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**Planning for
the future**

Altona area students got the chance to weigh their options for life after high school at the W.C. Miller Post-Secondary Day last week. For more, see Pg. 11
PHOTO BY LORI PENNER/VOICE

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



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Local heroes join Winnipeg walk for breast cancer

By Lori Penner

A local group was part of a crowd of about 1,500 people who participated in this year's Canadian Cancer Society CIBC Run for the Cure.

The 1K and 5K runs kicked off at

Blue Cross Park in downtown Winnipeg on Sunday, Oct. 6.

Many dressed in pink and white for the event, walking, running or rolling to show support, ultimately raising more than \$15 million for Canadians impacted by breast cancer.

Breast cancer is the most diagnosed cancer among Canadian women. It is estimated that in 2024, 30,500 Canadian women will be diagnosed with it. This represents 25 per cent of all new cancer cases. About 5,500 will die from it, according to the Canadian Cancer Society.

The CIBC Run for the Cure gives families, friends and supporters the opportunity to come together



SUPPLIED PHOTO

From the top: Camryn Toews, Josee Toews, Willow Kehler, Pat Derksen, Carrie Braun, Ev Kehler, Payton Toews, and Amber Toews at the CIBC Run for a Cure last week. Missing from the photo is fellow participant Hannah Giesbrecht.

to honour and celebrate their loved ones and make a difference for all Canadians impacted by breast cancer. Funds raised go toward all of the things you need when you're going through this devastating diagnosis, including research and support services.

The event has been a part of Ev Kehler's life for decades.

"My sister and I have been walking since 1998. We haven't missed a walk since. It's always on our calendar," she says. "Even if we have to limp along, we get 'er done."

Family members and friends joined the Gretna resident in the 5K walk. Many of them have travelled their own cancer journey. Kehler's sister was diagnosed in 1997, and she faced the disease in 2004.

"We both know the journey," Kehler says.

"There must be concern about the increase. I was glad to hear they are lowering the recommended age for mammograms from 50 to 45. So now, if you're a 45-year-old woman, you can go in for a regular check-up, you can ask for a mammogram, and it will

be offered as a routine procedure. It's being found earlier in a lot of people. I believe they are catching it sooner, but we still have to be vigilant about our own health. If we don't know, the doctors can't help us."

She adds that treatments can be easier with early detection, but they can also be quite radical, as they've seen with members of their group.

"You never know, in your lifetime, if it's going to be you or somebody else."

Being a part of the event was amazing, she says.

"All those people dressed in pink. Some of their dogs were dressed in tutus. You see a lot of pink wigs and pink shirts. Lots of neon. It's very interesting and heartwarming. It was a really big crowd. It's like a driving force. For some people, it's their first time, and it's usually because they've been touched by the disease either directly or indirectly."

This is a proactive way to respond, Kehler says.

"Being part of it makes you feel like you're contributing a little bit."

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Salem Home looks to the future

By Ashleigh Viveiros

Salem Home's staff and board of directors certainly have plenty of ideas to mull over following last week's public forum.

The Winkler personal care home invited community members to share what they'd like Salem to look like in the coming years and decades.

"We want to hear your dreams and insights about what you feel Salem Home could grow into," governing board chair Ray Klassen told the assembled crowd at the Central Station Community Centre Oct. 10. "It is not that we think Salem Home needs an overhaul or that we think something is wrong. But Salem Home is a living being, and like anything living, we are growing. What direction do we want Salem to grow in? How does the community want Salem to grow?"

CEO Karin Oliveira began the night by briefly outlining the situation the personal care home (PCH) and the community it serves is in today.

"Winkler had a population of over 13,700 in 2021," she shared. "The

projection is that it will reach close to 24,000 people by the year 2041."

The 65+ age group currently makes up 21 per cent of Winkler's population, and those age 35-59 represent another 27 per cent.

"We do need to consider the current and future needs of this group of people, because it's going to be a lot of people," Oliveira observed. "That's what we are thinking about when we talk about future planning. We're not thinking about the next two or three years—we're thinking about the next 10, 15, 20 years."

Salem is currently the largest PCH in Southern Health-Santé Sud, with 145 total beds, including 35 specialized beds for residents that require higher levels of care.

Multiple expansions since the facility was built in 1956 have attempted to meet the needs, but those needs are ever-growing. As a result, there is always a wait list to get into the facility, ranging anywhere from three to over 12 months.

They strive to make Salem a place people come to live, not to die, Oliveira stressed, offering a host of in-house recreational opportunities, field trips

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PHOTO BY ASHLEIGH VIVEIROS/VOICE

The Salem Home personal care home in Winkler hosted a public forum last week to hear from the community about what they want to see from the facility in the years to come.

out into the community, visits from local school children and other groups, and an atmosphere that is meant to be more homelike than institutional.

That said, "the generations are changing," Oliveira said. "Maybe what you want [from a PCH] is different from what your parents wanted. And it will be different from what maybe my generation or the younger generation wants."

With that, the evening turned to table discussions where participants

were asked to answer whether the current PCH setting is meeting the community's needs and what needs to be changed if not, what they would like to see in a PCH if they ever find themselves needing that level of care, what the challenges are in a PCH setting, and what alternatives there may be to a personal care home when it comes to supporting people as they age.

Continued on page 8

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get informed

PVHS launches cat trap-neuter-return pilot program

By Lorne Stelmach

The Pembina Valley Humane Society is taking on an initiative to help control the stray cat population in Morden.

It has introduced a trap-neuter-return (TNR) pilot program with support from the City of Morden.

The idea grew from conversations with the veterinary clinic and others involved in animal services, but there was also recognition from the humane society with its own statistics that this was an issue that needed to be addressed better in the community.

"The intake of stray cats was very, very high and was becoming a problem," said board vice-chair Scott Wilson. "So we looked at what other shelters and charities have done ... and one of the programs that appeared to have done very well in other areas and with other charities was this trap, neuter, and return.

"The people who have a large cat colony in their neighbourhood are well aware that it's an issue," he said, noting there are multiple concerns

such as cats causing damage, creating a lot of noise and even presenting the risk of transmission of disease to domestic cats.

"There's more than just the slight nuisance factor. It can be a serious problem," Wilson stressed. "One of the problems is that a cat that is feral is not adoptable. The success rate in getting it to live inside is extremely low.

"The hope here is that by running the program successfully, it will reduce the cost to animal services, reduce the number of animals being euthanized and reduce the intake of animals that we receive."

Wilson explained they aim to identify neighbourhoods with

significant numbers of cats and then set the traps.

"We have a small window in the calendar year when we can do that because it can't be too hot and it can't be too cold," he added.

They then go through a process to determine if the cats are actually owned by someone, in which case they will return it to the owner. Otherwise the cat will be sterilized, vaccinated, and then, if it's completely feral, brought

"THE INTAKE OF STRAY CATS WAS VERY, VERY HIGH AND WAS BECOMING A PROBLEM."



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back to the neighbourhood where it was found.

"If you remove all of the cats from the neighbourhood, cats are territorial, and by creating a vacuum like that, other cats will actually move in, and they will be ones that aren't sterilized," Wilson explained. "So what we want is to have a whole bunch of

sterilized cats ... and no longer reproducing."

There may be other options as well, such as what he called a "barn buddies" program where the cats could be relocated to a farm setting. And in cases where they trap a mother cat

Continued on page 10

Morden Chamber receives national accreditation honour

By Lorne Stelmach

The Morden Chamber of Commerce has received national recognition for being among the best chambers in the country.

The Chamber Accreditation Council of Canada has recognized 23 chambers of commerce and boards of trade who have achieved or maintained accreditation—the highest standard of chamber excellence in Canada—and Morden and Winnipeg were the only two from Manitoba.

To achieve accreditation, a chamber must submit its policies and procedures to the accreditation council for examination against a rigorous set of national standards. The accreditation is formal recognition that a chamber has passed this review and demonstrated excellence in its leadership, governance and operations.

"It's fantastic to see that the organization is thriving under a strong governance model and that we're ahead of schedule on our strategic plan

goals," said chamber board chair Tyler Schroeder.

He cited the example of their initiative to implement a new advocacy framework to best offer a coordinated voice to its business members.

"With a talented executive director in Clare Agnew, a diverse and committed board, along with the continued support from members, sponsors, volunteers and funders, the chamber is well-positioned to foster growth and success in Morden's business community as we aim to deliver value to our members."

"This was a big process to go through, however, you recognize the importance of each step to ensure we are meeting the needs of the chamber members along with the standards of the chamber organization nationally," said Agnew. "I think the Morden chamber should be proud of this accreditation. It demonstrates the leadership and commitment to

Continued on page 6

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Central MB Youth Choir hits the road this week

40th anniversary concert takes place Saturday in Winkler

By Ashleigh Viveiros

The 40th annual Central Manitoba Youth Choir (CMYC) tour takes place across southern Manitoba this week.

CMYC is made up of 50 up and coming young vocalists. They auditioned for their spot in the choir last spring and have spent the past two weekends in intensive rehearsals in the lead-up to this week's performances.

The purpose of CMYC is to bring together some of the finest high school singers in the region, to build a choral community, and to prepare and perform an outstanding repertoire, says Heather Clyde, president of the Central Manitoba Choral Association.

"They get so much from this experience," she said of the teen singers. "The memories that they make, the friendships that they make, they're lifelong, truly.

"There are people that are still in contact and still friends with people that they had in their choir days from 40 years ago."

Over 100 of those CMYC alumni—be they former singers, conductors, accompanists, tour managers, tour moms, or parents—are slated to take part in a workshop this Saturday to mark the 40th anniversary. They'll be rehearsing with conductor Kristel Peters and accompanist Leanne Regheer Lee to prepare for a performance alongside the youth choir that evening at the P.W. Enns Centennial Concert Hall in Winkler.

"We have 122 singers registered for that event," Clyde shared. "Every single year of the 40 years is represented. It's amazing ... we have people coming from all over the place, as far as California."

The youth choir, likewise, includes students from over a dozen communities across southern Manitoba.

