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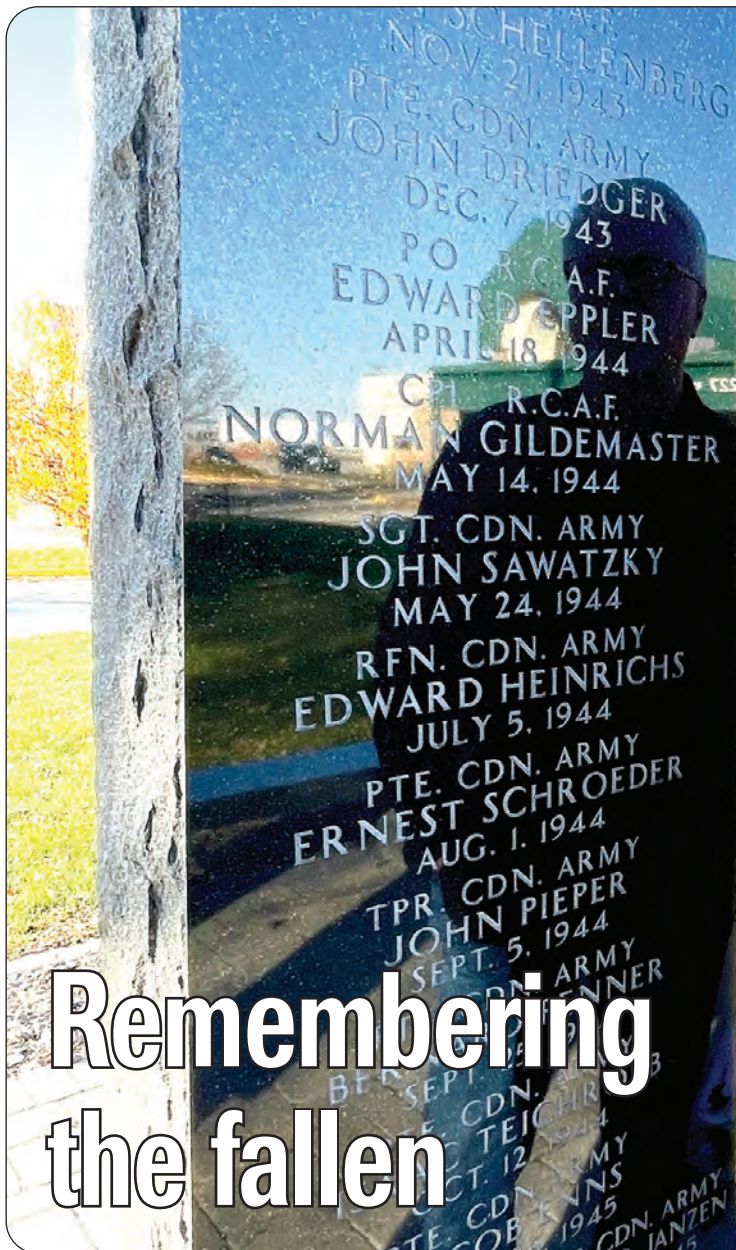
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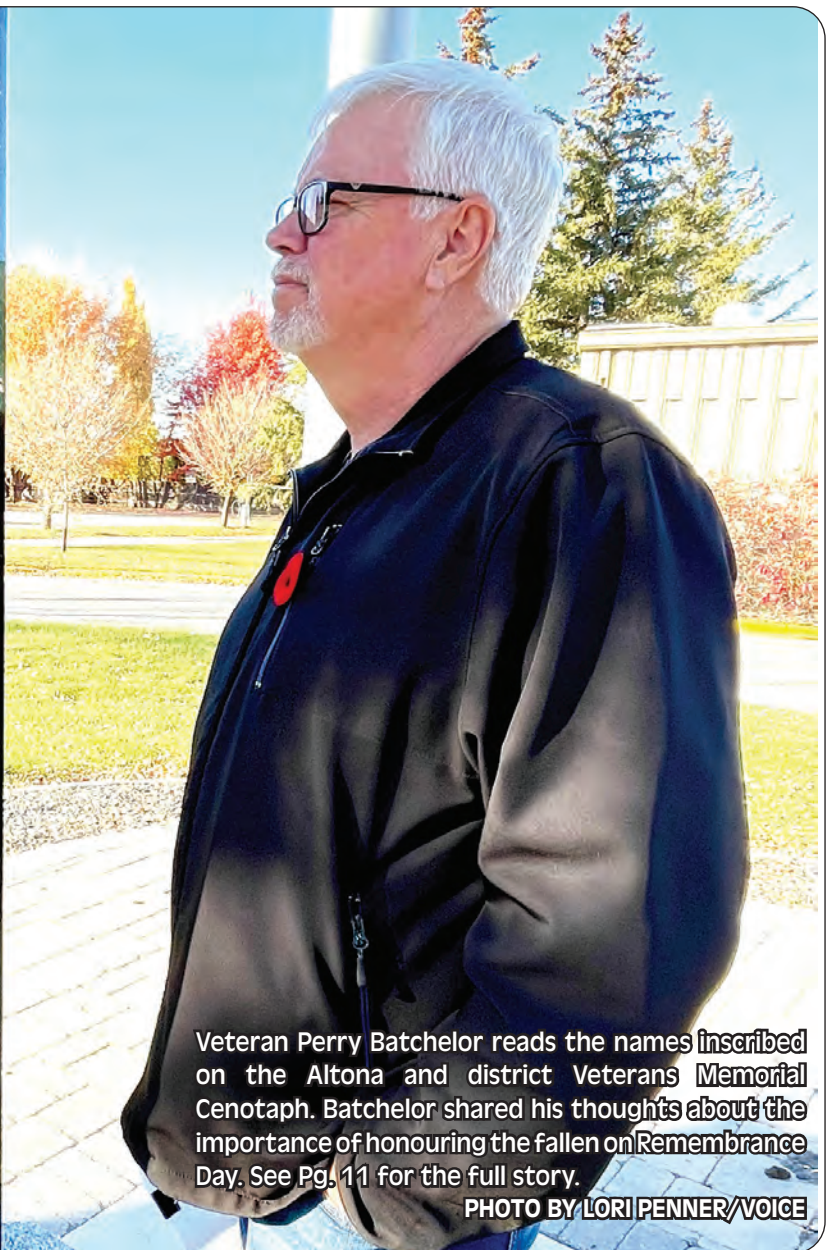
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Remembering  
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Veteran Perry Batchelor reads the names inscribed on the Altona and district Veterans Memorial Cenotaph. Batchelor shared his thoughts about the importance of honouring the fallen on Remembrance Day. See Pg. 11 for the full story.  
 PHOTO BY LORI PENNER/VOICE

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

REMEMBRANCE DAY

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# Morris “shares and cares” to support local family

By Siobhan Maas

In true community spirit, hundreds of southern Manitobans gathered Sunday evening for a fall supper in support of Dexter, a seven-year-old Morris resident recently diagnosed with childhood acute lymphoblastic leukemia.

“This event reminded Morris that we look out for one another in times of need,” said Marielle Dyck, chair of volunteers and chief cook of the event, noting she “worked with many talented ladies” behind the scenes preparing for the evening.

In four short weeks, a core group of friends, neighbours, and community members came together to organize the sold-out event at the Morris Multiplex. The goal was to raise funds to financially support Dexter’s family as

they focus on his needs and bi-weekly trips to Winnipeg for the next few years of treatment.

“Our goal was to raise \$15,000 for the family and we have surpassed our goal,” said organizer Cheryl Crick. “What an amazing community. Not only corporations helped, we also had individuals and families donating turkeys for the meal.”

The fall supper drew 400 in-person diners, with an additional 125 meals enjoyed through take-out and delivery.

Attendees enjoyed music from the Morris School Gr. 9-12 Jazz Band followed by a lively pie auction. Auctioneer Mayor Scott Crick encouraged bidding wars for “homemade pies made with love and lard.”

Over 30 baked goods were auctioned off to the community, with

a locally-made strawberry saskatoon pie bringing in \$120 and a Winnipeg Jets and Blue Bomber vanilla cake with oreo buttercream frosting raising \$100 for the family.

An additional 50 baked items, including pies, tiramisu, cinnamon buns, and various gluten-free options were bid on via silent



**PHOTOS BY SIOBHAN MAAS/VOICE**  
Hundreds of people came out to a fall supper at the Morris Multiplex last weekend in support of seven-year-old Dexter, whose family is navigating his cancer diagnosis. Funds from the evening went to support the family.



Pie auctioneer Mayor Scott Crick with daughter Grace

auction.

Donations were generous for the 75-package silent auction that ran over three days with businesses as far as Morden, Steinbach, and Winnipeg gifting items and services such a two-hour ice rental at the Morris Curling Club, Winnipeg Sea Bears basketball tickets, pizza for a year, and a toilet with install.

Tickets to the Dec. 3 Jets Cancer Night, including special cancer jersey, was won by Morris Bigway owner Pat Schmitke for \$900, and a Blue Bomber’s jersey and game tickets brought in \$750 from Mayor Crick.

Friends of Dexter’s family and co-

organizers of the pie auction, Kara Marion and Candice Lawrence, were eager to gift their time to the cause.

“So many different people worked together so well,” said Marion. “Help can come from the most unlikely sources. We had a busy evening with everyone giving 100% percent.”

Lawrence added, “Dexter’s family participates in the community without people knowing. Terri has often showed up at my door with a cup of tea, knowing it is hard as a single mom. They’ve been there for me, and now it is their turn.”

Although unable to attend the event, Dexter’s mother Terri Yager and father Jessie Morgan spoke via phone of the relief this fundraiser provides their family.

“[The funds] will help pay for medications, bills, the fact that I’m not working and Jessie is on partial wages right now,” shared Yager. “I can focus on Dexter’s care and my family. We are really blessed to have such a wonderful community behind us. It is fabulous what everyone has done.”

Yager was a bit hesitant about putting down roots in Morris when she first moved here. Now, after being here several years and seeing the outpouring of support the family has received, she says, “I will never leave. The community rallies behind you. The community has thrown themselves at our feet and I want to thank everyone for their support, the planning and cooking, everything that this town has done for us.”

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### SUBJECT/SUJET:

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- Location address: DESC SW10-1-2E, Emerson
- (Coordinates/ Coordonnés: 49.02235, -97.25727)
- Legal Description / Description légale: THE SW 1/4 OF SECTION 10-1-2 EPM EXC: ROAD PLAN 25127 WLTO
- Facility / Installation: The facility will comprise a proposed 15m x 15m compound. / L'installation comprendra un complexe proposé de 15 mx 15 m.
- Site: The structure will accommodate initial and future loading for all cellular providers, and additional fixed wireless equipment as required. / La structure peut accueillir le chargement initial et futur de tous les fournisseurs de services cellulaires, ainsi que de l'équipement supplémentaire sans fil fixe, au besoin.

