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# Soup Splash Pool Party



Axel and Kenzie Skoglund were all smiles at the Bigway Soup Splash Pool Party at the Morris Pool Sunday afternoon. For more photos, see Pg. 9.  
 PHOTO BY SEAN CONWAY/VOICE

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# Revitalized bridge reopens

By Lori Penner

Visitors to the Buffalo Creek Nature Park in Altona will be delighted to see that the bridge has reopened.

The 80 ft. long structure was boarded off for much of July to refurbish it with new cedar planks. It reopened just in time for the Manitoba Sunflower Festival. The jut-outs, which provide a place to stand and enjoy an aerial view of the eight-acre park, have also been completed.

Recreation services manager Eric Hildebrand says the bridge has been a favourite for walkers, joggers and cyclists since the park was created about 30 years ago.

"The leaders of the time chose a natural green space, which was a welcome addition to the already developed green spaces nearby. It provides a contrast from the mowed meticulous park on one side. You walk a short distance over and you're in a more natural setting, with tall prairie grass. The trail that runs through it provides a recreational space. There's fishing off the dock in summer, and tobogganing and skating in winter. It's been a phenomenal addition to the community.

"That long red bridge is an integral part of it, providing a view of the whole Nature Park and it gives you a nice vista of



PHOTO BY LORI PENNER/VOICE

The Buffalo Creek Nature Park bridge has reopened after a major refurbishment.

the prairies to the west."

Over the decades, the cedar planks have been replaced here and there as needed, but about 95 per cent of them were still from the original construction.

"Over time, the planks were showing their age more and more from the original installation," Hildebrand said. "From a safety and aesthetic standpoint, we felt it was finally time to completely refurbish it with new planks to avoid any issues. It was part of our capital planning for this year. We felt that if we really wanted to breathe new life into it, and extend its life, it was time to replace all of them."

He gives Altona parks maintenance staff member David Sawatzky credit

for much of the work in the project.

"He and the rest of the staff sourced all the lumber from Blue Sky Opportunities. It's high, so a lift was required to work on the middle portion. Planks were cut to size at the Curling Club."

Hildebrand says the final cost for this capital project actually came in below budget.

"We allowed for a \$10,000 cost, and we were able to come in at about \$6,500 for lumber and hardware. Fortunately, we didn't have to worry about labour costs, because our park staff were able to do it. The flip side of that was that it took a bit more time. It looks great and should last for many years to come."

## Rosenort celebrates its 150th at 33rd Summer Fest

By Siobhan Maas

Rosenort is preparing for its 33rd Summer Fest running Aug. 16-18. The annual event holds special significance this year with the celebration of the community's 150th anniversary.

What started as Rosenort Days in 1989 has changed over the years, with the organizing committee excited to bring back a show and shine and several antique tractors to honour the town's historic milestone in 2024.

"Rosenort is a community-minded town, proud of their heritage," said Madisson Sabourin, who was born and raised in Rosenort and is an event committee member. "We are able to bring in small bits of history this year to celebrate the past in small ways. This annual event brings generations of families together, which is always exciting to see."

The community of 800 offers an array of activities for the whole family,

with this year's proceeds from Saturday and Sunday activities going toward supplies and upgrades of Living Fountain Bible Camp, a summer camp sponsored by local churches.

Highlights of the weekend include a free pancake breakfast, a Saturday morning parade, ping pong ball drop, Fubuki Daiko drummers, several community meals, a softball tournament, and a Sunday morning church service.

An 18+ celebration social kicks off the festivities on the Friday night. Legacy Band, the multi-generational Bunkowsky Family from Brunkild, plays on Saturday evening.

A new attraction, focused on teens, is a portable climbing wall set up on the grounds.

All events take place at Westfield Community Park.

Visit [rosenortsummerfestival.com](http://rosenortsummerfestival.com) or the event's Facebook and Instagram pages for full schedule details.

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# A journey of surprises and triumphs for newly-crowned queen

By Lori Penner

Kinzie Friesen says she had no idea that she was going to be chosen as the 2024 Manitoba Sunflower Queen.

When her name was called, she was in complete shock.

"I couldn't even cry. I was like, 'What the heck?'" she recalled. "It's unbelievable. I'm so excited to be able to represent the town this next year."

