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The **Voice** Altona Rhineland

VOLUME 2 EDITION 20

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Elijah Harder got to try on an official bullet-proof helmet and vest at the Emergency Preparedness Expo in Altona last week. For the full story, see Pg. 2.

PHOTO BY LORI PENNER/VOICE

Trying it on for size

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



**BRANDEN LESLIE**

CONSERVATIVE CANDIDATE FOR PORTAGE-LISGAR  
VOTE<sup>BRANDEN</sup>.CA



SEND TRUDEAU  
A MESSAGE

VOTE CONSERVATIVE  
AUTHORIZED BY THE OFFICIAL AGENT FOR BRANDEN LESLIE

# Learning how Altona stays safe and prepared

By Lori Penner

What can I do to keep my family safe in an emergency?

What does Emergency Management Altona do?

What does a fire truck, police truck, or a piece of public works equipment look like up close?

Why does that siren go off every day at noon?

Altona residents were able to find the answers to these questions and more last week at the Emergency Preparedness Expo.

The family-friendly event was held at the Millennium Exhibition Centre in conjunction with Emergency Preparedness Week.

It gave residents the chance to learn more about staying safe during an emergency, and to see some of the community's emergency equipment firsthand.

Visitors also had a chance to win prizes and enjoy dinner by donation

from the Altona Youth for Christ Food Truck.

Municipal emergency coordinator Perry Batchelor says it was fire Chief Greg Zimmerman's idea to host the event.

"It was a great idea. We had about 100 people come through the facility. Kids had the opportunity to climb into some of the trucks, and police, fire, and public works described what their role is during an emergency and answered questions from the public.

"This event is all about disaster management and getting to know the people on our emergency management team and the methods and equipment we use in response."

The team, Batchelor explains, is there to support local response services.

"For example, if there was an apartment fire in January and major evacuations had to happen, we would have to get people into a centre to keep them warm. We have to consider every angle and try to plan for it."



PHOTO BY LORI PENNER/VOICE

Jesse Sawatzky, Eric Sawatzky, and Levi Derksen check out the inside of a police truck with Altona Police Cst. Tristan Fournier-Jones at the Emergency Preparedness Expo at the MEC in Altona last week.

The Town's Emergency Operation Centre (EOC) is located at the Altona Civic Centre, where the team meets quarterly to review their plans.

Every municipality in Manitoba is required to have a municipal emer-

gency coordinator.

"There are lots of requirements. My background in law enforcement really helps, but there's still further training courses," notes Batchelor, who served

Continued on page 13

## ANNUAL PUBLIC NOTICE

Additions to the Voters List and /or  
Personal Security Protection Requests

Municipality of Rhineland

In accordance with Section 36 of The Municipal Councils and School Boards Election Act, the Municipality of Rhineland Voters List is open for changes or revisions.

• Any person who is eligible to vote in municipal elections in the Local Authority of the Municipality of Rhineland can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.

• Any person can request to have his or her name and address obscured from the Voters List.

• A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting poles.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail to:

Municipality of Rhineland  
109 -3rd Avenue NE  
Altona, MB R0G 0B0  
Phone: 204-324-5357  
E-mail: info@rhinelandmb.ca



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# Access CU donates \$500K to BTHC expansion

By Lorne Stelmach

Fundraising for the expansion of Boundary Trails Health Centre (BTHC) has passed the \$8 million mark thanks to a large contribution from Access Credit Union last week.

The \$500,000 donation presented Thursday moves the BTHC Foundation campaign closer to its \$10 million goal.

“We see it as a fantastic challenge to get it done,” said foundation chairperson Ben Friesen.

“It doesn’t make us sit back and say oh now we’re going to relax ... this just gives everybody a really good boost to know that this community still supports us and has from the start ... I’m sure we’ll get the balance figured out here in the next month or two.”

The Access Credit Union contribution is to support the youth and child rehabilitation centre. Those services are currently spread out in community settings but will be centralized at the expanded hospital.

“To me, this is a perfect fit with what our membership is seeking and how we support our various communi-



PHOTO BY LORNE STELMACH/VOICE

Representatives of Access Credit Union stopped by Boundary Trails Health Centre last week to present BTHC Foundation reps with a \$500,000 donation towards the hospital's expansion project. Fundraising has reached \$8 million. The goal is \$10 million.

ties,” said Larry Davey, president and CEO of Access Credit Union. “Boundary Trails impacts so many of the communities we’re in; we’re just happy to support them in this expansion. “I think this proves what bringing the various credit unions together

can allow us to do,” he added. “We’re able to contribute that much more to our communities to make sure they’re sustainable and that we’re working together long term to make each community effective.”

“It’s just absolutely fantastic ... it’s

showing the community support this expansion has,” said Friesen. “We know the community has been behind us all the way from when we started this expansion, and even before that we had a lot of calls.”

Continued on page 5

## When your heart needs a rush



PHOTO: PRAIRIE WHITEWATER

ODEJI RIVER | 56.10295° N, 96.90698° W



CLEARWATER LAKE | 53.99677° N, 100.95033° W

PHOTO: @PAULLEPPIC

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**MANITOBA** CANADA'S HEART IS CALLING

# Carrie Hiebert wins Morden-Winkler Tory nomination

By Lorne Stelmach

Carrie Hiebert will represent the Conservative Party of Manitoba in the Morden-Winkler riding in the next provincial election.

The Winkler resident won the nomination in a membership vote held Monday evening against three other candidates, and it comes after years of working behind the scenes in local politics.

Hiebert was overjoyed after learning she had edged out Liz Reimer, Zahid Zehri, and Joshua Okello to have the right to vie to be the MLA for the seat vacated by Cameron Friesen when he launched his unsuccessful bid for the federal Conservative nomination for Portage-Lisgar.

"It's amazing how many people believe in me and know that I can do

this job. It's exciting to know that they picked me and that they have the faith in me to be able to do what I need to do to represent Morden and Winkler," Hiebert said shortly after the results were announced.

Hiebert currently runs King's Deli in Winkler, but after six years in business she intends to step away from the day-to-day operation of the eatery, letting her son and business partner take the lead moving forward.

She has been involved in local politics for the past 12 years, starting as constituency assistant and office manager in Morden for former MP Candice Bergen and working in Friesen's Morden office as well.

Hiebert has also served on numerous local boards and as a volunteer in various capacities, including with the Winkler Heritage Society, her church's

missions board, Genesis House, minor hockey, and the Winkler chamber, among others.

Upon winning the nomination, Hiebert cited the idea that if your dreams don't scare you, they're not big enough, and she praised the other candidates for throwing their hats in the ring.

"It's been hard for all of us, and I think everybody did a great job."

She suggested her experience at both the provincial and federal level of local politics may have worked in her favour.

"What I really wanted to work with was I wanted people to know my heart and that I just love my community, and I really want to do the best I can for my community," said Hiebert.

"I promise I will work the best I can to the best of my abilities," she continued. "It's amazing to me how many people came out to vote. It was an amazing turnout, and I am really proud of our community for showing up and getting involved."

"We have the most amazing community. Morden and Winkler has the growth, we have diversity, we have amazing industry and recreation



SUPPLIED PHOTO

Carrie Hiebert won the Morden-Winkler Conservative nomination Monday night.

and amazing people with generous hearts. I couldn't be more proud to represent them."

The next provincial election is scheduled for Oct. 3.

"IT'S EXCITING TO KNOW THAT THEY PICKED ME AND THAT THEY HAVE THE FAITH IN ME TO BE ABLE TO DO WHAT I NEED TO DO TO REPRESENT MORDEN AND WINKLER."

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# Maxime Bernier running for Portage-Lisgar seat

By Ashleigh Viveiros

People's Party of Canada leader Maxime Bernier announced Friday he will be running for the Portage-Lisgar seat in the upcoming federal by-election.

The Quebec native gathered supporters in Portage la Prairie to unveil his plans. He began by lamenting that Canada is no longer the country he grew up in.

"Our country is at its lowest point in living memory," he said. "For years we've gotten less and less for our dollar, and what we get is not the same quality. Inflation is eating away our standard of living, government and household debt has skyrocketed, and, as you know, our health care system is hopelessly broken.

"But even worse than the state of our economy is the state of our culture. We are living in highly immoral times. Everywhere you look you see examples of moral and cultural degeneracy.

"Radical cultural Marxists have seized control over our educational system, the mainstream media, and governments," Bernier continued. "They push a program of anti-life, anti-family, and anti-Canadian values. Gender ideology and the trans movement are promoting the confusion and mutilation of our children. It is very sad what is happening in our country."

Bernier went on to attest that "extremists" are bent on destroying "Canadian society as we know it and upending the traditional structures of life which have underpinned our civilization. Their insanity is undermining our traditions, our history,

and nation."

He noted those who speak out about this are "silenced and smeared as intolerant, racist, and transphobic."

Bernier went on to state the Conservative Party of Canada is "morally and intellectually corrupt" and refuses to "fight these necessary cultural battles."

Bernier was a member of the Conservative Party from 2006-2019 and held numerous ministerial roles in Stephen Harper's caucus.

He unsuccessfully ran in the party's 2017 leadership election and then left to form the People's Party of Canada in 2018.

He ran for his former seat in Beauce, Que. in the 2019 and 2021 elections as a PPC candidate, losing both times to the Conservatives.

Bernier says Portage-Lisgar reminds him of his own riding back home.

"When I visit Winkler, Morden, Portage, and many other communities in this riding, I am reminded of Beauce where I grew up, the riding that I represented for 13 years," he said. "Beauce is a rural riding with the same values like you here in Manitoba.

"But I'm also reminded of so many special corners of our country that I have had the privilege of visiting in my years of campaigning to give a voice to the voiceless," Bernier said. "When I talk to people here and across the country, I keep hearing that they feel forgotten by an Ottawa elite class focused on pet social issues that are irrelevant to us.

"I have a message for those who feel forgotten here in Portage-Lisgar: you will not be forgotten anymore. I will



SCREENSHOT

People's Party of Canada leader Maxime Bernier announced Friday he will be running for the Portage-Lisgar seat in the upcoming federal by-election.

be your voice in Ottawa."

In the 2021 federal election, the PPC garnered 22 per cent of the vote in Portage-Lisgar. Conservative candidate Candice Bergen, who retired from politics in February midway through her fifth term in office, won the riding with 52 per cent of the vote.

Running for the Conservatives this time around will be Portage native

Branden Leslie, who won the party's nomination last month. Late Monday evening the Liberals announced Kerry Smith as their candidate for the riding. No other candidates have been announced.

Over the weekend, Prime Minister Justin Trudeau announced the Portage-Lisgar by-election will take place on June 19.

## > BTHC DONATION, FROM PG. 3

The campaign has received a number of significant financial boosts of late, including a joint \$3.6 million commitment from the City of Morden, City of Winkler, and RM of Stanley as well as a \$250,000 donation from the Winkler Co-op.

Friesen said there could still be more larger corporate donations to pursue, but they will also be looking to go to the general public for support.

"We have a lot of other people that we've been talking to ... we know there's more to come," he said.

"We'll be switching our focus a bit more to just make it a really open to the public ... we've had a number of people say so how do we get involved?"

The \$100 million expansion to BTHC includes the addition of a new community services building and an in-patient building, in addition to renovations to existing space in the facility.

The project will add 24 medicine beds and eight level two nursery beds to what is currently a 94-bed hospital.



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Our commitment to you: we want to help build stronger communities through articles that both inform and entertain you about what's going on throughout the Pembina Valley. This is your community newspaper—let us know what you want to see in it.

**OUR SISTER PUBLICATIONS**



# Fear and loathing in the Pembina Valley

**P**eople's Party of Canada leader and founder Maxime Bernier announced Friday he is going to be running for the PPC in our very own riding of Portage-Lisgar.

Prior to the announcement, when it was still just a rumour, CBC quoted PPC spokesperson Martin Masse as saying, "It's a riding with obviously a lot of voters who share the PPC's conservative, libertarian and populist approach to politics, and one where we have the best potential to elect a member of Parliament ..."

As a political junkie I'm thrilled ... as a human being I feel sick.

I'm thrilled because ever since I was a child I have always enjoyed circuses, especially the clowns ... and man we will be seeing a lot of them in the coming days.

I'm sick because almost everything I have heard from the PPC is opposite of what I tend to believe.

