is a huge benefit for the food cupboard and those who are in need," Harms said. "It's also an awareness thing."

And he added it feels especially meaningful to see the kids getting involved and giving back to the community.

"It was absolutely incredible. I think we had about 600 youth and volunteers helping out," Harms said. "The excitement, the joy, the fun and the sorting of the food ... we always have a little bit of a game to see what the most expired can of food is that we can find."

"This is highlight for a lot of kids to be able to come out and be a part of this ... that's really exciting."

In Morden, Youth for Christ provided several youth volunteers who joined in the effort alongside other youth groups and organizations.

"I feel like it's awesome to give opportunities for the teens to serve their community and just to be a part of something bigger than themselves and contribute to other people as well," said Ev Thiessen.

"It's a way that we can help address this need as a community and do it

together for the benefit of other people," said Thiessen, who suggested the kids are keen to get involved and help out if given the chance.

"It's cool that it's all the different youth groups who are getting involved," she said. "All the youth groups make this a priority in how they plan their year."

"It takes some bravery," she added. "They're doing that grunt work. They're engaging in the community and doing some of the hard work of actually picking it all up. They give up their evening to help make sure that our community can help respond to the fact that no one should be hungry."

"It is very important to us," said Amy Friesen of Morden Caring and Sharing, which has long been the Morden recipient of the drive.

"For us, we don't do any active fundraising. We're not government funded. We rely completely on donations from within the community ... so this food drive is the one time that we get a collection to come in like this, and it fills our cupboard, and it helps us to continually feed families throughout the year."

Friesen noted some of the food that is collected also helps support the lunch program in Western School Division.

"We usually run anywhere from five to seven thousand pounds of food for Morden," she estimated. "We do run out of some stuff, but some of it lasts right up to the next food drive. It really really helps us out to fill our hampers."

She agreed it feels good to see the community involvement that makes it happen.

"It's fantastic. It's so incredible to see the youth come in and to have the energy and the excitement that they have of getting together and doing this to help other people," she said. "We are in so much awe every year of what comes in and how people have been so generous within our community. It's almost beyond words."

Friesen noted the campaign also helps make people more aware of Morden Caring and Sharing.

"We were actually told a number of years ago that we are Morden's best kept secret," she said.

"We do run differently. We aren't a traditional food bank. We are an emergency food hamper service along with providing a host of other services including our lunch and snack program in partnership with Western School



SUPPLIED PHOTO

Youth in the Altona (above), Morden, and Winkler area went door-to-door last week collecting thousands of pounds of food and also monetary donations for the local food banks as part of FCC's annual Drive Away Hunger campaign.

Division," she said. "We do it all very confidentially and very quietly."

In Altona, it was estimated about 5,000 pounds of food and well over \$5,000 in donations was collected by an army of local volunteers.

"It is definitely up from last year," said Angelika Stoesz, board chair of the Rhineland Area Food Bank. "It went great ... there were lots of youth out collecting of course with their parents. It was a beautiful evening, and everybody was happy to be out and about, so it was very successful."

She said it always feels good to see the community come together to support the food bank.

"We just have tremendous support within our community. We just couldn't do what we do without that," Stoesz said. "It certainly will make a difference for the next while ... it will mean we won't put in nearly the size of food orders that we usually need to do, and it gives the clients some extras that they usually don't get, so it's basically a win-win all around."

"It was an excellent evening," she reiterated, adding it is especially nice to see youth involved. "The kids had a lot of fun, and we at the food bank who were volunteering had some fun. We worked hard but it was great."

Richard Bage, lead pastor at South Park Mennonite Brethren Church, agreed it is meaningful to have the younger com-

munity members involved in an initiative like this.

"It was fantastic. We had probably about a hundred kids show up representing five churches ... and we were able to canvas the entire town and many of the surrounding communities in under two hours."

"Any time you see young people wanting to serve and get involved in their community, it's a great thing. They're eager to go out and collect, and you've got residents who are always excited to see young people at the doors, and they're always happy to give," he said.

"For a lot of people, times are tough right now ... but thankfully we have incredibly generous communities where if people are able, they will donate and help provide for their neighbours. It's one of those things where you would love it if a food bank could work itself out of business because it wasn't necessary anymore."

Happy Thanksgiving!