The crowning took place July 27 during the Manitoba Sunflower Festival's Saturday night stage show. A crowd of thousands was there to witness the event, which was the culmination of months of preparation with 10 other Queen Quest entrants.

Friesen said her favourite part of the process was delivering speeches and practising the dance routines for the big show Saturday night. But there were also some challenges along the way.

"I've been working really hard at being better at talking to people and connecting with others, so that's been a challenge for me, but I've really been doing my best to just make others feel seen and heard these past few months."

It was a journey she says she'll never forget.

"I just got to know everyone so much more, and we could all work together and hang out. And the speeches, I don't know, I just really like writing, so that was super cool to be able to put my heart into something and share it with others."

She explains, "It was amazing. I just got to know everyone so much more. We got to hang out together and talk about things, and I don't want to say our struggles, but kind of, yeah, we got to share things together and support each other, and it was just so awesome because I don't always see them all the time in school.

This was my one last chance to grow closer with all my classmates before we all go off and do amazing things."

As 2024 Manitoba Sunflower Queen, Friesen will be off to Altona's sister city, Emerald, Australia, around Easter next year representing her hometown at that community's Central Highlands Sunflower Festival Queen Quest.

"I'm so excited. I totally forgot about that, honestly. I'm so excited to go see Chloe [Wright, the 2024 Central Highlands Sunflower Queen] again, and to be able to meet all these different animals and see all these things and the accents. It's so cool to hear the accents, so I'm excited to hear those."

She says she is deeply grateful to those who supported her and believed in her during this journey.

"When I didn't always feel confident in myself, everyone kept boosting me up and just helping me through everything and all my questions that I always asked and stuff. They were so patient and kind. I can't thank you enough because I wouldn't be here without everyone."

Along with her duties as the community's newly chosen Sunflower Queen, Friesen plans on studying at the University of Manitoba for engineering.

Friesen says she's thrilled for Kate Fennell, who was named 1st Princess, and Mackenzie Friesen, who was named 2nd Princess.

"I'm just so happy with everyone else who won. I'm just so happy with everything," she says. "I just kept looking over, because I was on the end, I just kept looking over to every-

one, and I just kept smiling because I'm so happy with how close I've grown with everyone else, and how much growth we've all made these past few



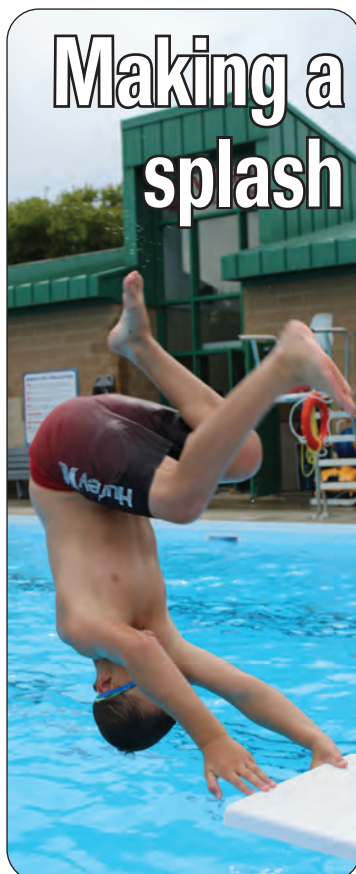
PHOTO BY LORI PENNER/VOICE  
2024 Manitoba Sunflower Queen Kinzie Friesen waves to the crowd following the crowning ceremony last month, joined by flower presenter Lennox Braun.

months, and I'm so glad that we all got to know each other. Yeah, I feel like everyone should have just won."



PHOTOS BY SEAN CONWAY/VOICE

The third annual Bigway Soup Splash Pool Party invited families down to the Morris Pool Sunday for an afternoon of swimming, a barbecue, and a gigantic pirate ship inflatable. Admission was a donation to the Red River Food Bank, either money or a can of soup. Organizers share that the rain that afternoon didn't do much to dampen the event's spirits—over 50 people came out and three boxes of food was collected for the food bank.



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# Grace Nickel comes full circle with Plum Coulee exhibition

By Lori Penner

The Plum Coulee Elevator Museum is proud to host an award-winning artist who has roots in the community.

