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PHOTO BY ASHLEIGH VIVEIROS/VOICE

This enterprising class of Grade 5 students at Emerado Centennial School organized a schoolwide walk Friday to raise awareness about encephalitis, a condition that affected one of their classmates last year. For the full story, see Pg. 2.

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### 2 The Voice Thursday, June 2, 2022 Emerado students walk for encephalitis awareness

### **By Ashleigh Viveiros**

It all started with a missed trip to get a sweet treat.

"My sister and her friends asked me if I wanted to get ice cream. And I said no, which is not normal," shares Mya Gerbrandt, a Gr. 5 student at Emerado Centennial School in Winkler. "An hour later they came back with ice cream and I was wondering where mine was because I didn't even remember them asking me."

It was the first sign that something might be wrong. Incidences of shortterm memory loss coupled with behavioral changes prompted Gerbrandt's parents to take her to the doctor where, after a great deal of testing, she was diagnosed with encephalitis, inflammation of the brain.

Gerbrandt spent 10 days in the hospital—days she doesn't remember much about, though she knows she passed the time making bracelets she later sold and donated the proceeds to the Health Sciences Centre in thanks for the care they provided her.

Upon returning to school, Gerbrandt shared her story with her classmates, explaining what encephalitis is and how it affected her.

Last week, her classmates rallied to spread the word to the entire school community and beyond.

Gerbrandt's Gr. 5 class under teacher Stephanie Hildebrand organized a walk in support of encephalitis awareness.

The days leading up to Friday's hour-long trek saw Hildebrand's students share factoids about the illness over the school's intercom each day, encourage their fellow Emerado Eagles to donate to the cause, and reach out to event sponsors like Winkler Co-op, which provided jumbo freezies for every kid to enjoy when they returned from the walk.

"I'm very proud of them," said Hildebrand. "They took a lot of initiative and had some awesome ideas and put a lot of hard work into organizing all the moving parts.

"They really came together as a group to support Mya and to support Health Sciences Centre and raise awareness about encephalitis."

In all, the kids raised \$344.90 for the hospital.

"We hoped to raise as much as we could," said student Jon Peters, ex-



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PHOTO BY ASHLEIGH VIVEIROS/VOICE

Emerado students headed outside for an hour-long walk last Friday to raise awareness about encephalitis. The event was organized by one of the Gr. 5 classes at the school, who also raised funds for the Health Sciences Centre and handed out free freezies to the kids when they returned (above).

plaining they wrote a letter to be sent home with all the students sharing Gerbrandt's story and asking for donations.

"So that way they knew what they were donating to," added classmate Jonathan Falk.

Peters noted it was pretty scary when Gerbrandt got sick, but her presentation when she returned to class taught everyone a lot about what she went through.

The kids send out a great big thanks to everyone who supported their

fundraising efforts.

"Thanks for donating," said Falk.

"You really helped us out," added Peters.

Gerbrandt, who is on the mend from her health scare, said she's pleased her classmates were willing to do so much to organize this event.

"It raises awareness," she said, noting many of the kids and school staff wore red that day. It's the official colour of the Encephalitis Society, Gerbrandt explained, because "it's the colour of the brain."

# **Two arrested in Morden-Winkler drug investigation**

### By Voice staff

A joint investigation by the Winkler and Morden police departments resulted in two drug trafficking arrests last month.

On the evening of May 24, officers pulled over a vehicle near the junction of PTH. 14 and PTH. 3 between Morden and Winkler.

The female driver and a male passenger were both taken into custody in connection with an ongoing investigation into cocaine trafficking in the two communities. Police searched both the vehicle and the suspects and found \$410 in cash believed to be proceeds of drug trafficking along with approximately 61 grams of cocaine with an estimated street value of \$6,100.

The male, 31, and the female, 25, both from Morden, are facing charges of possession of cocaine for the purpose of trafficking and possession of goods obtained by crime.

Both were released with undertakings and will appear in court in Morden in July.



# Plum Coulee Foundation marking 20 years in 2022

**"WE'RE VERY** 

**EXCITED FOR** 

THE FUTURE."

### By Ty Dilello

Last Thursday evening, the Plum Coulee Community Foundation met at The Centre on Main to have its annual drop-by soup and pie fundraiser followed by its annual general meeting.