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Your FARM



Lowe Farm harvest benefits Children's Camps International

By Lorne Stelmach

The community of Lowe Farm came together Oct. 3 in fellowship to put faith into action for the Lowe Farm harvest in support of Children's Camps International and its Harvest for Kids initiative.

For the third straight year, local farmers, surrounded by friends and family, joined in a day filled with gratitude, purpose, and generosity.

Children's Camps International currently has seven harvest projects across the Prairies, with Lowe Farm standing as the lone one in Manitoba, so it is a significant part of the initiative, shared the non-profit's CEO Dave Thiessen.

"I think any one of them is important in many ways. It helps raise funds to send kids to camp, which is the number one goal," he said. "But also for us, which is key and just as important, is the aspect of community that it creates."

Thanks to a bountiful yield of 53.6 bushels per acre, this year's Lowe Farm harvest will help send nearly 18,000 children in developing countries to Bible camp.

Last year's efforts opened the doors for 10,000 children to experience the same opportunity.

Through the unwavering support



SUPPLIED PHOTO

A harvest near Lowe Farm earlier this month will help Children's Camps International send nearly 18,000 children in developing countries to Bible camp.

of the community and the faith-filled hearts behind this initiative, thousands of young lives continue to be transformed, strengthening families, improving academic outcomes and building stronger communities rooted in hope, Thiessen said.

"We're seeing farmers coming out together, a big meal in the field together. It's almost like a celebration of community," he said. "It's the generosity of the community that creates it and makes it possible and gives us the ability to do it."

He noted everyone involved donates

their equipment and time, and everything else—such as the seed and other inputs and the use of the land—is all volunteered for the project.

"You have all these aspects come into play, and that's why are able to do what we do," said Thiessen. "It's just so much because everybody is out there having fun together. They set aside all the world worries just to be able to get together for a great cause."

Thousands of children annually attend CCI Bible camp programs tailored to their age, where they hear

the Christian Gospel through songs, games, worship, and teaching.

After camp, each child is connected to a one-year follow-up program to support them in growing their faith.

Harvest for Kids is a way for producers to have a hand in this mission, and Thiessen said they would love to see more involvement, especially in Manitoba.

"We would love to add some more. We're truly focused on bringing the Gospel to the kids and teaching the kids morals and feeding them and taking care of their needs."

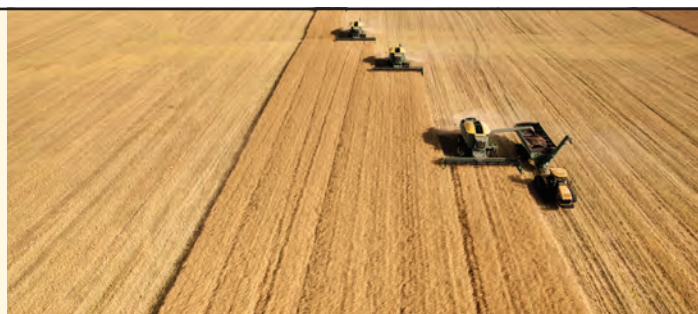
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Your FARM



Burr Forest Group wins awards

By Lorne Stelmach

A local company that plays an important role in terms of the supports and resources they provide as well as communications for the agricultural sector has received recognition for its work.

The Burr Forest Group was honoured with three awards at the Canadian Farm Writers' Federation annual banquet in Winnipeg last month.

Its podcast, The Extensionists, took home bronze in the electronic media - audio category, while its KTT (knowledge translation and transfer) cluster June 2024 report won bronze in the communication - long category. In addition, a photograph taken by principal leader Toban Dyck during a June 2024 storm was awarded gold in the landscape photography category.

Burr Forest Group prides itself on having developed a strong and growing network of some of Canada's best agricultural professionals over its decades of building relationships in the sector, and it aims to facilitate clear and intelligent approaches to policy, research extension, communications, and marketing for farms, farm-related organizations and companies of all sizes.

"I saw a need in the ag industry to kind of bridge that gap between some of the complex things that the industry does and the farmers that these organizations intend to serve," said Dyck. "I saw that there was really a lot lacking in that space. It was a dream of mine to start a company that services that gap and tries to communicate better to farmers."

The Extensionists is a bi-weekly podcast hosted by Dyck and Jay Whetter that offers in-depth conversations with industry experts, researchers, and farmers about the latest developments in agriculture.