"We are in a very rich choral music area," noted Clyde. "If you look not even just over Manitoba, but over the country, really, truly, this is a strong



SUPPLIED PHOTO

The Central Manitoba Youth Choir is on the road this week for its annual regional tour.

region for singers, for the desire to want to sing. We're very fortunate that way."

CMYC 2024 includes Amelia Loewen, Amy Doell, Amy Loewen,

Anastasia Klages, Angelus Simard, Annabelle Lanthier, Antony Sawazki, Calleigh White, Callie Friesen,

Continued on page 9

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OUR SISTER PUBLICATIONS



• DON'T MIND THE MESS

Answered prayers

As a little girl, I often longed for silly things.

My mother, aware of my vivid imagination and relentless persistence, never offered false hope or lengthy explanations. Her response to my requests was always a simple, "No." When I reasoned, pleaded, and promised the world to change her mind, her answer remained the same.

At six years old, I decided I wanted a monkey. Inspired by those old "Bonzo" movies, I was captivated by the adorable antics of chimpanzees. I even started collecting baby clothes for my future pet, confidently telling my teasing older brothers, "You'll see. I'll get one."

Thankfully, this dream never materialized. After researching the challenges of house training such a creature, I grew up and opted to raise human babies instead. Though, it's debatable which is more trainable.

Over the years, my mother continued to smile at my outlandish requests, consistently responding with "no." She knew that in time, I would understand and even appreciate her refusals.

This experience mirrors my relationship with God. Like my mother, He listens patiently to my prayers but doesn't explain why my requests can't always be granted. I have to trust that He knows what He's doing. But that's not easy.

Oscar Wilde once said there are only

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.

two tragedies in life: not getting what you want and getting it. The phrase, "Be careful what you wish for; you might just get it," comes to mind. Answered prayers can be just as challenging, as they imply, "You asked for it. Now what will you do with it?"

On some level, we know when we're not praying for the right thing. We ask God to find us a soulmate instead of helping us become the person our soulmate would be attracted to. We pray for wealth instead of learning how to manage the money we have. We seek the perfect outcome instead of asking for peace of mind, regardless of what happens.

Our prayers are always answered, but we dislike hearing "no." We rationalize, bargain, and beg, convinced we know what's best. Yet, past experiences and red flags suggest otherwise. It's tough when our requests are de-

nied. After the tears and frustration, we might yell, "But you promised!" However, imagine if we said "yes" to every request from our children. With six kids of my own, I can't fathom the chaos that would ensue.

Children can't see the bigger picture, and as God's children, neither can we. God hears both the farmer's prayer for rain and the family's prayer for a sunny wedding day. We pray for Him to save a loved one's life, while the loved one is praying, "Lord, please take me home."

Often, God's answer is "Wait." Wait until we have the maturity or wisdom to receive what we desire. And usually, we're grateful for His hesitance.

Perhaps the hardest prayers are for patience and trust, but they're the only ones where a "yes" is guaranteed.

> **CHAMBER, FROM PG. 4**

the business community and adds credibility to our brand."

Chuck Davidson, president of the CACC, emphasized that "accreditation not only signifies a chamber's exceptional management and strategic vision, it marks an enduring commitment to applying best practices and raising standards across the entire chamber network."

"Accreditation represents the pinnacle of excellence in chamber management," noted Candace Laing, president and CEO of the Canadian Chamber of Commerce. "As we strive to build a Canada of thriving business opportunities, a robust economy, and a better life for all, accredited chambers exemplify the leadership that will make this vision possible."

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.

Send your letters to us by e-mail at news@winklermordenvoice.ca.

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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.

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PUBLIC NOTICE

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Centra Gas Manitoba Inc. Fiscal 2025 General Rate Application

Centra Gas Manitoba Inc. (Centra), Manitoba Hydro's natural gas subsidiary, has applied to the Public Utilities Board for the following adjustments to natural gas rates:

- Interim approval of a 4.5% general revenue increase effective November 1, 2024, to be finalized at the conclusion of the Application review process; and
- Approval of adjustments to rates that include costs to transport natural gas to Manitoba for distribution to customers' homes and businesses, and the costs to store natural gas in the summer months for use in the winter.

The proposed general revenue increases are needed to ensure Centra has the revenue to run the natural gas system and perform maintenance as needed to continue to provide reliable, safe and effective service to customers.

For an average residential household, the proposed November 1, 2024 rates result in an annual bill increase of \$24. Residential bills would increase approximately 3.9%, while bills for Large General Service customers would increase between 0.2% and 3.3%, depending on consumption. The bill impacts for High Volume Firm, Mainline and Interruptible customers will be communicated directly to those customers.

Further details of Manitoba Hydro's Application are available at: www.pubmanitoba.ca

You can share your views on the proposed rate increases with the Public Utilities Board in three ways:

- **As a Presenter** – If you want to make a virtual or in-person formal presentation to the Public Utilities Board on this matter and are willing to respond to questions about your presentation, please go to www.pubmanitoba.ca and apply to become an approved Presenter. Presentations are limited to a maximum of 10 minutes.
- **Written comment** – If you would like to comment in writing on the rate increase, please go to www.pubmanitoba.ca and provide your written comment.
- **As an approved intervener** – If you want to actively participate in the public hearing as an Intervener, please go to www.pubmanitoba.ca and apply for Intervener status. Interveners are required to represent the interests of a significant group of customers and may be required to combine their intervention with others representing similar interests.

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Manitoba 

Your FARM



MFGA to host 7th annual Regenerative Agriculture Conference

By Stephen Burns

Farmers from across Manitoba will meet in Brandon in November to learn about regenerative agriculture's newest practices and innovations.

The 2024 Manitoba Forage and Grassland Association (MFGA) Regenerative Ag Conference will bring speakers from across North America who will share their expertise on the future of farming and how it can be done responsibly.

"We're a regenerative-based pasture management group and focus on protecting grasslands, the environment, and renovating pasture," said MFGA chairman Michael Duguid, who operates a beef farm based near Arnes.

"This is our seventh conference, and we are a board made up of diverse farmers who share innovative ideas."

The MFGA website says regenera-

"WE ARE A BOARD MADE UP OF DIVERSE FARMERS WHO SHARE INNOVATIVE IDEAS."

tive agriculture is an approach to farm and ranch management that aims to reverse climate change through practices that restore degraded soils. It adds that rebuilding soil's organic material and biodiversity increases the amount of carbon drawn from the atmosphere and improves soil fertility and the water cycle.

Some common practices include no-till or minimum tillage techniques,

Continued on page 9



SUBMITTED PHOTO

Cover crops are important for fostering wildlife habitats and protecting soil so it regenerates season after season.




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> SALEM, FROM PG. 3

Each table later shared a few of their thoughts and ideas, and there were many common themes.

"Better internet and Wi-Fi connectivity and infrastructure" ranked high on the list of Don Cruickshank and his tablemates as far as what they want to see in any PCH they may one day find themselves in.

Speaking on behalf of his group, Justin Zacharias noted the need for an integrated housing model "that would allow various levels of care on the same property, and allow people to move into that space as their care needs increase."

His group also wondered whether Salem could play a role in providing or managing in-home support services to keep people in their homes longer, especially in rural areas where such services are limited.

Other groups noted that including spouses in care plans would be an important piece of the puzzle, including trying to keep couples together under one roof for as long as possible. Is there a way to have on-site housing for spouses who need less care?

Other ideas that came up included

the value of having a large indoor green space for residents to enjoy nature in year-round, larger rooms to better accommodate wheelchairs and walkers, a pod living unit structure to better build community within the care home, a workout space, greater cultural sensitivity in programming and services in recognition of the area's changing demographics, and bringing back respite services that haven't been offered since before the pandemic.

The Salem Home board will take all these ideas under advisement, Oliveira said.

"The board is looking forward to working with this plan. We do have a visioning retreat planned for November, so we will continue [with this]," she said. "This is not going to be in vain, but I will also caution you that not every idea that you put out there will happen. But it's a guideline, it's a direction for us to go."

If you couldn't make the forum, Klassen and Oliveira invite you to reach out to Salem Home or any of its board members to share your ideas for the future of the facility.

Your FARM



> CMYC, FROM PG. 5

Cecelia Klassen, Delaney Smith, Denise Howatt, Eden van Hoof, Evan Griffin, Ian Fehrmoore, Jacob Dyck, Julia Loewen, Kai Hildebrand, Kate Giesbrecht, Katrina Banman, Keeley Sheppard, Laycee Henderson, Lilith Judge, Malcolm Janz, Marley Le Moullec, Marlo Doerksen, Maryn McGill, Matthew Lee, Maya Klassen, Micah Klages, Nadia Lee, Natalie Friesen, Nevae Dueck, Nolan Franz, Nora Enns, Olivia Bamford, Olivia Wall, Orié Plett, Rachel Hesom, Regan Teichroeb, Reuben Dyck, Rudy Sheppard, Russell Klassen, Rylee Wiebe, Sam Kroeker, Serena Driedger, Taylor Hildebrand, Tessa Lesage, Victor Janz, and Scarlet Matychuk.

The youth will be led by conductor Vic Pankratz and accompanied by pianist Loren Hiebert.

They perform this Thursday, Oct. 17, at the Central Manitoba Choral Association Senior Choral Workshop in Winkler; Friday at elementary schools in Winkler, the high schools in Carman and Notre Dame, and a public concert at the Cypress River Church at 7 p.m.; and Saturday at the St. Claude Catholic Church at 10 a.m., Homestead South in Morden at 1 p.m., the Buhler Active Living Centre in Winkler at 3 p.m., and at the anniversary celebration in Winkler at 7 p.m. alongside the CMYC40 Alumni Choir (tickets for that show are available for a donation at cmyc40.ca).

The tour wraps up Sunday with an afternoon stop in Portage la Prairie (tickets available for live streaming access at mbchoralassociation.ca in Community Events) followed by a show the Manitou Opera House at 7 p.m.

> CONFERENCE, FROM PG. 8

cover crops, crop rotations, compost, and managed grazing.

Duguid says this encourages rest periods for the land and helps distribute manure throughout fields to promote plant sustainability and growth.

