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Future firefighter

Avery Coupland checks out some of the tools of the trade at the Morris Fire Department's open house last week. For more photos, see Pg. 11.

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Sun Valley Co-op holds AGM

By Lori Penner

Sun Valley Co-op reviewed another successful year at their annual general meeting last week.

For 2023, the organization's net savings finished at \$3.6 million with an allocation of \$2.54 million to their members. Over the past five years, \$10.5 million has been allocated to members, with over \$8 million being paid back in cash.

Throughout the year, Sun Valley Co-op has been implementing several technology changes in their operating systems.

"We want to thank our members for their patience during this time of transition," said manager Brad Iverson.

A new EMV card reader has been installed at their Dominion City cardlock, creating the ability to purchase fuel via credit card versus a traditional cardlock card.

"This option will be expanded to our other cardlocks in time. It's going to make it easier for customers to access fuel. And also, better for customers who don't have cardlock cards. If you have a credit card, you'll have 24-hour access at the cardlock sites."

Sun Valley Co-op also recently acquired the 20-acre property known as RTL Transport, adjacent to their carwash and bulk petroleum site. While it's too early to share the details, Iverson says the long-term vision for this property is to provide additional space for future retail growth and expansion.

Meanwhile, the gas bar locations continue to expand their food offerings to include everything from a mobile coffee cart to fresh pitas and chicken.

"That's going extremely well," Iverson said. "It continues to expand with new products all the time."

Unfortunately, Federated Cooperatives Ltd. (FCL) went through a cyber system security incident last June. Systems were shut down immediately to protect data integrity.

"I'm happy to report the quick actions taken, although painful, prevented any customer data from being breached. But it was pretty rough. Some of the shelves were empty for a while," said Iverson. "The good part is we were able to prevent any damage, but it was tough to go through the process. I want to thank customers



PHOTO BY LORI PENNER/VOICE

Sun Valley Co-op manager Brad Iverson and board president Kevin Bell reflected on a successful but challenging year at the annual general meeting Oct. 23.

ers for their patience and understanding during this difficult time. Now we're in the recovery phase and going back to normal."

Iverson added that, at the end of the day, cyber attacks are happening to everybody, so it's not a matter of if, it's a matter of when.

"But because there were plans in place, and we were able to enact those plans quickly, we protected the data. So I'm thankful the measures that were in place prevented any data leakage."

He expressed his gratitude to the

Sun Valley Co-op team for their patience and support throughout 2023, and for their vision going forward.

"I want to thank the employees and board for their hard work and dedication as they play a critical role in our success and thank our members for their continued support."

Executive for the coming year include president Kevin Bell, vice-president Lionel Ewbank, secretary James Klaassen, Iverson as manager, and directors James Nickel, Eric Vetter, Donna Rosling-Wolters, and Bryce Groening.

Another successful fundraiser for Altona Senior Centre

By Lori Penner

The tables at the Altona Senior Centre were filled with hungry visitors last Friday eager to enjoy a delicious meal and support an important community organization.

Pulled pork, baked potatoes, and coleslaw were on the menu, all available by donation. Funds raised will be used to pay for recent upgrades to the parking lot.

"It was a good turnout, with preparations for about 100 people. Takeout was available, too," said board chair Ernie Buhler. "A bunch of the local ladies volunteered to prepare the food, so it's all homemade. It's a good deal for a donation."

The six-member board has gradually been upgrading the facility over the past few years.

"In 2020, we redid the kitchen. We borrowed money and spent \$60,000 on it, and then COVID hit. It was a

bit of a struggle, but we got it all paid off."

Determined to operate in the black, Buhler says they've had to be resourceful, relying on local grants, rentals, and community events to maintain the facility.

"We run the building like a house, and we have to put money into it, just like a house."

The Altona Senior Centre continues to be a vital part of the community, offering not only delicious meals but also a gathering place for friends and neighbours to come together and support one another.

The board raises funds through their monthly waffle breakfast. Every second Thursday, for just \$10, attendees can enjoy homemade waffles with white sauce, peaches, strawberry glaze, topped with ice cream and all the coffee they want.





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Price is Right theme shines a spotlight on hospital medical equipment costs

BTHC Foundation gala raises \$120K for regional hospital

By Pam Fedack

A new approach to entertainment at the 2024 Boundary Trails Health Centre (BTHC) Foundation gala proved to be a resounding success Friday night at the Access Event Centre in Morden.

About nine months ago, foundation executive director Shannon Samatte-Folkett began thinking of a way to bring greater awareness of what the foundation does and engage guests in a new way.

The Price is Right was the theme of the night, and guests came dressed and ready to "Come on Down."

"I was nervous about this being

something a little bit different, but we were sold out early in September," shared Samatte-Folkett. Well over \$120,000 was raised through the event. "It's going to allow us to tackle so many more projects in the future."

Foundation chair Ben Friesen said guests arrived for the evening expecting to have fun.

"You could see it when they came in the door. They weren't just coming to a banquet and a speaker. You could see it in the anticipation of the Price is Right game, they were truly there to have fun."

The price of medical equipment purchased by the foundation for the hospital, or wish list items, were incorporated into the classic *Price as Right* themed games. Friesen said incorporating the equipment highlighted what's truly happening with the money, and the actual cost of some equipment.



PHOTO BY PAM FEDACK/VOICE

BTHC Foundation gala guests were invited to "Come on Down" to take part in Price is Right games for a chance to win prizes. Contestants were tasked with guessing the actual cost for specialized medical equipment at BTHC—an eye-opening experience for many.

"I think there was some big eye openers when somebody put \$300 down on one thing and the item was \$50,000. So there was a huge learning curve happening at the same time as everybody having a lot of fun."

The cost of a bili blanket was another example highlighted. Bili blankets are used to treat babies with jaundice.

"You think it should be \$300 or \$400, but it's not. It's \$9,800," Friesen noted. "Medical equipment must meet certain standards, and it's not something you can go buy off the shelf. It's very specialized equipment."

Continued on page 9

"THERE WAS A HUGE LEARNING CURVE HAPPENING AT THE SAME TIME AS EVERYBODY HAVING A LOT OF FUN."

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EDITORIAL > VIEWPOINTS > LETTERS

• DON'T MIND THE MESS

Finding the value in old things

I was an old soul long before my grey roots started making their appearance. I've always been drawn to antiques and all things vintage.

Along with libraries and thrift stores, I feel most at home in museums, where the musty smell, faded paint and cracked textures reveal years of use and care, and every piece makes me wonder who owned this object, and what kind of story comes with it.

Whenever a school field trip included a museum tour, I was always the weird kid lagging behind, touching and handling items with “do not touch” signs on them, asking the tour guide questions, and wishing I could spend full days and nights in this glorious place where all the ancient and once cherished pieces called out for my attention.

I pored over old newspapers or imagined myself preparing dinner or baking bread in the vintage kitchen displays, with geraniums in coffee cans lining the deep windowsills.

My mom, who had grown up with these items when they were new and still functional, didn't understand my fascination. In fact, whenever her family bought a new appliance or piece of furniture, the old one would get tossed out, and the idea of restor-

ing it, or going to an auction sale and paying good money for things like sewing machines, washing machines, and radios that don't work anymore was preposterous.

My grandparent's estate sale decades ago would have been a treasure trove for any collector today, but so much of their stuff was sold for a song, in exchange for newer, better and shinier. Their old Mennonite housebarn in the village was filled with antiques that would fetch a pretty penny now.

“We just saw them as old,” my mother said. “Why would you keep something that's rusty and doesn't work anymore?”

Turn the clock forward a few decades, and today, everything seems to be labelled as an antique. Items I grew up with in the '70s, in the classic avocado green and harvest gold colours, are priced higher than when they were new.

I have two old floor model radios from the 1930s in my living room. The old tubes that kept them going burned out years ago, although the old dials still turn. It's been decades since ei-

ther of them emitted any sound, but they have their charm. I can picture little children in flannel pajamas gathered around them, listening to Little Orphan Annie before they were whisked off to bed, or young lovers slow dancing to jazz by candlelight.

My century-old rocking chair helped many tired mamas get their babies to sleep and created a meditative rhythm for a pair of knitting hands.

Maybe my love of old things reveals a longing for simpler, less distracted times. Maybe when you have more years behind you than ahead of you, you start to see the treasure not just in things, but in the people and the moments that are happening all around them.

Things can be old, but they can be timeless. They can cease to function, but still serve a purpose.

I don't care that they're chipped and old, or faded, rusty, or worn. I love the history they represent.

This treasure lasted, and survived the ravages of time, just like so many people.

And maybe that alone deserves our admiration and our love.



By Lori Penner

Letter policy

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

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

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

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

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Winkler Community Fdn. shares Vital Signs findings

By Ashleigh Viveiros

The Winkler Community Foundation (WCF) provided the Winkler/Stanley community with its latest report card last week.

The foundation shared the results of its 2024 Vital Signs initiative with community leaders at a gathering at Winkler Arts & Culture Oct. 24. The document is also being mailed out to every Winkler household and is available online at winklercommunityfoundation.com.

Using census data as well as feedback gleaned from a series of roundtable discussions and surveys, Vital Signs provides a snapshot of the community across several key areas.

"Vital Signs is a Community Foundations of Canada initiative measuring the well-being of our community," explained executive director Myra Peters, sharing that WCF has done previous Vital Signs reports in 2018 and 2012—the latter being the first to be done in all of Manitoba.

The goal then as today was to create an "evidence-based resource" that can serve as a "guide for our grant making," Peters shared, "in the hope that it would be used by community members to make our community a better place."

The past two reports have been used by municipal leaders in their strategic planning, by community service groups as they plan their programming, and even by newcomers to the area as they sought to find out more

about what Winkler is like.

"The report has been well-used resource in our community," Peters said.

While the first report provided a baseline, the second and now this third report will help the community identify what new and recurring challenges remain, Vital Signs committee chair Corey Hildebrand said.

"Our third Vital Signs—'Seeing the Big Picture'—is a checkup that measures community vitality," he said. "The report identifies significant

needs and trends by combining quantitative and qualitative data, including insights from many community members, about a whole range of issues that are critical to our quality of life together.

"The 2024 report's goal was to mobilize the power of community

knowledge for greater impact, providing insight about how to best support those who live, play, and work in Winkler and surrounding areas."