With a focus on making complex agricultural topics accessible and engaging, the podcast bridges the gap between research and farming, connecting the agricultural community across Canada, Dyck suggested.

"What we want to do is have like our tagline: conversation with great thinkers in agriculture. We definitely want to get researchers and innovators in agriculture out there and talk

about what they do," he said.

"The whole idea is to try to get the important things that each one of those people do in front of a larger group of listeners and farmers. There's so many researchers in Canada who do really important work that very little of it sees the light of day, and if it does, it's in technical reports ... so if we can even play a minute role in bringing some of that stuff to the surface."

Dyck also feels particularly proud of their work to focus on the activities of the agricultural extensionists.

"Manitoba Agriculture used to have extension offices all over the place, and these offices were tasked with helping farmers getting information and helping them farm, and those are gone," he said. "Organizations are reeling from the loss of them, and they are trying to figure out what to do, how do we fill the gap?"

Burr Forest Group started an extension training workshop that has been well received and has taken them across the Prairies.

"It's becoming a big thing. We're actually going to be training Manitoba agriculture extension staff on how to extend information to farmers," Dyck noted. "There's a real appetite for it. There's a lot of complex things going on in the industry, and there's very



The award-winning storm photo taken by Toban Dyck.

few bridges between where those things are and farmers that need to implement them."

The annual Canadian Farm Writers Federation ceremony awards recognizes excellence across 14 categories, with honours determined by a panel of 17 judges from across North America.

It serves the common interests of agricultural journalists as well as those in business and government whose primary responsibility is agricultural communications, and Dyck said their recognition feels meaningful.

"We're proud to be recognized

alongside so many peers doing important work in Canadian agriculture," he said. "It's very exciting and affirming to kind of be at this place as a company, to start to get the recognition ... and we're starting to see it work. We're starting to see things improve however incrementally."

"These recognitions reinforce our role as extension and communications leaders—translating research into plain language, telling stories that resonate at the farm gate, and helping organizations show real value to their members."



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Interior design: 7 trends to watch in 2026

The end of 2025 is fast approaching! Are you thinking about refreshing your home decor? Are you curious about what styles and trends to expect in 2026? Watch for these seven inspiring design trends.

1. Must-have colours. Trending colours for 2026 offer an intriguing palette. Look for shades like teal green, purple, yellow-green, reddish brown, mustard yellow, fuchsia and mint green in wall paint, furniture, textiles and decorative items like rugs and cushions.

2. Discreet technology. Smart devices and home automation are now in virtually every room in the home. For 2026, designers are focusing on integrating these technologies seamlessly into home decor, creating a calm and harmonious environment.

3. Sustainable and eco-friendly materials. Consumers are increasingly prioritizing and proudly choosing products with a low environmental impact. As a result, you can expect to see a surge in the use of recycled materials and locally sourced furniture in 2026.

4. Parisian bourgeois style. Inspired by the in-vogue “Jolie Madame” clothing style, this trend is an elegant alternative to minimalism. It combines contrasts and luxurious materials, creating chic and feminine interiors.

5. Oversized furniture. Comfort is key in 2026! Big, cozy armchairs and plump, rounded sofas will be all the rage. Curved, padded headboards will also be in style.

6. Designer faucets. Faucets are becoming focal points in interior design. In 2026, you can expect stylish

matte black finishes, metallic designs and smart systems that encourage responsible water consumption.

7. Open kitchens. These designs maximize space and encourage socializing. Open kitchens often feature multifunctional islands, built-in appliances and low-maintenance materials like porcelain and quartz.

Want to refresh your decor in celebration of the new year? Your local retailers have everything you need, from high-quality materials to a wide range of accessories and sustainable furniture. Plus, buying local helps support the economy and keeps jobs in your community.

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Dream HOME



What are the advantages of a high-arc kitchen faucet?



When it comes to choosing a kitchen tap, you have plenty of options. However, certain styles are gaining popularity for their practicality and esthetic appeal. High-arc faucets, also known as swan-neck faucets, are a perfect example. Here's why.

Easy to clean

The long, arched spout frees up more space in the sink, making it easy to clean larger items like pots, pans and cutting boards. Most models swivel, allowing you to direct the water flow exactly where you need it.