"We operate with five core principles," Duguid says. "Keep the soil covered, keep disturbance of the land low, ensure plant diversity in fields, help the living roots systems in plants, and integrate livestock if possible."

"This all helps rejuvenate the soil for the next year and has environmental and economic benefits. You put more carbon in the soil, wildlife can thrive, and you get to protect grasslands."

This year's conference will welcome speakers close to home from Manitoba and Saskatchewan but also from as far as Bluffton, GA, and Wolford, ND, in the United States.

Duguid says this year's lineup will also include speakers from Holistic Management Canada. He says regenerative agriculture and holistic management—a form of regenerative grazing and rangeland management—often go together. There will also be a round-table panel discussion so experts can answer attendees' questions.

MFGA executive director Duncan Morrison says attendees can expect to learn a lot this year.

"People can expect a whole lot of



SUBMITTED PHOTO

Cattle graze in a field in Manitoba. Responsible grazing is also good for farm field as it keeps animals healthy and ensures their manure goes back to the land.

awesomeness," Morrison says. "They will learn from keynote speakers who work in the same field they do and will have a chance to network with other farmers and industry representatives."

"We focus on bringing in the top minds in regenerative ag."

He says that patience is key to this type of agriculture.

"We encourage farmers to choose their practices and share with others," he continued. "It does take time and there are no silver bullets. If you follow the guiding principles, you will

properly position your farm with soil health as a top priority and hopefully profitability to follow."

This is the seventh year the MFGA has put on this conference at the Victoria Inn in Brandon, MB. This year's event takes place Nov. 12-13.

In addition to the keynote speakers, Holistic Management Canada will host land and nature-based regenerative agriculture workshops for kids ages 4-12.

To register, visit mfga.net/regen-ag-conference.

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Manitoba's new chief veterinary officer announced

By Lana Meier

Earlier this fall, Agriculture Minister Ron Kostyshyn announced that Dr. Glen Duizer has been selected as the new chief veterinary officer for the Manitoba government. In this role, Dr. Duizer will oversee the province's initiatives pertaining to animal health, disease prevention, and response.

Kostyshyn expressed that the chief veterinary officer is a prominent figure who plays a key role in bridging Manitoba's agricultural and agri-processing industries with animal and human well-being.

"Dr. Duizer's extensive experience and expertise in animal health, emergency planning and response and epidemiology and his strong relationships with livestock and poultry stakeholders and veterinarians will

help guide our work protecting animal and human health, and we are excited to welcome him to this role."

Dr. Duizer graduated as a doctor of veterinary medicine from the University of Prince Edward Island in 1995 and obtained a master of science in epidemiology in 2015. Since 2005, he has been a member of Manitoba Agriculture and has an additional decade of experience working as a clinical veterinarian in both food animal and

mixed animal practices.

Manitoba's chief veterinarian, chief veterinary officer, provincial veterinarian for animal welfare and other stakeholders work together to protect animals, food and people. The chief veterinary office is responsible for:

- leading disease planning, prevention, surveillance and response activities,
- supporting biosecurity efforts,
- collaborating in veterinary public

health issues,

- overseeing Manitoba's veterinary diagnostic services laboratory,
- maintaining traceability and premises identification systems, and
- connecting farmers, processors and others with information and resources on these issues.

For more information, visit: www.gov.mb.ca/agriculture/animal-health-and-welfare/index.html.

> PVHS, FROM PG. 4

with kittens, the mother would go back into the community but the kittens would be adoptable.

Wilson noted they need volunteers to assist with placing cat traps, trans-

porting animals before and after surgery, and possibly keeping cats for four to five days while awaiting surgery.

They believe a successful program could mean further funding from the

city, as they currently have a small budget to work with, considering the cost of spaying/neutering cats.

If you're interested in helping out, contact the Pembina Valley Humane Society.

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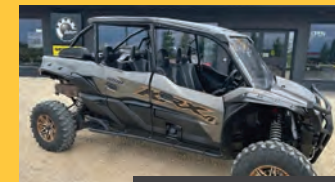
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High school students explore their options at Post-Secondary Day

By Lori Penner

Chasing your dreams can be a little overwhelming when you're in high school, which is why W.C. Miller Collegiate hosted their annual Post-Secondary Day on Oct. 8.

The event gave Grade 11 and 12 students from Miller and Mennonite Collegiate Institute (MCI) in Gretna the chance to explore their options.

Guidance counsellor Sarah Friesen-Maguet organized the event, which included presentations and display booths from a variety of colleges, universities, trades, organizations and local businesses.

"We wanted to give them a snapshot of options for post-secondary from a broader sense. We also had presentations from two local entrepreneurs, explaining what it takes to start a business, and what sacrifices it takes to keep it going. We also had a hospital lab technician explain the various aspects of that career and the training it requires."

The feedback was incredibly positive, Friesen-Maguet says.

"The presenters said the students were super engaged this year. They asked a lot of great questions. This event is to get the ideas flowing. Then, in February, we take a group of Gr. 11 and 12 students to the colleges and universities, to get a tour and see what attending there would look like."

Jessie Lavallee was there to share the aspects of her pet grooming business, A Furry Tail Ending. She was accompanied by her German Shepherd Oakley, who was the star of the show. Lavallee encouraged students to take a hands-on approach to exploring their choices.

"I want students to know that you don't necessarily need to attend a post-secondary institution to follow your dreams. I went to university for a different career, and found it just wasn't for me. If you have an interest in something, give it a try for a while. Find a mentor in that industry who can teach you. I followed my mentor to all her dog training workshops, and eventually she sold me part of her company."

Buffalo Creek Mills displayed the variety of grains they process at their plant near Altona. Production manager Pete Martens says it's about igniting curiosity.

"There's a value in knowing the agricultural side of making these products. We showed them that there's more to agriculture than just one grain. What can you do with it? How can you break it down? We want kids to know there are more options outside of industry and manufacturing. Getting them to ask questions is important."

Dylan Reimer of Sun Valley Co-op spoke about the scholarship opportunities they provide.

"We're trying to promote awareness for our staff that is currently working for us, or someone who is in Gr. 11 or 12 and is interested in working for us. Maybe they're not interested in a career in retail forever, but it's an opportunity for them to get their foot in the door to pursue something else."

Const. Matt Valcourt of the RCMP offered options in policing.

"We got a lot of interest from the students. They asked a lot of really good questions about pay and wanted to hear about personal experiences about the job. Thankfully, there's still plenty of interest in law enforcement. We welcome many new recruits every year. We're pushing troops through every week now, and we're hiring around the clock."

Apprenticeship programs were also highlighted by representatives from the Red River Technical Vocational Area. High School Apprenticeship Program teacher Andy Reimer offered a wide range of options for the students.

"I chatted with quite a few of them. There's always a spark in their eye when they recognize a way to make their dreams come true. We had 225 students enrolled at the end of last year. Students are making money, getting their hours done, and learning a lot in their community. We're always very thankful for all the community partners that are willing to host apprentices, and help students find the right fit for them."

"It definitely helped me explore my options," says Gr. 12 student Dallas Friesen. "I have no idea what I really want to

Representatives from Bunge explained career options at their oil processing plant at the high school's career showcase/post-secondary symposium last week.

PHOTO BY LORI PENNER/VOICE

do. But it was good to hear from a couple of universities and entrepreneurs."

At the end of the day, Gr. 11 student Karen Voth says she's still undecided, but she learned a lot about different job opportunities and colleges.

"It was very thorough, and I learned a lot. I saw a lot of options. I might just get into radio, but I need to learn a bit more. I never had a dream job before, but I want to find it."

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PHOTOS BY LORI PENNER/VOICE

Right: Kiddie Sunshine Centre board chair Laura Wiebe, vice-chair Nicole Friesen, and director Patty Klassen couldn't be more thrilled that the new facility is finally open. Above left: The toys and tables in the preschool room are ready for business. Above, centre: Sunshine cupcakes to celebrate the opening.

New chapter for Kiddie Sunshine Centre

By Lori Penner

The day everybody worked so hard for has arrived, and the new Kiddie Sunshine Centre is finally ready.

Board members, financial contributors, and members of Altona council arrived for a special tour of the new facility last week, which boasts large offices and board room, a staff/parent meeting room, and spacious, well-lit rooms for infants, preschoolers, and before and after school children.

"This is amazing. We're finally getting close to the end," said board chair Laura Wiebe, pointing out a few small details on the playground that still need some finishing touches.

The new 10,000 sq. foot facility welcomed children this week, filling 79

spaces on Tuesday out of the total of 118. Two of the rooms will remain empty with a gradual opening, as more staff is added. So far 14 additional staff have been hired, with a total of 31 for both locations.

Staff and parent volunteers have helped put together some of the playground equipment over the summer.

The rooms are decked out with every child's delight, with big windows that bring in lots of sunshine, bins of toys, shelves packed with books, little tables and chairs, just their size. Even the bathroom stalls are preschool size.

Vice-chair Nicole Friesen says they were very mindful about finishing colours.

"We wanted timeless, classic, neutral tones, bringing in some of the

natural elements around us, such as the Nature Park. Each of our rooms are named after Manitoba tree species such as Elm, Maple, Willow and Oak that tie in with the nature theme."

Maybe the little ones don't care, but Wiebe, Friesen, and director Patty Klassen couldn't be more thrilled about the ample storage space in each room and down the corridor.

"There's lots of space now for boots and jackets and extra storage for books and toys," says Wiebe. "No space is wasted."

The new cribs in the three infant rooms are ready to receive the 60 little ones for their afternoon naps. And safety features, such as guards in the doorways protect little fingers from getting pinched.

The four pre-school rooms are ready for snacks, finger painting, block building, and lots of fun and laughter.

Staff are currently in the process of building more shelving and supplies from their Centre Ave. location for the children from the Rhineland Child Care Centre in the Border Land School Division building next door.

"We're excited to welcome all the little ones and their parents to this new facility. We're grateful for everyone who contributed to this big, beautiful project," Klassen says. "Thank you to all our contributors and investors. All the stakeholders and partners. And the community for all their contributions and support along the way."

Morris fire hall hosting open house Oct. 23

By Siobhan Maas

The Morris Fire Hall is hosting an open house on Wednesday, Oct. 23.