The *Grace Nickel Full Circle: Saidye Bronfman Award* exhibit is a full circle moment for the artist.

"I sincerely appreciate having my achievement celebrated in this way by the community I grew up in," Nickel says. "It feels right to see my work in the context of the rural environment I found so inspiring when growing up and continues to inform my work today."

The exhibit provides a condensed survey of her work, spanning her entire career.

"It includes some of my earliest works, like the series of wall tiles inspired by the Blue Ribbon bird cards we collected in my childhood, and also my most recent works, which relate to my current research on historic Anabaptist ceramics called Haban ware.

"I especially enjoy the link between my Commemorative Cameo series and some of the pieces I see hanging in the museum, like the black Spetze Metze Mennonite women made to wear on special occasions, and also some of the quilt patterns."

Also on display are pieces Nickel gave to her mother, Elma Nickel, over the years. They consist mostly of tile works that she displayed on her living room wall for many years.

"In this show I've recreated the exact arrangement we saw in her home. In Memoriam pays tribute to my mother, who we sadly lost in 2023. This installation acknowledges the support and influence she provided to me from a very early age, when both of my parents actively encouraged my love of art. And I know that it will be meaningful for my family members and relatives to see it, and other people in the community who knew her."

Nickel hopes her work connects with visitors and communicates some of her main themes and reflections of



SUPPLIED PHOTO

The Plum Coulee Elevator Museum has the work of accomplished homegrown artist Grace Nickel on display this month.

life and existence.

"Art is a metaphorical language and perhaps some of the poetry will resonate with folks. In any case I hope that my exhibition will inspire people to look at the ceramic medium in a new way and enjoy the beauty of this ancient art form, and its vast and endless potential for artistic expression."

A reception for the exhibit will take place at the Saidye Bronfman Park in Plum Coulee on Aug. 17 at 11 a.m. following the Plum Fest parade, in which Nickel is pleased to act as parade marshal.

The exhibit will be on display until Aug. 31.

# Gospel Music Festival returns to Altona Centennial Park

By Lori Penner

If you love inspirational music, be sure to head to the Altona Centennial Park on Saturday, Aug. 17 for the second annual Gospel Music Festival.

Eight acts are scheduled to take the stage from noon to 7 p.m., each bringing their own unique style and sound, and providing a full day of entertainment for the whole family.

Organizer Larry Wiebe says he and fellow committee members Harv Hil-

debrand, Pete Letkeman, Alan Friesen, Ernie Buhler, and Dennis Reimer are thrilled to bring this event back to the community.

"We will feature families and groups from across the Pembina Valley, as we have such an abundance of musical talent around us."

Wiebe adds, "What we have is the whole line-up from last year coming back to perform again. We asked, and it was an instant yes. They said they had a ball last year, that they loved

the structure and the timing, and they loved the audience. They were eager to return."

The committee is also happy to have experienced sound technician Jessie Miller return to lend a hand.

Committee member Pete Letkeman has designed and built a special stage for this year's festival, which will be available for other groups to rent.

"We think it's spectacular," Wiebe says.

Wiebe says people can expect the same format as last year. Each one-hour show will feature a variety of traditional and current favourites, performed by popular artists from across the region.

First in line are Pete, Elsie, Harv, and Joyce, followed by Old Friends, featuring James Friesen and Ed Wayne.

The Peters Family takes the mic next, followed by the Glorybound Quartet, the Martens Brothers, the Glen Cross Quartet, and the Martin Elias Family.

The Quonset Brothers will round out the day. Gaining fame with their song "Mennonites put the Oba in Manitoba," the local band has captivated their audiences for the past decade and are thrilled to bring their gospel styles back to Altona.

While admission to the Gospel Music Festival is free, they do welcome

donations. There will also be several opportunities to donate to Altona Youth for Christ (YFC) throughout the day. YFC will have their food trailer on hand, selling burgers, hot dogs, and drinks.

The 2 BRO'ZZ food truck will also be available to soothe your appetite.