Innovation, Science and Economic Development Canada (ISED) is the governing body for this type of installation and can be contacted at: / Innovation, Sciences et Développement économique Canada (ISDE) est l'organisme directeur de ce type d'installation et peut être contacté à l'adresse suivante:  
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**ANY PERSON** may make a written submission to the individuals listed below no later than 5pm (ET) on **Friday, November 22nd, 2024**. Please reference the site code **TOWM029** in your correspondence. / **TOUTE PERSONNE** peut faire une soumission écrite aux personnes mentionnées ci-dessous au plus

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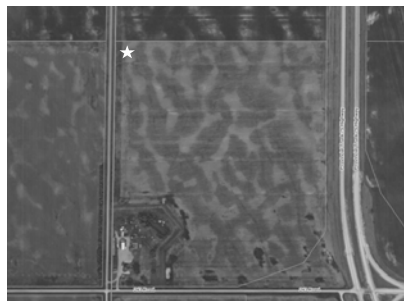
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T: (204-427-2557) E: info@emersonfranklin.com

### **SITE LOCATION MAP / PLAN DE LOCALISATION DU SITE**



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

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Nov. 12-17, 2024

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Contact us at 204-712-0538 or info@themafoinc.com for more info.

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**Endow Manitoba**



# Cutting the ribbon on Winkler Elementary's new office

By Ashleigh Viveiros

Winkler's oldest school got a welcome facelift this summer, and last week they got the chance to show it off.

Garden Valley School Division staff and trustees gathered at Winkler Elementary School Oct. 29 to cut the ribbon on the new main office.

"This has been a long time coming, and we know that it's definitely something that WES has needed for some time," said superintendent Dan Ward.

The renovation, which transformed two classrooms located beside the school's main entrance on 8th St., not only provides a larger, more modern space for staff and visitors, but also addresses safety concerns.

The old office was located in the heart of the building, a good walk down the hall from the nearest entrance. The new office's interior windows now look out over the entrance foyer.

"Of course, the esthetics is amazing. However, what struck me was the safety," GVSD board chair Leah Klassen said. "The fact that when we walked in I was in the complete eye line of who was working at the desk—you can see who's coming in."

It also makes it easier for visitors, who must check in when entering the school, to find the office, Klassen noted.

The office includes a spacious main desk area, a row of student study carrels, a nurse's office, offices for the principal and vice-principal, and, new for the school, a dedicated board/meeting room.

WES principal Jordan James said the project has gotten a big thumbs-up from staff and students alike.

"We feel just very fortunate," he said. "It's something that was really needed, and now that we have it up and running and we get to see it in use, we realize how needed it was

and we just appreciate it very much."

The board room, for one, is a welcome addition, James said, as now "we have a place where we can meet with the staff and the families. It makes a huge difference in our day to day."

The old office space will eventually be turned into a new classroom and also be used to expand the teacher's lounge, which WES has long outgrown.

"We have a pretty large staff here at WES, and we would like a space where we could all be able to gather together," James said, noting there's no timeline yet on when those renos will begin. "That's the goal down the road. For now, we're just grateful for the office."

Klassen noted that while GVSD has built a number of new schools in recent years, it's important to ensure its older facilities—part of Winkler Elementary was built in the 1950s—are continually maintained and upgraded to meet current needs.

"The board of the day as well as boards previous have absolutely been concentrated on making sure that all our schools are functioning well," she said, "and that they are looking nice, that people can be excited and proud of going to school in whichever school that you're going to."

Some of the improvement projects—new roofs, heating/cooling systems—aren't all that flashy or even noticeable to visitors, but they are integral.

"Those are all items that the school board grapples with, and they're all big-ticket items," Klassen said, noting another major project this past summer was redoing the link between J.R. Walkof School's main building and the set of portable classrooms that have become a permanent part of the campus.

"Our contractor and our own staff did a great job there," added Ward. "As they did here [at WES], they worked through the summer."



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Winkler Elementary School students Emayah Wall and Lance Tianchon joined (from left) vice-principal Hayley Friesen, GVSD board chair Leah Klassen, and principal Jordan James in cutting the ribbon on the school's new office Oct. 29.

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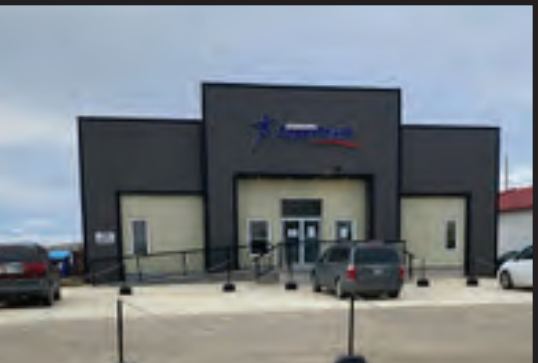
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PHOTOS BY LORNE STELMACH/VOICE

There were a variety of games, crafts and fun activities last Thursday as the Morden Family Resource Centre invited families to celebrate Halloween at its location in the lower level of the Morden Alliance Church. The come-and-go morning had the support of Fehr Glass and Aluminum as a sponsor, while the Enns family donated pumpkins for the superheroes, princesses, and dinosaurs to carve.

# Tykes mark Halloween with MFRC party



# Morden Cheer Board kicks off '24 campaign

By Lorne Stelmach

is gearing up for what it anticipates will be another holiday season of in-

creased need.

The cheer board last year had anticipated there would be a significant demand that would at least match the previous year's numbers, which included just over 300 hampers that helped just over 800 people. The final tally came in at 364 hampers for a 20 per cent increase.

"We're anticipating a large need again in our community. The need has been increasing steadily," said board representative Allison Wiens.

"It is a challenge. We want to make

sure that we are able to provide hampers for everyone who is needing one. We're working hard at having more events this season to try to raise some more awareness and raise some more money.

"It's our goal to bring families that need a little extra support just a little bit of extra cheer," said Wiens, who suggested the pandemic really had an impact on the level of need. "I also think we just have a growing commu-

Continued on page 5



### Dear Valued Customers,

After careful consideration, we have made the difficult decision to close our store. This decision was not made lightly, and we deeply appreciate your support throughout our 20-year journey in Morden. **The Apothecary of Morden's last day of operation will be November 30th, 2024;** until then, none of our services will change. It's a bittersweet time for us, and we would love to see you one last time.

After November 30, 2024, you will be directed to the **Morden Drug Store** who has agreed to take over your pharmaceutical care. They can be reached at **204-822-9992** or found at **215 Stephen Street, Morden.**

Going forward, I will still be available by appointment to discuss your health, you can reach me by email: **drlisa@apothecaryofmorden.com.**

We are incredibly grateful for your loyalty and the relationships we've built over the years. Thank you for trusting me with your health. If you have any questions or need assistance during this transition, please don't hesitate to reach out.

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> MORDEN CHEER, FROM PG. 4

nity in Morden ... so in general, things are just more expensive to purchase, so it is harder for families."

Applications for hampers are online at [mordenchristmascheer.com](http://mordenchristmascheer.com). The deadline for submission is Dec. 10.

The cheer board will accept donations of non-perishable food up to Dec. 16, but if you want to contribute toys and books, they would like to have those a few weeks ahead of the hamper delivery date of Dec. 18.

"We do gift cards for the food ... but we do still collect non-perishable food and divide that among the hampers, and we do still collect new unwrapped toys and new books as well," Wiens explained.

There are a few events in the coming weeks where you can support the cheer board.

On Nov. 16, there will be a story and holiday craft event at the Morden Library at 10 a.m. Admission is \$20. All ages are welcome. E-mail [mordenchristmascheerpr@gmail.com](mailto:mordenchristmascheerpr@gmail.com) by Nov. 12 if you'd like to take part.

Tim Hortons' Holiday Smile Cook-

ie Week runs Nov. 18-24, with partial proceeds from cookie sales going to the cheer board.

Another annual tradition back again is the Morden Thunder Christmas Cheer game where they play against a team of firefighters and police. It is scheduled for Friday, Nov. 29.

As well, the cheer board will be on hand the evening of Nov. 23 for the annual City of Morden tree lighting celebration at the civic centre.

You can also watch out for donation boxes around Morden in various businesses starting around the middle of November, and there are various businesses that also

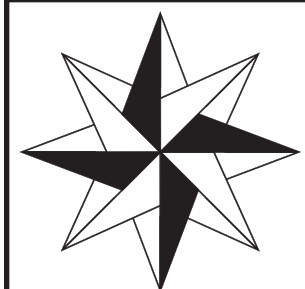
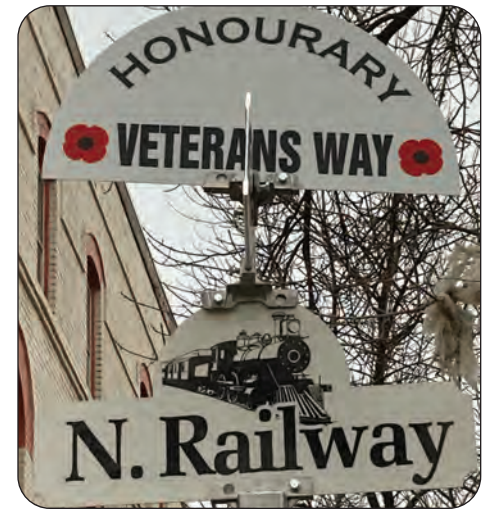
do their own fundraisers to support Christmas cheer. For example, an Oct. 30 fundraiser was done at the Hope Thrift Store and led to a contribution of over \$3,200.

"Every year we are just overwhelmed by the amount of cash support and the food and the toys that we get donated," Wiens said. "We couldn't do without all the donations that we get."

"WE COULDN'T DO IT WITHOUT ALL THE DONATIONS THAT WE GET."



PHOTOS BY LORNE STELMACH/VOICE  
Morden councillor Doug Frost, Morden Legion rep. Bob Frost, Mayor Nancy Penner, and Councillor Garry Hiebert gathered outside the Legion Monday to officially recognize the honorary renaming of North Railway as Veteran's Way. "I think to have a visual sign commemorating our veterans is a special way to remember them," said Penner. "It's a prominent way to show respect for their service to our country."



# Altona Community Foundation

**For today's needs and tomorrow's dreams.**

It's a celebration 30 years in the making. The Altona Community Foundation officially began in December 1993 following community conversations with the Thomas Sill Foundation which provided up to \$100,000 in one-for-two dollars raised in matching funds. The Foundation's purpose, then and now, was a commitment to enhance the quality of life in Altona, Gretna, Rosenfeld, and the Municipality of Rhineland. This was accomplished by establishing a capital reserve and distributing the interest to worthy community projects. Following the most recent series of 2024

grant announcements, well over \$1M will have been awarded to deserving community initiatives.

The past 30 years has included many noteworthy milestones for the Foundation, including surpassing the \$1M mark in 2011. Then President Chad Friesen remarked at the time, "Sometimes it can be a difficult sell to convince people to give a \$100 donation to the Foundation that only pays out interest, as opposed to spending the money on something immediate. You have to remember that this is a legacy give and that \$100 is not only going to give back to the

community this year, but for years to come." That proof is evident in the 60 plus grants that have been awarded in the years since those comments were made 13 years ago.