The foundation is a charitable organization built over time through gifts donated by various community members and organizations. These

gifts are then pooled and permanently invested with the Winnipeg Foundation.

Two decades of work growing their endowment fund sees the agency overseeing more than \$700,000.

Each year, a portion of the interest earned on these investments is

granted back to support local charities and organizations.

In 2021, the foundation gave out eleven grants to 11 organizations to-talling \$14,627.

Receiving funds was The Centre on Main for new tables, the Imagination Library for books for pre-schoolers, the fire department for water rescue equipment, PCSAC for ball diamond revitalization, Plum Coulee School for its new electronic sign, Plum Fest for event expenses, the Plum Coulee Pedestrian Bridge project for piers, the LUD of Plum Coulee for flowers downtown, the Pembina Valley Humane Society towards a new van, the Sensory Path project for sensory activities, and Winkler Family Resource for early childhood education programming in Plum Coulee.

In honour of 2022 being the foundation's 20th anniversary, they're cooking up something special to celebrate at Plum Fest this August.

The foundation is teaming up with the festival to bring Six String Nation to town.

VERY D FOR TURE." Six String Nation is public art and history project conceived by Jowi Taylor and is centred around a steel-string acoustic guitar. The guitar is made from 64 pieces of wood, bone, metal, stone and horn, representing a variety of cultures, communities, characters and events from every province and territory of

Canada.

"Moira Porte and I years ago were part of a foundation that had a meeting in Winnipeg where we heard the story of Six String Nation and got to hold the guitar," said Heather Unger, outgoing board president "And we have photos of ourselves and the book about the guitar. I just came across the idea earlier this year while cleaning up my office, and I came across the picture and thought what a great idea this would be to bring to Plum Fest. So I called Jowi Taylor up



PHOTO BY TY DILELLO/VOICE

The Plum Coulee Community Foundation board held its annual general meeting at The Centre on Main last week.

to see if he was available. And took it to our Youth In Philanthropy and wanted to see if they liked the idea, which they did, and they ran with it."

Also at the AGM, the foundation announced some shuffling of its board members. Levi Taylor will now be the acting chair, replacing Unger, who will stay on as vice-chair. Rosella Janz is the new treasurer, while John Peters is the new granting chair. "It's time for some new energy and new ideas," said Unger. "I love that we found people who were born and raised in our little town ... and when asked to come join our board, they were happy to come back to Plum Coulee, so it will be really good.

"It's been 20 years, so we think it's time to re-look at the foundation at what it's doing with some fresh eyes. We're very excited for the future."





### **4** *The Voice* Thursday, June 2, 2022 Winkler chamber kicks off centennial celebrations

### **By Ashleigh Viveiros**

A hundred years ago this year, a group of enterprising Winkler businessmen got together to create the community's first Board of Trade.

According to author Hans Werner's Living Between Worlds: A History of Winkler, the organization's first few years of operation were busy ones.

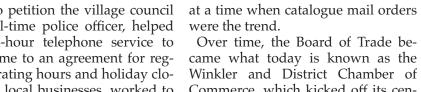
Through the 1920s they led the

charge to petition the village council for a full-time police officer, helped bring 24-hour telephone service to town, came to an agreement for regular operating hours and holiday closures for local businesses, worked to bring a more diversified agricultural economy to the area, lobbied for major improvements to Winkler's roads and connected highways, and championed the benefits of shopping local





ΡΗΟΤΟ **BY ASHLEIGH VIVEIROS/VOICE** Winkler chamber's staff board of directors served lunch at a member appreciation barbecue at The Bunker last week.



were the trend. Over time, the Board of Trade became what today is known as the

Winkler and District Chamber of Commerce, which kicked off its centennial celebrations last Friday with a member appreciation barbecue at The Bunker.

It has been a century of community service and change for the organization, observed past board presidents Walter Siemens and Martin Harder.

Siemens, who served on the board in '70s and has been involved with the chamber in a variety of capacities in the decades since, recalls that back then the chamber was very much retail-focused.

"The general concept of the chamber in the business community was they only looked after retail. The manufacturing [companies] were somewhat involved, but

not to the extent they are now. That's the biggest change."