An opportunity for the public to meet their local first responders, experience live demonstrations, and explore the station and equipment, the event has been popular with families in the past.

"An open house is a good opportunity for community members see our equipment, hear what we do when responding to calls, talk about our

community involvement, and show people they don't have to fear the fire department," said Chief Trevor Thiessen. "Typically when you see [responders], it's because of a difficult situation, so [interacting with one another] can shed a different light."

Public events at fire stations and other aid-based services allow for positive interactions between public and first responders, normalizing conversations and discussions around safety and curiosity, and building trust within the community.

The event comes after Fire Prevention Week last week, in which residents were reminded to keep their homes and families protected by regularly servicing smoke alarms and carbon monoxide detectors, replacing expired fire extinguishers, and never leaving fire unattended.

Morris resident Betty Wiebe, mother of four-year-old Sophia, is looking forward to the safety aspect of the open house.

"We will learn about protocols in an emergency. It is important for my

daughter to learn safety at this age. "Sophia is a big fan of fire fighters," Wiebe shared, adding she's planning on going as one for Halloween.

Wiebe and Sophie have visited other fire halls this year, but never the Morris station, a building they pass regularly on their daily walks together.

"She is very excited," she said. The open house takes place from 3-8 p.m. at 139 Railroad Avenue. All are welcome.

Emergency services ball supports Special O

By Lori Penner

Altona Police Service and Altona Rhineland Emergency Services (ARES) are joining forces to host the Altona Emergency Services Ball Nov. 16 at the Rhineland Pioneer Centre. The money raised will support Special Olympics Manitoba athletes.

Special Constable Julie Seniuk is organizing this year's event.

"In the past, each department has done their own events, and this year we just thought we would combine them and make it bigger and better," she said.

Seniuk says along with supporting the provincial organization, funds raised at the event will trickle down to support Altona's Special Olympics team, the Altona Panthers, as well.

As a team coach, she sees the value of the program at every Monday meeting.

"We just started for the year and had our first meeting last week. That night, we celebrated the award that one of our athletes, Brenda Klassen, received from Special Olympics Manitoba. She got to choose the evening's activity, and she chose the parachute, where do a bunch of different group

games using the parachute. Everyone loves parachute night."

Seniuk adds, "Getting together and cheering each other on is definitely a big benefit to the program. Volunteering with the team really inspires me. I love seeing their camaraderie. They have such a great friendship amongst them. When they cheer for each other, it's like they're running their own race. There's no one they support more than each other."

She notes that ARES has developed a strong bond with the Panthers through the years.

"The team challenges the Altona Police to an annual basketball tournament every year. This has turned from just an ordinary basketball game to a big community event. There were a lot of supporters there this year.

"The Altona Fire Department also spends time with the team, which is usually a game night that is focused on firefighters. We had a game where you had to unroll a roll of toilet paper as if you were unrolling a fire hose. It's just a fun evening for both fire and police to build relationships. I know the athletes and coaches look forward to those evenings where we can have the different organizations join us.



SUPPLIED PHOTO

Members of Altona/Rhineland Emergency Services pose with the Altona Panthers after this year's basketball game.

There is definitely a special bond that we have with our athletes."

Seniuk says ARES and the Panthers are looking forward to the Altona Emergency Services Ball.

The evening will be a formal event, and guests should come prepared to have a great time.

"It's such a good fundraiser. We have a great live band that's going to be performing for us, they're called Almost Famous," she said. "They've performed in Altona before, for previous fire balls. They cover a wide

range of artists and are always very well received."

She adds, "We have a great caterer with an amazing menu planned, and we also have a silent auction as well."

Tickets are \$80 each and can be purchased during regular business hours at the Altona Police Service administration office. The deadline to get a ticket is Nov. 8.

"Ticket sales are going very well," Seniuk shares. "It's going to be a fun evening."

Manitoba man facing human smuggling charges

By Voice staff

Several people were arrested for attempting to cross the Canada-United States border near Emerson last month.

On Sept. 28, just after 10:30 p.m., officers from the RCMP Federal Policing Northwest Region's Integrated Border Enforcement Team (IBET) in Manitoba, working with counterparts from the United States Border Patrol, became aware of a border incursion happening approximately seven kilometres east of Emerson near Road 18 East.

Officers from IBET and the Morris, Emerson, and St. Pierre-Jolys RCMP detachments arrived on the scene and found an SUV carrying numerous people as well as luggage.

The vehicle was pulled over and officers were able to determine that human smuggling was taking place.

Six people were arrested under the Customs Act. The driver was arrested for human smuggling.

Of the people arrested under the Customs Act, one male was from the Republic of Sudan, two males and

one female were from the Republic of Chad, one male was from Mauritania, and one male was identified as a Permanent Resident of Canada. The subjects are all adults ranging in age from 30 to 53 years old.

A 42-year-old Winnipeg man has been charged with human smuggling under the Immigration and Refugee Protection Act. He was released from custody pending his first court appearance last week.

The six other people arrested were all handed over to the Canada Border Services Agency for processing.

"Crossing the Canada and United States border between the ports of entry is not only an illegal act, but a dangerous one," said Sergeant Lance Goldau, head of IBET in Manitoba. "For everyone's safety, we continue to work closely with our United States counterparts to stop incursions at the border."

"ONE DEATH IS TOO MANY"

Last Thursday, Manitoba RCMP and U.S. Border Patrol hosted a border and migrant safety event in Emerson

and in Pembina, North Dakota, to talk more about border safety and showcase some of the equipment used in preventing border incursions.

The RCMP in Manitoba is responsible for approximately 520 kilometres of shared border.

So far this year in Manitoba there have been 85 apprehensions of illegal northbound crossers, police share. The originating countries of those apprehended include the Republic of Chad, the Republic of Sudan, Guinea, Iraq, Mauritania, Congo, Yemen, Somalia, Saint Helena, Eritrea, Cuba, Morocco, Mali, and Brazil.

Many of the illegal crossers come to Canada to make a refugee claim, police say, and there are an increasing number of smuggling organizations working to get migrants across the border without detection.

"These smugglers are not in the business because they care about the migrants," stressed Goldau. "The smugglers are looking at the bottom line—getting as much money as they can with as little work as possible."

Often, migrants are dropped at a location far from a Port of Entry into

Canada and left to fend for themselves with vague directions to connect with someone waiting for them on the other side, creating major safety concerns.

"Some individuals who are illegally crossing the border between Manitoba, North Dakota, and Minnesota are not aware of the extreme weather conditions and geography they may encounter," noted Goldau. "This lack of understanding has led to severe injury and death. They have to realize, too, that in extreme weather, even with all of our equipment, chances of a rescue are remote."

Both the RCMP and the Grand Forks Sector of the U.S. Border Patrol implore any would-be crossers to enter the country legally, in a way that does not involve risking one's life.

"Grand Forks Sector, along with our partners at the Royal Canadian Mounted Police, are committed to educating the public about the dangers of crossing the border illegally; one death is too many," said Chief Patrol Agent Scott Garrett of the U.S. Border Patrol.

Manitoba Camera Club looking for rural members

By Lorne Stelmach

The Manitoba Camera Club may be based in Winnipeg, but it is aiming to expand its reach and connect with more photographers in rural Manitoba.

The group does have a few members from rural centres like Brandon and Portage but would like to bring in more from such regions as the Pembina Valley area.

With the increased use of Zoom during the pandemic, the club sees the potential to reach even more members and help them grow and enhance their photography skills.

"This opens the door for individuals of all skill levels and interests to join the premier camera club in the province and become an integral part of our vibrant community," said president Kayla Gordon, who added "what was started as a temporary measure during the pandemic has now blossomed into a huge opportunity for all photographers."

"I would think there is a lot of potential for members from rural Manitoba. I certainly hope so," said membership chair Wayne Adams.

Adams observed that going to Zoom had both pros and cons for the club.

"One of the advantages was that when we had subject matter and

photography experts, we were pretty much confined to local people in the city ... but when we went to Zoom, we could have speakers from anywhere, and in fact last year we had speakers from across the country.

"So that opened things up in terms of presenters. It also meant that we no longer had a physical facility to pay for, so our membership fees were basically cut in half," he added, noting the fee went from \$100 to \$50.

"Also, we started getting people joining from elsewhere. We had somebody who lives in Toronto who's a member; we had someone in London, Ontario," he said. "It got our attention ... maybe we need to get the word out a little more and make sure people know what we're about and what we're offering."

"There's all these professional photographers who are potential presenters. There's also more competition because there's other clubs across the country that are wanting their time ... so we also need more membership to cover the cost of these things."

Adams stressed they are open to people of all skill levels, including beginners, and they continue to do events both online and in person.

"One of the negatives about going to Zoom was that people liked the fact that they could get together ... so that



SUBMITTED PHOTO BY JEAN MCMANUS

The Manitoba Camera Club is reaching out to photography buffs across the province in the hopes of growing its membership more beyond Winnipeg.

was one of the downsides," he said. "We also do have field trips as well. We've had field trips, for example, to the Corn and Apple Festival and things like that ... the Morris Stamped."

He sees the club as offering a great opportunity for people to learn and grow their skills through such things as monthly competitions where they can hear feedback on their photography.

"I know in my case it certainly made me pay attention to certain things in my photographic skills," Adams said. "I've certainly improved because of it."

"It has been a tremendous experi-

ence to take in national and international speakers on a variety of photography subjects from the comfort of my home," said Carberry resident Isabel Wolinsky, who has been a member for about a year and loves it. "Every week I am learning something new. That excitement shows up directly in my images."

"Our club is a diverse group of photographers, ranging from amateur to professional who support and encourage each other," said Anita Vermaak, a member from Brandon.

For more information, you can go online to www.manitobacameraclub.com.

Manitoba advises rent guideline set at 1.7 per cent for 2025

By Lana Meier

According to Manitoba Consumer Protection and Government Services, the rent guideline for 2025 has been established at 1.7 percent, taking effect on Jan. 1, 2025.