Overall, Winkler's Vital Signs score was a B, based on key indicator scores evaluated against provincial or national benchmarks and the community survey satisfaction scores.

Winkler scored highest in the areas of community resilience (earning an A) and civic and democratic engagement (A-).

The city got Bs in environment (B+), standard of living (B+), culture and belonging (B-), and arts and recreation (B+), and Cs in education and learning (C+) and health and wellness (C).

"I think that we've learned from this

"[IT'S] A CHECKUP THAT MEASURES COMMUNITY VITALITY."



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Winkler Community Foundation board member Corey Hildebrand with the Vital Signs 2024 report, which is being sent to every household in Winkler. It provides a snapshot of the health of the community.

report is that there are a number of areas in which Winkler is not only doing well, but is actually leading the way forward," Hildebrand said. "This is especially true of civic engagement and both our level of volunteering as well as our level of generosity. This is the spirit that captures Winkler so well. It's what we're known for, actually, based on the data, on the provincial and national stage."

Winkler has the second highest median donation amount (\$1,820) in all of Canada, behind only Steinbach (\$2,230). And 62 per cent of Winklerites surveyed had volunteered in some capacity in the past year, with 65 per cent saying they intend to in the year ahead.

In terms of community resilience, as of this past June, Winkler had 773 businesses, while Stanley had 181. When compared to the working age population, the community has 75 per cent more businesses per capita than the provincial average. The employment rate also consistently remains above both the provincial and national averages.

The community also got high scores in recycling—diverting 54 per cent of city waste away from the landfill in 2023—and community safety, with a lower crime severity index compared to Manitoba and the rest of Canada.

On the flip side of things, there are also plenty of areas with room for improvement.

"The use of the food cupboard has basically doubled since our last report," Hildebrand shared.

Winkler and Stanley's percentages of residents with post-secondary education is also well below both pro-

vincial and national averages (40 per cent for Winkler and 31 per cent for Stanley, versus 59 per cent for Manitoba and 67 per cent for Canada).

And local health care got mixed feedback.

"The 2024 community survey highlighted a common paradox between access and quality of health care in Canada," Hildebrand said. "The highest satisfaction being care from family doctors and primary care providers. The lowest satisfaction: walk-in clinic availability, particularly during evenings and weekends."

Continued on page 7



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Community leaders were invited to the Winkler art gallery last week to hear the report's findings.



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Left: Cutting the cake on 10 years of the Imagination Library in Winkler. Right: Destiny Klassen with daughter Charlotte, who was the first child to sign up for the program



PHOTOS BY
ASHLEIGH
VIVEIROS/VOICE

Imagination Library celebrates 10 years of promoting literacy

By Ashleigh Viveiros

Dolly Parton's Imagination Library has been in the Winkler area for a decade now, and hundreds of kids have benefited.

The Winkler and District Imagination Library marked the milestone with a special celebration at the Winkler Family Resource Centre Saturday, inviting past and present board members, donors, and program participants down for an afternoon of cake and fun and games for the kids.

The Imagination Library mails a free book to registered children from the time they're born until they turn five.

It's meant to foster a love of reading in kids before they start school, setting them up for success later in life.

The program was started by country music superstar Dolly Parton in 1995, and today has chapters all over the world.

Parton grew up in extreme poverty, in a community where many people never learned to read, shared Joyce Sawatzky, who was part of spearheading efforts to get the program up and running in Winkler.

"Her father was not able to read, and that always bothered her so much. She saw [illiteracy] in her home community and saw it was a problem."

When the first Imagination Library in Parton's hometown of Sevier County, Tennessee, began sending books out, they quickly saw the positive impact it had on kids.

"They started noticing these kids would come to school and they were way more engaged, they were ready to learn," Sawatzky said.

When she heard about the program, Sawatzky, a school librarian, set out to bring it to the Garden Valley School Division catchment area.

"I was always saddened to see when kids would come to the library, and particularly in Kindergarten, and I would sit down and want to read to them and they had no attention span, they had no interest whatsoever in books."

After listening to a session about the Imagination Library, Sawatzky said it "was like the Lord tapped me on the shoulder and said, 'This is for you.' I just felt like, yeah, we have to do this."

An organizing committee was

formed, GVSD and the Winkler Family Resource Centre came on board as supports, and fundraising efforts began.

They set a goal of \$25,000 to get the program off the ground. The community support was overwhelming—they raised twice that and were able to launch in fall of 2014, with 257 children registered to start.

"And here we are, 10 years later. We just have so many people to thank," Sawatzky said. "The community has supported us amazingly. Business have supported us. And I believe we are making a difference in the community."

Current board chair Dorothy Derksen shared that today they have 800 children receiving books each month.

Over the past decade, 1,888 children have graduated from the program. Thousand of books line the shelves in hundreds of homes thanks to the Imagination Library.

"We have parents that have told us about how much they appreciate this," Derksen said. "And we have teachers that have told us that as well."

One of the families who benefited from the program was that of Destiny Klassen, whose daughter Charlotte was the first child to register.

"At the time, my husband and I were a young couple living in our first apartment, raising our first kid," shared Klassen. "We were both fortunate to have been raised in homes filled with many books, and grew to love reading early in life, and we hoped to read to our children a lot, so signing up for free books felt like a no-brainer."

"I knew then that the Imagination Library was something exciting, but I didn't fully grasp the importance of it," she continued. "Today, I'm a library technician in GVSD, and I've learned a lot about barriers to read-

ing. Barriers our community is not immune to.

"Nearly half of adult Canadians struggle with literacy. Around the time the Imagination Library was brought to our community, one in six adult Canadians did not have the literacy skills to meet basic needs," Klassen shared. "The benefits of the Imagination Library reach further than the hands of the children who are directly receiving the books. There are ripple effects that reach caretakers, siblings, friends, and so on."

"Through the books we received over the years, we have seen our kids develop an early love of reading, which we know provides a foundation to build on as they learn and grow through their school years and beyond."

"Additionally, these books have soothed us to sleep and served as security blankets, filled our imaginations, and made us laugh, enlightened us, and sparked conversations."

Charlotte, now 10, says it took a little while for her to get into reading, but when the bug bit, it bit hard.

"I just stepped into the library one day when we were going to library and just suddenly appreciated books so much more. And I love books to this day."

In order to keep the program going, the Imagination library's team of volunteers works hard to track down grants and donations.

"We aim to raise about \$40,000 in each year, which covers the postage and the books," Derksen said. "We're open to any donation."

The organizing committee is also always looking for people passionate about literacy to get involved as volunteers.

You can learn more about the Imagination Library, make a donation, or get in touch with the board online at winklerfamilyresourcecentre.com.



The celebration included a reading of Dolly Parton's *The Coat of Many Colors*.

getinformed

City of Winkler shares new strategic plan

By Lorne Stelmach

A new strategic plan for the City of Winkler is built around key values including collaboration, innovation, and quality of life.

The plan was introduced at an event Monday afternoon at Winkler Arts and Culture, where city representatives joined Doug Griffiths of 13 Ways Consulting in outlining the priorities of the strategy.

"We have an opportunity to leap forward in a very significant way," suggested Mayor Henry Siemens. "We think there is opportunity for us ... we

have to have a plan ... a plan that resonates with our community, that resonates with our neighbours that allow us to move that forward."

"We believe you're well positioned to play a proactive role in economic growth ... in the community development," said Griffiths.

He noted the many successes of the City of Winkler to date but added "it's still going to take hard work to maintain that and to drive it forward in the future.

"Your success was based on generations of hard work. You owe it to future generations to continue that hard

> VITAL SIGNS, FROM PG. 5

"To meet the primary care needs of the area, CW Medical Centre estimates a need for 10 more physicians just to make a dent."

Affordable housing also remains a major shortfall.

"In May 2024, the social housing wait list had 208 applications, representing 526 people in need of housing," Hildebrand noted. But even those who aren't in need of social housing struggle to find a place to live, with the cost of houses and rentals continually on the rise.

These and other findings "lay the groundwork for so many important conversations that we need to have as a community in these next few years, helping to drive our collective conversation around the most important markers that will allow Winkler and area to continue to flourish for many years to come," Hildebrand said.

He urges Winkler and Stanley residents to read the report and strive to look beyond the numbers to the people they represent.

"It's much too easy to give our gaps and growing edges only a glance

when they are simply numbers on the page. We make change when we see in these percentages and graphs the faces of our community and our neighbours.

"We often talk of made-in-Winkler solutions to address our deficits," Hildebrand added. "And when we look at some of these gaps, we see a lot of red tape, complicated situa-

tions, and problems that seem somewhat out of our control. But as we have seen from our strengths, we have a community that is built around resilience, determination, hard work, and a deep sense that together we can build something that lasts.

"When we measure what matters, we gain perspective and insight. However, measuring data only matters if we plan to do something with it," he continued. "Our commitment as a foundation is to help lead vital conversations throughout the next number of years that bring together the right partners to leverage our unique strengths and opportunities to make sure that Winkler continues to be a place where life flourishes for all for many years to come."

"MEASURING DATA ONLY MATTERS IF WE PLAN TO DO SOMETHING WITH IT."



PHOTO BY LORNE STELMACH/VOICE

Doug Griffiths of 13 Ways Consulting with city manager Jody Penner and Mayor Henry Siemens at the City of Winkler's strategic plan unveiling Monday night.

work."

The plan sets out a vision "to enhance and build Winkler into a thriving, innovative and welcoming community that leads in economic growth, quality of life, sustainability and technological advancement."

It continues by setting out that the

purpose is "to create a sustainable and prosperous future for Winkler by fostering innovation, enhancing quality of life and building strong partnerships.

Continued on page 15

The **Voice**

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Tower location shown with the star / Emplacement de la tour indiqué par l'étoile

Jars for your enjoyment: Find your jam with BMT Foods

By E Antonio

Brenda Hofer, proud owner of BMT Foods has been making her family's favourite jam for over a decade.

Hofer started making her own jarred goods because she wanted a fresh, healthy, and local alternative to the typical items on store shelves.

BMT Foods, named after herself and her sons Mathew and Tyson, started as a small hobby with an old friend and later turned into a small career for the local maker.

