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The **Voice** Altona • Rhineland • Morris

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LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY



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Ride 'em cowgirl

Sophia Wiebe enjoyed a ride on the merry-go-round as the Manitoba Stampede and Exhibition got underway in Morris last week. For more photos, see Pg. 10.

PHOTO BY SEAN CONWAY/VOICE

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Something for everyone at Manitoba Sunflower Festival

By Ashleigh Viveiros

The Manitoba Sunflower Festival offers something for everyone this weekend in Altona.

"We're a small community, but we put on a great weekend," says festival committee chair Sandra Klassen.

Klassen is a familiar face at the festival, having headed up its Queen Quest program for nearly a decade before taking a break. She returned this year to lead the overall organizing committee, working alongside her daughter, Brittany Winkler, who is Altona's recreation programmer and heavily involved in festival planning as well.

"I knew they needed a chairperson ... I thought, you know, maybe this is my way to get involved again," Klassen says. "I've been enjoying it."

It takes a small army of dedicated community members to pull off an event like this.

"We've got 11 people that sit around

the table once a month to take care of the major details," Klassen shares, estimating there are another 60 or so volunteers and town staff helping out behind-the-scenes before and throughout the weekend.

"We also couldn't do it without our sponsors," she stresses. "If we didn't have our sponsors to help us with covering costs, there just would be no way. So we really want to thank them for all of their contributions financially so that we can celebrate with our community and celebrate our Sunflower Festival."

This year's festival includes all the familiar favourites alongside a few new offerings.

Things kick off Thursday night with Sun Valley Co-op's Movie Night in the Park at dusk with a showing of The Lego Batman Movie.

Friday is when the ball really gets rolling, with the Gallery in the Park artwork on display all day, Queen Quest speeches, Mennonite food on



VOICE FILE PHOTO

offer in the Rhineland Pioneer Centre, Gifted the Market vendors in the Millennium Exhibition Centre, the Altona Fire Department's family fun events at École Parkside School, and inflatables, axe throwing, a beer garden, and food trucks galore in Centennial Park.

"The park will be full of vendors, which is exciting," Klassen says, noting that includes several returning food trucks and a number of new ones as well.

On the PlayNow Stage that evening, the opening ceremonies will be followed by introductions of the 2024 Queen Quest entrants, classic rock from Juke Box Heroes at 8 p.m., and a Hip Hop Night at 10 p.m. in memory of Tirrell Thomas featuring Yung Balboa, Nat Saturn, and Fresh I.E.

Saturday's packed-full lineup includes the Access Credit Union pancake breakfast (proceeds are going to the Kiddie Sunshine Centre expansion project), a 3-on-3 basketball tournament, the Outland Games competition, a massive parade through town, the farmers' market, a petting zoo, gymkhana, CultureFest, Xtreme Dog Show performances, the ARES fire truck pull, a silent disco dance at the art gallery, the Elks dance at the pioneer centre, and, new this year, a Fit Kids Healthy Kids Motion Zone.

The stage will feature children's entertainer Sarah Teakle and the Sprkl Studio youth band showcase in the afternoon and Johnny Cash tribute artist A.R. Cash in the evening, along with the Queen Quest crowning ceremony.

"Queen Quest brings a lot of people to town," Klassen says, noting it is one of the last remaining such events in Manitoba. "We're going on 59 years that our Queen Quest is running, and it's still going strong. People just love to support the young women in our community."

Sunday starts with the community worship service and also includes the 43rd annual Legends Car Club Show, free public swimming at the Altona Aquatic Centre, a performance from Hoop and Hat Circus, free watermelon and roll kuchen for everyone, and Sunday afternoon stage performances from Maxine Penner, Paul Bergmann, Brett Schultz, and the Silas Presley Band. New this year is Winnipeg Pro Wrestling matches at 10th Ave., across from the park.

"There are so many events going on, and we bring a lot of people to our beautiful park," Klassen says, urging everyone to come enjoy the fun. "If you're looking for a free weekend—that's also something that we boast,

is that everything is free. We have no entry fees. Our concerts, all of the events, are free. The only thing you'd pay for is if you want to get something to eat.

"Otherwise, come out for a free weekend and enjoy our community and get to know some of our culture," she says. "It's going to be a good weekend."

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**BIGWAY**

IN MORRIS MB

Food Truck Days begin at BTHC

By Lorne Stelmach

It's a simple way to do something nice for hospital staff while also providing a little bit of support for the Boundary Trails Health Centre Foundation.

Food Truck Days are being held at the hospital on a number of days this summer, and Superior Smash and The Icycle were on hand there for the first one last Wednesday.

The initiative came about through working with BTHC's wellness committee.

"We're looking for ways to help support the staff here," said Shannon Samatte-Folkett, executive director of the BTHC Foundation.

"We came up with the idea that we would have a food truck day once a week throughout the summer. It's just to kind of change things up for staff and their lunches, and 10 per cent of the proceeds will go to the foundation to support different staff initiatives."

Mike Sumner, owner of The Icycle, likes to be part of community events

such as the humane society's Steps for Pets or Eden's Tractor Trek.

"We've done a few events like this now this year where we've gone out, and it's been part of a fundraiser ... so we've said we would contribute part of our sales," he said. "We're certainly a very community-oriented type of business, and we are quite happy to give back to the community as well ... we're happy to share."

"It's nice ... and we get people young and old, but sometimes the older ones are more excited than the younger ones because they remember [ice cream bicycles] from when they were kids, so there's that aspect of nostalgia in what we do."

"It's meant to be fun and just get you outside, grab a bite to eat and even stand around and talk to each other," said Samatte-Folkett. "It's supporting the staff, and when they go and buy something, they're putting back some funds to different things for them in the hospital."

"And it's open to the public, so the public can come and then they also



PHOTO BY LORNE STELMACH/VOICE

The Boundary Trails Health Centre Foundation is bringing food trucks to the hospital several Wednesdays this summer, providing hospital staff and visitors with a few different lunch options than usual.

are supporting the amazing staff that we have there."

There are vendors lined for a few Wednesdays in the coming weeks. This week, July 24, has Sixteen13 Ministry and the Icycle on hand. July 31 will feature 2Bros Smash Burgers followed on Aug. 14 with Superior Smash Burgers

"It's the first time we've done this, so we weren't sure of the numbers for the trucks when they signed up," said Samatte-Folkett. "It looks like it may be popular. There were a lot of people out there grabbing treats, and we hope that continues week after week."

Rhineland Municipality looking to improve grain roads this year

By Lori Penner

Heavy rain this spring and summer have created a number of challenges in the Municipality of Rhineland.

Reeve Don Wiebe says most of the issues start in the southwest corner, where the water comes off the escarpment.

"There have been heavy rains there. It comes along the south Buffalo, and then with the Walhalla drain from the American side, it pushes a lot of water, with some roads being topped with the water, and of course the low-level crossings were overflowing."

The dirt roads have taken a beating this year, he says.

"The rains have made all those issues a bit more difficult, but we continue to work on them."

While the industrial and ag parks have been faring okay, the grain roads are another story.

"This year we are focusing on get-

ting a better surface on those grain roads, to compensate for the heavy traffic. Many of the gravel roads are soft, and maintenance is difficult, but we have to work hard to catch up again."

As part of the Priority Grain Roads Project, Rhineland will focus on Road 9 this summer, filling potholes to secure a solid base for the entire project.

Meanwhile, Wiebe says so far municipal drains have been able to keep up with flow.

"When we had three inches of rain, followed by almost four after, that really pushed our drains to the limit. They're a bit slow and could use some maintenance."

Wiebe notes, unfortunately, there were a lot of fields with water on them.

So far, sewer systems in communities such as Gretna and Plum Coulee have been managing the extra water.

"They were running hard but are

making it through," Wiebe says. moting regular maintenance and upgrades are the key to handling nature's surprises. "You can't be over prepared. You need to have a system that can handle these extremes, and we're trying to do that."

Going forward, Rhineland will be receiving 50 per cent support for three projects through the Water Services Board.

One is a water line looping project near the village of Blumenort, to help stabilize their pressure issues.

The second project is the addition of another line from Plum Coulee to the West Ag Park. This project is still in the design stage.

Third is a study involving potential growth at the Rhineland Ag Park, and any special infrastructure that may be required.

The **Voice**

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PHOTOS BY LORNE STELMACH/VOICE

The Danny Berg Show n' Shine took place in Morden Park Sunday.

Show and shine raises funds for missions in Congo

By Lorne Stelmach

A show and shine this past Sunday in the Morden Park served as both a fundraiser and a tribute to a dear friend of its organizers.

The Danny Berg Show n' Shine is an initiative of Josiah Warkentin, Mackenzie Loewen, and Dennis Hoepfner, and the trio, who are involved with Westside Community Church, see it as an ideal way to honour someone who they share was passionate about

community and helping others.

The funds raised at the event go to support missions in the Democratic Republic of the Congo, where Berg had been involved in doing mission work.

"Danny had such a love for cars and for community," said Warkentin. "And he's the guy on the street you could walk up to, not know him at all, and have a full on conversation with ... so he was just very much out there and would like to get to know every-

body.

"So this raises funds for a cause which he absolutely loved, which was a Congo mission ... he had just recently come back from there right before he passed away," he said. "We thought this sounds like something he would love."

Berg had been in the Congo two years ago, and he had enough of an impact there that a centre for training youth in the areas of business and agriculture is named the Danny Berg Hub in his honour.

Berg passed away suddenly after a workplace accident last June, just about a month after having turned 19 years old.

The Danny Berg Show n' Shine ran

from noon to four in the Morden Park bowl, and those who wanted to participate simply had to show up and pay a \$5 entry fee for their vehicle.

Organizers were still crunching the numbers at press time, but Warkentin was hopeful they would surpass the \$8,900 that came in from the first event last year.

"It had a great turnout. I think we had about 80 vehicles that turned out. It was way above what we were expecting for our first time out.

"We were overjoyed with how much came in," Warkentin said. "It says we're doing the right thing. The cause is there, and people see the value of it and want to come out and support what Danny stood for.

"It's just family friendly fun, cars and just having a good time, and it's really fantastic to see the support."

DOUBT & CERTAINTY

One Woman's Journey Through Her Veiled Heritage

A true account of abandonment, courage, love and triumph over loss.

By Elma Enns-Kreitzer and Raymond Kreitzer

This is the true story of Gertrude Penner-Enns. It takes place between 1890 and 1919 in southern Manitoba as she moves between Blumenort, Winnipeg and Rosenort. Orphaned at the age of nine, she must earn her keep by working full time for the aunt and uncle who took her in. She slowly begins to feel the constraints placed upon a woman who must survive on her own in the insular Mennonite culture of her upbringing. Having the opportunity to experience what life is like in the non Mennonite world, she finds herself split in two. This is the story of her struggle to gain the freedom and independence she craved. Hope, courage, despair and triumph all belong to her. Held in her grip, we join her in the incredible journey through and beyond her veiled heritage.

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SUPPLIED PHOTO

The late Danny Berg during his time doing mission work in the Democratic Republic of the Congo.