Fortunately, since the announcement was being made in Portage la Prairie and since Bernier's nearest rival, recently crowned Conservative candidate for Portage-Lisgar Branden Leslie, is also from Portage, I expect this is where the Big Tent will be set up. But don't worry—there will be plenty of carnival chaos for the rest of us, like fun-filled all-candidates meetings (hopefully complete with popcorn).

*All columns and letters published on our Get Heard pages are the personal opinions of the submitting writers. They are not objective news articles, nor are they necessarily the viewpoint of the Voice.*

Speaking of all-candidates meetings, I have happily moderated many over the years locally but when it comes to the provincial and federal versions I am typically asked and then rapidly unasked.

I suspect it might have something to do with my columns, despite my having never been a member of a political party and willingness to be as non-partisan and unbiased as I can, the prospects of me moderating probably scare certain candidates.

This is fine—I am happy to watch in the wings and enjoy the spectacle. In boxing (to mix metaphors) if you sit close enough to the ring you might be lucky enough to get a little blood splattered on you.

You know what this means, don't you? Our unknown little section of Canada (and we're happy about this) that only ever makes the national news when people are trying to ban LGBTQ+ books from the library or the like, will suddenly be the most watched riding in the country come the federal election.

This means cameras, and media and pundits (oh my) galore traipsing through our rural hideaway seeking opinions from everyone. Many of

our private, amateur local clowns are likely going to go professional (myself included ... gotta polish the big shoes).

A good and prescient friend once relayed to me that our humble abode is where the now extinct Reform Party once won a seat in 1997. With this as context, running the leader of the PPC here is a good strategy because, frankly, if they can't win here they can't win anywhere, and there's the rub.

With Bernier running here, nothing less than the future of the PPC is at stake. The resources they will be pouring into this campaign will be nothing short of apocalyptic. In return the Conservatives are also aware of this and they will no doubt match the effort.

This means we will be wonderfully gifted with numerous visits by their own leader and head clown Pierre Poilievre and his entourage. Suddenly Branden Leslie will likely have the potential of landing a plum ministerial portfolio should the Cons win.

Now, if you are a federal NDP or Liberal strategist you are thinking

Continued on page 7

## Letter policy

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

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

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

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

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

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# Letters

## THANK-YOU TORY MEMBERS

I want to thank the Conservative members in Portage-Lisgar for placing their trust in me to represent our Party for the upcoming by-election. It is humbling to know that so many of you took time out of your busy lives to vote and participate in our nomination process.

I also want to thank the other candidates who sought the Conservative nomination. Running for a nomination is not easy—especially for a candidate's family and friends. I commend them all for putting their names forward.

As your Conservative candidate, I will be campaigning on the exact issues I ran on during the nomination: I am running to join Pierre Poilievre and the Conservative team in making Canada the freest country on earth and to give you back control of your lives.

Justin Trudeau cynically divides Canadians for his own political gain, time and time again. He thinks he can divide and conquer, East versus West, and rural versus urban. Instead

of uniting Canadians, he recklessly insults everyday people like you and me. People have had enough. I've had enough.

I will protect our rural way of life. From axing the Liberal carbon tax, to repealing Trudeau's gun bans, to defending our farmers and small business owners, I will fight for the people of Portage-Lisgar every step of the way.

I will fight for the people who go to work, play by the rules, care about their neighbour, and give back to their community. I will fight for you with the passion and energy that you deserve.

While we still do not know when the by-election will be called, I will be visiting communities and meeting voters from across our great constituency. I look forward to knocking on thousands of doors and having an opportunity to speak with as many people as I can.

See you on the campaign trail!

**Branden Leslie, Conservative Party candidate for Portage-Lisgar**

## SIGNS OF SPRING

In the African jungle, the lion king roars out his challenge that he is ready to defend his territory.

In the northern forest, the wolf packs howl as they follow the trail of the deer that will be their next meal.

In the country school, the young boys gather behind the shed to see who can belch the loudest or who can pass gas on demand.

In Winkler, young males cruise along Mountain Ave. and Main St.

with screeching tires and snarling engines and I wonder why?

The police are not interested or impressed and the seniors are not cheering them on as they adjust their hearing aids.

Is there an imaginary fan club that I am not aware of?

Perhaps someone can explain the attraction of this rite of spring?

**Abe Hildebrand, Winkler**

## > CANTELON, FROM PG. 6

"Hmmm ... sounds like a great opportunity to run our own high profile clown, err, candidate right up the middle between these two clowns, err, candidates."

In any other part of the country you might be right, but frankly even if GOD ran as the local NDP candidate success would be highly unlikely. No, the better bet would be for the NDP (and the Greens) to agree not to run a candidate in favour of a blue Liberal ... ideally a retired NHL player.

Only in this scenario would it be even remotely possible for someone to squeak through the middle ... and if they did, expect them to land a plum position in a Liberal caucus should they win nationally.

Once again this means a likely visit or two from Chief Ringmaster and Premier Clown PM Justin Trudeau who I believe would be gracing our territory with his sacred presence for the first time.

Crazy and unpredictable days are ahead. I now have to prepare a dimly lit election bunker and load it with beer, whisky and nachos for the coming days of electoral warfare, conspiracy stories and bloodshed that will surely cover our little riding. Pray for us.

P.S. All of this is simply for a by-election ... don't forget this will all apply again for the federal election sometime in the next two years. That's right—we have YEARS of this ahead.

# City of Winkler looking at public EV charging stations

By Ashleigh Viveiros

The City of Winkler is looking to get the community ready for the future with the installation of public electric vehicle (EV) charging stations in the next few years.

The project is still in its early days, but the hope is to have a few fast-charging stations installed on public property before the end of the current council's term in office (2026).

"We're always looking forward at what the community might need," said Coun. Mavin Plett, who heads up the transportation and utilities committee where this matter was raised.

"We've observed more and more electric vehicles in town and coming into town," he said, adding that many automobile companies are working towards putting out more affordable electric vehicles, so the demand is only going to grow.

While locals can just plug their EV in at home, the City wants to make sure visitors to the community have some options while they're here.

"For instance, if there's a hockey tournament or something like that, maybe the arena would be a good place for one or two stations for people coming in from out of town," Plett said.

Right now, the lone EV charging station in Winkler is at the Day's Inn and Suites for its patrons, but Plett said they hope to encourage businesses like new hotels or like attractions to consider including these stations as well.

The City is going to begin researching what grants are available to defray the costs of building both public and private EV stations.

"I think it's something that will be really good for our visitors, for local tourism," Plett said.

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# Another successful Curtis Klassen Memorial Fund run

By Lori Penner

Organizers and participants of the annual Curtis Klassen Memorial Fund (CKMF) Walk and Run to Remember are celebrating another successful event.

The annual fundraiser took place under rainy skies in Altona Saturday morning.

Despite the weather, organizer Eric Hildebrand says 111 participants of all ages were ready and raring, tackling 5K or 10K routes.

"It didn't dampen their enthusiasm," he says. "We had a lot of happy, elated faces coming across the finish line.

"People might be running for their own challenge, or they were trying to best their time from their previous participation, and of course we have a lot of people participating with family and friends, walking with their spouse, or pushing one of their kids in a stroller, and they just want to take part in it. It doesn't matter how you participate, you're always welcome in this event.

"We get a cross-section of young and old, with a broad spectrum of every fitness level and ability," Hildebrand noted. "There's a nice mix of competitive runners, as well as those who are out just to enjoy getting active in the fresh air, while supporting a worthy cause.

"Members of the Altona Running Club were there, as well as students

and staff members from Ginew School in Roseau River. We had an 86-year-old gentleman, Harold Mayert, who participated every year. He competed in the 5K component. It was fantastic to see him again. He is a relative of the Klassen family and holds this event near and dear to his heart."

The CKMF was launched in 2007 by a group of friends to honour Curtis Klassen, whose life was tragically cut short.

"We started connecting with our peers from high school looking for donations for this cause, in Curtis' name," Hildebrand shares.

The group held their first CKMF Walk and Run to Remember in 2012.

"It brings something positive out of what was a very sad, tragic event," Hildebrand says. "We often have people who just stop by every year and offer a donation, without participating in the event. They just want to acknowledge and honour Curtis' memory and support the cause. And all of us have friends and family from out of town who are also always willing to support this event."

To date, the event has raised over \$80,000 for various local projects, grassroots sports initiatives, and post-secondary bursaries for W.C. Miller Collegiate grads.

"I don't think we would have ever imagined when we sat around as a group of friends, that we would have ever raised this kind of money," Hil-



SUPPLIED PHOTO BY WICUS CONRADIE

Twin sisters Janice Friesen and Janet Hildebrand approach the finish line in handheld jubilation. The sisters competed in the 10K event of the Curtis Klassen Memorial fund Walk and Run to Remember Saturday in Altona.

debrand says, noting this year's event was on track to raise \$11,000.

"We'll continue to plan and host this committee for years to come. It's a lot of work for the committee, but nothing we can't handle. The incredible support from local businesses keeps our costs incredibly low, keeping our expenses minimal, so all the money we collect through race registrations can go right to the fund, and back to the community."

The top three finishers in the 5K route were Andrew Sawatzky (first), Brian Derksen (second), and Mark Pazer (third).

Reaching the podium in the 10K was

Jack Gillies (first), Denver Hildebrand (second), and Jonas Pazer (third).

Gillies broke a course record for the event, finishing the 10 kilometres in 34 minutes and 10 seconds.

"It was overall just fabulous," Hildebrand says. "There were prizes for the top finishers, all receiving custom wooden medallions. We also had some random door prizes for all our participants."

Hildebrand says he's grateful for all the support they received for the event.

"Thanks to everyone who participated and help us keep this event so successful, year after year."

# Residents raise concerns about Victoria St. development

By Ashleigh Viveiros

Winkler city council gave the green light to a number of requests for conditional uses and variances at its meeting last week.

The Bunker was given the okay to open a restaurant in its facility at 545 Industrial Drive.

The youth ministry has taken over space in the building formerly occupied by Central Station and renovated into a barbecue/smokehouse style eatery that will provide employment for marginalized members of the community.

A conditional use was required for The Bunker to operate both a community recreation service (its ministry programs) and an eating and drinking establishment in a building that is zoned for institutional development.

The request passed unanimously.

So did the request from Christine Block of Wink City Signs for a conditional use to add a residential dwelling space at her business at 335 Kimberly Rd. The building is zoned for commercial use.

The application generated some discussion amongst council about whether they were opening up a "can of worms" allowing residences in non-residentially zoned areas, including potential rental residences in commercial properties in the future. In this case, the unit will not be rented out—Block's son, who is involved in the business, intends to live there.

It was noted all such requests would have to come before council for the required conditional use, so members can weigh the appropriateness of such a request given the location each time before making a decision.

"Each one would be evaluated indi-

vidually based on the situation," noted Mayor Henry Siemens.

Block's request was passed, subject to obtaining an occupancy permit for the dwelling unit. Council also put in the condition that, should the building ever be sold, the new owner would need to re-apply for a conditional use to continue to live there.

The final public hearing of the night saw several members of the Victoria Street neighbourhood come out to voice their concerns in regards to a proposed three-story, 28-unit apartment building going up midway down the block.

K Block Developments was asking for rezoning and variances to allow for a higher density residential complex to be built at 224 Victoria St.

Project lead Frank Klassen noted the idea for the complex came about after discussions with Central Com-

munity Homes, Winkler's affordable housing agency, about the high need for affordable housing in town. Over 100 families are currently on the list awaiting housing placement.

CCH has since moved on to another location for its build, but Klassen stressed, "I still strongly think this area, 224 Victoria, is a good location for an affordable housing project."

He noted it's within walking distance to both amenities and employment. He feels the three-storey build will be compatible with other residences in the area.

He also believes the impact on parking and traffic flows on the street will be minimal. There will be parking for 23 vehicles with room to expand should more spots be needed.

"The majority of the proposed 28

Continued on page 9



# Aiden Friesen wins Make It a Reality Scholarship

By Ashleigh Viveiros

Aiden Friesen is the winner of the 2023 Winkler Community Foundation (WCF) Make It A Reality Scholarship.

Friends and family gathered at City Hall May 9 to celebrate the Gr. 12 Northlands Parkway Collegiate student, who intends to use the \$25,000 award to fund post-secondary studies in engineering this fall.

"I was very shocked," Friesen said, sharing he received a call late one evening a day after many of the other finalists he knew had received calls saying their applications were unsuccessful. "So my first thought was actually that I had put in the wrong phone number on my application.