Stylish

Swan neck taps have a distinctive and eye-catching shape that adds a touch of elegance to any kitchen. They come in a

wide variety of materials and finishes, so you can maintain a consistent esthetic throughout your entire space. Choose a light shade for a subtle look or a dark shade to create a striking contrast.

Various options

Depending on your budget, you can purchase a model with additional features. For example, a pull-out spray hose is a popular option, as it makes cleaning vegetables and rinsing the sink much easier. Some taps also include flow regulators to help reduce water consumption.

Are you looking for a high-arc kitchen faucet that suits your needs? Visit a local hardware store or plumbing supply shop.

Are you replacing your kitchen cabinets? Watch out for formaldehyde!

Planning on replacing your kitchen cabinets? You'll need to take certain precautions, as you may be exposed to hidden health risks. One of these risks comes from formaldehyde, a gas that can be released from certain cabinet materials. Here's what you need to know.

What is it?

Formaldehyde is a volatile organic compound (VOC) found in the glues and varnishes used to produce the panels and plywood in kitchen cabinets. It's typically associated with that "new" product smell and can off-gas for several months after installation.

Overexposure to formaldehyde can lead to throat and eye irritation. It can also aggravate any existing respiratory issues you may have. Be aware that homes have become increasingly airtight due to

improved construction techniques and better insulation. These structural improvements may result in higher gas concentrations in your living space.

How to protect yourself

Before changing out your cabinets, ensure your air exchangers, range hood and extractor fans are working properly to maintain optimal ventilation in your home. When shopping for your new cabinetry, prioritize materials that are certified formaldehyde-free or low-VOC. They may be slightly more expensive, but your good health will make the investment worthwhile.

Do you need advice on kitchen renovations or safe building materials? Consult a specialist retailer in your area.

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sports & recreation

Flyers down Monarchs, fall to Steelers

By Ashleigh Viveiros

The Winkler Flyers were 1-1 in their games this past week.

Last Tuesday, they welcomed the Winnipeg Monarchs to town and bolstered their record with a resounding 7-1 win.

Winkler outshot their opponents 45-12, with Niklas Gudmundson scoring a hat trick and singles coming courtesy of Kam Thomas, Trevor Dalton, Connor Rieger, and William Lyons. Goalie Liam Russell let just one past him in net.

It was a much closer affair Sunday night against the Selkirk Steelers.

Playing once again in front of a hometown crowd, Winkler again dominated in shots on goal, 43 to the Steelers' 19, but only made good on two of them, with Kam Thomas scoring in between Selkirk goals in the second and Gudmundson tying



PHOTO BY RICK HIEBERT/VOICE

Selkirk's Jules Delepouille tries to stop Winkler's Niklas Gudmundson from getting a backhand shot on net Sunday night in Winkler. The Steelers won it 3-2.

things at 2-2 seconds into the third.

Selkirk got what proved to be the game-winner in the final frame's second minute.

Leif Ekbald made 16 saves in net

that night for the Flyers.

With that, Winkler is 2-5-1 for the season so far, good for five points and sixth place in the MJHL East Division.

This week the Flyers host Selkirk

once again Tuesday and then head to Virden to play the Oil Capitals Friday night. Then on Sunday they host the Dauphin Kings.

Female Hawks win shootouts against Ice, Wildcats

By Lorne Stelmach

The female U18 Pembina Valley Hawks snapped a three-game season-opening losing streak in dramatic fashion last weekend.

A pair of big 4-3 shootout wins Saturday over the first-place Winnipeg Ice and then again Sunday against the Westman Wildcats bumped their record to 2-3-0-0 for four points and lifted them up from the cellar to sixth place just ahead of Yellowed and Interlake.

Madison Froese had a solid game in goal for the Hawks Saturday in backstopping the team to the win as they were outshot 44-17 by the Ice.

Claire Boyd, Makayla Warnick, and Delaney Darby scored in regulation for the Hawks.

After overtime failed to solve it, the shootout saw Casey O'Brien and Payton Manness connect for the Hawks while Froese only allowed one goal by the Ice.

Froese was again strong in net for Pembina Valley as the Hawks were outshot 43-22 by the Wildcats Sunday. The team came back from a 3-1 deficit after 40 minutes with a pair of goals in the third to force overtime.