"We have a few goals in mind with this endeavour. I think that at the top of the list is the message of the good news that Jesus is reaching His hand out for all of us to hold on to," Wiebe says. "Secondly, we want to provide good, wholesome music for all ages. Thirdly, we want to provide a venue for the talented people in the area to show the gifts that God has provided. Also, this venue raises a substantial amount of money for Youth for Christ in Altona. This funding helps them provide programs to support youth in Altona and surrounding areas."

While there will be several picnic shelters available, attendees are asked to bring lawn chairs or blankets.

"We've got another really great day planned and based on the numbers from last year, I think we'll be seeing a lot of lawn chairs," Wiebe says.

At one point last year they counted about 566 attendees.

"It was phenomenal. We hope to see you there again this year."



VOICE FILE PHOTO

Organizers are hoping they'll see another big crowd show up at the Altona Centennial Park on Aug. 17 for the second annual Gospel Music Festival.

# A Day in the Trenches takes place Sunday, Aug. 11

By Lorne Stelmach

Visitors will be taken back in time this weekend at the Manitoba World War One Museum.

The museum located just west of La Riviere is hosting its annual Day in the Trenches this Sunday afternoon.

Now in his 10th year of organizing the event, Bruce Tascona wouldn't have imagined that it would have gotten this established and grown so much from its inception.

"When we first started it, it was for the centenary of the first world war ... so we invited museums to come out, and we had sort of a heritage day out there," he recalled.

"Since then, it's evolved, and we managed to build some simulated trenches. There's about 300 metres of trenches with the no-man's land, and we've managed to get all these living history people to come out and make presentations."

It all started in 2012 with retirement and a move to the Pembina Valley, where Tascona and his wife operated the Silver Springs bed and breakfast.

Tascona had been involved in military museums in Winnipeg and had been a collector of military artifacts, so one thing led to another. Today, the

event is bolstered by a group of dedicated volunteers.

"I think people really like it ... and this year we're going to do a few different things," Tascona noted.

One new feature is that there is a small group of guys from North Dakota who will play the roles of French army soldiers.

"Most people don't realize it, but Manitoba had all these communities around my area ... they were started by French immigrants," said Tascona, noting there were those who fought in the Franco-Prussian war of 1870. "They were displaced refugees ... I believe in the 1880s they started coming to Manitoba."

There are other volunteers as well, including some who come from North Dakota, Minnesota, and even Kansas, and some of them dress up as German soldiers.

"I keep telling them no matter how many times you guys keep showing up, you know you're going to lose," Tascona joked. "They give presentations on their equipment and such ... so it works out quite well."

Tascona said the Day in the Trenches attracts a good sized crowd of several hundred people each year.

"People have come from all over the



VOICE FILE PHOTO

A Day in the Trenches takes place at the Manitoba World War One Museum west of La Riviere this Sunday.

place. We've had from Regina and Thunder Bay ... as well as from Winnipeg and throughout Manitoba."

In addition to this weekend's special activities, there is also the museum to check out. It is dedicated to the memory of the Manitobans who served in the First World War and features an extensive library and archives as well as artifacts and memorabilia.

There is limited space in the museum itself, but the event will also feature a number of artifact exhibits outdoors.

New this year will be having the Manitou Legion providing food as a fundraiser at the event.

Day in the Trenches runs this Sun-

day, Aug. 11, from noon to four p.m. with re-enactment presentations at 1:30 p.m. and 3 p.m.

If interested, you can find your way to the museum by watching for the signs about three miles west of La Riviere on Hwy. 3 and watch for Road 58W at 16N.

The museum otherwise is open weekends from mid-May to mid-September from 11 a.m. to 4 p.m. or by appointment. You can email [tascconaba@gmail.com](mailto:tascconaba@gmail.com) and also find the Manitoba World War One Museum on Facebook.

# Astro Club public viewing nights return

By Ashleigh Viveiros

The Pembina Valley Astro Club is gearing up for another season of stargazing.

Organizer Kenton Dyck, who has teamed up with the Winkler Library for the program, has released the club's August/September schedule of public viewings.

Dyck is an amateur astronomer who last year purchased a high-tech telescope with the intent of sharing its use with the community to foster a greater interest in astronomy.

"The whole thing is that it's always a free program," he says. "Anyone can come. The goal is to make astronomy as accessible as we possibly can."

