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getinformed

Altona Community Fdn. hands out \$30K in grants

Makes \$50K commitment to Kiddie Sunshine Centre building campaign

By Ashleigh Viveiros

Christmas has come a little early for 10 Altona area community organiza-

The Altona Community Foundation handed out its 2022 fall grants last week, totalling \$30,000.

Board president Haydon Friesen noted the past year has been a successful one financially for the foundation, allowing them to give back a little more than usual.

"It's in line with the growth of our [community endowment] fund, so we're excited to be able to give out that amount this year," he said.

With its grants in spring and again in fall, the foundation seeks to support projects that enhance the quality of life for residents of Altona, Gretna, Rosenfeld, and the Municipality of Rhineland.

"We do look towards how many individuals are going to be impacted by the project, what's the extent of the community impact it's going to have, and how long-term these projects are going to impact the community for," explained Friesen.

Receiving support this time around

- Altona & Area Family Resource Centre: \$450 for active play items.
- Altona Community Action Network: \$4,000 for washrooms and landscaping at the community gar-
- Altona Curling Club: \$2,000 for video cameras to go in over the rink
- Altona Minor Ball: \$2,000 (\$1,500 from Menno H. Friesen Fund, the rest from the community fund) for a new
- Buffalo Creek Skating Trail: \$1,250 for a snowblower.
- Gallery in the Park: \$6,450 for exterior maintenance.
- Gretna Stars Rec Hockey: \$434 (from the Menno H. Friesen Fund) for new jerseys
- The Community Exchange in Altona Inc.: \$2,140 for office space.
- The Gardens on Tenth: \$1,610 for a Hoyer lift and slings.

These grants not only help make community projects possible but are a great vote of confidence, noted Jack Heppner of the Altona Community Action Network.

"They had a lot of applications, so to give us \$4,000 means they think it's an important [project]," he said of the community gardens. "We've had such good local support in so many ways, so this just amplifies that and says that, yeah, the community's behind us."

SUPPORTING THE DAYCARE

In addition to these grants, the foundation also announced a \$50,000 commitment to the Kiddie Sunshine Centre's building project. The day care is in the midst of a multi-million dollar fundraising campaign to build a larger facility that will better meet the needs of the growing community.

The \$50,000 will be paid out to the centre from the foundation over the next five years, Friesen explained, noting it's one of the foundation's largest grants since it was founded 30

"We're very honoured that we have



SUBMITTED PHOTO

Altona Community Foundation board chair Haydon Friesen with Kiddie Sunshine Centre Centre executive director Patti Friesen

the opportunity to be involved in a project like this, such a significant community project that will benefit the residents of Altona and area for a lengthy period of time."

Day care board vice-chair Nicole Friesen said the support is a welcome boost to the campaign.

"It honestly means a lot. The community foundation has been a proud

supporter of the centre over the years and we are just over the moon excited to have their continuous support.

"This project means a lot to our entire community and we're so excited to get it off the ground."

The day care hopes to break ground on the new facility in 2023, funding

Altona fdn. raises \$40K in Giving Challenge

By Lorne Stelmach

The Altona Community Foundation saw donations increase this year during the Endow Manitoba Giving Challenge.

The Giving Challenge Week held Nov. 14-20 saw contributions go even further than usual, with every \$5 donation made to Manitoba's numerous community foundations getting stretched by \$1 from the Winnipeg Foundation and \$1 from the Manitoba government to a maximum of \$2,000 from each per foundation.

In Altona, the foundation's community endowment fund grew by \$40,000 as a result of the Giving Challenge—up from the \$33,000 raised in last year's campaign.

"We're very happy with the result," said foundation board president Hayden Friesen. "We were able to maximize our stretch dollars and take full advantage of the \$4,000 available through the Winnipeg Foundation and the Province of

"We're very fortunate to be able to have gifts of any nature, small or large, and we were fortunate enough to surpass our total of last year."

Friesen said they always welcome the boost that this initiative provides for the organization for the growth and sustainability of the fund.

"The fact it was stretched out from a 24-hour challenge to a weeklong campaign I think was more convenient for everyone, and it allows us as a foundation to make sure that everyone is aware of it and gives everyone an opportunity should they be looking to make a gift to our community.

"It's one of our major fundraising campaigns each year, and we certainly always look forward to generating as much for our fund as we can," Friesen concluded. "No matter the size of the donation, every dollar received is an investment in our community which supports the various projects and organizations throughout our region."



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Altona's Night of Lights



PHOTOS BY LORI PENNER/VOICE

Altona kicked off the holiday season with its Night of Lights celebration at the Altona Civic Centre and the Altona Mall Friday night. Clockwise from above: Mayor Harv Schroeder with Sunflower Festival royalty Halle Hildebrand and Amber Thiessen in front of the community Christmas tree; handing out free hot chocolate and cookies at the mall; the Holiday Band ensemble provided a lively soundtrack for the evening; the bonfire wiener roast kept revellers warm and well-fed.



The Bunker hopes to launch a new restaurant next year

"Industrial Eats" will provide supportive employment for marginalized individuals

By Ashleigh Viveiros

The Bunker in Winkler is embarking on an exciting new venture in the new

The Christian youth ministry has taken over the empty space in its building on Industrial Drive formerly occupied by the Central Station Community Centre and the Winkler and District Food Cupboard.

Those two agencies moved to a larger, newly renovated facility across the road this fall, providing a unique opportunity for The Bunker to tackle a project executive director Kevin Hildebrand hopes will allow them to impact even more people than they currently do.

"We want to turn it into a restaurant," he says. "But it's not just a restaurant for the sake of making food. The main focus of it is supposed to be to help marginalized people.

"Unfortunately, even though there's tons of jobs available and workers are needed everywhere, there are some people who still struggle to find employment," Hildebrand says. "A lot

of those are the kids that we connect with. They have issues with anxiety and stress and just being in big places, being in a restaurant. So what we want to focus on is hiring these marginalized people and then work with them, relationally and one-on-one. Basically take the relational aspect of our programming and turn it into a job for them.

"We want to make sure that for the upper management people that we hire, that it's not just a job, it's a passion ... being able to relate to young people and teach them and mentor is going to be a part of their job.

"We're hoping we can get them to a point, train them well enough, get them comfortable working with other people, that they can move forward in

Initially, the plan was to focus solely on providing supportive employment for youth, but as the project began to take shape, Hildebrand came to realize there are other groups in the community this initiative could help as

"In talking to different people about



PHOTO BY ASHLEIGH VIVEIROS/VOICE

The Bunker Youth Ministry executive director Kevin Hildebrand in front of the new sign that's already up for a restaurant they intend to open in the former Central Station Community Centre space in 2023.

this, an interesting thing started to happen," he shares. "I had a bunch we'd love to have you, but we'll pay of seniors approach me and say, 'Hey, you to come in and work." can I come volunteer at your restaurant when it opens? I'm looking for

Shoe Repair

something to do.' And I'm like, 'Well,

Continued on page 5





WORK & WESTERN WEARHOUSE



Genesis House gala raises \$26K



SUPPLIED PHOTOS BY STEVE HIEBERT Genesis House hosted its "Unmasking" Domestic Violence Masquerade Gala Saturday in Winkler, to great success. About 75 guests came out to Mulligan's Restaurant and Lounge to enjoy an evening of food, entertainment, and a chance to win a variety of auction prizes. The gala raised just over \$26,600 for the regional shelter's work in providing safe haven and support for the victims of domestic violence. Organizers send thanks out to all the sponsors and supporters for helping make the night such a success.







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Food Currency Program gets \$1.1M in support

Many Hands pleased to hopefully see it continue at Morden Farmers' Market

By Lorne Stelmach

A further provincial investment will help sustain a successful initiative that helps provide access to healthy local food and supports Manitoba producers through local markets.

Morden has been part of the Manitoba Community Food Currency Program since its inception, and Many Hands Resource Centre is anxious to continue with the initiative.

"I'm definitely anticipating that Morden will see

some of it and that we will be able to continue the program here," noted program co-ordinator Tracey Krause.

"We've been running the program here now for three years ... and we had about 70 people in it this past summer. We've been involved with it right from the beginning, and we certainly see the need for it."

Direct Farm Manitoba launched the Manitoba Community Food Currency Program in 2020 as a community-building initiative that aimed to empower Manitobans facing food insecurity by providing food currency

that can be used to purchase locally produced fruit, vegetables, meat and processed foods at farmers

Community-based social service organizations identify families disproportionately affected by inflation and in need of healthy food. Each family receives \$28 in food currency per week for 14 weeks (\$392 in total) during the summer market season from June to early October.

"WE'VE BEEN INVOLVED

WITH IT RIGHT FROM

THE BEGINNING, AND

NEED FOR IT."

WE CERTAINLY SEE THE

With up to 26 participating markets, the initiative supports families across Manitoba. This year, the program was able to grow to serve over 240 households by working with eight community partner organizations.

The Manitoba government is now providing almost \$1.1 million over three years to Direct Farm Manitoba to support the program, and Agriculture Minister Derek Johnson heralded the initiative for improving food security for Manitobans in need while also supporting local agri-businesses.

"As exceptional inflationary measures continue driving up the cost of food, more Manitobans face the burden of being unable to meet their own and their family's nutritional needs," said Johnson, who estimated the investment will ensure 700 families in the province benefit from the program annually

over the next three years.

"This unique food currency initiative helps ensure Manitobans in need have reliable and equitable access to healthy food that promotes their well-being, while simultaneously supporting farmers markets and local agri-product businesses."

"The food currency program is great on so many levels within the community," suggested Krause.

"We're helping people who have food security issues, so they're able to get food and fresh, good healthy food," she said. "We do our best at the local food bank, but it's not the same as buying from your local farmers.

"It's our own local farmers who are reimbursed, so the money stays in our community. It helps our people, especially newcomers, and we focus on families with young children," she added. "They get a chance to meet the people who are growing



their food, and it's also just to have that social experience. The farmer's market is great for people."

"We are thrilled to see the program expand, building on its previous success, with this support from the province," said Kristie Beynon, executive director of Direct Farm Manitoba.