A cause for celebration also occurred in spring of 2024 with the announcement

by original board member Robert Martens that the Altona Community Foundation would receive \$750,000 as a contribution known as the Thomas Sill Fund. This transformative contribution will enable additional annual financial contributions to the foundation.



Another series of community financial partnerships will be announced this fall to coincide with the 2024 Endow Manitoba Giving Challenge which will be held Nov. 12 - 17. For every \$5 contributed to the Altona Community Foundation during the annual Giving Challenge Week, an additional \$2 will be "stretched" by The Winnipeg Foundation and Manitoba government.

Gifts can be made by credit card online through [endowMB.org](http://endowMB.org) or [altonacommunityfoundation.com](http://altonacommunityfoundation.com). Cheque donations will be accepted at Access Credit Union, Altona from Nov. 12 - 15, or with any board member.

**We invite you to contact any of the below board members:**

- Haydon Friesen - President
- Al Friesen - Vice President
- Angus Klassen
- Shauna Giesbrecht
- Vic Loewen
- Jonathan Toews
- Leanne Braun
- Ralph Hamm
- Jo Funk

[info@altonacommunityfoundation.com](mailto:info@altonacommunityfoundation.com)  
Box 2076 Altona, MB R0G 0B0



# The Voice

# get heard

EDITORIAL > VIEWPOINTS > LETTERS



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**OUR SISTER PUBLICATIONS**



• DON'T MIND THE MESS

## Moment of silence

I watched some children romp through the mall the other day, each proudly wearing a bright, red poppy.

Maybe it felt cool and grown up to wear the same decoration their mother had on her jacket. Maybe she explained its significance as she dropped a handful of coins into the little War Amps box.

Perhaps she said, "This is to remember the soldiers who fought in the war" as she carefully pinned the plastic flowers to the front of their hooded sweat-shirts. They might have nodded solemnly, in response to their mother's suddenly serious tone. And then, they scampered off, asking themselves, "What is war?"

As a child, the idea of war was so remote to me. We'd sing, "Faith of Our Fathers" in assembly at school. Somebody would inevitably recite, "In Flanders Fields" followed by that long moment of silence.

I remember scrambling for something to think about. I listened to the kid next to me breathing. Somebody sneezed. I stared at my shoes. It felt so strange having 200 kids together in one room, with no one making a sound.

As a kid, what do you think about during the moment of silence?

I thought to myself, "This is about soldiers, right? I'll think about sol-

diers. Hmm. Let's see. Yeah. Soldiers fighting. Wounded soldiers lying on stretchers, looking very sick. Uniforms. Guns. I wonder what my mom put in my lunch today. War... War is about people fighting. People dying, in countries far away. Hey, there's a hole in my shoe. Think. Think."

And then, a bugle sounded, and it was over.

Kids and teachers filed out of the room, the noise returned, and we headed back to our classrooms. Back to books, and desks and stuff we could relate to.

My thoughts are a bit less distracted now. At my age, I've known the sting of loss, so while I can't relate to a death on the battlefield, I can sympathize with how the survivors must have felt. And the ages of the fallen sound awfully young to me now.

My mind drifts to old newsreels I saw on CBC. All the images were black and white. Even now, when I think about war, it's all black and white, or in sepia tones. War was distant, like the stuff we saw in the movies. It seems wrong to watch the news and see a person wearing the same jeans I'm wearing, in full colour, running from bombs. You expect to see

them in clothing from another era, like the '30s and '40s. And yet, here's someone in a Nike sweatshirt, holding a cell phone. There's a woman with professional blonde highlights in her hair, holding a kid with a Peppa Pig T-shirt.

"This is wrong," my mind screams. War should be something you read about in history books. It's not supposed to happen in my time, or my children's time.

What do you think about during the moment of silence?

Your to-do list for the day? The free coffee and doughnuts at the front of the assembly hall? If you never had a loved one fight or die in any military event, it's hard to relate to the fading photos of the unbelievably young soldiers who were lost in battle.

During the moment of silence, my kids tell me they thought about the "storming the beaches of Normandy" scene in the movie *Saving Private Ryan*. Trust Hollywood to make it real, I suppose.

Some of us simply count our blessings, thanking God that we live in a country that, so far, doesn't draft young people into combat. We're thankful that our reality doesn't include bomb shelters. And thankful that our moment of silence isn't broken by the sound of distant guns.



**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.

Send your letters to us by e-mail at [news@winklermordenvoice.ca](mailto:news@winklermordenvoice.ca).

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# Winkler MCC Thrift holds AGM

By Lorne Stelmach

The Winkler MCC Thrift Shop celebrated both its volunteers and its 50th anniversary at its appreciation luncheon and annual meeting Monday.

President Dave Penner offered thanks to the many board members, staff, and volunteers who have served over the years as well as the community for its support through both donations and shopping.

“Thanks to all the shoppers and customers, thank you for purchasing our products, giving MCC the opportunity to help less fortunate people all over the world for 50 years,” he said.

Speakers judged the past year as having been a successful one even with the Winkler MCC showing a deficit of just over \$31,000—an amount that can easily be absorbed with the organization having a healthy bank balance, noted treasurer Don Klassen, who added they are optimistic about being in a surplus position next year.

“We almost reached out budget ... still sent a half a million dollars to MCC, which is great, and we’re looking forward to a good new year,” said Penner.

He reflected on the 50-year milestone and touched on the beginnings going back to when a goodwill store was started in Winkler.

The formal organizational meeting to become the Winkler MCC happened in 1974. It has grown over the

years and been located in numerous locations, starting with a former Bible school building on 8th St.

It eventually came to its current location on 4th St., where it has continued to expand. Penner recalled them having a mortgage burning ceremony in 2020, allowing them since then to put more funds into further improvements to their building.

He said it is hard to imagine what the total sales would now be after 50 years, but noted the total amount sent to MCC Manitoba over the years is about \$14 million. In the same period, local grants handed out total about \$375,000

Store manager Peter Kornelson reflected on being in his 14th year in the position.

He noted the past year saw the completion of a few projects, including finishing work on their roof as well as refurbishing the kitchen with donated cabinets.

“This next year, we only have one project coming up,” shared Kornelson. “We’re going to put money in to do bar coding. The board wants us to be progressive in our store and how we do things.

“We think the bar coding will help mainly for the most part in the till area. It will be faster and less confusion,” he suggested.

Kornelson concluded by expressing his gratitude for everyone who helps out and supports the MCC in Winkler.



PHOTOS BY LORNE STELMACH/VOICE

The Winkler MCC Thrift Shop held its annual general meeting Monday at Central Station, pairing it with a luncheon to thank its many volunteers for their service. Right: Board president Dave Penner thanked the community for its ongoing support.



“I enjoy coming to work with a group of people who are dedicated to a cause,” he said. “Thank you for volunteering your time. Time is a precious thing.”

# Change coming to Morris Christmas dinner

By Sean Conway

The stockings will be hung by the chimney with care, but there will be no celebration of a Christmas evening meal on Dec. 25 in Morris this year.

“It is with sad hearts that this year there will be no Christmas Day supper,” shared event coordinator Pat Rempel. The organizers have cancelled the buffet-style meal or pre-ordered takeout delivery at the Emmanuel Baptist Church hall.

“Our volunteers have hung up their aprons,” said Rempel. “For 24 years we have provided meals for anyone that was alone, shut in, or mentally disabled.”

Rempel started the dinner to help her overcome her struggles with her mother’s passing.

“I wanted to find a place for people who are by themselves to gather so

they would not be alone.”

The event’s first serving was at the Royal Canadian Legion Branch 11 hall in Morris in 1999. In 2018, the event moved to the church. Noani and Dave Thiessen took over organizing the kitchen.

Last year 70 guests passed through the buffet line and 27 diners ordered takeout. It was a full course meal of ham, meatballs, mashed potatoes, perogies, and coleslaw. Fresh baked buns and desert was also on the menu.

But while the Christmas Day meal is no more, a new community gathering is starting up to help fill the gap it leaves behind.

“The fear for me is that if we cancel the meal for even one year, it will be very hard to get it back on track again, and therefore we are breaking new

Continued on page 8



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# “Who’s teaching kids how to use this stuff safely?”

## GVSD hosts series of online safety talks for students, parents

By Lorne Stelmach

Students across Garden Valley School Division heard about online safety last week from a speaker who has made it her mission to deliver her message to students and parents.

With 17 years of experience as a speaker, Val Caldwell has addressed thousands of students, parents, and educators across Manitoba and Saskatchewan.

She addressed GVSD students and parents in Winkler with her presentation on “Bridging the Gap.”

“At the end of the day, my focus is about building trust and relationships with kids,” Caldwell said before speaking at Northlands Parkway Collegiate on Wednesday. “Kids want to be heard but not judged ... sometimes, as adults, we forget what it’s like to be kids.”

“It’s definitely a hundred per cent my passion for sure,” said Caldwell, who was previously a program facilitator with Child and Family Services in western Manitoba and delivered parenting programs in rural communities.

“A number of years back, I approached my supervisor and said the stresses of parents are really changing. So instead of coming and saying things like what’s the difference between discipline and punishment, they would be asking questions like should I give my 12-year-old Facebook? And this was back in the days long before any of the other social media things existed.”

She went looking for resources and found there was little or nothing available at that time, so she worked with a co-facilitator to develop a presentation.

“And the feedback at the time was overwhelming ... who’s educating kids; who’s teaching them how to use this stuff safely?”

It has continued to grow and expand from there, and she left the agency about seven years ago to become an independent consultant.

“I just got to a point where this was really where I was being driven, and this was where my passion was,” said Caldwell.

“I just think with all of the online platforms that are available, the younger kids we’re seeing have access to things now ... when I started this, the issues that were high school

issues are now in the middle years.

“There’s lots of reasons for it. I think COVID definitely sort of was a launching pad for the younger kids because a lot of those kids probably wouldn’t have been provided devices ... there’s a whole generation of kids who were kept at home and learned online.”

Her presentations have a focus on mental health and the potential effects technology and social media have on overall health and well being as well as a focus on online presence and digital footprint and the affect it may have on the future.

There is discussion about things like privacy settings and ensuring accounts are set up properly to avoid mistakes that could affect opportunities at school or work as well as potential dangers on social media and gaming sites.

Depending on the age of who she is addressing, there can also be discussion on the definitions of consent and coercion and the laws surrounding “sexting” and how “sextortion” works.

For example, with early years students, she may ask questions like has anyone ever sent you something that made you feel unsafe or uncomfortable?

“With the younger kids, it’s just kind of probing around ... trying to figure out where they are at,” she said. “That sort of tells me the direction that the conversation needs to go based on the usage of the kids.”

“For the middle years, we then go a little bit deeper,” she continued. “For example, some of the things we touch on would be sextortion, sexting and those types of topics.”

“The sad reality is we’re seeing right now in Manitoba the targeted group

for sextortion are boys between the ages of 11 and 17,” Caldwell added. “When you think about kids that young, the conversations have to start younger.”

Her presentation very much engages with the students, as she frequently has them provide their feedback and consider their own habits, and it cites a number of statistics:

- Ninety-five per cent of teens use social media daily, and the average amount of time spent on technology is over eight hours.