Each year, the guideline is determined through a transparent formula utilizing Manitoba's consumer price index

(CPI). It applies to various types of rental properties such as apartments, single rooms, houses, and duplexes. The current 2025 guideline is lower than the previous year's guideline, which had increased by three percent in 2024.

The guideline does not apply to:

- rental units renting for \$1,640 or more per month;
- various types of social housing;
- rental units owned and operated by, or for, provincial, municipal or federal governments;
- rental units in buildings first occupied after March 2005;

- not-for-profit life lease units;
- co-operative units; and
- approved rehabilitated rental units.

Tenants must receive written notice of a rent increase at least three months before the increase takes effect. For example, for a rent increase to take effect Jan. 1, 2025, tenants must receive notice by Sept. 30, 2024. With few exceptions, rent can only be increased once a year.

More information is available by calling the Residential Tenancies Branch at 1-800-782-8403 or online at www.manitoba.ca/rtb.

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United Way puts call out for Coats for Kids donations

By Lorne Stelmach

United Way Pembina Valley is putting out a call for donations of winter clothing for its annual Coats for Kids campaign.

The donation drive started Oct. 14 and continues until Nov. 12.

The agency is looking for all kinds of winter items for both kids and adults, including jackets, snow pants, toques, mittens and scarves—anything that will help families in need stay warm in the months ahead.

The initiative last year saw the United Way give away over 260 coats and other winter clothing in both Morden and Winkler.

“There’s been good response, and I think we do have that need,” said

board member Audrey Armstrong, who noted there was the one year in 2022 where the need was greater than the supply of clothing, but it did level out last year.

“There were just a lot of extra people in our communities. It was post pandemic and right at the beginning of the war in Ukraine, and we just had a lot of extra people in our area who came in very suddenly.

“I think there were still needs there [last year], but certainly not as extreme as that one year.”

The long-running Coats for Kids campaign is well-supported by the communities every year.

“It’s been around for a while now. It’s well established,” Armstrong said.



VOICE FILE PHOTO

United Way Pembina Valley is collecting new and gently used winter clothing to distribute through its Coats for Kids program next month.

“I think there are people who wait for this to roll around now ... and they keep it in mind when they’re organizing and going through things and are going to make some donations to this program.”

Red donation bins are in place at four locations this year. In Morden, you can donate at the Morden fire hall by the shed at the back of the building as well as at the 500 Stephen community centre. In Winkler, donations can be left at the Winkler fire hall at the front of the building or at the Central Station Community Centre.

The United Way welcomes both new and used items in good condition.

“We get such a mixture of things,” said Armstrong. “Sometimes we get beautiful brand new coats ... others are just really great used coats that will definitely benefit a few more kids.

“It can be used clothes, but we really do prefer stuff that is in good shape ... we don’t have the capacity to do any kind of repair work.”

This year’s cloth-

ing distribution nights are Wednesday, Nov. 6 from 3-7 p.m. in Morden at 500 Stephen Street and Tuesday, Nov. 12 from 3-7 p.m. in Winkler at Central Station. There is no charge for any of the clothing, so anyone who needs it is welcome to come pick something up those nights.

Armstrong sees the value of Coats for Kids even in terms of how much winter clothing can cost families otherwise.

“If you’ve got a few kids, it can be a pretty expensive thing ... it can add up fast, and it can be particularly difficult for people who are not familiar with our climate here ... we certainly have a lot of newcomers here.

“The community has always been very good at responding and donating good stuff.”



Talking fire safety

PHOTO BY LORNE STELMACH/VOICE

Jonathan Baumgart of Morden Fire and Rescue had two Grade 1 classes from Maple Leaf School on hand last Tuesday for a kickoff to Fire Prevention Week. “We teach them the importance of having a working smoke detector in their home and also how to get out of a home or building in case there is an emergency and to have a fire escape plan,” explained Chief Andy Thiessen. “The theme this year is ‘Smoke alarms: make them work for you.’”

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sports & recreation

Flyers best Swan Valley, Portage

By Ashleigh Viveiros

The Winkler Flyers trounced Swan Valley and Portage over the weekend.

Saturday's home game against the Stampeders was a 7-2 rout for Winkler. Jayce Legaarden had a two-goal night, while Kam Thomas, Brody Beauchemin, Will Brophy, Marek Miller, and Ethan MacTavish rounded out the win with a goal each.

Bryson Yaschyshyn faced just 19 shots on goal, saving 17 of them, while his teammates peppered the Swan Valley goalie with 40 shots.

Things didn't go any better for the Terriers when they came to town Sunday night.

While the shots battle was a closer one—Winkler had 28 to Portage's 29—it was the Flyers who managed to make good on those shots, with two from Thomas and one from Nicholas Mckee giving the team a 3-0 lead in the second period.

Portage managed two in the third, but they were drowned out by goals from Niklas Gudmundson, Brady Craik, and MacTavish to give Winkler the win 6-2.

Liam Ernst made 27 saves in net for the Flyers that night.

The defending MJHL champs now have five wins and two losses under their belts, which is good for third



PHOTO BY RICK HIEBERT/VOICE

Flyers Jayce Legaarden and Brady Craik look for the point shot in front of the Stampeders' net Saturday night in Winkler. The home team won it 7-2.

place in the MGEU East Division, though they have several games in hand over the top two teams: the Selkirk Steelers (10-1) and the Steinbach

Pistons (6-1-1).

This week Winkler hosts Selkirk Tuesday night and then hits the road to play in Virden Thursday. Over the

weekend, on Sunday, they host the Dauphin Kings.

Male Hawks fall to Chiefs, down Wheat Kings

By Ashleigh Viveiros

The Pembina Valley AAA Hawks found themselves on either end of 4-2 games last weekend.

Friday night's away game against the Yellowhead Chiefs saw them on the losing side of things.

Goals from Adrien McIntosh and Gavin Rondeau kept the team in the

mix, but the Chiefs doubled up for the win.

Pembina Valley outshot Yellowhead 48-27. Karsen Dyck made 23 saves between the posts for the Hawks.

Then, on Saturday, the team hosted the Brandon Wheat Kings and pulled off the win in front of the hometown crowd.

Brandon drew first blood just 15 sec-

onds in, but goals from Tegan Fehr, Gavin Rondeau, and Haiden Friesen pulled the Hawks into the lead 3-1 after the first two periods.

The Wheat Kings started to close the gap midway through the final frame, but it proved to be the last goal they could manage, while Paxton White sealed the deal with the fourth Hawks goal on an empty net in the final min-

ute.

Ryler Gates made 31 saves in net as the Hawks outshot the Wheat Kings 34-33.

It puts the Hawks in eighth place in the league with a 3-6 record.

Coming up, the Hawks play road games against Yellowhead and Brandon this weekend.

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

Female Hawks get first wins of the season

By Ashleigh Viveiros

The Pembina Valley Hawks U18 ladies team added two to the win column over the holiday weekend.

The Hawks, who play in the Manitoba Female Hockey League, welcomed the Interlake Lightning to Morden Saturday evening.

The home team won it 3-1, courtesy of a pair of goals from Jessica Anderson and a single from Emily Beattie. Kasia Rakowski made 22 saves in net as her teammates sent 24 the other way.

Then, on Sunday, the Hawks hit the road to play the Central Plains Capitals.

Goals from Abigail Brigg and Sophia Cox had Pembina Valley up 2-1 after 20 minutes. A scoreless second period followed, and it took the Capitals eight minutes into the third to tie the game and force overtime.

The extra minutes solved nothing. The resulting shootout went the Hawks' way when Anderson's shot found its mark.

Madison Froese was between the posts for Pembina Valley, saving 22 shots as the Hawks outshot the Capitals 44-24.

With that, the Hawks are 2-3 in the season thus far.

This weekend they head to Minneapolis for a tournament.



Interlake's Chloe Minkus and Pembina Valley's Emma Roch battle for puck possession Saturday. PHOTO BY RICK HIEBERT/VOICE

Pembina Valley Twisters fall to last place in MMJHL

By Ty Dilello

It's been a start to the season that the MMJHL's Pembina Valley Twisters would like to forget. The Morris-based junior hockey team lost two games on Friday and Sunday to drop to 1-4-1, putting them into last place in the league standings.

On Friday night at home, the Twisters lost 5-2 to the Stonewall Jets. Owen Vanrobaeys and Mike Heppner had

the goals for Pembina Valley, while goaltender Maysen Mazurat made 20 saves for his club.

The Twisters took to the ice on Sunday hoping for a better result, but instead lost a tight 2-1 contest to the St. James Jr. Spencer Sabourin had the lone goal for Pembina Valley, while Darion Penner made 29 saves in the loss.

Despite the two losses, the Twisters'

coaching staff isn't yet ready to sound the alarm.

"We just couldn't buy a goal against St. James it felt like," said Twisters' head coach Braeden Beernaerts. "Our last two games we played really well, but there's just a few little adjustments that we could be making."

The Twisters have two games this week. For the first one, they are on the road on Thursday, Oct. 17 when they

travel to Winnipeg to take on the St. Vital Victorias. The puck drops at 7:30 p.m. Pembina Valley will then host the Charleswood Hawks on Sunday, Oct. 20 at 7 p.m. at the Morris Multi-Plex.

"Moving forward, we're just trying to find that consistency of this weekend and hopefully have a breakthrough by putting pucks in the net."



Record year for Thanks for Giving Run

The 18th Thanks for Giving Run took place in Winkler Saturday morning, drawing a record amount of runners and raising thousands of dollars for the Winkler and District Food Cupboard.

PHOTO BY ASHLEIGH VIVEIROS/VOICE



High school rodeo action



PHOTOS BY RICK HIEBERT/VOICE

The Miami Ag Grounds hosted the Manitoba High School Rodeo Association competition last weekend, drawing youth competitors from across the province. Above: Jill Goff of Carman chases a calf in the breakaway event. Above, left: Miami's Alana McCarthy rounds a barrel. Left and right: Miami's Morgan Turner in the goat tying and the breakaway competitions.



Carman Gun Show and Hobby Show on Oct. 26

By Ty Dilello

The Carman Gun and Hobby Show will return for its 34th year on Oct. 26 from 9 a.m. to 3 p.m. at Carman Hall (60 1st St NW). Admission is \$7 for the day, and children 12 and under are free.