"With the price of food skyrocketing, an increasing number of Manitoba households are struggling with food insecurity. This program increases access to healthy, local food for those who need it most while supporting our local farmers and farmers markets and building stronger communities. It really is a win-win-win.'

"We're going to be very intentional in making this feel like a family"

From Pg. 3

His conversations with seniors made it clear there are many retired people who "still have a passion for working and connecting with people" but struggle to find employment that allows them to do that on their own terms.

"Whereas our youth are marginalized because of the way they look and some of their anxieties and stuff like that, our seniors get marginalized because of their age," Hildebrand says. "Maybe they look 'too old' to work or they can't do six or eight hours of work every day non-stop standing on their feet. They need some different allowances.

"In the setup we want to do here, that's one of the things we want to focus on. We want to make this employment fit their life circumstances ... a job where they can get paid, it suits their schedule, it suits their abilities, and there's the one-on-one connection to feed their soul, to make them emotional-

Hildebrand is psyched at the opportunity for mentorship and community-building this intergenerational staff roster has the potential to generate.

"We're going to be very intentional in making this feel like a family, a community," he says. "And we're doing it all under an umbrella of making food and opening up a restaurant."

That restaurant, dubbed Industrial Eats, will be a barbecue/smokehouse style eatery.

If it's a success, not only will it be a safe refuge for its staff to learn, grow, and connect, but it will also generate funds for The Bunker's other program-

Donations to the non-profit have not kept pace with rising costs in recent years, Hildebrand notes. That's part of why the ministry started up its food truck a few years ago, to great success.

"When we started the food truck it was an opportunity to hire two kids and work closely with them through the summer and build into them, make good food, raise some money," he says. "Now we're just taking that concept and making it bigger."

The Bunker is already in discussions with a contractor to see how much it's going to cost to transform the former community centre into a working restaurant.

Hildebrand says the existing kitchen there can be used as a prep kitchen, but they'll need to turn the old food cupboard space into a certified large-scale kitchen. They'll also be renovating the rest of the main floor into dining space.

"There's quite a bit of renovation that has to be done there and we're getting it all priced out now," he says. "I think once it gets started it will all come together. The shell is there."

He expects renovations will start this winter. Hopefully the restaurant can open by next fall.

"We've got a chunk of money that we've been setting aside over the years from the food trailer, so we've got some money to get started. How far that's going to take us, I don't know," Hildebrand says, sharing they've also been fortunate enough to receive a lot of donated kitchen equipment from a few generous local businesses.

If you'd like to support this project in any way, or learn more about how you can be a part of it once it opens, reach out to Hildebrand at The Bunker (204-325-9723).



PUBLISHER



MARKETING & PROMOTIONS **Brett Mitchell**



EDITOR Ashleigh Viveiros



REPORTER Lorne Stelmach





COLUMNIST Peter Cantelon



SALES Gwen Dyck



PRODUCTION Nicole Kapusta



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OUR SISTER PUBLICATIONS







Voice Sethements > VIEWPOINTS > LETTERS

Introverts of the world unite

a party and been quietly enjoying yourself when some over-loud person wanders over to you and starts scream-talking "HEY YOU SHOULD RELAX AND EN-JOY YOURSELF! COME ON MAN. LOOSEN UP!!!"

Then the person being scream-talk-

ed at, let's call them Peter, says, "I am enjoying myself. This is literally me enjoying myself."

YOU'RE "NO NOT!!! **COME** ON GET UP AND DANCE!!!"

"I don't want to right now thanks.



By Peter Cantelon

ave you ever gone Really. This is me having fun."

Extroverts. Am I right? The typical extrovert cannot understand the typical introvert. An extrovert sees the world and assumes that everyone needs to react and respond to it the way they do or else they are not enjoying themselves.

Introverts on the other hand tend to like the background role. Most introverts come across a little like Jane Goodall quietly watching a group of loud chimpanzees going about their day. This is actually fun for an introvert.

I am what is referred to as an ambivert, that freak of nature that straddles the line between introvert and extrovert. Frankly I lean more into the intro than the extro but I can usually switch when the situation requires it.

As an ambivert my extrovert side is a little more like my introvert persona putting on an extrovert mask. I often do this for work events or social circumstances. I do what I think is expected of me based on years of observation.

I believe it is a lot harder for an extrovert to put on an introvert mask. As keen people watchers, introverts often develop the extrovert mask simply to survive in social circumstances.

As an ambivert I am not hardcore introverted. I like to be IN the crowd but not OF the crowd, if that makes sense. I like the noise and busyness of a crowd but I absolutely do not want to participate in it.

As many people know by now a good definition of an introvert is a person who is drained of energy the more they have to interact with people while an extrovert gains energy through interacting with people. Put an extrovert on a desert island alone and they would likely wither up and die. Put an introvert on the same island and they will be upset when you come to check on them.

Introverts loathe making social commitments and fear every second leading up to them but will often admit they were not that bad after the fact.

Continued on page 7

letters

WEATHERING THE RECESSION

Statistics Canada has employment rates in Manitoba rising to 30,250 in the fourth quarter of 2022. Contrary to a typical recession, labour demand is higher than the supply, making this recession one of a kind since the Great Depression. This imbalance is triggered by two factors:

Investors are staying optimistic and businesses that retrenched their employees during the pandemic are hiring their staff back.

This trend is seen in both service rendering and manufacturing industries alike. In a typical recession where Central Banks (Bank of Canada) employ quantitative tightening

to reduce liquidity in financial markets, results tend to be higher interest rates, employee retrenchments, and increased costs in energy and housing sectors.

Recession in itself is not necessarily bad, but we need to look at it

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Left: **GVC** students Carson Neufeld, Rylan Hiebert, and Brytan Fehr found their homemade fishing lures sold like hot cakes at the school's annual artisan market Saturday. Right: Fellow venture development student Alyssa Wall with some of her custom iewelrv.



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Teen entrepreneurs clean up at artisan market

By Ashleigh Viveiros

Garden Valley Collegiate's upstairs common area was a bustling place Saturday as the Winkler high school hosted its annual artisan market.

Students from the Gr. 11 venture development course got the chance to showcase their new businesses alongside dozens of other local artisans and entrepreneurs. In all, the show had nearly 50 booths offering a dizzying variety of products.

Students Rylan Hiebert, Carson Neufeld, and Brytan Fehr were thrilled by the demand for their handmade fishing lures. Their RCB Tackle booth was cleaned out of stock by lunchtime.

"It took us two hours to sell out," said Hiebert. "It was a very successful day because we have just as many pre-orders now as we had in stock."

Fellow student Leah Sawadski was impressed as well with the traffic her booth drew. She was selling a variety of handmade macrame items through her company Dainty Yarns Macrame.

"I like making things and being at home and doing that type of thing," she explained of where the idea for the business came from, noting she was introduced to the art of macrame by a friend and quickly fell in love with it. "So when I had to find a business idea for school, I started this ... it's kind of been scary but definitely worth it."

Sawadski said she sold more products than she was expecting.

"I really didn't expect that many people to come, because I'm still younger and I don't have my name out there yet."

Max Wilson and Keaton Wiebe acknowledged that the art market crowd isn't exactly the target for their custom video game clothing hoodies. But they were nonetheless enjoying showcasing the items their company, Redeploy Clothing Co., has to offer.

"It's been all right," said Wilson, noting his favourite part of creating his own business from the ground up has been making unique products for his favourite games.

Meanwhile, Alyssa Wall of Stamped Jewelry was doing brisk business with her custom pieces. She's found the assignment to create her own business to be immensely rewarding.

"It's taught me so much independence, honestly. I went into creating my business on my own, so I'm the CEO, founder, everything, all in one. So I've learned hard work and I've learnt that it pays off. I love it."

> LETTERS, FROM PG. 6

as "economy cleansing itself." This process can last several months or years depending on the status of the global financial markets. What makes this recession complicated and undetermined include Russia's attack on Ukraine and the strength of the U.S. dollar, which is globally used as a financial yardstick for measuring countries' economic successes.

Despite the uncertainties and high-interest rates, there is a silver lining: if we got out of the 2007-2009

Great Recession, we will be out of this one as well. It is just a matter of time.

It is advisable for households to cut down on their expenditures and try to save as much as they possibly can. Some families are barely making ends meet, while others have maximized their credit card expenditures. In fact, there are people currently borrowing loans in order to provide for their families.

It is advisable that those without jobs and are able to work to accept the

opportunities that are open in a number of local industries, especially right here in the Pembina Valley. Organizations such as Regional Connections have great resources that can be used to help those who are looking for job opportunities. Companies are holding job fairs and career expo events with the intention of hiring.

The government of Manitoba in collaboration with the federal government has issued financial support to families through direct cheques. While these tokens help consumers alleviate day-to-day service expenditures, a better long-term plan needs to be put in place. Temporary government expenditure cuts on matters that don't affect social wellbeing of the people can help relieve consumers of the high cost of living.

Josh Okello, Winkler

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.

> CANTELON, FROM PG. 6

Extroverts cannot make enough social commitments and often overbook themselves so that they have no spare moment to themselves except sleep.

Introverts are not reliable club members and can struggle in team projects but will shine when given tasks to accomplish on their own. Extroverts don't know what to do with a project or task in isolation of other people.

Interestingly, I enjoy public speaking, which, as an introverted ambivert might be seen as unusual. It

makes sense to me however because the larger the crowd the less likely there is personal interaction. Large crowds are impersonal. Small groups or individuals are terrifying because you have to find a way to connect.

Anyhow, a message to extroverts: If you see someone quietly vibing alone in a corner they may not actually need to be "rescued" by you. They may, in fact, be an introvert forced into this event enjoying themselves in the way that seems best to them.

Winkler Christmas Market returns this weekend

By Ashleigh Viveiros

A new community tradition borne out of the pandemic is back to spread some holiday cheer.

The Winkler Christmas Market kicks off its second season this weekend and runs until the weekend before Christmas.

"We have nine full days of market and there will be different vendors pretty much every day," says organizer Shirley Janzen, who notes they have nearly 80 vendors in all signed up thus far. "Most of the vendors who were here last year are returning, they enjoyed it so much."

Bringing the market back for a second year was an easy decision, shares Lucy Janzen, owner of New Leaf Garden Center, which again hosts the event

"We just loved the community response last year," she says. "It brought so many people together and everyone seemed to have a great time."

