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# The *Altona Rhineland* Voice

VOLUME 2 EDITION 25

THURSDAY,  
JUNE 22, 2023

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A group of newcomer kids with their swimming instructors at the Altona Aquatic Centre. For the full story, see Pg. 11.

PHOTO BY LORI PENNER/VOICE

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- June 22** Timed-Online Lonnie Friesen Farm Retirement Auction, Rosenort
- June 23** Live large household & contracting tools for Jon & Mary Krahn 10 Parkmeadow Dr, Winkler
- June 24** Live 10 am, Large yard, household & shop auction, Schanzenfeld, 2 miles S of Winkler on Hwy. 32
- June 26** Timed on-line farm auction for Dudgeon Farms, 3W of Darlingford on Hwy 3, & 1N on mile 43
- June 27** Live Farm retirement for Les Case 3 south of Oakville & 6 west on mile 60
- June 29** Timed on-line Farm Estate for the late Guy Bruneau, 4 miles north of St Claude on Hwy 240.





# getinformed

## Altona receives schwenkel in honour of flag contest win

By Lori Penner

Members of the Manitoba Vexillological Association were in Altona last week to present a special gift to the community in honour of its first-place finish in the association's Best Municipal Flag contest.

The association this spring asked Manitobans to weigh in on which municipality has the best flag in the province. Hundreds of people voted, and Altona's flag, designed by Edward Vincent Arcenal, came out on top.

The flag features a blue background and yellow sunflower petals, which are all different shapes and sizes to represent the diversity of Altona. The sunflower is also a nod to the community's claim to be the Sunflower Capital of Canada.

"We're really excited for Edward, who came to our community a few years ago, and has displayed a great piece of art for our community," said Mayor Harv Schroeder. "By promoting and creating this flag, he has brought attention to the community, and we want to again, thank Edward for everything he has done for this community."

In recognition of its win, the association presented Altona with a custom schwenkel, a flag strip that has historically been pinned or sewn to the top of the main flag.

Association founder Lucas Stratton says schwenkels were often used in the medieval/early Renaissance period as a marker to acknowledge a thank you or the success of a community or individual.



PHOTO BY LORI PENNER/VOICE

Representatives from the Manitoba Vexillological Association presented Altona council and Altona flag designer Edward Vincent Arcenal with a schwenkel in honour of the community's first-place win in a provincial flag contest.

"We thought it would be a super interesting and new way to acknowledge the amazing flag you guys have," he said. "It's just a fine little something we thought of to revive an

old practice."

The 15-foot schwenkel uses the association's colours and design and will be displayed inside the Altona Civic Centre.

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# Branden Leslie wins Portage-Lisgar seat

## Conservatives earn nearly 65 per cent of the vote

By Ashleigh Viveiros

Conservative Party of Canada candidate Branden Leslie won the Portage-Lisgar election by a landslide Monday night.

At press time, Elections Canada's preliminary results (with one of the 248 polling stations still to report) had Leslie earning 64.9 per cent (20,215 votes) of the vote in the byelection to see who would replace Conservative Candice Bergen as the riding's representative on Parliament Hill.

The Portage la Prairie native's nearest competitor was Quebecer Max Bernier of the People's Party of Canada, who earned 5,349 votes (17.2 per cent).

Rounding out the results was Liberal candidate Kerry Smith (2,660 votes, 8.5 per cent), the New Democratic Party's Lisa Tessier-Burch (2,204 votes, 7.1 per cent), and Nicholas Geddert of the Green Party of Canada (699 votes, 2.2 per cent of the vote). Voter turnout was about 45 per cent of registered voters.

Reached by phone late Monday night, Leslie reflected on the responsibility that has been placed before him.

"It just fills me with such immense pride to be chosen by voters to represent them and be a strong Conservative voice in Ottawa," he said. "And it's also extremely humbling, the great weight that has been placed upon me to represent our community's values, our needs."

"Tonight is a big night. It's a time to pause for victory. The real work begins tomorrow, and I am excited to get into the actual job fighting for our communities."

Leslie didn't plan to waste any time getting to work—he was slated to fly to Ottawa Wednesday to take part in the final Conservative caucus meeting before Parliament breaks for the summer.

"And then I'll be back here to start setting things up locally, making sure we have the constituent services continuing to run effectively, making sure that part of the MP office is consistent," he said. "Then I plan to reach out to RMs, councils, reeves, and city councils and just sit down with their agenda ... have them tell me what I need to know, because this ultimately is about taking our voice to Ottawa."

Leslie noted it's clear the Conserva-

tive message resonated with voters.

"Overall, I'm very proud of the campaign we ran. We worked extremely hard. We took nothing for granted. We had a massive team of volunteers that knocked on over 30,000 doors across this riding in towns big and small to make sure that we got our common-sense Conservative message out."

"It was very clear that there was a high level of excitement for our leader Pierre Poilievre and a strong desire to fire [Liberal Prime Minister] Justin Trudeau."



Portage-Lisgar MP Branden Leslie

# Winkler council to borrow \$8M for water treatment plant expansion

By Ashleigh Viveiros

At its meeting last week, Winkler city council took the next step in its plan to upgrade and expand the community's water treatment plant.

Council gave first reading to a local improvement bylaw that will allow it to borrow \$8 million for its share of the \$13 million project. The Manitoba Water Services Board is chipping in \$5 million.

"This is a project that is making sure we're prepared for the future," Mayor Henry Siemens said after the meeting.

"Everything that we're planning out for now, we're looking to plan for a population of 25,000 people."

Winkler currently has a population of about 14,000 and is growing by several hundred people a year. It could take us 20 years to reach 25,000, but council wants to ensure the infrastructure is in place far sooner so it's not an impediment to growth.

This project will increase the capacity of the water treatment plant in the north end of town significantly.

Continued on page 5

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SUPPLIED PHOTOS

Headlining the 2023 Morden Corn and Apple Festival this year is rock band Sloan (above) Saturday night and the Epic Eagles Tribute band (right) on the Friday.

# Sloan, Eagles tribute band to headline Corn & Apple

## Econline Crush to open for Sloan

By Lorne Stelmach

The Corn and Apple Festival is offering a double bill of 1990s alternative-indie rock acts as the headline show this summer.

The Saturday night concert featuring Sloan as well as an opening performance by Econline Crush could generate some real buzz for the festival, executive director Tim Hodge suggested after making the announcement last Friday.

The evening before will be an always-popular country night featuring a headline performance by Canada's premier Eagles tribute act Epic Eagles.

"This lineup that we have this year for headliners is just absolutely fantastic. We are thrilled to be featuring so much amazing Canadian talent," Hodge said. "We have been working hard to bring great headliners to the festival, and the pairing of Econline Crush opening for Sloan is going to make for an unforgettable night."

It was very much influenced by the tremendous response the festival received last year in its first year back post-pandemic, he added.

"It kind of stems from what we did

last year ... the board and the festival made the decision to go big with our main stage entertainment, sort of as a celebration of the festival returning and being more normal.

"We had Big Wreck, and the response we got to moving to a '90s rock group, especially one of that calibre, was remarkable. We were expecting quite a bit of buzz about Big Wreck last year, but frankly we were blown away by the response.

"So we knew we had made a good choice last year and wanted to keep it going ... looking for headliners this year, Sloan was an obvious choice—a high energy, well-known popular band from a similar time frame," he continued. "When the opportunity presented itself to have a performance by Econline Crush before Sloan, we knew that would take it even beyond last year.

"It opens up so many more options," said Hodge, noting the depth of '90s bands that are available compared to the older classic rock acts that had long been a staple. "Those groups are becoming fewer and far between now."

Sloan is a Canadian rock band that has been entertaining audiences for over two decades with hits such as Money City Maniacs, Underwhelmed, and The Good in Everyone.

Continued on page 5

## Winkler Pharmacy

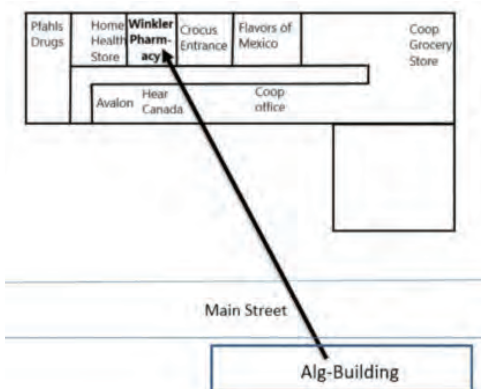


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## > WATER PLANT UPGRADES, FROM PG. 3

“At our current plant, we’re able to treat 42 litres per second,” Siemens said. “When the upgrades are fully online, we’ll be at 113 litres per second.”

The facility will still be using a reverse osmosis system of treating the water, but the upgrades will increase its green sand filtration capacity, allowing it to successfully treat a greater volume of brackish water coming up from the Winkler Aquifer.

“When we pull water out of the aquifer we have two licenses: one allows us to draw fresh water, the other allows us to draw brackish water,” Siemens explained.

Right now, the treatment system is able to bring about 70 per cent of that brackish water up to drinkable standards (the rest is released into the wastewater system). With the upgrades, they hope to get that number up to 90 per cent.

It will be a much more efficient use of the water the community has access to, Siemens said, and also lessen the pressure on the wastewater treatment system.

The project also calls for the addition of a second 1.4 million litre above-ground water storage tank, similar to the one at the facility now.

When the Winkler Water Treatment Plant was built a decade ago, it was designed to accommodate future expansions. Siemens noted, however, this will necessitate moving the Winkler Dog Park, which is currently located right beside the plant. No firm decision has been made yet on where in town the park will reopen.

The hope is to have shovels in the ground on the expansion sometime this year.

## SCRL RESPONDS

Also at the June 13 meeting, council received a response from the South Central Regional Library (SCRL).

Winkler city council earlier this spring asked the library to review its policies in light of complaints books in its collection contain inappropriate sexual content. Specifically, council requested the library consider the location of said books in terms of how accessible they are to children.