"I was waiting and waiting, and I knew all the other finalists except for one, so I was thinking, 'Maybe I got it? Maybe they just have the wrong number?' I was on edge."

The relief at realizing he had been selected lifted a big weight off his shoulders when it comes to figuring out how he's going to pay for his studies at the University of Manitoba.

"I was debating at the beginning of the year, do I want to go to school? Do I want to take a year off and save some money? And then I decided I would just go for it. Bite the bullet

and do whatever it would take."

This money "removes any doubt in my mind of whether or not this is financially viable."

Being selected from among some very competitive fellow finalists is also a big vote of confidence.

"Knowing that people believe in me to the point where they're willing to put \$25,000 in my name for my education means a lot," Friesen said.

WCF scholarship committee member Barb Neufeld said they had a lot of quality applicants for the award, but Friesen stood out.

"One of the things ... was his worth ethic," she noted. "He started working when he was just out of Gr. 8, and he continued at this job—well, several jobs actually—so we looked at that and went, 'Okay, what 13 or 14-year-old stays that dedicated to a job? Volunteers at church? Does some work for student council as well as does extremely well academically?'"

"And then in the interview process we were just so impressed with his down-to-earth nature and humility. [He's] a really lovely young man."

In addition to the Make It a Reality award, the foundation is distributing 13 new Ongoing Educational Support scholarships for the year, alongside 19 continuing ones. They also have several other scholarships that will be



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Winkler Community Foundation scholarships committee member Barb Neufeld presented NPC Gr. 12 student Aiden Friesen with the \$25,000 Make It a Reality Scholarship last week.

announced at next month's Winkler high school graduations.

Altogether, the 2023 scholarships from the Gordon Wiebe Scholarship Fund exceed \$100,000.

The point of these awards is to help defray the costs associated with being a rural student trying to pursue post-secondary education, Neufeld explained.

"For many students, post-secondary is not out of reach but certainly difficult to attain because of the financial barriers," she said, noting youth who have to leave the community to pursue their education are saddled with the costs of room and board on top of tuition. "One of the things that the

Gordon Wiebe scholarships is meant to do is to support our students ... to go on to post-secondary education and try to level the playing field a little bit."

Friesen noted he went into the application process uncertain whether he would be successful, and he urges other students next year thinking the same thing to at least apply and see what happens.

"I was thinking there's like 10 other applicants that I would think will apply, and they'll probably get it over me," he recalled. "I did not expect this. I don't think anyone really does ... you've just got to try."

## > WINKLER CITY COUNCIL, FROM PG. 8

rental units would be one-bedroom, which reflects current affordable housing needs," he said, adding he expects they will be filled with single or two-person households, many of whom may not have personal vehicles.

Area residents weren't so sure the project is a good fit for their neighbourhood.

Herman Ginter has lived on Victoria for 40 years and says traffic volume has already increased significantly since the lights were put in at Pembina Ave. and 1st St. Parked cars on the street in the winter also seriously hinder the city's snow clearing

efforts.

Bringing more people to the street would compound those problems, he fears.

Fellow area resident Ang Braun also expressed concern about lack of parking in the future and wondered if a two-storey build with fewer units would be a better fit aesthetically for the neighbourhood.

If each of the proposed units had just two people living in them, that's 72 new residents and potentially dozens of vehicles looking for parking, she pointed out. And while not all may have a car today, that could change.

"Because we know living in rural we need to have a car. Until we have a public transit system of some kind, you need a car. So that is the potential that could happen."

In response to these concerns, Klassen noted it's hard to find any neighbourhood that eagerly embraces multi-family housing projects, but it's something the community sorely needs.

"This type of housing isn't welcomed. It's unfortunate, but I think if we build a community by mixing it in, the whole community has a higher value than if you isolate it to one area."

Council noted that a new street parking ban will be in effect next winter to aid with snow clearing efforts and city staff are going to take a look at traffic flows on Victoria St. to see if something can be done to mitigate that issue.

Council ultimately approved K Block's requests, with a few added conditions in response to some of the concerns raised: the parking situation will be reviewed in two years to see if additional spots are required to be built on the site, and 20 per cent of the units must fit the government definition of affordable housing.

The **Voice**

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# Morden Community Thrift Store gives back nearly \$228K

By Lorne Stelmach

Fifteen organizations are benefiting this spring from the work of the Morden Community Thrift Store.

They all received a share of \$219,725 Monday, with the thrift store also handing out \$8,000 to Morden Collegiate for this year's bursaries.

"It's a great feeling ... it makes getting up in the morning and coming here very much worthwhile," said board president Kent Noel.

"It's all due to the hard work of the volunteers and the donations that we do get," Noel said. "It's a very fulfilling feeling being able to do what we do here."

Noel had noted sales and donations from around Christmas to about the end of April had been down but are now back to normal. Despite that, the store still had over \$219,000 to distribute back into the community.

They always aim to support a wide variety of organizations but do have a few key areas that get prioritized.

"Health care, police protection, and fire protection are our three big priorities for the store," Noel said. "Everything else, it's all priorities too ... but we only have so much we can give.



SUPPLIED PHOTO

On Monday, the Morden Community Thift Store donated \$219,725 to 15 local groups and another \$8,000 towards bursaries for high school students.

"This year, we had \$415,000 of requests. When you don't have that much to give, you have to take a good look at who we can give to now and how much to give. Not everybody got what they were asking for, but they're happy to get something.

"The board makes a decision, and we try to narrow it down and then we have our volunteers take a look at the list," Noel noted. "Everyone just wants to see what they're doing

pay off, and they're giving back to the community."

The grants handed out Monday included:

- Western School Division: \$20,000 a year for five years towards a track and playing field at the Discovery Trails School.
- Boundary Trails Health Centre Foundation: \$60,000 for a portable digital imagine plate.
- Menzies Medical Centre: \$45,000

for physician incentives.

- BTHC gift shop: \$10,000 needed for assistance with reopening the gift shop.
- Genesis House: \$10,000 for a transitional housing expansion.
- Tabor Home: \$10,000 for path reconstruction.
- Winkler Bible Camp: \$10,000 for new bunk beds.
- Morden Activity Centre: \$10,000 for the purchase of a new commercial oven/stove.
- Morden Community Handivan: \$10,000 to assist with purchasing a new van.
- Many Hands Resource Centre: \$8,000 for their food bank and farmer's market and food currency program.
- Morden Police Service: \$7,300 for various equipment.
- Childhood development centre at the adult education centre: \$5,425 for a six-seater wagon/stroller.
- Pembina Valley Humane Society: \$5000 for community programs.
- Darlingford playground committee: \$5,000 for a play structure.
- Morden Parent & Child Resource Centre: \$4,000 for a resource centre.

# Clinical teaching units grads setting up practice locally

By Lorne Stelmach

Two new doctors are joining the team at Menzies Medical Centre, and a lot of the credit goes to the clinical teaching unit at Boundary Trails

Health Centre.

Dr. Jen Holmberg and Dr. Carrie Ginter are two of the program's three recent graduates, and they will be setting up their practices at the Morden clinic.

It shows the benefit of having the clinical teaching unit at the regional hospital and how effective it can be in attracting doctors here.

"It's always been a great recruitment tool," said Patti Rach, who is a pro-

gram assistant for the clinical teaching unit.

"People will come as a medical student for starters, and they like it so much that in a couple years when they're matching to their residency program, they want Boundary Trails ... and maybe again they love it so much that they decide they want to sign on and stay," said Rach. "So it is a great recruitment tool, and of course now we need it more than ever."

The clinical teaching unit each year brings in four medical residents and students who train at BTHC for two years.

They are matched up with someone through the Menzies Medical Centre in Morden or CW Wiebe Medical Centre in Winkler to serve as their mentor and provide one-on-one training.

The students have the chance to do rotations in Winnipeg as well as here at BTHC in various specialities, but their time here is mostly focused on family medicine.

The clinical teaching unit has been in operation for over a dozen years now, and Rach noted they have seen



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# BTHC saw marked increase in hip and knee replacement surgeries: Province

By Lorne Stelmach

The Manitoba government is touting the successful efforts at Boundary Trails Health Centre to increase surgical capacity for hip and knee replacements as a prime example of how the province is providing more Manitobans a better quality of life with more surgeries.

Speaking at the regional hospital Monday morning as part of an update on the Diagnostic and Surgical Recovery Task Force, Health Minister Audrey Gordon said they are healing health care and improving the lives of many more Manitobans, and she emphasized the additional capacity in Southern Health-Santé Sud means more patients receive better care closer to home.

BTHC is one of several health-care facilities across the province that provide hip and knee replacement surgeries. In 2022-23, the centre completed 639 hip and knee replacement surgeries—139 more than planned due to increased funding for arthroplasty surgeries. Additionally, more than half of the joint replacement surgeries completed last year at the facility were considered same day.

“Increased surgical capacity here and across the province highlights the importance of this significant capital project our government is investing in ... the investment into Boundary Trails’ construction project will allow even more patients to receive hip and knee replacement surgeries than ever before,” said Gordon.

“Soon, as part of the clinical pre-

ventative services plan expansion, Boundary Trails Health Centre will have more acute care in-patient beds as well and will provide larger, more modern spaces for patient care programs.”

Last year, more than 6,000 procedures were completed, with nearly 600 funded through the task force, the province has said, including hip and knee replacement surgeries at various health-care facilities.

It included 639 at BTHC, 856 at Brandon General Hospital, 1,974 at Concordia Hospital in Winnipeg, 2,169 at Grace Hospital in Winnipeg, 76 at Health Sciences Centre in Winnipeg, and 290 at facilities outside of Manitoba offered through interim agreements to build short-term capacity.

Overall, about 10 per cent of these procedures were completed as day surgeries.

Southern Health CEO Jane Curtis trumpeted how region has been able to increase surgical capacity and institute same day surgeries particularly for hip and knee joint replacements.

“The shift to same day surgery has enabled patients to recover safely in the comfort of their own homes and has enabled patient beds to remain available to those who need them.

“The success of this program further highlights the importance of the capital expansion currently underway,” she added. “The expansion of the acute care in-patient capacity and community services will further strengthen a network of resources that make this centre an important hub of medical services.



PHOTO BY LORNE STELMACH/VOICE Health Minister Audrey Gordon was at Boundary Trails Health Centre Monday to provide an update on the Diagnostic and Surgical Recovery Task Force.

Offering more day surgeries for hips and knees is good for our health care system and good for Manitobans, said Dr. Hany Asham, an orthopedic surgeon at BTHC.

Asham said increasing their surgical capacity by 30 per cent was a tribute to the very talented orthopedic team at the hospital.

“These outcomes are largely due to the introduction of same day surgery. Up until six months ago, a hip and knee replacement surgery was

handled as an in-patient surgery procedure ... I have seen first hand how this transformation of services has positively impacted the lives of our patients.

“Recovering at home after same-day surgery gives patients the comforts of their own environment as they heal and access physiotherapy and rehabilitative treatments as part of our continuum of care,” said Asham. “I’m

Continued on page 17

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### WORK & WESTERN WEARHOUSE



**SUPPLIED PHOTO**

Winkler Co-op reps presented the Western School Division with \$20,000 towards the track at the new Discovery Trails School last week. From left: Milt Olfert (Co-op), Brian Fransen (WSD), Evan Toews (Co-op), Darren Heide (Co-op), David Guenther (WSD), Darcy Wolfe (WSD), and Lisa Burley (WSD).

# Co-op donates \$20K to new school's track

By Lorne Stelmach

Western School Division is looking to build momentum for its fundraising efforts in support of a project connected to the new Morden school.

It got a significant boost recently with a \$20,000 donation from Winkler Co-op towards the development of a track and soccer field at the site of the Discovery Trails School.

The cost of the whole project will likely come in around \$1.4 million, so it is encouraging for trustees to see

community partners stepping forward.

"We're excited to have community partners on board with this, and we see it as a very doable challenge ... but we are looking for more businesses and organizations to help out," said trustee David Guenther. "[Co-op] were really proud to be partnering with us, and we see it as they have a reputation for investing in the community. They share a vision of creating a community space and enhanced learning and physical education, not only for our students but for the community at large."

Their hope is that the support of a company like Co-op could have a ripple effect.

"I think it's terrific to have such a community-minded business come on board right away," said Guenther.