The group will gather outside at Emerald Centennial School in Winkler on Aug. 14 and Aug. 21 from 9:30-11 p.m. and again on Sept. 11 from 8:30-

11 p.m.

They'll also meet at Dead Horse Cider north of Winkler for two "dark night" viewings away from the city's lights on Aug. 30 from 9-11 p.m. and Sept. 27 from 8-11 p.m.

"I'll have the telescope set up. And if there's a lineup, they can ask me questions," Dyck says. "We can talk about what we're seeing."

"I also like to point out different stars and the frequencies of light. And then, as we progress through the night, we'll hit different targets. I try to have it as well-rounded of an evening, hitting as many targets as we can."

There's certainly no shortage of things to look at during the summer months.

"During early August, Saturn will be visible around 11 p.m., which is al-

ways a crowd favourite," Dyck says. "For me, it's always worth it to see Saturn come up. That was actually my first target when I bought the telescope. It was the first thing I ended up looking at, so it holds a little bit of a special place for me."

"The Andromeda Galaxy is also easily visible during this time," he adds. "Both climb higher in the sky as the month goes on."

"In September the Pleiades star cluster—sometimes called the Seven Sisters—becomes visible around 10 p.m.," Dyck continues. "Towards the end of September we will also have the opportunity to view up to five planets: Saturn, Neptune, Uranus, Jupiter, and Mars."

Past viewing parties have been very well attended.

"When it is a clear night, we usually

have around 30-50 people show up," Dyck says, noting all ages are welcome.

The Astro Club also has a few viewing nights lined up for outside of Winkler in the weeks ahead.

Dyck will be in Miami Aug. 9 from 9-11 p.m., Holland Aug. 16 from 9-11 p.m., and at the Clearwater Harvest Moon Festival Sept. 13-14. For details, connect with Dyck via email to [astroclubpv@gmail.com](mailto:astroclubpv@gmail.com).

"I'm also planning to visit Altona, Carman, and Morden, however we haven't nailed down dates yet," he shares. "If anyone would like the Astro Club to visit their area, please reach out."

For weather and event updates, follow the club (@astroclubpv) or the Winkler Library (@scr1\_winkler\_library) on social media.

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

# Winkler Harvest Festival is on this weekend

By Ashleigh Viveiros

It's a weekend where the whole community comes together, and Harvest Festival coordinator Karina Bueckert, for one, can't wait.

"It's such a community orientated event," she said last week amidst final preparations for the 2024 festival, which takes over Winkler's Parkland this Friday through Sunday. "We do have a lot of visitors that come for it, but, at the same time, it's so cool seeing people coming back home for this one weekend every year. That community aspect of it, that's my favourite part."

The festival offers three packed days of entertainment, including a stage lineup that aims to please.

Canadian rocker Sass Jordan anchors Friday night on the Main Stage, following local openers That '80s Band and the Julie C. Myers Rock Revival.

Saturday is country music night, featuring rising star Chayce Beckham. Opening for him is Emma Peterson and Water & Wood.

And wrapping things up Sunday night ahead of the festival-ending fireworks is Christian music artist Austin French. He's preceded on stage by Caleb & John and homegrown performer Jordan Janzen.

"It's so cool to have so many locals

that have connections to these entertainers," Bueckert said, stressing that figuring out the lineup was very much a collaborative effort. "They know what's up and coming, they know what's good. So to be able to tap on their shoulders and just lean on them, that's been huge."

Of course, the stage entertainment is just one part of the festival—all the other favourite events and activities are a big part of the weekend as well.

"There's going to be so much to offer for everybody, between all the kids activities and the free swimming and the car show," Bueckert said. "It's going to be a lot of fun."

As always, organizers have tweaked a few things to improve the festival experience. The car show, for example, is moving to a space beside the Storm soccer pitch. Also on the move is the Beer Gardens, which will now be located in the baseball field nearest the stage.

"We're always looking at how we can improve the flow of traffic," Bueckert explained. "We wanted to keep it all as close as possible without congesting the area too much, but we wanted to utilize the spaces that we had."

Other activities include the mid-way's rides and games, the Saturday morning parade, Access Credit



VOICE FILE PHOTO

The Harvest Festival takes place in Winkler's Parkland area Aug. 9-11.