A new expansion on the north side of the garden centre will be home to this year's festivities.

"The vendors will fill this whole space," Lucy says. "This is our first use of this space, so we're excited to showcase it."

In addition to the dozens of vendor booths each night, the market will also feature buskers and other musical entertainment, a charcuterie board demonstration from Winkler Co-op (Dec. 3 at 1 p.m.), food and



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Andrew and Lucy Janzen of New Leaf Garden Centre and Shirley Janzen (back) of the Winkler Christmas Market are excited to fill the greenhouse's new space with holiday cheer, starting this weekend.

drinks available for purchase, outdoor Christmas lights and a bonfire, and a special art project that kids can be a part of.

"We'll be making what we're calling Christmas trees of thanks," says Shirley, explaining kids will be invited to trace their hands on colourful paper and write a thank-you note to

local health care workers or emergency services personnel. "It's just a way of showing gratitude of the last few years, bring the community together and especially the kids together and promote unity in the community."

Kids can take part in that project Saturday, Dec. 10 and Saturday, Dec. 17 from 1-5 p.m.

Santa will also be on hand every weekend for photos, Thursdays and Fridays from 4-8 p.m. and Saturdays from 1-5 p.m. No appointment is necessary.

That station will be manned by volunteers from the Winkler and District Christmas Cheerboard, who will be collecting monetary donations for this year's hamper campaign.

"We just ask people if you do take a picture with Santa that you drop a few coins in the basket in support of the Cheerboard," Shirley says.

The 2022 Winkler Christmas Market is open Dec. 1-3, Dec. 8-10, and Dec. 15-17, Thursdays and Fridays from 9:30 a.m. to 9 p.m. and Saturdays from 9:30 a.m. to 5:30 p.m.

"We just want this to be something that families can do together at Christmastime," Lucy says. "Something that can maybe become a tradition where people come in an enjoy the greenery, the smells, the Christmas music—everything."

"I want this to be an event where all those walls come down that have been built up over the last couple years," adds Shirley. "A chance to show love and joy to our community, to people around us. Christmas is meant to be a time to celebrate the good things in life and how much we've been blessed, and I really hope that this event will do that."

You can stay up-to-date on market events on their Facebook or Instagram pages.

Provincial docs talk virus season at town hall

By Lorne Stelmach

A telephone town hall last week aimed to both inform parents and ease their concerns about an escalating virus season that has especially been impacting children.

There are a lot of respiratory viruses circulating in Manitoba right now including seasonal flu, COVID-19, and respiratory syncytial virus (RSV), and it has led to high numbers of kids coming to emergency departments and urgent care centres.

Dr. Elisabete Doyle, medical director and section head of pediatric emergency medicine at HSC children's hospital, and Dr. Brent Roussin, chief provincial public health officer, touched on prevention, caring for kids at home, and when and where to take them for medical care.

"We're definitely seeing high levels of respiratory virus activity right now in the province," said Roussin. "Certainly, we've seen these viruses in the past ... we're seeing them earlier and to a much greater degree, and they're all occurring at the same time, so it's putting a tremendous strain on kids and our health care system."

"A number of [children] are actually testing positive for multiple viruses at the same time, including influenza A, RSV, and COVID-19," noted Doyle.

"The difference this year is the timing. All of these viruses are coming at once, and they're coming earlier than we normally have them.

"Throughout the pandemic they were kept at bay in large part because of all of the things we were doing to protect ourselves and those around us," she added. "Now that we're back to largely doing things the way that we once did, the viruses have had an opportunity to spread again, and they are doing so all at once."

Doyle encouraged parents and caregivers to understand what to do, when to take to the hospital, and know when children can be cared for at home.

"Children's emergency addresses the most serious and life threatening health issues," she stressed, noting children will be assessed and triaged, but if it is a minor illness with low grade fever, the reality right now is you may wait longer than you would at a walk-in clinic or urgent care centre

"Fever itself is not dangerous. It's the body's natural response to infection and does not typically require treatment with medicine," said Doyle. "It's really not dangerous and that the absolute height of the fever is not what's important but all of the other symptoms that are associated with it."

She however encouraged families to come to emergency if their children

have symptoms including difficulty breathing, excessively sleepiness, sudden confusion, inconsolable crying, not peeing or if they are an infant less than three months old with a fever.

"[Bring them in] any time you see your child having difficulty breathing ... if their colour is poor, if they're having pauses in their breathing," said Doyle.

"If your child is not drinking enough to pee more than three diapers in 24 hours," she continued. "If your child is so sleepy that they won't wake up and do not seem to recognize you or seem to be confused in any way.

Roussin also touched on the area of prevention.

"We've learned over the last number of years a number of things that we can do to help protect ourselves and

Continued on page 10

Iceburg Drive-in's new drive-thru is open for business

By Ashleigh Viveiros

Winkler's Iceburg Drive-in is extending its season and offering customers a new way to pick up their food.

The 15th St. restaurant celebrated the grand opening of its new drive-thru last week.

"Burgers and fries and ice cream, it just goes hand in hand with a drive-thru," said owner Jeff Hildebrand. "We've been toying with the idea for probably 10 years but never really took the plunge. The last few years, with restrictions with the pandemic, it drove us to think about it again and we figured we'd go for it.

'The restrictions are gone but just the whole industry has shifted. If you can make things more convenient for customers, that's what people love."

The drive-thru also allows Iceburg to extend its season by a couple of months.

It normally closes up shop in mid-November and reopens mid-February, but this year they'll remain open until just before Christmas and then start the 2023 season mid-Janu- 11-month season now."



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Winkler Mayor Henry Siemens (second from left) joined Iceburg Drive-in's Jeff and Val Hildebrand (far right) and daughter Leandra Unger in cutting the ribbon on the eatery's new drive-thru last week.

"We'll still close down for a little bit, about four weeks ... just to give our family a little bit of time for a break," Hildebrand said. "So it is still technically a seasonal business, but it's an

Winkler Mayor Henry Siemens was on hand to cut the ribbon Thursday and congratulate the restaurant on the new addition.

"Thank you for your continued investment into Winkler," he said. "Because nothing ever happens until

someone decides to put money at risk and to say, 'Let's try something.'

The drive-thru is accessible from the Iceberg's 15th St. parking lot and exits onto Pembina Ave.

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



Last year your donations made it possible for us to support 20+ local non-profit agencies servicing the Pembina Valley.

United Way Pembina Valley

The United Way Pembina Valley is your community investment fund. Your donations are re-invested into the community through local non-profit organizations that use your donations to support the vital programs and services they provide to countless people in our community. We are proudly 100% Volunteer and are able to re-invest 100% of your donations into the community. We can't don't without your generous support, please join in building our community.

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United Way Pembina Valley, P.O. Box 758, Morden, MB R6M 1A7

IN PERSON

Drop off your donation at any local Access Credit Union Branch.

RCMP ask public for help in ID'ing bank robber

By Voice staff

Manitoba RCMP are asking the public for help in identifying a suspect believed to be involved in robberies in both Lowe Farm and Steinbach last month.

On Monday, Nov. 14,, at approximately 3:05 p.m., Emerson RCMP responded to a robbery at the Access Credit Union in Lowe Farm.

A man entered the Main St. bank, handed the teller a note demanding money, and left the bank with an undisclosed amount of cash. No weapons were seen.

He fled westbound in a light coloured four-door sedan believed to be between the years of 2004-2008.

The suspect is described as 6-feet tall, in his mid 20s to mid 30s, with blue eyes, dark eyebrows, a large nose, and slim build.

He was wearing a black face covering, high visibility vest, blue jeans, black jacket, and black gloves.

This suspect is believed to be involved as well in an attempted rob-



RCMP PHOTOS

Manitoba RCMP believe the same suspect (right) robbed and attempted to rob banks in Lowe Farm and Steinbach last month. He made away in a lightcoloured four-door sedan (above).

bery at TD Canada Trust in Steinbach four days earlier.

Just before 5 p.m. on Thursday, Nov. 10, a man entered the bank and handed the teller a note. No weapons were seen and the suspect left the bank shortly afterwards empty-handed.

Here as well the suspect was de-

scribed as tall with a slim build, blue eyes, and wearing a black face covering, high visibility vest, blue jeans, a black jacket, and a black toque.

He also fled in a light coloured four-

RCMP believe this to be the same suspect and the same vehicle in both

incidents

If you recognize this man or have any information on these incidents, call Steinbach RCMP at 204-326-4452, Emerson RCMP at 204-373-2505, Crime Stoppers anonymously at 1-800-222-8477, or provide a secure tip online at www.manitobacrimestoppers.com.



door 2004-2008 sedan.

> TOWN HALL, FROM PG. 8

the people around us," he said.

"We know that right now in those children under five, we only see about six per cent of those children with an influenza shot this year, so we'd really like to see that really get increased in a short amount of time," he noted, adding there is low uptake still with COVID vaccination and boosters as well.

"Children can certainly receive

more than one immunization at a time," Roussin said. "The immune system is very, very robust; there's no concern about overwhelming with these vaccines."

Roussin encouraged people to use the provincial vaccine finder to direct them to where they can go, and there is also information available through a new dedicated website that can be found at kidcaremb.ca.

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DKSM students perform



The Douglas Kuhl School of Music filled the Winkler EMM Church with music Saturday night for their fall concert. The evening featured performances from four intergenerational community strings ensembles, DKSM instructors, and the school's new vocal ensemble (below).







Altona Chamber hosting Holiday Shop & Win pr

ALTONA & DISTRICT CHAMBER OF COMMERCE
PRESENTS

HOLIDAY SHOP & WIN!

December 2nd - December 9th



SHOP AT PARTICIPTATING LOCAL BUSINESSES AND BE ENTERED FOR YOUR CHANCE TO WIN ONE OF THREE GIFT BASKETS VALUED OVER \$500!

A Furry Tail Ending
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Rhineland Car RuffMutts Sunvalley Co-op Food Sunvalley Co-op Gas Sunvalley Co-op Hardware Sunvalley Co-op Liquor The Flower Shop The Party & Gift Store To The Z West Park Motors

By Ashleigh Viveiros

The Altona & District Chamber of Commerce is encouraging you to explore what local businesses all have to offer this holiday shopping season.