"We have this window of opportunity to create the track and field and have it here because the land

development is already kind of included with the school site," he noted. "So what we're having to pay for is just the addition of everything on top of the land that is already prepared ... the price does represent a significant discount from starting from scratch."

Guenther said the new rubberized track will be the first of its kind in southern Manitoba, and he suggested it will not only promote fitness in students but in the entire community, providing active living opportunities for people from all walks of life.

It will really be something to be proud of and give the city the ability to host regional, provincial and possibly inter-provincial events, he added.

"It will open so much potential for the community with hosting tournaments, being able to practice and compete on properly graded grass and a rubberized track."

The project is very much relying on community support though, Guenther emphasized.

"The track and field don't exist without the community support, as it's not a provincially funded item. It doesn't just come with the school."

**"THE TRACK AND FIELD DON'T EXIST WITHOUT THE COMMUNITY SUPPORT ..."**

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# Student art show draws rave reviews

By Lori Penner

Students from Mennonite Collegiate Institute, Morden Collegiate, and W.C. Miller Collegiate participated in the Southern Manitoba Student Art Show from May 5-13 at Altona's Gallery in the Park.

Jolene Friesen-Stoesz teaches art at MCI and says this year each school could choose their own themes for their exhibits.

"We wanted there to be more openness for creativity, so that whatever the schools were working on could be presented as they saw fit."

Dozens of Grades 9-12 students from all three schools participated in the show, with a wide variety of mediums and genres on display.

"For our students, a lot of acrylic paint in multi-media was used. One theme we did for all grades was called Heart Songs. This involved taking a song that spoke to you, taking the lyrics and interpreting them in a visual way with acrylic paint and other media as well. Visitors got to see a wide range of emotions and materials. It was a chance for students to show their creativity and their abilities with different media."

Some students were a bit nervous to display their work.

"I told them we've only ever heard positive things about the student exhibits, and it's always such a good thing for the community to see what the students are creating, and it's so good for the students to put themselves out there and hear all the positive feedback from the community. I give them a lot of credit for that bravery."

Friesen-Stoesz says the students were involved with set up as well and could sign up to sit at the gallery and be a welcoming presence for the people coming to see the pieces.

"This gives them good experience for the future."

Many visitors were impressed with the variety and depth of the art.

"It's so good for people to have a little look into the hearts and minds of the young people in our communities," Friesen-Stoesz says. "There were some heavy pieces, and some light-hearted pieces. With art you get to see the whole range. It's self-expression and emotion."

W.C. Miller Gr. 12 students Mia Sawatzky and Coen Gagne created the painting *The Paths of Life* together. The acrylic piece features a pair of shoes dangling in front of a canvas covered in shoe tread prints.

Their interpretation of the work states: "Our project focuses on the concepts of feeling alone and being okay with it because you still have people who continue to support you. Sometimes on the different paths of life, your shoes and path can feel black and scary. However, there will still be some people who will look at the bottom of your shoes and realize who you really are. These people will help you on your path no matter what the colour of your shoes are, and finally, in the end your shoes will leave

## > EMERGENCY EXPO, FROM PG. 2

as chief of police in Altona before his retirement last year. "I've done six courses and I've still got four more to get through."

He adds that while the responsibility of emergency planning rests on him, ultimately all decisions must go through the right channels.

"If we had to declare a state of emergency, it must be approved by council. And even after it passes through council, it must go through the province and the minister. They can say we overstepped, or they can support it. Declaring a state of emergency is not taken lightly, and is looked at by many different eyes and must be sub-



PHOTOS BY LORI PENNER/VOICE

Students from Altona, Gretna, and Morden had their work on display at Gallery in the park May 5-13.

behind a vibrant and infinite path of memories and experiences full of life and colour representing who you are."

Traffic was steady for the show, and Friesen-Stoesz is grateful for response and the positive feedback from the community.

"I think this is something that's gone on in the past and we hope to continue in the future. Just keep encouraging the youth in your lives and keep creating and making things. It's good for everybody."

In recent years, more students are

participating in art education.

"It's increasingly important. I think people are always looking for opportunities to express themselves," Friesen-Stoesz says. "Putting it out there in a gallery is the next level. It's not just for yourself now, it's for the community. So that takes courage. Your views and your gift are right there for the public to see. It's a good practice not just for artistic reasons but also to gain the confidence to put your work and your ideas out there. Sharing is the final step."

stantiated."

Batchelor says it's important that people take steps to be prepared for an emergency.

"All residents need to consider whether they're prepared to be self-sufficient for the first 72 hours of an emergency," he says. "In a significant event, all our resources are going to be stretched to the max, and it's important that people have things like 72-hour kits to get them through, making sure they have things like enough food and water. That they have a way to stay informed. That they have ways to charge their devices, and a way to stay warm."

During Emergency Preparedness Week, the Town tested both their tornado siren and the Altona Connect system.

About 1,000 devices are connected to the notification system so far. The Town would like that number to increase.

"People can sign up on the Town of Altona website or by calling the Town Office or by dropping by," notes public information officer Sarah Cail. "We just need your name, address, phone number and email address. That way they can get the latest accurate information from us, through email, phone, or text."

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# Your FARM



## GROW programs support farmers and tackle climate change

By Wayne Hildebrand

Climate change experts warn our weather is going to become more unpredictable and volatile. This could seriously challenge Manitoba's weather dependent agriculture industry.

Manitoba will face earlier and more severe changes to our climate than many other parts of the world. Climate change predictions suggest we will see warmer and wetter winters and longer, warmer and drier summers. Precipitation is likely to vary more from year to year. Extreme weather, such as heat waves, droughts, floods, and more intense storms, will become more common.

How will agricultural producers prepare for, cope with, and recover from extreme weather events? Are programs and funding available to help farmers to prepare for the nega-

tive impacts of climate change?

"Yes, there are," said Megan Porath, GROW trust associate with Manitoba Habitat Heritage Corporation. "The Growing Outcomes in Watersheds (GROW program) is part of Manitoba's Climate and Green Plan. The Province of Manitoba endowed \$202 million in Trust funds with the Winnipeg Foundation that annually generates more than \$10 million dollars for program delivery. Manitoba's Watershed Districts deliver GROW programs across the province."

GROW program funding supports on-farm sustainable land use practices that provide ecological goods and services that help store carbon and reduce climate change impacts like flooding and drought. Programs and funding are offered that encourage water storage and infiltration, improved soil health, improved water

quality, and sustaining biodiversity in natural areas.

"We have a local GROW committee that works with farmers in our watershed to develop projects that work for their operations," said Rodney White, manager of the Whitemud Watershed District. "Many of these projects provide ecological services that benefit the entire watershed."

"Our GROW programming is designed to keep natural areas intact that are at risk of being converted to cultivated cropland," said Stephanie Kryschuk, GROW program coordinator for the Whitemud Watershed. Climate change risks to farmers and watersheds can be lowered by protecting or restoring natural areas. Forests, grasslands, wetlands, pasturelands and riparian areas have tremendous capacity to moderate the impacts of storms.

"Our GROW programs pay incentives to conserve (not drain) temporary wetlands on cultivated cropland and to keep forested areas on the landscape," said Kryschuk. "Our programming also includes funding to restore grasslands, plant cover crops and forages to protect soils, restore wetlands for water storage, and plant trees. GROW programming with producers is voluntary."

Fourteen watershed districts across Manitoba are in partnership with the GROW Trust Program. They all offer programs and funding to support sustainable agricultural practices that will help farms to reduce risks from extreme weather in the future.

Contact your local watershed district for information.

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# Your FARM



## Building a microgreen business, one tray at a time

By Raegan Hedley

Five years ago, Kurtis Bouskill walked into his 4,000 sq. ft. barn and thought, "what a waste." His family farm near Stonewall stopped shipping milk 17 years ago, and they hadn't done much with the dairy barn since.

"It's a very good building, and I wanted to use it for something other than just storage," he says. "I felt it was a shame."

Bouskill went to YouTube for an answer. He noticed people were using spaces like his for indoor growing. Inspired, he turned to books, YouTube and experience to get started.

"There's plenty of information out there, obviously, and I just kind of follow what people have already done and succeeded at," says Bouskill. "I had a wealth of knowledge in my back pocket even before I started, and I farm too, so there's that business as well. I lean on that a lot."

Bouskill owned an automotive business for a long time until he recently sold it, so building something from the ground up wasn't new to him.

"With my other business, I'd been at it for 25 years, so I couldn't learn any more there. I wanted to try something new, and it just made sense for how



Microgreens are a great garnish and lettuce alternative for tacos, soups, sandwiches and salads.

things are now," says Bouskill. "To keep this farm rolling...I had to come up with a different plan."

And that's how Jackfish Creek Gardens, a local microgreens business, came to be. Named after the river that runs through the family farm, Bouskill says Jackfish Creek Gardens is his passion project. Over a five-year period, Bouskill slowly retrofitted the barn to make it more efficient for indoor growth. His wife, Camille, works on the business, but he didn't hire any other help, opting instead to do all the work himself on a "shoe-string budget." He was experimenting and trying to figure out what to grow during this time.



SUBMITTED PHOTOS

Camille and Kurtis Bouskill. The Jackfish Creek Gardens logo pays homage to the barn where the microgreens are grown and shows Jackfish Creek, which runs through the farm and is what the business is named after.

"I just started chipping away at it... until I got good at it," says Bouskill. "I know how to fail and I try not to let it discourage me."

Indoor growing is all about the environment, which Bouskill says he learned quickly after experimenting with buttercrunch lettuce and basil and "failing miserably."

"The lights are one thing, but the temperature and humidity is everything. You have to have that dialed in. So that was a big part of my learning curve. It was always cool in the barn, and I thought it would be alright. Nah. Stuff just wouldn't grow."

He saw online that microgreens, the edible seedlings of vegetables and herbs, were easier to grow, so he gave them a shot. To reach the temperature the plants need to grow properly (about 75 degrees) without heating the entire 4,000 sq. ft. barn. Bouskill grows in tents, so he only has to heat a fraction of the barn.

Continued on page 27



Indoor grow tents help maintain the temperature and humidity for microgreens to thrive.



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# Eclectic new season ahead at Gallery in the Park

By Lori Penner

Altona's Gallery in the Park is set to launch their 2023 spring season with a host of current artists and a fascinating step back in time.

Kroeger Clocks Heritage Foundation, in partnership with the Mennonite Heritage Village, will present a new exhibition called *Keeping Time* that features over 20 Mennonite clocks and their stories.

For centuries, Mennonite clockmakers focused their talents and energies towards creating iconic clocks that brought beauty and structure into homes and communities.

They survive today as cultural representations and witnesses to the social and political upheaval experienced by their makers and owners.

These clocks and their stories now span the world as treasured historical artifacts.

*Keeping Time* illustrates how clockmakers honed their craft, and how the clocks moved across continents and oceans with waves of Mennonite migration.

The exhibit comes at a special time as Canadian Mennonites commemorate the 100th year anniversary of the Russlaender migration.

Beginning in 1923, 21,000 Mennonites from the Soviet Union left a land decimated by violence, famine, and epidemic and found shelter in Canada, where government, church communities and private businesses rallied to their cause.

Gallery curator Susie Fisher says they're very excited to feature the clock exhibit for the opening of the new season.

"It will be featured on the main floor of the gal-

lery. The clocks range from the late 19th century to early 20th century. Visitors will learn the stories behind each of these treasured artifacts, and how they came to Canada."

"We're really hoping the *Keeping Time* exhibit will bring folks out from around the province."

Gallery in the Park's spring exhibit will open to the public on June 2. Along with the collection of Kroeger clocks, Manitoba artists Barb Bottle, Candace Propp, and Jozanna Loewen will also be sharing their work at the gallery.

Working in photography, video, sound, installation and performance, Bottle explores themes of memory, grief, loss, and aging.

Propp employs a variety of mediums and methods in her quest to achieve intriguing visual effects. Mostly inspired by nature—trees, snowscapes, sand patterns, fossils, roots, and rocks—she detours every so often to capture the human form in social commentary or to simply incorporate it into her nature images.

Loewen is a local artist, new to the scene, who will feature her creative works in pottery.

"We're excited to welcome visitors to another season at Gallery in the Park," said Fisher. "Unfortunately this year we won't be unveiling a new sculpture ... we are focusing more on the indoor pieces as we build our resources for hopefully another new sculpture in 2024."

Gallery in the Park's Spring season will run until the end of July. It's summer exhibits will then run until fall.

