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Kinley Thomson honoured as Business of the Year

By Eoin Devereux
 NEEPAWA BANNER & PRESS

For Kinley Thomson Chartered Professional Accountants Inc, its connection to the communities it serves has always been about a lot more than just numbers. That connection was recently recognized by the Neepawa & District Chamber of Commerce, as it has named Kinley Thomson the recipient of its' Business of the Year Award.

The announcement was made during the Chamber's Annual General Meeting (AGM), which was held at the Royal Canadian Legion #23 on Monday, Jan. 27. Kinley Thomson was nominated for the award by Stride Credit Union. In its nomination letter read at the AGM, Stride lauded Kinley Thomson not only its accounting services and financial advice, but for its willingness to give back.

"Kinley Thomson is a proud sponsor of local

initiatives and of groups, including the Neepawa Titans, the Touchwood Community Golf Tournament, as well as the annual Movie Night at the Roxy Theatre. Along with their community sponsorships, Ian [Thomson], David [Ferguson] and Chase [Critchlow] donate their time and expertise to overlook 30 local non profits and charities completing annual tax returns while also attending hearings, and provide annual reports. Their commitment to our community's well being is a defining characteristic of Kinley Thomson." stated the nomination letter.

Branch Manager Ian Thomson accepted the award on behalf of Kinley Thomson, saying that recognition was appreciated.

"You get to a point in your career where you start to lookback and hope you've made a difference to your staff, your clients, your customers and community, for someone to take the time out of their



Some of the members of Kinley Thomson Chartered Professional Accountants Inc. Back row: Ian Thomson, Cindy Tibbett, Sean Boyle, Myrna Denbow, Chase Critchlow. Front row: Amy Villareal (green sweater), Jocelle Gavia. Missing from picture that day: David Ferguson.

PHOTO BY EOIN DEVEREUX

busy day and nominate Kinley Thomson and for the committee to approve the nomination for us as Business of the Year. Thank you very much."

Thomson was also quick to note that the collective team that is a part of the ac-

counting firm has been instrumental in their success, and deserve recognition. In closing, he also stated everyone involved with the firm believe in doing their part and contributing to the community's they are a part of.

"You hope that you've made a difference, so for someone to actually recognize you and say, 'Hey, you and your people are doing a good job, it sort of validates what everyone of us here is trying to do.'"

Since 1998, Neepawa

and Gladstone based accounting firm has been a part of the region. It's head office is in Neepawa, with an office also located in Gladstone. In total, it has a combination of 13 full and part time personnel.

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Open house, full house

Community turns up en-masse for showing of Project 320

By Casper Wehrhahn
NEEPAWA BANNER & PRESS

It's safe to say that there is a great deal of interest in Phase One of Neepawa's Project 320. Representatives had a full and busy evening on Tuesday, Feb. 4, from 5:00 p.m. to 6:00 p.m., as the Town Office was packed to the brim with interested individuals.

The event that evening was an open house detailing the proposed mixed-residential layout plan for 58 acres of land located west of the water tower. Those 58 acres are just a portion of an overall 320 acre housing project ('Project 320'), which is being carried out in phases.

A large map and a number of print-outs of the layout plan (pictured below) were on display.



PHOTOS BY CASPER WEHRHAHN

Seen here is just a mere fraction of the crowd that was in attendance throughout the open house hour this past Tuesday. Seen addressing those gathered is Neepawa's economic development officer, Marilyn Crewe.

The plans included the proposed divisions for a multitude of single-family lots (yellow), multi-family lots (pink) and large mixed-use (orange) lots.

Also seen were the inclusion of green-space areas and ponds, and the prospective street names to be used for the development.

Representatives of the Town were on hand at each board to answer questions, take feedback on and explain this first phase of development.



ABOVE ARTIST RENDERING
A view of the proposed mixed-use residential layout plans. See story above for the specific details related to the colour guide.

Neepawa RCMP charge youth after stolen truck involved in collision

Submitted
MANITOBA RCMP MEDIA RELATIONS

On Sunday, Feb. 2, 2025, at approximately 2:30 p.m., Neepawa RCMP responded to a two-vehicle collision on Road 104 North at Road 76 West, 2 miles south of Glenella.

When officers arrived on the scene they found a truck in the south ditch, and a mini-van in the north ditch of Road 104 North.

The local fire department, and Emergency Medical Services were already on the scene.

A minivan being driven by a 24-year-old female from Amaranth lost control and a truck following struck the mini-van from behind with both vehicles ending up in separate ditches. There were two other passengers in this vehicle.

When speaking with the driver of the truck, a 16-year-old male from Dauphin, officers discovered that he had outstanding Warrants and was

placed under arrest. There was one other occupant in the truck.

Through further investigation, officers learned that the truck had been reported stolen out of Elm Creek.

A 22-year-old male, and 23-year-old female both from the Sandy Bay First Nation, as well as a 28-year-old female from McCreary all sustained minor injuries and were transported to hospital by EMS.

All those involved in the collision are known to each other.

The driver of the truck is charged with Possession of Property Obtained by Crime under \$5,000. He also had three outstanding Warrants of Arrest from Winnipeg Police Service, and the others from the RCMP in Dauphin and Neepawa. He was remanded into custody.

Neepawa RCMP continue to investigate.

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1975: Npa. man to represent Princess Pats in Italy

By Casper Wehrhahn
NEEPAWA BANNER & PRESS

**125 years ago,
Wednesday,
February 7, 1900**

Note: The entries for 1900 are from The Neepawa Register, as The Press for that year is not fit for regular handling.

There is to be a Phonograph Co. in the hall tonight. We are afraid they will have a cold house.

The local fire brigade have arranged with the Harry Lindley Co. to produce two fine plays under their auspices in the opera house here on the evening of March 2 and 3 and expect our citizens to give them all possible assistance on those dates.

**100 years ago,
Tuesday,
February 3, 1925**

Franklin: Elmer Gee met with what might have been a serious accident last week when the belt flew off the wood cutting outfit, and catching him by the feet, bruising him severely.

The mail carrier between

the postoffice and railway station in Dauphin was held up and relieved of his charge last Tuesday morning. He gave prompt alarm and the bandits left behind more cash than they took. They got \$500.

**75 years ago,
Thursday,
February 2, 1950**

Congratulations to Mrs. Ferg. who celebrated her birthday on Jan. 28. Born in 1870, Mrs. Ferg. now living at New Westminster, B.C., was a former pioneer resident of Arden and district.

**50 years ago,
Thursday,
February 6, 1975**

A fire that broke out in a combination storage shed-workshop at the rear of the McLaughlin residence in Neepawa completely destroyed the structure and its contents, resulting in damages estimated in excess of \$20,000.

Alvin Reilly of the Neepawa district has been chosen to represent his

former regiment as part of a delegation sent by the federal Department of Veteran's Affairs to help celebrate the 30th anniversary of the liberation of Italy.

He will act as one of two representatives of the Princess Patricia Canadian Light Infantry, and will leave for Italy in mid-April...

Mr. Reilly, who attained the rank of sergeant, was a member of the regiment for five years, eight months, following his enlistment in 1940, and he and the regiment saw almost the entire Italian campaign. He missed the 1943 invasion of Sicily, when the troop ship he was in was torpedoed in the Mediterranean, but altogether spent more than a year and a half in Italy.

With the cost of meat what it is today, there are very few of us that are eating high off the hog. But if you want a better chance to pick and choose just what portion of the hog, or beef, for that matter, that you want to eat off, perhaps you should investigate the meat cutting course offered by the Neepawa and District Community Schools program.

**20 years ago,
Monday,
February, 2005**

The Neepawa and District Chamber of Commerce is prepared to sell its tourist information booth to the town—provided the council meets a number of conditions.

The Town of Neepawa is taking the fight for more beds in the new personal care home straight to the top.

Council has asked for a meeting with Manitoba Health minister Tim Sale, following a decision by



PHOTO COURTESY OF THE BANNER & PRESS ARCHIVES

Alvin Reilly, a Neepawa resident, was selected to be a representative of the Princess Patricia regiment at celebrations marking the 30th anniversary of the liberation of Italy by Allied Forces in 1975. The announcement was made in late January, with Reilly set to travel to Italy in April under sponsorship of Veteran's Affairs.

the Assiniboine Regional Health Authority to cut the number of beds in the proposed care home from 120 to 100.

The federal government has declared 2005 the Year of the Veteran, and Neepawa's Lily Festival is doing its part to recognize those who fought for our freedom.

In conjunction with the local branch of the Royal Canadian Legion, the Lily Festival will be recognizing area veterans during the July 22 to 24 event.

Military memorabilia will be displayed throughout the three-day festival.

In addition, the 100th anniversary of Neepawa's Land Titles office will be marked during the festival,

with a plaque dedication.