Hofer grew up north of Beausejour but has lived in various communities around Manitoba. She now resides in Morden.

"I love cooking and making my own recipes," explained Hofer, who later added that she is not afraid of making a mess in the kitchen.

BMT Foods specializes in jams and jellies, and Hofer has experimented extensively when creating her fruity concoctions.

"Sometimes the jam won't set. It will be overcooked and it is not good on toast. I have had a lot of failures, but that is how I learn," said Hofer.

Throughout the years, she has discovered the perfect ratio of ingredients, the proper boiling temperatures and adequate reduction times to make her unique jar of jam.

Hofer uses half the sugar of commercial jams, and her spreads also bear a unique texture.

"I like the texture to be just like Cheez Whiz, and I try to work with that. So far it has been very good."

Because her jams use less sugar, Hofer has learned how to properly reduce her jam to avoid crystalizing the mixture. She makes sure the sugar properly dissolves in the fruit before cooling the jam and jarring it.

BMT Foods offers 21 unique flavours of jam. From classic strawberry jam to seasonally themed pumpkin spice.

"People always come back year after year to buy a particular jar of jam they love!" she exclaimed.

Hofer only uses the freshest produce in her jams, and she guarantees that the fruit will never be frozen. A lot of her fruit also comes from local farms. This includes her strawberries, which she picks herself, and her raspberries and Saskatoon berries, which she buys from Stonewall farmers.

While jams are BMT Foods' most popular product, the small business started its own Irish chutney.

"It has got cucumbers, onions and spices. There is also a lot of turmeric. It has such a unique flavour to it," said Hofer.

BMT Foods also offers jars of pepper



Jams, jellies and pickles are all from locally sourced fruit and vegetables.



jelly, fruity pancake syrups and other pickled vegetables on top of their jams and chutney.

Hofer recommends trying her pepper jelly with cream cheese or sampling her pickled garlic right out of the jar. She added that the garlic might help naturally lower your blood pressure.

"I work in the health field, and we see a lot of people lowering their blood pressure by just eating some garlic."

BMT Foods sells her products at select Co-Op Grocery stores, the Big Shop in Glenboro and the Carman and St. Malo Meat Shops.

BMT Foods sells its strawberry, raspberry, saskatoon, and newly released marmalade on shelves all year long. Hofer's mild, medium, and spicy pepper jelly and Irish chutney are also available.

When grabbing a jar of BMT Foods products, you may notice the name "Jillian" on the label.

Jillian was Hofer's granddaughter who passed away with her mother at a young age.

"When I started the business, Jillian was there in the kitchen with me and her mother Ashley while we were cooking at the St. Andrews Church in Manitou where I still cook to this day," explained Hofer.

Adding Jillian's name to the label keeps her motivated in the kitchen and reminds her that Jillian is always with her.

Hofer also sells her products at select craft sales and farmers' markets throughout the year, but she has no



PHOTOS BY LANA MEIER/VOICE

Brenda Hofer of BMT Foods has been making their unique flavours of jams for over a decade using fresh, healthy and local ingredients in her jarred goods.

more sales until next summer.

Hofer's small business is always evolving and she is currently working on preparing her own commercial kitchen. Her goal has always been to own a commercial kitchen that she can cook in at any time, and her dream is soon to become a reality.

Hofer is working on obtaining the proper permits for her newly purchased kitchen just outside of Morden and looks forward to cooking in her

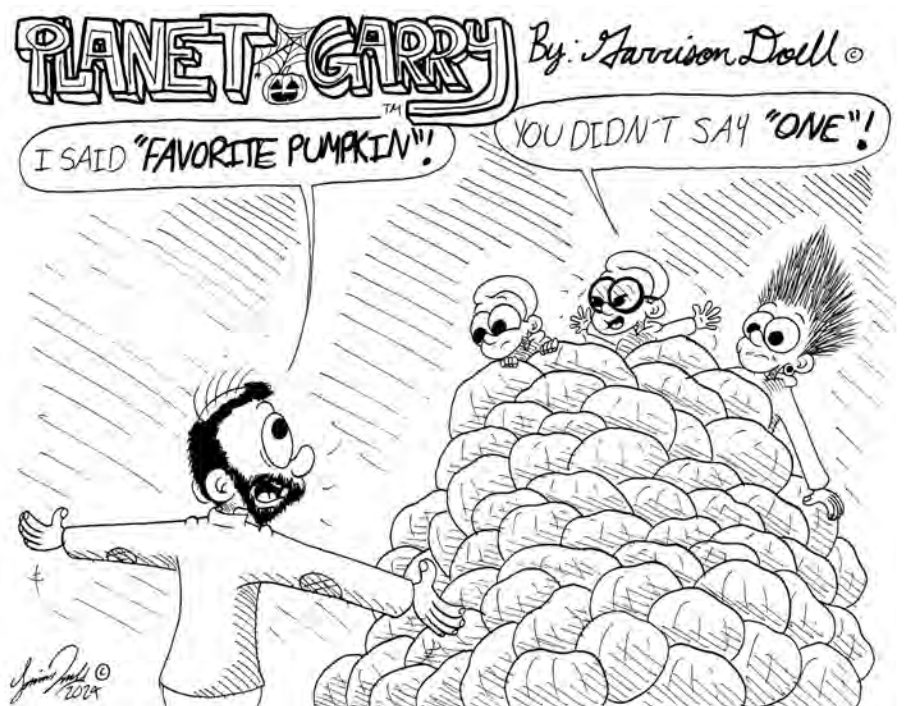
own yard.

If you are interested in ordering any BMT Foods products, you can call 1-866-629-1834 and speak directly with Hofer.

"I am always up for a challenge, that is for sure," added Hofer.

BMT Foods has a product everyone will love, so remember to stop by your local Co-op or meat store try something new while supporting local.

The Funnies





PHOTOS BY PAM FEDACK/VOICE

Guests at the BTHC Foundation gala last Friday came dressed to impress for the Price is Right themed evening, which of course included classic games like Plinko (right).



> GALA, FROM PG. 3

Friesen said the foundation hasn't yet earmarked this year's gala funds for any specified item. He noted, however, they're largely focusing on equipment. For now, the money will be placed into the foundation's ongoing Building for the Future Fund.

A commitment by the foundation to raise \$10 million for the over \$100 mil-

lion hospital expansion underway is already complete, but, as they finish construction, Friesen said they know programs and services will continue to grow and evolve.

"We know they're going to keep on expanding, and they're going to need specialized equipment to set up the Level 2 nursery and the pediatrics program, we are spending extra mon-

ey there."

Friesen said as the foundation gets a list of wants from the hospital, and the list gets vetted by some of the doctors, with Doctor Don Klassen assisting a lot in that area. The vetting process helps the foundation decide what medical equipment to purchase each year.

The foundation's 2024/2025 commitments include \$176,000 for palliative and spiritual care programming, \$125,000 for specialized equipment, \$35,000 for continued education, and \$40,000 for recruitment and retention

of staff.

With the gala in the books, the foundation is getting set to launch its winter 50/50 campaign Nov. 1.

"We're hoping this year to give away \$100,000," said Samatte-Folkett.

The first-ever Kurling for Kids bonspiel is also approaching, scheduled for Nov. 16th in Altona. More information on the bonspiel can be found at www.k4k.ca

To find out more on the foundation's initiatives, or to support their commitments, visit <https://bthcfoundation.com>.

Nominations open for Coronation Medal

By Voice staff

Member of Parliament Branden Leslie has put a call out for nominations for those who deserve recognition for their contributions to our communities.

Portage-Lisgar has been allocated 20 Coronation Medals in honour of the coronation of King Charles III, which took place last year. This is the first Canadian commemorative medal to mark a coronation.

"I encourage everyone to take a moment to recognize individuals who have dedicated their time and talents to improving our community," said Leslie. "These medals honour those who have made meaningful contributions to Canada."

Leslie recommends nominating individuals who exemplify service and dedication, including youth, seniors, volunteers, educators, veterans, and healthcare workers. Nominations should highlight specific achievements that set these individuals apart.

"It's essential to recognize those whose exceptional contributions often go unnoticed," he stressed. "This is our chance to celebrate the unsung

heroes in our community.

"Let's come together to honour those who embody the spirit of service and community."

Nominees must meet the following criteria:

- Be a Canadian citizen and a resident of the Portage-Lisgar constituency.
- Have demonstrated significant contributions to Canada, the province, or their community, or outstanding achievements abroad that positively reflect on Canada.
- Not have any criminal convictions or official sanctions that undermine the integrity of the Canadian Honours System.
- Be alive on the date of King Charles' coronation on May 6, 2023 (posthumous nominations are accepted if the nominee was alive on that date).

Every household in Portage-Lisgar will receive a nomination form in the mail. Nominations can also be submitted online at www.BrandenLeslie.ca/medal.

Nominations will be accepted until Nov. 17 at 11:59 p.m.

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EFFICIENCY MANITOBA

Cutting the ribbon on Winkler's Wendy's

By Ashleigh Viveiros

After months of anticipation, Winkler's newest fast food restaurant opened its doors for the first time last week.

The ribbon was cut Oct. 22 on the new Wendy's located on Boundary Trail. Half an hour later, the staff began taking food orders for their very first lunch rush.

Franchise owner Frank Peters says the restaurant has been in the works for a few years now.

"I've always been a Wendy's fan," he shared. "We just like the quality of the food."

"I always said that if I had a chance to be involved in a Wendy's, I would take up the opportunity," Peters said. "I've lived in this area my whole life. I started off in Plum Coulee running the Happy Wanderer, and me and my wife Trudy have been running the Outpost [Grill, in the Stanley corridor] for the last 13 years. Now, we're starting another venture. I'm really excited to about being part of this community."

It's a new challenge for Peters, but one he relishes.



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

The new Wendy's in Winkler cut the ribbon and fired up the grill for the first time last week.

"It is a difference pace," he said of fast food in general. "I've never had a drive-thru before, so that's new. New challenges."

The restaurant is manned by a staff of 40, and offers customer seating for 36.

If you're new to Wendy's, Peters encourages you to come try out their square beef patties made from fresh beef.

"Wendy's



cares a lot about quality. For fast food, I've been completely impressed ever since I've started getting involved at how much they focus on quality.