"This year, we have 80 tables with guns, ammo, knives and hunting-related items for sale," said gun show organizer Bruce Reid.

"Back for another show, there will be food served by Crazy Lady's Cafeteria, which is always a big hit. Kel-Lea Outdoors out of Homewood will be supplying the raffle item for the show too. And also, every 100th person receives a door prize from Tim Hortons."

The Gun Show has a special charity portion to the event as they raffle off an item and donate 100 percent of the proceeds to a different charity every year. This year, the proceeds will go to the Carman palliative care program.

The spring show that they held in

Carman has been very well attended in the past. Over 1,000 people came through to check out the vendors. This year, vendors will come all over from Manitoba, Saskatchewan, and Ontario.

"It's one of the only locations you can go and see so many at one point. The owners know all the info and history about the guns, so you're getting all that knowledge firsthand. The atmosphere is great, and everyone seems to have a common idea as it's the same kind of hobby."

Reid is excited to see how many people will attend the event. The canteen will also be open all day for people to come and get a bite to eat.

"Every show, I try and change it up to make it more interesting," said Reid. "It sounds like my regular crew of volunteers will be returning for another which I couldn't do the show without them. Next year, being the 35th year, we are already planning some things for that. So we're hoping this show is well attended again to



SUBMITTED PHOTO

The Carman Gun and Hobby Show will be returning for its 34th edition on Oct. 26 from 9 a.m. to 3 p.m. at the Carman Hall. Eighty vendors will have tables set up with guns, ammunition, knives and lots of supplies.

keep them coming in the future." carmangunshow@gmail.com.
For more information, email Reid at

Classifieds

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SCRAP METAL

Buyer for all farmyard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

Wanted old advertising: Dealership signs, service station, gas pumps, globes, oil cans, Red Indian, White Rose, Buffalo, Husky, Ford, GM, Dodge, Tire signs, Coke, Pepsi etc. Call 306-221-5908.

FLIGHT ACADEMY

Want to learn how to fly? Recreational Pilot Program is the best way to get started, must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger; can easily add float rating to permit. LS Airways Flight Academy 204-651-1402.

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

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PUBLIC NOTICE

CITY OF WINKLER PUBLIC NOTICE - BOARD OF REVISION

Public notice is hereby given that the 2025 assessment roll for the City of Winkler has been delivered to the Municipal Office at 185 Main Street, Winkler, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with sections 42 and 43 of The Municipal Assessment Act.

APPLICATION FOR REVISION

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

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

APPLICATION REQUIREMENTS

43(1) An application for revision must

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

The Board of Revision will sit on **Thursday, November 21st, 2024 at 7:00 p.m.** in the Council Chamber of the City of Winkler to hear applications. The **final date** on which the Secretary of the Board may receive applications is **Tuesday, November 5th, 2024.** Dated this 4th day of September 2024.

**Jody Penner, Secretary
Board of Revision
City of Winkler
185 Main Street,
Winkler, MB R6W 1B4**



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.

Bunge Canada is an equal opportunity employer.



NOTICE OF NOMINATIONS & REGISTRATION CITY OF WINKLER BY-ELECTION 2024

NOTICE OF REGISTRATION

Please be advised that a municipal by-election will be held December 12, 2024.

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations:

For the office of councillor: Up to, and including November 6, 2024 at the City of Winkler Administration Office, 185 Main Street, during the regular hours of business.

To obtain a registration form contact the SEO at the email or telephone number listed below:

NOTICE OF NOMINATION

NOTICE IS HEREBY GIVEN that on the following days:
OCTOBER 31, NOVEMBER 1, 4, 5 & 6, 2024

between the hours of 9:00 a.m. and 5:00 p.m. at the following location, 185 Main Street, Winkler, Manitoba, nominations will be received for the office of Councillor (1) of the aforesaid Local Authority.

The nomination deadline is November 6, 2024 at 5:00 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters of the local authority. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the date and hours specified, by an agent, or by email. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the S.E.O. at the telephone number or e-mail listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

NOTICE OF VOTERS LIST

Notice is hereby given that a copy of the voters list may be revised at 185 Main Street, Winkler, Manitoba no later than November 6, 2024, between the hours of 9:00 a.m. and 5:00 p.m.

The Senior Election Official (SEO) will be available to update the voters list by;

Adding the names of voters who are entitled to have their names on the list;

Deleting the names of persons who are not entitled to have their names on the list, and

Making such other correction of errors to the list as required.

APPLICATION FOR PERSONAL SECURITY PROTECTION

A voter may apply in writing to the SEO (at the address/email below) no later than November 6, 2024 to have his/her name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail or e-mail and must include your name, address and include proof of identity.

APPLICATION TO VOTE BY SEALED ENVELOPE

A voter who is unable to go in person to the voting place or vote in advance, may apply in person or in writing to the senior election official at 185 Main St., Winkler, MB R6W 1B4. If applying in person, a voter may apply between November 16, 2024 and December 9, 2024. A voter applying in person may pick up a sealed envelope ballot package at the time of application. If applying by mail, a voter may apply between October 28, 2024 and December 9, 2024. A voter applying by mail will receive a sealed envelope ballot package by regular post, or by making alternative arrangements with the senior election official,

Wendy Klassen
Senior Election Officer
City of Winkler
Ph: 204-325-9524
E-Mail: seo@cityofwinkler.ca

Dated at Winkler, Manitoba on October 11, 2024

COMING EVENT

CARMAN GUN SHOW

Date:

Oct. 26, 2024

Time:

9AM to 3PM

Place:

**Carman Hall
\$7 ADMISSION**

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NOTICE TO CREDITORS

CREDITOR NOTICE

IN THE MATTER of the estate of MARY ANN WIEBE. All claims against the above estate must be sent to the undersigned at:
390E 1st Street,
Winkler, MB R6W 2R6 on or before the 4th day of December 2024.
Dated at the City of Winkler in Manitoba, this 10th day of October 2024.
LEVI ABRAM LAW CORPORATION
Attention:
LEVI A. TAYLOR
Solicitor for the executor

EMPLOYMENT

BUILDING MANAGER

Morden Elks Park Place Life Lease apartment complex requires the services of Building Manager for general repairs and maintenance and office work. Position will be responsible for reporting to the Board, financials and ensure rent payments and tenant relations. Part time position 20 hours per week.
Send resume to mordenelksplace@gmail.com

1.0 FTE Term Teacher Competition #2024-55 Treherne Collegiate Institute

Prairie Spirit School Division invites applications for a **1.0 fte term teacher** position, with specialization working with neurodiverse students, to commence November 4th, 2024 to June 27th, 2025 at **Treherne Collegiate Institute**. Deadline for applications: **Noon October 21st, 2024**.
Details available at: www.prairiespirit.mb.ca or phone 204-744-2145.



GRASS CUTTING & GROUND MAINTENANCE TENDER



APPEL D'OFFRES ENTRETIEN EXTÉRIEUR ET TONTE DE PELOUSE

La DDSFM désire retenir les services de contractuels pour l'entretien extérieur et la tonte de pelouse des écoles de la DSFM et du Bureau divisionnaire situé à Lorette. Ce service sera offert pour une période de 3 ans commençant l'année scolaire 2024-2025.

Tous les documents nécessaires à la préparation de l'offre pourront être obtenus en téléphonant au 204 878-4424, poste 3632 ou par courriel eric.collette@dsfm.mb.ca.

RÉCEPTION ET OUVERTURE DES OFFRES
Les soumissions seront reçues au Service du transport et de l'entretien de la DSFM jusqu'à 15 h, le vendredi **1er novembre 2024**.

CALL FOR TENDERS GRASS CUTTING AND GROUND MAINTENANCE

The DSFM wishes to retain the services of contractors for exterior maintenance and lawn mowing at DSFM schools and the Divisional Office located in Lorette. This service will be offered for a period of 3 years starting in the 2024-2025 school year.

To obtain pertinent information, please contact the Maintenance & Transportation Department at 204 878-4424, 3632 or by email at eric.collette@dsfm.mb.ca.

RECEIPT AND OPENING OF OFFERS
Submissions will be received at the Transportation and Maintenance Department of the Division scolaire franco-manitobaine until 3 p.m, Friday, **November 1st, 2024**.

www.DSFM.mb.ca

1 800 699-3736

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stoneelkranch@mymts.net

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October 26th @ 10:00AM
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Accepting Consignments

Estate & Moving
October 30th @ 7:00PM
Featuring Coins, Paper Money & Stamps
12 Patterson Dr. Stonewall, MB
204-467-1858
or **204-886-7027**
McSherryAuction.com



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MANITOBA'S LARGEST FALL RECORD & MUSIC SALE

Sun, Oct 20th, 2024
10 AM - 4 PM

Over 90 tables of records, tapes, CDs posters, books & memorabilia.

Local music historian **John Einarson** & local music legend **Errol Ranville** will both be in attendance for meet and greets.

Their latest books will be available for purchase.

Admission \$5.00

Caboto Centre
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Winnipeg

For info:
204-990-3463 or
431-374-6925

WANTED

Coins, Coin Collection, Old Jewelry,



Cash paid for silver coins, gold coins, rare coins, old coins & paper \$, Olympic coins, Royal Canadian Mint Coins, Franklin Mint, US Mint etc, unwanted jewelry, old Rolex & Omega watches, nuggets, sterling silver, Bullion, all Gold & Silver!

Wanted:
USA, Canada, World Coin Sets & Coin Collections.
Will buy entire collections & accumulations!

Todd
306-774-2420

FARMLAND TENDER

FARMLAND FOR SALE BY TENDER

Sealed, written tenders for property in the Municipality of Pembina described below will be received by:

McCULLOCH MOONEY JOHNSTON SELBY LLP
351 Main Street, Box 279
Manitou, MB R0G 1G0

PROPERTY NE ¼ 28-3-7 WPM
being approx. 147.36 acres

CONDITIONS OF TENDER

1. Interested parties must rely on their own inspection and knowledge of the property.
2. Tenders must be received on or before 2:30 p.m. on November 15, 2024.
3. Tenders must be accompanied by a \$10,000.00 cheque payable to McCulloch Mooney Johnston Selby LLP Trust as a deposit. Deposit cheques accompanying unacceptable bids will be returned.
4. Highest or any tender not necessarily accepted.