In its response, the SCRL board noted it has reviewed the three books it received formal complaints on as well as its policies pertaining to book complaints and its collection multiple times.

One book was moved to the young adult section as a result of these reviews. The other two remained where they were.

The board noted the library’s col-

“[CURRENTLY] WE'RE ABLE TO TREAT 42 LITRES PER SECOND. WHEN THE UPGRADES ARE FULLY ONLINE, WE'LL BE AT 113 LITRES PER SECOND.”

lections are constantly being monitored by trained professionals. The books in question, they stressed, are “award-winning titles and widely distributed across the world. They are educational materials.”

“Following Cataloging Code of Ethics, moving books to another location is censorship and removing books is considered banning,” the board said in the letter. “It is the responsibility of the parents to monitor their own children. They are required to do so in any other setting, and we expect it to be the same when they use our libraries.”

The board also noted they have updated their patron borrowing agreement, which all patrons must read and agree to upon receiving or renewing a library card. This agreement refers to the patron responsibility and code of conduct policy which is posted in all library branches and states “the selection of books and materials is the sole responsibility of the parent/guardian for their own child/children.”

“Libraries are the caretakers of democracy and choice,” the board stressed. “People may not always agree with the content or placement of a specific book, but they can choose to leave it on the shelf. It is a personal choice which should not be taken away by anyone.”

Mayor Siemens said council has not drafted a formal response to the library’s letter yet.

He voiced disappointment at SCRL’s stance, noting council had hoped they would reconsider the location of sexually explicit books on its shelves, especially when it comes to the children’s section.

“We were very careful out of the gate to be crystal clear that we had no intention of asking them to remove books,” Siemens stressed. “Our thought was that maybe some books should be in different areas, and we asked them to look at [creating] policy towards that.”



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Winkler's Water Treatment Plant will be expanded in the year ahead to increase capacity significantly.

## > HEADLINERS, FROM PG. 4

The Juno award-winning group has a collection of over 250 songs and more than 30 singles with airplay on Canadian rock radio.

Econoline Crush formed in 1992 and released their breakthrough and ultimately platinum-selling album *The Devil You Know* in 1997. The band has toured with Alice Cooper and opened for KISS at Madison Square Garden. *When The Devil Drives* is the group’s new album which releases later this year.

Epic Eagles provide a masterful presentation of the Eagles’ music. Audiences can expect to be treated to a high energy show with the legacy sound of the Eagles and Don

Henley.

“This is the premier Eagles tribute act in the nation,” Hodge said. “Their harmonies are so tight, and their voices sound so much like the Eagles. It really is just a fantastic show.”

Having the entertainment in place is the last piece of the puzzle for this summer’s festival, Hodge noted, along with the return of the parade.

“Things are going really well. It’s really the first time since 2019 that we’re having our first full year to plan Corn and Apple,” he said. “We can’t wait to get going.”

The Morden Corn and Apple Festival runs Aug. 26-28.

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EDITORIAL > VIEWPOINTS > LETTERS



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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**



# Nothing about us, without us

I love the phrase "nothing about us, without us." As a concept it expresses a simple, elegant idea of involvement—no one gets to have a conversation about us, without us. No one gets to advocate for us, no one gets to propose solutions on our behalf, no one gets to work for us—without us.

At its core the principle drives allyship and seeks to avoid patronizing efforts, however well-meaning, by those people in positions of power who would like to implement initiatives to help or impact those with less

power.

Part of the brilliance of this movement is the simplicity of its intent and philosophy. It says to us, for example, no amount of empathy or compassion will help you understand poverty if you have never been impoverished; no amount of empathy or compassion with help you understand Indigenous issues if you are not Indigenous; no amount of compassion or understanding will help you understand the



**By Peter Cantelon**

struggle of women or members of the 2SLGBTQ+ community if you are not a part of those communities. You get the idea.

If you really want to understand and design initiatives that help people in

poverty than you must involve people who are or have been in poverty.

The phrase is increasingly heard amongst people of colour, women, Indigenous peoples, and the 2SLGBTQ+ communities. In North America the phrase came into prominent use in the 1990s around advocacy for the disabled.

While the concept is being employed more and more often these days its history as an idea is ancient. The phrase "Nihil novi nisi commune consensus" for instance is the Latin title for a Polish constitutional act from 1505 which means "nothing new without the common consent."

In this sense the proposal boils down to: "do not create laws and legislation that affect us without involving us" and shows us that, foundationally,

Continued on page 7

# Letters

## DISAPPOINTED

We are writing to express our deep disappointment and concern regarding the hateful ad from the PPC that the *Voice* permitted to be published in the June 8th edition. This ad contains dangerous misinformation and uses inflammatory language like "mutilation" when referring to gender-affirming care and "predators" when referring to people in schools who are simply supporting 2SLGBTQIANB+ students. This has a very real impact on the wellbeing

and safety of the Rainbow community.

Gender-affirming healthcare is life-saving care with some of the lowest regret rates (0.3%). In comparison, knee replacement surgery has dissatisfaction rates of anywhere from 6-30%. A 2022 Lancet study done in the Netherlands found that 98% of trans youth who went through gender-affirming healthcare continue their treatment into adulthood. For younger children, transitioning can simply mean a haircut, different clothes, or a different name.

There are systems in-place for anyone who is interested in accessing gender-affirming care in Canada to ensure that they are making the best choice for themselves. To say that children are being "mutilated" is disrespectful of not only trans people and their families but also the doctors who are providing well researched and well respected medical procedures.

Conversion therapy was banned in Canada and in an increasing num-

Continued on page 7

*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.*

## GET IN TOUCH WITH US

**GENERAL INQUIRIES:**  
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**Advertising Deadline: Monday at 4 p.m.**

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View the Voice online at [www.winklormordenvoice.ca](http://www.winklormordenvoice.ca) or [altonavoice.ca](http://altonavoice.ca)



> LETTERS, FROM PG. 6

ber of other countries around the world because of how harmful it is. To repeal the ban would go against more than 50 professional associations including the Canadian Association of Social Workers and Canadian Psychiatric Association, as well as the United Nations, World Health Organization, the International Rehabilitation Council for Torture Victims, and Amnesty International.

**The Board of Pembina Valley Pride**

**SCHOOLS MUST BE SAFE AND INCLUSIVE**

During election season, it can happen that the education system—including schools and school workers—comes under attack for what, and how, students are taught. Although Manitoba's schools are provincially legislated and locally run by school boards, the current federal by-election is bringing attention to our local schools.

Garden Valley Teachers' Association is committed to speaking on behalf of members who are abiding by the Manitoba Human Rights Code and the Canadian Human Rights Act by working to prevent discrimination, harassment, and stereotyping in our schools. One of our goals is to "address broad societal issues that

promote social justice, cooperation and understanding" (<https://www.mbteach.org/mtscms/2016/05/06/who-we-are/>).

Our members' first professional responsibility is to our students. School must be a safe and inclusive space for students to learn. Education is a right to which students must have access. Manitoba Education acknowledges that students have the right to the removal of "barriers considered to impede equal access to educational programming and services", especially those who have "historically experienced social, political and economic disadvantage" ([https://www.edu.gov.mb.ca/k12/specedu/aep/human\\_rights.html](https://www.edu.gov.mb.ca/k12/specedu/aep/human_rights.html)). It is unreasonable that a negative light is now being cast upon educators for addressing these historic inequalities.

Manitoba Education's Framework for Learning's Vision is that "All Manitoba learners succeed, no matter where they live, their background, or their individual circumstances." Their "Guiding Principle: Equity" would have teachers "ensure that every Manitoban is valued and authentically represented in an equitable, socially just, anti-oppressive education system and, accordingly, a democratic society" ([https://www.edu.gov.mb.ca/k12/cur/framework/docs/frameworkforlear12ning\\_eng.pdf](https://www.edu.gov.mb.ca/k12/cur/framework/docs/frameworkforlear12ning_eng.pdf)).

It is within this context and frame-

work that our teachers perform their work. We encourage eligible voters to vote, and to seek out candidates that support this work within public schools. Public schools fall under the jurisdiction of local school boards and provincial legislation; be mindful of those who are looking to weaponize this work as a federal issue.

**Joel Swaan, president, Garden Valley Teachers' Association**

**THANK YOU**

I just read the column "Who do we want to be?" in the Voice today [Peter

Cantelon, June 15, Pg. 9].

Thank you for being so open about sensitive issues for so many people. I grew up in Balmoral, which is a small hamlet. It wasn't until I went to university where I encountered many wonderful people from all over.

We're all the same in more ways than some can see. More people need to see the whole picture rather than one issue to fester on.

Goodness, empathy, compassion and understanding are so important rather than undermining someone before you really know them.

**Joan Holliston, Morden**

**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. We do not print anonymous letters.

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

> CANTELON, FROM PG. 6

the idea is one that is rooted in democracy or democratic ideals.

It is possible to trace this thread back even to the Magna Carta (Great Charter) of 1215 England which limited the ability of British monarchs to abuse their authority. Frankly, as long as there have been people with differing levels of power this idea has existed.

I think the ideal is embedded in us. Even as children we would have moments where we would feel outraged that limits or ideas were imposed on us without our involvement—like when mum bought me a powder blue, polyester suit for school picture day. Had I been involved in that decision which so in-

timately impacted me, I might have chosen something different.

Honestly, any parent who has attempted to purchase their children clothing after they have reached a certain age is painfully aware of this concept (as are the kids).

Ultimately the concept is about recognizing the dignity inherent in all people. We do not (should not) get to make decisions about or discuss issues about others without their involvement and consent.

It's a good rule to try and live by because it requires us to be humble; it requires us to be interactive and relational. Ultimately, these are fantastic building blocks for healthy community.