"The burgers are never frozen, and they're square, because we don't cut any corners."



Important Notice: Winkler TDS Office Closure

After years of serving the community from our Winkler TDS office, we will no longer be operating out of this location. For the time being, we ask our Winkler customers to visit our Morden office for any services. If you have any questions or would like to schedule an appointment, please contact our Morden office directly.

282 Loren Dr #7, Morden, MB R6M 0G2
(204) 822-4336

We apologize for any inconvenience during this transition and appreciate your patience as we prepare for our upcoming move to the Stanley Business Centre.

Thank you for your understanding and for being a valued TDS customer.



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Exploring the fire hall

The Morris Fire Department invited the community to an open house last week. The evening included demonstrations (left), a barbecue supper (below) and a chance for kids like Trayden and Tommy Sass (right) and Waylon McLeod (below, left) to explore the fire trucks. Chief Trevor Thiessen said the night saw a great turnout. "It gives us a chance to show people the equipment and what we do," he said.

PHOTOS BY SEAN CONWAY/VOICE



Advocacy network ensures families are not alone

By Siobhan Maas

Supporting a loved one with unique needs can feel overwhelming, especially when caregivers have minimal support or are left navigating a complex system alone. A program started seven years ago, the Family Advocacy Network (FAN) is a confidential support service for parents and unpaid caregivers supporting seniors, youth, and adults with intellectual or developmental disabilities or autism in inclusive education, navigating resources for special needs, and supporting independent living in Manitoba.

For one Morris mother, having FAN has helped alleviate the frustration she initially felt in 2021 when trying to make sense of "a government system that isn't as efficient as it could be."

This mother, who declined to give her name to protect her child's privacy, feels much calmer knowing that someone out there has her back.

"Somebody somewhere knows the challenge I'm facing and where to

go next. I don't feel like I'm banging my head against the wall anymore," she shared at a recent FAN meeting. "Sitting down with someone who is walking the same road is comforting. I understand that I'm not alone."

"FAN is light to a family that only feels 'I don't know where to go.'"

She has struggled over the last decade with accessing resources for her now adult son.

"We don't talk about our autistic child. We speak of our child with autism. Autism should be viewed of as a trait, like curly hair or brown eyes," she said. "Many people associate autism with IQ, yet there are many children [with] autism [who] are incredibly bright and intelligent. [With help from FAN,] my child is proud of who he is and it's taken many years to get there."

Autism is only one condition that families might need assistance with. Audra Latschislaw, Manitoba's FAN coordinator, ensures that no families are turned away due to the cross disability nature of the organization's advocacy work.

"We are all advocating for the same thing. We support parents with resources and action—how do we figure this out together?" Latschislaw said. "I've also navigated things alone, while in crisis, in a rural area." FAN ensures a strong provincial voice of "I should be able to raise my child where I want, not where resources are."

The Morris Family Advocacy Network branch meets monthly and is a safe place for families to be open about their struggles in the various systems interacted with on a regular basis: school, government, community living resources, or special needs accessibility.

Latschislaw says the families involved in the various branches across the province are "a passionate bunch" through their advocacy for change at both community and government levels.

"No one needs to be alone. There is power behind hearing and sharing stories. We have to keep the conversation going."

The Family Advocacy Network has

grown exponentially since its formation in 2017 due to a grant from the Manitoba Government's Department of Families' Community Based Assisted Decision Making Pilot Project.

"We have developed peer groups and several action groups that report quarterly to the province. It is powerful and exciting to have families heard and recognized," said Latschislaw.

Despite grant funding running out in January 2025, new provincial branches continue to emerge, and commitment to the organization remains strong. Carman will be holding their first meeting on Nov. 7 from 7-9 p.m. at the Carman Memorial Hall. FAN's Morris branch will hold their next Peer Support Group on Nov. 23 from 2-4 p.m. at the Davidson Memorial Centre.

Visit fanmb.ca for additional information or reach out to 431-489-2542.

You can also connect with the Family Advocacy Network of Manitoba Facebook group.

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

AAFRC celebrates achievements and prepares for growth in 2024

By Lori Penner

Altona and Area Family Resource Centre reflected on their challenges and triumphs at last week's annual general meeting.

Now in her second two-year term as board chair, Dana Bergman emphasized the importance of community engagement and support.

"It has been challenging to learn the breadth of the work that AAFRC does and understand the partnerships in place. But it's humbling to see business and community engagement resulting in a balanced budget over the past year, along with modest growth."

Bergman emphasized the value and care that AAFRC coordinator Nina Edbom-Kehler brings to the centre.

"She continues to be patient and supportive, with discussions, questions, and opportunities for the centre's growth and personal development in her role. Her wealth of knowl-

edge and history of the organization at multiple levels is both educational and inspiring."

Reflecting on their growth, Bergman says they started to see a resurgence in spring, with more people coming to in-person programming. The hybrid model of in-person and take-home programming for families in Altona, Rosenfeld and Gretna offers one in-person program weekly, between September and June.

"One of the things we piloted during the pandemic is the take-home kits, which really have been a fantastic addition to the programming. It was a great investment, and where we see the greatest engagement with families. It allows them some flexibility. We used to do 30 kits biweekly, and now we're up to 40. There's a lot of preschool supports going out, that families and children and caregivers can access, in a structured way so that



PHOTO BY LORI PENNER/VOICE

Altona and Area Family Resource Centre board members include (back row, from left) Robyn Voth, Ruth Friesen, Cheryl Falk, Dana Bergman, Erin Whiteway, and Hayley Parago. Front row: Nina Edbom-Kehler and Courtney Hutchison. Missing: Stephanie Fortier and Hildenid Ramirez.

it supports not only education but is also presented in a play-based context, looking for fun ways to engage cognitive, behavioral and motor skill development, as well as social and emotional development that's based on the in-person programming."

In 2023, AAFRC focused on stability, responding to family needs and program demands, while aiming for modest growth in their programming options.

"We continue to look for community connections that would increase board representation to better reflect the community as a whole."

New programs introduced this past year were well-received and will continue into the new year. Those programs include a partnership between Gardens on Tenth where families and children connected with some of the seniors to build gardens.

"Working in nature and connecting with people intergenerationally is a really neat approach to education for preschoolers," Bergman said.

AAFRC is also working with Regional Connections to connect with and provide resources to newcomer families. They're also taking children on tours of local businesses.

"Those connections really support the feeling of belonging in the community and makes things more approachable and familiar," said Bergman. "AAFRC relies heavily on community connections. It is those business connections, along with other supports, that provide financial sta-

bility, and we are looking to expand that."

Looking ahead, a balanced budget with a five to seven per cent increase in spending is forecasted for 2024-2025 to support new programming and increased wages.

Bergman said they will continue their efforts to engage with families in Emerson, with hopes for increased participation in the coming year. Additional in-person programs coincide with special events, specific seasons,

or the transition of preschoolers to kindergarten.

"If you want to be involved in meaningful work, this is at the ground level. Preschoolers are going to be supporting our workforce development in 18 to 20 years. These are the kids who are going to be build-

ing our community in the coming decades. So, starting out with those baseline skills and having that advantage when you get to school, just makes that transition to the education system so much smoother."

Thanks to a dedicated board and a committed community, Bergman says they anticipate continued success and growth.

"We are sincerely thankful for all our supporters, donors and families from the community, and from those from healthcare, education, and business communities for their ongoing support. The work we do is vital, and we couldn't achieve it without the incredible support we receive. We're excited about what the future holds for AAFRC."



SUBMITTED PHOTO BY SARAH BRAUN

Children ages 12 and under were invited to come to Altona IGA on Saturday, with an accompanying adult and decorate their very own six-pack of Halloween cupcakes that they could take home for free. Five-year-old Aria Braun couldn't have been more thrilled.

Another successful year of giving for Legends Car Club

By Lori Penner

Legends Car Club capped off 2024 with an impressive donation total, raising \$48,781.53 for various organizations that serve Altona and surrounding communities.

Club president Alex Loewen described 2024 as “another successful year of events and giving.”

“Through several successful events, including BBQs, car shows, and drag races, the club turned its passion for cars into meaningful contributions to support critical local services and programs.”

The fundraising year began in May with the annual Legends Charity BBQ and Car Show, which featured over 200 entries, followed by the Drive for Cancer event. Held in May, these two initiatives generated a combined total of \$27,225 for South Central Cancer Resource (SCCR).

The BBQ was a donation-driven event, while the Drive for Cancer encouraged Legends members to gather pledges from supporters. The club highlighted the community’s generosity as a driving force behind this early success, noting that all donations help sustain SCCR’s ongoing work in cancer care and support.

The club’s most ambitious event of the year, the 20th Annual Legends Charity Airport Drag Races, took place Aug. 17-18. It raised a substantial amount, with 50 per cent of the revenue going to three primary charities: SCCR (\$3,579.51), Genesis House (\$4,329.51), and the STARS Air Ambulance (\$3,629.51).

In addition to the main charity recipients, the club introduced a unique way to extend their donations further: winners of each race category had the option to donate their prize money to a charity of their choice. Additional beneficiaries included Altona and Rhineland Emergency Services (ARES), which provided on-site support throughout the weekend, receiving \$1,500, Sixteen13 Ministries, which handled parking and security for the event, also receiving \$1,500, and The Community Exchange, which operated the event’s cold shack, getting \$1,000.

“It is getting harder to find groups and the manpower to assist us that weekend, but each of these groups are very happy to help, and they all did a very good job,” Loewen said.

As the year came to a close, Legends Car Club members continued their tradition of allocating additional



SUPPLIED PHOTO

Legends Car Club members present a cheque to representatives from South Central Cancer Resource.

funds to selected charities. This year the club donated \$2,000 each to SCCR, Pembina Counselling Centre, and the Altona and Area Family Resource Centre (AAFRC).

“The club has had a longstanding relationship with SCCR and has supported their needs for many years,” Loewen said. “In 2008, the Drive for Cancer raised SCCR’s entire annual budget. And in 2024, their transport budget alone is over \$220,000. That’s just for the transport, excluding everything else they do. We gave them a total of \$32,000 this year, and that’s just a drop in the bucket. But every little bit counts.”

He added, “We couldn’t have run these events without the support of

our community, sponsors, and the generosity of people who believe in these causes. It’s incredible to see how our love for cars and community can make a real difference.”