And to sweeten the pot, a purchase at participating Chamber members over the next week will earn you the chance to win prizes.

The chamber's Holiday Shop and Win promotion runs from this Friday, Dec. 2, until next Friday, Dec. 9.

"The focus is to promote 'shop local and support local," explains chamber manager Stephanie Harris.

Thirty Altona chamber members have signed up to take part, all of them donating prizes to create a trio of truly impressive gift baskets.

"I would say each gift basket is valued at well over \$500 at this point," Harris says. "Our participating businesses have been extremely generous and are providing fantastic prizes."

It's shaping up to be quite a varied list of goodies that will certainly make the holidays bright for the campaign's three grand prize winners.

"There are gift certificates, cookware sets, toys, free service packages, a



month variety busine great g busine Ever

Holida Dec. 2 prize r "It's

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RIGHT HERE IN TOWN

You'll find everything on your holiday shopping list

promotion

month's gym membership—it's a wide variety," Harris says. "It's really up to the business as to what they think would be a great gift and a great way to promote their business."

Every purchase you make at one of the Holiday Shop and Win businesses from Dec. 2-9 earns you a draw ticket for the prize raffle.

"It's one entry per purchase," says Harris, noting you can, however, really wrack up the entries by shopping at multiple participating businesses every day of the week.

It certainly wasn't a hard sell to get Altona chamber members on board with this campaign, Harris reflects. The holiday shopping season is an important one for retailers, and finding ways to pull in customers—and keep local dollars in the community—is top of mind for many every year.

They like the idea of increasing traffic into their business, but also they love the idea of giving back to the community too," Harris says. "When I talk to the businesses in our community I'm always so overwhelmed by their generosity to give back."

A full list of participating businesses can be found online at www.shopaltona. com and the Altona chamber's social media pages.









Rosenort CU reports on a banner year at AGM

By Lorne Stelmach

The past year brought continued steady growth for Rosenort Credit Union.

Addressing the annual general meeting via Zoom last Thursday, board chair Marcus Enns commented on what he saw as a successful year for the financial institution.

"Despite the economic challenges ... I am pleased to report that 2022 was another banner year for the Rosenort Credit Union," he said. "These impressive results are directly related to the trust that you as members have placed in us and the level of service and dedication being provided by our employees.

"During these uncertain times, the Rosenort Credit Union and its employees have continued to maintain a high standard of personalized service while helping members help themselves."

Enns highlighted some of the global and national challenges such as rising inflation, the cost of housing, labour shortages, and supply chain issues.

Coupled with these challenges has been the more recent onset of interest rate hikes initiated by governments to try and curb inflation. The downside of this economic policy decision, he noted, is the increased risk of entering a recession in the coming months.

Despite these challenges, Enns shared that the credit union achieved a fourth consecutive year of record income. During the 2022 fiscal year, net in-

come grew by 24 per cent compared to the previous year, reaching a total of \$6 million.

Meanwhile, assets grew by 0.50 per cent to \$654.3 million with loans up by almost three per cent, while deposits decreased but by just 0.48 per cent. Membership stood at 6,630 at year's end, which was slightly up from the year before as well.

Enns commented in his report that "the predominant driver of income is the superior operational efficiency of Rosenort Credit Union, which I can confidently say is unmatched in the Manitoba credit union system. A secondary contributor is our subsidiary, Sterling Wealth Management, which continues to perform well and experienced another strong year of earnings."

Both Enns and CEO Brad Penner also noted how Rosenort Credit Union has continued to give back to its communities with funding to a variety of projects, including Youth for Christ, the Rosenort basketball court, Altona community garden project, Winkler Flyers and Winkler Whips, and local festivals, among other initiatives.

In addition, both also noted that the credit union system continues to see consolidation as financial institutions experience the pressure of increased regulation, technology costs, and stiff competition.

"There are currently only 19 credit unions left in the Manitoba system after two additional mergers were finalized in the past year. It is the view of the board that this consolidation will not only continue





SCREENSHOTS

Rosenort Credit Union CEO Brad Penner (left) and board chair Marcus Enns addressed members at a virtual annual general meeting last week.

but could accelerate in the near term," said Enns.

Penner also highlighted the progress being made on a move to a new property in Altona.

"We've outgrown this [current] location, and the board has determined it is time to relocate," said Penner, who estimated construction of a new building just across from the Sun Valley Co-op could be completed by spring.

Enns offered a concluding comment.

"As has always been the case, the board's mandate is to look to the best interests of our members in the long term, and we will continue to monitor the changing climate that we operate in with those interests in mind."

Sharing the Warmth collecting winter clothing for families in need

By Lori Penner

Staying warm during Manitoba winters is something many of us take for granted. This means having proper winter gear to protect us from the cold.

But for many families and individuals, the annual cost of winter wear, especially with a bunch of growing kids, can be overwhelming.

This is where Sharing the Warmth comes in.

The local initiative collects new or gently used jackets, boots, toques, scarves, and mittens to ensure area residents are adequately dressed for the cold.

The donation-based, non-profit, volunteer-run project was launched 16 years ago by Lorraine Heinrichs of Altona. Heinrichs worked with local schools to help students find warmer clothes so they could enjoy outdoor time in the winter.

She reached out to the community, and the grassroots charity grew by leaps and bounds, eventually expanding to the point where a spot in the Altona Mall was provided for storage of the donated articles.

After a four-year pause, current organizer Julia Bergman says she

was approached by The Community Exchange and asked if she could relaunch the program.

"For me it was an easy 'Yes'. I think it's a basic need that everyone deserves to have filled. They saw the need in the community, and felt the timing was perfect for this to be available again," she says.

"They've been wonderful to work with and generous to allow us to use a space in their building. I started with zero items, and now the room at The Exchange is bursting with items. It's fantastic."

Requests have already started.

"All sorts of people have already approached us for items, on a daily basis, and it's been great to have things to pass on, for people to enjoy and use."

Bergman says initially, the focus was on school-age children.

"We quickly shifted that focus to everyone because there was such an outpouring of adult items donated as well. So, this is for everyone, and it's been wonderful to be able to provide for everyone, young and old."

Sharing the Warmth works with Regional Connections, schools in Rosenfeld, Gretna, and Altona, as well as area social workers to connect with

families who could use a helping

Bergman encourages everyone in the community to spread the word.

"Let your friends and family members know that we're here to provide," she says. "The mission of the program is to ensure that every person in Altona and surrounding communities has access to warm, outdoor winter gear."

Bergman says despite the slow start to winter weather, the response from the community so far this year has been overwhelming.

"Altona is a generous community and they rose to the challenge very quickly. There's a passion there. For those of us who have lived through Manitoba winters, we know how critical it is to have warm outdoor gear. For a lot of families who may be experiencing their first prairie winter, it's wonderful the donations have been so plentiful. I've been blown away by the outpouring of support."

The process is managed with confidentiality and sensitivity. Appointments to come to The Exchange to check out the items are spaced out, so people have the privacy to come and go.

"It's a very vulnerable thing to say

to someone you need help. It doesn't come effortlessly," Bergman acknowledges. "Hopefully Sharing the Warmth can break that stigma. We all need help. Whether it's a pair of boots for our toddler or help cutting our grass. This is such a great opportunity especially when prices are so extreme. It's good to come together and share what we have, to make sure there's enough to go around for everyone."

All are welcome, she adds.

"We have not turned anyone away. It's been a hard year for lots of us, with the rising cost of everything to keep a household up and running. Lots of items are still available. Anybody is welcome to reach out to me."

The Community Exchange at 116 Main Street in Altona is providing a space in the building for the program to collect donations. Drop-offs can be made on Mondays and Wednesdays from 9 a.m. to 1 p.m.

Donations can also be made out to The Community Exchange or via an e-transfer to Sharing the Warmth using the address info@tcealtona.ca.

Questions can be directed to the email address sharethewarmthinfo@gmail.com

For appointments or referrals, contact Bergman at 204-470-9481.

Locals honoured with Platinum Jubilee medals

By Voice staff

Portage-Lisgar MP Candice Bergen honoured several dozen residents from across her constituency at a special ceremony over the weekend.



Bergen handed out 43 Queen Elizabeth II Platinum Iubilee medallions at an event Sunday at the Carman

The medals celebrate the 70th anniversary in 2022 of the late Queen Elizabeth's accession to the throne. They're presented to individuals who have been of service to their communities, to Manitoba, or to Canada.

In the Voice's coverage area, recipients included: Altona's Candace Derksen, Deb Enns, Callum Lewis Morrison, Colleen Mullen, and Guy Mullen; Jenna-Lee Catherine Luptak from Gretna; Morden's Colleen Kyle and Rick Wiebe; June Letkeman from Plum Coulee; Blair Mason from Somerset; Grace Ketsman from Swan Lake; Joan Driedger from Miami; and, from Winkler,



PHOTOS BY LANA MEIER/VOICE

Dozens of people from across the Portage-Lisgar constituency were honoured with Queen Elizabeth II Platinum Jubilee medals for their service to our communities. Left: MP Candice Bergen presented them at a ceremony in Carman Sunday.

Hank Boschmann, Gaile Deere, Dr. David Goerz, Martin Harder, and John Knott.

The *Voice* will be profiling the recipients in a future edition.



Gov't cuts utility fees from MB Hydro in bid to keep energy costs down

By Lorne Stelmach

The province announced plans last week to sharply cut fees charged to Manitoba Hydro in a move that it believes will help keep electricity rates down.

The Conservative government is cutting in half two fees paid annually by the energy utility to the province for water rental and for guaranteeing the utility's debt, with the changes retroactive to April 1.

The change will save the Crown corporation almost \$190 million a year and help stabilize its finances, said Morden-Winkler MLA and Finance Minister Cameron Friesen, who is the minister responsible for Manitoba Hydro. Friesen made it clear the government's hope is this will lead to a rethink of the 3.5 per cent rate increase Manitoba Hydro is seeking from the Public Utilities Board.

"We believe this payment reduction to the government constitutes a material change to Hydro's financial position," Friesen said. "We believe that as a consequence of this historic action, Hydro and the board will want to think about getting their executive management team to refile the general rate application. We believe this will significantly change that, and we will believe it will produce an amendment to the general rate application.