- Teen boys on average clock one hour more daily screen time than girls.

- The average Canadian adult also spends over six hours online daily.

- Between 2010 and 2021, the percentage of high school students who slept seven or fewer hours each night rose from one third to one half.

There is also a strong connection to mental health, with the Canadian Mental Health Association having estimated the total amount of 12- to 19-year-olds at risk of depression is 3.2 million. Psychologist Robert Leahy had also suggested the average high school kid today has the same level of anxiety as the average psychiatric patient in the 1950s.

In the end, Caldwell urges youth to carefully consider and assess their digital media use and their overall digital footprint, and to be careful with their social media posts, avoid and remove negative content, and carefully manage their privacy to keep their private lives private.

And rather than punishment, she tries to encourage a more positive approach when situations arise.

“My goal with the kids is really focusing on a mistake is a lesson,” she said. “My biggest fear is there’s a lot



PHOTO BY LORNE STELMACH/VOICE

Val Caldwell was in Winkler last week for several presentations in local schools about online safety.

of messaging out there that tells kids basically that they’re expected to be perfect, and if they make a mistake online, it’s going to ruin their future.

“If it’s a significant concern or mistake, yes, it can impact their future, but I never want kids to feel like a mistake defines them ... so I really try to focus on how do we clean up those mistakes?”

“A very common things adults will say to kids is what were you thinking. Well, the reality is they’re not thinking; they’re reacting and they’re emotional,” she concluded. “With the adults, I really focus on relationship building with the kids. My goal would be to have safe adults in every aspect of kids lives ... I think it’s important for kids to feel that they have safe, trusted adults around them.”

### > CHRISTMAS DINNER, FROM PG. 7

ground this year,” shared former Morris mayor Dale Hoffman, who is heading up a team of organizers for a new holiday supper.

Hoffman and his team of six fellow volunteers have set Dec. 21, the Saturday before Christmas, as the date to host the new Christmas meal in Morris.

“We are hoping to satisfy the same clients this year as the Dec. 25th evening,” said Hoffman, noting it is open to anyone who is alone for the holidays or perhaps unable to leave their home due to physical or mental challenges. “If we attract more people, that is not a bad thing, but we have to be able to anticipate num-

bers and therefore we will have sign up sheets in different areas.”

The organizers have a list and are checking it twice.

“We have a cook, Esther Loewen, who has experience cooking for greater numbers than 100 at a time,” said Hoffman. “That is a big hurdle we had to overcome to start.”

The core team of three couples are preparing posters to distribute to advertise the event and help determine numbers.

“The response to help has been overwhelming,” Hoffman said, noting they invite everyone to get involved as volunteers. “We welcome people to be part of this.”

The plan is to still host the meal at the Emmanuel Baptist Church at 5 p.m. on Dec. 21. Ham, meatballs, and turkey are on the menu.

“Of course there will be mashed potatoes and there could be perogies,” said Hoffman. It seems the head organizer has a lead on the dough dumplings stuffed with filling if he can nail down the supply.

“We are looking for donations. I plan to cover some costs for this year but I want to create an account that can have money to keep it going,” Hoffman shared. “Two or three years down the road, someone else can take it over.”





## Morden club hosts sectionals and fall open

Morden Figure Skating Club welcomed skaters from across Manitoba and northwestern Ontario last weekend for the 2025 Skate Manitoba junior senior sectionals championships and fall open. The junior senior sectionals competition provides the opportunity for junior and senior skaters to seek qualification for the 2024-2025 Skate Canada Challenge in Winnipeg November 28 to Dec 1. The fall open featured skaters from star 5-gold free skate, podium pathway (pre-novice, novice and short and free program), pre-juvenile and juvenile, and artistic star 5 to gold.

PHOTOS BY LORNE STELMACH/VOICE

## Back 40 Festival hosting grunge concert Nov. 16

By Lorne Stelmach

The Back 40 Festival is delving into a different musical genre for its next fundraising concert.

Grunge will be the focus for the show set for Saturday, Nov. 16 at the P.W. Enns Centennial Concert Hall in Winkler.

Festival president Scott Bell said it was appealing to them to do something different, and a tribute to the rock music that emerged from the music scene in Seattle in the early '90s certainly fit the bill.

"We do tribute nights, and we try to mix it up a little bit, trying to appeal to different audiences," he explained. "We do a lot of stuff based on the '60s and '70s, so we thought we would try to something to maybe appeal to a different demographic."

"The big push came from Brent Klassen from BK and the Bad Habits. He was very enthusiastic about this idea, which was pretty cool, and then Steve Dueck from the Back 40 board kind of cemented the idea."

The lineup will feature tributes to bands and acts including Alice in Chains, Pearl Jam, Neil Young, Sound-


garden, Stone Temple Pilots, Liz Phair, and Nirvana. The performers include well-known local musicians, including a group dubbed Slaymaker as well as Underhill, Bill Dowling, Faces For Radio, Jenessa Kehler, and BK and the Bad Habits.

"As always, it's all local musicians paying tribute to some of the famous bands from that era," said Bell. "There's been a lot of enthusiasm from the musicians about doing this kind of music."

"That's the music that, personally, for me, it was my college years, and it really kind of turned music around," he suggested. "It was one of the key musical movements that happened while I was learning to be a musician."

"The music is interesting. It's a little bit heavy, a little cynical, a little bit dark, but it's also very musical and rhythmically kind of complex in many cases, and it's got a lot of energy," said Bell. "Rock and roll was kind of very corporate and kind of in a very safe lane, and then Nirvana and Pearl Jam and Soundgarden and these bands really did something different."


Tickets are \$20 and are available online at [www.winklerconcerthall.ca](http://www.winklerconcerthall.ca).



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PHOTOS BY LORNE STELMACH/VOICE

There were lots of gift ideas for people looking to start their Christmas shopping Saturday as the Pembina Hills Arts Council hosted its annual Holiday Craft Sale. The sale filled not only the hall at the Access Event Centre but the foyer as well with about 60 vendors. If you missed out, there's no shortage of artisan markets coming up over the next few weeks. There's the A Gifted Christmas market at the Rhineland Pioneer Centre in Altona this Saturday, the Fawn and Cub Christmas Market Nov. 16-17 at the Meridian Exhibition Centre, the Sneak Peak into Christmas holiday gift market at Winkler Arts and Culture Nov. 25, and the launch of the multi-weekend Winkler Christmas Market at New Leaf Nov. 29.

# PHAC hosts annual holiday craft sale



# Wrapping up a Morden Christmas is Nov. 14

By Lorne Stelmach

It's become an annual tradition that ushers in the holiday season in Morden.

The Wrapping Up A Morden Christmas promotion of the Morden Chamber of Commerce returns the evening of Nov. 14 from 3-9 p.m., with 24 businesses participating this year.

"I think it's certainly become a shopping tradition in Morden. People look forward to this every year. They know it's coming," suggested chamber executive director Clare Agnew. "The business community and shoppers alike look forward to it.

"I think it just really gets everybody in the Christmas spirit, and I think it's a great opportunity for people to shop locally ... this is an opportunity for the community to show local businesses their support."

As you shop, you can grab a passport from any participating location and then gather stamps as you make your way between retailers. At the end of the night, drop off the filled passport at your last stop for a chance to win prizes.

The evening will also include a Santa's Market at 500 Stephen in support of the community centre.

"We also have some new businesses that are joining us this year," noted Agnew, who sees it as a good opportunity to see what all the businesses have to offer.

"The businesses will often have some promotions that evening as well," she noted. "Some of them might serve dainties or apple cider or something like that, so some businesses really do go all out and make it a fun experience for the shoppers."

The participating businesses for Wrapping Up a Morden Christmas 2024 include Appelt's Diamonds, Morden Discount Centre, Coffee Culture, Morden Nurseries, Pharmasave, Saban & Company, Prairie Dragonfly, Sasha's Atelier, Pure Ananda, Sawatzky's Furniture, Ruff Mutts, Shear Bliss, Morklers, Country Cycle & Ski at Terra Point, Olympic Sports, The Brick, Pembina Hills Art Council, Jem Insurance, Floral Scents, Home Hardware, Fringe Salon, Mitobi, Stephen Street General, and Santa's Market at 500 Stephen.

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# Remembrance Day - Monday, November 11



## A legacy of valour

By Lori Penner

Honouring our fallen soldiers is a solemn duty that acknowledges the courage, sacrifice, and dedication of those who served to protect our freedoms.

Each soldier's story stands as a testament to the bravery and resilience that shape our shared history, reminding us of the true cost of peace and the value of the freedoms we often take for granted.

Memorials and Remembrance Day services serve as poignant tributes to the lives lost and the families forever changed. As Joseph Campbell once said, "A hero is someone who has given

Continued on next page



Perry Batchelor is part of a committee of three veterans dedicated to preserving and displaying war memorabilia representing fallen soldiers from Altona and Rhineland on the War Memorial Wall at the Millennium Exhibition Centre in Altona.

Photo by Lori Penner/Voice

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# Remembrance Day

Continued from previous page

his or her life to something bigger than oneself." This perspective encourages us to not only remember the fallen but to celebrate their lives and the ideals they upheld.

Nearly every community in Canada has a war memorial, and Altona is no exception. The town proudly maintains two sites that pay tribute to fallen heroes: the Altona and District Veterans Memorial Cenotaph and the War Memorial Wall.

The cenotaph was created in honour of Altona's Centennial in 1995, with a push from the Altona Optimist Club. It was dedicated to the memory of local soldiers who lost their lives in the First and Second World Wars, and Decoration Day ceremonies were held at its downtown site every summer.

To make way for new infrastructure, the cenotaph was relocated to a new permanent location in front of the Rhineland Pioneer Centre in 2021.

For Perry Batchelor and his family, the cenotaph carries great personal significance. Batchelor's grandfather was a First World War veteran. His father, Don, along with some of his uncles, were Second World War veterans. Batchelor and his brothers, Peter and Paul, also served in peace-keeping operations and other NATO commitments with the Canadian Army.

"Between all of us, we have over 300 years of combined service," Batchelor says.

Born in Altona and raised in Gretna, Batchelor spent almost 17 years in the Canadian military, completing peacekeeping tours in Cyprus and the former Republic of Yugoslavia.

Continued on next page



Remembrance Day 11<sup>th</sup> November

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# - Monday, November 11



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Batchelor's career with the Canadian military included peace-keeping tours in Cyprus and Yugoslavia (above). "Homes were destroyed. Money was worthless. There were food shortages. No factories in operation. No schools open, and refugees on the

move, fleeing for their lives," he recalls. "Children learning how to navigate around landmines. They were neighbours one day, and warring enemies the next. Nothing was safe. Nothing was sacred. That's the cost of war."

Submitted photos by Perry Batchlor

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# Remembrance Day - Monday, November 11



Continued from previous page

He and his family also completed four years with NATO in West Germany.