Union's pancake breakfast, the Fawn & Cub Market and video and board game tournaments inside at the Meridian Exhibition Centre, and a Kid's Zone featuring the petting zoo, face painting, an obstacle course, and more.

One new thing they're trying out this year is a offering a special quiet time in the Kid's Zone for children with sensory sensitivities.

"Somebody had asked us about being able to accommodate their son who had a sensory disability for noise," Bueckert said. "So we are offering that on Saturday, between 11 a.m. and noon.

"I know that is parade time, but it

also means there's less traffic on the grounds," she said, noting the mid-way won't have its rides music running yet either. "So for that one hour, the kid's area will be a quiet zone for those that need it."

Also new is free public swimming at the Winkler Aquatic Centre all three afternoons of the festival.

And returning this year after an absence is a Strong Man competition—StrongManitoba hosts its provincials Sunday afternoon.

You can check out the full Harvest Festival schedule online at [visitwinkler.ca/harvest-festival](http://visitwinkler.ca/harvest-festival).

# CFDC dig tours unearth rare shark tooth

By Lorne Stelmach

The Canadian Fossil Discovery Centre is having another successful season of dig tours.

They have not only seen groups never fail to find some fossils, but there has even been one discovery which the CFDC believes may be from a species of shark never found in the province before now.

It is suspected the shark tooth found by a mother and daughter from Winnipeg may have belonged to a family of sharks known as requiem sharks.

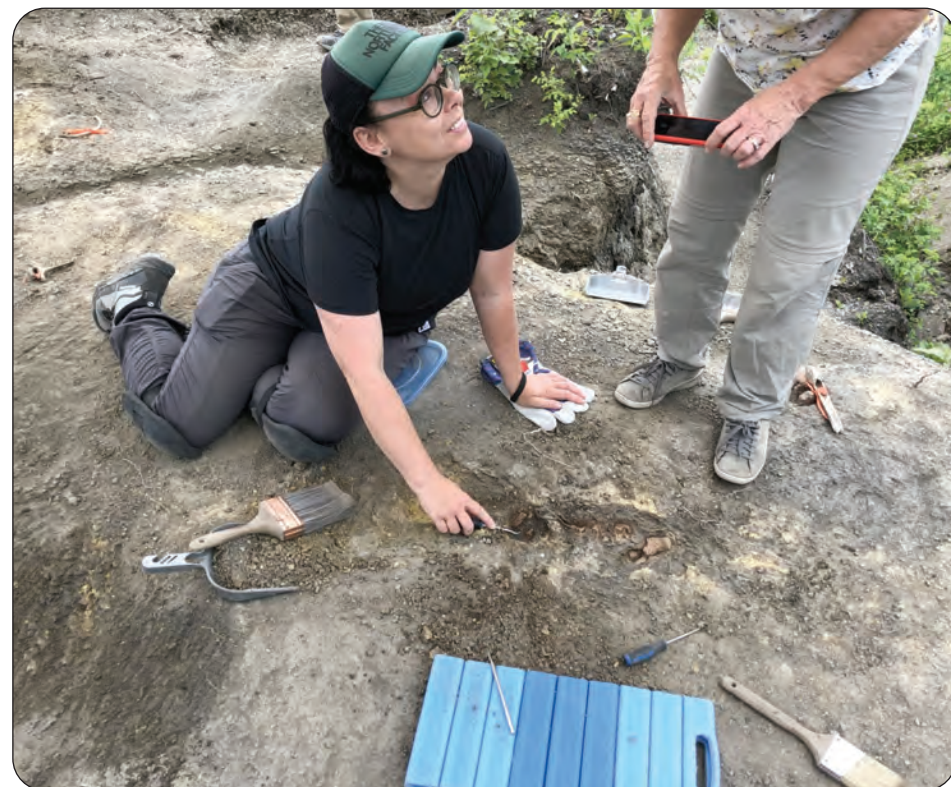
"We are starting to find some more really neat fossils ... and in the next few years, I think we will still be finding some very good fossils," said executive director Adolfo Cuetara.

He is excited to see that the dig tours continue to have a 100 per cent success rate in terms of participants finding prehistoric treasures.