TERMS AND CONDITIONS OF SALE

1. The bidder whose tender is accepted will be required to complete an agreement covering terms and conditions of sale.
2. In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing which shall be December 31, 2024, or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the accepted tender is not paid within the set time limit the deposit may be forfeited as liquidated damages and not as a penalty.
3. Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
4. Successful bidder will be responsible for real property taxes commencing January 1, 2025.
5. The purchaser shall be responsible for payment of GST or shall self-assess for GST.

For further information contact Scott W. Johnston at:
Ph: 204-242-2801
Fax: 204-242-2723
email: scott@mmjlaw.com

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The *Winkler Morden* Voice

NOTICE OF PUBLIC AUCTION

NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF MONTCALM

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 5th day of **November, 2024**, at the hour of **10:00 AM**, at Rural Municipality of Montcalm, 46 - First Street East, Letellier, Manitoba, 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
69050	ELY 1000 FEET PERP OF WLY 1700 FEET PERP OF SLY 335 FEET PERP OF SW 1/4 20-4-2 EPM - 7047 RD 21 NE	L -\$36,700 B -\$87,500	\$9,062.58
81500	ALL THAT PORTION OF RL 240 PARISH OF STE AGATHE WHICH LIES TO THE WEST OF A LINE DRAWN SLY AT RIGHT ANGLES TO THE NORTHERN LIMIT OF SAID LOT FROM A POINT IN THE SAME DISTANT WLY THEREON 13336 FEET FROM THE EASTERN LIMIT OF SAID LOT EXC: ROAD PLANS 13849 WLTO AND 38815 WLTO - PR 217 240	L -\$37,300 B -\$163,600	\$5,742.11
138760	LOT 11 PLAN 55381 WLTO IN RL 237 AND 239 PARISH OF STE AGATHE - 6 MONTCALM BAY	L -\$23,000	\$2,654.98

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

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

Dated this 2nd day of October, 2024.

Managed by:

Jolene Bird
Chief Administrative Officer
RURAL MUNICIPALITY OF MONTCALM
Phone: (204) 737-2271
Fax: (204) 737-2326



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OR CALL JIM @ 204-296-6005



FARMLAND TENDER

INVITATION TO RENT FARMLAND

We invite **TENDERS** for the rent of approximately 400 Acres of cultivated land in the R.M. of Pembina described as:

PARCEL 1: PART OF NE 1/4 13-2-8 W Roll No. 0055200 (approximately 150 acres)

PARCEL 2: PART OF SE 1/4 13-2-8 W Roll No. 0055400 (approximately 150 acres)

PARCEL 3: S 1/2 OF SW 1/4 18-2-7 W Roll No. 0023350 (approximately 50 acres)

PARCEL 4: N 1/2 OF SW 1/4 18-2-7 WPM Roll No. 0023300 (approximately 50 acres)

All land is located on adjoining fields. The initial tender is for a 2-year term, for the 2025 and 2026 growing season

Written tenders must be received by 2:00 p.m. on Oct 31st, 2024. Please include your name, price per acre to be paid, and phone number with your tender.

Winning tender will have access to land immediately upon signing an agricultural lease agreement with the owner of the land. Purchaser shall be responsible for payment of all GST or shall self-assess for GST.

The highest or any Tender may not necessarily be accepted.

ADDRESS: DOELL LAW OFFICE
P.O. Box 1150
1-655 Main Street
Winkler, MB R6W 4B2
Ph. (204) 325-8807

To the attention of Scott C. Doell
For more information on the tender
email: info@doelllaw.com

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to book your ad today**

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PUBLIC NOTICE

**CITY OF MORDEN
PUBLIC NOTICE
REGARDING SPECIAL SERVICE PROPOSAL
BY-LAW NO.12-2024 FOR THE PROVISION OF
POLICE AND FIRE PROTECTION AND STREET
LIGHTING SERVICES**

The Council of the City of Morden has scheduled a public hearing at the City of Morden Civic Centre, 100-195 Stephen St., Morden, MB on the 28th of October 2024 at 7:00 p.m. to present the following special service proposal:

GENERAL DESCRIPTION OF SPECIAL SERVICE PLAN NO. 3

Council is proposing to replace Special Service By-law No. 27-2017, dated March 26, 2018, to modify the rates that are subject to the special services tax for police and fire protection and street lighting services. The proposed special service levy will not be a new tax, but will be a separate levy to transparently reflect the costs for police and fire protection and street lighting services, and will be levied on all rateable property including otherwise exempt properties within the City of Morden limits, at estimated costs as follows:

2025	\$3,585,000.00
2026	\$3,690,000.00
2027	\$3,800,000.00
2028	\$3,915,000.00
2029	\$4,035,000.00

The method of taxation to be applied shall be based on the portioned value of assessable property. The assessed property is all rateable properties, including otherwise exempt properties, within the City of Morden. The mill rate shall be determined by Council annually, based on the annual police and fire protection and street lighting services budgets set out in the City of Morden's Financial Plan. The actual portioned values of the properties will be supplied annually by the *Department of Intergovernmental and Indigenous Affairs* (\$620,652,130 in 2024). Estimated budget for 2025: \$3,585,000 / (\$620,352,130 / 1,000) = 5.78 mills. Calculated on a residential property valued at \$280,000 (portioned value of \$126,000) and based on 2025 estimated budget and assessment, a \$728.28 special service tax will be levied for police and fire protection and street lighting services.

A written objection may be filed with the City Manager, at 100-195 Stephen St., Morden, Manitoba, prior to the commencement of the hearing. At the hearing, Council will hear any potential taxpayer who wishes to make a presentation, ask questions or register an objection to the special service proposal.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name, address and property description of the person filing the objection and the grounds of their objection.

Copies of the special service proposal are available at the City of Morden office at 100-195 Stephen Street, Morden, Manitoba and on the municipal website at www.mymorden.ca.

Dated at the City of Morden this 24th day of September 2024, and issued pursuant to Section 318 of *The Municipal Act*.

Nicole Reidle, CMMMA
City Manager
City of Morden
204-822-4434



PUBLIC NOTICE



A brief meeting is scheduled for **Saturday, October 19th, 2024 at 1:00 pm** in the Winkler Library, 160 Main Street, to give an update regarding the Neu Reinland Cemetery and to seek input from relatives and friends who have an interest in not only this cemetery but in the preservation of Manitoba's pioneer cemeteries generally. Do mark your calendar. We look forward to seeing you.
From the Neu Reinland Cemetery Care Group

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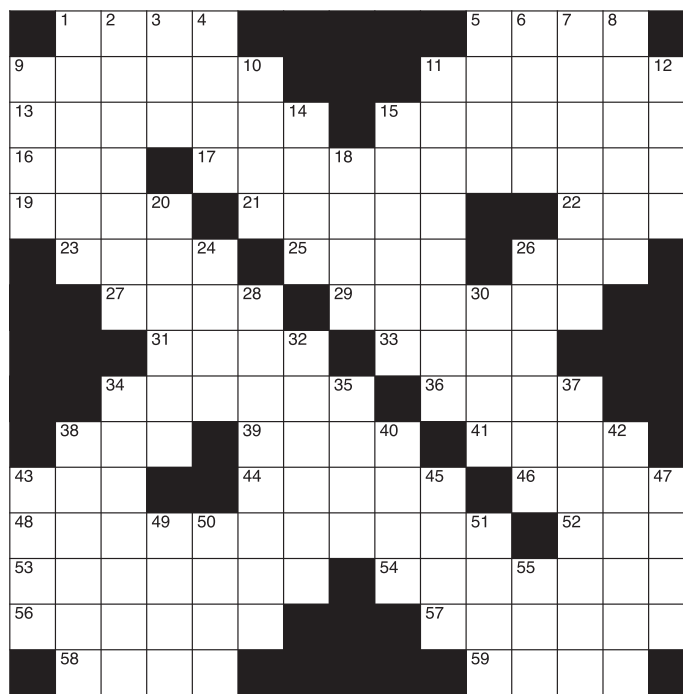
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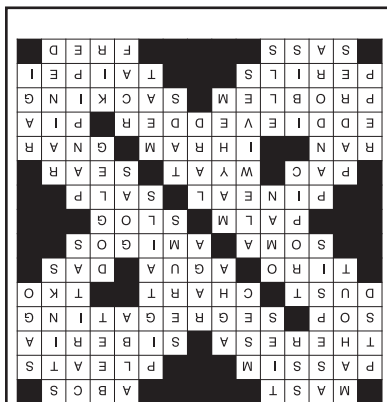


CLUES ACROSS

- Tall, upright post on a boat
- Basics
- Used to refer to cited works
- Folds
- Former UK PM May
- Cold region of Russia
- Standard operating procedure
- Separating
- Particles
- A way to map out
- Referee declares
- Beginner
- Water (Spanish)
- Gov't lawyers
- Non-reproductive parts of an organism
- Spanish friends
- A type of tree
- Walk heavily
- About a wood
- Free-swimming marine invertebrate
- Political action committee
- SB19 hit song
- Scorch the surface of
- Moved quickly on foot
- Sacred state for a Muslim
- Growl
- Pearl Jam frontman
- Irritating person
- Something requiring a solution
- Firing
- Hazards
- Taiwan capital
- Impudence
- Rock frontman Durst

CLUES DOWN

- One who rides an elephant
- Absence of bacteria
- Soviet Socialist Republic
- Men's fashion accessories
- "Honey" actress Jessica
- Round red root vegetable
- Latin term for "charity"
- Doesn't smell good
- Mental health issue
- Millisecond
- Hairstyle
- Edible starch
- Middle Eastern military title
- Protein-rich liquids
- Indian musical pattern
- Cancer and Capricorn
- Country along the Arabian peninsula
- A bend
- Fishes of the herring family
- Antelopes
- Chaos
- Popular music app
- Cooking material
- Musical instrument
- San Diego ballplayers
- Small amounts
- Poured
- Fabric
- Food option
- Finger millet
- The U. of Miami mascot is one
- Alberta, Canada river
- Canadian flyers
- Dry white wine drink



Crossword Answer
Sudoku Answer

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> MEAL IDEAS



Hot Honey Chicken and Waffle

Prep time: 2 minutes
 Cook time: 5 minutes
 Servings: 1
 1 Minute Hot Honey Chicken Seasoned Rice Cup
 1 egg
 nonstick cooking spray
 2 chicken tenders, cooked
 2 tablespoons honey, for garnish
 1 tablespoon powdered sugar, for gar-

nish
 Preheat mini waffle maker. Heat rice according to package directions.
 In medium mixing bowl, combine rice and egg. Mix well.
 Spoon rice mixture into waffle maker. Cook until light goes off.
 Place waffle on plate with cooked chicken tenders on top.
 Drizzle with honey, sprinkle powdered sugar on top and serve.