Head to [galleryinthepark.ca](http://galleryinthepark.ca) for more information.



SUPPLIED PHOTO

The 'Keeping Time' exhibition at Altona's Gallery in the Park will feature historic Kroeger clocks that were brought to Canada during the Mennonite migration in 1923.

## > CLINICAL TEACHING UNIT, FROM PG. 10

numerous examples of how it can benefit the region.

She cited the example of Dr. Jason Zhang, who did his residency here and now practices in Morden. He had a friend in Brandon who was swayed to come here as well.

"She ended up coming and practicing here in the region because he talked so highly of us ... so it can be a total ripple effect," said Rach. "We've had actually many physicians who have started out as students or residents here and then signed on in the region."

Coming to rural Manitoba may not be the first

## > BTHC SURGERIES, FROM PG. 11

encouraged to see the expansion of same day surgery across the province, and we look forward to continue our work with the task force."

"It's a notable achievement. More than 6,000 of these procedures were completed," said task force executive director David Matear.

"Service delivery organizations not only completed their baseline targets, many went above and beyond those targets," he said, noting particularly how BTHC exceeded its target by 139

choice for a lot of urban medical students, she noted, but many are surprised by what is offered here as a regional hospital and what is all available in the community.

"I think we surprise a lot of people who don't know about us when they come here for the first time."

As for the two new doctors, it is believed one plans to make obstetrics a large part of her practice while the other will be doing lots of ER as well as clinic and walk-in work.

Ginter, Holmberg, and reps from the clinic could not be reached for comment at press time.

above the baseline target of 500, so those "639 cases in one year is a sizeable accomplishment for rural centres."

He credited the overall improvements to innovation born out of necessity, as wait lists increased further during the pandemic as well as due to an aging population. "Under extreme circumstances, the need was there to innovate, and everyone rose to the challenge for the betterment of all."

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# Manitou Opera House is hosting a “hoedown”

By Lorne Stelmach

Scott Woods sees it as not happenstance that a show like his “Old Fashioned Hoedown” particularly sells well in rural communities.

His shows encompass the values of yesteryear, although with the technology of today in using state of the art sound and stage lighting with GoPro cameras and big-screen projections.

“Our show definitely is somehow more of a rural attraction ... they love our show because it’s traditional country music and fiddle music,” said Woods, who brings his act to the Manitou Opera House Thursday, June 1. Proceeds go to support the Manitou Opera House Foundation. “We don’t necessarily try to avoid the big cities, but we often aren’t in the big cities ... we’ll play in smaller venues in the outskirts.

“It’s a very home-spun, grassroots type of show, not unlike what you would have seen on the Hee Haw show or

the Tommy Hunter show or Don Messer’s Jubilee,” said Woods. “There’s a real variety of music, and we have some costumes and some corny humour, and we have a Canadian step dancing champion with us, so there’s lot of stuff for everybody.”

Woods picked up the torch from his dad Merv, who started playing old time music in 1944 as a youngster. By 1950, he had formed his own band known as The Merv Woods Orchestra, and they soon became very busy playing for dances, socials, garden parties, weddings, anniversaries and more.

The Woods Family shared their love of old-time music with others all across Ontario and the northern United States for many years. By the mid-1980s, Merv’s role as leader of the band was passed on to Scott and The Scott Woods Band was formed.

Keeping the tradition started by his dad, Woods and the band have expanded their travels right across the country and are now playing fundraising concerts. They help to raise hundreds of thousands of dollars every year for churches, charities, and community organizations.

The Old Fashioned Hoedown is a true variety show with fiddle music, traditional country, gospel, dancing and lots of family-friendly humour. The name is taken from the Gene Autry song by the same name with the lyrics that “when lady luck gives you the throw down, and old-man worry starts to mow down, there’s nothing like a good old-fashioned hoedown to chase your blues away.”

“You certainly don’t have to be a fiddle or country music fan to enjoy the show,” reflected Woods. “I try to build the show so there is always something different to see and hear, and your emotions will vary from excited, happy, and fun to serious and even sad.”

Woods is a multiple winner of the Canadian open fiddle contest and the Canadian grand masters fiddling competition, and was named Canadian fiddle entertainer of the year. In 2018 he was presented the lifetime achievement award from the Canadian Grand Masters Fiddling Association.

His antics include his famous trick fiddling such as where he walks on a barrel and does a running somersault while playing his fiddle.

Joining him on this tour is his sister Kendra Norris, who is a champion fiddler herself and who also sings and plays accordion and piano. She is known for doing her tribute to “cousin Minnie Pearl.”

Playing drums, fiddle, singing and dancing is 18-year old Leo Stock. Stock recently won the Canadian open step dancing championship.

Backing everyone up is another champion fiddler: Germain Leduc from Valleyfield, Quebec, who not only plays fiddle but accompanies on piano and bass.

Woods especially looks forward to coming to Manitoba, as he recalled one of his first shows outside of Ontario being in 1986 at age 15 when he was a featured guest at the Winston Simpson fiddle festival in Carman.

“I realized then how much this Manitoba crowd loved to dance and loved the fiddle music ... as soon as the fiddle



SUPPLIED PHOTO

Fiddler Scott Woods and his Old Fashioned Hoedown comes to the Manitou Opera House on Thursday, June 1.

starts, that floor would fill up. They absolutely loved it, so I’ve had a soft spot in my heart for Manitoba ever since.”

The Manitou stop is part of 39 shows across five provinces—their first real tour since before the pandemic.

“It’s so nice to get back out there. We’re hearing lots of comments from people even now that this is their first venture out to anything social since COVID,” Woods said.

“The biggest challenge is to get those folks back in the habit of doing things. After being told to stay home and do nothing for so long, many people have just become complacent and don’t even look for social activities. But as a society, we need that interaction—especially the seniors.

“Our show is the perfect fit,” he concluded. “The little things like going out for an evening of fun and entertainment is what we have been longing for and now is the time to get back out there and do it.”

Tickets for the show are available by e-transfer by calling Lindy at 204-242-4287. You can order with a credit card by calling the Scott Woods Band office at 1-855-726-8896 toll-free.

It is rush seating only, with the doors opening at 6 p.m.

## Golf with Us!

The Carman Golf and Curling Club (CGCC) is located in Carman, Manitoba. The club was originally established on May 12, 1924 as a five hole club. In the spring of 1930 land was purchased and nine holes were opened on the “old side”. On August 28, 1953 the first tournament was held. The course began production on the “new 11 holes” in 1982 and opened the 18 Hole Golf Course in the spring of 1984. On August 17, 1990 the new clubhouse officially opened and is enjoyed today! Carman Golf and Curling Club is known as a select destination for golf in the summer and curling in the winter months. Formerly two clubs, the CGCC amalgamated its executive and combined all operations to be a year round facility managed by a general manager and offering something for everyone. CGCC features a beautiful restaurant with an attached patio, a 200 capacity banquet facility, a five sheet curling arena, and an 18 hole golf course. Both the golf course and curling club have been recognized as top-notch clubs hosting many prestigious provincial and local events.



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# sports & recreation

## Arctic Field upgrades ready for the season

Whips have home opener in Winkler on Friday, May 26

By Lorne Stelmach

There are still finishing touches being done, but the Winkler Whips are ready to play ball at the new Arctic Field.

There will be a bit of a kickoff ceremony next Friday before a game against Pilot Mound to celebrate everything that has been accomplished in what will have become close to a \$500,000 project to revamp and rebuild the Winkler ball diamond.

"It's exciting ... but I also think the guys are tired," said Josh Ginter, who has been helping spearhead the major upgrade for Diamond #5. "There's this last minute push, and there's a lot of work that still has to be done before May 26.

"I think the guys are really looking forward to being done with these steps. We can take a bit of a deep breath and move forward," he said, noting how the team members have been so much sweat equity into the entire project. "I know a lot of the guys haven't even been able to throw a baseball because they've been focused on the ball park.

The project has received good support, including a \$50,000 contribution from the City of Winkler. The club

also sold the naming rights to Arctic Spas.

The work on the upgrades began with the ground breaking last August.

It started with digging out the current infield and replacing with sod as well as pushing out home plate about five to 10 feet to decrease the distance to the outfield fence, reworking and reshaping the pitcher's mound, providing more foul territory space and providing a new sprinkler system.

Phase two then included new, below-ground and larger dugouts, a concrete backstop with padding for long-term durability and less maintenance and new protective netting to improve sight-lines and provide greater safety for players pursuing foul balls.

Next up then for phase three was a new outfield fence with the same dimensions but with protective padding and a more protective top. The new fence would allow for appropriate methods of securing advertising and sponsorship slots that are highly visible.

"That late snowfall really set us back big time. We've had to reschedule a bunch of games and practices already," noted Ginter. "But now the field feels nicely closed in, and we've got some signage going up soon ... and there's still some landscaping to do before the big day on May 26."

The next steps in the future could include a scoreboard as well as adding some stands and maybe even lights.

For now, though, the Whips look



SUPPLIED PHOTOS

A lot of sweat equity from members of the Winkler Whips baseball team has gone into upgrades of the new Arctic Field, slated to open for the season next week. The project included the installation of below-ground dugouts (below).

forward to seeing the diamond put to use with at least six teams to be calling it home, including the Pembina Valley Orioles of the Manitoba Junior Baseball League.

"We thought they might want to play some games there, but I don't think we ever anticipated them moving over so quickly," said Ginter. The Orioles announced earlier this year that they're moving from Morden to Winkler.

Ginter added that the response to this project shows how badly it was needed in the community.

"Winkler's got an incredible baseball program that has sprouted up over

the last 10 years," he said. "I would love to be able to turn around and use the momentum somehow to revamp the rest of the ballparks around there too, so maybe this is just the start.

"So we're excited, but I think we're very relieved to be almost done. I think the guys have really jumped on to the idea of this being kind of a legacy. We've had a lot of success with the senior team here in the first seven or eight years of existence, and we've been able to turn that into something we can leave behind," he added. "It could be two of three generations of baseball play really ... so the guys are pretty excited to leave a mark."

## Winkler Storm back with new coach, fresh faces on the field

By Ashleigh Viveiros

It's a year of change for the Winkler Storm soccer club this season.

This summer the club will field two teams once again: the main Storm 1 team, which plays in the Manitoba Major Soccer League Premier Division, and Storm 2 (formerly the SC Riot) playing in the 3rd Division after being inactive in 2022.

Chad Bergen is stepping up as head coach for Storm 1, while Mohammed Khalaf leads Storm 2.

Bergen is certainly no stranger to the Storm, having played for them in his youth when the team was first formed.

He's spent the past 15 years coaching younger local soccer teams. Many of the kids he's mentored are now starting to age out of the youth soccer programs.

When he heard that Storm coach Reinaldo Oliveira was looking to step back this season, Bergen decided the time was right to get involved with the team once again.

"I wanted to make sure that there was something for that group that I've been coaching the last number of years to be able to continue with."

Storm 1 opened the season with a 5-1 loss to Luso Canadian CCS in Winni-



# Golf season kicks off at Pembina Valley courses

By Lorne Stelmach

Golf courses across the region are open for business and optimistic about the season ahead.

The first rounds were played last week across the Pembina Valley, and all three local courses reported good conditions for golfers.

"We're always excited to get another season underway. This winter felt it was getting longer and longer, so it feels good to get everybody out there," said Colton Harder, golf club manager at the Winkler Centennial Golf Course.

"This opening is a little bit earlier than we were last year; sooner would be better, but this is about on par," noted Delwyn Doerksen, president of Oakview Golf and Country Club near Gretna.

"It was about a week earlier than last year; still not early but better than last year," agreed Greg Hesom, head pro at the Minnewasta Golf and Country Club in Morden.

Minnewasta opened last Tuesday, and Hesom said the course was in great shape to start off.

"It came through the winter really, really well ... it's amazing, as I sit here and look out the window, every time I look up, it seems like it's a slightly different colour green," he said. "So it's really come through well, and the greens are in great shape. We just need a little bit of heat now just for everything to grow out and thicken up, and we will be in mid-season shape here early on."

After dealing with years of extreme drought and then extreme wet, Hesom added that "we hopefully kind of meet in the middle somewhere this year.

"We could not have asked for a more co-operative melt the way that it went," he observed. "I think if we had had a quick melt, we definitely would have been doing some repairs on the course again, but it's really nice to not have to worry about it."