**Public Notice**

**You're Invited**

**to share your views about the rate application filed by Manitoba Public Insurance**

The Manitoba Public Insurance Corporation (MPI) has filed the 2024 General Rate Application before the Public Utilities Board (Board) for approval of Basic Autopac vehicle insurance rates and premiums effective on April 1, 2024 through March 31, 2025.

For further details, please contact MPI at [inquiries@mpi.mb.ca](mailto:inquiries@mpi.mb.ca) or visit the Board's website at [www.pubmanitoba.ca](http://www.pubmanitoba.ca).

If you are interested in learning more about this rate application, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's online comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christle at 204-945-2638 or toll free 1-866-854-3698, no later than **October 1, 2023**.

For more information, visit [www.pubmanitoba.ca](http://www.pubmanitoba.ca).

**Manitoba Public Utilities Board**  
400-330 Portage Avenue,  
Winnipeg, Manitoba R3C 0C4  
Phone: 204-945-2638  
Email: [publicutilities@gov.mb.ca](mailto:publicutilities@gov.mb.ca)

A public hearing on the proposed rate application will be held beginning:

**Tuesday, October 10, 2023 at 9 a.m.**

Please view the hearing via the PUB website link.

The **Voice**

What's *Your* story? Call 204-325-6888

# Literacy learners celebrated at Regional Connections grad

By Ashleigh Viveiros

Regional Connections literacy students stepped into the spotlight last week at the agency's first graduation ceremony in four years.

Students come to the program from all backgrounds, ages, and cultures. Some are newcomers to Canada, while others have lived here most of their lives. All made the decision to attend classes in Altona, Morden, or Winkler to upgrade their English reading and writing skills.

"We are here to celebrate literacy learners," said instructor Jaime Friesen-Pankratz, noting that while every single one of us is honing our literacy skills every day of our lives, these students have been very intentional in their efforts to improve themselves. "Another way to refer to these classes could be upgrading classes. Many of our students' goals are to get a high school diploma."

Students who complete all three levels of training successfully receive a high school credit.

In the 2022-2023 program year, Regional Connections worked with 94 students across all three levels of the program.

Students work at their own pace, attending day or evening classes a few times a week as their schedules allow.

"The great thing about literacy classes is that we tend to become somewhat of a family," Friesen-Pankratz shared. "It's a wonderful feeling to be in class together and learning together."

Last week's ceremony celebrated the achievements of Tina Neufeld and Lisa Giesbrecht, who both received their Stage 1 certificates, and Margaret (Maggie) Ber-

gen and Sahra Salim, who earned their Stage 3 certificates to graduate from the program.

"I would like to encourage all new students to keep going and not to give up," Salim said, calling the literacy classes, which she has been a part of for the past few years, a life-changing experience. "You will grow as a person."

Bergen first began taking classes at Regional Connections a decade ago, but had to stop when her family life got too busy to continue attending regularly.

She returned briefly in 2020 and then more regularly again in 2021, intent on finishing what she'd started.

Her first stint with the program had "sparked a longing in me for learning," Bergen said. "And I promised myself if I ever got the opportunity to go again, then I would."

It's been a long journey, and one with lots of ups and downs, but the end result was worth it.

"The class was not only a great place to learn English, but also a safe place to share, learn, and learn valuable life lessons and to make lifelong friendships," Bergen said, thanking the program's dedicated teachers and her classmates for

"making my time at Regional Connections one of the best experiences in my life."

Last week's gathering also featured ongoing students demonstrating their growing confidence in their reading skills with short presentations.

"We had a wonderful school year. We have a very good teacher with lots of patience—extra patience," said Nela Penner, who attends classes in Winkler. "She



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Literacy teacher Yolanda Friesen (left) presents Tina Neufeld with her Stage 1 certificate. Neufeld is one of 94 adult students in Regional Connections' literacy program.

teaches us what we need to know."

Altona class member Margaret Janzen shared that continuing her education has long been a dream, and the literacy program is helping make that a reality.

"[It's] a door towards my future," she said. "I have always ... dreamed of one day going to college. However, when I was a child the option was not available for me."

Janzen left school as a pre-teen to help support her family. When she moved to Canada in 2018 and learned about the literacy program, she knew it was something she wanted to pursue.

"I knew it was a chance to start a new chapter in my life," Janzen said. She had to step away from classes for a time during the pandemic, but has been back at it over the past year. "I'm working on my dream goals of getting my Gr. 12 [diploma]. I can see that I'm moving towards that goal."

With the help of a good teacher and a commitment to studying, Bergen stressed that "you can accomplish anything you set your mind to."

**"YOU CAN ACCOMPLISH ANYTHING YOU SET YOUR MIND TO."**



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Above: Program graduate Sahra Salim (far right) shared that her involvement in the literacy program was a life-changing experience. Right: Student Margaret Janzen sees the program as a "door towards my future."



**News or sports tip? E-mail [news@winklermordenvoice.ca](mailto:news@winklermordenvoice.ca) or call 204-325-6888**





# Steps for Pets raises \$14K for PVHS

By Lorne Stelmach

The Steps for Pets walkathon in support of the Pembina Valley Humane Society Saturday in Morden Park was one of the best ones yet since the event's inception.

It set a new participation record with 62 walkers, and came close in terms of fundraising as well, with around \$14,000 in donations (compared to the record of \$16,000 last year).

"We had a goal of \$15,000. We did come up just a little bit short at about \$14,000, but we were still encouraging people to donate over the next couple of days," noted Holly Thorne, PVHS

public relations chair. "The turnout was absolutely fantastic in terms of registrations this year. We have broken records, and that was amazing."

Steps for Pets is one of the humane society's main annual fundraising events. The funds help the regional animal shelter provide veterinary care for its animals, ensuring they are all spayed or neutered, vaccinated, and tattooed before finding them new homes.

In addition to the walk, participants were able to check out a variety of vendor displays and enjoy an agility demonstration by Extreme Dogs.



After the walk, participants got to enjoy an agility demonstration by Extreme Dogs.



PHOTOS BY LORNE STELMACH/VOICE

A record-breaking 62 participants took part in the Pembina Valley Humane Society's Steps for Pets walkathon on Saturday, raising \$14,000.

"This is always one of our biggest events of the year, and the fact that we have more people wanting to take part ... we even had considerably

more vendors ... it shows us that the community is willing to support what we do and care about what we are doing here," noted Thorne.

# Bunge, Viterra to merge

By Voice staff

Bunge Ltd. and Viterra Ltd. are teaming up.

The two companies announced last week that they will be merging to create an "innovative global agribusiness company well positioned to meet the demands of increasingly complex markets and better serve farmers and end-customers."

The agreement, which was unanimously approved by both boards of directors, will see Viterra shareholders receive approximately 65.6 million shares of Bunge stock (valued at around \$6.2 billion U.S.) and approximately \$2.0 billion in cash.

Bunge will assume \$9.8 billion of Viterra debt.

Viterra shareholders will own 30 per cent of the combined company when the transaction is complete, and about 33 per cent after the completion of a \$2 billion repurchase plan by Bunge slated to take no more than 18 months.

"The combination of Bunge and Viterra significantly accelerates Bunge's strategy, building on our fundamen-

tal purpose to connect farmers to consumers to deliver essential food, feed and fuel to the world," Bunge CEO Greg Heckman said in a statement. "Our highly complementary asset footprints will create a network that connects the world's largest production regions to areas of fastest growing consumption, enhancing the geographical balance and adaptability of our global value chains and benefiting farmers and end-customers."

"In combining our highly complementary origination, processing and distribution networks, we are better positioned to meet the increasing demand for the food, feed and fuel products we offer," echoed Viterra CEO David Mattiske.

"Together, we will play a leading role in the future of the agriculture industry, developing fully traceable, sustainable supply chains and moving towards carbon-neutral operations, while creating a strong growth platform for our combined business."

The merger is expected to close in mid-2024.





## Construction Begins on Boundary Trails Health Centre Expansion

A partnership between the Regional Health Authority (Southern Health-Santé Sud) and BTHC Foundation will expand BTHC to meet our community's health and wellness needs, from birth to end-of-life. This expansion plan was developed by our community, with input from patients and residents. The \$100 million expansion will add significantly to the diagnostic services, treatments and healthcare you will be able to access close to home.

Last fall, the BTHC Foundation launched its "Future is Now" Capital Campaign with a \$10 million fundraising goal to support bringing exceptional care to the community. This month, the campaign reached a tremendous milestone with construction starting at the expansion site. Now with actual shovels in the ground, the Foundation Board of Directors is excited to confirm that they have received pledges and donations totaling over \$8 million towards the Capital Campaign. The Board would like to thank those municipalities, businesses and individuals who have already committed to the Campaign. We live in a generous community and your extraordinary support, on top of your continuous contributions to the Foundation's annual commitments, is nothing short of incredible.

"The expansion of acute care inpatient beds and the addition of the new community services building at BTHC will ensure that we continue to meet the long-term needs of the residents of Morden, Winkler and surrounding communities," says Jane Curtis, CEO, Southern Health-Santé Sud. "It is thanks to the tremendous efforts of the Boundary Trails Health Centre Foundation and the community for their generous contributions toward these projects. None of this would be possible if it weren't for the outstanding support of this community." Foundation Board Chair, Ben Friesen, agrees. "I would like to personally thank those that have got the campaign to this level, we are so appreciative of the support the expansion project has received. Everyone that has donated or pledged, it's just fantastic to see the enthusiasm and excitement."



A level-2 infant nursery will be built as part of the expansion, reducing the need for families to travel to Winnipeg or Brandon to receive specialized care. The nursery area will also include a family lounge and spaces where parents who need to stay for extended periods can sleep and shower.