Bringing more Winkler industries into the fold was something that ramped up in the mid-1980s when Harder served on the board.

The decade was a time of evolution for the entire community, he observed, with the Southland Mall changing the retail landscape and more and more industries getting their footing here.

"The focus and the activities of the chamber today is totally different then it was back then," Harder said. "They got much more involved with businesses, and there was a lot of growth in those years."

Back then, the chamber had no real connection to larger bodies such as the Manitoba Chambers of Commerce, which today it works with to lobby government on a myriad of issues that affect businesses large and small.

The organization also had tourism as its primary focus through the '80s and into the early 2000s, running the Winkler Harvest Festival (and, before that, Old Time Value Days) and the town's tourism booth, among other community events and programs throughout the year.

Contrast that to today, where the

chamber has as its mandate "to partner with the business community in providing innovative programs and networking opportunities to support a vibrant business environment."

They work to fulfill that mandate, explains executive director Tanya Chateauneuf, in a variety of ways, including

"providing learning and networking opportunities, cost saving programs [things like group insurance rates, telephone service discounts and payroll processing, among others]-anything that will benefit the business community-and staying tuned into what's going on so that we can figure out calls to action on how to best support our business community as it's growing and flourishing."

The bulk of the shift from tourism duties to business support and greater advocacy happened in 2006-2007 when Harder started his first term as mayor, recalled longtime chamber administrator Dianne Friesen, who retired earlier this year after 21 years with the organization.

Continued on page 5





**"THE FOCUS AND** 

OF THE CHAMBER

**TODAY IS TOTALLY** 

**DIFFERENT THEN IT** 

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### *The Voice* Thursday, June 2, 2022 **5**

### > CHAMBER CENTENNIAL, FROM PG. 4

"When I started in 2001, tourism was such a huge part of what we did," she said. "We were involved in Harvest Festival, Canada Day ... tourism was actually more of a focus at that point than growing a business or helping foster a business."

But when the new council started its term, they hired Deb Penner to take over handling all community events so the chamber could refocus its attention on business matters.

It was a necessary transition and one that had been a long time coming, maintains Harder.

"From my perspective, especially when I became mayor, I looked at

**"WHAT WE DO IS** 

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THE NEEDS OF

**OUR BUSINESS** 

COMMUNITY."

what the focus and responsibility of the chamber should have been, and the chamber wasn't really responsible to do all these community events."

New marching orders in hand, the organization hired its first executive director, Brenda Storey, and got to work figuring out what this next era was going to look like and how to convince

people it was a step in the right direction.

"Businesses, I think, understood what we were doing, but the community in general ... I think many chambers in other parts of Manitoba or Canada to this day are still quite involved in tourism, so it took awhile to get people to understand, 'Why don't you do that anymore? What does the chamber do?'" Friesen said.

That question is one chambers across the country find themselves fielding from prospective members and the community at large alike all the time, and the answer very much varies, observes Chateauneuf

"What we do is different on a daily basis and based on the needs of our business community," she said. "We have our constants for sure. But we want to be able to shift and adjust and step up where we need to."

The chamber in recent years has added a few new things to its toolkit, organizing more business tours, hosting educational workshops and mixers, and utilizing social media to get the word out about members and give local entrepreneurs the chance to get to know each other better.

These types of connections have helped to create a very unique business community.

"When people come into town today and they see the collaboration between the business community not competing but helping each other out—they're amazed," Harder said,

pointing to the countless area manufacturers who make it a point to source materials locally as much as possible.

And through the pandemic years there have been numerous partnerships between Winkler industrial leaders seeking to find ways to not just ride out economic downtimes but thrive with new products.

"Some of the new inventions that have been cre-

ated in the last several years during COVID is because of the cooperation between the business community," Harder said, citing as an example the mobile handwashing station Ironmen Industries built in partnership with other area companies when the pandemic began.

"That's what's so special about our business community," said Chateauneuf. "The collaborations that happen just so naturally are mind blowing.

"And that's something we're focused on moving forward—making sure that our community is continuing to share resources and fostering those collaborations. We want to encourage them more and more because we know that that's what makes us so unique."

The chamber also intends to keep its



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Above, from left: Les and Dianne Friesen and Lynda and Walter Siemens chow down at the Winkler chamber BBQ last week, which kicked off a year of centennial celebrations.

hand in the kind of overall community improvements those first Board of Trade members led the charge on a century ago.