Disclaimer: The information gathered and used each week in the Looking Back feature is directly taken from the original print copy of the Neepawa Press and Neepawa Banner newspapers. Any errors or omissions from stories (Factually or otherwise) are the result of the original print and not the responsibility of the archivist for the current version of the Neepawa Banner & Press.

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NEEPAWA BANNER & PRESS ARCHIVES

This advertisement for Ogillvies' Hungarian Flour, and more, is from the Feb. 7, 1900 edition of the Neepawa Register.

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Highlights of the week
Cooking with the Stars
Feb. 11 at 11 am | Feb. 12 at 4 pm | Feb. 14 at 2 pm | Feb. 15 at 1 pm

Coffee Chat - Sherrill-Lee Hyra, Glenda McPhee - Neepawa Eats Healthy
Feb. 10 at 12 pm | Feb. 12 at 3:30 pm | Feb. 14 at 9 pm | Feb. 16 at 5 pm

Decisions Makers - Jeff Braun- Neepawa Area Planning District Part 2
Feb. 11 at 10:30 am | Feb. 13 at 4 pm | Feb. 15 at 7 pm | Feb. 16 at 8:30 pm

Simply Nutrition
Feb. 11 at 12 pm | Feb. 13 at 8 pm
Feb. 16 at 6 pm

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Feb. 14 at 6:00 pm

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Tundra

By Chad Carpenter



At peace, I pray...

The message no parent ever wants to receive arrived. The son I bore way back in 1968 succumbed to the cancers that ravaged his body. We live in the hope that we don't have to come to terms with the death of a child; the elders should die first. We all have a different story, we all have our own story, and with our own story we have details and memories that we need to recognize, and sometimes, address.

My son's body bore the scars of living. One vivid scar was on his right ankle. As a pre-schooler, shadowing his grandfather cleaning up a wind row burn, he got a boot full of hot coals, badly burning his ankle. The old family doctor wept as he faithfully changed the bandages, while the wee lad watched and winced but never cried loudly. That same body bore the scar of an emergency tracheotomy required to save his life when he overdosed. The inquiring mind that challenged him to see how many of his chickens he could keep hypnotized at once, and for how long (seven if one wants to know, and for quite a few minutes if you circle the chickens and keep drawing the line in front of their beak) was the same inquiring mind that drew him down paths that were not healthy. The hands that brought me spring flowers and sticky hugs were the same hands that, clenched in anger, punched a hole in the wall in lieu of striking me.

These days I take out the memories of the young lad I knew so well. The one who raced at life, loved to fish and hunt. The year he turned fifteen, he chose not to attend school. The fact that no teacher, principal, school trustee or truant officer ever called and inquired about his absence may be indicators of his presence in school! That winter he ate, grew inches, slept many hours, snowmobiled and trapped small varmints. It was a winter during which his outdoor gear hung on the wash line for days because of a strong skunk odour. He maintained for years that the scent of skunk triggered his appetite, a carry over of the year of rest. My son was a comic and a mimic, he could replicate the speech and actions of family and community members and there was no doubt about who he was enacting! He and I spent hours working together, clearing up old fence lines, scrubbing brush and cutting firewood. We walked and talked and shared thoughts. And then I lost him. Lost him to addictions and personality disorders. And once away, the severed link was forever severed. I give thanks for and to the partner that loved him and for the peace he found.

When I share these thoughts with you, it is not for pity, or judgement on either one of us. It is because this is far too common a story. One that folks do not want to address, or, often, know how to address. My son, over the years, would be out of contact for years, only to reappear and cause heartache. I recall, speaking to a mother whose son was killed, identifying strongly with her when she simply said, 'now I know where he is.' I understood, and I understand.

Canada Post rules make no sense

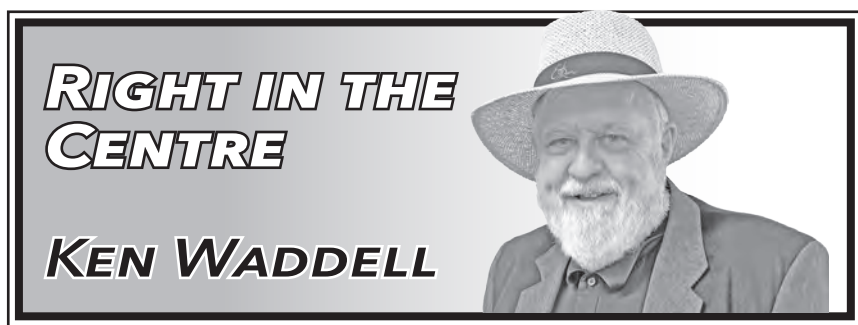
I have heard repeatedly, and from various sources, that Canada Post is making a very questionable decision in regards to local mail sorting. By local mail, I mean a letter or parcel that is dropped off at a given post office for another customer at that same post office. So let's say a letter from Mrs. Brown is dropped off at the Post Office A and is addressed to Mrs. Jones at Post Office A. It would seem to make sense that the local Post Office staff would sort through the mail and simply put all the mail addressed to that Post Office in a tub or bin and send out all the out of town mail on the next truck. That would make sense, but that is not the instructions from Canada Post. All, all mail regardless if it is addressed to someone in that same post office or for another Post Office is supposed to be sent to a regional centre for sorting.

I asked Media Relations at Canada Post for clarification. I must say I have submitted questions before to Media Relations and the responses have been informative, polite and quick, so good on them.

I asked, "We've been told that local post offices are required to ship all mail, even local mail to a regional centre for sorting and then it's shipped back. Can local mail not be sorted at the local Post Office? That way there could be same day or one day delivery?"

Because I live in Neepawa, I asked about that Post Office in particular.

Here is what I was told, "As the letter mail originates from Neepawa Post Office, it would be consolidated in Brandon and then dispatched to Winnipeg where all product originating from Manitoba is processed on their high-speed equipment. From there, it is then sent to Brandon for the final processing and sort before it is dispatched to Neepawa to be sent out for delivery or pick up by the cus-



tom. The mail processing system in Neepawa has been in place for more than a decade. The process enables Canada Post to better monitor mail volumes in order to plan and respond to customer needs as needed.

It takes approximately three business days for mail to arrive at its destination, when mail is being sent within the same province.

If customers have questions regarding their postal services, they can contact Canada Post's Customer Service team online at canadapost.ca/support or by telephone at 1-866-607-6301 (TTY: 1-800-267-2797)"

So I asked the following question a different way just so I would know exactly what is happening.

Can you clarify if the process "consolidated in Brandon and then dispatched to Winnipeg where all product originating from Manitoba is processed on their high-speed equipment. From there, it is then sent to Brandon for the final processing and sort before it is dispatched" applies to all Southwestern Manitoba Post Offices?

Media Relations answered, "Yes, we can confirm that all letter mail flow through Brandon to Winnipeg for all southwestern Manitoba post offices as Brandon is the centralized distribution centre for this part of the province."

So there you have it folks, even if the letter is dropped off at a particular post office for a customer at the same Post Office, it has to be shipped

to Brandon, then to Winnipeg, then back to Brandon and then to your local Post Office.

And, they openly say, it can take three days to get it back to the customer. That, by the way, is three business days and doesn't include weekends. If you drop off a letter on a Friday, it could take five days to get into the intended box number.

Is it any wonder that Canada Post is losing money operating under rules that make no sense at all? I know it's not polite to call a company's decision makers stupid but I think this process makes it difficult to not apply that description in this situation.

The letter goes to Brandon, then to Winnipeg, then to Brandon and back to the originating Post Office. After all those truck rides, it still has to be put onto the local P.O. box by local staff so there's no saving of staff time at all. All this process is doing is making unnecessary work. It still takes the same amount of labour and time to put it in the mail boxes regardless if it is done initially at the local post office or after the letter has made it's three day trip.

I would recommend that Canada Post re-examine this deal but I suspect that unionized employees at Brandon and Winnipeg might object.

Canada Post is bound up in poor practices, bad rules and hide bound union protectionism. Guess we know where customers rank in importance in this process.

NEEPAWA Banner & Press

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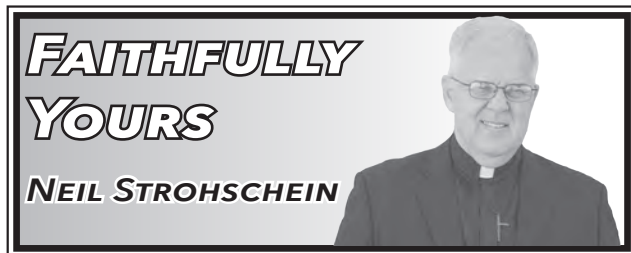
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The other "C" word

If you mention "the dreaded 'C' word," most people will assume that you are talking about "cancer." Cancer, as we know, is a disease that shows no respect for who we are, what status we occupy, or how important we are to family, friends and community. It attack and it leaves its mark on its victims and their loved ones.