The tournament schedule is starting in June with a pretty busy year ahead even aside from the regular club tournaments as well as various fundraising tournaments.

"We will be hosting a Golf Manitoba event later

on in the year as well. It will be the senior men's inter-club, so we're excited about having that, having a Golf Manitoba event back here. We haven't had one in a couple of years," said Hesom.

"It's always good to have the good players out on the course and have them head back around the province and say how they played a great course ... that word of mouth advertising is usually the best kind of advertising."

League play started this past week, although it got rained out after a couple holes.

"Both our men's and ladies leagues have been full for a number of years, and it's no different this year," he noted.

Santa Lucia will be back providing food and drink service, and people will be able to see progress on the new clubhouse.

"We're going to be starting construction here hopefully in the next few weeks ... the start of construction will be an exciting day," said Hesom. "Seeing the progress throughout the year is going to be an exciting thing to watch."

The Winkler course also opened last Tuesday, and Harder said the 18 holes were all in great condition.

"We were pretty happy with how we ended last year as far as the condition of the course," he said. "The course is in fantastic shape, especially for it being this early in the year. We're really happy with how the course is looking out there now, and with some sunshine in the forecast, it should only get even better."

"We're happy that our league numbers are up ... our men's league is a sellout crowd again, so we're happy with that," he said. "Overall, we're happy with the direction that things are going for us."

Oakview opened last Friday on greens that were very much good to go.

"We were spoiled a couple years ago when it seemed most places were very dry, it seemed we got every rain storm that did come through," Doerksen recalled.

"It wintered well. A couple of the greens have some winter kill ... but I don't think it should be too much



VOICE FILE PHOTO

of an issue ... hopefully within a couple weeks, it should all be good to go," he said. "We don't any major projects or anything on the go ... we do have some stuff we want to do at the pro shop as well replacement of grounds crew machinery."

"We're going to be starting to do more tournaments again and hosting stuff like that," he continued, noting they have no leagues, although it is something they have considered. "We looked at doing it this year. Every time we look at doing it, the amount of interest is just not quite there ... hopefully in the next couple of years here we can get a men's league started."

## > WINKLER STORM, FROM PG. 20

peg last Thursday night. Tobias Morash scored the team's lone goal.

The lopsided score doesn't tell the whole story, Bergen says, which is that the Storm were playing competitively right up until the last few minutes.

"We scored the first goal and then the other team responded," he says. "Then in the second half we gave up a goal we shouldn't have—it was an error, a silly mistake."

Things still could have gone either way right up until the final 10 minutes of the match.

"We really started to push to try to equalize it," Bergen says. "That's when the other team got another three goals ... we had that one mistake and it changed the whole game."

Storm 1 has lost a number of expe-

rienced players this season, but they also have a lot of enthusiastic young newcomers eager to hone their skills and earn their spot at the Premier level (the bottom two teams in the standings will be demoted to 1st Division at the end of the season).

"We have two players that are actually 17, are turning 17, this year," Bergen says. "We had to get special permission for them to play."

Storm 2, meanwhile, has several 17-year-olds on it. They represent the future of the Storm club.

"We knew that we needed a future for our younger people to be able to come up and play," Bergen says of the decision to bring back the younger team. "If you want to play at a high level of soccer, like Premier, it requires years of training."

Khalaf, who has served as the Storm's assistant coach in past seasons, is eager to help the younger players continue to grow.

"We're coming out of a long winter ... there's some guys that already have skills and the fitness level, they just need to practice," he says. "I think the team is going to be good ... they have the talent and the potential."

Khalaf adds his plan this summer is to focus on building relationships—he hopes these players will be taking the field together for the next several years, either with Storm 2 or, eventually, Storm 1.

"I want them, when they reach 20, 25, to have the experience and the relationships together from six, seven years, and they'll have the communi-

cation and the chemistry."

Changing the Riot's name to Storm 2 is also meant to generate a sense of unity between the two teams, who have been practising together throughout the winter, Bergen notes.

"We thought it would create a little more cohesiveness between the two squads," he says. "We want to keep it as one team, really."

Storm 1 can also bring younger players up from Storm 2 to play at the Premier level when needed.

Both teams have away games the next few weeks. Storm 1 has their home opener at the 15th Street soccer field on Sunday, June 4 at 5 p.m. against Sporting Club Mosiac.

Storm 2 fell 3-1 to Punjab FC in Winnipeg Sunday afternoon. Koen Unrah scored for Winkler.

# Two weekends of races planned at new Deadhorse Creek Speedway

By Ashleigh Viveiros

Stock car racing is making a return to the Pembina Valley this summer.

A grassroots group of motorsports enthusiasts formed the Valley Motorsports Association in February with an eye to getting the former ALH Motor Speedway back up and running in some form.

The track, which from 2009-2019 offered weekly races during the summer months, never reopened after pandemic restrictions eased, and the loss has been keenly felt by racing fans and drivers alike, says association president Chris Unrau.

"It came up this winter, following on the restrictions coming off and trying to figure out what we're all missing in our community that we had prior to COVID," he says of how the group came about.

They reached out to the new owner of the speedway (who bought the property to use part of it as a gravel pit), and they've agreed to lease the track out to them for two big events this summer: the Watermelon Cup

July 7-8 and the King of the Corn races Aug. 25-26.

"They wanted to see the race track running but didn't have any experience or knowledge of how to do it, so we came up with this concept," Unrau says, noting they're rechristening the track as the Deadhorse Creek Speedway.

"Several of us who've been around the racing world for a while, we would like to do this but we don't want to do it every week like the way the track has been run in the past," he notes. "So we thought let's just put on a couple of really good events that the community can enjoy and be a part of."

Both events will serve as fundraisers for the Boundary Trails Health Centre expansion project.

"We're pretty excited about that," Unrau says, "and really looking forward to getting the track going again."

The two weekends will feature several classes of dirt oval stock car racing—pure stocks, street stocks, super trucks, midwest modifieds, and one

**"WE THOUGHT LET'S PUT ON A COUPLE OF REALLY GOOD EVENTS THAT THE COMMUNITY CAN ENJOY AND BE A PART OF."**



VOICE FILE PHOTO

Race car driving returns to the Pembina Valley this summer at the former ALH Motor Speedway, now called Deadhorse Creek Speedway.

final class that's brand new to this area.

"We're really going to swing for the fences and we're aiming to get some late models in," Unrau says. "Those are the really powerful, fast race cars ... they've never been run at the speedway here before."

Racing will of course be the focus of the day, but both weekends will also include other activities for the whole family: food truck concessions, live entertainment, beer gardens, a candy toss and bouncy castle for the kids, fireworks, pit-party cookouts, and

more.

"We really want to make it a fun, family environment. A festival-type atmosphere," Unrau says.

Unrau notes they're going to be looking for volunteers to help out with the races. Sponsors are also needed.

The Valley Motorsports Association and the Deadhorse Creek Speedway expect to have their social media pages up soon for people to connect with them through and stay up-to-date on their plans for this summer and beyond.

# Winkler Aquatic Centre opens next week Friday

Speed slides are back, hot tubs are on their way out

By Ashleigh Viveiros

The Winkler Aquatic Centre is gearing up to open for the season next week.

Aquatic programmer Lani Ens says they're aiming for Friday, May 26 as opening day.

"We've done lots of planning and, just like every year, it's a bit of a whirlwind at the start," she said on Monday, noting they've been busy in recent weeks sprucing up the facility and focusing on staff training.

They're welcoming a number of new lifeguards to the team this summer.

"We're sad to see some of our old-

er guards leave, but that's just how it works," Ens said. "We have lots of new faces getting their foot in the door, which is good. They're excited to get to work."

Swimming lesson registration took place last week and the demand was certainly high.

"I would say about 70 per cent of our slots were full 15 minutes in," Ens says. "It was just insane. We've never received that amount of phone calls before."

"But it's good so many people are interested in learning to swim and continuing developing those skills."

The schedule for the pool's other programming is being firmed up. Early Bird Swim and English Channel lane swimming sessions are both set to return. There will also be some

AquaFit sessions, the adaptive program for children with special needs, and designated Activity Nights for teens and adults to enjoy various water sports.

Staff are also working on the details for this year's Swim Smart activities during National Drowning Prevention Week (July 16-22).

"That's our biggest and most fun event of the year—we kind of put all of our energy towards it throughout the summer," Ens said of the day filled with lifeguard demonstration, races, and other fun and educational activities for the kids.

Ens encourages patrons to follow the Winkler Aquatic Centre on social media to stay informed on all the happenings there this summer.

Continued on page 22



VOICE FILE PHOTO

The **Voice**

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## Athlete of the week

The Morden Thunder's Sean Aguinaldo was named the Dairy Farmers of Manitoba High School Athlete of the Week by the Manitoba High Schools Athletic Association on May 11. Aguinaldo recently claimed bronze at the Provincial High School Badminton Championships in JV Boys singles. The provincial win followed an undefeated season for Aguinaldo, who claimed the title in boys singles at the Zone 4 JV badminton regionals and zone competitions. Aguinaldo is a Gr. 10 student at Morden Collegiate who, in addition to excelling on the badminton court, maintains a 92 per cent academic average.

SUPPLIED PHOTO

### > WINKLER AQUATIC CENTRE, FROM PG. 21

The 2023 season will see a few structural changes at the aquatic centre.

After a season of going without, the pool is once again able to offer speed slides. The new ones went in last week and should be ready to enjoy by opening day, says Jordan Driedger, director of community services for the City of Winkler.

"There's just some finishing touches that they'll have to do on them this week," he says.

The new slides look a little different from the old to meet modern safety codes and make repairs easier moving forward, but patrons will be able to enjoy the in much the same way as they always have.

"These particular slides come in sections and then the two slides are actually separated instead of side-by-side," Driedger says, explaining that provides a wider safety margin where swimmers enter the water at the bottom. "They'll kind of work the same for the user, but you will notice it's a little different."

Also new this summer is the pool's heating system. The old one had been creating headaches for a few years now, making for some frigid water conditions.

"The heaters were reaching the end of their life, and were maybe beyond that already," Driedger says. "The new heaters are more energy efficient,

they take up a little less room, and hopefully they'll be more reliable."

Another big change this year is the removal of the facility's two hot tubs.

The units have reached the end of the life—often having to be closed for repairs—and the pool isn't looking to replace them, Driedger says.

"They've definitely been challenging over the last few years," he says, explaining they required a great deal of attention to get the chemical mix just right and also took up a lot of staff time in terms of supervision. "They are quite high maintenance ... we decided it was time for them to come out."

Right now the plan is to turn the former hot tub area into additional green space.

Looking to the future, Driedger notes the large twirly slide has also been showing its age, requiring more repairs every year, but there are no immediate plans to replace it.

"That's would be a big project to replace it, so we're looking at what options we have," he says. "Our first choice would be to maintain it as best we can and keep it as fresh as we possibly can before replacing it."

"We're looking at options as far as refurbishment and repair go before we would make the decision to replace it."

# Steinbach Sabres win W.C. Miller Classic



PHOTOS BY EDWARD VINCENT ARCENAL/VOICE

The Steinbach Regional Sabres won the day at the W.C. Miller Baseball Classic last weekend. The Aces varsity boys baseball team hosted eight teams from across southern Manitoba for two days of competition. The home team, shown above in their 7-7 stalemate against the Northlands Parkway Collegiate Nighthawks, came in third in the Pool 1 round robin with a 0-2 record. NPC ranked last, fourth, at 0-2 as well. Left: The Morden Thunder fell to the Stonewall Rams 4-2 in their last game of the Pool 2 round robin. The Thunder came in fourth in their pool with a 0-3 record. In the championship final, the Sabres beat the Boissevain/Wawanesa team 3-2.

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### PUBLIC NOTICE

Winkler Senior Centre  
**ANNUAL GENERAL MEETING**  
May 31, 2023 • 2:00 p.m.  
Music by the Solitary Man  
Refreshments will be provided.

## take a break > GAMES

### SUDOKU

3		4	7					
6				2		1		
	1		4			2		
7	3	6	2					9
4								
					6		4	
		6			8			
1		3		9				2
		9		8				

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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!