Looking ahead, Loewen says next year’s schedule will be status quo.

“Why change something if it’s working? However, we are always open to new members. If anyone has an interest in specialty vehicles or collector vehicles, and they like what we’re doing and they want to help, we will welcome you. It’s only \$30 a year. we don’t have a lot of administrative meetings; just a few in the winter. But if anybody likes what we’re doing, membership is always open.”

Gardens on Tenth reflects on a productive year

By Lori Penner

Altona’s Gardens on Tenth celebrated a few accomplishments last year.

At their annual general meeting last week, board chair John Falk noted that the renovations at the Manor are complete.

“Two years ago, we celebrated 60



PHOTO BY LORI PENNER/VOICE

Board chair John Falk was proud to announce that renovations at the Manor are complete.

years of serving seniors in our community and area. At that time, we were discussing how we could serve our seniors better with the services they needed. The idea that we came up with was to renovate the Manor to make the 18 suites more accessible with the possibility of expanding our Pathways program into that area. We almost reached our fundraising goal of \$500,000. I want to thank all those who gave to this cause.”

Falk added that they are now planning to make some updates to the Units as well.

“This building was built in the early ‘70s and very little has been done to the suites. The building is a concrete block construction, so it’s a solid building. The kitchen cabinets need replacing, new flooring, some windows need replacing, the bathrooms need refreshing, and the walls need painting. This will mostly be done when tenants move out and before new tenants move in.”

Meanwhile, he said they are working

with Manitoba Housing to help keep the Manor and Units at affordable rent, while maintaining the building.

Finance committee chair Bill Penner shared that the current mortgage balance of The Gardens is \$9,866,700, with monthly payments of \$56,261.

“We also have suite deposits, owing to the tenant in the amount of \$3,295,100. These are paid when tenants move out and replaced when the new tenants attain occupancy.”

Penner said occupancy has been good in the last year, noting that renovations have improved their cash flow.

“There are no rent increases for these renovated suites, due to the generosity of our community.”

Rental increases have been minimal, due to restrictions from the Residual Tenancy Branch. However, operating costs continue to climb, which means any improvements must come from the generosity of the community.

“We are doing our best to continue to provide affordable housing for se-

niors,” Penner said.

Managing director Lisa Smiley said the Pathways program, which began in The Apartments in 2022, continues to be a success. The program provides safety, security, support, daily living care, as well as assistance with medication to tenants. The care plan is provided by the home care worker.

Along with quality care, the Pathways program seeks to make support fees affordable for seniors on a limited income. Smiley says families now utilize the Self and Family Managed Home Care option to pay for the support fees in the Apartments and Manor.

Along with affordability, Smiley noted that quality and consistent care is vital for their tenants.

“Providing support to seniors around personal relationships is a key part of a person-centred approach; it’s about our tenants making their own choices about what they want and when.”

Continued on page 14



PHOTO BY LORI PENNER/VOICE

From left: Altona Senior Centre volunteers Mary Diplock, Julie Neustaeder, Darlene Funk, Cathy Wall, and Elma Buhler finally get the chance to sit back and relax after organizing the fundraising supper last week Friday.

> SENIOR CENTRE, FROM PG. 2

"It's definitely one of our biggest fundraisers," Buhler says.

The board undertook two projects this year: new shingles for the building and a new parking lot.

"The old parking lot was causing issues for neighbours, who complained it wasn't shaped properly and was causing water to seep into their basements," shared Buhler. "We ended up spending just over \$7,000 to fix it."

LET Construction was hired to handle the project.

"They came in with new crushed

rock, packed it and shaped it. It should be good for many years," Buhler said.

The board is now up to date with projects and has no new ones on the horizon for the moment. However, they remain committed to maintaining and improving the facility.

Reflecting on the event's success and the local support, Buhler expressed gratitude.

"We've had to be creative, but the community always comes through for us. We couldn't do this without their support."

An opportunity for teens to embark on an Amazon adventure

By Lori Penner

A Southern Manitoba teacher is organizing an educational trip to Brazil, promising an unforgettable experience for teenagers aged 15 to 19.

Karl Enns, who grew up in Brazil as the child of missionaries, has a deep connection to the Amazon region and a passion for immersive learning.

With extensive experience in tourism and hospitality, Enns aims to create a unique travel adventure that will create lifelong memories and make a profound impact.

Enns brings a wealth of local knowledge. He and his wife previously owned and operated a hospitality centre in Brazil, giving him numerous contacts in the tourism industry. They moved back to Canada with their children in

2014, settling in Altona.

Inspired by his daughter's friends and their desire to travel there, Enns decided to turn it into an educational journey to include a larger group. It's simply a journey organized by someone with extensive travel experience, a background in Brazil, and a deep desire to share the wonders of the region with others, he says.

"Often, you'll see student trips to Europe where they visit Italy or Greece and take in human cultural history. And that's fantastic; those trips have so much value. But there are also kids who like the natural, more adventurous history. So that's what this trip is for. It focuses on natural history. We'll have local people there who can teach them about the animals and fish, the river and the plants, and the place they're living in. They'll also learn about the culture and interact with locals who live along the river. Having lived there, I know what things would be of interest and what areas would be intriguing, while still maintaining a level of safety and basic comfort."

Planned for August 2025, the trip will introduce teens to the natural history of the Amazon. Participants will learn all about local flora and fauna, interact with Indigenous communities, and experience life along the Amazon River.

Highlights include sleeping in hammocks on

a riverboat, hiking in the jungle, and canoeing through flooded forests.

Enns emphasizes that the trip will involve some "roughing it" with no luxurious accommodations, but assures parents that safety and basic comfort will be maintained.

"I do want to be realistic. This is not for someone who doesn't like the outdoors. You're going to confront bugs, insects, and probably some critters. There will be a little discomfort with heat and humidity. It's not going to be air conditioned or anything like that."

The trip is open to teens across Southern Manitoba, with hopes of forming a group of 12 to 30 participants.

Enns is holding informational meetings in Winkler and Altona Friday, Nov. 8 (7 p.m.) at Minas Cafe & Eatery (1027 Mountain Ave., Winkler) and Saturday, Nov. 9 (7 p.m.) at the Millennium Exhibition Centre in Altona.

Enns believes that travel and immersive experiences are the best ways to learn, fostering empathy and a broader worldview. He hopes this adventure will spark curiosity and a sense of global awareness in the participants.

For more information, parents can contact Enns at karlenns@yahoo.com or call/text 204-304-1135 or find him on Facebook www.facebook.com/groups/amazontrek2025.



SUPPLIED PHOTO

Nat Enns taking in the jungle on a recent trip to the Amazon in Brazil. Her father Karl Enns is leading a trip to Brazil for teens age 15-19 next summer.

> THE GARDENS ACM, FROM PG. 13

The Gardens on Tenth hired a new part-time chaplain in July of this year. Ted Enns Dyck provides spiritual care to tenants in The Apartments and at Eastview Personal Care Home.

"We have had a very positive response from our tenants and families," Smiley shared. "Specifically, they have let us know how meaningful they find the one-on-one visits and the time Ted takes to get to know our tenants."

Meanwhile, Smiley noted that programs and activities at The Gardens has been ongoing and well-received. From exercise programs, pet therapy, crafting and baking, to Sunday School classes, movie nights and various live performances by entertainers and groups, tenants have been engaged in enjoyable activities.

Earlier this year, The Gardens hosted a Healthy Living Forum, which drew speakers for mental health, palliative care, Victoria Lifeline and the Alzheimer's Society, to name

a few.

Tenants and staff also participated in the Alzheimer Awareness Walk and fundraiser this year, as well as programs such as Minds in Motion and a monthly support group for those who have loved ones suffering from dementia.

There have been a number of bus tours this year, including a day at the Human Rights Museum, lunch and a river cruise at The Forks, an afternoon at Rainbow Stage, shopping in Winnipeg, as well as an evening at Folklorama.

Smiley expressed her gratitude to staff for their dedication to the well-being and happiness of the tenants, as well as the volunteers who share their gifts and talents, whether they are musically gifted, enjoy crafting, baking or just like to visit over a cup of coffee.

"I would also like to thank the staff and board for their continued hard work and support."

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IN MORRIS MB

getinformed

Southern Manitoba Concerts kicked off the 2024-25 season with a performance from the Winnipeg Jazz Orchestra at Buhler Hall in Gretna Sunday afternoon. The series continues with the Valley Arts Concert, featuring the Post Roads Orchestra and Tom and Lori, in Morden Dec. 7, a showing of the Royal Manitoba Theatre Centre's Murder for Two production Feb. 20 in Morden, and Fierbois featuring pianist Madeline Hildebrand and oboist Caitlin Broms-Jacobs April 27 in Winkler. For show details, head to southernmanitobaconcerts.ca.

PHOTO SUBMITTED BY
CHARLES KLIPPENSTEIN



> STRATEGIC PLAN, FROM PG. 7

Goal one is to transform Winkler into a leading hub for technology and innovation to drive economic growth and productivity. It suggests that can include attracting technology firms, developing an innovation mall, pursuing more educational partnerships and assisting firms in attracting research and development grants.

Goal two is to ensure Winkler's infrastructure supports current needs and future growth while enhancing the quality of life for residents. Priorities here include making key infrastructure investments, pursuing more diverse housing development, developing more recreational facilities and social gathering spaces and enhance social gathering spaces and developing a downtown revitalization plan.

Goal three is to leverage the unique strengths of the region to create a competitive, cohesive area that attracts investment and fosters sustainable growth. Priorities here can include pursuing joint economic development initiatives, implementing a tri-regional economic development council, developing shared services

and resources and creating a joint advocacy strategy to represent the tri-region's interests to higher levels of government.

Siemens noted the city's existing strategic plan is six years old, and these plans traditionally are revised and updated four to six years. Looking to the future, he emphasized the importance of regional co-operation.

"We felt it was time to put some thought into how we want to continue to grow our community, how we want to collaborate with our neighbours to grow our community," said Siemens.

"Every project that we do today is so exponentially more expensive than it used to be," he added, noting it is increasingly impossible to do things on their own.

"We knew we couldn't do things on our own anymore, and we knew we needed to work together."