Hydro rates could be a campaign issue as the provincial election slated for next fall draws near. The NDP have already promised to freeze rates while not laying out how they would do that, but saying it would be done without interfering with the regulatory board.

Friesen said now was the time to act for a number of reasons, including rising interest rates and Hydro's high level of debt, which has tripled over 15 years due in part to cost overruns on a generating station and a major transmission line under the former NDP government.

That's why moving to reduce the two major payments that Manitoba Hydro makes to the province—the water rental rate and a debt guarantee fee—makes fiscal sense today.

"Those two fees were doubled over a course of about 10 years by the previous government ... reducing those fees and cutting them in half will basically mean that an estimated savings of \$187 million will be retained at Hydro," said Friesen.

"Those payments, because the NDP had increased them, were getting out of sync with payments in other jurisdictions," he added.

"Hydro has challenges ... \$24 billion of debt in a higher interest rate environment. Its debt service costs now have eclipsed a billion dollars a year; that's not paying down debt, that's just servicing that debt," Friesen con-

"You can't simply stabilize Hydro by increasing hydro rates," he concluded. "Hydro will get to keep more of its revenue. The government's going to bring its charges to Hydro more in line with other jurisdictions."

Ring in the new year at the MEC

By Ashleigh Viveiros

The City of Winkler is sending out an invitation to everyone to come ring in the new year at the Meridian Exhibition Centre.

The very first "Winkler Celebrates New Year's Eve" bash takes place Saturday, Dec. 31 starting at 8 p.m.

"This is I think the first time we've ever done this," says community events coordinator Nicole Enns, who explains that while the city's new exhibition centre was open last holiday season, pandemic restrictions didn't allow them to really show it off as they had wanted.

They're making up for that this year with a New Year's Eve party that will include live music from The Beerjammers, a late-night pizza snack, cash bar, 50/50 and silent auction (with proceeds going to Katie Cares), and, of course, a countdown to midnight.

"I think it'll be a great night out," Enns says, noting kids are welcome to attend if families would like to come boogie in 2023 together.

Tickets are available at www.winklerconcerthall.ca at \$35 each. There will also be tickets at the door if there are any left, but Enns encourages people to book early to avoid disappointment

"I'm just trying to get the community together, spending time together," she says. "We were cooped up for so long and now it's time to get out and have a good time."

sports&recreation



PHOTOS BY RICK HIEBERT/VOICE

Above: Pembina Valley Hawks goalie Raiden LeGall makes an outstanding save off Brandon's Ekam Dhaliwal during the shootout Saturday night. The Wheat Kings won the shootout and, thus, the game 3-2. Right: Hawk Liam Goertzen works to defend against the Wheat Kings' Cole Slobodian.

By Lorne Stelmach

The male U18 Pembina Valley Hawks came close to doing what only one team has accomplished so far this season: defeat Brandon.

The Hawks dropped both games of their home and home doubleheader with the Wheat Kings but did get a point from the 3-2 shootout loss in game two Saturday following a 4-1 loss in game one Friday.

The Hawks connected first in the opening period Friday but Brandon then led 2-1 after 40 minutes of play and sealed the victory with an empty net goal with five seconds remaining.

Liam Goertzen scored the lone Pembina Valley goal, while Bryson Yaschyshyn made 28 saves as Brandon outshot the Hawks 32-19.

The Hawks overcame a 2-0 deficit Saturday with two third period goals less than a minute apart to force overtime. Extra time solved nothing, so it went to a shootout the Wheat Kings won in seven rounds to take the game 3-2

Beau Bannerman and Cedrik Robidoux scored for Pembina Valley. Raiden LeGall made 39 saves for the Hawks



off 41 shots. The Hawks fired back 35 shots on net.

Pembina Valley remains in fourth place at 13-5-3 for 29 points, which is five up on Yellowhead and five behind the Winnipeg Bruins and Win-

nipeg Thrashers.

The Hawks hosts the Interlake Lightning in Morden Friday and then head into Winnipeg to take on the Thrashers Saturday.

Maroons fall to Aces

By Ashleigh Viveiros

The Altona Maroons are still trying to find their footing in the South Eastern Manitoba Hockey League this season.

They added another loss—their fifth in a row—last week, this time falling to the visiting Ste. Anne Aces Thursday night at home.

The Aces ran roughshod over the Maroons, scoring a trio of goals each period to take it all 9-2.

Scoring for Altona was Tristan Dueck and Justin Augert. Cole Kehler faced 68 shots in net, making 59 saves. Altona's offensive lines had 30 shots

Meanwhile, the Morden and Winkler teams both bolstered their records with wins.

The Winkler Royals beat the Red River Wild on the road 5-3 Friday night.

Remi Laurencelle and Phil Letkeman both had two-goal nights (Letkeman's second on an empty net in the final minutes of the game). Also contributing to the score was Cody

Jayme Janzen made 34 saves in net for Winkler as the Wild outshot the Royals 37-29.

That same night in Carman, the Morden Bombers downed the Beavers 7-5.

Morden was up 5-2 after 40 minutes on the strength of goals from Jessi Freund, Jory Mullin (two), Adam Hughesman, and Mike Rey.

Three goals from Carman and one more from Morden (courtesy of Jaden Townsend) put the home team one away from tying. They pulled their goalie for the extra man, but that just gave the Bombers the chance they needed to seal the win, with Hughesman scoring on the empty net.

Carman won the shots-on-net battle 54-45. Reed Peters made 49 saves between the posts for Morden.

Winkler remains in the lead amongst the local teams in the SEMHL. They're currently in fourth place with a 4-2-1



PHOTO BY EDWARD VINCENT ARCENAL/VOICE

The SEMHL's Altona Maroons struggled in their game against the visiting Ste. Anne Aces last week Thursday, losing 9-2.

record and nine points (one point behind Ste. Anne, Portage, and Ile des Chenes).

In sixth place with seven points is Morden (3-1-0-1) while Altona is in tenth and last place with two points

This week Altona hosts Warren Thursday while Winkler plays in Ste. Anne and Morden's at Warren on Sat-

Flyers crush Blues, lose to Steelers in OT

By Ashleigh Viveiros

The Winkler Flyers split their MJHL games last week.

They handily won their match against the Blues in Winnipeg Tuesday night but then saw Saturday's game against the Selkirk Steelers slip through their fingers in overtime.

The Blues game was a close affair through the first two periods, the score tied at 2-2 after 20 minutes (Dalton Andrew and Zach Nicolas did the scoring for Winkler in the first half of the period), and then 3-2 for the Blues after 40 minutes.

That was it for Winnipeg as far as scoring went, while the Flyers added five more in the final frame to cement their victory.

Scoring for Winkler that period was Trent Penner, Rhett Marchant, Marek Miller, Jayce Legaarden, and Mike Svenson.

The Flyers outshot the Blues 37-26. Malachi Klassen got the win in net.

Saturday's game against the Steelers was a whole other ball game, so to speak.

The Steelers did the only scoring for the entirety of the first two periods about 10 minutes into the game. That lead held until the final 28 seconds, when Trent Penner finally got Winkler up on the board and forced overtime.

There, it was the Steelers who got the game-winner four minutes in to take it all 2-1.

Aidan Comeau made 30 saves in net for Winkler off the 32 shots he faced. His teammates had 31 shots on goal.

With that, Winkler is in second place in the MGEU East Division standings with a record of 16-5-4-1 for 37 points, trailing Steinbach Pistons by three points. Behind them in third place are the Portage Terriers with 36 points.

The Flyers kick off the final month of the year with a home-and-away

against the Kings this weekend, playing in Winkler Friday night and Dauphin Saturday.

Next week they play in Winnipeg against the Blues Tuesday followed by a home game against Portage Friday, Dec. 9.

Female Hawks blank Capitals 2-0

By Lorne Stelmach

The female U18 Pembina Valley Hawks got back in the win column this past weekend with a 2-0 victory

over the Central Plains Capitals.

Kaylee Franz got the 23-save shutout Saturday in Portage la Prairie to backstop the Hawks to the victory, while Pembina Valley fired 52 shots

on goal against the last place Capitals. Marissa Fehr and Erica Fijala scored for the Hawks, who improved their record to 5-10-1 for 11 points.

Continued on page 23

Three OT losses for the Twisters

By Lorne Stelmach

They may have lost three of their last four games, but a little more luck along the way could have had the Pembina Valley Twisters riding a four-game win streak.

The MMJHL team at least gained a point from the three overtime losses including two this past week to go with a 6-3 victory Friday over the Raiders.

The week began with a 4-3 overtime loss to Charleswood last Tuesday in Winnipeg then concluded with a 5-4 defeat in extra time at the hands of

Charleswood scored just 46 seconds into extra time after the Twisters forced overtime in responding to 2-1 and 3-2 deficits.

Joel Vigier, Nico Vigier, and Jacob

Carels scored for Pembina Valley, while Matt Grysiuk made 32 saves as the Twisters held a 42-36 edge in shots

Pembina Valley fired home three third-period goals including an empty net marker to pick up the win over the Raiders.

Continued on page 23

Manitoba Government Job Opportunities

Maintenance Worker

Several Departmental Full-Time Positions and 12-Month Eligibility List

Manitoba Transportation & Infrastructure, Highway Regional Operations, Capital Region, Several Maintenance Yards within the Capital Region

Advertisement Number: 40178 Closing Date: Open until filled

Salary Range: LAB (\$37,941 - \$40,612) & OR1-4 (\$41,051 to \$49,023); remoteness allowance where applicable

The Manitoba government recognizes the importance of building an exemplary public service reflective of the citizens it serves, where diverse abilities, backgrounds, cultures, identities, languages and perspectives drives a high standard of service and innovation. The Manitoba government supports equitable employment practices and promotes representation of designated groups (women, Indigenous people, persons with disabilities, visible minorities).

Employment Equity is a factor in selection for this competition. Consideration will be given to women, Indigenous people, persons with disabilities, and visible minorities.