O'Brien scored a pair of regulation goals with the other marker coming from Rylee Harms on a power play.

O'Brien and Manness then connected in the shootout to seal the deal.

Pembina Valley is now sitting just two points behind Westman and Central Plains as they will look to keep their run going when they return to regular season play in another week's time.

This weekend, the Hawks are head-

ing across the border for a tournament in Minneapolis.

They return to league play the following weekend with a pair of home games where they welcome the Central Plains Capitals Oct. 24 and then the Eastman Selects Oct. 25.

Male Hawks halt three-game losing skid

By Lorne Stelmach

The male U18 Pembina Valley Hawks halted a three-game skid Saturday evening by outscoring the Interlake Lightning on home ice in Morden.

The win followed a 5-3 loss to the Central Plains Capitals Friday in Portage la Prairie.

Four unanswered goals by the Capitals in the second period did in the

Hawks against Central Plains.

Three straight third period goals then by Casey Magarrell, Ragnar Gillis, and Tyson Pethybridge got Pembina Valley back in the game before Central Plains sealed the win with an empty net marker with just 23 seconds remaining. The Hawks outshot the Capitals 40-30, and Brody Peters took the loss in goal with 25 saves.

A crazy first period then Saturday saw seven goals overall with Interlake

coming out of the opening 20 minutes with a 4-3 lead, but the Hawks then outscored the Lightning 2-1 in each of the second and third periods.

Carson Hiebert had a memorable night with four goals and a pair of assists for Pembina Valley, and he is now up to nine goals on the season. Pethybridge contributed a pair of goals and an assist, with the other



Running for a cause



ABOVE, LEFT PHOTOS BY ASHLEIGH VIVEIROS/VOICE Runners of all ages and skill levels gathered outside Winkler's Meridian Exhibition Centre Saturday morning for the 19th annual Thanks for Giving Run. The day's races through town included a half marathon, 10k, 5k, and even a 1.2k route for the kids. Proceeds from the day go to support the Winkler and District Food Cupboard. Its chair, Milt Olfert (left), shared that those welcome funds make up about 10 per cent of their operating budget for the year. Right: Among the racers in the 21k half marathon were Julianna Harder and Bronson Fehr, shown here proudly displaying their finishing medals. Fehr crossed the finish line in two hours, two minutes, while Harder joined him 20 minutes later.



SUBMITTED PHOTO

Morden, Altona shines at cross country provincials

By Voice staff

High school teams from Morden and Altona brought home the hardware from the Provincial Cross Country Championships Oct. 8.

> MALE HAWKS, FROM PG. 16

goal coming from Parker Henderson. Shots on goal were 39-37 in favour of Interlake.

It leaves the Hawks in the thick of things near the top of the standings in the early going at 4-2-0-1 for nine

In the A-AAA category, the Morden Collegiate teams medaled across the board.

The junior varsity boys team made up of Paul Wiens, PJ Earl, Cruz Rutledge, Drew Apperley, Artem Kra-

syuk, David Giesbrecht, and James Wiens clinched gold.

Bringing home silver was the Thunder's varsity boys team made up of Levi Frances, Salim Tahir Adam, Connor Olson, Vance Olson, Madi Yaya Mahamat, Mason Frost, and Tyson Mullin.

And winning bronze was both the JV girls team (Jayla Dyck, Sinead Convrey, Gianna Yaschyshyn, Joy Kimaru, Katelyn Marek, and Willow

Winslow) and the varsity girls (Jessica Kagan, Kate Giesbrecht, Brielle Apperley, Alison Convrey, Ava Earl, Anika Wiens, and Kike Ikhuoria).

Meanwhile, W.C. Miller Collegiate won the gold medal in the varsity girls event. Competing for the Aces were Kate Sawatsky, India Loewen, Kirsten Giesbrecht, Kennedy Loewen, Sienna Loewen, Halle Smith, and Bella Peters.

Our mistake

The headline for our Oct. 2 story (Pg. 21) about the upcoming Singin' in the Grain concerts in support of the Canadian Foodgrains Bank incorrectly stated one of the shows was taking place in Winnipeg.

In fact, the shows are in Winkler

Oct. 25 at the Emmanuel Mennonite Church at 7 p.m. and then in Steinbach at the Evangelical Mennonite Church Oct. 26 at 3 p.m., as stated in the story.