With the campaign nearing its \$10 million target, the Board now invites the community at large to get involved. "We want everyone to feel like they have had the opportunity to be a part of this, to help shape and enhance healthcare in their community for years to come," Friesen adds. While meeting with each of the 220,000 people that rely on BTHC for care is impossible, the Board welcomes your questions and discussion about the expansion project. Watch your mailboxes for your campaign invitation and if you would like to discuss how you can more meaningfully participate in our expansion fundraising efforts, please give the Foundation office a call at 204-331-8808 ext. 2. You can also visit [bthcexpansion.ca](http://bthcexpansion.ca) for a closer look at the services and programs that will be available once the expansion is complete. The future of healthcare at Boundary Trails Health Centre has never been brighter. Thank you for your continued support.



Aerial view of the current hospital with expanded facilities, including an additional 24 inpatient beds.

Scan to Give Securely Online



Contact the Foundation office to discuss multi-year pledges or securities donations  
204-331-8808 ext.2  
[office@bthcfoundation.com](mailto:office@bthcfoundation.com)

### What You'll See in the Expanded Boundary Trails Health Centre

- A new, state-of-the-art operating room
- An expanded Emergency Department
- The Cancer Care unit doubled in size
- Twenty-four additional inpatient beds
- A level-2 nursery for premature newborns
- Dedicated space and increased capacity for palliative care services
- An echocardiography suite where over 1,600 scans can be done every year
- An expanded ambulatory care clinic
- A new and advanced hospital pharmacy
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Boundary Trails Health Centre Foundation is a registered charity #86473 4991 RR0001



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# Newcomer kids learn how to stay safe in the water

By Lori Penner

Once again, Regional Connections and the Altona Recreation Department are helping newcomer children have a fun and safe summer by providing them with swimming lessons.

Settlement Worker in Schools (SWIS) staffer Val Klassen's task is to ensure that newcomer families not only integrate into the community but also the schools.

"That includes the ability to be involved in local recreation programs and enjoy the facilities," she says. "Once a child becomes involved with local activities, they feel a sense of belonging and inclusion.

"But when it comes to programming, one of the things we've found is that newcomers may not have as much language in understanding information, so when they're part of a big group, they may get lost in it," Klassen says. "These swimming lesson groups are smaller so there's more one-on-one time between the instructor and the student, so they can tell whether the concepts are being understood.

"The other thing is for other newcomers, they may never have had the opportunity to get swimming lessons or learn how to be safe in the water ... once they've had lessons like this, and once they're progressing, we find

they can integrate into regular swimming lessons."

Twenty kids from Gr. 3-9 were involved in this year's two-week introduction to swimming session.

"Mostly it's learning to be safe in the water," says Klassen. "The statistics are out there that there have been accidents with newcomers who haven't been trained in water safety. We want to do everything we can to make sure kids are not only confident in the water, but also follow safe guidelines when they're there."

Now in its second year, the Swimming for Newcomers program costs just over \$2,000. This year's session was funded by Sport Manitoba, with an additional \$1,200 grant from the Curtis Klassen Memorial Fund.

"It's going really well," Klassen says. "When you see a young lady who has never had any experience in water in her life very nervously get into the water, and now this week she's in the water and she's got a big smile on her face, it's so amazing."

Swimming instructor Kaija Hepner-Mueller says it's been really great teaching the kids how to swim.

"It's nice to have the pool to ourselves. They've improved a lot. Some have never swum at all, and a few of them have had some training. The challenge is overcoming their fears and catering to all the different skill



PHOTO BY LORI PENNER/VOICE

Altona recreation manager and Curtis Klassen Memorial Fund committee member Eric Hildebrand presents a cheque for \$1,200 on behalf of the fund to settlement workers Val Klassen (centre) and Dongsoon Kim to cover part of the costs of swimming lessons for newcomer children this summer.

levels in the group.

"It's so cool that the town is providing this. Having basic swimming knowledge is so important for anyone. And when you develop those skills as a kid, you can use them for the rest of your life."

Thirteen-year-old Hiba has never had any experience in the water but was game to give it a go.

"It was hard at first, but now it's easy," she says with a grin. "I'm so excited and I'm learning fast. I can swim on my back now, and float, and I can jump into deep water with a life jacket. I was so scared at first, but now it's fun. I think I will take more lessons."

Eleven-year-old Aisha agrees.

"It's so fun. I didn't swim at all before, but now I can float and swim with my arms. I can go down the slide by myself. I'm so glad to have this chance and my parents are happy too."

Klassen says to see the kids having fun and knowing they have learned some safety skills gives her peace of mind.

"We want them to play at the pool with their friends this summer and have fun with their families. But knowing they'll be safe makes us feel better, too."

## • SUSTAINABLE LIVING

# The call of the prairie ditch

By Lori Franz,  
Altona Community Action Network

The monarch butterfly season begins sometime in June, as a generation of monarch arrive in Manitoba from the southern states.

They have flown 3,000 km and arrive here with tattered wings from the rigors of flying 50 kilometers a day. They quickly get to work by laying tiny white eggs on the leaves of milkweed, the only food source a monarch caterpillar will eat.

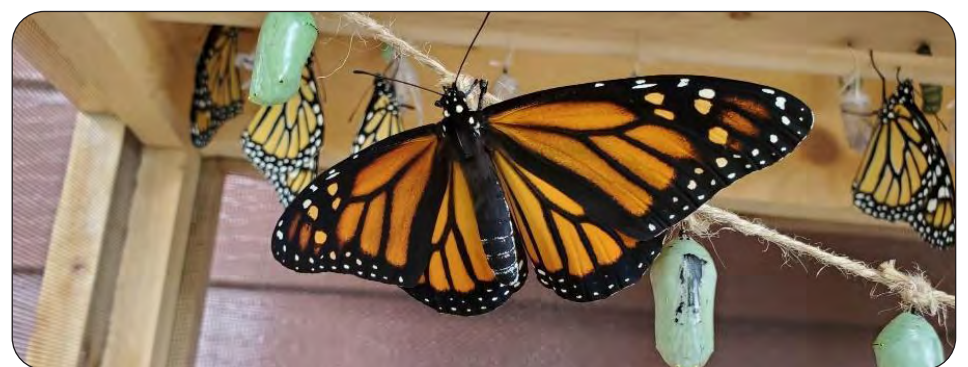
At this time I venture out into the prairie ditches of Manitoba, testing my back and hamstring flexibility by pouring over milkweed to find the tiniest treasures. Hope in the form of a tiny monarch egg. I can feel my excitement as I find more eggs, one, two, and before I know it, 30 eggs

in my care and many, many more to find. I wait. Three days, four, five, and the tiniest creatures emerge from the shell with one goal in mind. Grow.

Over the next days these minuscule beings, will grow by 2,000 per cent. Shedding their skin five times and eating so much milkweed leaving me with serious janitorial duties to keep their home clean.

Everyday they need food, so I wander back to the prairie ditch, spotting more eggs, or wild born caterpillars, but I also notice other creatures I haven't seen before. More habitat for the nearly endangered monarch, pollinator and nectar plants, and, without a doubt, varieties of milkweed for my monarch friends.

I know a major change is coming when the biggest fattest caterpillars begin to wander. Higher they go to



the top of the enclosure, spin a sturdy silk pad and hang themselves into a J. Within 24 hours the caterpillar will be gone, and instead a gold rimmed, turquoise green chrysalis emerges. This miracle of nature, up close, and visible, connecting me to wonders I could and did not observe before.

The greatest transformation is yet to come. Within those chrysalis walls the butterfly forms. A thorax, an abdomen, a beating heart, proboscis, legs, wings.

Time passes and suddenly the chrysalis grows dark, with splashes of orange wings shining through the now clear final skin. The chrysalis cracks

and out the monarch emerges, pumping fluid into the wings to enlarge and dry them.

Three hours of rest and after nearly a month in my care, a butterfly is ready to go. She climbs on my finger, and with a few test flaps of the wings, she is gone. And off I wander, hearing the call of the prairie ditch to do it all over again.

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# Local tradesmen receive top honours at Skills Canada

By Lori Penner

Two former Altona students brought home the hardware from the Skills Canada National Competition (SCNC) in Winnipeg last month.

The event is the only national, multi-trade and technology competition for students and apprentices in the country.

This year over 500 students and apprentices competed for the title of national champion in 45 skill areas.

Approximately 250 medals were awarded to the top competitors in six skilled trade and technology sectors, including transportation, construction, manufacturing and engineering, information technology, services, and employment. The competitors were evaluated based on strict industry standards.

Provincial gold champions Luke Friesen and Derrick Penner represented Manitoba at the event.

Friesen won bronze in the Post-Sec-

ondary Outdoor Recreation Equipment Repair category. He was encouraged to compete by Red River College marine and power sports instructor Eric Wood.

"I'm so glad I did it. The nationals was an incredible event. It blew me away how much was going on."

The challenge focused on six different tasks, each requiring precise measurements and machining, along with diagnosis and compression tests, each to be completed in 90 minutes.

"The goal was to be as accurate as possible at each task for the highest points."

When he was named the third highest in Canada, Friesen says he was blown away.

"The competition was so steep. I was up against seven competitors, and I was incredibly nervous at the start. There are lots of people watching you and judging you. But after a few hours, I started to have fun and



SUPPLIED PHOTO

Derrick Penner (above) and Luke Friesen (right) won medals at the Skills Canada competition this spring.

just enjoyed it. I'd done all these things before, but never in such a small amount of time."

As he completed his tasks, Friesen marveled at



PHOTO BY LORI PENNER/VOICE

Continued on page 23

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# Friesens yearbooks preserve your memories

There's nothing like the excitement of looking at your school yearbook for the first time. It's filled with all the moments and events that made the year so special.

Yearbooks are a timeless archive of the memories you've shared with friends, fellow students, teachers, and colleagues. They also promote school pride and reflect a once-in-a-lifetime experience that you'll cherish forever.

Friesens Corporation takes great pride in creating these special books that represent generations of academic journeys. Their employee-owners believe that yearbooks are more than just ink on paper—they are a legacy that lasts a lifetime.

"Our vision is to help our customers not only preserve their memories but improve their school culture and celebrate their achievements by sharing their stories through yearbooks," says Cameron Fay, Senior Vice President of Friesens Yearbook Division.