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Rosenort business fined \$25,000

By Voice staff

A Rosenort company has been fined under the Workplace Safety and Health Act.

Manitoba Labour and Immigration announced last week that K-Tec Earthmovers Inc., which manufactures heavy-duty, earth-moving scrapers for construction, agriculture, and mining sites around the world, has been fined \$25,000 in connection to an incident that took place on May 17, 2021.

On that day, a forklift operator was unloading tires with the help of another worker. The tires were rolled out manually, tipped onto forklift forks, and transferred to a skid for stacking.

Continued on page 5

getinformed

Central Station selling 'dream playhouse' raffle tickets

By Ashleigh Viveiros

There's a cute little house parked on the lot at Central Station in Winkler, and it could be yours.

Central Station has teamed up with Grandeur Housing to host the community centre's first dream playhouse raffle.

"Grandeur wanted to give back to the community and they felt that Central Station was one of those organizations that aligned with a lot of their values, so they gave us a call," Central Station executive director Anita Wiebe shared. "It's been a huge blessing. It's such a beautiful playhouse."

The funds raised will go to help Central Station continue its mission of reaching out and building community.

"They will go towards Central Station in helping us continue to provide a place for the community to connect, both to people and to resources," Wiebe said.



"There's no way that we could do what we do without the community



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Central Station executive director Anita Wiebe with the playhouse Grandeur Housing built and donated for the community centre to raffle off this summer. Left: The inside includes a mini desk area and lots of room to play.

Making the most of the rain



PHOTO SUBMITTED BY CHRISTINE HILDEBRAND

Lincoln and Kinsley Hildebrand got the chance to make the most of the heavy rains that hit the Altona area on Monday. Their mom, Christine, snapped this photo of them in the ditch off Hwy. 30. "Their great grandma was lucky to have lakefront property today," she shared. Rhineland, Altona, Gretna, and Rosenfeld were all under severe thunderstorm warnings and received plenty of rain that morning.

that surrounds us and that supports us," she added. "So to have businesses like Grandeur step up and say, 'Hey, we'd like to give you this' ... it's huge, because it allows us to continue to do the work that we do and focus on meeting the needs of the community."

Tickets can be purchased by Manito-

ba residents 18 years or older at the community centre, 555 Main St., for \$10 each or three for \$25 and eight for \$50.

They're available until noon on Sept. 4. The draw will happen on Sept. 5.

Delivery to the winner is available within a 150 kilometre radius of Winkler.

> WORKPLACE FINE, FROM PG. 4

The worker was rolling out a tire when a tire from the row behind suddenly fell forward, crushing them against the container floor. A forklift was used to remove the tire from on top of the worker.

The worker sustained compression fractures on their back and neck, and briefly lost consciousness.

Workplace Safety and Health offi-

cials conducted an investigation and laid charges under the Workplace Safety and Health Act.

On Feb. 22, 2024, K-Tech pled guilty to the charge of failing to develop safe work procedures for the work that is done at the workplace.

More information can be found at www.gov.mb.ca/labour/safety/compliance.html.

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I need to get out more

As per the title, I need to get out more. Lately I have found myself in the house all day every day away from all forms of human contact, save for work Zooms and phone calls.

As work has become more and more virtual over the past four years, I have spent an increasing amount of time holed up in my home office with no one but the cats (higher beings to be sure) to keep me company.

Back in the old days of brick-and-mortar offices I would find reasons to escape all the time because ... well, it was work. But now I'm at home and, frankly, I like my home. I don't want to escape it.

What has happened then is that I have emotionally begun to climb inside of myself whilst at the same time hiding inside of my house where I can be found hiding inside of my office (sometimes hiding under my desk). In some ways I have become something of an emotional and physical Russian nesting turtle.

There are so many walls that I have unintentionally thrown up over the years that even I, as king of my inner domain, struggle to get past the defences to see the outside world and confirm there are others who exist and consequently acknowledge that I

too exist.

"Wouldn't m'Lord prefer to remain within the castle given the potential for threat and perhaps stormy weather?" says the guard when I consider leaving the grounds.

I have exceptionally dutiful guards that take their jobs very seriously.

Today I managed to escape their ever-vigilant gaze and snuck/ventured forth into broad daylight to wander downtown to the post office and then decided to linger for a bit at the local cafe over a coffee whilst I read and responded to work emails.

Somehow I survived, and perhaps even thrived for a bit.

I think it is important for me to do this more often. If not, my poor wife ends up bearing the burden of confirming my existence every day when she gets home from work. As soon as the door opens, she is greeted by two needy cats and a needy husband.

"How was your day did you have a good time what was new tell me about the latest from your coworkers what would you like for dinner should we go for a walk later let's decide what we should watch on tv tonight have been wondering about the existen-

ce of two dimensional space and if we exist in the event horizon of a black hole do you love me can I get a hug guess what came in the mail today..."

Holy cow, man. Slow it down—she hasn't even taken her shoes off yet.

There is a scene in *Harry Potter and the Prisoner of Azkaban* where a young witch maid at the Leaky Cauldron opens a door to see if a room needed cleaning and is greeted by a profound and lengthy roar from the occupant that blows back her hair for several seconds. She then remarked calmly that she would "come back later."

I imagine that sometimes opening the door to our home can be a little like that for people.

Of course, part of the problem that enables this behaviour in me is the fact that I like people, as an idea and concept, but not so much up close and personal. I like to exist in their midst and to be seen and acknowledged existing, but I have never quite gotten the knack of overcoming social awkwardness. I can speak publicly in front of dozens or even hundreds but

Continued on page 7

Letter policy

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

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

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

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

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• FAITH FOCUS

Times for rest

School is out. The students and teachers can now have some change of pace and a time for rest and renewal.

In my neighbourhood I see children on their bicycles with towels enthusiastically heading for the public swimming pool. Many of us look forward to the possibility of some kind of intentional time for rest and refreshing away from our regular responsibilities and duties.

Some find their rest at the side of a river or out on a lake with a fishing rod. For others, camping is the goal. What would be your idea of a pleasant and enjoyable "break" from the usual routines in your life? We may have different

goals and expectations of where and how we will find that rest but all of us are designed to have a time for rest in the midst of the regular responsibilities of daily and weekly life.

In 1 Timothy 6:17 the apostle Paul was writing to pastor Timothy about finding our hope in the right places. When we take our eyes off of the pursuit of "wealth" and put our hope in God we are able to recognize that God "richly provides us with everything for our enjoyment."

Certain recreational activities may seem easier for those who have "more" but all of us need ways to give ourselves permission to relax and refresh in simple ways, or in grander ways when we have opportunity. Simple ways at home might include taking a walk alone, or with a spouse, family member or friend where relaxing conversation can happen. How about stopping for an ice cream cone? A picnic in a local park could be a pleasure waiting to be discovered.

Some are able to enjoy a more strenuous hike with some awe-inspiring

views. When we can stand on a platform giving us a grand view of the scenery below and beyond, we can take a deep breath and remember that the world is much bigger than the burdens we have been brooding over for the past week or month or year. A time of rest gives us opportunity to gain perspective.

In Mark 6:30-31 we read of a time when Jesus and his disciples were in a busy place with little time for themselves. The apostles, also known to us as the twelve disciples, had been sent out by Jesus to preach to others about the spiritual truths Jesus had been teaching them and to call the people they met to personally put their hope in God. After they returned from their assignments Mark records that "The

apostles gathered around Jesus and reported to him all that they had done and taught". Mark continues "Then, because so many people were coming and going that they did not even have a chance to eat..." Jesus said to them "Come with me by yourselves to a quiet place and get some rest."

God designed us for meaningful work and for intentional physical and spiritual rest from that work so that we can be refreshed and renewed as we face the daily needs in our homes, commitments and communities. How are you finding quiet places and taking time for rest?

Randy Smart has been a pastor in Southern Manitoba since 1979.



By Randy Smart

> CANTELON, FROM PG. 6

one on one tends to be loads more of a struggle.

Don't get me wrong—I can put on a mask that is so well-practiced and designed that very few people realize that it is a mask as I appear to effortlessly socialize and enjoy folks while at the same time calculate how long until I can escape and

hide somewhere. Sometimes I even fool myself.

Anyhow, if today's excursion taught me anything it is that I need to get out more in the same way I need to exercise, take my vitamins, and eat healthy. It is important. I will strive to do better and work at it.

Morden Police incentivizing helmet use

By Lorne Stelmach

The Morden Police Service is taking a proactive approach to help address increasing concerns around electric scooters.

They have teamed up with Jurassic Clubhouse to encourage the use of helmets while on a bike or scooter.

Officers will issue "tickets" to kids who are caught wearing their helmet, rewarding them with a free summer treat at the Colert Road eatery.

"It's not new idea by any means," said Inspector Sean Aune. "We thought this is a better approach. We'll reinforce the positive behaviour ... they'll get their ticket, and they can get their free treat from Jurassic Clubhouse."

There have been concerns raised of late about the increasing use of electric scooters and how some of them are being used unsafely and without the users wearing helmets.

"You could see some of the conversations that were going online, and we were getting some of that at our office as well," said Aune.

"We've been seeing that some kids weren't wearing safety equipment or helmets with them," he continued. "Currently, those right now are unregulated

by the province ... so there's no enforcement in place for us right now.

"We obviously recognize the safety concerns with it, and we were getting complaints in our office about these scooters coming up too quickly on pedestrians and simply just not being courteous," Aune said. "And we wanted to put out there a reminder for them to be courteous to the pedestrians if they do have to use the sidewalks as well and then also just to follow the rules of the road. They have to stop at stop signs ... and generally just be safe."

The department has 100 tickets printed to be distributed between now and October.

"We're going to see how beneficial this is and how well it gets used," Aune said. "There's already been a few tickets issued."

Kim and Rob Fleming of Jurassic Clubhouse were happy to participate in the initiative.

"This is a great program, and we are thankful for the Morden Police Service for including us," Kim Fleming said. "We are visited by lots of kids who bike from the campground and are happy to see when they are practicing bike safety, including wearing a helmet."



SUBMITTED PHOTO BY ROB FLEMING

Kim Fleming with daughter Ally, son Rhett, and Cst. Jeff Forster and the new "tickets" the Morden Police Service are handing out to encourage kids to wear their helmets when riding bikes or scooters this summer.

Tabor Home pathway a welcome addition

By Lorne Stelmach

A pathway project that encircles Tabor Home in Morden is seen as being a benefit in many ways for not only the residents, staff, and volunteers of the personal care home, but the community as a whole.

Work started last spring on the pathway, which also links to each unit of Tabor Home, and it was finished aside from other minor finishing touches this past spring.

"I think it just really enhances the facility for the residents and the community. It just makes it a more pleasant experience for everybody," said Carol Worms, a director on the Tabor Home board.

"Both of my parents lived in a personal care home facility," noted chairperson Helena Goerz. "To know there's a place where you can take people outside is just something that was really dear to my heart because they both loved to spend time outside ... to know that we can give this to the people who helped build this community is really important to me."

Goerz explained there were a few reasons why the pathway project

came to mind.