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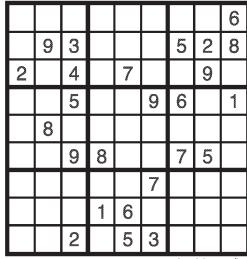
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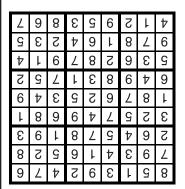
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Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in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



Sudoku Answer

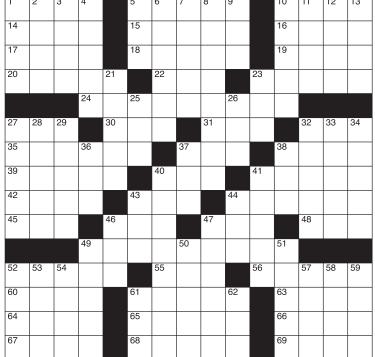


Crossword Answer

CLUES ACROSS

- 1. Chop up
- 5. Ones who utilize
- 10. Sings with closed lips
- 14. South American hummingbird
- 15. Serves as a coxswain
- 16. Liquor distilled from coconut or rice
- **17. Spur**
- 18. Senile
- 19. Tanzanian people
- 20. Cruel
- 22. Boxing's "GOAT"
- 23. Yokels
- 24. London soccer team
- 27. Chinese chess piece
- 30. Supervises flying
- 31. 007's creator
- 32. Shaft horsepower (abbr.)
- 35. A spider makes one
- 37. Liquefied natural gas
- 38. Opaque gem
- 39. Brazilian palm 40. Periodical (slang)
- 41. You might step on one
- 42. Marvin and Horsley are two
- 43. Partner to cheese
- 44. Unpleasant smell
- 45. Field force unit (abbr.)
- 46. Fashion accessory
- 47. Cool!
- 48. Time zone
- 49. Songs to one's lover
- 52. German river
- 55. Go bad
- 56. Sword
- 60. Very eager
- 61. Leaf bug
- 63. Italian seaport
- 64. Napoleon Dynamite's uncle
- 65. Member of Jamaican religion
- 66. Large wading bird
- 67. Carries out
- 68. Eternal rest
- 69. It holds up your headwords
- **CLUES DOWN**
- 1. Not low
- 2. Small water buffalo

CROSSWORD



- 3. A mark left behind
- 4. Archaic form of have
- 5. Fiddler crabs
- 6. Popular Hyundai sedan
- 7. Deport
- 8. Making over
- 9. Midway between south and southeast
- 10. Arabic masculine name
- 11. Type of acid
- 12. Popular 1980s Cher film
- 13. Outdoor enthusiasts' tools
- 21. Chinese city
- 23. "Star Wars" character Solo
- 25. The bill in a restaurant
- 26. Old, ugly witch
- 27. Burn with a hot liquid
- 28. To claim or demand
- 29. "A Doll's House" playwright
- 32. Involuntary muscular contraction
- 33. Pea stems (British)

- 34. Double or multiple fold
- 36. No longer is 37. Lakers' crosstown rivals (abbr.)
- 38. S. American plant cultivated in Peru
- 40. Cloth or fabric
- 41. Flanks
- 43. Disfigure 44. Angry
- 46. Baltic coast peninsula
- 47. Large, flightless birds
- 49. Plants of the lily family
- 50. Medieval Norwegian language
- 51. Polio vaccine developer 52. Not soft
- 53. Exchange rate
- 54. Voice (Italian)
- 57. Baseball's Ruth 58. Famed guitarist Clapton
- 59. Take a chance
- 61. Wife
- 62. Elaborate handshake



Office Administrator

Competition: #2022-23-29 Location: Morden, Manitoba

Preference will be given to candidates who are bilingual in French and English. Candidates must indicate on their résumé if they fulfill this requirement.

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MASC has five core competencies: communication, decision making, initiative & innovation, leadership, and organization. Competencies relate to every position at MASC and along with the technical requirements, are included in the qualifications for all positions at MASC.

ESSENTIAL QUALIFICATIONS

- A certificate in a related discipline or a combination of education and related office experience may be considered.
- Experience performing clerical/administrative support duties including reception related duties, processing cheques, preparing bank deposits, tracking and distribution of documents, and file maintenance.
- Experience in data entry and processing correspondence.
- Experience interpreting and explaining programs, policies, procedures, and regulations.
- · Ability to provide customer service.
- Ability to maintain accuracy and pay attention to detail.
- · Ability to maintain confidentiality.
- Experience using Microsoft Office 365 (SharePoint, OneDrive, Excel, Word, Outlook) in a cloud-based environment.
- General knowledge of the agriculture industry.

DESIRED QUALIFICATIONS

• Experience in agriculture is an asset.

CONDITIONS OF EMPLOYMENT

- Must be legally entitled to work in Canada.
- Must possess a valid driver's licence, access to a vehicle, and the ability to travel within the Province of Manitoba.

This position has a salary range of \$41,212 – 47,283 per annum. Interested candidates are requested to send their résumé and cover letter, marked Confidential, no later than Monday, December 12, 2022 to:

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- · Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
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The Carman-Dufferin

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Classifieds Announcements





IN MEMORIAM



In Memory of Ed Heppner

January 23, 1940 - November 27, 2020 It has been two years since we lost our husband, father and grandfather. We miss you dearly but continue to take comfort that he is in the presence of our Lord and Saviour Jesus

-Diane and family

OBITUARY

Donald Braun

Surrounded by loved ones, Donald Braun passed away at the age of 84 on November 16, 2022, in the comfort of his home

Don was predeceased by his wonderful wife Lorna of 43 years in March of 2022. He will be missed dearly by his family, including children Sheilagh (Natalie, Lisa), Paula (Wayne), Chris (Victoria, Annika, Marshall, Hope) and CJ (Nevaeh, Rain). The family is forever grateful to his dear friends Flab and Sharon Friesen who have provided immense support to Don in his last few months

Don was a very accomplished man; he became a pharmacist in 1963, was a big part of Braun Drug pharmacy from graduation until his retirement and even served as a member of Altona's town council. He was a friendly face in the community, his

bright smile and signature mustache were able to light up a room, and that quick wit and sense of humour stayed with him until his last days. Don was always thrilled to hear of his families' achievements and was quick to boast about them; you could see and feel the pride he felt with every word. He absolutely loved to travel, and he and Lorna made a great pair as they adventured to different places, but always made their way back home to be close to their friends and family, While at home, he could often be found puttering around in the garden. This was a great pride of his, and he was always eager to show off his fabulous flora. Don's time may have come to an end, but his stubborn spirit and incredible strength will live on in all those who's lives were touched by him.

A private service will be held at a later date.

Wiebe Funeral Home Altona in care of arrangements www.wiebefhaltona.com

OBITUARY

Helen Doreen Johnston (nee MacDonald) 1935 - 2022

Helen passed away peacefully at the Pembina-Manitou Health Centre at the age of 87 years.

She leaves behind daughters, Duff and husband, Tom Hamilton, Butch and husband, Ike Schmidt, grandchildren, Jason Hamilton, Gary Harding, great-granddaughter, Hadley, Kevin Hamilton (Heather), great-grandchildren, Chloe and Parker, Sheryl Bruce (Randy), great-grandchildren, Alyssa (Ally), Brianne (Bri), Addison (Addy), her sisters, Jean Ching, Ann MacDonald, Bernice Morin, Heather Mackenzie (Len) and many nieces and nephews as well as brothers-in-law, Bob Johnston, Ed Kenaschuk and sister-in-law, Edith Johnston.

Helen was predeceased by her husband, Orville in 1990, brother, Jake MacDonald and sister, Ruth Nichol.

Helen was born in 1935 the third daughter of Don and Elva MacDonald and raised on the family farm north of Darlingford. She met and married Orville Johnston in 1953 and they started their marriage in Flin Flon. She had two daughters, Duff and Butch. They worked their way back to Darlingford where they bought a farm. Mum worked right alongside Dad; they farmed grain, milked cows, raised pigs and chickens, etc. Later on, they gave up milking cows seven days a week. Mum's hobbies were entertaining friends and neighbors. She always made time to boil up a pot of coffee and set out a plate of dainties except for on Mondays which was wash day and everyone knew to stay away. Mum was a great baker and gardener and loved her flowers. She cleaned her windows weekly and the house was spotless. She sewed all our clothes and because we were the same size, we were always dressed the same. She was a hard act to follow. Mum and Dad took us on family vacations to Flin Flon. They enjoyed camping for many years and took trips to Hawaii, Australia, Cuba and Palm Springs. They spent winters in Arizona after retirement. Mum played piano for many singsongs and went to every dance the Darlingford Hall had. She was a happy, bubbly short woman, hence the nicknames, Slim or Shorty. We will miss her dearly but know that she is with the love of her life. Orv.

A graveside service was held at 2:00 p.m. on Friday, November 25 at Darlingford Cemetery. A celebration of life will take place in July 2023 at Ike and Butch's home.

In lieu of flowers, donations may be made in Helen's memory to the Pembina-Manitou Health Centre.

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



OBITUARY

Robert (Bob) Allen Winters 1960 - 2022

On Sunday, November 20, 2022 Bob Winters, 62 of Morden, MB passed away.

Robert Allen Winters was born in Morden, MB on June 28, 1960. He was the son of Nick and Anne Winters and lived on the family farm in Darlingford them and his brother, Steven and sister, Sherry. This is where his love of farming started. He went to school in Darlingford until he was 16 when he started his career with Pool Elevator. He worked for Pool for 12 years and then went on to start his farming life at Dale Dudgeon's farm where he worked for many, many years. Bob was a hardworking man who never left a job unfinished. You could always count on him to be there to help with any project. He really enjoyed doing wood projects. It may have

taken a couple of tries but he always made sure it was perfect. He also enjoyed hunting, fishing, camping and golfing. He met the love of his life, Aline in 1976. They started dating in 1979 and were married June 20, 1981. In 1982 they started a family by welcoming their first son, Dwayne and shortly after, they welcomed their daughter, Angela in July 1983. In 1985, they completed their family when their son, Joshua was born. Bob enjoyed watching his kids play in all their sporting events. Nothing brought him more joy until he had grandchildren. Bob was blessed with six wonderful grandchildren: Landon, Bryce, Eric, Taylor, Zoey and Benjamin.

Bob was predeceased by his father, Nick and sister, Sherry.