Batchelor returned to Altona in 1997 where he served with the Altona Police Service until 2022; having served 42 years in uniform. During his combined service he was awarded the Peacekeepers Medal, Peacekeeping Medals in both Cyprus and Croatia, the Special Service Medal for service with NATO, the Canadian Decoration, the Queen's Diamond Jubilee, the Queen's Platinum Jubilee, and the Police Exemplary Service Medal.

His experiences in Cyprus and Yugoslavia still haunt him today.

"Homes were destroyed. Money was worthless. There were food shortages. No factories in operation. No schools open, and refugees on the move, fleeing for their lives. Children learning how to navigate around landmines.

They were neighbours one day, and warring enemies the next. Nothing was safe. Nothing was sacred. That's the cost of war. It was all such a waste. A good friend of mine was killed over there. War is a mess. Our world really needs to take a breath."

Now an Altona town councillor, Batchelor is one of three local veterans who make up a subcommittee that reviews artifacts for display at the War Memorial Wall located at the Millennium Exhibition Centre.

The wall was created in 1996 by Art Braun, Harv Kroeker, and Steve Penner, and features war memorabilia representing fallen soldiers from Altona and Rhineland, including service records, photos, medals, newspaper articles, grave markers, maps, and a variety of other pieces, donated and carefully protected behind glass.

"Most of this stuff comes in from families. People are still contributing all the time," Batchelor says. "These individuals displayed on this wall paid the ultimate sacrifice for our freedom."

Batchelor says both of Altona's memorials receive strong support.

"There's value in keeping these mementoes. We can't erase our history. And some of our history is dark. But the reality is, these people gave their lives so that we can enjoy the freedoms that we have today.

"We have always said freedom isn't free. Freedom is very expensive. And when you see 19- or 20-year-olds who never had the opportunity to get married, have a family, or have a life, so that we could, we can never forget that.

"There is a certain aspect of society that thinks we need to erase dark history. But the reality is, if

we don't remember, if we don't reflect on the horrors of war, we can always repeat it. The reality is, it's not cool. It's horrible. Innocent civilians, children, pay the ultimate price. People die in conflicts, like what's going on right now in the Middle East and in Ukraine. It's terrible. And sadly, it continues to repeat itself. The fact that we remember, and give them a moment of silence every year, is a small price to pay for what they gave to us. Honouring them one day a year is not a big sacrifice."

Batchelor urges everyone to wear a poppy.

"And no matter where you are at 11 a.m. on the 11th of November, stop what you're doing and take a moment to reflect on how fortunate you are for living in this great country of Canada."

**WE WILL REMEMBER**



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## Lest We Forget

Monday, November 11th, 2024  
is Remembrance Day.

We invite you to attend the Remembrance Day Service at Gretna Elementary School at 10:30am, or to spend some time in quiet reflection at the Altona & District Cenotaph Memorial.





# Remembrance Day - Monday, November 11



## A day to honour those who defended peace



November 11 marks Remembrance Day in Canada. Every year, Canadians come together to honour the courage and sacrifices of the men and women who serve or have served in the country's armed forces, and particularly those who have lost their lives in the line of duty. Here's a look at this day of gathering and remembrance.

### Evocative numbers

It's important to remember the sacrifices made by the more than 2,300,000 individuals who have joined the armed forces in Canada's national history. Over 118,000 brave servicemen and women have given their lives to defend freedom. Remembrance Day honours the Canadian effort in the First and Second World Wars, the Korean War, the war in Afghanistan and all peacekeeping missions.

### Nationally recognized

On November 11, Canadians wear a poppy to pay tribute to veterans. The national ceremony in Ottawa, broadcast across the country, is held in the presence of government representatives. It includes a two-minute silence at 11 a.m., readings, songs and symbolic cannon shots.

As a Canadian citizen, join the veterans in your area in this collective duty of remembrance. Contact your local municipality to find out about Remembrance Day activities near you.

## 3 ways to support Canada's veterans year-round

On Remembrance Day, Canadians across the country commemorate the brave men and women who died in the line of duty as well as those who currently serve in the armed forces. However, your recognition doesn't have to be limited to November 11. Here are three ways you can support Canadian veterans year-round.

### Donate to a reputable charity

There are a number of charities, including the Poppy Fund, VETS Canada and Wounded Warriors Canada, doing critical work to empower and support veterans from coast to coast. Donating even a small amount

to a reputable organization can help improve the circumstances of those who risked their lives for their country.

### Volunteer at a Royal Canadian Legion

There are more than 1,300 Legion branches across the country. As Canada's largest veteran service organization, the Royal Canadian Legion (RCL) offers outreach and assistance programs for veterans and their families as well as community services and support. Volunteering at your local Legion branch is a great way to make a real difference in the lives of those who served.

### Visit a veteran in your community

Veteran Affairs Canada (VAC), in collaboration with the RCL, runs an initiative that facilitates face-to-face visits with veterans in retirement and long-term care facilities. These visits provide social interaction and a sense of community to individuals who may not otherwise receive many visitors. Spending time with a veteran can have a major impact on their life as well as your own.

This Remembrance Day, know that Canadian veterans need your help year-round, and consider taking steps to offer your support.

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# sports & recreation

## Royals best Beavers, fall to Wild

By Ashleigh Viveiros

It was a week of mixed results for the local South Eastern Manitoba Hockey League teams.

The Winkler Royals fell to the Red River Wild 4-3 Friday night and then turned around and defeated the Carman Beavers 3-1 on Sunday.

Friday's 3-3 tie after regulation—scoring for the Wild was Thomas Matuszewski (with two) and Tyler Anderson, while Winkler's goal came courtesy of Justin Augert, James Penner, and Aaron Lewadniuk—was followed by a fruitless overtime. The resulting shootout went Red River's way.

Against the Beavers at home a few nights later, Lewadniuk had a two-goal night that, along with a goal from Mitch Dyck and a 51-save night from netminder Matthew Thiessen, gave the Royals the win 3-1.

The Wild, meanwhile, headed to Portage to face the Islanders on Sunday, and returned home with a 5-3 loss to add to their record. Jared Magne, Justin Baudry, and Gavin Fro-



PHOTO BY RICK HIEBERT/VOICE

Winkler's James Penner reaches for the puck in Sunday's game against the Carman Beavers. The Royals won it 3-1.

ese scored for Red River.

The Morden Bombers dropped a 5-4 decision against the Springfield Winterhawks Saturday in Winnipeg. Getting Morden up on the board was

Collin Shirley and Mike Rey, who both scored twice. Brady Klassen took the loss in net for the Bombers, making 34 saves off the 39 he faced.

Coming up, Red River is in Ste.

Anne Wednesday and then hosts Notre Dame Sunday. On Saturday, the Royals host Ste. Anne and the Bombers host Springfield.

## Male U18 Hawks fall to Lightning and Rangers, best Northstars

By Lorne Stelmach

The male U18 Pembina Valley Hawks only picked up one win this past week, but still earned four of a possible six points.

Their week began with a 3-2 shootout loss to the Interlake Light-

ning last Wednesday in Teulon, then was followed by a 4-3 overtime defeat against the Parkland Rangers Friday in Dauphin.

The Hawks closed the weekend out on a positive note with a 4-2 victory over the Norman Northstars Sunday in Morris.

Pembina Valley salvaged one point last Wednesday by scoring in the final minute of regulation to force overtime against Interlake,

but the Lightning connected for the lone goal in the shootout for the win.

Casey Magarell and Haiden Friesen scored for the Hawks, and Ryler Gates took the loss in net despite making 41 saves. Shots on goal were 45-44 in favour of the Hawks.

Pembina Valley had to settle for one point again Friday when Parkland scored 1:50 into overtime to get the win.

Friesen, Cole Second, and Tyson Pethybridge scored for Pembina Valley, which had a slight 35-34 edge in shots on goal. Karsen Dyck was between the posts for the Hawks, making 30 saves.

On Sunday, Adrien McIntosh scored a key shorthanded goal at 16:32 of the third period to help secure the win over Norman.

Gavin Rondeau, Carson Hiebert, and Tegan Fehr also scored for Pembina Valley, while Gates made 22 saves as the Hawks outshot the Northstars 49-24.

The Hawks have inched up to sixth place at 7-5-1-1 for 16 points, which has them three ahead of Eastman and two behind Parkland.

Pembina Valley welcomes two Winnipeg teams to Morden this weekend as they play the Thrashers Friday and the Bruins Sunday.



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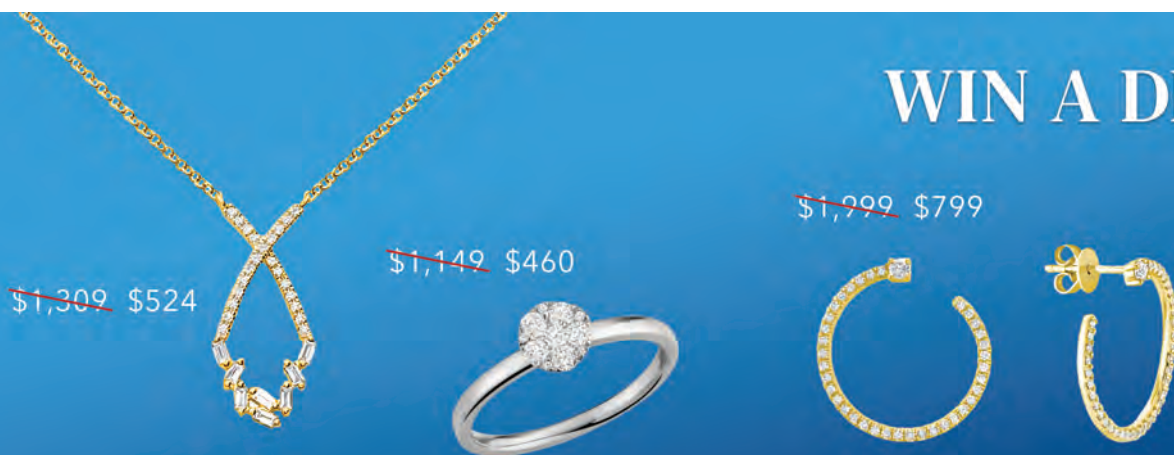
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# McLeod receives prestigious award at CCA rodeo finals

By Lorne Stelmach

Mallory McLeod was likely destined to spend her life around horses.

The daughter of Vaughn Mayert grew up with horses, as the family operated a PMU farm just south of Morden, so it's no surprise that she and her horse have received rodeo accolades.

At the Canadian Cowboys Association (CCA) rodeo finals in North Battleford, Saskatchewan last month, McLeod received a prestigious award as her horse Pearl won Barrel Racing Horse of the Year as voted on by all the other association members.

"I just love the horses and the people that you meet along the way. They kind of become family to you, and it's just fun," said McLeod, who now calls Morse, Saskatchewan home but still has a strong connection to Morden, where her parents still live.

Horses have always been a big part of her life.

"I've always been around horses and always been interested in them," she said. "I grew up with the Winkler Trailblazers 4H and went into horse showing and then started into rodeo ... I did high school rodeo in Manitoba but kind of got into it seriously when I moved to Saskatchewan."

McLeod puts a lot of time and energy into it.