But today, we are reflecting on another "C" word. It is found in a statement St. Paul makes in his letter to the Philippians. "I have learned," he writes, "in whatsoever state I am, therewith to be content." (Philippians 4:11) Today's "C" word is "Contentment;" which I believe is the missing ingredient in many of our lives.

Contentment isn't a trait with which we are born. Infants will cry, kick, scream and do whatever else they feel is necessary to let their parents know that they want something immediately-if not sooner. Do they thank their parents after they receive it? No. Are they content



with what they receive? They may be satisfied, but mere satisfaction isn't contentment. That trait must be learned.

Contentment is a feeling of satisfaction with and gratitude for who we are, who we're with, where we are, what we have and what we do.

This quality of character is rooted in a strong faith in a sovereign God. This faith teaches us that nothing in life ever happens by accident. Long before we were born, God knew all about us. He knew where we would be born and who our parents would be. He knew all about the political, social, cultural and religious conditions we would face in our formative years. He knew which

schools we would attend, whether or not we would attend college or university and if so, which college or university we would choose.

He knew who we would marry, when our children would be born and how many we would welcome into our families. And he knew what would bring us to this community, to the jobs at which we would work, and to the homes on the streets where we live.

Knowing what he knew about us and our futures, God provided us with all of the talents, skills, abilities and other resources he knew we would need to survive, thrive and serve him effectively right here and right now. We must change our attitude to who we are, what

we have and the challenges we have faced to this point in our lives..

Many years ago, I met a man who was taking treatment to overcome an alcohol and drug addiction. He pointed to a motto hanging on the wall of his room and said: "Neil, I don't believe much, but I sure do believe this." The motto read: "I know I'm special; 'cause God don't make no junk." That is where true contentment begins.

But that does not mean that the way things are now is the way they always will be. When the time is right, God may show us if he has somewhere else he wants us to live, or a different job he wants us to have. And, just as he has done in our lives so far, he will give us all resources we need to succeed in the new tasks he has assigned to us.

Until then, his message to us is this: "Be content with life as it is now and faithfully serve me where I have called you to serve." More on "being faithful" next week.

Letters

'Opportunities exist, but...'

Great column Ken in the January 24 paper ('Let's just cut the crap!').

Yes there needs to be changes made.

Travelling in the USA, we saw many inmates picking garbage along freeways. Lord knows there are areas in Manitoba that need cleaning up.

Prison farms could serve a great service providing food to organizations serving the homeless.

Parks Manitoba charges for firewood in most campgrounds. We have acres of woodlands that could be harvested for this rather than being wood from bush operators. Or provide free wood as part of the campground fee as it was for years.

Many opportunities exist but first society must realize these people have been incarcerated for a reason and their rights, and feelings should not be a priority.

Wow I better quit!

Norm Bruce
Minitonas, MB

*Would you like to send in a letter to the editor?
Email news@neepawabanner.com to submit yours.
Letters are limited to approximately 400 words
The Banner & Press reserves the right to edit letters
to fit available space.*

Connecting with your partner while parenting

Having children is a massive life change and takes a toll on the intimate relationship. Multiple studies have indicated that it's very normal for relationship satisfaction to decrease during the years of childbirth and child raising. They have found that a decline in relationship satisfaction over time is greater with couples who have chosen children than those who have not had children. This is significant because it suggests that the first year after your child is born is an incredibly challenging time. In fact, studies find this dip in relationship satisfaction remaining until the children are more independent. I want to normalize that a lot of folks don't feel like their relationship is on point during those young children's years. The stress of children is universal, it is not determined by culture, location, socioeconomic status

Difficulties in connecting



with your partner may come from multiple points. Time management is hard. Kids hijack your body, your brain and especially your time. Children really need you lots in those earlier years and the time you spend with them is very intense leaving you feeling exhausted and irritated at the end of the interaction. It is especially intense if you are a natural empath who picks up on people's energies, kids are one big ball of energy. So, you have less alone time to spend with your partner and when you do find the time, you are so exhausted and annoyed from the day that it's hard to bring your best self to that interaction. That makes

relationship building hard.

I would recommend connecting in micro moments. Micro moments are small windows of opportunity to connect with your partner to build intimacy. Examples are being cognizant of giving each other a hug or hello in the morning rather than just throwing the wet baby to the other person for a diaper change. Throughout the day, make sure to connect with random messages, funny photos or photos of the kids to maintain that connection. Don't be afraid to talk about how your days went. These conversations sometimes take place over a period of a couple of hours because the kiddos are caus-

ing chaos in the background but just the act of prioritizing moments of conversation with each other can make a huge difference. If possible, make your real connection time after the kiddos are in bed, with the understanding that if one of you needs some alone time that time is also supported and welcomed.

Practicing self care fills your cup and increases your ability to tolerate the challenges to your relationship that come from parenting. I totally acknowledge that finding time for self care is very hard and can feel impossible. Remember, SOME self care is better than no self care so don't give up. Micro moments of self care during the day is encouraged to put a drop in your cup each time. Maybe this is putting the TV on for your kids so you can read a book. Having your favourite coffee creamer or snack during the day or listening to your music while you clean.

Thumbs up, thumbs down

We are the US biggest trading partner and their neighbor. Thumbs down to President Trump for putting a 25 per cent tariff on goods from Canada and Mexico.

Lorna Liddle
Neepawa, MB



Thumbs up to Premier Wab Kinew, who got it right when he pulled American (California) Wines, Kentucky Bourbon and all other Spirits distilled in the USA from the Manitoba Liquor Store shelves as of Feb. 4.

Maybe Tesla cars and Star Link Internet should receive a 100 per cent Tariff!

We could try to eat what is described as the 100 Mile Diet?

Robert F. Smith
Edrans, MB



Thank you to the person who gave me a boost at the Neepawa Clinic on Jan. 16/25.

David Onischuk
Glenella, Mb

*Would you like to send a thumbs up or thumbs down to an individual or group in the community?
Please send it our way. Submissions must include a name and must be under 100 words.
We want to hear from you!
In person: 423 Mountain Ave. Neepawa
By fax: 204-476-5073
By email: news@neepawabanner.com*

HELEN DRYSDALE

OUT OF HELEN'S KITCHEN

Cooperatives

Cooperatives have played an important role throughout Manitoba's history. Early Manitoba farmers had always felt that they were taken advantage of. The grain growers were the first to challenge the way in which their grain was graded and marketed. They believed, and rightly so, that unfair and at times corrupt practices occurred. As well, when buying supplies they were charged absorbent fees for their needed goods. In the 1870s the "Grange" campaigned for co-operatives, buying clubs and farmer owned elevators. Many of the first cooperatives faced challenges too great to overcome. 1906 was the beginning of effective organization by prairie farmers that formed the Grain Growers to sell their grain at profitable prices. In 1917, it merged with another cooperative, the Alberta Farmers' Co-operative Elevator Company, to become United Grain Growers (UGG). In 1924 the farmer owned Manitoba Pool Elevators Limited was established. Later that year representatives of the three provincial pools met at Regina and structured the Canadian Co-operative Wheat Producers Limited. They would gather and sell all the grain from the three provinces and the proceeds would be returned to the growers after deduction of the costs of marketing. Soon co-ops were formed to market milk, eggs, livestock, chickens and other farmer's products. Many of the first Co-ops were started by the English and Scottish farmers as that is what they had been used to in their homelands. These farmers recognized the need to work together as part of one system for the benefit of all the members.

Cooperatives are not only business enterprises created to break the power of the large for-profit corporations. A co-op is an enterprise that is owned and controlled by its members and each member has one vote in how the co-op will be run and the election the board of directors. A co-op provides goods or services at a reasonable cost with the profits being distributed to members according to patronage in the form of dividends every year.

Taken from the "By United Effort", The Quarter-Century Story of Neepawa Consumers Co-op. "On July 30, 1929, another meeting was held in Neepawa. A definite decision was made to organize and the new consumers co-op was born. A permanent board of directors was elected, consisting of G.H.Kilburn, G.A.Drysdale, E.H.Turner, A.D.Kennedy, D.S.Carmichael, B.F.Davidson and V.Grainger. Roy Johnson and another MCW director, Hamp Hindson, addressed the meeting on the advisability of proceeding to install an oil station.

The co-op was only one month old when the gasoline tanks had arrived and the first payment had taken \$1,000 of the new co-ops total capital of \$1,200. More money was needed to put the tanks in place and to obtain a truck for delivery. When the directors met on Saturday of that week, the executive presented the problem. A personal guarantee was needed from each director-or the co-op went out of business. There was a long and serious discussion. Finally the "document" from the bank was passed around the table. Seven signatures were added and the Co-op had backing for a bank loan of \$2,500. Tanks could be set up, a delivery truck obtained."