"One reason for us was egress from the building. In winter, we were just snow blowing on the grass, and if you ever needed to evacuate people in wheelchairs or on a bed or even someone with a walker, that could be very difficult and treacherous.

"For us, having a really nice pathway to connect all of the units and exits was important because it could all be cleared well," she continued. "It's also just for recreation for the folks. You can take them out, and it's a nice place where you can walk with them and spend time outside."

Goerz noted they were able to draw on a Tabor Home fund, which is supported with a variety of donations, such as from bequests from estates.

"We can draw on those funds to work on projects like this, but we also are always very happy for the community to add to that funding."

Goerz estimated the overall cost of the project was about \$475,000.

"It was quite a costly project," she said. "The grounds had been disturbed within the last five years, so we had to put more base in and things like that, and for us also it was



PHOTO BY LORNE STELMACH/VOICE

Tabor Home board members Carol Worms and Helena Goerz with the new pathway the Morden personal care home installed earlier this year. It's been very well-used this summer, they share.

important to have a very wide, walkable path. If volunteers or families or residents would be passing each other with wheelchairs or walkers that nobody would have to step aside."

"There is also a raised support system where it was so sloped, so we had to build a retaining wall. It had to be built up, so that added to the cost as well," added Worms.

Goerz said the pathway has already been well-received and put to good use.

"I know there are people from the community who live in this area who utilize it, and as more people become

more aware, they can work it into their wandering and walks.

"It's also for the community. We want the community to feel free to wander through because it is a beautiful place, and it's something that I think even the residents inside can enjoy watching," she added. "It's a very safe place because there's no traffic nearby, so if a child is riding a bike, it's easy and safe."

Looking ahead, they plan to continue to make further improvements and additions around the pathway.

Continued on page 9

Tractor Trek raises \$75K and counting for Eden

By Ashleigh Viveiros

The numbers are in for the 17th annual Eden Foundation Tractor Trek.

The event saw 54 tractors represent-

ing decades of agricultural history set out from Winkler July 13. The parade made its way through and out of the city en route to Chortitz, the Pemi-

na Threshermen's Museum, and then back to Winkler for a banquet.

Between day-off donations at the community tractor show and barbecue, tractor registrations, and pledges collected by participants, the trek raised a healthy amount for Eden Health Care Services' mental health programming, shared Quinn Friesen, the foundation's events coordinator.

"As of right now, we're just over \$75,000, and we still have more money coming in," she said last week. "So that puts us right on track with past years."

The number of participants this year hit a high point compared to recent years.

"That was the highest in the last five years," Friesen said, noting that shifting the start of the trek back from early morning to midday necessitated a shorter route but allowed for more out-of-town tractor owners to take part.

"We actually had a really high amount of new faces this year, with

the change in route and everything," she said. "We ended up having several from outside the area come, and then we ended up having quite a bit of the younger generation come out because they were able to make a trip."

It's too soon to say if the new start time and route will become the norm for the event, but organizers will most certainly take it all into consideration, Friesen said.

She sends thanks out to everyone who made the day such a success, but especially to the trekkers.

"Thank you immensely for everything you did, for reaching out to the families and friends, businesses, but even just coming out and being a part of the day means so much," Friesen said. "Receiving so much support from them and the community was overwhelming."

Eden Foundation's next big fundraiser is the Head for the Hills bike ride Sept. 14. Head to edenhealthcare.ca/events-calendar/for details.



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Fifty-four tractors took part in this year's Eden Foundation Tractor Trek, raising over \$75,000 for mental health programming in southern Manitoba.

Cantelon releases second collection of poetry

By Lorne Stelmach

The initial response to his second collection of poetry is heartening to Morden-based writer Peter Cantelon.

The early positive reception to *Songs in Blue Minor* follows the similar success of his first collection, *Psalms of Bone and Sinew*.

"I think that first response really definitely encouraged me with moving ahead with the second one," said Cantelon, who is also an award-winning columnist for the *Winkler Morden Voice*. "I was shocked by the reception that first time around. It did really well. It sold well. It hit some best seller lists."

"It just kind of caught me off guard now how well the new book did on launch just through some basic promotional work on my part. It hit three different lists on Amazon as number one," he noted. "That's gratifying. It's nice to have, but the real gratifying thing is to get this text and hold it and see it and feel accomplished, that it was a job well done."

Cantelon has had a passion for writing and poetry throughout his life, but has been writing more seriously since about age 17, and poetry is the one thing he has always come back to over the years.

His poems have been published in various and sundry journals and magazines, including *Poetry Scotland*, *Synaesthesia*, *Bricolage*, *Geez* and the *Lakeview International Journal of Literature and Arts*.

He has gone the self-publishing route with his poetry collections.

"I recognized pretty early on that traditional publishing, going through either a small boutique publisher or large-scale publisher, wasn't really going to work for me," he noted. "Publishers really require the artist, whether it's an author or poet, to have done a great deal of work in advance to build their market share ... once the market is lucrative enough from a

> TABOR, FROM PG. 8

"We've been working on some other projects ... the Morden community thrift store was very kind to donate some funds, so we've been able to plant some trees on the grounds ... just to help with the aesthetics," said Goerz.

"We are going to continue to try to enhance the pathway. We have some projects kind of in the back of our minds that we're working on, so hopefully you will hear a little more about that as we get a little further along with it."

book sales perspective, a publisher often then will agree to either republish or publish your first manuscript.

"I didn't have the time or inclination to travel the country, going to different poetry readings ... with a full-time job. Most poets don't have that ability. The odds of making any kind of an income and living as a poetry writer are almost zero."

Most of his poems are free verse with a mix of rhyming and what he calls free rhyme—a mix of free verse and rhyme in a single poem.

Songs in Blue Minor includes poems Cantelon has written over the last two years, and he sees the journey from *Psalms of Bone and Sinew* to this collection as being intentional and reflecting his own journey.

"The word psalm, in some ways, reflected a stage where I was at in my life ... songs on the other hand reflects where I'm at now."

"Those notes that often go unnoticed, the minor notes, are often kind of the foundation of what we are experiencing," he suggested. "A lot of people like to focus in on the positive elements of life, things that uplift them ... but with this collection, there's a lot in there that I find kind of gritty and realistic ... having dealt with things like depression."

"It occurred to me that these kinds of notes in my life or the minor notes tended to become the major theme ... and that's the point of the title and collection."

Cantelon noted there was a lot that he had gained from having the experience of having published the first book.

"Putting it together was easier. I learnt some lessons technically just in terms of publishing and layout and design and things like that ...and from a content perspective, I think what it really did after that first book was it encouraged me."

"What I collected over the last two years, I didn't realize the volume of what I created," he added in noting the new book is substantially longer at over 300 pages. "Having collected them together and having seen the size of what I created, it kind of shocked me a bit."

Seeing the finished product then is also an interesting experience, but he doesn't dwell on it too much.

"I don't often go back and re-read my poems ... for me, the act of creation is a bit of a cathartic process. Inspiration comes from one thing or another, and I get it out," he said. "I read it like I'm reading another author, and it's very en-

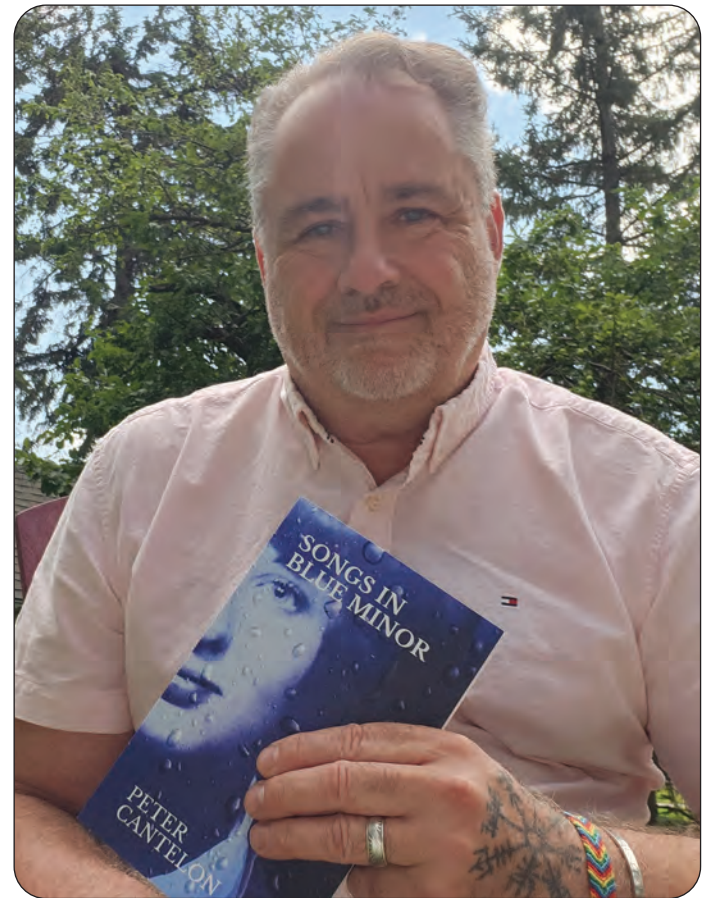


PHOTO BY LORNE STELMACH/VOICE

Voice columnist Peter Cantelon with his new poetry collection, *Songs in Blue Minor*.

lightening. I'm learning things about myself and my process that I wouldn't otherwise know."

Cantelon already has an idea in mind for a third collection.

"It's way more personal, and I've begun the process of collecting those," he said. "It's funny how once you open that floodgate, you can continue ... so I've got plans for more in the future."

Songs in Blue Minor is available through multiple online booksellers as well as locally at Winkler Arts and Culture and the Pembina Hills Gallery in Morden.

Hole-in-one nets golfer \$10K

A hole-in-one on the seventh hole at Minnewasta earned Keane Boucher a big prize at the Morden Bombers third annual par three tournament Friday. The \$10,000 prize came on the hole sponsored by Morden Realty; all 18 holes were sponsored by local businesses, with hole-in-one prizes ranging from \$10,000 to \$30,000. The tournament is one of the Bombers' main fundraising events to assist with the operation of the club. Right: Boucher (centre) with Mark Thiessen, executive member, and Bob Agnew, tournament organizer.

SUBMITTED PHOTO





PHOTOS BY SEAN CONWAY/VOICE
The Manitoba Stampede and Exhibition took over the community of Morris last weekend, offering fun for the whole family. Clockwise from top left: The RCMP Musical Ride made a special stop at the Red River Valley Lodge to visit with residents in addition to their performances at the Stampede grounds; a fun photo op; bronco riding; no shortage of rides and games on the midway; Roseau River First Nation's John Caskey shared his dancing skills with Stampede-goers; high-speed chuckwagon racing.





PHOTOS BY
SEAN
CONWAY/VOICE
Clockwise from
above: Mounted
shooting; Sun Valley
Co-op's entry in the
Saturday morning
parade; barrel
racing; getting
some roping
practice in behind-
the-scenes.



Morris library hit by begonia thieves

By Sean Conway

There was a begonia burglary in Morris last week at the Valley Regional Library. The bandits made off with "Beulah" from the library gardens.

The theft occurred before the stam-pede rode into town, so the suspect is likely local.