"It completely consumes my life," she shared. "In order to compete at this level, your horses need to be in top shape, and they need to be on their game every time you go down the alley, so my horse kind of gets one or two days off a week. She gets ridden basically almost every other day."

And it involves a number of horses, McLeod noted.

"You always need to have something new coming up in case something happens to your good one," she said. "I've got some young horses coming up that I'm hoping can kind of take some of the load off Pearl. They're actually all siblings to her, so that's kind of special. Hopefully I can have a few of them in the trailer going down the road in the next couple of years, and I'll just kind of see how it all plays out."

The competition circuit can be grueling.

"We do maybe two or three a weekend ... it's every weekend from April to basically October we're on the road," said McLeod. "You've got to really love it if you're going to do it."

She obviously is quick to pass on the credit to Pearl for the honour.

"She's pretty cool," McLeod said



PHOTO BY RICK HIEBERT/VOICE

Former Mordenite Mallory McLeod and her horse Pearl received the Barrel Racing Horse of the Year Award at the Canadian Cowboys Association rodeo finals in Saskatchewan last month.

of the 14-year-old horse. "She has the biggest heart ... she's going to do her best no matter what. She's going to give it her all every time she goes down that alley, and you know she's going to do the best job she can."

McLeod hopes to still have a few more good years of competing with Pearl.

"Every horse is different ... but you hope they're still running by 18 and then it's just kind of bonus after that ... she's stubborn enough that hopefully she'll keep going for a while."

"She has been the biggest blessing and is the reason for all my success in the rodeo arena. She alone has quali-

fied me for five consecutive Canadian Cowboys Association finals and makes my job easy and so much fun. I owe it all to her."

McLeod also offered gratitude to her family for putting that passion and drive in her to love the sport and the animals.

"I thank my family for allowing me the chance to grow up with horses and giving me every opportunity to grow, learn and compete," she said. "They taught me the value of the horse and the hard work that goes along with it and their support means the world to me."

# Flyers split pair with Blizzard, fall to Terriers

By Ashleigh Viveiros

The Winkler Flyers had a rocky start to the month last weekend.

Things started off well with a 5-2 road victory against the Northern Manitoba Blizzard Friday night.

Goals from Charles-M Bernier, Jayce Legaarden, Mathys Blanchette, Liam Carlone, and Isaiah Peters kept the Flyers in the lead, while Liam Ernst turned away 24 of the 26 shots he faced in net en route to the win. His teammates sent 31 the other way

Game two against the Blizzard Saturday night swung the northern team's way after a hard-fought 60 minutes.

The first frame was tied 1-1, with Max Lavoie scoring just five minutes in to get Winkler on the board.

The Blizzard took a 5-1 lead in the first half of the second, which Lavoie cut down to 5-2 with a goal at the 19:19 mark.

The home team managed two more in the final period, and while Winkler got four of their own (two coming

from Brady Craik and singles from Legaarden and Nicholas Mckee), it wasn't enough to catch up. The Blizzard won it 7-6.

The Blizzard outshot the Flyers 37-32. Rylan Benner made 30 saves in net for Winkler.

On Sunday the Flyers headed to Portage to square off against the Terriers.

A scoreless opening period was followed by a goal from Mckee early in the second, but the rest of the game saw Portage not only match that but score two more to win it 3-1. Ernst

was back in net for Winkler, making 35 saves as the Terriers outshot the Flyers 38-29.

Coming up, Winkler is in Winnipeg to play the Blues Friday and Monday. They're at home Sunday to host the Virden Oil Capitals. Puck drops at 7:30 p.m.

In other Flyers news, over the weekend the team announced it has traded goalie Byrson Yaschyshyn to the Dauphin Kings in exchange for a player development fee.

# Twisters snap nine-game losing streak with dramatic overtime victory

By Ty Dilello

The Pembina Valley Twisters snapped a nine-game losing streak on Sunday afternoon with only their second 2024-25 season victory. The Morris-based MMJHL is now 2-10-1, which is good for last place in the

league standings.

On Nov. 1, the Twisters were blown out at home in a rough 7-1 loss to the St. Boniface Riels. Austin Spicer had the lone goal for Pembina Valley, while Maysen Mazurat and Darion Penner combined for 42 saves in the loss.

A few nights later, on Nov. 3, the Twisters finally won when they pulled out a 4-3 overtime win over the Transcona Railer Express. Austin Spicer had two goals, while Slade Sotheran and Ty Sadowski had the other goals for Pembina Valley. Darion Penner made 48 saves.

The Twisters are back in action with a pair of games this week. First up, they're at home to play the Raiders Jr. Hockey Club on Nov. 8 (8 p.m.). And then also on Nov. 10 at home against the St. Vital Jr. Victorias (7 p.m.).



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**NOTICE TO CREDITORS**

**NOTICE TO CREDITORS**  
IN THE MATTER OF the Estate of CARMELLE MARIE DANEAU, late of Emerson, Manitoba, Deceased. ALL CLAIMS against the above-mentioned Estate supported by a Statutory Declaration must be sent to the undersigned at 85 PTH 12 North, Steinbach, Manitoba, R5G 1A7, on or before the 11th day of December, 2024. DATED at Steinbach, Manitoba, this 22nd day of October, 2024.  
Smith Neufeld Jodoin LLP  
85 PTH 12 North  
Steinbach, Manitoba R5G 1A7  
Attention: Gemma L. Brown  
(Solicitors for the Executors)

**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:  
a) liability to taxation;  
b) amount of an assessed value;  
c) classification of property; or  
d) a refusal by an assessor to amend the assessment roll under Subsection 13(2).  
**APPLICATION REQUIREMENTS**  
43(1) An application for revision must  
a) be made in writing;  
b) set out the roll number and legal description of the assessable property for which a revision is sought;  
c) set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and  
d) be filed by  
(i) delivering it or causing it to be delivered to the office indicated in the public notice given under Subsection 41(2), or  
(ii) 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**  
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The Instrument, Controls and Electrical Engineer or Specialist will work with the Plant Manager to lead all ICE - related efforts at the site. This role owns electrical safety compliance at the site for all internal and external resources, in accordance with Bunge requirements and all federal, state and local regulations.  
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• Ownership for site compliance to BNA Electrical Safety Policy, timely responses to ICE - related safety requests, and site support in creating safe work plans - often driven by un planned events in off-hours.  
• Design, implement, maintain and improve instrumentation, control and electrical distribution systems.  
• Develop and manage plans that resolve system obsolescence, spare part availability issues and ensures Critical Path spares are in stock at all times.  
• Where possible, leverage proven technologies, adhere to Bunge design standards and leverage existing suppliers.  
• Ability to identify/develop new technology to gain ground and support to initiatives like Industry 4.0.  
• Manage efforts related to manufacturing, construction, installation, maintenance, support, documentation and testing related to ICE efforts in compliance with specifications, applicable codes and all BNA requirements.  
**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.  
• Minimum 8-years multi discipline ICE experience.  
• Effective collaboration with procurement throughout project life cycle.  
• Excellent project management skills and ability to control scope, cost, schedule and benefits delivery on all projects.  
• Experienced applying risk management methodology at key points in project lifecycle.  
• Experience applying HAZID and HAZOP, as well as Hazardous Location rating assessments.  
• Team player, excellent communication, skills and time management, ability to influence others to right outcomes regardless of level or position in business.  
Please contact: james.doell@bunge.com



# Classifieds

**CLUES ACROSS**

- 1. Absence of effort
- 5. Preserve a dead body
- 11. Gratitude
- 14. The act of coming together again
- 15. Simpler
- 18. Visionaries
- 19. Large, fish-eating bird
- 21. Indicates near

23. Former CIA agent and critic

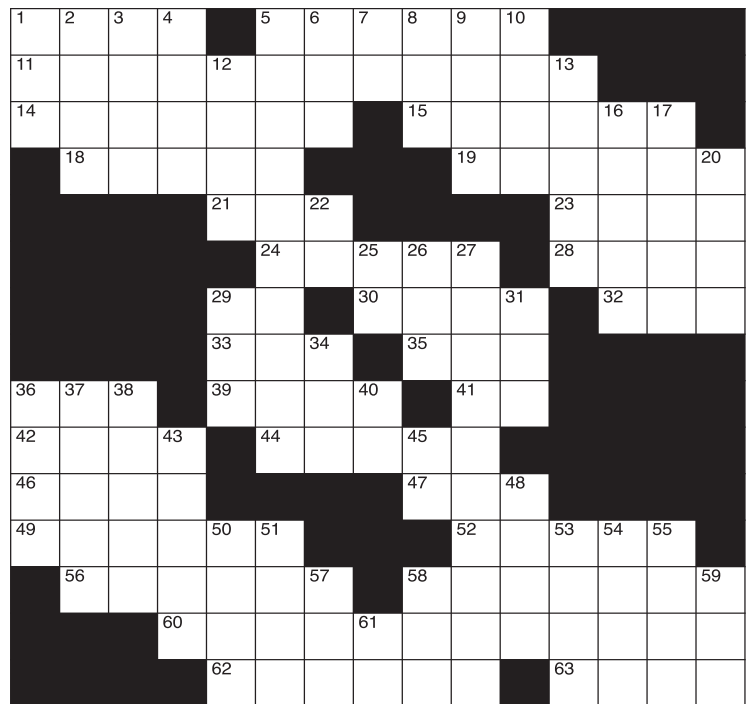
- 24. Icelandic poems
- 28. Pop
- 29. "Hammer" is one
- 30. Senses of self-importance
- 32. Thyrotrophic hormone
- 33. Not around
- 35. Electronic data processing
- 36. Licenses and passports

are two types

- 39. Snakelike fish
- 41. Air Force
- 42. Popular computers
- 44. Of a withered nature
- 46. Wings
- 47. Used in combination
- 49. Laid back
- 52. Jeweled headdress
- 56. In slow tempo
- 58. \_\_\_ Falls
- 60. Assertions made again
- 62. Periods of history
- 63. Hyphen

**CLUES DOWN**

- 1. Body part
- 2. Mimics
- 3. Expel large quantities rapidly



- 4. Sea eagle
- 5. A type of subdivision
- 6. Variety of Chinese
- 7. Mr. T's name on "The A-Team"
- 8. Consumed
- 9. Chinese dynasty
- 10. NFL great Randy
- 12. Ireland
- 13. Palm trees with creeping roots
- 16. Fungal disease
- 17. Impressionable persons
- 20. Affirmative! (slang)
- 22. Instinctive part of the mind
- 25. "The First State"
- 26. A way to develop
- 27. Fraternities
- 29. Woman (French)
- 31. Sunscreen rating
- 34. Beer
- 36. Spiritual leader
- 37. Indigo bush
- 38. Burn with a hot liquid
- 40. Junior's father
- 43. Ray-finned fishes
- 45. Morning
- 48. Line passing side to side through the center (abbr.)
- 50. Double curve
- 51. A small bundle of straw or hay
- 53. Got older
- 54. Crater on Mars
- 55. Humanities
- 57. Relating to the ears
- 58. "To the \_\_\_ degree..."
- 59. Residue of a burned product
- 61. It cools a home

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



**MORTGAGE SALE**

**MORTGAGE SALE**

The building and land known as 1198 Dutch Villa Bay, Winkler, MB, as described in Certificate of Title No. 2128922/4 will be sold by public auction by a Licensed Auctioneer on November 27, 2024 at 9:30 A.M. The auction sale will be held by video or teleconference. There will be no in-person attendees at the auction, in order to participate you must pre-register at least 24 hours prior to the auction by contacting Jo-Anne Degagne at either 204-957-4808 or [jdegagne@mltaikins.com](mailto:jdegagne@mltaikins.com).