Siemens added it also becomes critically important that they are able to make a good case to other levels of government for more invest-

ment in the region.

"This area is fairly affluent when compared to other areas, which makes it easy for Manitoba and Canada to spend their money elsewhere," said Siemens.

City manager Jody Penner also commented on the power of joint advocacy.

"Our region is an economic powerhouse and if we learn to advocate together, we're going to make a really big difference, and we're going to see big strides forward in the development of our community."

"It is incredible important for local levels of government to co-ordinate and lobby the provincial and federal governments," agreed Griffiths.



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The **Voice** *Winkler Morden*

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As of Nov. 3 at 12:01 a.m. Canadians could be facing a full or partial shutdown of Canada Post unless the crown corporation and its main union, CUPW, come to terms on a new contract. If a labour stoppage does occur, the Winkler Morden Voice has a select few towns that will be affected by the Canada Post contractors not delivering. If you live in a community where you pick your mail up at a group mailbox or have your mail delivered to the end of your driveway - your newspaper delivery will be impacted.

The Winkler Morden Voice will do everything possible for you to continue receiving your newspaper in a timely fashion.

We will have free distribution boxes with the Winkler Morden Voice and flyers available for pick up from our red or yellow distribution boxes at the following locations:

The Winkler Morden Voice

- 1) Coop Gas Bar (Hwy #3 between Winkler and Morden)
- 2) Morden Coop Gas Bar (11 Thornhill Street, Morden)
- 3) Thornview Grocery/Coop Gas (274 Thornhill Street, Morden)
- 4) Winkler Coop Gas Bar (755 Main Street)
- 5) Reinfeld (Pembina Ave East across from Booster Station)
- 6) Reinland (Reinland Ave. beside group mailboxes)
- 7) Horndean (Rd 9W@Railway Ave East beside group mailboxes)
- 8) Plum Coulee (265 Main Street)



sports & recreation



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Morden Minor Hockey marked World Girls' Ice Hockey Day Saturday with activities both on and off the ice. The younger players also made posters and then cheered on the U18 Pembina Valley Hawks at their evening home game.



Celebrating World Girls' Ice Hockey Day

By Ashleigh Viveiros

Morden Minor Hockey marked World Girls' Ice Hockey Day on Saturday.

U7, U9, U11, and U13 female hockey players came down to the Access Event Centre for an afternoon and evening of activities that included on-ice training, street hockey games, dryland activities, and poster-making in the lead up to cheering on the U18 AAA Pembina Valley Hawks as they

played the Winnipeg Ice.

Organizer Chris Reimer said having the U18 and also the U15 Hawks on hand working with the younger kids made for a great way to celebrate the sport.

"For us, the importance of this day is to have girls come in, enjoy the game of hockey, grow new friendships, and allow a sense of belonging and power for these girls when they all get together," he said, noting the younger

players certainly look up to the older ones. "I have two daughters myself, and seeing how the girls interact and look up to these PV Hawks, U18 and U15 as well, is pretty fun to watch. They literally want to mimic them, they're making posters for these girls, they're cheering as hard as they can as though they're their idols. We even had autograph sessions with these girls. It's a blast."

Female hockey has grown in leaps in

bounds in recent years.

"It has really taken a turn for the best here," Reimer said. "Looking in Morden Minor Hockey itself at the U7 level alone, it's almost 50/50 girls to boys. And we're talking similar at the U9 level."

"I'm hopefully this new wave can continue and these girls can gain relationships and maybe some scholarships down the road, and just continue to grow the game."

Male Hawks down Kenora Thistles 3-2, 4-1

By Lorne Stelmach

The male U18 Pembina Valley Hawks boosted their record to just above .500 with a pair of wins over the cellar-dwelling Kenora Thistles last weekend.

They followed up a 3-2 win Saturday in Kenora with a 4-1 victory Sunday in Morden.

The Hawks scored two third period goals to edge Kenora in game one of the weekend doubleheader.

Scoring for Pembina Valley were Tegan Fehr, Cohen Pilkington, and Carson Hiebert, while Karsen Dyck made 32 saves as the shots on goal were 49-34 in favour of the Hawks.

In game two, Pembina Valley took period leads of 1-0 and 3-0 to earn

their fourth win in their last five games.

Hiebert, Hayden Friesen, Ryder Wolfe, and Casey Magarrell scored for the Hawks. Ryler Gates made 27 saves as Pembina Valley outshot the Thistles 41-28.

The victories improved the Hawks' record to 6-5 for 12 points, which has them in seventh place, where they are

three ahead of Norman and just one back of Eastman and two behind the Winnipeg Wild.

Pembina Valley began their week in Teulon Wednesday against Interlake, and they visit Parkland in Dauphin Friday before hosting the Winnipeg Bruins Sunday.

Twisters make it eight straight games without a win in MMJHL action

By Ty Dilello

The Pembina Valley Twisters continued their slide with a pair of losses over the weekend, making it eight straight games without a win. The Morris-based MMJHL is now 1-9-1, good for last place in the league standings.

On Friday, the Twisters were shut out on the road in a 3-0 loss to the

Fort Garry/Fort Rouge Twins. Darion Penner stopped 28 shots in the Twisters' net in the loss.

The Twisters took to the ice on Sunday, hoping for a better result, but instead lost 8-6 on the road to the River East Royal Knights. Austin Spicer had a hat trick, Ketema Wall had a pair of goals for the Twisters, and Owen Vanrobaeys had the team's other tally.

The Twisters led 6-2 in the second period but crumbled down the stretch, giving up six unanswered goals to lose the game 8-6. Darion Penner stopped 35 shots in the loss.

Despite a long losing streak of eight straight games, Twisters' head coach Braeden Beernaerts is trying to stay positive as the team hopes to turn the page this week.

"We played well in spurts, so it's slowly coming along," said Braeden Beernaerts. "We learned the hard way tonight that it's never over until it's over and that we need consistency for 60 minutes."

Coming up, the Twisters hosts the St. Boniface Riels Friday and then play in Transcona against the Railer Express Sunday.

Gundrum sisters team up with UofM track team

By Ty Dilello

Swan Lake sisters Natalie and Lindsey Gundrum have been fixtures on the University of Manitoba's women's track and field team for the past few years.

Natalie and Lindsey's track focus for the University team is solely on the pentathlon, a five-sport event that includes high jump, long jump, shot-put, 60-metre hurdles, and an 800-metre sprint.

The Gundrums come from an illustrious track and field family. At one point, four of their older siblings also competed for the University of Manitoba track and field team.

The pair started in track in elementary school at Swan Lake and have been passionate about it ever since.

"As a kid, I watched my older siblings compete in track. So then I participated in school meets in elementary school and continued to compete in high school," said Lindsey Gundrum. "What made me want to pursue it competitively was watching my siblings compete, as I always loved the atmosphere around the track."

"I pursued it competing because it felt like the sport that I had the best chance winning stuff in, as I've always been very competitive," added Natalie Gundrum.

The Gundrum sisters note that Prairie Mountain High School in Somerset's track and field program is phenomenal. They have won the provincial aggregate track and field banner almost every year since the school started after the Somerset and Swan Lake schools amalgamated.

"I actually wouldn't be competing in track at the UofM if it weren't for Natalie," said Lindsey. "My first year of university, I was focused on softball,



Swan Lake sisters, Natalie (left) Lindsay (right) Gundrum compete in women's pentathlon for the University of Manitoba's track and field team.



SUPPLIED PHOTOS

playing with Team Manitoba at the 2022 Canada Games. In my second year of school, Natalie really wanted me to join the team, but I thought it was too late for me as it was my second year of university and I hadn't really competed in track since high school. Natalie actually tricked me into going to the team meeting after talking to our coach, and I've been training ever since, focusing on the pentathlon."

Natalie is in her fifth year of university. She is finishing up her history degree this year and will then apply to education next year. Lindsey is in her third year of the midwifery program at the University of Manitoba.

"My time at UofM has been great," said Lindsey. "I train with the team during the school year, and this past summer, I was in Brandon for my



clinical placement, so I would go to the track there whenever I had time.

The Gundrum sisters' big goal is to hit personal bests at this year's CanWest, the Western Canadian conference championship. If they do well, they will attend the U Sports National University championships.



"Going to the U Sports is my goal and would be a great way to cap off my university track days," said Natalie. "I'm going to train lots to hopefully make that happen."

Flyers best Stampeders twice before bowing to Kings

By Ashleigh Viveiros

The Winkler Flyers added two decisive wins and one close loss to their record last weekend.

Friday saw the team in Swan Valley to take on the Stampeders. They left the ice with a 9-2 victory under their belts.

It was a night that saw the Flyers dominate with 56 shots on goal to the home team's 21. Liam Ernst made 19 saves in net.

The lengthy list of goal scorers for Winkler included Will Lyons, Jayce

Legaarden (with two), Brady Craik (with two), Brody Beauchemin, Liam Carlone, Blake Matheson, and Isaiah Peters.

Game two saw the Stampeders up 3-0 after 20 minutes, but the Flyers came back to life in the second with goals from Matheson, Conner Jensen, and Nicolas Mckee. Swan Valley managed one more to end the period back in the lead 4-3.

Period three was then all-Winkler, with two from Legaarden and two more from Mathys Blanchette and Will Brophy giving the Flyers the win

7-4.

The Flyers won the shots battle 47-25. Goalie Rylan Benner made 21 saves.

The tables turned Sunday night in Dauphin against the Kings.

A goal from Legaarden midway through the first period proved to be Winkler's lone point of the night. The Kings returned the favour before the first buzzer, but then it took until the final minutes of the third period for them to get the game winner to take it 2-1.

Winkler outshot Dauphin 35-20 this

match, with Ernst between the posts and making 18 saves.

With that, the Flyers are 9-4 for the season so far, good for third place in the MJHL East Division with 18 points, behind Selkirk in first (12-3, 24 points) and Steinbach in second (10-2-1, 21 points), but with two games in hand over the Steelers.

Coming up, Winkler hits the road to play the Blizzards Friday and Saturday and then are in Portage to take on the Terriers Sunday.

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

Local brings home jiu-jitsu gold

By Voice staff

A local jiu-jitsu coach and athlete brought home the hardware from an international competition earlier this month.