"These books often become part of a school's record keeping. When did that reno get done? When did we change our name? How did we get through a pandemic when the schools were closed? A yearbook is often the only place you can go back to and find out about this stuff. So, not only is it about the personal memories, but it becomes a historical record, as well."

Friesens began printing yearbooks in the early 1950s.

"At that time, it was basically just the names and photos of students and staff," Fay says. "It was more of a directory style, saying 'I was here, and I was in this graduation class.'"

With time, yearbooks became more elaborate, and began to include write-ups and candid images of events. The design changed as people began to realize the nostalgic value of what they were producing.

Friesens yearbooks also grew their customer base and their reach, branching from local to regional, and eventually serving schools in across Western Canada in the 1970s and in the United States in the '90s.

Today they serve nearly 1,000

schools across North America, including high schools, private schools, Christian academies, and post-secondary institutions.

The production process has evolved as well. Early books went from setting type to camera-ready pages, with photos and type pasted to gridded pages.

"Schools used to do most of the work themselves. We'd come and help, and they'd send us everything when it was ready for press. Now, everything is digitally designed and submitted using our online design tool or InDesign, in a PDF workflow," Fay says. "So the design process is simpler now, from our side. But compiling and collecting all those photos and memories still takes a lot of time and effort from the school's side."

The process begins with online design. Friesens provides web tools and template backgrounds, as the schools gather photos, create content, and develop their layout.

Training and advice are provided by yearbook consultants all along the way. Friesens Yearbook Division includes about 50 staff, from sales and marketing staff out in the field to their service and pre-press department working directly with the schools to create a product they can be proud of.

The whole yearbook process takes 8-10 months. After the completed digital pages are finalized and approved, they are printed, bound, and the finished books are shipped back to the school within 6-8 weeks.

"The most unpredictable part of the process is the school, and every year is different," Fay says. "Every new group of students has their own dynamic, ambition, and work ethic. Our consultants work with the schools to help them streamline the process so we're all on the same page."

Friesens also provides schools with sales assistance to help them promote and sell their yearbooks.

"A big part of our job is to sell the value of these books on teenagers, telling them it will become one of the few things that will increase in val-



Friesens Corporation's Yearbook Division has a hand in the creation of nearly 1,000 yearbooks from across North America each year, helping students build a timeless archive of their high school experiences.

ue as the years progress," Fay says. "When you turn 50, you're not going to care about those new shoes you bought when you were 17. But that yearbook will become a time capsule that can take you back to some of the best times of your life. Whether it was the great trip you took or that celebration of an achievement. It's the teams that won the championship, it's the awards they won, the bands that did well, or that drama production that

was so fantastic. That book is a celebration that you can enjoy forever."

Fay says they are often approached by individuals or reunion committees hunting for a yearbook from a certain year, to help them recall those people and those memories.

"These books become more cherished as time goes on. And it's a joy to know we helped create them."

*Paid advertorial*



# Retiring Altona teacher receives historic award

By Lori Penner

A Border Land School Division teacher is the first to receive a prestigious honour through the Manitoba Teachers' Society (MTS).

Altona teacher Peter Wohlge-mut is the recipient of the 1922 Award for service to the teaching profession. The award recognizes their leadership, commitment, and fortitude in service of union values and priorities to achieve positive and sustained change for current and future union members.

The award commemorates what happened to a group of teachers from Brandon back in 1922 when they were ordered to take a 25 per cent pay cut or get fired. All 87 teachers took a stand and lost their jobs.

Those events over a century ago were a powerful force towards establishing collective bargaining for all teachers in Canada.

"It's a big event in the history of the union group," says Wohlge-mut, who

has taught Grade 5 at École West Park School for years. "To have that many people standing together and all the support that came forward. It's a big deal."

To be associated with those individuals who acted with such bravery and solidarity is humbling, Wohlge-mut adds.

"I was nominated, but involved with MTS, so I know how many people are involved with that organization. There are lots of other worthy people. I was pleasantly shocked to be the first recipient of an award like this. It's a huge honour."

Wohlge-mut has been involved with the local teacher's association from the start of their career and has served in various chair positions. They have also served as president a number of times, and on provincial executives and committees, and spoken at legislative hearings on legislation that affected teachers.

They have advocated for diverse identities in school, as well as ex-



PHOTO BY LORI PENNER/VOICE

On the eve of his retirement after teaching for 31 years, Altona educator Peter Wohlge-mut received a historic award from the Manitoba Teachers' Society.

panded libraries to include relevant material to the Philippine and People of Color communities.

Through it all, Wohlge-mut says the teachers' union has always been there for support.

"There are those who may be critical of unions, but the teachers' union is really about teachers supporting teachers. The education and the support during issues is huge. It's not perfect, there will always be challenges. My outlook is that unions such as MTS play an important role in advancing everyone's rights. It's about people coming together to address issues that otherwise wouldn't get addressed.

"During changes, it's good to know there's continuity and a direct connection with the people who are doing the work. Our executive are all teachers and understand the issues and challenges teachers face."

Retiring from teaching this summer after a 31-year career, Wohlge-mut says you don't realize how much you've accomplished until you look back.

"It ends up being quite a list. When you're in the middle of it, you don't really notice. You're just living your life and doing what needs doing. But when you get to the end of your ca-

reer, you realize how much you've actually done."

The highlight of their long career is the relationships that were formed with the students.

"When you see that connection and you know they're learning, it's just incredible. I'm thinking of a student who came to the community just last summer. Watching them learn a new language and culture and watching them blossom was amazing."

Knowing they've given students something to ponder has made all the hard work worth it.

"Acknowledging the whole child, seeing the effort, and recognizing their challenges. I would certainly like to see more overt, blatant inclusion, particularly of queer identities, I think that's been getting better in terms of diversity. Even religious diversity has become more respected than it used to be."

Going forward, Wohlge-mut plans to continue working with Pembina Valley Pride and The Community Exchange in Altona.

"I will certainly miss working with the students," Wohlge-mut said. "I can definitely see myself substitute teaching down the road."



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# getinformed

## Manitoba's Passion Play returns for its 23rd season

By Ashleigh Viveiros

Volunteers from across southern Manitoba gather in La Riviere next month to bring the story of Jesus Christ to life.

Manitoba's Passion Play takes the stage for its 23rd season July 7-9 and July 13-15.

The play depicts the life, passion, death, and resurrection of Jesus at the Oak Valley Productions outdoor stage.

It's put on by a cast and crew hailing from a variety of Christian denominations and communities, many of whom have been involved for years.

"We have some people that have been in the play from the beginning," says director Belita Jorge Sanders, who herself has been a part of the production since the very first show. "It's more than just an acting experience for everyone who's involved."

The Passion Play has become an annual tradition for many families, while also drawing plenty of first-timers every year. Sanders estimates over 45,000 people have taken in the performance over the past two decades.

"I think that the story is very appealing, the story of Jesus, and seeing it unfold in such a beautiful setting," she says. "It draws people to come, and come again."

The intimate stage setting makes you feel like you're really there, a part of the story, Sanders says.

"You're very close to the stage ... so you really feel like you're wrapped into the story," she says. "It's a really lovely experience of just being outside and being able to take in the story that just comes to life right in front of you."

It's a huge effort to put on the Passion Play every year, but the dedication and excitement of the volunteers



SUPPLIED PHOTO

Manitoba's Passion Play brings the story of Jesus Christ to life for two weekends next month at an outdoor stage near La Riviere.

is what makes it happen.

"It's become a real explosion of generosity and people putting their effort together to get the story of the passion of our Lord into something tangible and fruitful that we can see," Sanders says, adding it's an undertaking that has become "close to a lot of people's hearts."

Shows run nightly at 6:30 p.m. July

7-9 and at 7:30 p.m. July 13-15 at the outdoor stage just east of La Riviere.

Concessions are available at the site. There is also a meditation trail to explore that leads visitors to 14 stations where they can pause and reflect on the Passion of Christ.

Directions and ticket information is available online at [passionplay.ca](http://passionplay.ca).

## Local riders to tackle Cycle, Spirit of Hope

By Lorne Stelmach

A group of local cyclists have been covering a lot of kilometres recently in training for upcoming rides in support of Habitat for Humanity.

Debra Fehr, Nettie Reimer, and Nancy Bezan are training to take part in

the Cycle of Hope ride in Ontario next month, while Yvonne Stoesz is preparing for the Spirit of Hope ride taking place in Manitoba in late August.

The Cycle of Hope riders will spend 12 days biking 782 kilometres from Little Current, ON to Niagara Falls.

For the Spirit of Hope, Stoesz will spend five days biking along the shores of Lake Winnipeg.

It's a lot of time in the saddle, but these four riders are keen to hit the

Continued on page 23



PHOTO BY LORNE STELMACH/VOICE

Yvonne Stoesz, Debra Fehr, Nettie Reimer, and Nancy Bezan are embarking on multi-day cycling marathons this summer in support of Habitat for Humanity.

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# DJ's celebrates 50 years in business

By Ashleigh Viveiros

DJ's Family Restaurant in Winkler celebrated a milestone anniversary in the perfect way last Friday: with owners Lyle and Helen Neufeld and their daughter Regan slicing up a trio of pizzas for invited guests to enjoy.

The pizza cutting came after a short ceremony to mark 50 years of good eats and fond memories.

"It's a milestone for us," noted Lyle, adding that the business's longevity is thanks to the hard work and support of an awful lot of people over the years—owners, staff, and customers alike.

DJ's got its start in 1973 when brothers John and Jake Dueck purchased an existing eatery on land that at the time was just outside of Winkler. The name DJ's comes from the Low German "Duecka Junges" (Dueck Brothers).

In 1979, Jake Dueck sold DJ's to the Warkentins, brothers Wayne and Kal, who ran it until 2017.