From this humble beginning came our Neepawa Gladstone Co-op.

In 1929 the new co-ops membership was 250 with a staff of two and \$12,000 in sales. By 1940 membership was 800 with a staff of six and sales of \$105,017. 1950 saw a membership of 1,025 with a staff of fourteen and sales of \$376,592. In 2017 the Neepawa/Gladstone Co-op had a membership of 7,500, a staff of close to 200 and sales of \$78.5 million.

In Manitoba there are general stores, gas bars, farm supplies, furniture stores, funeral services, natural gas utilities, water utilities, internet access and cable television co-ops. Credit unions are co-operatives as well. One in two Manitobans belong to a Credit Union. This is the story of the cooperative difference, people helping people to achieve a better standard of living.

I try to eat seasonal and local products, so root veggies are great in the winter. Enjoy these two recipes.

Turnip casserole

6 cups peeled and diced turnips
1 Tbsp. brown sugar
1/2-1 tsp. nutmeg

1/2 tsp. salt
1/2 tsp. pepper
1/2 cup cream

2 eggs, beaten
1/4 cup dry bread crumbs
1 Tbsp. melted butter

Cook turnips in lightly salted water. When cooked, drain and mash. Add sugar, nutmeg, salt, pepper, cream and the eggs. Mix thoroughly and put into a buttered casserole dish. Toss the crumbs and butter together and sprinkle on top. Bake at 375°F for 50-60 minutes until hot and bubbly. Makes 6-8 servings.

Carrot ginger slaw

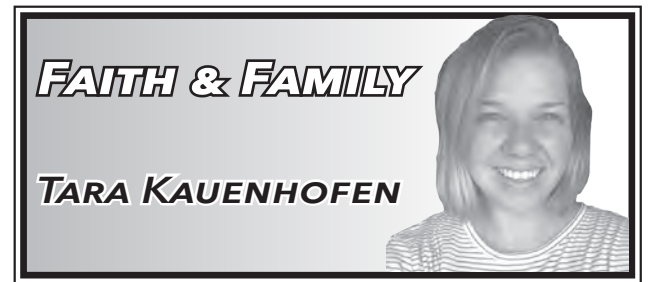
3 cups shredded carrots
1 stalk celery, thinly sliced
2 green onions, thinly sliced
1/2 cup dried cranberries

Dressing:
1/2 cup pineapple juice
2 Tbsp. honey
1 Tbsp. lemon juice
2 Tbsp. apple cider vinegar
2 Tbsp. oil

1-2 Tbsp. minced fresh ginger
1/2 tsp. salt
dash of pepper
1 Tbsp. fresh chopped parsley
(optional)

In a bowl add the vegetables and cranberries. Mix the dressing ingredients together and add to the bowl of vegetables and stir. Cover and refrigerate until ready to serve.

Parallel scenarios and 'what ifs'



I recently watched a video of a parallel scenario.

The first version of the video was a parent shaming and raising their voice and yelling at their child. Attacking with words, only pointing out mistakes, never praising, never encouraging.

This resulted in the child becoming angry, mirroring their parents actions and behaviours and slumping their shoulders and crying in the dark alone.

The parallel video, was of an adult doing the same thing to another adult.

The example shots were a boss, a friend, or a spouse. The adult, responded in the same manner the child did.

With anger and defensive behaviour and words. Lashing out, and then slumping their shoulders and not achieving greatness.

The interesting part about this is that as an adult, we have the freedom to defend ourselves and have a conversation about how the other adult treated us.

But children don't always have that same freedom to express that they didn't feel safe, that they need more encouragement.

Sometimes they don't know how to express it, and it comes out in anger or defence.

This then brought me to a place of understanding God's character and the parallel of his parenting of US in our walk and relationship with him.

He is big enough to hold

our anger, our questions, our frustrations, our defensiveness and sadness.

He doesn't lean down and scream in our faces or tell us to stop crying.

He holds each tear with tenderness, he hears our concerns and whispers words of encouragement, and sometimes when necessary he gives firm correction but done with such love and tenderness we can't help but respond with obedience.

It gave me pause, to think and ponder on the what if's of this scenario.

What if we could all step out of our human response and parent the way Christ does?

What if we modelled this in our walk with our own kids?

I often wonder and pray into what would happen, how they would grow and flourish under a Christ centred way of parenting.

If we are called to walk as Jesus did, if we are created directly in the image of God himself, how then should his character be reflected in our parenting? In our marriages? In our work places?

This week, I have challenged myself to be more self aware of how I am responding.

What I am sowing into my relationships with the people I am directly in contact with daily.

And if I can feel the conviction of an area I am not reflecting Christ, to take a step back and evaluate how his character would replace the way I've been acting.

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Happy Valentine's Days

8 unique Valentine's Day gift ideas

Submitted

METRO CREATIVE CONNECTION

Gift-giving is a key component of Valentine's Day celebrations every February 14. Valentine's Day is a mere month-and-a-half after the holiday season, so ideas for more thoughtful gifts may be in short supply. Let these Valentine's day gift ideas serve as inspiration.

1. Custom painted portrait: Many local artists paint beautiful portraits from photographs. Find an image you like and have it made into an even more impressive work of art.

2. Doll likeness: The well known Funko POP! brand known for its pop culture figurines enables customers to create likenesses of themselves or loved ones. You can have custom dolls made in your sweetheart's likeness.

3. Preserved roses: While fresh roses may only last a few days to a week, preserved or "eternity" roses are treated and specially packaged so they can endure and serve as lasting, welcome reminders of Valentine's Day love.

4. Journal or scrapbook: A decorative scrapbook or journal enables your special someone to keep track of moments spent together and key milestones.



IMAGE COURTESY OF METRO CREATIVE CONNECTION

5. First date map: Gift a framed picture of a map marked with the specific location of your first date, whether it was a restaurant, park or museum.

6. Birthstone jewelry: Jewelry is a popular gift on Valentine's Day. Make gifts even more special by finding pieces that include your special someone's birthstone. The American Gem Society offers a handy chart at www.americangemsociety.org/birthstones/.

7. Experiential gifts: Experiential gifts may be just what is needed this Valentine's Day. Some options include a couple's cooking class, tickets to a sports game or concert, a vacation to a romantic locale, or a day or night out on the town.

8. Prepare a favorite recipe: Learn what your

loved one enjoys eating the most and then recreate the recipe as a thoughtful gift and dinner at home.

This Valentine's Day, people can consider these unique thoughtful gift ideas.

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Christine and Ken Waddell recognized in parliament



PHOTO BY EOIN DEVEREUX

Last month, Dan Mazier (right), Dauphin-Swan River-Neepawa Member of parliament, read out a Statement of Recognition in parliament in Ottawa. Mazier said, "I want to thank them for being pillars in their community and for giving a voice to rural Canadians for so many years."

On January 31, Mazier came to the Neepawa Banner & Press office to present a framed copy of the parliamentary statement to Chris and Ken Waddell.

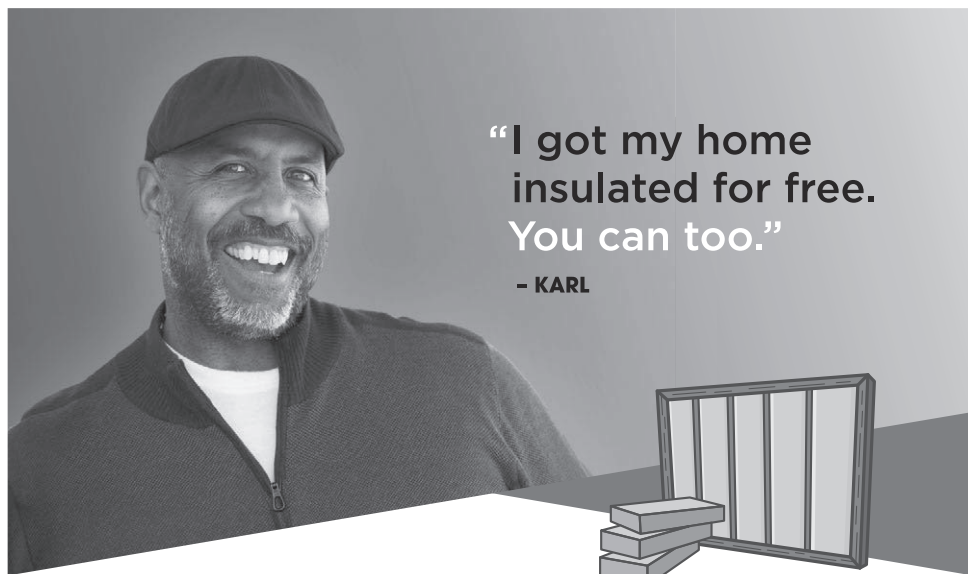


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- Location address: 68075 Highway 265, MB
- (Coordinates/ Coordonnés: 50.388556, -99.035297)
- Legal Description / Description légale: THE SLY 1320 FEET PERP OF THE SE 1/4 OF SECTION 27-16-12 WPM EXC FIRSTLY: THE SLY 660 FEET PERP OF THE ELY 660 FEET PERP
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- Site: The structure will accommodate initial and future loading for all cellular providers, and additional fixed wireless equipment as required. / La structure peut accueillir le chargement initial et futur de tous les fournisseurs de services cellulaires, ainsi que de l'équipement supplémentaire sans fil fixe, au besoin.