Library curator Claudia Schmidt describes Beulah as orange, lush, and in fine physical condition. Staff at the library have posted a sign at the library asking for the plant's safe return.

This is not the first time the library in Morris has fallen prey to thieves. In December 2021, a few pieces of garland at the base of a barren pole was all that remained of the string of lights that adorned the lamp structure in the Jack Murray park grounds next to the library. The library had hired electrical contractors during the summer to upgrade the light poles on the grounds, adding electrical receptacles boxes in order to have power available for decorations.

In April 2022, culprits absconded with the library's blue recycle bin. A

story calling out the thieves appeared in the local newspaper. A reader called the library and informed them they had discovered an abandoned recycle can on their property, which matched the description and picture on the notice poster.

Then, in June 2022, thieves uprooted a decorative Lumino Weeping Willow tree from the grounds. The library had used prize money it had won for best business decorations to purchase the LED-lit tree.

The library is a public space, making it easily accessible.

"It is important that the building and the grounds be maintained," Schmidt said. "It is discouraging when the efforts to improve the area are lost because someone walks away with site decorations."

The library is hoping for the best, suggesting that Beulah might have just have wandered off.

If anyone knows the whereabouts of the missing Beulah begonia, they can call the Valley Regional Library at 204-746-2136.

Public
Utilities
Board

Public Notice

You're Invited

to share your views about the detailed
reviews of Payday Lending / Loan Rates
and the Government Cheque Cashing Fee
Tariff in Manitoba

On December 23, 2023, the federal government released draft regulations to cap the maximum cost of borrowing for payday loans at 14% of the loan value. Manitoba currently regulates the maximum cost provincially and caps high-cost credit products at 17% of the loan value. The maximum fee any "person" may charge in Manitoba to cash a government issued cheque is \$3.00 plus 2% of the face value of the cheque.

For further details, please visit the Board's website at www.pubmanitoba.ca.

A public hearing on these two issues will be held beginning:

Friday, December 6, 2024 at 9:00 a.m.

Please view the hearing via the PUB website.

If you are interested in learning more about this detailed rates hearing, 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 **November 1, 2024**.

For more information, visit www.pubmanitoba.ca.

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

Garden cultivates Indigenous wisdom

By Lori Penner

Visitors to Altona's community garden will notice an interesting new addition in the southeast corner, where Steps Toward Reconciliation has established a medicine garden.

Steps Toward Reconciliation is a grassroots organization based in Altona that seeks to build connections between Indigenous peoples and settlers in the Pembina Valley.

Spokesperson Shaun Friesen says the medicine garden is based on the Indigenous worldview known as the "medicine wheel."

"It's one of the ways that a lot of Indigenous people organize their world. The cosmos is divided into four cardinal directions, plus up and down. Each direction represents a significant aspect of life."

The medicine garden was inspired by Elders Jeannie White Bird and Audrey Logan, guest speakers at a workshop hosted locally in April.

"The did a fantastic job teaching us about all the various aspects about Indigenous gardening," Friesen said. "We wanted to honour that teaching."

The garden itself is divided into four sections, each honouring these four directions.

One of those sections is a medicine wheel, constructed of stones with four houses or gates which correspond to each of the four main compass directions - east, south, west and north.

These gates are also represented by different plants.

"For example, the yellow flowers facing east represent the rising sun,

the direction from which all new life comes. And then the south is coloured red, which represents the south gate or the south port, where all present moments happen. And then as we move to the west, there is black, representing the gate through which we enter the after life. And then we move into the north, which is white."

Each segment of the garden also has a sacred plant, or a sacred medicine. The first is tobacco.

"In the creation story, tobacco is the first gift that was given by the Creator," Friesen explained. "It's a very sacred plant and it is used in ceremonies. The plant to the south is sweet grass. We burn sweet grass to remember to be kind. To the west you'll find sage, which is to purify. And to the north, you have cedar. The sacred smudges are a mixture of all those plants. It's a combination of cleansing and purging, and kindness and an incoming spirit from the north."

Each gateway also has an animal associated with it.

"The north, for example, has a white spirit bear, to the west is a buffalo."

Another section is called "The Three Sisters."

"In the Great Lakes area and in the northeast part of the U.S. coast, they would plant them in mounds. First the corn, and two or three weeks later, they would plant beans, and then when the beans broke through, they would plant squash. The corn grows straight and tall. The beans would climb up the corn, and then the squash branches out and its large leaves



PHOTO BY LORI PENNER/VOICE

The medicine garden in Altona's community garden teaches visitors the meaning of different plants in the Indigenous culture.

would form a ground cover and a living mulch. It would minimize weeds and keep the ground around each mound cooler and moister."

North of the mounds is a section they call "The Seven Sisters" garden.

"Many cultures have stories about the Seven Sisters, which were consistently corn, beans and squash, and other things like different kinds of tobacco, tomatoes, ground cherries, and sunflowers."

Friesen says these sunflowers are white seeded, unlike the ones grown locally. "While the hulls of the sunflower are still milky, they would cut the head off, peel the leaves off, and either boil it or roast it, and eat the entire head."

The squash underwent two harvests and was harvested while still green. They would be dried and ground into flour.

Friesen points out another noteworthy plant at the medicine garden known as Ojibwe potatoes. "They're also called fall sunflowers or Jerusalem artichoke. They grew wild across the prairies. They kind of look like sunflowers, and form tubers under the ground. The Indigenous people would eat the tubers like we would eat potatoes."

Another section of the garden represents plants from the Americas.

"It's drawing attention to how there are a lot of foods that we eat that we wouldn't necessarily have. Probably the most significant one is potatoes. Potatoes came back with Scottish and Irish immigrants to New England."

Tomatoes, as well, originated in the wild in the Andes. When they were brought over to Europe, they were

Continued on page 14

Teen Glow Swim lights up Altona Aquatic Centre

By Lori Penner

The Altona Aquatic Centre was transformed into a vibrant party on

Saturday, July 20, as it hosted its inaugural Teen Glow Swim.

The event, designed to engage local teens, was a huge success, according

to recreation services manager Eric Hildebrand.

"We wanted to try something new and different. The Glow in the Dark theme seemed like a fun way to attract our teenage demographic - a group that already enjoys our facility."

Existing dedicated Teen Swims typically run on Fridays in July and August from 9-10:30 p.m., but for this special occasion they chose a Saturday night, and the hours were extended to 11 p.m.

Head lifeguard Andrew Dyck suggested the later time slot to enhance the glow effect as darkness enveloped the pool.

The atmosphere was electrifying, with a sound system—complete with lights and DJ services provided by staffer Nolan Franz—creating an ideal backdrop for the event.

Over 300 glow sticks were distrib-

uted, and glow-in-the-dark and LED water toys added an extra layer of excitement to the evening. To create the perfect ambiance, the main pool deck lights were turned off, while in-pool lights remained on for safety.

"As it got later and darker, the glow sticks and toys really shone," Hildebrand noted. "We were fortunate that Mother Nature cooperated with a hazy sky, which kept the brightness from the stars and moon subdued, amplifying the glow effect."

Feedback from attendees was overwhelmingly positive, with many praising the unique experience.

"Our staff have already mentioned receiving great comments from those that attended," Hildebrand said. "We'll consider hosting similar events in the future."



SUBMITTED PHOTO BY KAYLEE FRANZ

The Altona Aquatic Centre hosted a Teen Glow Swim last weekend.

getinformed

Fit for the future

Morris gym welcomes new treadmills

By Siobhan Maas

The Morris Wellness Centre is thriving.

Started as a bare bones community initiative in 2008, the non-profit has done well for itself.

Housed in and rented from the Morris Multiplex, the gym sees a variety of fitness enthusiasts use the 40+ pieces of equipment, multiple free weight stations, and studio area.

With an active membership of 200 users and desire to encourage use of the space, the board continually aims to improve the facility and equipment.

"In 2023 we managed to pay off our CERB loan, we've been saving and have been meticulous," said Reba Krahn, vice-chair of the volunteer board, of the continuous facility upgrades. "The Multiplex gave us a two-year rent reprieve following COVID-19. We also now have a renter in our space, PhysiGO Services, who is wonderful to work with."

These combined factors have allowed for numerous upgrades in the past couple years. A new water fountain was installed in early 2023.

Since then, the gym has installed a new security system, replacing most physical fobs with mobile versions,

procured a digital management program, and brought in a stair master.

An ongoing project continues to be re-upholstering of the many workout benches.

Earlier this month, new signage was hung at the front entrance and four new treadmills installed. A 2023 Morris Area Foundation grant allowed for the purchase of a hip thruster.

Krahn was excited to show off several pieces of the newer equipment recently.

"Not many gyms have a sled. It is good to help strengthen the knees."

A user is able to drag a heavy weight backwards or push it forward, working different targeted muscles in the legs and back.

Kaden Friesen, gym member for the last 11 years, was eager to learn about the new StarTrac treadmills that boast Bluetooth, workout video visuals and trail simulator, along with fans for upper body cooling and the ability to connect with users' personal Netflix and Youtube accounts.

"We call them our 'bougie treadmills,'" Friesen laughed.

Krahn and Friesen took a moment to exchange thoughts on further improvements for the space.

"It's nice to hear the voices [of members by the board]," Friesen noted, as



PHOTO BY SIOBHAN MAAS/VOICE

Morris Wellness Centre board vice-chair Reba Krahn explains the new StarTrac treadmill to gym member Kaden Friesen.

he shared his thoughts for upgrades to the men's change room with Krahn. "I have everything I could possibly need, but a vending machine would be nice."

Krahn encourages members to send in their gym wish list so the board can discuss desired items during board meetings.

"We continue to upgrade our current machines; the leg extension machine and new bikes are things we are excited about. [The gym] has a new and invigorated board and it is important we stay current."

All ages make use of the workout space, including students from the Morris School aged 16+. Last year the gym class created workout instructions for all the machines, accessible online by scanning a QR code attached to each piece of equipment.

Although elevator accessibility to the space is available only during regular Multiplex hours, the gym is open 24/7 via the front entrance.

A full list of membership plans can be found at morriswellnesscentre.pushpress.com/landing/plans.

CultureFest back for another year at Sunflower Festival

By Ashleigh Viveiros

CultureFest returns as part of the Manitoba Sunflower Festival celebrations in Altona July 27.

The CultureFest tent in Centennial Park, open from noon to 4 p.m., will feature educational booths hosted by local immigrants eager to share more about their native countries.

"A few countries that are going to be represented in Altona are Venezuela, Colombia, Nigeria, Eritrea, the Philippines, Ukraine," shared organizer

Shepherd Chiwandire from Regional Connections Immigrant Services. "There will be foodstuffs from different countries, geographical maps and pictures, traditional dress—you'll get a different feel of every country, really."

CultureFest also takes over the festival main stage with a multicultural lineup of performers from noon to 1:30 p.m.

"We've got a group from Nigeria, we've got a gentleman from Uganda, we've got dancers, musicians from In-

dia," Chiwandire said, noting they're still firming up the schedule, but it's sure to be a lively celebration of cultures.