"Wayne became the face of DJ's for 38 years," Lyle said, noting, however, that Helen actually predates him—she started working there in 1975. "She was here when Wayne took over and probably trained him."

In 2003 the Neufelds bought into the business as partial owners. They became full owners six years ago.

Reflecting on the past, Helen notes the restaurant hasn't changed all that



PHOTO BY ASHLEIGH VIVEIROS/VOICE  
Regan, Helen, and Lyle Neufeld sliced up a trio of pizzas to mark DJ's Family Restaurant's 50th anniversary last week.

much over the years.

"A lot of things are the same, menu-wise," she said. "Training, that's different. We're much more efficient than we used to be."

"Other than that, we've wanted to maintain that family-friendly atmosphere that we've always had. That's never changed."

The last few years have been challenging ones, Lyle noted, but thanks to a strong team of staff and supportive customers, the restaurant has pulled through.

"We could not do this without the

help of a strong customer base ...we appreciate them and we thank them for their help," he said. "And we could not have done this without our staff ... I think we have the best staff in southern Manitoba and I wouldn't trade them for anything."

DJ's has built itself into a Winkler tradition for countless families, reflected Mayor Henry Siemens in his remarks.

"I can't even begin to count the number of DJ's pizzas I've had over the years, and am looking forward to many more," he said, noting how rare

it is for a restaurant to survive and thrive for generations. "It's fantastic that this tradition continues."

"When we consider what a restaurant means to a community—it helps to identify our community," Siemens added. "We identify with places that are special to us, and DJ's is very special to us as a community, as a region."

Hearing the role the restaurant has played in many people's lives, being the site of countless family celebrations big and small, is humbling, Helen said.

"It's generational. So when you talk with people you hear all these different stories, memories."

"We have people who had their first date here, and then they're married and now they're bringing their kids, their grandkids here," added Lyle.

The restaurant's legendary pizza has also proven to have quite a reach, as Winklerites seek to bring a few slices of home with them wherever they may find themselves.

"It's been everywhere—Arizona, Texas, all across Canada," Helen said.

The pair plan to have many more years behind the counter together.

"I'm still enjoying coming to work every day," Lyle said. "It's been a challenge saying we're going to come do this as a family, there's a lot of stress, but I think we feed off each other, we work well together ... it's a team effort."

## Darlingford Memorial Service is Sun., July 2

By Voice staff

A century-old community tradition is back for another year this Canada Day long weekend.

Darlingford hosts its 102nd annual memorial service at the Darlingford Memorial Park on Sunday, July 2 at 11 a.m.

The service, which began in 1921 when the park officially opened, is honours local residents who gave their lives in service to their country. The memorial building houses two marble plaques listing the name of all

the men who served and died in the First and Second World Wars.

As always, the ceremony will include the participation of local children who place flowers on two crosses in memory of those soldiers who never made it home.

The guest speaker this year is Morden's Ken Wiebe, who served in the Royal Canadian Navy from 1967-1996 across Canada as well as in Germany and Egypt. His presentation is entitled "Courage and Commitment."

Following the service, lunch will be



FILE PHOTO

available by donation at the Darlingford Community Hall. Proceeds go to the Darlingford United Church.

Donations are also welcome to the Darlingford Memorial Park Commit-

tee. This group of volunteers oversees the upkeep of the park.

In case of rain, the service will take place at the United Church.

News or sports tip? E-mail [news@winklermordenvoice.ca](mailto:news@winklermordenvoice.ca) or call 204-325-6888



# getinformed



## Firefighter hopefuls put to the test

By Lorne Stelmach

Eleven candidates were put to the test Saturday in their quests to become Morden firefighters.

The physical testing at the fire hall was the first step in the latest recruitment process for Morden Fire and Rescue.

"We need to keep up with our numbers," said Chief Andy Thiessen, who explained they have had a few members recently who moved away or retired. "We're looking to get six more to replace those six, and we've got 11 who showed up."

"The people who were here are prepared to give up some of their time and energy for the community, and it's good to see."

The candidates being put through their paces Saturday ranged in age from their late 20s to one in his 50s.

Marcelo Cavalheiro had personal experiences that played a part in motivating him to give it a go.

"When I was back in Brazil, firefighters helped my life two times in two different accidents ... from that moment, I felt it's my turn now to give back for the help and maybe help other lives just how they did with me," he explained.

"So it's something that my soul wants, and I will do my best," said Cavalheiro, who was the oldest candidate in the group. "I'm not young anymore. It's been hard ... but so far it's a feel-

ing of accomplishment ... I'm tired, but I'm feeling good.

"I'm so glad to be here in Morden and even more happy to have this opportunity to try to be part of this," he said. "It's definitely not easy, but with a little bit of faith and lots of will, I hope I will be able to pass and be able to give my contribution to the community."

"I've always actually been kind of interested, and I'm a paramedic in the community as well, so it kind of goes hand in hand a little bit as well. It's an extra opportunity to help out the community," said Taylor Rankin, who was the lone female candidate. "Being a paramedic, I work with these guys fairly closely, so I know a bit about their world, but I would like to get a little more into it."

"It's really cool. It's a workout, definitely feeling it," she said, as she paused while being about halfway through the testing. "I hope to finish strong."

"It's difficult. It's definitely not for everybody, but it's rewarding," said Rankin, who was encouraged to give it a try by a fellow paramedic who is also a firefighter. "I like to push myself ... it's been a workout, but it's been a really fun day."

Thiessen noted the physical testing this past weekend was the first step in a long process.

"We then go through an interview process and some background checks ... as a department, we go through all the applicants and see who's

PHOTOS BY LORNE STELMACH/VOICE

Eleven Morden firefighter hopefuls were put through their paces last weekend, including Marcelo Cavalheiro (far left) and Taylor Rankin (above).

the best of the best, and we make our choices.

"A big thing for us is their ability to respond during the day. If they work in town, and their employers are allowing them to leave during the day, that's a huge thing," Thiessen said. "That's our lowest response as far as members because a lot of people work out of town or they're not able to easily leave."

"It's definitely also about character. You can tell the character of the person ... if they're going to give up or if they persevere through things. That's big, and even just their interaction with everyone else."

The next step will be interviews in the next week or two, and then the chief expects they will go over the applicants at the department's first regular meeting in July.

"Then we bring on six, and we will have them with us for the summer just to kind of get the feel for what's going on," he said. "They probably won't respond to any calls, but we want them to feel part of the group."

By about the third week of September, the successful candidates will start their Level 1 training to prepare for final testing next spring.

"All I ask of them then is that they give me at least two years," said Thiessen, who added his experience though is that a majority of members remain committed to it. "I think once it's in your blood, you stick with it."



# sports & recreation



## Holding their own

The Morden Eagles U17 team held their own in an exhibition match against the North American Indigenous Games Manitoba U19 team Saturday in Winkler. The older team ended up winning it 2-1, but the local girls made them work for it. Good practice for the NAIG, which take place in Halifax July 15-23.

PHOTOS BY ASHLEIGH VIVEIROS/VOICE

## Rough weekend for PV Orioles, Altona Bisons

By Lorne Stelmach

The Sunday doubleheaders didn't go well for the Pembina Valley Orioles and Altona Bisons.

The Orioles lost 15-4 and 3-2 to the Carillon Sultans at Arctic Field in Winkler, while the Bisons fell 8-5 and 13-8 to the Winnipeg South Wolves at Access Field in Altona.

On Friday, Pembina Valley was also edged 5-3 by the Elmwood Giants, so the Orioles are now in a four-game losing skid. Altona, meanwhile, had snapped a five game losing streak by defeating the St. James As 8-5 Friday night.

The Sultans rode a couple big innings to their game one victory over the Orioles, as Carillon scored six

runs in the top of the first and then added five more in the fifth.

Errors cost the Bisons, as they had six in game one and four in game two. The Wolves came back after trailing 8-4 in game two with five runs in the sixth inning and three more in the seventh.

The slumps have Altona and Pembina Valley at the very bottom of the standings with 6-11 records.

Coming up, Altona has a busy week that starts with hosting the Interlake Blue Jays Wednesday before heading to St. James on Friday and then to St. Boniface for a doubleheader Sunday.

Pembina Valley hosts Winnipeg South Wednesday and then welcomes St. James for a Sunday doubleheader.

## Winkler Flyers will open season against the Blues

By Voice staff

The Winkler Flyers will open the 2023-2024 season with a home game against the Winnipeg Blues on Friday, Sept. 22.

The Manitoba Junior Hockey League has released the schedule for the upcoming season, which will once again see the Flyers compete in the MGEU East Division alongside the Niverville Nighthawks, Portage Terriers, Selkirk

Steelers, Steinbach Pistons, Winnipeg Blues, and Winnipeg Freeze.

Making up the MGEU West Division is the Dauphin Kings, Neepawa Titans, OCN Blizzard, Swan Valley Stampeders, Virden Oil Capitals, and Waywayseecappo Wolverines.

Each team will play a 58-game schedule that wraps up on March 17, 2024.

The 2024 McMunn & Yates Turnbull Cup play-

offs will begin March 22, starting the road to the 2024 Centennial Cup (NJAC) to be held in Oakville, ON in May.

A few other notable dates this season are the MJHL Prospects Camp in Winnipeg July 20-22, the MJHL Showcase Oct. 23-25, the World Junior A Challenge WJAC in December, the CJHL Prospects game in January, and the MJHL/SJHL Showcase Jan. 29-31.

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The *Winkler Morden* Voice

## Storm 1 earn first win of the season

By Ashleigh Viveiros

The Winkler Storm 1 team, playing in the Manitoba Major Soccer League's Premier Division, earned their first win of the season over the weekend.

Winkler beat Bonivital 5-4 last Thursday night in Winnipeg. Ilyas Umar and Tobias Morasche both scored twice for the Storm, while William Bergen contributed one goal.

It brings the team's record to 1-4 for the summer thus far, slotting them in eighth place in the 10-team division.