The Vendor is informed that the property consists of a 1187 square foot single family detached bungalow, built in 1986, 3 bedrooms, 1 four piece bathroom, 1 three piece bathroom, full finished basement, single attached garage, located on a 55 x 110 foot lot. Realty taxes (excluding any accruing water charges) are paid to December 31, 2022. The property is sold subject to taxes and penalties accruing after that date.  
Prior charges: Caveat No. 37712/4

**TERMS OF SALE**

Deposit of \$9,000.00 by way of certified cheque or bank draft payable to MLT Aikins LLP, or cash (the cash component of the deposit not exceed \$7,500.00) and the balance according to conditions to be announced at the sale.

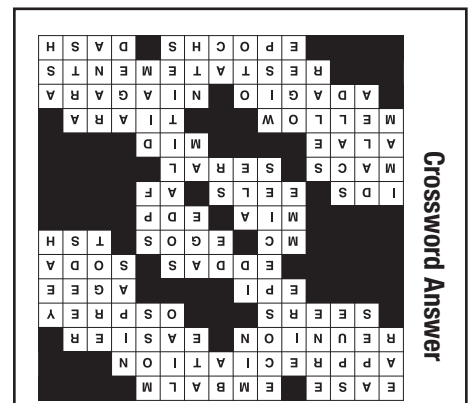
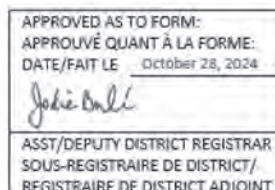
The property will be sold subject to a Reserve Bid of \$69,300.00 plus such other additional and incidental costs which may be incurred by the Vendor from the 30th day of October, 2024 to the date of the auction and which costs will be announced prior to the commencement of the sale.

The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: [www.teranetmanitoba.ca](http://www.teranetmanitoba.ca)

Should the successful bidder have attended by teleconference and/or video conference, the bidder will have 24 hours to execute the Auction Sale Conditions and to provide them together with the deposit to our office as set out below.

Further information may be obtained from:

MLT AIKINS LLP  
Barristers & Solicitors  
30th Floor, 360 Main Street,  
Winnipeg, MB R3C 4G1  
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xo

-We all send our love,

Howie, Steve, Jennifer, Wayne, Shelley,  
Jenn, Brad, Riley, Abbey, Aleksei, Owen,  
Baillie, Eric, Beau, Easton, Michael,  
Mitchel, family and friends

## CAREERS



### MAINTENANCE MECHANIC/MILLWRIGHT

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

Preference will be given to those candidates holding a valid provincial Millwright or Industrial Mechanic ticket. Candidates who do not hold a valid ticket will be expected to enrol in the apprenticeship program to obtain their ticket as soon as possible.

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

The following would be considered an asset for this position:

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- 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:

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- 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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## COMING EVENTS

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for YFC Morden

**NOV 15**  
7 PM - 9 PM

**Christian Life Centre**  
605 1st Street,  
Morden

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204-822-8085 | [thewarehouse@yfc.ca](mailto:thewarehouse@yfc.ca)

## CAREERS



### Research Instructor - Agronomist in Residence Russ Edwards School of Agriculture & Environmental

#### Prairie Innovation Centre for Sustainable Agriculture

Full-Time, 3-year term (Jan 6/25 to Dec 24/27)

Brandon, MB - Comp #57-24/25

Salary: \$63,431 to \$97,078 annually (\$33.65 to \$51.50 hourly)

(Educational Supplement: Masters \$1.52/hour; PhD \$3.03/hour)

#### 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](mailto:careers@assiniboine.net). We thank all applicants for their interest; only those selected for further consideration will be contacted.

## CAREERS



**Assiniboine College**  
1430 Victoria Ave E.  
Brandon, MB R7A 2A9

### Facility Manager

Full-Time, Reg - Brandon, MB #51-24/25

Salary: \$61,943 to \$86,071 annually  
(\$29.78 to \$41.38 hourly)

### Operating Shift Engineer

Full-Time, Regular - Brandon, MB #52-24/25

Salary: \$61,490.81 to \$74,776 annually  
(\$29.56 to \$35.95 hourly)

### Shift Power Engineer

Full-Time, Regular - Brandon, MB #53-24/25

Salary: \$69,108.99 to \$83,824 annually  
(\$33.23 to \$40.30 hourly)

### Assistant Operating Engineer

Full-Time, Regular - Brandon, MB #54-24/25

Salary: \$58,058.26 to \$70,699.20 annually  
(\$27.91 to \$33.99 hourly)

**For more detailed information, please visit our careers website: [www.assiniboine.net/careers!](http://www.assiniboine.net/careers!)**

#### How to Apply:

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

**Sudoku Answer**



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**OBITUARY**



**Catherine Diane Braun**  
April 30, 1966 - October 30, 2024

Cathy passed away peacefully with her husband Lloyd and family members by her side on October 30th at Health Sciences Centre Winnipeg, after a brief battle with cancer. She was 58 years old.

Cathy was born on April 30, 1966 to Jacob F. and Sara Kehler. She grew up in the village of Kronsthal and attended the Kronsthal Elementary School and later graduated from W. C. Miller Collegiate in Altona.

Cathy was baptized in the Altona Sommerfeld Mennonite Church. Cathy and Lloyd celebrated 32 years of marriage this past summer on August 21st.

Cathy had a love for animals. This could be seen in her younger years as well as later in life. She could often be seen walking their dog, spending time with their cat, or going to spend time with their

horses.

Cathy was someone that was always ready to lend a helping hand if needed.

Cathy is survived by her husband Lloyd; her parents-in-law Bill and Jane Braun; brothers Bernie (Bev) Kehler, Jim (Laurie) Kehler, Gerry Kehler; sisters Linda Kehler, Betty (Rod) Sawatzky, Irma (Jim) Fehr; sister-in-law Annamarie Kehler, brother-in-law Kevin (Beth) Braun, sister-in-law Pauline Peters, sister-in-law Lois (Miguel) Braun, and numerous nieces and nephews.

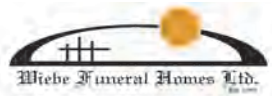
Cathy was predeceased by her parents, two brothers and three sisters.

Cathy, you are missed. Till we meet again.

The family would like to thank our extended family and friends for their support, Cathy's co-workers and employer, the doctors and nurses at Boundary Trails Health Centre and Health Sciences Centre, the ambulance staff, the staff at the Bergthaler Church in Winkler, and Wiebe Funeral Home in Winkler.

Funeral service was held on November 4, 2024 at 2:00 p.m. at the Winkler Bergthaler Church with a prior private interment held at Westridge Memorial Gardens.

Wiebe Funeral Home, Winkler  
in care of arrangements  
[www.wiebefuneralhomes.com](http://www.wiebefuneralhomes.com)



**OBITUARY**



**John David Dyck (1953-2024)**

It is with heavy hearts that we announce that John David Dyck, age 71, of Roberts, Wisconsin, passed away peacefully at home on November 1, 2024 with his wife, Bev, by his side.

John loved to spend time with his family and his beloved dog, Ginger. He had a great sense of humor and loved to joke around, especially with his 10 grandchildren. He loved woodworking and was a talented creator, making many wonderful pieces of furniture for his family over the years. He loved to garden and his beautiful, flower filled yard is the envy of the neighborhood. He always enjoyed nature and the family has many funny stories about John's encounters with wild animals over the years! In recent years after his retirement, John spent a lot of time cooking and baking and became well known for his delicious breakfast cookies.

John was born on September 18, 1953 to Jake and Margaret Dyck (nee Dyck). He grew up in Morden and attended Morden Elementary and Morden Collegiate. He was a talented pitcher and one of his favorite childhood memories was his Mandak North team going to the Little Canadian Baseball Western finals in BC.

John married Bev (nee Heinrichs) on February 8, 1975 in Crystal City, Manitoba. Together they had three children. John worked as a produce manager at Family Fare in Morden until he went back to school at Briercrest College in 1983 in Caronport, Saskatchewan. After college, John worked with Bible Christian Union for several years. He felt called into ministry and pastored several congregations in Alberta, Minnesota, and South Dakota until retiring from ministry in 1998 after a severe heart attack. John then returned to the grocery business and John and Bev moved to Wisconsin in 2007. John retired from work due to health issues in 2011.

John leaves behind his loving wife Bev of nearly 50 years; his children: Kerri Rivers (Jason), son Daniel Dyck (Aymee), Sandra Peckenpaugh (Jeremiah), and his grandchildren: Eliot and Emaline Rivers; Charlie, Berkley, Finley, Olivia, and Everett Dyck; and Behring, Emerson, and Oliver Peckenpaugh. He is also survived by his sister Barb Ens and her family, sister-in-law Chris Dyck and her family, mother-in-law Anne Heinrichs, brother-in-law Ray Heinrichs (Pat) and family, sister-in-law Valerie Harms (Larry) and family, and sister-in-law Audrey Dueck (Marvin) and family.

John was predeceased by his parents Jake and Margaret Dyck, father-in-law Arthur Heinrichs, brother Harold Dyck, and brother-in-law Jake Ens.

A celebration of life will be planned for May of 2025 in Stillwater, Minnesota.

The family would like to thank everyone for your messages, thoughts, and prayers over the years and during this difficult time.

In lieu of flowers, donations can be made to Randy White Ministries at PO Box 3181, Taos, NM 87571, a ministry that John supported and was dear to him.

**OBITUARY**



**Charlene Boucher**

Charlene Margaret Boucher, age 70, died peacefully this October of 2024.

She is survived by her two children, James Copeland, as well as his wife Kirsten and their two sons Liam and Colby, Laurel Copeland and her partner Scott Coates. Besides her children and grandchildren, Charlene is survived by her mother Margaret Boucher and her sister Lori Lavineway and partner Ken Dodd and brother Eddie Boucher, as well as nieces and nephews.

Her father Lorne Boucher passed away in 2012.

Charlene was born in Killarney, MB. The family moved to Erikson in 1968 where Charlene would become a graduate of Erikson Collegiate. She went on to find employment as a receptionist at Manitoba Hydro, eventually working for Employment Security until her retirement.

Charlene enjoyed visiting warm weather destinations, books and a good puzzle. An avid walker, Charlene loved to stop and visit with every dog she met. Every ear was thoroughly scratched, every head lovingly petted. She will be missed by all.

A private service will be held for immediate family.

In lieu of flowers, the family asks that donations be made to a mental health awareness charity of your choice.