He is survived by his mother, Anne; brother, Steven wife, Aline; son, Dwayne (Eric, Taylor), daughter, Angela (Lance, Landon, Bryce) and son, Joshua (Kristen, Zoey, Benjamin).

Graveside service was held at 11:00 a.m. on Friday, November 25, 2022 at the Darlingford

If friends so desire, donations may be made in Bob's memory to the Heart and Stroke Foundation of Manitoba.

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







OBITUARY



Arthur (Art) Jacob Hoeppner 1938 - 2022

On Tuesday, November 22, 2022 at Boundary Trails Health Centre, Arthur Hoeppner passed away.

Art Hoeppner was born on November 4, 1938 to Anton and Annie Hoeppner. He was the sixth of seven children. Art attended the Valleyfield School, which was right next door and worked on the family farm. His favorite job was taking care of the animals, especially the horses. Once he was done school, he continued to farm with his dad and would find a winter job, usually at the Manitoba Sugar Factory in Winnipeg. Eventually Art and his brother, Pete started to farm together in the 1-6 area. Art learned to know and love God and was baptized upon the confession of his faith at the Glencross Church. When Art was 23 years old, he

began dating Marge Groening. Three years later, on July 11, 1964, they were married and bought a house in the 1-6 district. They shipped cream and farmed land rented from his father. In 1966, their daughter Sharon was born. It was around this time that his parents decided to move to town, so Art and Marge moved to the Hoeppner homestead where they started a dairy farm operation. Art spent his winters working at Kimberly Clark and Monarch. In 1968 Murray was born, 1972 Deb was born and in 1976 their youngest, Connie. In 1978 the barn burnt down and the surviving cows where moved to the barns of neighbors. It was a hard winter of snowmobiling back and forth through blizzards (uphill both ways), to get the chores done. A new barn was built in the spring where Art milked cows twice a day for the next 15 years. Art was a hard worker. He taught his family a strong work ethic and the importance of prayer and reading the Word.

Family was very important to Art. Family camping, taking the grandkids on horse and buggy rides and family gatherings brought him much joy. He was invested in each of his grandkid's lives. In 1990, health issues began to arise, so Art and Marge retired from dairy farming, but stayed on the homestead. In 1994, Art was diagnosed with Non-Hodgkin's lymphoma which reoccurred twice. The second time, he was given a 1% chance of surviving. But proving he was a fighter and by God's grace, he won that battle. This was followed by skin, prostate, and colon cancer. Even though he overcame these illnesses, the treatments took a toll on his body. He became weaker over the years. Art turned his attention to beautifying the homestead. He loved nothing more than spending his days on the tiller and mower. The result was a Garden of Eden. Soon his health forced Art indoors and they decided to sell and move to town.

He leaves to mourn his passing his beloved wife, Marge (nee Groening); daughter, Sharon (Gerry Unger) and children, Felicia (Mike Vanderwees), Jillian (Ethan Winder), Brendan (Hannah), Lindsey (Colin Magi); son, Murray (Marge), children, Allyson, Ryan, Reese; daughter, Deb (Vince Zacharias), children, Rebekah (Steve Krahn), Jonah, Michael, Christiana, Cathrine (Isaiah Giesbrecht), Hannah, Jeremiah; daughter, Connie (Corey Fehr) and 10 great-grandchildren

He was predeceased by his parents, one sister, four brothers and one brother-in-law.

Memorial service was held at 2:00 p.m. on Saturday, November 26, 2022 at the Morden EMM Church with interment prior at Southside Cemetery.

The Hoeppner family would like to thank Dr. Woelk and his team and the staff of the palliative care unit at Boundary Trails Health Centre for their compassionate care.

> Wiebe Funeral Chapel, Morden In care or arrangements wiebefuneralhomes.com



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Devotion If you do not know Jesus before you die, Heaven will not be your home.



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OBITUARY



Bill Zacharias 1930 - 2022

Peacefully on November 22, 2022, at 12:15 a.m., our Dad, Bill Zacharias passed away at Boundary Trails Health Centre at the

Bill was born to Jacob and Elizabeth Zacharias on May 18, 1930 in the village of Schoenwiese. He attended the Schoenwiese School. Although his childhood transpired during the years of the Depression, memories of his childhood were filled with happy times and he was the recipient of much love from his parents, siblings, many cousins and friends in the village of Schoenwiese. At 18, Bill was enamored by a beautiful young woman in the neighbouring village of Rosengart, Anne Giesbrecht. Bill and Anne were married on November 19th, 1950. They were married for 70

years. After their marriage, they bought a small farm near Stephenfield, Manitoba. There Bill and Anne grieved deeply the loss of their first-born child - a son, Willie Laurence. Sometime later Bill and Anne moved to a mixed farm near Schoenwiese. Bill was a hard worker, building up the mixed farm. Along with grain farming, raising pigs, milking cows and custom baling hay and flax straw, he also had a heart for working for the community by serving on many boards, including the Rhineland School Division, Gretna Credit Union, Eden Mental Health and Tabor Home boards. Bill was community minded and gave freely of his time and energy. Bill was baptized upon his confession of faith on May 30, 1950 in the Reinland Sommerfeld Mennonite Church. Dad felt a deep commitment to the church and faithfully served as a Vorsaenger (song leader) for 36 years. This involved song leading every Sunday morning and many funerals and weddings. In 1998, Bill and Anne retired to the town of Morden. Dad enjoyed his retirement. He made many new friends and quickly connected with his neighbour, developing a close friendship. Immediately Dad built a workshop and continued his love for woodworking. When his family or others placed an order with him, he immediately set to work to build the project and bring it to completion. Dad was task oriented. Anne suffered a stroke in March of 2013 and due to mobility restrictions, Anne spent the last eight and a half years in a care home. The implication of having to live separately impacted Dad deeply. His faith in God, his positive attitude and his love and commitment to Anne were so deep that every day he visited her and encouraged her and together they shared a new way of life. The pandemic was difficult for Bill, but they made the best of the circumstances. Dad enjoyed watching sports - especially football, baseball, curling and hockey. Many hours were spent watching his favorite teams.

In February 2022, Bill moved to the Buhler Active Living Center and enjoyed the company there immensely. The transition was seamless, thanks to the staff and residents there. Over and over again, he commented, "It's all good, VERY GOOD." Bill thrived there and as he did every morning, on November 17th, he went down to join his friends for coffee and a few good stories. Later that day would be floor curling and more visiting time. Shortly upon arriving at the coffee table, Bill experienced a heart attack and was hospitalized at Boundary Trails Health Centre. Again, he expressed much gratitude for the care and the visits he was receiving. On November 19th, at 7:30 p.m. Bill suffered a stroke, leaving him unresponsive. The family stayed by his side till November 22 at 12:15 a.m. when the Lord opened the door for him to come home. Bill lived life vibrantly and fully till the very end. He leaves a legacy of faith, love, joy, peace, kindness, compassion, generosity and goodness.

Bill is survived by his family: daughter, Sharon (John Friesen) of Altona, Heidi (Lyndon Toews), Celina, Liam, Natalie, Brent Friesen (Tara), Ellie, Raegan, daughter, Shirley (Jack Fehr) of Stanley, Lavonne (Sheldon Penner), Kolby, Taliya, Luke; Travis Fehr; Crystal (Brent Froese), Morgan, Ella, daughter, Jean (Rick Ginter) of Winnipeg, Matthew Friesen (Ashley), Chase, Makena, Madden; Chad Friesen (Teri-Lynn), Max, daughter, Valerie (Mark Cheatley) of Langdon, ND, Justin Cheatley, Rachel Cheatley (fiancé Ryan Kram), daughter, Hayley (Geoff Loewen) of Gretna, Tyler Loewen, Cody Loewen (Jozanna), Kemper; Dylan Loewen and Bill's sisters: Eva Paetkau, Marge Zacharias and several in-laws, Anne's family: Tina (Ben Hiebert), Mary (Dan Mehner), Frank Giesbrecht (Dorothy) and many nieces and nephews.

Bill was predeceased by his wife, Anne; his infant son, Willie Laurence; his parents, Jacob and Elizabeth Zacharias and his parents-in-law, Peter and Anna Giesbrecht; his siblings: Barbara, Susie, Marie, Anne, Jake, Betty, Tina, Nettie, Dave and Frank.

Bill enjoyed the company of family and friends so much - if he had met and talked to someone a few times, you were his friend. He took his friendships seriously. Bill enjoyed telling stories of his family and past and present memories. He prided himself in mental math skills to the very end. Bill enjoyed woodworking throughout his whole lifetime, but especially during his retirement years. Bill will forever be missed! Rest in peace, Dad.

Funeral service was held at 11:00 a.m. on Saturday, November 26, 2022 at the Morden Sommerfeld Mennonite Church with interment at the Schoenwiese Cemetery.

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



Staches for STARS smashes fundraising record

By Lori Penner

LD Seeds of Altona just broke a big record for their annual Movember fundraising event.

To their amazement, this year's "Staches for STARS" campaign raised \$65,000-more than twice their goal—for the STARS Air Ambulance.

"We are blown away by the amount we raised this year," said organizer Lloyd Wiebe. "This will roughly cover 11 STARS missions, which could potentially save 11 lives."

LD Seeds hosted their first Movember fundraiser in 2016 with some of their own customers growing cheesy moustaches followed by an evening celebration after a challenging crop year. The \$2,500 raised that year supported the Eden Mental Health Foundation.

"With how much fun we had, we decided to make the event more personalized and asked some of our customers what organizations they would like to see us support," Wiebe said. "That was when it was decided to donate all the funds raised to STARS Air Ambulance.

"STARS is a very important organization that provides emergency support to all of Manitoba, but especially our rural area."

The fundraiser has grown year after year, bringing in \$12,000 for STARS in 2017, \$20,000 in 2018, and a whopping \$47,000 in 2019, exceeding organizers' goals every year.

After COVID hit, the campaign was run online, which was not ideal. But 2022 more than made up for it, and to date, Staches for STARS has raised about \$175,000.

"It was so exciting to get full partici-

"We had quite a few guys grow out their whiskers for the event, and the response for the fundraising was way beyond our wildest expectations."