Darrius Joof, an assistant coach with Rise Athletics in Winkler, won gold at the Kansas City International Open organized by the International Brazilian Jiu-Jitsu Federation (IBJJF).

Joof dominated the competition, winning all his fights by submission, demonstrating his technical ability and determination.

"Winning gold in Kansas City feels

incredible," Joof shared. "I'm grateful for the support of my team at Rise Athletics and the local community. Each match was a test of skill and mental endurance, and winning every fight by submission is a testament to the hard work we've put in."

"Darrius embodies the spirit of jiu-jitsu," remarked Rise Athletics head coach Marcos Gaubert. "His achievements both as a competitor and a coach are a testament to his discipline and dedication. We're incredibly proud of him and excited to see what's next."



SUBMITTED PHOTO

Darrius Joof, centre, with the gold medal he won in Brazilian jiu-jitsu at the Kansas City International Open.

Challenging weekend for female Pembina Valley Hawks

By Lorne Stelmach

It was a tough weekend for the female U18 Pembina Valley Hawks.

After being edged 4-2 by the Brandon Wheat Kings Friday, the Hawks fell 7-3 to the Winnipeg Ice Saturday and 5-1 to Eastman Sunday.

Pembina Valley was even with Bran-

don in Morden through 40 minutes, but they then gave up two goals in the final frame, including an empty net marker with 10 seconds left on the clock.

Jessica Anderson and Emma Durand scored for the Hawks, who were stymied by Wheat Kings goaltender Danica Averill as the shots on goal

were 49-21 in favour of Pembina Valley. Kasia Rakowski took the loss in goal with 18 saves.

A four-goal second period turned the tide in favour of Winnipeg Saturday as the Ice took a 5-3 lead before adding two more goals in the third.

Scoring for the Hawks were Anderson, Leah Klaassen, and Sophia Cox. Madison Froese made 24 saves as the Ice held a 31-18 edge in shots on goal.

Pembina Valley then trailed 2-0 and 3-0 at the intermissions against Eastman and could only manage a third

period goal by Casey O'Brien. Rakowski made 31 saves as the Selects outshot the Hawks 36-28.

It leaves Pembina Valley in sixth place at 2-6 for four points. They are ahead of Interlake and Central Plains and trail Brandon by two and Yellowhead by four points.

The Hawks have a pair of exhibition games this weekend against Brandon Saturday and Pilot Mound Sunday before returning to league action against Westman Nov. 15, Brandon Nov. 16, and Yellowhead Nov. 17.

Bombers, Royals suffer losses in SEMHL opening weekend

By Ashleigh Viveiros

The South Eastern Manitoba Hockey League kicked off its 73rd season last weekend.

There are 10 teams taking the ice this winter, in-



PHOTO BY HALEY CVAR/VOICE

The Winkler Royals opened their SEMHL season this past Saturday night in Warren. Justin Augert, above, scored two goals for Winkler in the 5-3 loss.

cluding newcomers the Springfield Winterhawks. Meanwhile, longtime team the Altona Maroons are taking a break this season.

Friday night saw the Carman Beavers host the Morden Bombers, and win it 6-3. Derek Wiebe, Carter Hynes, and Tyler Peers did the honours for Morden, while Aaron Brunn made 34 saves in net.

The Winkler Royals also suffered a loss to kick off the season, falling to the Merces in Warren 5-3. Winkler's Justin Augert had a two-goal night while Braden Hildebrand had a single. In net, Matthew Thiesen made 38 saves.

This weekend, Red River hosts Winkler Friday, Springfield hosts Morden Saturday, and Winkler hosts Carman while Red River plays in Portage on Sunday.

Lindsay Miller named Athlete of the Week

By Voice staff

An Altona athlete has been selected as one of the Dairy Farmers of Manitoba High School Athletes of the Week.

On Oct. 23, the Manitoba High School Athletic Association announced that Lindsay Miller from W.C. Miller Collegiate in Altona had been selected in recognition of her skills on the soccer field.

"Lindsey is an incredibly hard worker who controls the middle of the soccer field with ease for 90 minutes a game," the citation noted. "Her drive, positive outlook and easy-going attitude makes her a fantastic teammate and leader."

"She is incredibly coachable and is always looking to learn and improve her game. Her role as cap-



WWW.MHSAA.CA

tain of the Aces soccer team helped secure a provincial championship. Lindsey was also named the tournament MVP at provincials."

In addition to soccer, Lindsey also plays basketball and badminton. She's maintaining a 95 per cent average in her classes this year.

Meanwhile, the male athlete of the week was Gage Parnell from Sturgeon Heights.

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CAREERS

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Education / Experience

- Engineering Bachelor's in one of the following (Instrumentation, Controls, Electrical) is preferred. Two-year diploma or Trades background will be considered. Experience in each of these areas is preferred, with preference given to electrical and power distribution.
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PUBLIC NOTICE



PUBLIC NOTICE TOWN OF ALTONA

In accordance with Section 194 of *The Municipal Act* of Manitoba, PUBLIC NOTICE is hereby given that the audit report and audited financial statements for the Town of Altona for the year 2023 have been deposited with the under-signed and are available for inspection on the Town of Altona website or at the Administration Office, 111 Centre Avenue during regular office hours.

Terry Fehr, CMMA
Manager of Finance

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About Manitoba Pulse & Soybean Growers

The Manitoba Pulse & Soybean Growers (MPSG) is a non-profit, member-based corporation representing farmers in Manitoba. Directed and funded by producers, MPSG exists to advance all phases of the provincial pulse and soybean crop-growing industry. The MPSG mission is to provide research, production knowledge and market development support to Manitoba pulse and soybean farmers.

Position Overview:

Come be part of a growing team with an exceptional opportunity to shape the future of education and research in this vital sector. Assiniboine College (AC) and Manitoba Pulse Growers (MPSG) share the vision of an AC faculty member conducting research, teaching course(s) and performing extension in sustainable pesticide use.

We are seeking a dynamic and accomplished individual to serve as the inaugural Agronomist in Residence (AiR) in sustainable pesticide use. The AiR will lead applied research in practical knowledge about how to utilize pesticides to protect farm profit, prevent the onset of resistance including the protection of agro-ecosystem health. The position will collaborate with industry and commodity organizations, provincial specialists and faculty to develop research and extension opportunities. The position will be responsible for developing research protocols, conducting field research, supervising research staff, reporting and summarizing findings and providing extension materials to convey information to producers. The position will work with existing research coordinators to engage and secure research proposals and funding to further the goals of their program.

How to Apply:

If you are interested in this career opportunity, please email your resume and cover letter with reference to this competition to careers@assiniboine.net. We thank all applicants for their interest; only those selected for further consideration will be contacted.

FARMLAND TENDER

FARM LAND 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

- Interested parties must rely on their own inspection and knowledge of the property.
- Tenders must be received on or before 2:30 p.m. on November 15, 2024.
- 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.
- Highest or any tender not necessarily accepted.

TERMS AND CONDITIONS OF SALE

- The bidder whose tender is accepted will be required to complete an agreement covering terms and conditions of sale.
- 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.
- Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
- Successful bidder will be responsible for real property taxes commencing January 1, 2025.
- 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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OBITUARY



Bob Wiebe

It is with heavy hearts we announce Bob Wiebe, loving husband, dad, grandpa, brother, uncle, cousin and friend passed away suddenly at Pelican Lake, Manitoba on October 11, 2024 at the age of 70.

Bob treasured spending time with his family and friends, and created lasting memories, which involved so much fun and laughter. There were many, many adventures: motorcycle trips, camping, fishing, snowmobiling, vacations and wintering in Arizona. It was also the day to day living that he embraced: golf, attending his families sports and school events, celebrating birthdays, anniversaries and accomplishments, and of course his twice daily coffee with cherished friends at Rocks and Tim Hortons.

Bob and Jennifer embraced 51 years of marriage and both taught and modeled the value of family. Bobs fierce love for his family was evident in everything he did. He was always looking forward to any opportunity to gather with his family from a simple stop in for coffee to gatherings and celebrations.

Bob built countless relationships through his family business – Wiebe's Trenching Ltd, which had 35 successful years. Bob was very proud of the business and even more so that its foundation was family.

Bob's legacy is loyalty, his devotion to those he loved and what he loved will be remembered by all who knew him.

Bob leaves behind his loving wife, Jennifer; his cherished children: Colleen Enns (Jake), Christy Gurr (Greg), Glen Wiebe (Jennifer); and his loving grandchildren: Morgan Wall (Cody), Cailin Enns (Spencer), Trinity Woelke (Jacob), Ashlynn Wiebe (Nathan), Owen Enns, Hayden Gurr, Lucas Wiebe, Easton Gurr. He is also survived by his brothers Al Wiebe (Susanne), Al passed away 15 days later on October 26, 2024; Dwayne Wiebe (Deanna) and sister Lorraine Keen (Rod) and their families, as well as many uncles, aunts, cousins and friends.

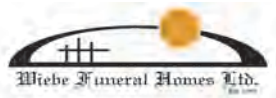
Bob was predeceased by his parents Margaret Wiebe (nee Groening) and Leonard Wiebe and granddaughter Carley Enns, parents in-law Abe and Liz Hiebert and brother in-law Rob Hiebert.

A service for Bob was held at The Westside Church on October 18, 2024 at 2:00 p.m.. Burial held at Lakeside Cemetery.

The family would like to thank everyone for their messages, thoughts, prayers, phone calls, flowers and food during this difficult time.

Donations in memory of Bob may be made to The Heart and Stroke Foundation.

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



OBITUARY



Susie Audrey Mae Klassen (née Martens)

Susie Audrey Mae Klassen (née Martens), 90, of Winkler, Manitoba passed away peacefully on October 22, 2024 at Tabor Home, Morden, surrounded by her loving family.

Susie was born on March 28, 1934 in East St. Paul (Winnipeg). She was adopted by Anna and Peter Martens on December 29, 1934. Susie was baptized upon the confession of her faith at 21 years of age. She was a generous mother, grandmother, great-grandmother, and cheerful friend, known for her love of painting, gardening and her devotion to the church.

She is survived by her loving husband of 69 years, John Klassen; her children Yvonne (and Myles Viklund), Connie, and Kimberly (and Michael Green); her grandchildren Jade Friesen (and Sylvia) and Nyx (and Chris Wieler); and her great-grandchildren, Luke, Trey, Raya and Fia.