The Winkler Storm 2, meanwhile, posted a win and a loss this past week, falling to the Scorpions FC 5-3 Friday night and then beating Los Guer-

ros FC 7-1 on Sunday.

The list of goal scorers from Sunday's game included Matthew Wolfe and Mosi William with two each and Ziad Hamam, Pah Dah, and Quinton James-Decker with singles.

Winkler is in the top four of their division right now, trailing the Scorpions, Punjab FC, and YFC Saints by several points.

Coming up, Storm 1 has a home game this Sunday at 6:30 p.m. against Lucania FC. They then play an away game against the World Soccer Academy next week Wednesday.

Storm 2 also have a home game Sunday. They play the YFC Saints at 4:30 p.m.

Both games are at the 15th St. soccer field.



# Bisons down Mud Hens, Whips best Cardinals

By Ashleigh Viveiros

The Altona Bisons sent the visiting Morden Mud Hens packing with a loss last week in Border Baseball League action.

The Tuesday night game saw the Bisons come out ahead 11-6, scoring nine runs in the fifth inning alone.

Morden went on to blank the Pilots in Pilot Mound 4-0 Friday night.

The Winkler Whips, meanwhile, narrowly won their home game against the Carman Cardinals 9-8 Tuesday

night.

Winkler remains in first place in the league's East Division standings with a 4-0-2 record. In second is Altona at 3-1 followed by Morden in third (4-2-1) and Carman in fourth and last place (2-4-1).

This week, on Tuesday the Whips hosted the Bisons and the Mud Hens travelled to Carman. Results were not available at press time.

Coming up, Altona is in Pilot Mound on Friday and the Whips are in Clearwater Sunday.



PHOTO BY EDWARD VINCENT ARCANAL/VOICE

The Altona Bisons beat the visiting Morden Mud Hens 11-6 last Tuesday night.

# Two students receive Mike Mutcheson awards

By Lorne Stelmach

The two local recipients of the Michael Mutcheson scholarships this year could not better personify the spirit of the Mordenite whose legacy lives on through the trust fund named in his memory.

Marissa Fehr received a \$3,000 scholarship while Finley Folkett received a \$1,000 bursary, and Michael's brother Ray could not be more impressed with both of them.

"We're just so thrilled ... there's maybe never been better candidates," he said. "They're humble, and they donate time to make their community better ... that's the determining factor.

"They're happy, bubbly kids who have volunteered," he continued. "They're both top notch athletes, great students and still find time to volunteer in the community, which are all the things we love to see in young kids ... they pay attention to academics, and they are high level athletes.

"I know Marissa helps out with the different summer hockey camps, and Finley does the same with softball," said Mutcheson, noting he heard as well about them helping individual students train and prepare so "those kinds of stories resonate with the board.

"They're going to be solid citizens and contributors, so they emulate

how Mike lived his life, and that's what the scholarships are all about for us."

"It is such an honour and a pleasure," Fehr said after receiving the scholarship last week from Ray and his mother Sylvia at Tabor Home.

"I've grown up playing sports with Finley, sometimes even against her, so being able to share this recognition with her means everything," added Fehr, who plans to attend Hamline University in St. Paul and play division three college hockey.

"Having them recognize you for your achievements in athletics and in the community overall is such an honour ... and to help carry on their legacy."

"It's an honour ... it's something I've strived for since Grade 9 when I first heard about it," said Folkett, who plans to attend University of Southern Maine and play division three softball. "I knew I had some pretty tough competition. I really respect Marissa ... it's awesome to see us both receive it.

It's extra special to be receiving the recognition from the Mutcheson family, she added.

"They care so much for our community, and just hearing their stories is wonderful and having the connection

**"AFTER ALL THESE YEARS, MIKE'S LEGACY IS STILL MAKING A DIFFERENCE ... HE LOVED HELPING OUT."**

with the family ... I'm so happy to help carry this on for them."

The Michael Mutcheson Memorial Trust was started in 1996 to raise money for scholarship awards to assist worthy high school graduates involved in athletics in Milton, Ontario where Michael lived and in Morden where he grew up.

In addition to the scholarships, the foundation has donated over \$1 million dollars to children's charities across Canada.

"After all these years, Mike's legacy is still making a difference ... he loved helping out," Ray said. "Mike was always ready to step forward and especially help kids. It's really nice that his buddies still do the same to the tune of \$60,000 to \$70,000 per year.

"It's been very healing for mom and for all of us that after all these years. He's still doing good in this world."



PHOTO BY LORNE STELMACH/VOICE

Ray Mutcheson with his mother Sylvia and this year's Michael Mutcheson award winners Marissa Fehr (left) and Finley Folkett (right).

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IN THE MATTER of the Estate of Mildred Esther Hildebrand, late of the City of Winkler, Manitoba, Deceased.

ALL CLAIMS against the above Estate, duly verified by Statutory Declaration, must be sent to the undersigned at 504 Stanley Avenue, Winkler, Manitoba, R6W 0M3, within four (4) weeks of the date of this publication.

GILMOUR BRAUL HIEBERT  
LAW OFFICE  
Solicitor for the Estate

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**PUBLIC NOTICE**



**NOTICE OF APPLICATION  
RURAL MUNICIPALITY OF STANLEY  
REVISED WATER RATES  
STANLEY WATER UTILITY**

June 5, 2023

The Rural Municipality of Stanley (RM) has applied to the Public Utilities Board (Board) for revised water rates for Stanley Water Utility (Utility) as set out in By-Law No. 08-23, read the first time on May 11, 2023. Rates were last approved in 2021 in Board Order No. 78/21. The current and proposed rates are as follows:

	Current Rates	Proposed Rates
Quarterly Service Charge	\$ 11.33	\$ 11.33
Water - Massey (per 1,000 gallons)	\$ 6.15	\$ 6.55
Water - Other (per 1,000 gallons)*	\$ 12.79	\$ 13.58
Minimum Quarterly Charge - Massey**	\$ 29.78	\$ 30.98
Minimum Quarterly Charge - Other**	\$ 49.70	\$ 52.07

\*Includes purchased water costs of \$9.91

\*\*Based on 3,000 gallons

Details of the RM's application are available for review at the RM's office or the Public Utilities Board's office. Any questions concerning the application for revised rates, or the operation of the Utility, should be sent directly to the RM.

If you have concerns/comments regarding the RM's application for water rates please go to [www.pubmanitoba.ca](http://www.pubmanitoba.ca) and provide your comment. Please note all comments will be forwarded to the RM.

Questions or comments should be sent on or before **July 21, 2023**.

The Public Utilities Board is the provincial regulatory agency that reviews and approves rates for water and wastewater utilities in Manitoba, with the exception of the City of Winnipeg. The Board's review process involves:

- the Utility filing a rate application to the Board,
- a public notification of proposed rate changes,
- the Board's review of the application through a public hearing or paper review process, and
- the issuance of an Order which outlines the Board's decision on the rate application and the rates to be charged.

The Manitoba Ombudsman has privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result, personal information protections are reduced.

The Board will then decide whether any further notice is required and whether to proceed with a public hearing or paper review process. All concerns received by the Board will be considered in the Board's decision on rates to be charged.

PLEASE BE ADVISED THAT IN CONSIDERING THIS APPLICATION, THE PUBLIC UTILITIES BOARD MAY OR MAY NOT FIND IT NECESSARY TO DETERMINE RATES DIFFERENT FROM THOSE APPLIED FOR BY THE APPLICANT.

Note: All proceedings will be conducted in accordance with the Board's Rules of Practice and Procedure, which the Board may vary in order to constrain regulatory costs. The Rules are available at [www.pubmanitoba.ca](http://www.pubmanitoba.ca).

Jennifer Dubois, CPA, CMA

Assistant Associate Secretary  
Manitoba Public Utilities Board

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## CAREERS

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Western School Division has recently announced that **Discovery Trails School** (currently under construction) will be home to Western School Division's early and middle years French Immersion Program. For additional information please check out the school and divisional web pages at [www.westernsd.mb.ca](http://www.westernsd.mb.ca)

## AUCTION



### Live Farm Retirement Auction for Les Case

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## CARD OF THANKS

We, the family of Ken Petkau, would like to express our appreciation for all the love and kindness we have been shown by this community during Ken's illness and after his passing. The phone calls, gifts of food, floral arrangements, donations, prayers and visits have meant so much to us. The many kind words spoken about Ken have touched us deeply. Thank you to Wiebe's Funeral Home for your kindness and compassion as we planned the service and to Floral Scents for the beautiful floral arrangement. A big thank you to Ken's CancerCare Team: Dr. Zhang, Dr. Woelk, Dr. Dhala, ALL the wonderful nurses at CancerCare and the compassionate Palliative Care staff. Each and every one of you have helped us walk this difficult path.

-Linda, Andrea, Kevin, Amy, Jon, Adam, Jayda and grandchildren Jady, Rylee, Noah, Essa and Ellie

## IN MEMORIAM



**Jennifer Marlen Derksen**  
September 1971 – June 2017

I miss you Jennifer  
I thought of you today with love  
But that's nothing new  
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# “There’s always more to learn, so it’s a never-ending growth experience

From Pg. 12

how much he has learned in just one year of college.

“I would have lost if I had competed last year.”

Back home in Altona, his family is proud of him.

“I’ve had lots of congratulations,” says Friesen, who is employed as a technician at Altona Farm Service. “I enjoy what I do. I could not be happier. There’s always more to learn, so it’s a never-ending growth experience. And the new technology adds a whole new element of challenges.”

He credits his instructor and his experience in the welding course at the Red River Technical Vocational Area in high school.

“Eric Wood at Red River taught me all I know now, but it was those high school days working with tools in a shop that really got me interested in this trade. I’m sure they’ve launched

a lot of careers.”

Meanwhile, Penner won gold in the Post-Secondary Cabinet Making competition. He grew up in Altona and now works as an apprentice at Woodwork 52 in Mitchell. He is currently a Level 3, working toward his red seal in cabinet making at Red River College.