Some of the finds are new, such as the shark tooth, but others include further unearthing a mosasaur site that was identified last summer.

"We are still discovering more of the mosasaur that we found last year," Cuetara said. "There are still bones in the ground, and every time, every single visitor is finding a new bone."

He believes word is spreading about the day tours, which include a museum tour followed by some introductory instruction before participants are taken out to the dig site near Miami.



SUPPLIED PHOTO

Winnipegger Elise Watchorn found a tooth from a rare species of prehistoric shark on a recent CFDC dig tour.

Continued on page 13

# get inspired

> MEAL IDEAS



## Cauliflower Tacos with Peanut Sauce

- 1/2 cup unsweetened non-dairy milk
- 1/3 cup natural salted peanut butter
- 3 tablespoons reduced-sodium soy sauce
- 1 tablespoon fresh lime juice
- 1/2 tablespoon maple syrup
- 1 teaspoon minced ginger
- 1 teaspoon sriracha
- 2 tablespoons water, plus additional for thinning (optional)

Preheat oven to 425 F. On large baking sheet, place cauliflower in single layer. Add olive oil and salt; toss well to combine. Roast 30 minutes, tossing halfway through.

To make cabbage slaw: In medium mixing bowl, add cabbage, carrots, cilantro, lime juice, olive oil, maple syrup and salt. Toss to combine; set aside to soften.

To make peanut sauce: In blender, blend prunes, milk, peanut butter, soy sauce, lime juice, maple syrup, ginger, sriracha and water until smooth. Taste and add more water, if desired.

Warm tortillas, fill with roasted cauliflower and top with slaw, peanut sauce, green onions, prunes and peanuts. Serve with lime wedges.

- Cook time: 30 minutes
- Servings: 4
- 1 medium head cauliflower, chopped into florets (about 6-7 cups)
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon fine sea salt
- 8 tortillas
- chopped green onions, for garnish
- California grown prunes from Sun-sweet, for serving
- peanuts, for garnish
- lime wedges, for serving
- Cabbage Slaw:
  - 3 cups shredded red cabbage
  - 1/2 cup shredded carrots
  - 1/3 cup cilantro, chopped
  - 2 tablespoons fresh lime juice
  - 1 teaspoon extra-virgin olive oil
  - 2 teaspoons pure maple syrup
  - 1/4 teaspoon fine sea salt
- Peanut Sauce:
  - 4 California grown prunes from Sun-sweet



## Veggie Stir Fry with Prune Teriyaki Sauce

- Sunsweet (about 6 prunes)
- 6 tablespoons reduced-sodium soy sauce
- 1 tablespoon pure maple syrup
- 1 tablespoon rice vinegar
- 1 garlic clove
- 1 teaspoon sriracha

In large skillet over medium heat, warm sesame oil. Once hot, add onion and pinch of salt; saute 5 minutes.

Add garlic and ginger; cook 30 seconds, or until fragrant. Add carrots, bell pepper, zucchini, snap peas and pinch of salt and pepper. Saute 10 minutes, stirring often, until veggies are crisp tender.

To make teriyaki sauce: In blender, blend pineapple, pineapple juice, prunes, soy sauce, maple syrup, rice vinegar, garlic and sriracha until smooth.

Remove veggies from heat and stir in 1/2 cup cashews, edamame and teriyaki sauce to coat. Season with salt and pepper, to taste, and serve on bed of rice garnished with green onions, prunes and additional cashews.

Photos courtesy of Alexis Joseph

- Cook time: 15 minutes
- Servings: 4
- 1 tablespoon toasted sesame oil
- 1/2 large onion, diced
- salt, to taste, divided
- 3 cloves garlic, minced
- 1 tablespoon minced ginger
- 2 cups shredded carrots
- 1 red bell pepper, sliced
- 1 medium zucchini, diced
- 8 ounces sugar snap peas
- pepper, to taste, divided
- 1/2 cup roasted salted cashews, plus additional for serving, divided
- 1 cup edamame
- 2-3 cups cooked jasmine rice, for serving
- 1/3 cup sliced green onions, for serving
- California grown prunes from Sun-sweet, for serving
- Prune Teriyaki Sauce:
  - 1 cup canned pineapple, plus 1/4 cup pineapple juice
  - 1/4 cup California grown prunes from