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ANY PERSON may make a written submission to the individuals listed below no later than 5pm (ET) on **Monday, March 3rd, 2025**. Please reference the site code **TOWM060** in your correspondence. / **TOUTE PERSONNE** peut faire une soumission écrite aux personnes mentionnées ci-dessous au plus tard à 17:00 le **lundi 3 mars 2025**. Veuillez indiquer le code de référence du site, **TOWM060** dans votre correspondance.

Further information may also be obtained through the following contact: / De plus amples informations peuvent également être obtenues auprès du contact suivant:

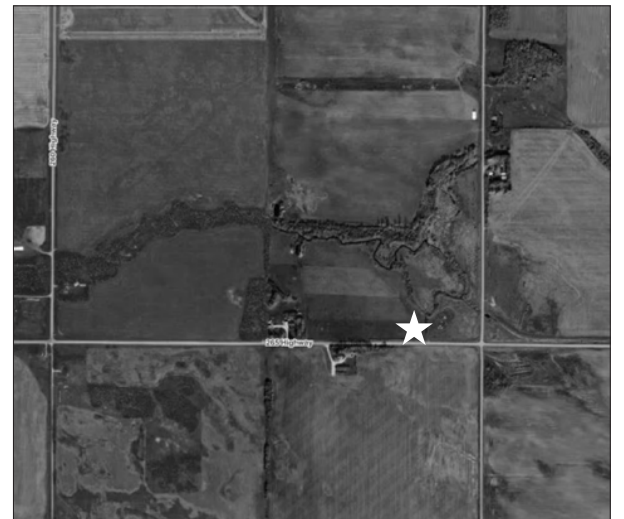
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SITE LOCATION MAP / PLAN DE LOCALISATION DU SITE



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

Correction:

This correction is issued for the photo credit provided to the Neepawa Banner & Press for the image used with the Huns Valley 140 article in last week's paper. Please note that the correct attribution for that photo's source is the Glenbow Library and Archives Collection, University of Calgary, 1899 (CU187750). Thank you.



Email: ads@neepawabanner.com

Darryl Gerrard finding his strength in hybrid circuit-training

By Eoin Devereux
NEEPAWA BANNER & PRESS

There are plenty of reasons to make health and fitness a priority as you grow older. Whether it's to keep up with the kids, (or perhaps the grandkids), fend off the everyday aches and pains associated with aging, or maybe you just wanna look good, the reason doesn't matter. If you want to be the best version of yourself, it's never too late to start... And Neepawa's Darryl Gerrard is living proof that health and fitness knows no limits... Age-wise or otherwise.

Gerrard recently competed at the Fittest in Manitoba, which is a circuit training style competition. The event consists of athletes of all different skill levels: Novice, Intermediate, Rx and Masters 40+, and involves various functional movements performed at high intensity.

While Gerrard has competed in team style events previously, this was his first individual competition. His inaugural effort was definitely successful, as he finished in second place overall for the Men's Masters category (40+). For Gerrard, while this personal recognition is rewarding, it was never the end goal.

A rededication to fitness

Gerrard first started with standard weight lifting 14 years ago, but soon was intrigued by the concept of circuit-training, (*Which is likely more well known to the general public by the corporate brand name,*



PHOTO BY EOIN DEVEREUX

Darryl Gerrard of Neepawa has been participating the circuit training for about 14 years.

Crossfit). Gerrard told the Banner & Press that the reason why he rededicated himself to fitness was simple enough, he just wanted to feel a little bit better during the day.

"I just kind of started doing some basic body training, the kind a lot of people start, and that was out of necessity for health. I had a very bad back and I was told I was facing back surgery, so I knew I had to address some strength," stated Gerrard. "And it just kind of evolved, you know, watching the other members doing the functional training. So I decided I wanted to give myself a bit more of a challenge, just to try to improve my body and strength over like a broad spectrum of movements."

From there, Gerrard's body and his overall health responded to the challenge. Sure, there were a few bumps and bruises along the way, but a little self-induced muscle fatigue is a whole lot better than getting cortisone shots in the back.

Gerrard noted that the quality of living improve, not just physically, but from a mental mindset, as well.

Circuit-training is very team oriented, as classes will motivate one another to give their best effort and push themselves to be the best version of themselves. He noted those types of lessons from the class, can be easily adapted to day-to-day, in a positive manner.

Requires more than just physical strength

Back to the Fittest in Manitoba competition, the event features a variety of skill sets that could challenge the participants. For Gerrard, he was faced with a mixture of Olympic style lifts and hybrid feats, such as burpees, kettlebells and box jumps. It's not enough to simply 'lift a lot of weight'. No, this event required a multi-faceted athlete who is as mentally strong, as they are physically.

Gerrard said it was that mental strength that placed him in the Fittest in Manitoba competition to begin with.

"I've looked at these type of individual events for a while and, you know, nine years ago it would have been my worst nightmare

to step out into a competitive environment by myself. So, I mean, that's part of the training that grows you as an individual to be confident and develop that strength of confidence. And this was the next logical step that I just wanted to do. So I set it as a goal. I said, 'You know, in 2025, I'm gonna do an individual competition'. So I started looking and well, there's one in January. This was as good a time as any, so I signed up with minimal advanced preparation. But no point stressing on it and thinking about it. Just go do it."

As for where he hoped to place within the competition, Gerrard admits that he held out hope to perhaps challenge for a place on the podium.

"All you can do is go out and execute to the best of your abilities. I was hoping to be competitive. I thought my fitness was good and it was nice to get out and see where I was at. I was pleased with this result and it reaffirmed where I thought my training was. And it's gonna, hopefully set me some new challenges for the rest of 2025."



SUBMITTED PHOTOS

Gerrard competed in his first individual competition in January at the Fittest in Manitoba event in Winnipeg. He finished second in his category, the Men's Masters (40+)

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2024-2025 Neepawa Farmers

Back row (from left to right): Preston James (Coach), Tom Coutts (#6), Ethan Winters (#20), Myles Willerton (#14), Dustin Cook (#7), Tarek Lapointe (#25), Rylan Bray (#26), Riley Davie (#9), Ward Brister (#13), Lincoln Murray (#40), Ryan Miller (Coach).

Front row (from left to right): Nate Braun (#1), Brad Roncin (#29), Hayden Kolesar (#19), Kyle McDonald (#17), Garrett Rempel (#8), Bret Levandoski (#61), Shane Byram (#48), Dillon Birch (#23), Callan Denbow (#15), Grant Graham (#45). **Missing from picture:** Tieler Fenning-Cox (#4), Corbin Mariash (#10), Lennon Carr (#11) Brad Marshall (#16), Zack Hicks (#24), Cody Pasowisty (Coach)



The Neepawa Banner & Press, as well as the following businesses congratulate the Neepawa Farmers on their regular season in the Tiger Hills Hockey League and wish them the best of luck in the upcoming THHL playoffs.

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Box 550, Neepawa | MB R0J 1H0
204.390.5428
officeofagassizmla@gmail.com

MJHL Standings

Western Division	G	W	L	OTL	SOL	Pts
Dauphin Kings	40	28	11	1	0	57
Northern Manitoba Blizzard	41	24	16	0	1	49
Neepawa Titans	44	22	17	2	3	49
Virde Oil Capitals	42	18	23	1	0	37
Wayway Wolverines	44	16	25	2	1	35
Swan Valley Stampeders	42	11	26	4	1	27

Eastern Division	G	W	L	OTL	SOL	Pts
Winkler Flyers	41	32	6	3	0	67
Portage Terriers	43	31	11	0	1	63
Steinbach Pistons	43	30	10	2	1	63
Niverville Nighthawks	41	25	13	2	1	53
Selkirk Steelers	43	21	19	2	1	45
Winnipeg Blues	39	8	27	2	2	20
Winnipeg Freeze	41	6	32	1	2	15

Game results

Friday, Jan. 31

Swan Valley 5-2 Neepawa

First Period

13:08 SVS J. Giacobbo (5) PP
ASST: T. Boettiger (2), R. Fequet (11)
16:40 NPA T. Tychonick (11)
ASST: K. Skrupa (13)