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

The **Voice**

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Morden Thunder, Garden Valley Zodiacs win soccer provincials



By Lana Meier

Two new champions were crowned at the Manitoba High Schools Athletic Association A-AAA soccer provincials in Stonewall, where the Morden Thunder won the girls' title and the Garden Valley Zodiacs claimed the boys' banner on Saturday, Oct. 11.

It was an exciting, hard-fought

weekend across both brackets. Weather was generally favourable, though strong winds and intermittent rain rolled through during Saturday's finals.

Morden edged the W.C. Miller Aces 1-0 in the girls' final at Veterans Memorial Sports Complex after opening with a 5-1 quarter-final win over the host Stonewall Rams and blanking



PHOTOS BY LANA MEIER/VOICE

Left: The GVC Zodiacs hoist the boys' A-AAA provincial banner after a 3-2 overtime win over the Niverville Panthers on Oct. 11. Above: The Morden Thunder celebrate the girls' provincial title following a 1-0 victory over the W.C. Miller Aces.

the MacGregor/William Morton (co-op) Mustangs 5-0 in the semifinal. W.C. Miller advanced to the championship match by outlasting Garden Valley 3-2 in a fast-paced semi. Garden Valley took bronze with a 3-0 win over MacGregor/William Morton, while the Hapnot Kopper Kweens rallied past Niverville 2-1 to secure the consolation plaque.

On the boys' side, Garden Valley outlasted the Niverville Panthers 3-2 in overtime in the final. The Zodiacs powered through a 10-0 quarter-final over the Swan Valley Tigers and a 7-0 semifinal against the Morweena Raptors. Niverville advanced by defeating R.D. Parker 3-0 in the quarters and W.C. Miller 2-1 in the semifinal. Morweena topped W.C. Miller 2-1 to earn bronze, and Stonewall claimed the consolation final 3-1 in overtime over Minnedosa after a 3-0 consolation semifinal win against R.D. Parker.

The two-day championship, staged Oct. 10-11 by Zone 5, opened with ceremonies Friday morning on Cooke Field and featured eight-team brackets for both girls and boys.

AWARDS

Girls MVP: Kapri Curry (Morden).

Girls all-stars: Maria Bergen (Gar-

den Valley); Mekdes Wall (Garden Valley); Vanessa Franz (Garden Valley); Kate Sawatsky (W.C. Miller); Eliana Gensa (W.C. Miller); Natalie Enns (W.C. Miller); Molly Harman (W.C. Miller); Bella Ritchie (Morden); Kaydence Wiens (Morden); Logan Speers (Morden); Svana Gillis (Morden).

Boys MVP: Joel Braun (Garden Valley).

Boys all-stars: Jamin Penner (Morweena); Ethan Kornelsen (Morweena); Abdul Hamam (W.C. Miller); Rikhael Pather (W.C. Miller); Chase Hopkins (Niverville); Cameron Mitchell (Niverville); Gianpaolo D'Amico (Niverville); Antonio DaPalma (Niverville); Noah Vanden Berg (Garden Valley); Elias Kandt (Garden Valley); Luis Braun (Garden Valley).

Notebook — Host Stonewall's girls bowed out 5-1 to eventual champion Morden before falling 2-0 to Niverville in the consolation semifinal. The Rams' boys rebounded from a 4-0 quarter-final loss to W.C. Miller to win their consolation semi 3-0 over R.D. Parker and the consolation final 3-1 against Minnedosa. All games were played under FIFA Laws of the Game with MHSAA modifications. Medals went to the top three teams; plaques were awarded to the third-place and consolation winners.



PHOTO BY JO-ANNE PROCTER/VOICE

The Morden Thunder defeated the Stonewall Rams 5-1 in game one of the high school soccer provincials in Stonewall Oct. 10-11.

Twisters drop two; special teams, shot clock tell the story

By Annaliese Meier

The Pembina Valley Twisters fell in both Manitoba Major Junior Hockey League games on the weekend, losing 10-1 to the Transcona Railer Express on Friday at the Morris MultiPlex and 6-2 to the St. Boniface Riels on Sunday at Southdale Arena.