“Taking a woods and carpentry course at W.C. Miller whet my appetite for woodworking,” he shares. “And I credit a lot of my early interest to my grandpa Dick Penner, who always allowed me to watch him as he created things. There was definitely some inspiration there, too.”

After winning gold at provincials, competing at the nationals was a natural transition. Competitors in the cabinet building category had 12 hours over the course of two days to create a standing cabinet.

“It had to have an adjustable shelf inside and doors in front with a fancy veneer pattern, and molding, with

legs,” says Penner. “There was a lot to do, so it was a bit of a time crunch.”

Judging is intense, he says.

“They look over every little thing, from top to bottom, with points for everything. I was nervous, and I used up every second I could. I got all the pieces glued together early. The last hour or so, I sanded the entire thing. I think I got a lot of points for that.”

He was shocked when he received the gold medal among five other competitors. Penner also won the highest points during the entire Skills Canada event, above all the other trades and skills competing.

“I was not expecting to be the best in Manitoba. But I’m really happy with this win.”

Today, his award-winning cabinet stands in his living room, a reminder of his excellence under pressure.

Penner says he loves what he does.

“I feel very blessed to call myself a cabinet maker and work with wood all the time. I love it. It looks good on a resume to show you can work under pressure and meet deadlines and have a variety of skills.”

Thinking back on those memories in his grandfather’s shop, he says it was that passion and attention to detail he saw in his work that inspired him.

“He mentored me in so many ways. He was always willing to teach me and help me with any little project. I really give him the credit for this gold medal.”

**“TAKING A WOODS AND CARPENTRY COURSE AT W.C. MILLER WHET MY APPETITE FOR WOODWORKING.”**

# High schools hand out 22-23 athletic awards

By Voice staff

Local high schools have honoured their top athletes in recent weeks.

Garden Valley Collegiate in Winkler presented Madden Wiebe with both the Coach’s Award and the Female Athlete of the Year Award.

Caleb Hildebrandt was the Male Athlete of the Year while Jackson Friesen and Maria Bergen took home the junior varsity male and female athlete of the year honours, respectively.

Northlands Parkway Collegiate’s Athletes of the Year included Brady Hiebert (Varsity Boys), Annika Roberts (Varsity Girls), Amery Roberts (Junior Varsity Girls), and Taya Wall (Junior Varsity Girls).

Morden Collegiate Institute’s Male Athlete of the Year was Gr. 12 student Josh Ryckman-Guilford. The Female Athlete of the Year went to Gr. 12 student Finley Folkett.

W.C. Miller Collegiate in Altona presented Mia Sawatsky with the Varsity Female Athlete of the Year, Ty Tarnick with the varsity male Athlete of the year, Kate Sawatsky with the Junior

Varsity Female Athlete of the Year, and Ben Dubyk with the Junior Varsity Male Athlete of the Year awards.

The four schools also handed out a host of individual sports awards (most valuable player, most improved

player, hardest working, etc) for its varsity and junior varsity teams, as well letter honours.

## > CYCLE OF HOPE, FROM PG. 15

road to support what they see as a worthwhile cause.

“Owning a home changed the direction of my life, and I really want to help other people have the stability and the ability to create a better life for themselves as well,” said Fehr as the group wrapped up a practice ride last Thursday.

“I have adult children, and I know the struggles they have had to try to get their own homes ... and I see there is a need,” added Bezan.

The two charity rides will help Habitat for Humanity build homes for deserving families in Manitoba, including through the local chapter in Morden-Winkler. Cycle of Hope participants are tasked with raising at least \$3,500 in pledges.

“I enjoy biking, and it’s raising funds for an incredible cause, help-

ing people to own their own home,” noted Stoesz. “Putting those two together is good for health and good for the community ... and it’s nice to do it with friends and to make new friends as well.”

“Deb is the one who kind of roped me into it because she talks about it and how much she enjoyed it, so then I thought I would try it too,” said Reimer.

She noted there was also the interest in doing something special for turning 50 this year, and this offers the bonus of doing something for the community.

“My first ride I had to rest quite a few times, but now I think I can make it further ... rest and keep going,” she said.

“It’s nice to have some friends this year. Last year I joined by myself,”

noted Fehr. “It can be a bit grueling. We have two days where we have century rides as a possibility ... I want to do my best, so we’ve been trying to ride every week and get in shape.”

For Bezan, this is her fourth time taking part.

“I’m an avid cyclist, so when I first heard about this I was on board for everything [Habitat] does and stands for, and even happier that they now have the chapter here,” she said. “It makes a difference that people can know they are helping people in their own community ... so I’m very much on board with it and loving it.”

You can find out more and support the participants with a donation online at [www.habitat.mb.ca](http://www.habitat.mb.ca).

The **Voice**

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# get inspired

> MEAL IDEAS



## Apples and Pesto Farfalle

- 2 Envy Apples, diced
- 1 bunch chives, thinly sliced
- 1 block Parmesan
- 20 shrimp
- 2 tablespoons canola oil
- 1 1/2 teaspoons coarse pepper

Cook pasta in salted boiling water until just tender. Drain and toss gently with olive oil, to taste, then set aside.

In food processor, pulse parsley leaves, almonds, shredded Parmesan, 2 teaspoons kosher salt, lemon juice and cracked pepper. Once pulsed, turn processor on high and drizzle in 1/3 cup olive oil until well incorporated.

Toss pasta with fresh pesto until well coated. Fold in peas, apples and chives. Using peeler, shave thin slices off Parmesan block over pasta for garnish.

Preheat grill or grill pan over high heat.

Toss shrimp in canola oil, 1 1/2 teaspoons salt and coarse pepper. Grill 2 minutes on each side, or until charred slightly. Spread evenly over pasta and serve.

- 1 pound farfalle pasta
- 3 1/2 teaspoons kosher salt, plus additional for cooking pasta, divided
- 1/3 cup extra-virgin olive oil, plus additional for cooking pasta, to taste, divided
- 1 bunch parsley leaves
- 1 cup toasted almonds
- 1 cup shredded Parmesan
- 2 tablespoons lemon juice
- 30 turns fresh cracked pepper
- 2 cups cooked peas



## Crisp Apple Tacos

- 2 tablespoons sour cream
- 1 lime, cut into wedges

Slice half of one apple into thick wedges; reserve. Slice remaining half into thin sticks; reserve. Slice second apple into thin wedges; reserve.

Cut pork crosswise into 1-inch round medallions. Coat pork medallions with olive oil, salt and pepper then add to saucepan over medium heat. Add thick apple wedges to saucepan.

Add rosemary to saucepan and cook 2-3 minutes. Flip pork and cook 2-3 minutes until pork is slightly golden and cooked through.

Let pork rest 3 minutes then slice into strips.

In serving bowl, toss thin apple sticks, carrots, red cabbage and green cabbage. Mix honey, mayonnaise, mustard and vinegar. Add salt and pepper, to taste.

Mix dressing and cabbage; refrigerate at least 1 hour prior to serving.

Top tortillas with pork, slaw, sour cream and squeezes of lime. Top with thin apple wedges.

- 2 Envy Apples
- 1/2 pound pork tenderloin
- 3 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 rosemary sprigs
- 1/2 cup shredded carrots
- 1/2 cup shredded red cabbage
- 1 cup shredded green cabbage
- 4 tablespoons honey
- 1 cup mayonnaise
- 1 tablespoon mustard
- 1 tablespoon white vinegar
- salt, to taste
- pepper, to taste
- 12 tortillas

# Learning to say “No”



By Gwen Randall

“You have to decide what your highest priorities are and have the courage -- pleasantly, smilingly, non-apologetically -- to say “no” to other things. And the way you do that is by having a bigger “yes” burning inside.”

- Stephen Covey

These days everyone seems to be stretched for time. Even with multitasking, it seems there is never time to do all we need or want to do. For some, this problem is exacerbated because they have a hard time saying “no” to the requests, demands or expectations of others.

This is a very common problem clients have brought to me over the years. There are many reasons a person struggles with having to say “no” to requests. Some are self-described people pleasers. They care what others think and never want to risk disappointing anyone. Some assume if they refuse a request the asker will be mad. Still others say that they feel guilty if they do not want to do what was asked of them.

While it is well and good to be the one others can depend on, and to be counted on to lend a helping hand, this can quickly get out of control. If you find yourself running just to keep up, or if your family is complaining that they never see you, it is time to re-assess what you are doing.

If you are always available every time someone calls on you, then

they will assume they can expect you will always be there when they need you. They will not respect your time, or the fact that you too have a life, with plenty of your own things to do.

A good rule of thumb might be that unless it is an emergency, if you already have plans, you do not drop what you are doing to go and do something for another. If you want to help, then discuss a time that would work for you.

If it is social obligations that keep you hopping, look realistically at your life commitments and demands, and decide just how much time you want to devote to these.

It is perfectly okay to turn down some invitations because you have other plans, even if that plan is simply to take some alone time soaking in the tub, or spending time with your children.

Think of time as if it were money. Would you give money to everyone who asks?

Billionaires could do this as they have an endless supply of money. However even they say “no” a lot.

None of us has an endless supply of time. It is not selfish to prioritize it. Just saying, “My plate is full. I cannot take on anything else at this time” is all that need be said. You do not have to explain why.

If the demands of others are causing you stress, remember that you are the one in control of scheduling your time. Stress is not good for health or relationships, so once in a while we just have to slow it all down.

*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.*

## Brunch Board with a Twist



- 2 Envy Apples, sliced
- boiled eggs, halved
- cooked bacon
- bananas, sliced
- berries
- miniature pancakes
- edible flowers, for garnish
- 2-3 Envy Apples, for garnish

On breakfast platter, artfully arrange sliced apple, halved boiled eggs, bacon, bananas, berries and pancakes. Garnish with edible flowers and whole apples.

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