Second Period

01:22 SVS B. Muller (5)
ASST: L. Gulutzan (30), T. Boettiger (3)
04:22 NPA D. McCann (11) SH
ASST: Unassisted
10:28 SVS T. Langan (7)
ASST: G. Bartha (15), J. Giacobbo (10)

Third Period

08:25 SVS J. Giacobbo (6)
ASST: D. Johnson (9), E. MacTavish (2)
19:40 SVS J. Giacobbo (6) EN
ASST: G. Bartha (16)

Scoring	1	2	3	Total	PP
SVS	1	2	2	5	1/4
NPA	1	1	0	2	0/3

Goaltender

SVS R. White - (W) 41/43 saves
NPA M. Lobreau - (L) 27/31 saves
Attendance: 261 - Yellowhead Centre

Saturday, Feb. 1

Winkler 3-2 Neepawa

First Period

06:25 NPA A. McIntosh (2)
ASST: Unassisted
11:28 NPA C. McLeod (6)
ASST: C. Hegarty (12), T. Tychonick (21)

Second Period

17:45 WKR N. McKee (20)
ASST: C. Bernier (10), T. Dalton (9)

Third Period

11:26 WKR B. Craik (18)
ASST: K. Thomas (17), B. Beauchemin (25)
19:17 WKR K. Thomas (13)
ASST: J. Michelson (13), W. Brophy (15)

Scoring	1	2	3	Total	PP
NPA	2	0	0	2	0/4
WKR	0	1	2	3	0/4

Goaltender

NPA KC Couckuyt - (L) 32/35 saves
WKR L. Ernst - (W) 10/12 saves
Attendance: 508 - ICON Arena

Game results

Tuesday, Feb. 4

Neepawa 7-2 Waywayseecappo

First Period

12:28 WAY R. Perrin (7) PP
ASST: S. Stone (13)

Second Period

03:50 NPA M. Hartley (15) PP
ASST: T. Lewis (11)
07:10 NPA C. Hegarty (16)
ASST: C. McLeod (5), T. Tychonick (13)
11:15 NPA T. Tychonick (12)
ASST: C. Hegarty (13)
13:08 NPA M. Hartley (16) PP
ASST: T. Lewis (12), K. Weisgarber (19)

Third Period

00:36 NPA L. Paquette (7)
ASST: M. Hartley (19), B. Knox (8)
06:40 NPA T. Tychonick (13)
ASST: C. Hegarty (14), C. McLeod (6)
08:11 NPA K. Skrupa (2)
ASST: T. Wallis (9), T. Lewis (13)
09:53 WAY D. Wapass (9) PP
ASST: M. Thomas (4), O. Pringle (12)

Scoring	1	2	3	Total	PP
NPA	0	4	3	7	2/5
WAY	1	0	1	2	2/5

Goaltender

NPA M. Lobreau - (W) 39/41 saves
WAY J. Wareham - (L) 33/40 saves
Attendance: 234 - Arena Complex

MJHL Player stats

Leading scorers (MJHL)	G	A	Pts
1. Connor Paronuzzi (STN)	19	44	63
2. Adam Vigfusson (NIV)	25	28	53
3. Cam Bullinger (POR)	14	39	53
4. Cayden Glover (DAU)	33	19	52
5. Nolan Nenow (POR)	16	34	50

Leading scorers (Titans)	G	A	Pts
1. Mason Hartley	16	18	35
2. Tim Tychonick	13	22	35
3. Caden Hegarty	16	14	30
4. Colton Alexander	10	15	25
5. Kyle Weisgarber	5	19	24

Club 55 Bowling

Jan. 30, 2025: Ladies' High Single & Triple: Elsie Slimmon 213 & 562. Men's High Single & Triple: Darrell Gabler 240 & 574. Other Good Scores: Elsie Slimmon 210; Chuck Morden 207, 167, 170; Carole LeBoutillier 181, 182; Darrell Gabler 180, 154;

Eleanor Scott 185; Caroline Harding 150, 152; Vivian Oswald 177, 193; Muriel Porada 158; Laurie Kohinski 192, 175, 183; Frank Porada 155, 155; Russ Taylor 173, 173. January Bowlers of the Month: Janice Absteiter & Darrell Gabler.

J.V. Tigers host basketball tournament



PHOTOS BY EOIN DEVEREUX

The Neepawa Tigers JV Boys hosted an 8-team Tournament over the weekend. Neepawa started the event by defeating the Neelin Spartans on Jan. 31 61-46. The next game was against the Pembina Trails Collegiate Trail Hawks, a 'AAAA' club from Winnipeg. The Trail Hawks won 104-24, and eventually cruised to a 111-46 victory over the Vincent Massey Vikings in the final. As for the Tigers, they faced Portage Collegiate in the third place game. Neepawa put in an impressive effort, but eventually were bested, by the score of 60-44. Congratulations to Pembina Trails for winning the event, and for Neepawa's impressive hosting of the event.

NACI Tigers Hockey win in Hamiota

By Eoin Devereux
NEEPAWA BANNER & PRESS

The Neepawa Tigers held off a late game effort from the Hamiota/Rivers/Elton Huskies, on the way to a 5-3 win on Tuesday, Feb. 4.

The Tigers appeared to be on their way to an easy win in the first 40 minutes

of action, scoring four goals unanswered. Cohen Kulbacki scored his 40th goal of the year in the first, to give Neepawa the 1-0 lead.

Then in the second, Ian Foster just took over everything, scoring a natural hat-trick in just a 3:36 span. Those were his 23rd, 24th and 25th goals of the year.

For the third, Hamiota

scored off of a power-play chance, to make it 4-1.

Cohen Kulbacki would add a second goal on this day near the mid-point of the period. Then with less than five minutes remaining in regulation, the Huskies scored two more, both on the power-play, to make it a 5-3 final.

The win is Neepawa's

16th of the season, and improved their overall record to 16-7-1. The Huskies, meanwhile dropped to 16-4-3.

Next for Neepawa was a home game on Wednesday, Feb. 5 (Played just after the Banner & Press publication deadline)

Neepawa Farmers fall to Deloraine Royals in shootout



PHOTO BY EOIN DEVEREUX

An amazing comeback in the third period fell just a bit short for the Neepawa Farmers on Saturday, Feb. 1, as they lost to the Deloraine Royals in a shootout 6-5. The Royal appeared to be on the way to an easy win, scoring five of the first six goals of the game. Neepawa powered back, however to tie it and send it to extra time, before being defeated in the shootout.

Tiger Hills Hockey

East	G	W	L	OT/SO	Pts
1. Rivers	15	13	2	0	26
2. Killarney	14	12	1	1	25
3. Minnedosa	15	9	4	2	20
4. MacGregor	15	7	8	0	14
5. Neepawa	14	3	9	2	8
6. Carberry	15	2	13	0	4

West	G	W	L	OT/SO	Pts
1. Virde	15	12	2	1	25
2. Boissevain	15	10	4	1	21
3. Hartley	16	9	4	3	21
4. Melita	15	6	8	1	13
5. Souris	16	4	12	0	8
6. Deloraine	15	3	12	0	6

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Help Wanted



Industrial Plant Cleaner (NOC 65312)

Why join our team?

HyLife is a global leader in food processing, with a vision to be the best food company in the world. To achieve this, we are currently expanding our team and have exciting career opportunities at 623 Main St. Neepawa, MB. We are actively seeking to fill 10 positions.

The current starting wage is \$22.20/hour with incremental increases to \$23.55/hour based on tenure as per our Collective Agreement

Quick Facts:

- Culturally diverse – employ people from all over the world
- Fully integrated facility – Feed Mills, Barns, Transportation, and Production Plant
- 2500+ employees worldwide
- We Care about our employees, communities, customers, animals, and our environment

What we can offer you:

- Competitive Wage
- Vacation: 10 working days of paid vacation as per our collective bargaining agreement
- Comprehensive Benefits package – health coverage, dental plan, vision care, long-term disability, and pension plan
- Permanent full-time employment (74-80 hours per bi-weekly)
- PM Shift
- Full training, with genuine opportunities for career progression
- Employee Referral program - \$500!
- Free parking
- Company events
- And more!!!!

Your duties may include:

- Cleaning and sanitizing butcher and slaughter production areas and everything in between to ensure top-quality food safety standards.
- Operating cleaning equipment like high-pressure hoses to clean production equipment.
- Using cleaning chemicals with respect and following Material Safety Data Sheets.
- Ensuring all Quality Assurance checks are performed.
- Maintaining a safe, clean, and organized work area throughout the facility.
- Collaborating as a team to meet tight deadlines, ensuring production floors operate on time.