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

Sudoku Answer

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

Crossword Answer

## CROSSWORD

### CLUES ACROSS

- Relative biological effectiveness (abbr.)
- Chinese philosophical principle
- Branch
- Jewish spiritual leader
- Slang for requests
- "So Human An Animal" author
- Rocker Billy
- British Air Aces
- Type of tree
- "Tough Little Boys" singer Gary
- State attorneys
- Goddess of fertility
- Localities
- Beloved singer Charles
- Clue
- Ridge of jagged rock below sea surface
- Helsinki neighborhood
- Farm resident
- Ocean
- Where ballplayers work
- Unable to hear
- Cool!
- Cape Verde capital
- One point north of due east
- Kilo yard (abbr.)
- Middle Eastern nation
- It yields Manila hemp
- People operate it (abbr.)
- Regenerate
- Not healthy
- Chinese sword
- Mild expression of surprise

1	2	3				4	5	6	
7						8			9
10			11			12			
13						14	15		16
17			18			19			20
21					22	23			24
					25			26	
			27	28			29		
			30				31		
	32					33			34
39	40							42	
43				44					45
46				47					48
49									50
									52
51									

### CLUES DOWN

- Unit of angle
- Headgear to control a horse
- Clots
- Follows sigma
- A woman who is the superior of a group of nuns
- Greek units of weight
- Radio direction finder (abbr.)
- Systems, doctrines, theories
- Stony waste matter
- Bravo! Bravo! Bravo!
- Hostile to others
- U.S. State
- Not wet
- Something one thinks up
- Where beer is made
- Clumsy person
- Belonging to us
- Canadian flyers
- Greek goddess of the dawn
- Snakelike fish
- Unhappy
- Fruit
- Not good
- Zero degrees Celsius
- Goo Goo Dolls' hit
- Crawls into the head (folklore)
- Legally responsible
- Move in a playful way
- Regarded with deep affection
- Partner to flowed
- Native American tribe
- Head honcho

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Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

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### Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- 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
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier  
Email: news@stonewallteulontribune.ca

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### TENDER

## JANITORIAL TENDER

Access Credit Union Corporate Office in the RM of Stanley requires the services of a contractor to provide daily general cleaning duties for the interior and exterior of the building.

Tender information can be obtained by emailing  
**Vickie.Addison@accesscu.ca.**

Tenders, accompanied by a minimum of two references, must be received on or before **June 2, 2023, before 4:30 pm.**

### TENDERS MAY BE DELIVERED, MAILED OR EMAILED TO:

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1. Cleaning tender should be quoted individually by location. Contractors can submit a quote for 1 location, or all 5 locations. The quotes must be individual (billing will also have to be individual)
2. Tenders can be mailed, the envelope clearly marked **Tender for Cleaning Services.** Tenders may also be emailed to the following address: **lisa.lehouillier@homestead.crs**
3. **Tender closes on June 16th 2023**

**Please send your quotes to:**

**Lisa Lehouillier**  
**Homestead Consumers Co-op Ltd.**  
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### FARM LAND FOR SALE BY TENDER

Sealed, written tenders for land and yard site in the RM of Roland / Prairie Rose School Division described below will be received by:

**Franz Hoepfner Wiens Law Office**  
 Box 99, 1 - 880 J  
 15th Street Winkler, MB R6W 4A4

**LAND:**

NE ¼ 34-4-4 WPM excepting public road plan 643 MLTO (157.57 acres)

**YARD SITE:**

Seven acre yard is beautifully treed and landscaped with excellent shelterbelts

**Grain Storage:**

95,800 bushels of grain storage as follows:

- 3 x 2,000 bushel Westeel Hopper bins
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- 3 x 17,400 bushel Brock bins with full floor Aeration
- 1 x 8,500 bushel Brock bin with Neco Grain Dryer
- Under bin conveyor

**Out Buildings:**

- Grain Dryer Service Building
- Behlen Machine Shed (48'x72") with concrete floor

**House:**

- Built 1991; Renovated 2011
- Four Bedrooms (2 Main Floor, 2 Basement)
- 2136 ft2 with partial basement (1380 ft2)
- Concrete basement; 2x6 construction with Triple Pane windows
- New Shingles and Siding in 2011
- Brick Façade
- Hardwood flooring in hallways and Dining Room
- Large Living Room (25'x16') with hardwood
- Cork flooring in Sunroom (16'x16') and Kitchen
- Carpeting in bedrooms
- 2 ½ bath with heated tile floors and Maax Jacuzzi tub
- Large Entrance (11'x8')
- Attached double garage (29'x25')

**CONDITIONS OF TENDER:**

1. The parcels of land and yard site with buildings described will be sold "as is".
2. Tenders must be received on or before 5:00 PM on May 31, 2023.
3. Highest or any tender not necessarily accepted.
4. Possession is November 1, 2023.

5. Tender must be accompanied by a refundable deposit of \$10,000.00; 5% total deposit upon acceptance of the tender bid (cheque made payable to Franz Hoepfner Wiens Law Office).

**TERMS OF SALE:**

1. The successful bidder(s) shall enter a formal agreement covering terms and conditions of sale.
2. Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
3. If the balance of the accepted tender is not paid on the Due Date, the deposit paid may be forfeited as liquidated damages.
4. Successful bidder will be responsible for real property taxes commencing January 1, 2024.
5. The purchaser is responsible for GST or shall self-assess for GST.

For further information contact

Franz Hoepfner Wiens Law Office at 204-325-4615.

Additional photos can be viewed at: fhwlaw.ca/tenders.

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**CAREERS**



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- Experience in grain handling, processing, or manufacturing facility
- Experience in industrial equipment maintenance and repair
- Ability to read blueprints and technical documents
- Pressure or structural welding tickets and related experience

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**DEVOTION**

**Devotion**

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



**AUCTION**

**TIMED, ONLINE AUCTION FOR MR. & MRS. PETE FRIESEN, 15 CHEVY DRIVE, WINKLER, MB. CLOSING MAY 25 6PM, SOFT CLOSE.**

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**COMING EVENTS**

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# Announcements Classifieds The Winkler Morden *Voice*

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**IN MEMORIAM**



**Linda Marie Giesbrecht**  
 May 17th marks 10 years since you were called to your Heavenly Home. In memory of our dear sister and auntie, who embraced life with a spirit of love and laughter, song, kindness and generosity. With love forever and deepest gratitude.

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 with an **Announcement** in the ***Voice***  
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**OBITUARY**



**Anne Sawatzky**

On Monday, May 8, 2023 at Eastview Place, Anne Sawatzky passed away at the age of 90 years.

She will be lovingly remembered by her children Marianne (Gerald) Thiessen of Winnipeg, John (Francis) Sawatzky of Marquette, and Howard (Lori) Sawatzky of Altona; as well as seven grandchildren and seven great-grandchildren. She is also survived by her siblings George (Deanna) Sawatzky and Hilda (Pete) Weiler as well as many nieces and nephews.

She was predeceased by her husband Harold, parents Frank and Anna Sawatzky, sister Helen, brother Jim, and one brother in infancy.

Funeral service was held on Friday, May 12 at the Altona Bergthaler Mennonite Church. Interment followed at the Altona Cemetery.

The family would like to extend a heartfelt thank you to all the staff at the Altona Community Health Centre, especially to the staff at Eastview Place for your wonderful care of our mother. Thank you also to Trevor Groening and Terry Wiebe of Wiebe Funeral Home for helping us through this difficult time.

Donations in memory of Anne may be made to Eastview Place.  
 Wiebe Funeral Home Altona  
 In are of arrangements.  
[www.wiebefhaltona.com](http://www.wiebefhaltona.com)

**OBITUARY**



**Eleonore "Emily" Schmidtke**  
 January 27, 1938 – April 27, 2023

Emily Schmidtke passed away at Kelowna General Hospital on Thursday, April 27, 2023, at the age of 85.

Born on January 27, 1938 to Maria and Wilhelm Miks, Emily married Alex Schmidtke in 1961 and became a full-time homemaker, mom, cook, and gardener extraordinaire. She was ever an optimist and feisty in everything that she took on, including her battle with cancer. She cherished every minute she could have with her family, who meant the most to her. She also loved bringing life to her garden and propagating every little plant chute in her gifted garden gloves. In recent years, she especially loved her dahlia garden.

Emily is survived by her children, Erwin (Eunice), Karin (Gordon), and Eddie (Tanya); grandchildren, Alexandra Pauls (Kevin), Ashley Gunn (Brad), Carson Hone (Kathleen), Avery Hone (Greg), Kalan, and Daryn; great-grandchildren, Brooks, Hayes, Shiloh, Remy, and Emery; as well as her sister Waldine; brothers Harry and Willi; and her extended family, neighbours, and many family friends.

Mom/Oma/Emily will be missed, but family and friends have many cherished times to remember. A celebration of Emily's life will be held on Friday, May 19, 2023, at 1:00 p.m. (PST), at the Grace Lutheran Church, 1162 Hudson Drive, West Kelowna, BC. If you are unable to attend in person, the service will be recorded and will available online later in the day. Departure for interment will be at 3:30 p.m. to the Gellatly Regional Park & Cemetery, Gellatly Road South in West Kelowna, BC.

Condolences, photos, and memories may be sent to the family by visiting her obituary page at [www.springfieldfuneralhome.com](http://www.springfieldfuneralhome.com)

**OBITUARY**



**Harry Enns**  
 1932 – 2023

It is with great sadness that the family of Harry Enns announces his passing on Monday May 8, 2023 with his family by his side.

He leaves behind his beloved wife, Toots; children, Gerry (Colleen), Michael (Deb), Audrey (Lane) and daughter-in-law, Shelley and grandchildren, Riley (Sarah), Mallory (Devin), Orry (Lisa), Cody (Carly), Manda, Jacqueline (Sean), Chris, Cambria (Dylan) as well as seven beautiful great-grandchildren.

He was predeceased by his son, Randy in 1993.

Harry was born in Gretna to parents, Abram and Helena Enns. He grew up on a farm near Altona with his siblings who have all predeceased him. As a young adult he moved to Vineland, ON where he met and married the love of his life, Toots. They

celebrated 66 beautiful years together in April. They made their home there until they moved to the 1-6 area south of Morden in 1974. The 1-6ers adopted them into their community and long-standing relationships remain to this day. In 1995, they retired from the farm and moved to Morden. Dad loved God and his family deeply. Spending time with his grandchildren and great-grandchildren gave him much joy and pride. He had an adventurous spirit and loved travelling, hunting and fishing and always seemed to have a tale to tell.

Funeral service was held at 2:00 p.m. on Saturday, May 13, 2023 at the Westside Community Church with interment at Hillside Cemetery.

The family would like to thank the EMT's and medical staff at Boundary Trails Health Centre for their exceptional care and compassion.

Donations may be made in Harry's memory to the Heart & Stroke Foundation of Manitoba and Siloam Mission.

Wiebe Funeral Chapel, Morden  
 In care of arrangements  
[wiebefuneralhomes.com](http://wiebefuneralhomes.com)



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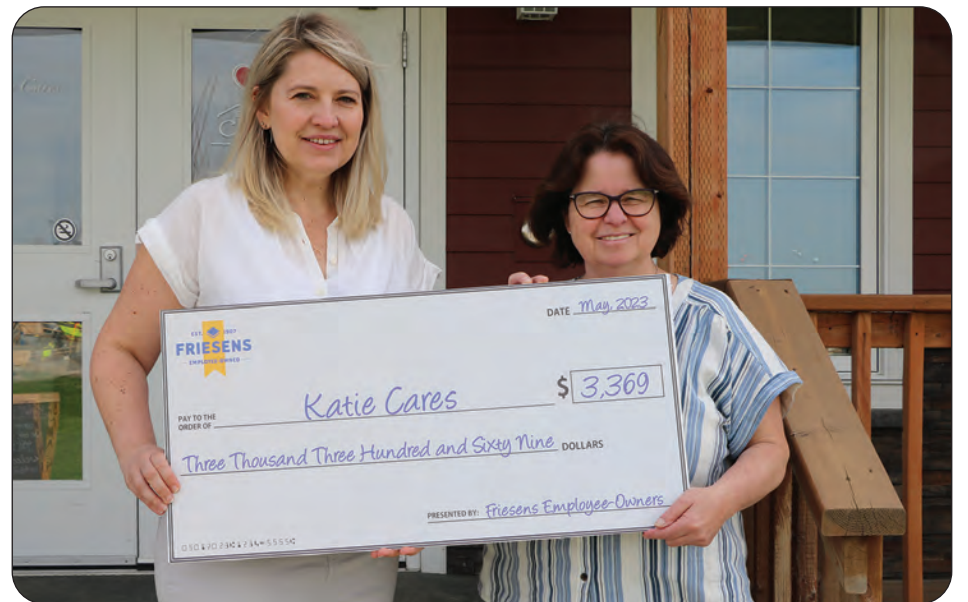
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# Supporting Katie's Cottage

Angela Apperley (left) from Friesens Corporation stopped by Katie's Cottage Friday to present Ruth Reimer of Katie Cares with a donation of \$3,369 on behalf of her fellow employee-owners at Friesens. Staff at the Altona publishing company each year collectively decide what local non-profits and projects to support with donations. Apperley said the work of the respite home, located by the Boundary Trails Health Centre, really resonated with them. Reimer thanked Friesens for their support, explaining the funds will be used by their breakfast program, which ensures guests start their day with a free hearty meal. "The cost of food has gone up," she noted. "Donations really are such a blessing to receive and it is better even to give back to our guests. We see the happy smiles and the relief they feel being here ... to be close to the hospital when they need to be."