On Friday, Transcona scored three in each of the first two periods and add-

ed four more in the third. Dominic Rooney had the lone Twisters goal at 18:16 of the first from Ashton Campbell and Ryan Thiessen. The Railer Express went 2-for-3 on the power play; the Twisters were 0-for-3. Transcona outshot Pembina Valley 43-19. Goal-tenders Darion Penner and Rowan Cherkas combined for 33 saves.

Sunday, the Twisters struck first when Owen Vanrobaeys finished at

5:32 from Darby Olson and Ethan Wilde, but St. Boniface answered with two in the opening frame and pulled away with three more in the second. Rylan Keck brought Pembina Valley within two late in the middle period from Ketema Wall before the Riels restored their three-goal lead on a power play in the final minute of the second. St. Boniface finished 2-for-4 with the man advantage; Pembina Valley

went 0-for-3. The Riels held a 54-25 edge in shots. Cherkas made 48 saves in the loss; Alex Domenico stopped 23 for St. Boniface.

Pembina Valley sits 0-4-0 (L4).

Next up: the Twisters host the Stonewall Jets on Oct. 17 at 7:30 p.m. at the Morris Multiplex and then visit the St. James Jr. Canucks on Oct. 19 at the St. James Civic Centre. Puck drop is 2:45 p.m.

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PUBLIC NOTICE



PLANNING & INFRASTRUCTURE
Planning & Permitting Department

NOTICE OF PUBLIC HEARING UNDER THE PLANNING ACT

The City of Winkler, under the authority of The Planning Act, will hold a hearing at which time and place the council of the City of Winkler will receive representation from the applicants and any other persons who wish to make representations in respect of the Rezoning Application No. RZ2025-008 and By-law No. 2353-25, being an amendment to Winkler Zoning By-law 2271-21 of the City of Winkler. The general intent of the above By-Law No. 2353-25, is to zone the land described below, Namely:

520 Pembina Ave, legally described as Lot 20, Block 1, Plan 2011 MLTO. as shown outlined in a heavy solid line on the map attached hereto as Schedule "A", and forming part of this by-law, be rezoned

FROM: "R1" RESIDENTIAL LOWER DENSITY
TO: "R3" RESIDENTIAL HIGHER DENSITY

A copy of the above By-Law No. 2353-25 and supporting material may be inspected by any persons between the hours of 9:00 AM and 5:00 PM, Monday to Thursday and 9:00 AM and 4:30 PM, Friday, in the City Office.

Date of Hearing: October 28, 2025
Time of Hearing: 6:30 p.m.
Location: Winkler Council Chambers,
185 Main Street, Winkler, Manitoba



DATED at Winkler, in Manitoba, this 24th day of September 2025.
Designated Officer, City of Winkler

get inspired

> MEAL IDEAS



Shrimp Risotto

to combine. Lay shrimp in single layer on baking sheet and refrigerate.

Heat medium saucepan over medium-low heat and add broth.

In separate deep, heavy-bottom pot, melt butter. Chop onion and garlic then add to pot and cook until soft and browning. Add arborio rice and stir to incorporate. Cook until fragrant, 1-2 minutes.

Add wine and cook, stirring, until alcohol smell evaporates. Add warm broth one ladle at a time, stirring consistently. Do not add another ladle until liquid from previous ladle is mostly soaked up by rice.

Risotto has finished cooking when rice is chewy with consistency of thick oatmeal.

Roast shrimp until cooked through.

Remove risotto from heat and stir in grated Parmesan and chopped parsley. Scoop into bowls and lay roasted shrimp on top.

Season with salt and pepper. Garnish with chopped parsley and serve.

Servings: 4

1 pound Shrimp

2 cups arborio rice

1 teaspoon paprika

salt

pepper

8 cups broth

2 tablespoons butter

1 white onion

3 cloves garlic

1/2 cup dry white wine

1 cup grated Parmesan

Italian parsley, for garnish

Peel and devein shrimp, leaving tails on. Rinse, pat dry and set aside.

Heat oven to 375 F.

Season shrimp with paprika, salt and pepper. Drizzle with olive oil then toss



Shrimp Wonton Soup

To make wontons: In large bowl, mix ground pork, shrimp, scallions, garlic, ginger, sesame oil, soy sauce, cornstarch, salt and pepper.

One wonton wrapper at a time, brush edges of two sides of wrapper with water. Add 1-2 teaspoons filling to center. Fold wrapper corner to corner so two wet edges meet two dry edges, creating triangle shape.