Buffalo Cauliflower Casserole

Prep time: 10 minutes
 Cook time: 30 minutes
 Servings: 6
 2 cups Minute Jasmine Rice
 1 package (8 ounces) plain cream cheese, softened
 1/2 cup Buffalo hot sauce
 4 cups frozen cauliflower florets, blanched and cooled
 2 cups shredded cheddar cheese
 1/2 teaspoon salt
 1/2 teaspoon black pepper
 1/3 cup finely crumbled blue cheese

2 green onions, thinly sliced
 Preheat oven to 400 F. Prepare rice according to package directions. Transfer to greased 8-by-8-inch baking dish.
 In medium bowl, stir cream cheese and hot sauce. Add cauliflower, cheddar cheese, salt and pepper; toss to combine. Spoon over rice. Sprinkle with blue cheese.
 Bake 25-30 minutes until golden brown and bubbly. Sprinkle with green onions.
 Tips: Substitute goat cheese or feta for blue cheese, if desired. Meat lovers can serve as a side dish to seared chicken or beef.



Mexican Lasagna

Recipe courtesy of "Cookin' Savvy"
 Servings: 4-6
 1 pound ground beef
 1 can (15 ounces) black beans
 1 can (4 ounces) chiles
 2 cans (14 ounces each) fire-roasted diced tomatoes, divided
 1 can (15 ounces) whole kernel corn
 1 tablespoon garlic powder
 1 tablespoon onion powder

1 tablespoon taco seasoning
 6 cups shredded cheese
 18 taco-sized tortillas of choice
 fresh cilantro, for garnish
 sour cream, for serving
 Heat oven to 350 F.
 In large skillet, brown ground beef; drain grease. Add black beans, chiles with juices, 1 can tomatoes with juices, drained corn, garlic powder, onion powder and taco seasoning.
 Open remaining can of tomatoes; take out half and set aside. Add remaining half with juices to beef mixture. Mix well and turn off heat.
 In 9-by-13-inch pan, line bottom with six tortillas, slightly overlapping. Cover with 1/3 of beef mixture and top with

Ask the money lady

Dear Money Lady Readers – my daughter said to me the other day that she had FOMO and I was DRIPPING in my outfit. “What???” I had no idea what she was talking about.

If you don’t already know, let me tell you what the young are now calling “FOMO” – the “fear of missing out.”

Here’s the other slangs they use: “FOBO” – the “fear of better options” or “JOMO” – the “joy of missing out.”

For the “DRIP” – that means you look good and it’s apparently a compliment. Other Gen’Z jargon I have now learned are “BOUJEE” – which means fancy, “SLAPS” – which means excellent or amazing, “LIT” – meaning really good, “TEA” – meaning gossip, and “FLEX” – meaning to show off.

So, I plan on FLEXING here, to make a really LIT and BOUJEE article for you, so I can explain the FOMO/JOMO and give you all the TEA to all my STAN’s (that means fans or followers). Did you get that?

Okay, no matter what you label it, we all have FOMO feelings, and this is due to social media. It’s available 24/7 in our pocket (on our phone), especially through Instagram. We can instantly feel envy and regret about how others have more or are doing more exciting things. Whether real or not, most forms of social media portray wealth, and we now don’t need to keep up with the neighbours, we need to keep up with the millions of people on social media. The sad part is, it doesn’t make you feel good about your accomplishments thus far but rather makes you feel less about yourself because others have done more or have so much more. Parents today are under constant pressure from social media bombarding them with constant examples of better birthday parties, events and experiences that so-called “better parents do for their kids.”

Why not take a FAST from the FOMO. Turn off the social media, either for a couple of hours, days or weeks. This will do wonders for making you feel better about your own life and perhaps will stop the comparisons of your regular life to the polished versions of those online. Remember that credit card



Christine Ibbotson

companies build their business on you borrowing from your future. They want you to buy now rather than saving to buy later. With credit, it’s easy to fall for the instant gratification to convince yourself that later can take care of itself. Be careful not to create “excuse spending.” This is when we feel we are justified to spend because we deserve it. We may think all the hard work we have done, the sacrifices we have made, and the lack of acknowledgement for that work and those sacrifices, warrants or entitles us to a splurge spend....because we deserve it. But, what do you really deserve? Do you feel you are missing out?

If you think that material possessions or experiences are the things you deserve, then you need to think again.

What you deserve is to be free from future financial stress. Remember that while those purchases may feel luxurious in the moment, they could land you in financial stress that you don’t deserve. I am not saying that you need to deprive yourself or your children, but if you are suffering from FOMO and feel you need to reach to credit to improve your situation or your kids experiences, remember that enjoying a stress-free financial life, honestly feels a lot better than any new item or birthday bash ever could.

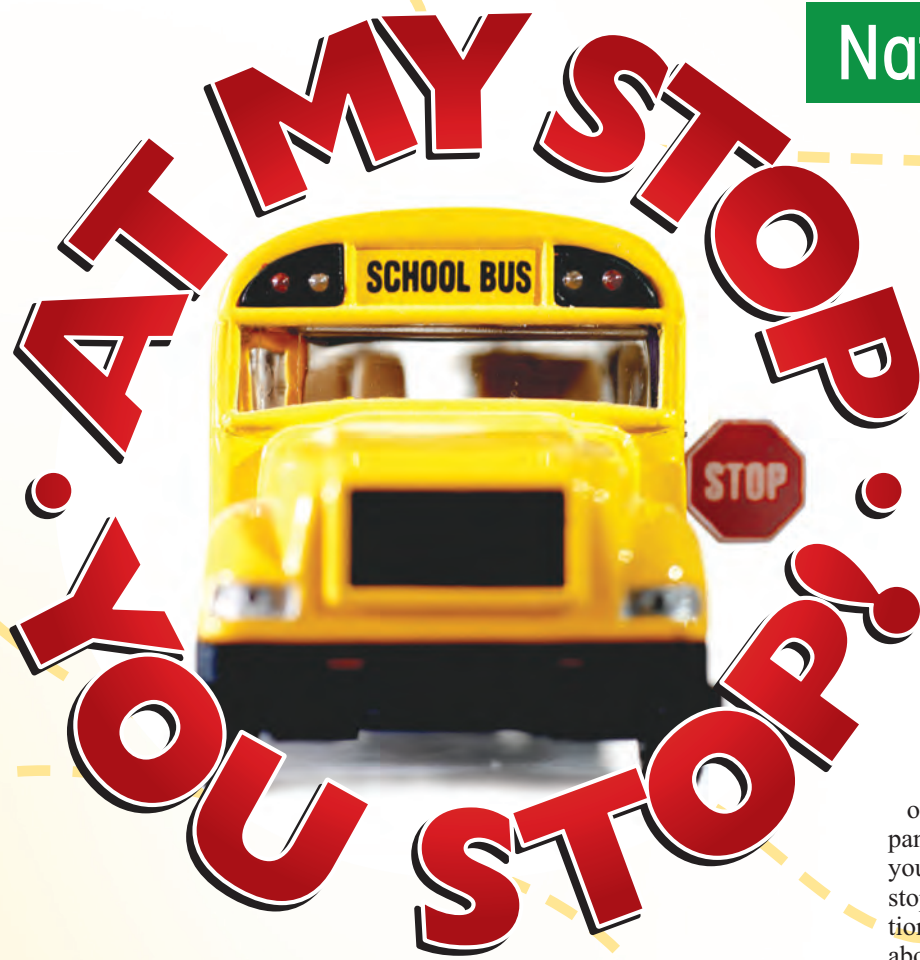
Good Luck & Best Wishes,
 ATML - Christine Ibbotson

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and on CTV & BNN, syndicated across Canada. Send your questions through her website at askthemoneylady.ca

2 cups shredded cheese. Repeat with remaining ingredients then top with reserved tomatoes.

Cover pan with foil and bake 30-40 minutes. Garnish with cilantro and serve with sour cream.

National School Bus Safety Week



Everybody does their part

Keeping things safe at the school bus stop requires the participation of everybody concerned: parents, car drivers, bus drivers, and kids. National School Bus Safety Week, October 20-24, 2014, is the perfect time for everybody to brush up on their role in keeping the bus stop free of danger.

PARENTS

Review bus safety rules with your kids on a regular basis. Make sure kids are outfitted with backpacks to keep their school items together as they board the bus, and make sure all straps and buckles are tucked in; getting snagged on a rail or door can cause panic and unwise actions. If you think your child's bus stop is in a dangerous location, talk to your school board about getting it changed.

CAR DRIVERS

Be aware of the danger zone around a school bus. It includes the area ten feet in front of and on both sides of the bus. It may be annoying to get stuck behind a bus on the school run, but remember that it is against the law to pass a bus with its stop arm extended and/or crossing lights flashing.

KIDS

Teach your kids the following bus stop basics:

- make sure the driver sees you at all times
- take your time getting on and off the bus
- cross the street at least five big steps away from the front of the bus so the driver and other cars can see you
- ask the bus driver to wait if you have dropped something on the ground near the bus




Ph. 204-325-0829 Admin
For emergencies call 911
www.winklerpolice.ca



BACK TO SCHOOL
 and back on the bus!
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FOR OUR CHILDREN!



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