We are looking for people who are:

- Fit and capable of working in a physically demanding role. Capable of bending, lifting, and climbing.
- Available to work an 8-hour Night Shift from Monday-Friday, between 11:15 PM to 9:00 AM
- Capable of repetitive manual tasks and standing for long periods of time
- Capable of working in diverse environments, including exposure to varying temperatures, humidity, and odors
- Minimum of one (1) to seven (7) months experience in sanitation, or industrial cleaning, or heavy-duty cleaning
- Completion of Secondary school or equivalent experience
- Able to effectively communicate in English
- At least 18 years old to meet the minimum age requirement

HyLife is dedicated to promoting equal employment opportunities for all job applicants, including those who identify as a member of the following groups: Indigenous people, Newcomers to Canada, Older workers, Veterans, and Visible minorities.

Ways to apply:

Online at <http://hylife.com/careers/> or mail to PO Box 10,000, 623 Main St E, Neepawa, MB R0J 1H0. Fax to: 204.476.3791 | Email to: jobs@hylife.com | In Person at 623 Main ST. E, Neepawa, MB R0J 1H0

For inquiries contact: Phone: 204.476.3393

HyLife has an accommodation process for employees with disabilities. If you require a specific accommodation during your employment because of a disability, please contact Jobs@hylife.com. An HR representative will be in touch with you as soon as possible. Reasonable accommodations will be determined on a case-by-case basis and our accommodation policy can be forwarded upon request.

Be a part of the HyLife experience – your journey starts here!

We thank all applicants, however, only those under consideration will be contacted



www.neepawabanner.com



Hog Receiving Barn Worker (NOC85100)

Why join our team?

HyLife is a global leader in food processing, with a vision to be the best food company in the world. To achieve this, we are currently expanding our team and have exciting career opportunities at 623 Main St. Neepawa, MB. We are actively seeking to fill 5 positions.

The current starting wage is \$19.25/hour with incremental increases to \$20.55/hour based on tenure

Quick Facts:

- Culturally diverse – employ people from all over the world
- Fully integrated facility – Feed Mills, Barns, Transportation, and Production Plant
- 2500+ employees worldwide
- We Care about our employees, communities, customers, animals, and our environment

What we can offer you:

- Competitive Wage
- Vacation: 10 working days of paid vacation
- Comprehensive Benefits package – health coverage, dental plan, vision care, long-term disability, and pension plan
- Permanent full-time employment (74-80 hours per bi-weekly)
- PM Shift Premium
- Full training, with genuine opportunities for career progression
- Employee Referral program - \$500!
- Free parking
- Company events
- And more!!!!

Your duties may involve:

- Receiving and unloading hog deliveries.
- Sorting hogs into appropriate receiving pens.
- Ensuring humane and safe handling of hogs in our facility.
- Completing hog receiving documents to CFIA standards.
- Scraping trailers.
- Working outdoors and in a barn environment.

To excel in this role, you should possess:

- Respect for animal welfare, food safety, and workplace safety. Understanding of animal behavior
- Capable of working in diverse environments, including exposure to varying temperatures, humidity, and odors
- Minimum of one (1) to seven (7) months experience working with livestock
- Fit and capable of working in a physically demanding role. Capable of bending, lifting, and crawling
- Completion of Secondary school or equivalent experience
- Capable of repetitive manual tasks
- Able to effectively communicate in English
- At least 18 years old to meet the minimum age requirement

HyLife is dedicated to promoting equal employment opportunities for all job applicants, including those who identify as a member of the following groups: Indigenous people, Newcomers to Canada, Older workers, Veterans, and Visible minorities.

Ways to apply:

Online at <http://hylife.com/careers/> or mail to PO Box 10,000, 623 Main St E, Neepawa, MB R0J 1H0. Fax to: 204.476.3791 | Email to: jobs@hylife.com | In Person at 623 Main ST. E, Neepawa, MB R0J 1H0

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Industrial Butcher (NOC 94141)

Why join our team?

HyLife is a global leader in food processing, with a vision to be the best food company in the world. To achieve this, we are currently expanding our team and have exciting career opportunities at 623 Main St. Neepawa, MB. We are actively seeking to fill 150 positions.

The current starting wage is \$16.45/hour with incremental increases to \$24.60/hour based on tenure as per our Collective Agreement

Quick Facts:

- Culturally diverse – employ people from all over the world
- Fully integrated facility – Feed Mills, Barns, Transportation, and Production Plant
- 2500+ employees worldwide
- We Care about our employees, communities, customers, animals, and our environment

What we can offer you:

- Competitive Wage
- Vacation: 10 working days of paid vacation as per our collective bargaining agreement
- Comprehensive Benefits package – health coverage, dental plan, vision care, long-term disability, and pension plan
- Permanent full-time employment (74-80 hours per bi-weekly)
- PM Shift Premium
- Full training, with genuine opportunities for career progression
- Employee Referral program - \$500!
- Free parking
- Company events
- And more!!!!

Your duties may include:

- Slaughter, eviscerate, and mark hogs for further processing;
- Debone edible parts and remove inedible organs for parts;
- Cut pork carcasses into primal cuts for further processing, cutting, or packaging for local, national, and international premium markets.

We are looking for people who are:

- Fit and capable of working in a physically demanding role
- Capable of repetitive manual tasks and standing for long periods of time
- Open to working in colder/warmer environments
- Minimum of one (1) to seven (7) months experience in meat cutting or slaughter or completed a program in Industrial Meat cutting
- Completion of Secondary school or equivalent experience
- Able to effectively communicate in English

HyLife is dedicated to promoting equal employment opportunities for all job applicants, including those who identify as a member of the following groups: Indigenous people, Newcomers to Canada, Older workers, Veterans, and Visible minorities.

Ways to apply:

Online at <http://hylife.com/careers/> or mail to PO Box 10,000, 623 Main St E, Neepawa, MB R0J 1H0. Fax to: 204.476.3791 | Email to: jobs@hylife.com | In Person at 623 Main ST. E, Neepawa, MB R0J 1H0

For inquiries contact: Phone: 204.476.3393

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You can pick up the paper to get your weekly news, find a new recipe, look for jobs, go house hunting, even scout out upcoming events or sales in the area!

Gladstone cattle market report

By Tyler Slawinski
GLADSTONE AUCTION MART

It was an interesting week none the less, from an abundance of cattle to market last week with milder temperatures to cold and a slightly lighter run of cattle. Worry, doubt and suspense crossed many thoughts as we all patiently waited for an all out trade war to break out. Thankfully that didn't have to be the case as of yet.

The markets opened on Monday with great uncertainty, but after some of the smoke cleared it seems as though it was starting to regain some traction.

Our market started off higher than expected, with the cows and bulls trading stronger in spots than the week before!

The Canadian Dollar plummeted to start the trade this morning (Feb. 5), which was definitely in our favour; it regained most of what it had lost by mid afternoon.

Futures were also hurting from the past two trading days, which had a negative affect on our feeder trade.

First cut cattle are selling strong, most of the feeder cattle sold well and much similar to trade from two to three weeks ago. Second and third cut cattle are definitely seeing discounts; if they don't fit the orders they are soon sorted from the packages.

Looking at that from a buyers prospective, with the cattle being worth so much, its not hard to see why if they are paying a premium, the cattle should fit the order. The cattle are still in strong demand, and I expect to see strong prices until the next political debate!

We sold 917 head of cattle through the ring in Gladstone Manitoba on Feb. 4!

Cows and bulls are trending with higher averages. Feeding type cows and heiferettes are still selling stronger than yielding cows. Yielding cows still

traded quite reasonable from 170.00 to 186.00 looking like strong demands. Feeding type cows are ranging between 186 to 190.00. Bulls traded stronger ranging between 210.00 to 220.50.

With these prices it's not hard to see why many of these young feeding type cows aren't getting a second chance! The

cow herd isn't growing very quickly, and we are finally starting to see some optimism in the industry!

All classes of cattle sold well! Plainer type cattle, are still being discounted!

Some highlights from the sale, red steers weighed 350 traded for a decent 640.00 per pound! Black steers weighed 465 and traded for 560. Cross-bred steers weighed 570 and brought 499.00. Crossbred steers weighed 624 pounds and they hit 469.00. A liner load of fancy red x steers weighed 780 and they checked out at 422.50. Cross bred steers 830lbs brought 378.00. Heifers, red heifers weighed 385 and traded for 537.50. Tan hidid heifers weighed 460 and brought 500.00. Char heifers weighed 525 and made 490.00. Char heifers weighed 663 and traded for 405.00. And last but not least a big set of 723 pound Black hidid heifers that sold for 371.00.