À STARS helicopter was scheduled to land at LD Seeds during last week's campaign celebration, but had to cancel to cover four missions.

"That just proves our point. It's a very busy and necessary service," said Wiebe.

STARS development officer Daryl Braun still managed to make an appearance, sharing details about their services and the value of fundraising efforts like this one.

Braun told the dinner crowd of about 60 contributors that it's important to note that while STARS does receive some government funding, between \$2 million to \$3 million dollars must come from donors.

"The money goes into extensive ongoing training, so our teams are always razor sharp in all their skills, and they do some pretty complicated stuff," Braun said. "It also goes into equipment. We carry ultrasound on board, heart monitors, infusion pumps, intubation equipment ... this all comes through fundraising.

"We've been so blessed. We have so many donors who give from \$10 to \$100,000. And external events like Staches for STARS are a big part of how we can function."

Braun added that a big chunk of their donations come from individuals who were personally impacted by STARS, such as guest speaker Amanda Legault, who owes her life to the organization.

Legault lived in Plum Coulee and her husband was a manager at Cargill in Altona at the time of the 2009 ac-



SUBMITTED PHOTO

Guest speaker and STARS "VIP" (Very Important Patient) Amanda Legault shared how the air ambulance saved her life after she was in an accident near Plum Coulee in 2009.



LD Seeds in Altona hosted a supper last week to celebrate its annual Movember fundraising event, Staches for STARS. Supporters raised \$65,000 for the air ambulance—more than double what organizers had set as this year's goal.

to visit a friend on Hwy. 201 south of Plum Coulee, just three miles from home, when she t-boned a potato

She was trapped in her vehicle for an hour and a half and was airlifted to the hospital with collapsed lungs, a broken neck, and brain trauma. Doctors told her she would not have survived had it not been for STARS.

"So many people can share stories of how they or a loved one were saved by STARS," Braun said. "We call them VIPs-Very Important Patients—when they come back to say thank you and offer to share their stories."

Wiebe said listening to Legault's story, and so many others like it, has confirmed to him that supporting STARS is important.

"There are so many great causes out there, but this one impacts our rural communities at our worst moments. So many people have been helped and affected. We are so grateful to all the businesses, customers and individuals who step forward every year to support this very important cause. We're looking forward to an even more successful event next year."

> HAWKS, FROM PG. 17

It is good for sixth place in the eight team league and positions Pembina Valley within two points of fifthplace Eastman. They are two ahead of Interlake and five up on Central Plains.

Pembina Valley is on a break from regular league play this week. They

are scheduled to return to action with a series of three exhibition games in Thunder Bay against the Queens Dec. 9-11. The Hawks then return to league play with a pair of home games against Central Plains Dec. 16 and Interlake Dec. 18.

> TWISTERS, FROM PG. 17

Scoring for the Twisters were Jacob Carels, Nico Vigier, Riley Goertzen, Brett Bergman, Jonathan Dyck, and Cohen Thomas. Logan Enns made 32 saves, with the Raiders outshooting the Twisters 35-27.

The Twisters then overcame 2-0 and 4-2 deficits against the Railer Express with a pair of third period goals, but a powerplay goal 3:36 into overtime won it for Transcona.

Scoring for Pembina Valley were Nico Vigier as well as Max Collet, Zander Carels, and Johnathan Dyck. Shots on goal were 35-28 in Transcona's favour, with Enns making 30 saves.

Pembina Valley remains in ninth place at 5-8-3-1, but they have drawn even with St. Boniface and Stonewall at 14 points while having played one more game.

The Twisters have a pair of home games this weekend in Morris with Stonewall arriving Friday evening and St. James in town Saturday.

t inspired



Servings: 4 2 tablespoons melted butter 8 oat-wheat bread slices 1/2 cup cranberry sauce 12 ounces Havarti cheese 2 Envy apples Preheat oven to 450 F. Lightly butter one side of each bread

Apple Cranberry Havarti Melt

ter side down. On side without butter, spread cranberry sauce on half of bread slices.

Slice Havarti cheese about 1/4-inch thick and place over cranberry layer. Thinly slice apples and layer over cheese. Top with remaining bread slices with butter side up.

Bake 5 minutes then carefully flip each sandwich. Bake 3-5 minutes until cheese



slice and place on baking sheet but-

Recipe courtesy of John Kanell (@PreppyKitchen) on behalf of the American Egg Board

Prep time: 20 minutes Cook time: 55 minutes

Servings: 10

Crust:

1 lemon, zest and juice only

1 egg

1 1/3 cups flour

9 tablespoons butter

1/4 teaspoon salt

Quiche:

1/3 cup Yukon gold potatoes, cut into1/2-inch cubes

3/4 cup sunchokes, sliced 1/2-inch thick

2 tablespoons olive oil

1/2 teaspoon salt

1/2 teaspoon pepper

1 onion, chopped

2 tablespoons butter

2 cups Swiss chard, chopped with stock removed

Custard:

6 eggs

1/3 cup grated Parmesan

1/2 cup grated gouda

1/2 cup heavy cream

2 tablespoons parsley, chopped

2 tablespoons fresh thyme, chopped

To make crust: In small bowl, whisk lemon juice with egg.

In large bowl, mix flour, butter and salt. Mix using hands. Drizzle in lemon mix-

Sunchokes and **Potato Quiche**

ture. Add lemon zest.

Using fingers, knead dough to break down butter. Cover dough with plastic wrap and roll into disc while at room temperature then refrigerate until firm.

To make quiche filling: Preheat oven to

Toss potatoes and sunchokes with olive oil, salt and pepper then spread out on baking sheet.

Bake 15-20 minutes, or until fork tender, tossing pieces halfway through.

Add onion to well-buttered pan and cook over medium heat about 15 minutes, stirring frequently, until caramel colored. Add Swiss chard and continue cooking until wilted, stirring occasionally. Set aside to cool.

Roll out dough on pastry mat or wellfloured surface. Prick with fork. Carefully transfer dough to quiche pan, fold edges under and crimp then transfer to freezer.

To make custard: Reduce oven temperature to 375 F.

In large bowl, whisk eggs, cheeses, heavy cream, parsley and thyme.

Add caramelized onions and vegetables then mix. Add mixture to crust.

Tent with foil and bake about 20 min-

utes. Reduce oven temperature to 350 F and bake about 40 minutes.

For food safety, casseroles containing eggs should always be cooked at a minimum of 160 F.

Notes: Bake times depend on size of quiche. Deeper quiches may require additional bake time. As quiche cools, filling continues to set; it may wobble when removed from oven.

Ask the Money Lady

Dear Money Lady Readers: Are you worried about rising lending rates? Let's discuss the differences of choosing a fixed or variable mortgage rate.

Many young Canadians renew-

ing mortgages today may never have seen rates above 5% and the dilemma of choosing a variable or a fixed loan is sometimes quite confusing. First, let's be clear, variable rates and fixed lending rates do not run together. The fixed rates are based on what the banks must pay to borrow funds to then offer to consumers in the form of loans and mortgages. You see, although there are a lot of people who have money saved, most have it invested in the stock market not in bank accounts, and the banks need access to cash. With less Canadian cash available, financial institutions borrow funds internationally from larger lenders. This has been a common practice for decades and is a major factor in determining the lending rate that the consumer will have to pay on a new fixed rate loan or mortgage. Canadian banks fluctuate the fixed rates offered at the retail level based on their own cost of borrowing which is a combination of their markup and the costs needed to cover the spreads of the loans on international borrowed funds. This is the reason the fixed rates fluctuate so often. It is also the reason why the rates are locked down over a term so that the money can be secured, and the banks can count on a guaranteed rate of return over a controlled time period, for example, a five-year fixed term mortgage. The other benefit to doing this is that the lending institutions can then bundle their mortgages or loans into REITs to sell on the market and get them off their books. This is also part of the reason why the penalties are so high, to keep you in the product for the full term. Even though you think your loan is still at your financial institution, in the background it is not. The Canadian banks have a very sophisticated system of moving money off their books and producing profits for their investors to mitigate the risks of bad debt.

The variable rates are different. They are based on the Bank of Canada's prime rate which does not change as rapidlyas the fixed rates, (typically only 4 x/year). If you choose a variable rate loan or mortgage, you now float with prime, either as a percentage above or below the Canadian prime rate. The benefits to a variable rate mortgage is that you can choose to lock in your rate at any time and if you needed to break it, the penalty is simplistic, usually only the cost of three months interest. Fixed rate penalties are much higher with a much more complicated calculation (combination of time on term/time to renewal/discount provided + rate differential). Variable rates on the other hand,



Christine Ibbotson

are a "true-pay-for-what-you-owe" product and one I personally prefer because the interest is calculated on the outstanding balance each month in a very simplistic manner that is much more transparent than a fixed loan. Fixed rate mortgages have a locked-up rate and term and therefore calculate interest on a semi-annual basis. This allows lenders to ensure all payments are pre-set and front loaded with interest based on the payment selection you have chosen.

Please believe me when I tell you that mortgages are the biggest money-making machines for all lenders regardless of the rates. I have been a lender for over 30 years, and I can honestly say that both variable and fixed rate mortgages have their pros and cons. For a first-time buyer just starting out with unknown expenses, having the guarantee of a fixed mortgage payment, is the best way to budget their new financial expenses. If on the other hand, you are a seasoned mortgage consumer or someone who has a larger loan, you may wish to opt for a variable rate to fast track your payments, provide more flexibility, and overall pay less in interest. The very best product is a collateral charge, which by design is not a mortgage at all. This is an estate planning tool and has been used for decades by clients who want to have access to their home equity up to 100% loan-to-value with no restrictions on its use or term. This product is fully open, has no term or renewal and for the right type of client it is complete freedom. Therefore, once you get it, whether you use it or not, you can hold it long term for the available credit, should you need it in the future. I talk more about the benefits of collateral charges and mortgages on my YouTube channel: Ask the Money Lady. If you are over 40 and a homeowner, regardless of your debt situation, you should have a collateral charge on all your properties (home, rentals, or cottage).

Good Luck & Best Wishes,

Written by Christine Ibbotson, Canadian Finance Writer, Radio Host & YouTuber. For more advice Google: ASK THE MON-EY LADY.

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