Arrangements are in care of  
Brockie Donovan Funeral and Cremation Services  
(204)727-0694.



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## take a break > GAMES

### SUDOKU

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

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# getinformed

## Giving Challenge week is the perfect time to donate

By Sean Conway and Ashleigh Viveiros

Community foundations across Manitoba have the opportunity to significantly grow their endowment funds through next week's Endow Manitoba Giving Challenge.

Donations made to the Morris Area Foundation (MAF), Altona Community Foundation (ACF), and Plum Coulee Community Foundation, among others, from Nov. 12 to 17 will be stretched thanks to matching support from The Winnipeg Foundation and the Government of Manitoba.

"During the Giving Challenge week, the MAF gets excited because Endow Manitoba increases the size of any gift made to the endowment fund," said Morris foundation board chair Curtis Evenson. Access Credit Union and Rempel Insurance Brokers are also getting in on the Giving Challenge in Morris this year, which means every donation will be stretched even further. "If we can exceed \$10,000 raised, the MAF receives \$8,000 maximum in stretch money."

The Morris Area Foundation is a charitable organization that builds

permanent endowment funds. The earnings from those funds are used to distribute grants to a variety of community programs and projects each year. The foundation covers the town and RM of Morris, including the communities of Rosenort, Lowe Farm, Aubigny, and Sperling.

"The beginnings of the Morris Area Foundation started in 2011," Evenson said. "We have granted \$175,000 since 2015 to support local worthwhile projects."

"Grants have covered enhanced lighting in the Sperling rink, roof repairs at the Lowe Farm Community Centre, enhancement to the Rosenort walking trails and parks, projects at the Morris Manor, Morris Community Gardens and Red River Valley Food Bank," among many other local causes, noted treasurer Midge Anderson.

MAF volunteers will be out in the community drumming up donations next week.

"The board will be at a Pembina Valley Twisters game and at the Morris Bigway talking to people to generate

interest," Evenson said.

The Altona Community Foundation is also looking forward to the week ahead, as the Giving Challenge is their biggest fundraiser of the year.

"This would be our primary fundraiser for us on an annual basis," shared president Haydon Friesen. "This is where the bulk of our donations come in, and we look forward to connecting with our donors during that time."

Last year's challenge brought in an impressive \$40,000 for the organization.

"We hope to get to that mark again if possible, and hope that we can continue to grow on that number on an annual basis as well," Friesen said.

Giving Challenge week really is the perfect time to really maximize your donation to the foundation.

"For every dollar received, it's stretched by another \$2," Friesen said. "So it's a great time to stretch those dollars as much as possible."

The foundation is hosting a special reception next week to mark its 30th anniversary in the community, bring-

ing together past board members, donors, and recipients.

Over the past three decades, the organization has grown its assets to over \$2.5 million and given back in excess of \$1 million to projects in Altona, Gretna, Rosenfeld, and the Municipality of Rhineland.

"We have the opportunity to grant out to local charities and organizations throughout the community that will benefit the community," Friesen said, listing in example organizations like Blue Sky Opportunities and the Kiddie Sunshine Centre, among many others.

To make a donation to your local community foundation during Giving Challenge Week, head online to [endowMB.org](http://endowMB.org), [themaforc.com](http://themaforc.com), or [altonacommunityfoundation.com](http://altonacommunityfoundation.com). You can also call the Winnipeg Foundation toll-free at 1-877-974-3631.

The Plum Coulee Community Foundation is also hosting a soup and pie fundraiser to mark the week and give people the chance to donate in person on Thursday, Nov. 14 at the Centre on Main from 5-7 p.m.

## Altona launches tote bag design contest for youth

By Lori Penner

Young artists in the Altona area are invited to unleash their creativity and share their community spirit at the same time.

The Town of Altona is hosting an Altona Tote Bag Design Contest for kids and teens from Kindergarten through Grade 12. Participants are asked to create a piece of artwork inspired by the community. The winning design will be printed on official Town of Altona tote bags.

"This contest is a fantastic opportunity for our young residents to showcase their creativity and love for our community," said Altona communications officer Kiera Thurston. "The artwork can be anything that reminds you of Altona. It doesn't necessarily need to be a landmark or even a sunflower. We want to see what inspires you."

Thurston mentioned that the idea was inspired by a design contest held annually by West Park

School for their yearbook.

"I thought, why don't we make this a little more fun, rather than just the usual Altona brand?" she added.

Participants must have parent or guardian permission to enter. The contest is open to all skill levels and residents of Altona and surrounding areas, including Gretna and Rosenfeld. Four winners will be chosen, one from each school age group: Kindergarten to Gr. 3, Gr. 4-6, Gr. 7-8, and Gr. 9-12.

Winners will receive a tote bag with their design filled with prizes, including Altona merchandise, a pool pass, and items donated by local businesses.

The cotton/canvas tote measures 20 inches wide, 15 inches high, and five inches deep. A limited run of 15 bags per age group will be printed and made available for purchase at the Altona office.

Participants can find more information and

permission forms at [www.altona.ca/p/tote-bag-design-contest](http://www.altona.ca/p/tote-bag-design-contest). They are also available at the Town Office, Altona Recreation Department, and local schools.

Submissions can be scanned and emailed to [communications@altona.ca](mailto:communications@altona.ca) or dropped off at the town office and schools. The deadline for entries is Friday, Nov. 15.

"Join us in celebrating our community through art. We look forward to seeing the wonderful designs our young artists will create," said Thurston.

### > FUNDRAISING SUPPER, FROM PG. 2

The fundraisers' success shows how food and an important cause bring people together.

"Morris hasn't had a fall supper for a while

now and it was time. At the same time, the community was able to help a family that needs support," Dyck said. "The event allowed people to share and care."

Pickup *Your* Community

Weekly News at



**BIGWAY**

**IN MORRIS**

**MB**



# get inspired

> MEAL IDEAS



## Shepherd's Pie

1 tablespoon garlic powder  
1/4 cup heavy cream  
1 bag (12 ounces) frozen mixed veggies

Heat oven to 350 F.  
In Dutch oven, brown ground beef and drain fat.

Boil potatoes until fork tender and mash them. Add 1 teaspoon thyme, salt and pepper, to taste, and set aside.

Place ground beef back in Dutch oven and mix in onion powder, tomato paste, beef broth, garlic powder, cream and remaining thyme. Season with salt and pepper, to taste. Mix in frozen veggies.

Cover meat mixture with potatoes and bake 25-30 minutes.

Recipe courtesy of "Cookin' Savvy"  
Servings: 8-12

1 pound ground beef  
6 medium potatoes, peeled  
2 teaspoons thyme, divided  
salt, to taste  
pepper, to taste  
1 tablespoon onion powder  
1 can (6 ounces) tomato paste  
1/2 cup beef broth



## Green Bean Casserole

1/4 teaspoon ground black pepper  
8 cups cooked cut green beans  
2 2/3 cups French's Fried Onions, divided

Heat oven 350°F.  
In 3-quart casserole dish, stir soup, milk, soy sauce, black pepper, green beans and 1 1/3 cups fried onions.

Bake 25 minutes. Stir green bean mixture. Sprinkle remaining fried onions over casserole.

Bake 5 minutes, or until fried onions are golden brown.

Recipe courtesy of Campbell's.

2cans (10 3/4 ounces each) Campbell's Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or Healthy Request)

1 cup milk  
2 teaspoons soy sauce



## Mississippi Mud Cake

Pour marshmallows over top of cake. Return to oven and bake 2-3 minutes, or until marshmallows are somewhat melted.

In microwave-safe bowl, melt fudge frosting in microwave.

Drizzle frosting over melted marshmallows.

Sprinkle pecan pieces over frosting.  
Allow cake to cool completely before serving.

1 chocolate cake mix (15 1/4 ounces)  
1 1/4 cups water  
1/3 cup canola oil  
1/3 cup creamy peanut butter  
3 eggs  
1 cup semisweet chocolate pieces  
1 can (16 ounces) chocolate fudge frosting

1 bag (16 ounces) miniature marshmallows

1 cup chopped pecans  
Heat oven to 350 F.

Grease 13-by-9-by-2-inch baking pan.  
In large bowl, using electric mixer on low speed, combine cake mix, water, oil, peanut butter and eggs. Stir in chocolate pieces. Pour into prepared pan.

Bake 30-35 minutes, or until toothpick inserted in center of cake comes out clean.



## Expert patient here to help!



Susie Schwartz

By Susie Schwartz

After almost a month back in Canada, our flight from Winnipeg to Toronto was delayed. As we stood in the aisle after landing, we knew it'd be a mad dash if we were going to make our flight to London. If you know me, you know 'mad dashing' is not my strength. In fact, my muscle weakness not only holds me back, but when I exert myself past my limits, it gets worse - for days or months.

Here's two things my body forced me to do after the 'run'. (That looked so pathetic, that the transport dude waved me over to get a ride. I was shuffling barely faster than a walk, but with the look of a hungry tiger on my face and dripping with sweat. I had to make that flight. I had a sick puppy to get home to!)

It taught me (again) to pace myself and to look at the big picture.

My legs wouldn't work right for the next couple of months, and my energy levels were so low, like a limbo pole taking a nap on

the ground. Speaking of naps, my duvet became as loyal as my dog. Cancelling plans became a regular item on my to-do list. When I tried to 'push through,' it just equalled earlier nights and later mornings. (And mashed potato brain.)

I had two choices. I could host pity parties with frustration and disappointment as my honoured guests or see this as strength training for my next (airport) marathon. I needed to be kind to myself and offer patience for my healing.

The other thing this health-crash retaught me was to zoom out and look at my life. You know how they say, 'If you haven't got your health, you haven't got anything?' (Not entirely true.) Well, I didn't have my health at that moment, and I needed to do whatever it took to get it back. What's the worst that could happen if I missed a meal out with friends or even a writing deadline? The world keeps spinning, time keeps ticking and all that. What did count was getting as much of my health back as possible.

So, think: health first, rat race second. (Or sixth?) Think pacing and perspective.

(Oh, after getting to the gate, we found out they'd cancelled our flight and we had to spend a night and day in Toronto. Sigh. Apparently, I now need to learn another lesson: attitude adjustments. Double sigh.)

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @authorsusieschwartz, and at [www.lesshealthstress.com](http://www.lesshealthstress.com). (Email: [info@lesshealthstress.com](mailto:info@lesshealthstress.com)) If you like her writing, find more on her Substack page: *The Quest For Less Health Stress*



## Peanut Butter Chocolate Energy Bites

Prep time: 5 minutes  
Servings: 8 (3 bites each)  
1 cup rolled oats  
1/2 cup ground flaxseed  
1/2 cup nut butter of choice  
1/3 cup maple syrup  
1/2 cup mini chocolate chips or raw cacao nibs

In large mixing bowl, combine rolled oats, flaxseed, nut butter, syrup and chocolate chips; mix well using spoon or mixer.

Using hands, roll mixture into balls, approximately 1-inch each. Place balls on cookie sheet and chill in refrigerator until firm.

Note: Balls can be stored in airtight container in refrigerator up to 1 week.