Press sides together to seal. Take two corners of triangle and join with water to create purse-like shape. Press to seal. Repeat with remaining wrappers and filling.

To make soup: In saucepan over high heat, stir broth, ginger, soy sauce, wine and sesame oil. Bring mixture to simmer.

Cover pot and turn down heat, simmering 10-12 minutes.

Add bok choy leaves, shrimp and scallions. Cook until shrimp are pink and heated through.

In separate saucepan, heat water to boil.

Drop in wontons in small batches and cook until floating, 5-7 minutes.

Transfer cooked wontons to bowls along with shrimp and bok choy from soup pot. Ladle broth, as desired, into bowls.

Servings: 4

Wontons:

1/2 pound ground pork

1/2 pound Shrimp, peeled, deveined, finely chopped

4 scallions, thinly sliced

2-3 garlic cloves, minced

1 teaspoon ginger, minced

1 teaspoon sesame oil

1 tablespoon soy sauce

1 teaspoon cornstarch

salt

pepper

1 package square wonton wrappers

Soup:

48 ounces chicken broth

1 piece ginger (2 inches), grated

2 tablespoons soy sauce

1 tablespoon dry white wine

1 tablespoon sesame oil

1-2 baby bok choy

1/2 pound Shrimp, peeled and deveined

3 scallions, sliced

Expert patient here to help!



Susie Schwartz

Okay, so you might be tempted to ignore this tip at your next appointment — but hear me out. Following it could be extremely important!

When your doctor asks questions about your mental health, substance use, or medication adherence, be honest. I know it can be tempting to leave out those supplements you buy online, or to say you only drink two alcoholic drinks a week instead of the eight you actually consume. Do you remember to take your eye drops every night as prescribed? No? Tell the truth. They aren't asking to cast judgment — they're asking so they can reach a more accurate diagnosis or prescribe the right dose of medication.

Imagine you're on blood pressure medication but, because of laziness, busyness, or brain fog, you don't always take it. Now imagine your doctor believes you do take it consistently. They see your blood pressure is still high and increase your dose. Then, when you do take

it, your blood pressure plummets. Yikes! If they had known the truth, they could have helped you set up reminders and emphasized the importance of taking your medication — without the risk of overdose.

We often feel like we're about to be judged or reprimanded for being truthful, but more likely your doctor will appreciate your honesty and build a safer care plan around it. Again, no shame! (And if they do make a derogatory comment, try responding with: "Doctor, I don't appreciate that. I assumed you asked because it was important, so please respect my honesty." That should do the trick.)

One more thing: be open about how your physical symptoms affect your mental health. If you're feeling anxious, overwhelmed, depressed, or your mood is affected, your doctor may create a care plan more urgently and offer additional support such as counselling.

Times are changing. In both Canada and the UK, initiatives are underway to reduce the power imbalance between doctors and patients and give patients more say in their own care. I've also noticed a shift from "old-school" thinking to a new, more patient-focused approach. I believe this shift has softened judgment from doctors.

So yeah... be honest. It should serve you well.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @authorsusieschwartz, and at www.lesshealthstress.com. (Email: info@lesshealthstress.com) The 2nd edition of her book, 'Help the Doctor Help You!' is available now on Amazon.



Pumpkin Crumble

chips

1 1/2 cups melted butter

Whipped Cream:

1 cup heavy whipping cream

2 tablespoons sugar

Heat oven to 350 F.

In bowl, mix pumpkin, evaporated milk, brown sugar, eggs, pumpkin spice and cinnamon. Pour into greased 9-by-11-inch baking dish.

In separate bowl, mix cake mix, pecans and white chocolate chips. Sprinkle over pumpkin mixture. Pour butter evenly over top. Do not mix or stir. Bake 1 hour.

To make whipped cream: Using hand mixer, whip heavy whipping cream and sugar until thick.

Serve crumble with whipped cream.

Recipe courtesy of "Cookin' Savvy"

Servings: 8-12

1 can pumpkin

1 can evaporated milk

1 cup brown sugar

2 eggs

1 tablespoon pumpkin spice

1 teaspoon cinnamon

1 box cake mix (yellow, white or spice)

3/4 cup chopped pecans

3/4 cup chopped white chocolate