## Three fitspo Tips

By Julie Germaine Coram

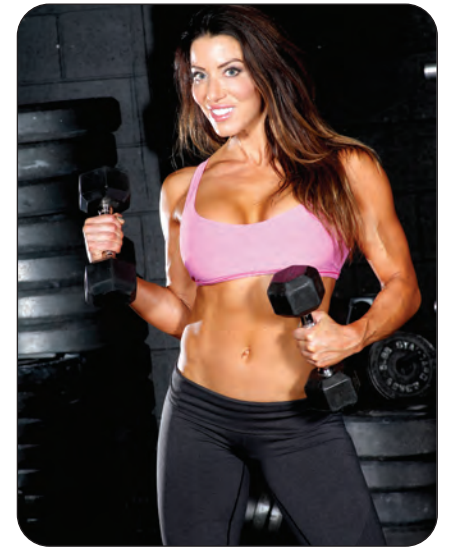
Do you need more motivation this month? Don't stress! Believe me, every one of us—even the most successful, self-driven individuals—sometimes suffers from a lack of motivation. It's true, so don't feel hopeless or get down on yourself if you're slipping or have already fallen into a rut with your fitness routine.

Positive change doesn't happen overnight, but your life will 100 per cent continue to improve if you apply these mental tricks to get motivated again.

Set a BIG GOAL and obsess about it... We are instructed to dream big and create a clear vision of our goals. Great, right? Your list may be overwhelming, and if you don't know where to start, you risk freezing completely and going nowhere! Instead, take your list and circle 3 top goals, then choose only one to tackle right now. The list isn't going anywhere, and you have plenty of time to check off every item, but you're far more likely to do that if you take things one at a time.

2. Soak up new knowledge daily. Permit yourself to surf for information related to your goal to get excited about it again. This wonderful daily habit will feed your mind with incredible information to help you level up and keep things fresh and interesting.

3. Build anticipation by setting start dates and benchmarks in advance. If you have time to prepare to attack your challenge, you'll create energy and improve your focus by developing a timeline for progress. Be sure your mini-goals are realistic and achievable so you can build on



Julie Germaine Coram  
Registered personal trainer

small successes as you climb the ladder to success.

Accept setbacks and enjoy the ride. Life is a rollercoaster of highs and lows, and your fitness journey is the same. But remember, setbacks are not roadblocks but detours that lead to new paths. A community supporting you in achieving your fitness goals is a huge benefit! Talk about your fitness journey, listen to other people share their weight loss experiences, and never hesitate to reach out to me if you have questions – I love to help!

Do you want to discuss your nutrition questions, fitness goals and struggles with me? Visit my website [www.juliegermaine.com](http://www.juliegermaine.com) or schedule a consultation by visiting [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)

Coach Julie Germaine Coram is dedicated to long-life health! She is an active mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fitness Specialist. She has helped many thousands of people worldwide improve their health since 2005.



## Green Tea Berry Banana Smoothies

- 1 cup fat-free plain Greek yogurt
- 2 teaspoons fresh-grated peeled gingerroot (optional)
- 2 teaspoons vanilla extract (optional)
- 2 teaspoons chia or flax seeds (optional)

In small saucepan over high heat, bring water to boil. Remove pan from heat. Submerge tea bags. Steep 4 minutes. Discard tea bags. Let tea mixture cool 30 minutes. Pour into pitcher. Refrigerate 2 hours, or until chilled.

In food processor or blender, process tea, berries, bananas and yogurt until smooth. Add gingerroot and vanilla, if desired, and process until smooth. Pour into four glasses. Sprinkle with chia seeds, if desired.

- Recipe courtesy of the American Heart Association
- Servings: 4 (1 1/2 cups per serving)
- 3 cups water
- 8 single-serving green tea bags
- 16 ounces frozen mixed berries (about 3 cups)
- 2 medium bananas, peeled, cut in half and frozen

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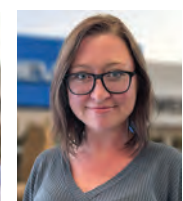
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