The event serves to celebrate the ever-growing diversity of the community, and has proven to be a big hit among newcomers and longtime locals alike.

"[Newcomers] have really enjoyed, apart from showcasing and their countries and celebrating their culture, they've really enjoyed the responses that they've had from com-

munity, so it keeps them wanting to come back again," said Chiwandire, adding that the event was sorely missed when it went on hiatus a few years ago. It returned in 2023 as a festival event.

"Last year we just decided it would be great to revisit doing our CultureFest in Altona again," he said. "So we reached out to the Town and everyone was on board with it. We restarted it last year, which went very well. We're so excited to be back again this year."

News or sports tip? E-mail news@winklrmordenvoice.ca or call 204-325-6888

Meet the Altona Queen Quest contestants

By Voice staff

Eleven accomplished young women are vying for the Manitoba Sunflower Festival Queen Quest title in Altona this weekend.

The contestants take the stage for contestant speeches Friday afternoon at the Millennium Exhibition Centre followed by introductions at the Centennial Park stage that evening.

Saturday includes the fashion show and then wraps up with the crowning of the 2024 queen and her princesses at the Centennial Park Stage at 10 p.m.

The festival website (manitobasunflowerfestival.ca/queen-quest) has this to share about each contestant:

- Abby Wiebe is the daughter of Brendan and Michelle Wiebe and is being sponsored by West Park Chevrolet Buick GMC.

"This fall I am attending Providence University College for my three-year Bachelor of Arts, and then will further my studies at the University of Manitoba for my Bachelor of Education to become a teacher. In my free time, I enjoy hanging out with friends and family, reading, listening to music, and enjoying the outdoors."

- Claudia Dyck is the daughter of Jake and Anna Dyck. She is being sponsored by Roger's Plumbing Heating and A/C Ltd.

"I'm currently employed at the Sun Valley Co-op Food Store, and plan to continue working there, as well as possibly enrolling in Bible school in the coming years. In my free time, I enjoy spending time with friends and family, crushing my brothers at Mario Kart, crocheting, and dancing badly in the kitchen to loud music."

- Dana Penner is the daughter of Dennis and Tracy Penner and is being sponsored by Friesens Corporation.

"I recently graduated from W.C. Miller Collegiate, and I plan on taking at least a year off to work and figure out what I want to do with my life. In my free time, I enjoy reading with my cat, playing (and seeing!) live music, drinking boba tea with my friends,



MANITOBASUNFLOWERFESTIVAL.CA/QUEEN-QUEST

The 2024 Manitoba Sunflower Festival Queen Quest contestants, clockwise from top left: Abby Wiebe, Claudia Dyck, Dana Penner, Dianne Harder, Hailey Neustaeter, Kate Fennell, Kinzie Friesen, Lauren Schellenberg, Mackenzie Friesen, Makayla Gerbrandt, and Suleka Hassan.

and buying too many books."

- Dianne Harder is the daughter of Gwen Harder and is being sponsored by GJ Chemical Company.

"This fall I plan on attending the University of Winnipeg for my education degree. In my spare time, I enjoy sitting in the sunshine, watching movies, crocheting and making memories with friends and family."

- Hailey Neustaeter is the daughter of Loretta and Curt Neustaeter. She is being sponsored by Hometown Heritage.

"I graduated from W.C. Miller Collegiate this past spring. I plan on working for a year here in Altona and figuring out where life takes me! I enjoy spending my free time with my family, singing and spending as much time as possible outdoors."

- Kate Fennell is the daughter of Linda Drummond and Andrew Fennell. Her sponsor is SK2 Custom Homes.

"I plan on working this next year and exploring opportunities to further my education in the area of health and wellness. In my free time, I enjoy spending time with friends and

family, playing softball and teaching swimming lessons at the pool!

- Kinzie Friesen is the daughter of Pearl Friesen and she is sponsored by Sun Valley Co-op, where she works as a cashier

"This fall, I plan on studying at the University of Manitoba for engineering, music performance, or both. In my spare time, I love playing the piano and saxophone, going for drives with friends, baking, learning and meeting new people, biking, and spending time with family

- Lauren Schellenberg is the daughter of Gerald and Rheina Schellenberg and she is being sponsored by The Altona Elks #447.

"I am very excited to attend the University of Brandon this fall to start my five-year arts/education degree, and later on pursue my dream of being a middle years teacher. I love spending time with friends and family around a campfire or at the beach. I also enjoy late-night cruises to Winkler and the perfect May weather"

- Mackenzie Friesen is the daughter of James and Andrea Friesen. Her sponsor is Rhineland Car Company

Limited.

"This fall I will be attending the University of North Dakota to start my science degree and eventually become a dermatologist. I love spending my free time with my friends and family, bingeing Netflix, playing sports, and singing.

- Makayla Gerbrandt is the daughter of Jake and Maryann Gerbrandt. Springtide Wellness and O'Naturelle is her sponsor.

"I graduated this past June from W.C. Miller Collegiate. I plan to work full time as an esthetician. In my spare time, I like to play sports, hang out with family and friends, go camping and fishing.

- Suleka Hassan is the daughter of Neaima Abdelahi and Mohammed Yusuf. She is sponsored by Greenvalley Equipment.

"I'm planning to attend university majoring in criminal justice with a minor in public affairs. In my free time, I enjoy watching shows and movies in different languages and spending time with family and friends."

> COMMUNITY GARDEN, FROM PG. 13

considered poisonous curiosities.

"The reason they were poisonous is because wealthier Europeans ate their food off of pewter plates using pewter utensils. Pewter contains huge amounts of lead. The acid from the tomatoes was allowing the poi-

son to come off, so people were getting poisoned and blaming the tomatoes."

At the heart of the garden is the group's Orange Bench - a tool to tell stories from an Indigenous perspective, mostly from the Roseau River

Anishinaabe First Nation.

"We'll be attaching information to the bench, explaining all the various aspects and teachings about the medicine garden. People will be able to sit there and learn more about the different animals and plants and colours, and the sacred way the Indigenous

people used to organize and orient their world."

The medicine garden was made possible by the inaugural grant from the Richard Neufeld Legacy Fund, administered by the Altona Community Foundation.

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

WELCOME TO THE MANITOBA SUNFLOWER FESTIVAL

THURSDAY JULY 26

9:10pm Sun Valley Co-op Family Movie Night in the Park (South of the Altona Aquatic Centre)

FRIDAY JULY 27

11:00am – 5:00PM Gallery in the Park features artwork throughout the weekend
Featuring Artists4 and Candace Lipischak
2:00pm Queen Quest Speeches (Millennium Exhibition Centre lobby)

4:00 – 8:00pm Mennonite Foods (Rhineland Pioneer Centre)

4:00 – 9:00pm Gifted the Market (Millennium Exhibition Centre Arena)

5:00 – 8:00pm Southern Bounce-a-rama Inflatables sponsored by Elmers Manufacturing (Altona Centennial Park)

5:00 – 8:00pm Axe Throwing (Altona Centennial Park)

5:00 – 10:00pm Food Trucks Open (Altona Centennial Park)

5:00 – 12:00am Rendezvous Brewery Beer Gardens (Altona Centennial Park, Shelter 1)

6:00 – 7:00pm Altona Fire Dept – Family Fun! (Ecole Parkside School)

Opening Ceremonies (PlayNow Stage)

8:00PM Introduction of the 2024 Manitoba Sunflower Festival Queen Entrants,

2023 Manitoba Sunflower Festival Royalty, and 2024 Central Highlands Queen

8:00PM Altona Farm Service Friday Night Stage Show presenting “Juke Box Heros” (PlayNow Stage)

10:00PM Hip Hop Night in memory of Tirrell Thomas Feat. Yung Balboa, Nat Saturn, & Fresh IE (PlayNow Stage)



Proud to support the Manitoba Sunflower Festival.

Congratulations to all participants, staff and volunteers for another great year.

valleyfiber.ca | 1.800.958.5698



WELCOME TO THE MANITOBA SUNFLOWER FESTIVAL

SATURDAY JULY 28

7:30 – 9:00am	Pancake Breakfast by donation sponsored by Access Credit Union (All proceeds going to Kiddie Sunshine Centre Expansion Project, Access Credit Union parking lot)	1:00pm	Show
9:00 – 6:00pm	3 on 3 Basketball Tournament (MEC Parking Lot)	12:00 – 4:00pm	Fit Kids Healthy Kids Motion Zone (Altona Centennial Park)
9:00 – 4:00pm	Outland Games (Gallery in the Park parking lot)	12:00 – 4:00pm	CultureFest
10:00am	Gigantic Commercial Parade (Downtown)	1:00pm	Xtreme Dog Show Sponsored by Friesens Corporation (Green Space west of Tennis Courts)
10:00 – 6:00pm	15U AAA Baseball Tournament (Altona Centennial Park Diamond 3)	2:00pm	Altona Rhineland Emergency Services Fire Truck Pull (10th Ave across from Park)
11:00 – 3:00pm	Altona Farmers Market (10th Ave at the Altona Centennial Park)	2:00pm	Manitoba Sunflower Festival Queen Quest Fashion Show (PlayNow Stage)
11:00 – 7:00pm	Mennonite Foods (Rhineland Pioneer Centre)	3:00pm	Sarah Teakle – Childrens Entertainer sponsored by Pembina Valley Pharmacy (PlayNow Stage)
11:00 – 8:00pm	Southern Bounce-a-rama Inflatables sponsored by Elmers Manufacturing	3:00 – 6:00pm	Free face Painting
11:00 – 8:00pm	Cole and Mace Law Office	4:00pm	Sprkl Studio youth band showcase (PlayNow Stage)
11:00am – 5:00pm	Petting Zoo by Riklyn Farms	4:00pm	Xtreme Dog Show Sponsored by Friesens Corporation (Green Space west of Tennis Courts)
	Gallery in the Park features artwork throughout the weekend	7:30pm	Saturday Night Stage Show with entertainment by AR Cash and Manitoba Sunflower Festival Queen Quest fashion show brought to you, by Friesens Corporation, Elmers Manufacturing, Access Credit Union and Town of Altona (PlayNow Stage)
12:00 – Dusk	Featuring Artisits4 and Candace Lipischak		
12:00 – 11:00pm	Food Trucks Open	9:00 – 11:00pm	Gallery After Dark Silent Disco (Gallery in the Park)
	Rendezvous Brewery Beer Gardens Open (Altona Centennial Park, Shelter 1)	9:00pm – 1:00am	Elks Dance (Rhineland Pioneer Centre)
12:00 – 7:00pm	Gifted The Market (Millennium Exhibition Centre Arena)	10:00pm	Crowning of the Manitoba Sunflower Festival Queen (PlayNow Stage)
12:00 – 8:00pm	Axe Throwing (Altona Centennial Park)		
	Gymkhana (Horse corral behind MEC)		
12:00pm	Registration		

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SUNDAY JULY 29

10:30 am	Community Worship Service (PlayNow Stage)	1:00pm	Hoop and Hat Circus (10th Ave across from the Park)
11:00am – 5:00PM	Gallery in the Park features artwork throughout the weekend Featuring Artisits4 and Candace Lipischak	1:30 – 6:00pm	Sunday Afternoon music in the Park (PlayNow Stage)
12:00pm	43rd Legends Car Club Show in the Park	3:00pm	Free Fasma – Watermelon and Rollkuchen served to you by Town of Altona and Municipality of Rhineland Council (Shelter 1 – Altona Centennial Park)
12:00 – 6:00pm	Food Trucks Open	3:30pm	Winnipeg Pro Wrestling (10th Ave across from the Park)
12:00pm	Southern Bounce-a-rama Inflatables sponsored by Elmers Manufacturing	4:00pm	Legends Car Club Trophy Presentation
12:00 – 5:00pm	Cole and Mace Law Office Petting Zoo by Riklyn Farms		
12:00 – 6:00pm	Axe Throwing (Altona Centennial Park)		
1:30 – 8:00pm	Free Public Swimming (Altona Aquatic Centre)		

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sports & recreation

Bisons finish season in first place, Mud Hens in second

By Ashleigh Viveiros

The Altona Bisons finished the regular season at the top of the Border Baseball League East Division standings with a record of 12-5, followed closely by the Morden Mud Hens (11-6), the Winkler Whips (8-9), and the Carman Cardinals (4-13).