PHOTO BY ASHLEIGH VIVEIROS/VOICE



# Walks for Alzheimer's taking place across Manitoba

By Lorne Stelmach

People are being encouraged to get involved in the IG Wealth Management Walk for Alzheimer's and make a difference in the lives of people and families living with dementia.

The main walk takes place at Assiniboine Park in Winnipeg on Saturday, May 27, but the rest of the province is being encouraged to participate either virtually on their own or at smaller local events.

"In the rural areas, we're trying to encourage what we're calling 'Walk My Way,'" said Rebecca Atkinson, the south central regional coordinator for the Alzheimer Society of Manitoba.

"One way of doing the walk rurally is just putting your own team together however you want to do it," she said. "Some communities are organiz-

ing something a bit bigger, so that it's more of a public walk."

In this region, an Altona walk and barbecue lunch is planned at The Gardens on Tenth Wednesday, June 7 from 9:30 a.m. to 12:30 p.m.

On Saturday, June 17, there will be a walk leaving from Tabor Home in Morden from 9:30 a.m. to noon.

Walks are also planned for Darlingford Saturday, June 10 at 10:30 a.m. with a donation to volunteer firefighters for the breakfast, Somerset Wednesday, June 21 at 10:30 a.m., and Swan Lake that same day at 1 p.m.

"There's people organizing and really trying to come together, and that's the key message: a walk is a great way to come together as a community," said Atkinson.

"Some people come just to honour and celebrate their family members;

others come to connect with people going through similar situations and some just come to support it," she continued. "Lots of these have traditionally run out of personal care homes ... we also want communities to realize dementia is not just in the late stages of life in a personal care home. This is happening to many families."

She noted the walks help support valuable resources and services like the society's First Link client support program.

"First Link is a really important part of our health care program where a health care provider sees a person has dementia, and we need to equip them, and we need to support them," said Atkinson. "We keep promoting that the more we know about dementia, the more we're actually going to be able to adapt our society to it and

help them."

The walk is the Alzheimer Society's largest nationwide fundraiser that gives Manitobans an opportunity to support over 18,400 Manitobans currently living with dementia as well as their care partners.

"The number of Manitobans living with dementia is expected to more than double by 2050, so the need for resources and support has never been greater," said Erin Crawford, program director and incoming CEO at the Alzheimer Society of Manitoba.

"If you've known someone with dementia, come walk with us," Crawford added. "It's a fun, family-friendly event that really shows the people participating they are not alone."

Visit [alzheimers.mb.ca/wfa2023](http://alzheimers.mb.ca/wfa2023) to learn more about the walk and to register.

## > JACKFISH CREEK GARDENS, FROM PG. 16

"As I grow, I'm going to lose the tents and have the heat up in the whole barn. The scalability is there. I just need more clients."

Bouskill keeps Jackfish Creek Gardens' environmental footprint low. Compared to traditional farming methods, he describes microgreens as "wildly efficient."

"You're able to get so much more out of a small piece of land and a small amount of water," says Bouskill. "My microgreens don't even require fertilization...I water them about three times a cycle, and I'm done."

2022 was the first year Bouskill did Jackfish Creek Gardens full-time.

"This being my first year, I realized we do still farm here...we do 250 acres of hay and alfalfa — so from July to September, I was very busy."

Despite having a full-on farm schedule, it didn't stop him from doing the

farmers market circuit throughout the summer, then continuing through the fall and winter. He says he recently purchased some new software to sell fresh microgreens directly to local consumers through his website.

"I'm not going to grow until I get the order through my website. So you'd go on my website, order what you like... and in 7-10 days, you'll pick up your very fresh food."

Jackfish Creek Gardens has four options: pea shoots, radish, broccoli and a blend of all three. Because his products are so fresh, Bouskill says his will last in the fridge for up to two weeks.

Dr. Victoria Baldwin, Naturopathic Doctor, says microgreens are great for people with busy lifestyles because they're very nutrient-dense, even in small quantities.

"Aside from vitamins and minerals, they contain plant substances that

benefit health. They provide antioxidants and polyphenols that can lower heart disease risk, help control blood sugar, support a healthy microbiome and are great for your digestive system health."

Bouskill explained that his 143-year-old family farm is "small by today's standards," but he says niche is the way to go when you can't compete against the big 4,000-acre farms.

"You have to be specialty. I'm looking for things people aren't doing and take the non-traditional route," he says. "I saw microgreens five years ago, and they weren't a big thing, but all of a sudden, in today's day in age, with supply chains and all the shipping issues...I just thought, why can't we grow this right here in our backyard?"

Even though growing basil and buttercrunch lettuce didn't work initially,

he's "happy to report I do grow them both now."

"I now have a machine called an Omega Garden — it's a rotary garden that circles around a bright light. So on top of the microgreens, they're now part of my offering."

Customers in Stonewall, Teulon and Selkirk will soon be able to pick up their orders from a partner restaurant in each respective town. Bouskill calls this "the next chapter for this small farm."

"My goal is to fill the other nine months with growing indoors throughout the rest of the season," says Bouskill. "If I become successful, it will be a year-round venture."

Find Jackfish Creek Gardens on Instagram: @jackfishcreek.

# get inspired

> MEAL IDEAS



## Peanut Butter and Jelly Sweetpotato Taquitos

basket and lightly spray with olive oil spray. Cook sweetpotatoes 10 minutes, shaking basket 1-2 times to toss sweetpotatoes.

Transfer cooked sweetpotatoes to medium bowl; add peanut butter and mix well.

Lay tortillas on counter and place 1-2 tablespoons sweetpotato mixture on each tortilla.

Add blueberries and raspberries next to sweetpotato mixture.

Roll each tortilla tightly. Place rolled tortillas, seam sides down, in air fryer.

Spray tortillas lightly with olive oil spray.

Cook in air fryer 6-7 minutes.

Recipe courtesy of Tracy Shaw on behalf of Healthy Family Project

Prep time: 5 minutes

Cook time: 20 minutes

Servings: 8

1 cup sweetpotatoes, peeled and diced small

nonstick olive oil spray

1/2 cup peanut butter, preferred nut butter or nut-free butter

8 small, low-carb flour tortillas

1 cup blueberries, washed and dried

1 cup raspberries, washed and dried

Preheat air fryer to 400 F.

Add diced sweetpotatoes to air fryer



## Yellowfin Tuna and Artichoke Pasta

To make artichokes: Preheat oven to 425 F. Fill bowl with cold water and juice of one lemon.

If using fresh artichokes, trim tops of artichokes and tougher outer leaves. Using vegetable peeler or small paring knife, trim stems. Once prepped, cut fresh artichokes in half. If using canned artichokes, drain well and quarter lengthwise.

Place artichokes in lemon water.

Let soak 2-3 minutes, drain and pat dry with kitchen towel.

In casserole or baking dish, arrange artichokes and add juice of remaining lemon, quarter lemon and add lemon wedges to dish.

Add olive oil and salt and pepper, to taste.

Roast 25-30 minutes, or until tender.

To make pasta: Bring large pot of water to boil.

While water is coming to boil, place large skillet over medium heat and add olive oil and butter. Add garlic; red pepper, if desired; and salt, to taste, and swirl 1 minute. Add white wine or stock and let reduce by half.

When water comes to boil, salt water, add pasta and cook 1 minute less than directions. Reserve 1/2 cup pasta water before draining.

Add artichokes to large skillet with tuna with its oil and gently break up with back of wooden spoon or paddle.

Add lemon juice and reserved pasta water to skillet along with drained pasta, cheese and half the parsley, mint and pistachios. Toss to combine, top with remaining parsley, mint and pistachios and serve.

Recipe courtesy of Rachael Ray on behalf of Genova Tuna

Prep time: 15 minutes

Cook time: 40 minutes with fresh artichokes (25 minutes with canned)

Servings: 4

Artichokes:

Cold water

12 small, fresh artichokes or 2 cans artichoke hearts in water

2 lemons

3 tablespoons extra-virgin olive oil

salt, to taste

pepper or red pepper, to taste

Pasta:

Water

2 cans (5 ounces each) Genova Yellowfin Tuna in Olive Oil

2 tablespoons extra-virgin olive oil

4 tablespoons butter, cut into tabs

4 cloves garlic, chopped

1 teaspoon crushed red pepper (optional)

salt, to taste

1/2 cup white wine, chicken stock or vegetable stock

1 pound spaghetti or linguine

1 lemon, juice only

1 cup grated Pecorino Romano cheese

1/4 cup chopped fresh Italian parsley, divided

1 small handful fresh mint, chopped, divided

1/4 cup toasted pistachios or pine nuts, chopped

## Let's talk about insomnia



By Gwen Randall-Young

Fundamentally, insomnia happens because the mind cannot relax. When the mind cannot relax, then the body cannot either. Relaxation is a natural state in members of the animal kingdom. Our pet can be running around, playing with us, or wrestling with a toy. They have lots of energy and are stimulated. Then, a few minutes later we find them peacefully dozing while their bodies seem completely limp.

Babies are like this after being fed, and long ago adult humans were like this too. Early humans were right brain dominant, without language. The right brain is abstract, and emotional. With language came an increasingly dominant left brain, the logical analytical part.

Over time the left brain became more and more dominant. With the rise of technology, humans are more alert and tuned into that technology. The left brain became very busy. No longer thinking only of the next meal, fighting or mating, it was like there was ongoing dialogue within the brain. Everything speeded up.

Now we could worry about the future or lament the past. We could create worst case scenarios and wonder what others thought of us. The brain did not stop when we slept. We did not hear it when in deep sleep, but when we came out of that phase, the inner chatter woke us. If the chatter was about something we worried or were anxious about, a whole new train of thinking could begin so then we could not go back to sleep.

Further, if our life situation creates stress, the muscles contract which makes it harder to sleep. With a tense body relaxation is not possible.

Many turn to sleep medications, however those do not get to the root of the problem, and if we stop taking them, sleeplessness recurs. The body and mind have not learned to shut down.

Of course, caffeine, alcohol, a full stomach, and too much technology before bed also affects our sleep.

Notwithstanding a neurological disorder, I think most sleep problems would be resolved if we completely relaxed the body and quieted the mind. This is not something we can do overnight (pun not intended). We must train ourselves to relax our muscles and gain control of the mind, so at night we can shut it off just like a television.

The first step is to pay attention. Lie down and notice your body. Then tell the muscles to relax. You should feel a little release. Then tell it to relax more. You can keep doing this and never reach the point where there is nothing left to relax! You will become aware of how much tension is in your muscles. Yoga is great for relaxing the body.

Next, notice what your mind is doing. Is it re-running films of your past experiences? Is it worrying about some person or problem? Is it re-playing the day or planning or worrying about the next day? Is it re-playing conversations? All of these will make it hard, or for some, impossible to sleep.

Start with assessing yourself. Read up on sleep hygiene. You do have the power to learn to put yourself to sleep.

*Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit [www.gwen.ca](http://www.gwen.ca). Follow Gwen on Facebook for inspiration.*



## Easy Homemade Salsa

Recipe courtesy of Healthy Family Project

Cook time: 10 minutes

Servings: 6

1/2 small RealSweet sweet onion, halved

5 mini sweet peppers, seeded and quartered

3 Roma tomatoes, quartered

1 1/2 limes, juice only

1/4 cup fresh cilantro

1 1/2 teaspoons garlic salt, or to taste tortilla chips

In food processor, blend onion, peppers, tomatoes, lime juice, cilantro and garlic salt until desired consistency is reached. Serve with tortilla chips.