Gladstone Auction Mart Cattle Market Report

Feb. 4, 2025

Steers	
3-400 lbs.	\$5.65 to 6.40
4-500 lbs.	\$5.15 to 5.88
5-600 lbs.	\$4.30 to 5.27
6-700 lbs.	\$4.00 to 4.71
7-800 lbs.	\$3.52 to 4.24
8-900 lbs.	\$3.30 to 3.78
900+ lbs.	\$3.05 to 3.39
Bulls	\$2.10 to 2.20

Heifers	
3-400 lbs.	\$5.00 to 5.90
4-500 lbs.	\$4.25 to 5.30
5-600 lbs.	\$4.22 to 4.90
6-700 lbs.	\$3.48 to 4.25
7-800 lbs.	\$3.20 to 3.73
8-900 lbs.	\$2.85 to 3.30
900+ lbs.	\$2.75 to 3.25
Cows	\$1.86 to 1.90

917 head sold

Pickleball in Neepawa



PHOTO COURTESY OF METRO CREATIVE CONNECTION
Pickleball is a fun, easy to learn sport.

Submitted
NEEPAWA PICKLEBALL ASSOCIATION

The popularity of pickleball continues to increase worldwide, and Neepawa is keeping up with that trend. Due to the increasing interest in town there are now three opportunities to play pickleball per week— Monday evenings, Wednesday afternoons and Thursday afternoons, all at the First Baptist Church.

Recognizing that pickleball is one of those sports that is "easy to learn, but difficult to master" the Neepawa Pickleball Association is hosting pickleball clinics in March. Open to everyone regardless of skill level, these two-hour clinics can help you learn the basics, or improve your play if you've got the fundamentals under your belt already.

Certified pickleball coach, Jackie Jacobsen, will guide the eight-person clinics through the basics including shot selection, proper technique, and game strategy for the intermediate player. The cost is \$35 for each two-hour clinic. There will be a small number of paddles available for those who don't have one yet.

One clinic will be held on Mar. 8, from 10:00 a.m. to noon, and two clinics are scheduled for Mar. 22, one from 10:00 a.m. to noon and a second clinic from 1:00 p.m. to 3:00 p.m. Each clinic is limited to eight participants, so pre-registration is required. For more information, email Neepawapickleball@gmail.com or check out the Neepawa Pickleball Association Facebook page.

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Valentine's Day Crafts

How many hearts can you find on this page in three minutes? Have a friend try. Who found the most?

Hearty Mouse

- STUFF YOU'LL NEED:
- construction paper
 - glue stick
 - scissors
 - googly eyes (optional)
 - black marker

- STEP 1:** Cut out a big pink heart.
STEP 2: Fold the heart in half.
STEP 3: Cut out two smaller hearts.

Help the mouse reach the cheese.



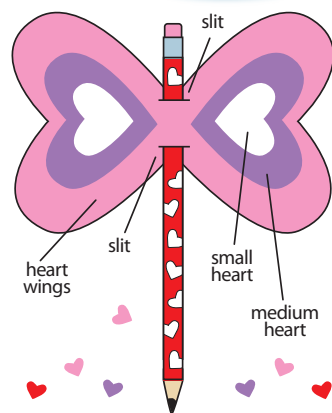
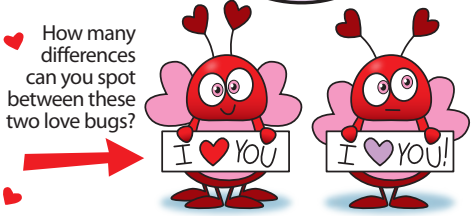
- STEP 4:** Glue small hearts to make an ear. Glue on a googly eye or draw an eye.
STEP 5: Cut out six little strips to make whiskers. Cut out a squiggly tail.
STEP 6: Glue on whiskers and tail. Use marker to make a black nose.

Standards Link: Reading Comprehension: Follow simple written step-by-step directions.

Love Bugs

- STUFF YOU'LL NEED:
- glue stick
 - scissors
 - black marker
 - construction paper

- STEP 1:** Cut out a large and a small heart shape, a large and small circle, and two small strips.
STEP 2: Glue together as shown. Add spots and eyes with marker.



Valentine Butterfly Pencil Topper

- STUFF YOU'LL NEED:
- scissors
 - glue stick
 - pencil
 - construction paper

- STEP 1:** Cut out heart-wing shape, two medium sized hearts and two small hearts.
STEP 2: Glue a medium and a small heart on each wing.
STEP 3: Make two small horizontal slits at center of heart wings. Insert pencil through slits.

Standards Link: Reading Comprehension: Follow simple written directions.

Happy News

Look through the newspaper for one to three pictures, words or articles that make you feel happy.

Standards Link: Research: Use the newspaper to locate information.

Kid Scoop Together: Silly Valentine Game

All you need is a small bag or bowl and three or more friends to play with!

Directions:

- ♥ Cut out the coupons below.
- ♥ Fold them in half and put them into a bag, bowl or box.
- ♥ One by one, players select a piece of paper from the container.
- ♥ Two at a time, the players start performing their actions, without laughing. The first person to laugh is out.
- ♥ Repeat this until only one person is left in the game.

Scratch your armpit and hop on one leg.

Pretend to sink in a huge bin of stinky socks.

Sing your favorite song as if you are underwater.

Pretend to slip on a banana peel in slow motion.

Sing the ABCs backwards in the style of an opera singer.

Flap your arms like a bird and moo like a cow.

Make a silly face and stand still like a statue.

Balance on one leg while singing *Happy Birthday*.

Lift a pillow, pretending it weighs 1,000 pounds.

Pretend to be a dinosaur stuck in bubble gum.

Rub your tummy and pat your head.

Walk like a robot whose battery is low.

Pick up a pencil with your toes.

Walk like a penguin.

Pretend to swim across the floor.

Touch your nose with your tongue.

Play air guitar while making silly faces.

Pretend to climb a tree that's 1,000 feet tall.

Kid Scoop Puzzler

Draw a line from each Valentine's Day message to the animal who wrote it.

"You make my heart squeak!"
 "I go bananas for you!"
 "You're purrrr-fect!!"
 "You make my heart flutter!"
 "I hope to see you on Valentine's Day!"

Double Double Word Search

Find the words by looking up, down, backwards, forwards, sideways and diagonally.

VALENTINE
 WHISKERS
 MESSAGE
 STORIES
 FLUTTER
 HEARTS
 PATENT
 SQUEAK
 MARKER
 PAPER
 CANDY
 TAIL
 DARK
 DRAW
 BELL

E	G	A	S	S	E	M	V	A	E
S	W	L	B	P	A	T	E	N	T
T	T	H	L	E	K	E	I	M	R
O	N	R	I	R	L	T	P	A	E
R	T	Y	A	S	N	L	A	R	T
I	I	D	T	E	K	N	P	K	T
E	E	N	L	S	H	E	E	E	U
S	W	A	R	D	F	U	R	R	L
N	V	C	K	A	E	U	Q	S	F

Standards Link: Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

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Get started at stridecu.ca

Cooking with the Stars is back

Introducing the Neepawa Kids Snack Edition

Press Release
NEEPAWA EATS HEALTHY

The Neepawa Eats Healthy Committee is excited to bring back Cooking with the Stars again this year. The goals of this community work are to highlight the importance that food plays in our lives, encourage more cooking and food preparation to happen at home even when feeling stretched for time and remind us all on the important role that food can play in helping build connection in our homes and community.

On Jan. 27 at the Arts Forward Kitchen kids and parents were preparing some of their favourite after school snacks. Much fun and laughter was had as they prepared Choco-



SUBMITTED PHOTOS

Sheri, Scarlet and Isla (pictured left) and Gretchen and Athena (pictured right) were some of the participants at the recent Cooking With the Star - Neepawa Kids Snack Edition, held at ArtsForward.

Cooking with the Stars is an initiative by the Neepawa Eats Healthy Committee.

late Chia pudding, Rainbow Fruit Skewers, Apple Mouths and Fruit Smoothie Pops.

Tune into NACTV to watch the 1st episode airing on Feb 11, 12, 14 and 15.

CONTEST ALERT • CONTEST ALERT • CONTEST ALERT

Buy a 1/8 page ad or larger for February and March in the any of our three newspapers
Empire-Advance ^{NEEPAWA} **Banner** RIVERS & Press **BANNER**

and get your name entered into a draw for tickets to:



Advertisers names will be entered with one entry per ad for a chance to win Dauphin Country Fest passes!

- First prize - 2 VIP weekend passes
- Second Prize - 2 weekend general admission passes
- Third Prize - 2 weekend general admission passes

To place an ad please contact:

Joel at sales2@neepawabanner.com
Jessica at virdenempireadvance@outlook.com
Diane at ads@neepawabanner.com

Saturday, February 15, 2025 @ Ste. Rose Auction Mart 2:00 PM Ste. Rose, MB

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Two Year Old Hybrid



Two Year Old Hybrid



Two Year Old Charolais



Yearling Charolais



Two Year Old Black Angus

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Myhre Land and Cattle
Hans Myhre cell 204-648-6416
12 Two Year Old Charolais Bulls

BASKM Land & Cattle Inc
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Matthew Ginter 306-452-5312
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Bar J
Justin and Jack Robertson
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Jack 204-843-2246
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