The Whips and the Mud Hens had their final games of the season last week, with Morden downing the Baldur Regals 14-11 Tuesday night at home.

Winkler also ended things on a high note, following up on a 1-0 loss to the Pilot Mound pilots Tuesday with wins of 2-1 and 3-1 against the Regals Thursday.

The Pilots are in second place in the West Division with a record of 11-6, following the first-place Cartwright Twins (15-2) and well ahead of Clear-

water (4-13) in third and Baldur (3-14) in last place.

The Bisons take on the Cardinals and the Mud Hens face the Whips in the first round of playoffs this week. In the West Division, Clearwater plays Pilot Mound and Baldur faces Cartwright.

GOLD FOR WEST WINNIPEG

Over the weekend, West Winnipeg clinched the gold medal at the Senior AA Provincials hosted by Morden.

Teams from Altona, Brandon, Portage, Winnipeg, Boissevain, Deloraine, and Cartwright joined the Mud Hens at the tournament.

Morden made it to the semi-final against Cartwright, but got knocked out 2-1. Cartwright then fell in turn to West Winnipeg 8-5 in the gold medal match.



PHOTO BY LORNE STELMACH/VOICE

Tanner Bergman just beat the throw to second base here in first inning action last Tuesday. The Morden Mud Hens scored seven runs off seven hits in the opening inning and in the end hung on for a wild 14-11 victory over the Baldur Regals.

Loss for Storm 2, win for Storm 1



PHOTO BY RICK HIEBERT/VOICE

Storm 2 lost 3-1 to the Bonivital Flames 2 Sunday evening in Winkler.

By Ashleigh Viveiros

The Winkler Storm 2 fell to the visiting Bonivital Flames 2 Sunday evening.

Amery Roberts scored the home team's lone goal in the 3-1 loss, which brings the team's record to 2-7-2 in the Manitoba Major Soccer League's Division 2, keeping the team in the bottom half of the standings.

Meanwhile, Winkler Storm 1, playing in Division 1, defeated Hanover on the road 6-1 Sunday.

Matheus Ruffini had a three-goal night, while Santi Bergen, Cornelius Siemens, and Mosi Williams each contributed singles.

The win bolsters the team's record to 7-1-2, keeping them at the top of the standings ahead of second-place Lucania United FC 2 and third-place Winnipeg FC.

Coming up, Storm 2 plays Scorpions FC in Winnipeg Tuesday night and then hosts UDM Sunday at 7 p.m. Storm 1 plays CSSE Juventus on the road Wednesday night and then hosts Niverville Force SC Sunday at 5 p.m.

U15 Central Energy earns prov'l bronze

By Ty Dilello

The U15 Central Energy team took home the bronze medal at the U15 AAA Softball Provincials this past weekend at Ray Fennell Park in Winnipeg to clinch a berth in the upcoming Western Canadian championships.

The U15 Central Energy team will now represent Manitoba at the U15 Female Western Canadian Softball Championships in North Battleford, Saskatchewan, from Aug. 2 to 5.

U15 Central Energy started strong throughout the weekend, accumulating a 4-2 record in the round-robin, which was good for third place in the standings.

In the team's first playoff matchup on Sunday morning, the bottom of the lineup helped U15 Central Energy capture a 4-2 victory over Interlake Phillies. Taryn Toews, Mya Richard, and Becca Anderson combined for five of the team's ten hits in the victory.

Addison Nikkel earned the win for Central Energy by allowing just six hits and two runs (one earned) over seven innings, striking out six and walking three.

Continued on page 19



PHOTOS BY LANA MEIER/VOICE

Central Energy U15 provincial bronze medalists, pictured left to right, back row: Aaron Anderson (assistant coach), Mya Richard, Kennedy Funk, Becca Anderson, Zoey Shantz, Addison Nikkel, Taryn Toews, Taylor Wall, Ella Conrad, Kevin Perrin (head coach); front row, Kevin Convery (manager), Arabella Goertzen (Bat Girl), Shyanne Goertzen, Bree Pearce, Rory Perrin, and Sinead Convery. Right: Shyanne Goertzen slides under the tag on second against the Interlake Phillies in the U15 AAA Softball Provincials.

> CENTRAL ENERGY, FROM PG. 18

The victory put Central Energy in the semifinal, where they faced the Eastman Wildcats. The winner would advance to the Nationals, while the loser would be headed to the Western Canadian championship.

Sadly, even though Central Energy collected nine hits to Eastman's six, they still fell 9-6 in a heartbreaking semifinal loss. Becca Anderson and Shyanne Goertzen each collected two

hits for Central Energy, while Kennedy Funk took the loss on the mound as the righty went five innings, surrendering three runs on three hits, striking out six and walking four.

Shyanne Goertzen also led things off in the circle for Central Energy, and the starting pitcher allowed three hits and five runs (four earned) over one inning, striking out none and walking one.

"The team played great all weekend as we had some tough competition with no games off," said U15 Central Energy head coach Kevin Perrin. "The top four teams in our league are all fantastic teams so it was a real battle every game."

"I'm super proud of the girls as we left it all out there," said Perrin. "Heading to Westerns now with the competition we faced in Manitoba is a big achievement, so we will now refocus and hopefully win the Westerns."

IN OTHER NEWS

The U13 Central Energy team's provincials are now next and will be held at Stonewall's Quarry Park from July 25-28. The top two teams (not including Westman Magic) will join the host team, Westman Magic, and represent Manitoba at the U13 Female Western Canadian Softball Championships in Brandon from Aug. 1-4.



Regional teams host, medal at provincials

By Voice staff

Local teams brought home medals from the various provincial championships held across Manitoba last weekend.

Winkler won the Softball Manitoba Provincial U19 A championship in Crystal City, beating the Hamiota Red

Sox 6-4 in the gold medal game.

Central Energy won bronze at the Provincial U15 AAA softball championship in Winnipeg, falling to the Eastman Wildcats 9-6 in the semi-final match. The gold ultimately went to the Westman Magic.

Morden won silver at the 18U AA Provincials in Altona, losing to the

Carillon Sultans 13-2 in the championship match.

Red River Red came in second in the 11U AA Provincials in Selkirk, falling to Brandon 4-3 in the final. Team South Central made it to the semi-fi-

nal, but got knocked out of the running with a 12-3 loss to Brandon.

And South Central teams went 5-1 at the 13U AAA qualifier in Stonewall and 6-0 at the 15U AAA qualifier in Glenboro.



PHOTO BY LORI PENNER/VOICE

Morden beat the Altona home team 7-5 in this round robin game Saturday at Baseball Manitoba's 18U AA Provincials. The Mud Hens went on to make it to the gold medal game against Carillon, but lost 13-2.

Nathan Enns of South Central made a successful slide back to first base while avoiding an attempted pick off by the Orioles during his team's impressive 22-3 win against the Interlake Orioles at the 2024 13U AAA Qualifier in Stonewall on July 19. Over the course of the weekend, South Central faced only one loss in a close match to Pembina Hills with a score of 8-7.

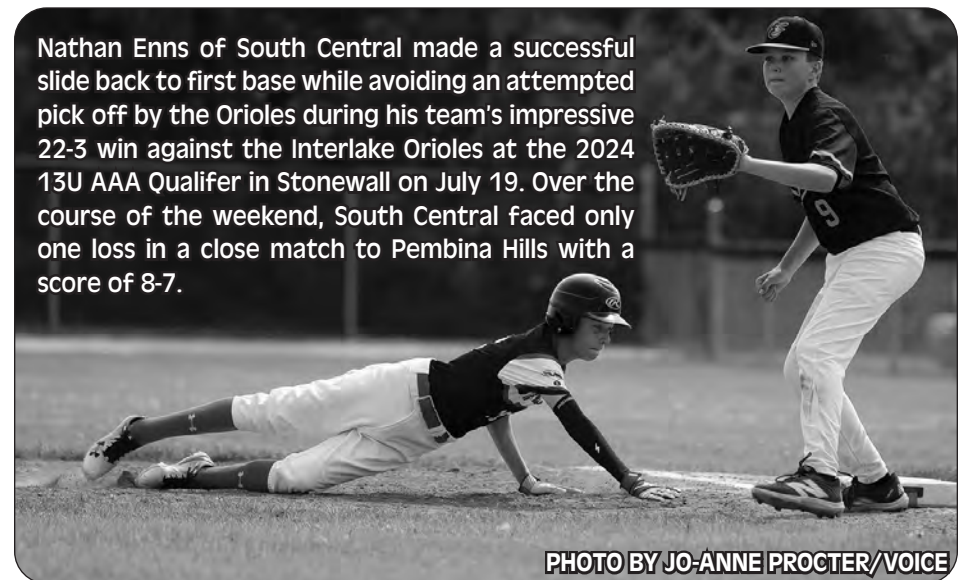


PHOTO BY JO-ANNE PROCTER/VOICE

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3254063/4	Parcel One: The W 1/2 of Legal Subdivisions 1 and 8 of Section 11-1-2 WPM Parcel Two: All that Portion of the Ely 1650 Feet Perp of the SE 1/4 of Section 11-1-2 WPM Lying to the West of the Western Limit of Legal Subdivisions 1 and 8 of said Section	60
3254069/4	The NW 1/4 of Section 1-1-2 WPM Exc The Nly 1320 Feet Perp	80
3254071/4	The E 1/2 of the E 1/2 of the SW 1/4 of Section 1-1-2 WPM	40
2880231/4	The S 1/2 of SE 1/4 21-1-2 WPM	80

When submitting an offer, please note:

1. The highest, or any, offer will not necessarily be accepted.
2. Offers may be for any or all parcels, however, additional consideration will be given to offers which include all parcels.
3. The date of closing and date of adjustments will be January 1, 2025.
4. The successful bidder may have possession of the property for the purpose of completing fall work once the 2024 crop has been removed.
5. You must provide a certified check or bank draft in the amount of \$10,000.00 payable to Cole & Mace Law Office. The cheques accompanying unsuccessful tenders will be returned.
6. You must rely on your own research of the property.
7. Tenders are binding upon acceptance and not subject to any conditions precedent.
8. Tenders may only be submitted in the form provided by Cole & Mace Law Office; a form of tender may be requested from Cole & Mace Law Office in person at the address below, or by emailing: adam@colemacelaw.com.
9. The Vendor will be responsible for the taxes on the property up to the date of adjustments.
10. The Purchaser will be required to pay GST unless the Purchaser is registered for GST and agrees to self-assess.
11. Title to the land will be transferred free and clear of all encumbrances and liens, excepting as to Title No. 2880231/4: Easement No. 76124/4, Caveat No. 115141/4, Caveat No. 1214639/4, Easement No. 1231380/4, Partial Discharge No. 1289186/4.
12. The Vendor will also give consideration to tenders which include an offer to lease any or all of the following properties:
 - SE 1/4 16-1-2 WPM (153.42 acres)
 - NE 1/4 5-1-2 WPM (160 acres)
 - part SW 1/4 16-1-2 WPM (99.04 acres)
 - part SW 1/4 16-1-2 WPM (50.92 acres)

Signed and sealed Tenders will be received up to 4:00 p.m. on July 30, 2024 at:

Cole & Mace Law Office
26 Centre Ave. East,
Box 2039, Altona, Manitoba, R0G 0B0
Attn: Adam Mace

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

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

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- Experience in industrial equipment maintenance and repair
- Ability to read blueprints and technical documents
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Starting Wages:

- Mechanic \$32.70/hour
- Red Seal Millwright: \$38.08/hour

A job description for this position can be found online on the Bunge website: <https://obs.bunge.com/>. enter "Altona" in the field "Search by Location". Click on "Maintenance Mechanic/Millwright" to read the description. Applications should be made online with an attached resume.

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PUBLIC NOTICE



UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING FOR RE-ZONING By-Law # 2024-06

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter:

Heather and Randy Unger, (applicants) of Plum Coulee, Manitoba have made an application to amend the Municipality of Rhineland Zoning By-Law 2021-06 and Re-Zone to CN - Commercial Neighborhood the land legally described as Part of Lot 1 Plan 33956 in the NE-2-3-3-W, civic address 62-RUSSELL STREET, roll # 401000.000 from "RLD - Residential Low Density" to "CN - Commercial Neighborhood"

HEARING LOCATION: Rhineland Council Chambers

DATE AND TIME: 109-3rd Avenue NE,
Altona, MB
August 07, 2024 at 9:00 AM

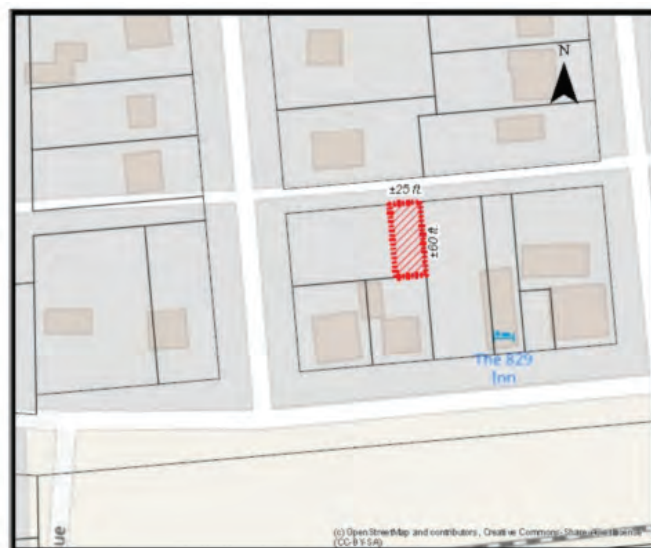
GENERAL INTENT:

The applicant is applying to rezone the property to CN - Commercial Neighborhood from RLD - Residential Low Density on the property described above. A Public Hearing is required for this purpose. Notices were sent out within 100 Metres.

Please see attached Schedule "A" for reference.

FOR INFORMATION CONTACT:

Tanya Waddell, RPGA General Manager
109 - 3rd Ave NE,
Box 270 Altona, MB R0G 0B0
Phone: (204) 324-5357
Email: manager@rpgamb.ca



Schedule "A"

Attached to and forming part of
By-Law No. 2024-06

Associated with Subdivision
File No. 4164-24-8384

Amending Schedule "A" of the
Municipality of Rhineland
Zoning By-Law No. 2021-06

LEGEND:

Portion to be rezoned
From: "RLD" Residential Low Density
To: "CN" Commercial Neighbourhood Zone



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Pembina Valley Water Cooperative is hiring a Water Treatment Plant Operator to join their team at the Morris Facility. Experienced operators or someone wanting to start a new career in water are both encouraged to apply.

Position Description:

Perform day-to-day activities consisting of the control of the water treatment process, which impacts the volume and quality of the potable water. This may include performance of day-to-day maintenance, process checks, troubleshooting, laboratory, administration, special study work or duties with respect to reservoirs and pumping stations.

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- Water Treatment Certification an asset
- Ability to work at heights, in confined spaces and in inclement weather conditions
- Valid driver's licence
- Good communication skills
- A good team player and positive attitude
- Good mechanical aptitude
- Experience in a computerized environment
- Post secondary education or experience in mechanical or electrical field an asset.

Training will be provided to obtain water plant operator certification. Interested applicants should forward their resume to water@pwwc.ca by July 26, 2024, or call 204-324-1931 for more information.

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OBITUARY



Dyck, Norman Leslie
December 12, 1938 – July 17, 2024

On July 17, 2024 Norman passed away peacefully in his sleep after a short battle with cancer.

He will be lovingly remembered by his bestfriend, Shirley; son, Peter; daughter, Karen (Alan) Stephenson; grandchildren, Owen and Luke; niece, Lori (Duane) Fedak; as well as many friends.

Norman was predeceased by his father, Peter H; mother, Maria; brother, Robert; and sister, Anne.

A celebration of life will be held at a later date.

Thank you to the staff at Capital Care Norwood for their care and compassion shown to Norman and family. Thank you also to Veronica and John for their friendship and support.

In lieu of flowers, memorial donations may be made to the Cross Cancer Institute.

To send condolences, please visit www.connelly-mckinley.com
Connelly-McKinley Funeral Home
St. Albert Chapel
(780) 458-2222



Thomas (Tom) Allen Bitz
September 20th, 1945 – July 13th, 2024

Thomas (Tom) Allen Bitz was born to parents George and Lydia September 20th, 1945.

He resided in Morden, MB all his 78 years. He was an avid sports fan, and it wasn't long in conversation with him when baseball or hockey was the topic. Tom was employed as a garment cutter before a motorcycle accident ended his working career. Well known for his admiration for petunias; until illness, his residence would be a summer delight for the eyes for folks travelling the westside of Morden along #3 highway.

Tom is survived by his sister Verna and husband Steve Krasnanski and brother Jim, as well as numerous nieces and nephews.

Proceeding him, parents George and Lydia and stepdad Tony, sisters Georgina, Dortha, Margaret, Bernice and their spouses as

well as brother Henry, and friends.

Thank you friends for their assistance to appointments and the pleasure of many years of friendships.

Tom was a very private man and his daily walks around Morden and conversations will be missed by many. He left as quietly as he lived.

Wiebe Funeral Chapel, Morden
in care of arrangements
www.wiebefuneralhomes.com



OBITUARY

Linda Diane Owen (nee Wilkinson)
3 December 1946 – 14 July 2024

It is with great sadness and broken hearts that we announce the peaceful passing of our beloved wife, mother, grandmother, aunt, cousin and friend at the Boundary Trails Health Center.

Linda will be lovingly remembered by her husband of 49 years Bruce; their children Lesley (Phil), Dean; and grandchildren, Austin, Thomas, Ivy and Hunter. She will be missed by mother-in-law Nora (Glen); brother-in-law Victor; sisters-in-law Susie M and Susan W; nieces, Carly, Madison, and Sara.

Linda was predeceased by her parents Norm and May, brother Garry, and father-in-law Frank.

Linda had a 32-year career with the federal department of Human Resources Development Canada later called Service Canada. She very much enjoyed her work as an Investigation and Control Officer with the Employment Insurance Division. Her quirky sense of humor and fun for work and life earned her the nickname "Crazy Linda". She was very dedicated to her family and much respected by the many co-workers with whom she worked. In retirement Linda enjoyed gardening, golfing and doing crafts especially making blankets for the cats and dogs at the Morden Humane Society. She and Bruce enjoyed travelling south to Mesa Az. for many winters for golfing. Her favorite winter vacations were to New Orleans.

Our heartfelt thanks to the many doctors, nurses and staff of the Boundary Health Centre, medical ward and palliative care ward and all the home care aide workers that assisted Linda for many years for their kind care and compassion.

As per Linda's request cremation has taken place and a private interment will be held.

In lieu of flowers, donations can be made to the Boundary Trails Health Centre, medical and palliative care wards or the Pembina Valley Humane Society.

Wiebe Funeral Chapel, Morden
in care of arrangements
www.wiebefuneralhomes.com



IN MEMORIAM



It's been one year since Bill, our hero, mentor, husband, father, grandfather, great-grandfather, brother, and friend to many, has passed. It's also been 25 years since Dwight has passed, and they are united in the presence of God. We feel their absence. Thank you for your outpouring of support and prayers.

Bill was a very generous and humble man. Bill lived by the Bible, and when it came to giving, he lived by Matthew 6:4: "So that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you." We always knew Bill was generous, but in light of his passing, we've come to realize what a "beyond" spirit of giving he had.

His life impacted so many, more than we know on this side of heaven. We don't mourn as those without hope, as Bill told us many, many times, "Jesus is the Way." We are so grateful for what he taught us. We will live his legacy to the best of our ability. Until we meet again, in the presence of God.

Karen and the Klassen Family

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U17 Central Energy preparing for Nationals

By Ty Dilello

The U17 Central Energy team is excited to head to the Nationals after recently winning the 2024 Manitoba Premier Softball League AAA Provincial Championship, rising above six teams to win the gold medal.

The Central Energy team is made up of the following players: Maddy Friesen (Altona), Gabrielle Hildebrand (Morden), Kara Buhler (Winkler), Nelia Fehr (Morden), Emma Klassen (Reinfeld), Heidi Reimer (RM of Stanley), Tori Mangin (Somerset), Brooklyn Friesen (RM of Stanley), Molly Conrad (Swan Lake), Karli Toews (RM of Stanley), Hailey-Jo Guffei (La Salle), Molly Cowan (Morden), Christina Van De Velde (Somerset).

Central Energy swept all six round-robin games at provincials, earning the top seed for the playoffs. After dropping their first playoff game, Central Energy bounced back and defeated the Winnipeg Lightning 10-0 in the semifinals to clinch a national berth. Central Energy emerged victorious in the provincial finals with a 4-1 win over the Eastman Wildcats.

"Karli Toews pitched the gold medal game, which is kind of a Cinderella story," said team manager Bobbi-Jo Guffei, "as she has been overlooked for her talents in the past, and Coach Cam believed in her and saw something that others have not."