She was preceded in death by her parents.

A funeral service to celebrate Susie's life was held on Saturday, October 26, 2024 at 2:00 p.m. at the Winkler Mennonite Church, 31 Willowdale Crescent, Winkler, MB.

In lieu of flowers, donations may be made to either Inner City Youth Alive Inc. or Living Bible Explorers.

The family would like to thank Dr. K. Martin and the staff at Boundary Trails Health Centre, Swan Lake and Tabor care home facilities for their compassionate care during Susie's last year.

Please join us in celebrating Susie's life. She will be deeply missed and forever in our hearts.

Susie's burial was held on Saturday, October 26th, 2024 at Reinfeld Cemetery at 1:00 p.m. and a funeral service was held afterwards at 2:00 p.m. at the Winkler Mennonite Church.

Wiebe Funeral Home, Winkler
in care of arrangements
www.wiebefuneralhomes.com



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PUBLIC NOTICE



RURAL MUNICIPALITY OF STANLEY PUBLIC NOTICE - BOARD OF REVISION

Public Notice is hereby given that the 2025 Assessment Roll for the Rural Municipality of Stanley has been delivered to the Municipal Office at 1-23111 PTH 14 and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Sections 42 & 43 of The Assessment Act:

APPLICATION FOR REVISION

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

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

APPLICATION REQUIREMENTS

43(1) An application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- be filed by
 - delivering it or causing it to be delivered to the office indicated in the public notice given under Subsection 41(2), or
 - serving it upon the secretary, at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on Thursday, December 5, 2024 at 10:30 a.m. in the Council Chambers of the Rural Municipality of Stanley to hear applications.

The final date on which applications must be received by the Secretary of the Board is Tuesday, November 19, 2024.

Dated at Winkler, in Manitoba, this 29th day of October, 2024.

Terry Penner - Secretary
Board of Revision
Rural Municipality of Stanley
1-23111 PTH 14
Stanley MB. R6P 0B1

CAREERS

BUNGE

MAINTENANCE MECHANIC/MILLWRIGHT

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

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

The following would be considered an asset for this position:

- Experience in grain handling, processing, or manufacturing facility
 - Experience in industrial equipment maintenance and repair
 - Ability to read blueprints and technical documents
 - Pressure or structural welding tickets and related experience
- This is a regular full time position providing an excellent wage and benefits package. Bunge is committed to providing a safe, healthy, and rewarding workplace for all employees.

Starting Wages:

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

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

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> MEAL IDEAS



Pumpkin Crumble

chips
 1 1/2 cups melted butter
 Whipped Cream:
 1 cup heavy whipping cream
 2 tablespoons sugar
 Heat oven to 350 F.
 In bowl, mix pumpkin, evaporated milk, brown sugar, eggs, pumpkin spice and cinnamon. Pour into greased 9-by-11-inch baking dish.
 In separate bowl, mix cake mix, pecans and white chocolate chips. Sprinkle over pumpkin mixture. Pour butter evenly over top. Do not mix or stir. Bake 1 hour.
 To make whipped cream: Using hand mixer, whip heavy whipping cream and sugar until thick.
 Serve crumble with whipped cream.

Recipe courtesy of "Cookin' Savvy"
 Servings: 8-12
 1 can pumpkin
 1 can evaporated milk
 1 cup brown sugar
 2 eggs
 1 tablespoon pumpkin spice
 1 teaspoon cinnamon
 1 box cake mix (yellow, white or spice)
 3/4 cup chopped pecans
 3/4 cup chopped white chocolate



Stuffing-Filled Pork Chops

1 teaspoon minced thyme
 1 teaspoon minced rosemary
 To make stuffing: Bake biscuits according to package directions 1 day ahead. Dry biscuits will absorb more broth.
 Preheat oven to 350 F.
 In skillet, melt butter then add celery and onions. Saute until onions are translucent then add poultry seasoning and half the broth. Set aside to cool.
 In bowl, combine stuffing mix, crumbled biscuits and eggs.
 Add onion mix to bowl and mix well. Add leftover broth if mixture is too dry. Set aside.
 Slit each chop on rounded side, cutting almost through to bone, to create deep pockets for stuffing.
 Season chops with garlic, sage, thyme and rosemary. Fill each chop with stuffing mixture. Use toothpicks to keep chops closed.
 Preheat skillet with oil over medium-high heat and sear each chop 2-3 minutes on each side.
 Once chops are seared, add remaining stuffing to pan, cover with foil and bake 30-45 minutes until chops reach 140 F in center. Remove foil for last 10 minutes to brown top of stuffing, if desired.

Prep time: 10-15 minutes
 Cook time: 30-45 minutes
 Servings: 6
 Stuffing:
 1 small box biscuit mix
 1 stick butter
 2-3 stalks finely diced celery
 1 finely diced onion
 1 teaspoon poultry seasoning
 1-2 cups chicken broth
 1 bag cornbread stuffing mix
 2 eggs, beaten
 salt, to taste
 pepper, to taste
 6 Coleman Natural bone-in or boneless pork chops
 oil
 1 teaspoon minced garlic
 1 teaspoon minced sage

Apple Cider Balsamic Glazed Pork Loin



Prep time: 10-15 minutes
 Cook time: 45-60 minutes
 Servings: 6
 1 Coleman Pork Loin (4 pounds)

salt, to taste
 pepper, to taste
 1 tablespoon olive oil
 Glaze:
 1 cup apple cider vinegar glaze
 6 tablespoons whole grain mustard
 4 teaspoons balsamic vinegar
 1 teaspoon minced rosemary
 1 teaspoon minced sage
 1 teaspoon minced thyme
 2 teaspoons minced garlic
 salt, to taste
 pepper, to taste
 2 tablespoons olive oil
 4-6 sliced apples
 Preheat oven to 350 F and line sheet pan with parchment paper. Set aside.

Ask the money lady

Dear Money Lady, My adult daughter and her husband just moved back home to save money and pay off their debt. I was then blind-sided when they told me they were both quitting their jobs to go back to school. I don't know what to do here – some of my friends also have their adult kids still living at home. Suggestions?

Grace C.

I feel for you Grace – as do many other parents like you !!

Unfortunately, we have done this to ourselves. Parents of millennials are still not able to stop the "helicopter parent syndrome" even for their adult children. Canadian parents are struggling to save and stay on track to becoming financially comfortable, but then are sidetracked with worry about their adult children. Many believe their adult kids are not going to attain the same level of comfort just on their own resources and will need continuous assistance.

Obviously, the demands now on parents are dramatically different than they were in the 60's and 70s. Our parents would never have dreamed of doing what todays parents do for their children. Many are willing to sacrifice all -- to financially support their adult children in what is believed to be an economic environment where young adults face higher unemployment rates, high housing costs and large student debt. Millennials today are now the smartest and most technically advanced generation of all time, yet feel they have more uncertainty, more stress and have more anxiety and depression than their parents ever did. This may indeed be true and could account for some of the reasons why so many parents are putting their retirement plans on hold to keep working.

While helping our children is something we expect to do as parents, at least until they are financially independent, it is important to realize the long-term cost this can have on our own futures. Many parents still have their adult children still living at home with no costs, free rent and the fridge full. Be careful parents!

At some point you will need to tighten up the spending and this should not be at the end when the day-to-day finances becomes un-



Christine Ibbotson

sustainable. Adult children must realize that they can no longer rely on the financial support of their parents due to the inevitable limited resources and amount of time left for parents in their working years. Sometimes whether it is forced, planned or necessary, young adults need to experience things that allow them to handle challenges. This will help them build life skills and become more resilient in ways that financial support alone cannot provide. Although you may feel you are providing financial support out of love, most adult children don't see it the same way, but rather expect it now as something you're obligated to do as their parent. Tell me something.....were you financially supported when you were their age?

Why not create a long-term strategy, or at least have a frank discussion about financial circumstances on both sides? To your children, they may believe that you should support them financially forever, and that you as their parents, are well set for the future. Remind them of your goals and also get them to create some of their own goals. Create realistic timelines, budgets and let your children know you want them to get a good foothold on life – but that doesn't mean subsidizing their current adult lifestyle. As parents, we need to be independent and retire with dignity, and that means we need money to do so. Do not give what you cannot afford to be without later, when you retire. Remember, love is not something you buy.

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

Remove pork from packaging and pat dry with paper towel. Season all sides with salt and pepper, to taste.

To make glaze: In bowl, whisk apple cider vinegar glaze, mustard, balsamic vinegar, rosemary, sage, thyme and garlic. Add salt and pepper, to taste. In steady stream, slowly add olive oil to emulsify while whisking.

In large skillet, heat oil over medium-high heat. Sear pork loin 2-3 minutes on each side.

Move pork to lined baking sheet and brush on about half the glaze. Roast 30 minutes.

Remove pork from oven and spread sliced apples around pork loin. Brush remaining glaze over pork and apples. Bake 20-30 minutes, or until internal temperature reaches 150 F.

Let pork loin rest at least 10 minutes before slicing.

Seniors Safety Week

Safety is a basic need

The event's main objective is to inform seniors on how they can optimize their safety, independence and self-sufficiency. As the famous psychologist Abraham Maslow demonstrated, feeling safe is a basic need for human beings.

In 2004, the 75+ age group represented 6% of the Canadian population, which translates to approximately 1,928,000 people. This group should be given particular attention for two reasons: a certain degree of independence raises self-esteem and seniors who remain independent for longer periods of time are a boon to our overworked healthcare system.

FACING UP TO WINTER

Even though people love winter, this season makes moving around more difficult, both by car and by foot. Walking in the wintertime does, unfortunately, lead to falls, which can have serious consequences for seniors.

Removable metal grips for shoes and boots appeared on the market a few years ago and they have proven very effective. A walking stick adapted to the user's height, with an ice pick fixed to the end, can help them maintain their balance on icy surfaces. This solution may seem bizarre, but it works very well! Hip protectors (underwear fitted with protective padding), can be quite effective in preventing fractures in case of a fall.



Going for walks during the winter, dressed in suitable clothing, is still the simplest and cheapest way of safely staying active.



PHOTO: POLKADOT / THINKSTOCK



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