Central Energy's pitching was dominant throughout the provincials, amassing 60 strikeouts from the star pitching of Molly Cowan, Nelia Fehr and Karli Toews. Their batting was also remarkable, with the team hitting 14 home runs. Madeline Friesen and Brooklyn Friesen each hit five, Kara Buhler added two, and Molly Conrad and Christina Van De Velde contributed one. Brooklyn Friesen also received the Golden Glove Award for her stellar defensive performance throughout the provincials.

The team is led by Cam Zacharias of La Salle, a non-parent coach. This is Zacharias' first year coaching AAA fastball after several years of coaching and playing a variety of high-level sports, including volleyball, powerlifting, hockey, and baseball.

"Cam did a great job with these girls and placed the players where he saw and believed the team would benefit the most from, with no biases," said Guffei.

Central Energy pulled through despite losing Emma Klassen to a torn ACL in game two of provincials.

"It really breaks my heart because she has tried for many years to make

the AAA team, and for whatever reason, she didn't make the cut. This year, as a major age U17 player, she got her chance. She was the happiest kid, working harder than anyone to prove she had to be there, while just being happy to be there," said Guffei.

During the team's second game, Klassen got caught in a run-down, fell, heard a pop, and was tagged out. The Pan Am Clinic the next day confirmed a torn ACL diagnosis. Despite the injury, Klassen will still be at Nationals to support her team as long as her ACL surgery doesn't conflict.

Central Energy earned the MB1 spot with the provincials victory and will represent Manitoba at the U17 AAA Canadian National Softball Championship in Calgary July 31 to Aug. 4.

"It's not just a game to these kids. It's their entire childhood, and things get very real when they get closer to the end of it. They try out in September, practice and bond from January to April, play their season intensely from May to August and then repeat the tryouts in September. For many years, this has been ten months of every year for them," said Guffei.

A trio of Central Energy's bright stars, Brooklyn Friesen, Hailey-Jo Guffei, and Neila Fehr, also shared their thoughts and experiences of playing softball at a high level for their local team.

Friesen has been playing softball for 10 years now, and this is her sixth season playing with Central Energy.

"I went to try out for Central Energy as a U12 minor, not really knowing what to expect, but I made the team and loved it, and I have played with Central Energy every year since then. I have really enjoyed playing for Central Energy as I think we have a great organization with a bunch of great girls."

Friesen and the other girls are all very proud of this current season, where they finished a regular season record of 11-5-1.

"We have a great team, all the girls are encouraging, supportive and really positive of one another which makes playing together a lot more fun. It was really exciting to win provincials, too. We all knew it was going to be a tough game in the finals, but we knew we could do it if we put our minds to it and fought hard. It was a tough game, but our pitching was amazing, the defence was on point, and we strung a few hits together to get the runs we needed to come out on top and bring home the gold."

Friesen is now excited at the prospect of playing in the upcoming na-

tional championships in Calgary.

"Our goal as a team would be to finish in the top 10 in the country, and we believe that we can do that, seeing we have a very strong team, but mainly the goal is to go out there and have fun."

Friesen's goals for the future with softball are to go to college, continue to play there, and eventually come back and coach, giving back to the community that started her love for softball.

Guffei started playing T-ball when she was four years old.

"I got into it because watching my mom play fastball looked fun and a little bit wild. Central Energy is my home region, but I played for the Winnipeg Lightning in my first competitive year and then moved to Central Energy five years ago to try out for my home team, and I've had a really great experience with this organization. We have a large collection of purple clothes now."

Guffei has had a solid season and says it has been very exciting.

"The coaches and my teammates have made it an incredible and supportive experience. This is a team that I will never forget. It's been very exciting, and we're so happy to be going to nationals. Our goal for this tournament is to finish in the top ten teams there."

Guffei's goals for the future in this sport is to play for a college team in the future, so that she can continue on with her education while playing the sport she loves.

Fehr started playing Timbits baseball and then switched to softball to play for the U10 team. She has been playing with Central Energy for seven years.

"I always really enjoyed sports, and softball was the one that I enjoyed the most, so I kept on playing," said Fehr. "When I was 11, my friends told me about this AAA softball team called Central Energy, and I asked if I would go try out with them. I didn't really know what it was, but I was excited



PHOTO BY DARRYL GERSHMAN

The U17 Central Energy are headed to the U17 AAA National Softball Championship in Calgary, Alberta from July 31 to Aug. 4.

because I loved softball and wanted to play more. Once I made the team, I knew I could never go back as our team is so close-knit, and the environment is like no other."

"I love how we all support each other no matter the outcome of the games and all the amazing friendships I have made through playing softball. Central Energy has given me the opportunity to travel all over and play the game I love, surrounded by my closest friends. It was a new level of intensity that I had never experienced before, and I have truly improved my skills because of the high competition."

Fehr notes that this has been one of the best summers to date on the field.

"Our goals at the start of the season were to go to nationals and win provincials, and we accomplished both. We travel quite a bit during the season to different tournaments and everywhere we go we compete. We are a very strong team and when we work together, we have a lot of success."

Fehr says that winning the recent provincials was the highlight of her softball career.

"I have spent seven years playing with Central Energy and not once have we won a gold medal in provincials. This had been my goal since my first year playing, and I was definitely teary-eyed when we won. It just shows you how hard work pays off and that when you work as a team, anything is possible."

Fehr's future goals for softball would be to go to college to play softball and to develop her skills even more.

"I would love to coach a Central Energy team one day and teach the next age of ball players the game that I love."

get inspired

> MEAL IDEAS



Air-Fryer Bang Bang Chicken Tenders with Rice

oil.

Preheat air-fryer to 400 F. In two batches, without overfilling basket, air fry chicken tenders, turning basket halfway during cook time, 10-12 minutes, or until chicken is golden brown and cooked through.

Prepare rice according to package directions. Stir mayonnaise with remaining sweet chili sauce and sriracha until blended. In large bowl, toss coleslaw mix with 1/4 cup bang bang mayo sauce.

Divide rice among four bowls. Top with chicken, coleslaw mix and cucumber. Drizzle with remaining bang bang mayo sauce.

Garnish with toasted sesame seeds and green onions, if desired.

Prep time: 10 minutes
Cook time: 20 minutes
Servings: 4
1 pound chicken tenders
1/2 cup sweet chili sauce, divided
1/4 cup sriracha hot sauce, divided
2 tablespoons sesame oil
1 bag Success Jasmine Rice
1/2 cup mayonnaise
1 bag (12 ounces) coleslaw mix
1/2 English cucumber, thinly sliced
toasted sesame seeds, for garnish (optional)
green onions, for garnish (optional)
Toss chicken tenders with 2 tablespoons sweet chili sauce and 1 tablespoon sriracha. Drizzle with sesame



Grilled Hawaiian Chicken and Coconut Rice

In 1-gallon bag, combine chicken with soy sauce, water, sesame oil, brown sugar, garlic and onion. Marinate in refrigerator about 4 hours.

Heat grill to medium heat.

Prepare rice according to package directions, replacing 2 cups water with coconut milk.

Once finished marinating, remove chicken and pat dry. Grill about 7 minutes per side, or until internal temperature reaches 165 F.

Pat pineapple rings dry and grill about 1 minute per side.

Mix shredded coconut with rice. Place pineapples on top of chicken and serve with rice.

Prep time: 5 minutes, plus 4 hours for marinating
Cook time: 15 minutes
Servings: 4
4 chicken breasts, skinless and boneless
1/2 cup soy sauce
1/2 cup water
1/2 teaspoon sesame oil
1/2 cup brown sugar
1 garlic clove, minced
1/4 cup white onion, chopped
1 bag Success Basmati Rice
2 cups coconut milk
4 pineapple rings
1/4 cup unsweetened coconut, shredded



Grilled Asparagus

Preheat grill to medium heat. Wash and cut asparagus spears to equal sizes.

Wrap four asparagus spears with prosciutto. Repeat until all asparagus and prosciutto are used, about six bundles. Place in cast-iron skillet or disposable aluminum pan. Cover bundles with garlic powder, onion powder, pepper and butter.

Place skillet or pan on grill. Grill 15 minutes, turning bundles halfway through cooking.

Recipe courtesy of "Cookin' Savvy"
Prep time: 5 minutes
Cook time: 15 minutes
1 bundle fresh asparagus
1 package (3-4 ounces) prosciutto
2 teaspoons garlic powder
2teaspoons onion powder
1 teaspoon pepper
3 tablespoons butter

Ask the money lady

Dear Money Lady,

Christine I have enjoyed your column in our newspaper and frequently clip them for my children. I am 65 years old and very recently widowed. I have hardly any deductions and somewhere around 600K in unregistered savings. I have no mortgage on my home, but it needs repair. My husband was the financial head in our marriage. My question is this: what is the safest way for me to lower my tax base? Buying property appeals to me the most, but I don't want the headaches of being a landlord. Is it worth it? Isabelle



Christine Ibbotson

Dear Isabelle,

Regardless of where you put your \$600K savings, either in an investment property or in an unregistered trading account you will now be subject to a higher capital gains tax. If you have a capital gain of more than \$250,000 you will now be subject to an inclusion rate of 67 percent, up from the 50 percent we were used to in the past. This is something you will more than likely see if you were to purchase an investment property. Being a landlord nowadays is not for the faint of heart. Yes, you will have the tax write-offs, but you will also need to add the rental income to your overall annual taxable revenue. While I agree there seems to be a large pool of potential renters today, please remember this should be thought of as a true business venture. You will need to keep up with the regular maintenance and any unexpected repairs on the property, plus ensure the property taxes and insurances are paid. Also, make sure you are diligent when finding the right renters. It could take a very long time to evict a tenant that pays zero rent. While I am the first one to agree that becoming a landlord will most likely be a profitable venture in the long term, it is not without its challenges.

Let me offer you another option to mix things up a little. Why not take \$95,000 from your \$600K and put this into a TFSA (tax free savings account). If you have never contributed to a TFSA, this would be your maximum contribution since inception. Each year you can add to this, (\$7,000 for 2024). You can invest these funds immediately and any income you make on your

TFSA investment, will ultimately be tax exempted. With your left-over funds, why not fix up your current residence and do some modest improvements. Because this is your primary residence, it will also be tax free should you decide to sell. If you plan to downsize in the future, the profits made from your newly renovated primary residence will all be tax free. Extra funds could also be added to a new RRSP to give you a further tax rebate.

Here are five other ways to lower taxes:

1. Maximizing your registered account contributions, (TFSA, RRSP, RDSP).
2. Keep any and all receipts to claim a tax credit for medical expenses.
3. Starting a home-based business and deduct a percentage of your home expenses, (mortgage interest, utilities, taxes, maintenance, etc.). This could be any kind of business, so be creative.
4. If you have a disability, you could also apply for a disability certificate from the CRA to allow for additional tax credits.
5. Consider investing into dividend investments that provide tax credits. For unregistered accounts, see if you can utilize any previous capital losses.

Good Luck and Best Wishes,
Money Lady

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6 syndicated across Canada. Send your questions through her website at askthemoneylady.ca

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