"We're currently hosting a working group, trying to figure out how we can increase the number of employees in our community," Chateauneuf said. "We're bringing the community together to do that because, again, we don't want to reinvent the wheel. We want to collaborate and join efforts to make sure that we're best serving the business community and the community as a whole."

The chamber, acting as the voice of its 300+ members, also has a seat at the table in discussions on things like the need for public transportation in the city.

"We always want to be part of those conversations," Chateauneuf said.

The chamber also takes seriously its role of shining a spotlight on the work

businesses are doing—successes that might otherwise go mostly unseen



"One of the biggest things we do is just really celebrate our business community as well for all of their accomplishments," Chateauneuf said on the importance of the creation of the P.W. Enns Business Awards a decade ago. "I think that's just really important because it's always nice to get a bit of a pat on the back and be told you're doing a great job because being an entrepreneur and investing so much of yourself is sometimes tireless and maybe goes unnoticed."

This fall's awards gala will be a special affair, honouring the 2022 winners while also highlighting the chamber's centennial. It's a theme that will run through all the chamber's events in 2022.

"We're going to do just some really fun things this year," Chateauneuf said. "We're going to have all of our annual events amped up a little bit. We're going to add some different elements to our Small Business Week lunch and especially our gala—we hope it's going to be the biggest and best ever."

# Lock up your bikes: Altona Police

#### By Ty Dilello

The Altona Police Service is warning to residents to keep their bikes locked up this summer.

The department last week noted it has received several complaints of bike thefts in recent weeks.

The thefts are happening from both inside yards and garages, police note.

Police are reminding the public to report sus-

picious behaviour when you see or hear it. You can do so by calling the Altona Police Service at 204-324-5353.

You can also make it easier for officers to return found bikes to you by signing up for the department's free online bike registry.

The registry allows you to enter a description of your bike, including its serial number. There is also an opportunity to attach a photo of your bike.

Head to altona.ca/police for more details.



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# **Everything is political**

ny expression or interaction of power between people is a political act. This is, in fact, what politics is: a consolidation and exercise of power by one or more people to affect change.

Initially envisioned as a description of how Greek city states were run, the idea of politics is far reaching and touches on a

variety of subjects well beyond those initially envisioned city states or our current parliamentary system.

With this in mind, one can see politics at work nearly everywhere—at home, at work, in

schools, amongst friends and neighbours. Humans are very political animals it turns out.

Given the interwoven nature of power and politics it should come as no surprise then that war, conflict, violence, money and death are often political tools. Rarely do any of these things exist without some form of power dynamic at play.

We learn about politics from almost the moment we can walk.

Children at play on large snow hills in the playground are exceptionally pure examples of politics at work. Initially the most powerful takes position at the top of the mountain and removes contenders for the prize by sheer force. Eventually a clever,

smaller child, will form a coalition with other clever, smaller children, and together they mount an offensive and topple the king or queen of the mountain.

Politics in action. Perhaps a power-sharing arrangement was negotiated. Eventually the vanquished, having watched the group and analyzed them, returns with new strategy and the game goes on and on. Politics at play.

Anywhere people exercise power with, for, and over other people, there you have politics.

Murder is a political act. It is the ultimate expression of power over another or others.

This is why I find it odd when a murder or mass murder gains public attention and people rush to say "let's not politicize this.

It is already politicized. The act itself is a political act. How much more politicized can you get then one person literally using their power to eradicate others who they find threatening in some fashion?

In fact the statement "let's not politicize this" is, in itself, ironically an attempt to exercise power over the narrative people are engaging in and thus politicizing.

Statements like "let's not politicize this" betray a fear that by engaging in a discussion, say for example, of the need for gun reform in the United States, a shift of power may occur away from the gun lobby and toward gun control.

By condemning discussion of such events as "tasteless" and "crass politicization" there is a hope to push such conversation into the future when people are less likely to care and more likely to apathetically accept the status quo.

This is what politics looks like at its most crass and devious-a shell game designed to confuse and obfuscate until opponents give up out of sheer exasperation and the power remains where the power has always remained.

This all depends largely on understanding and manipulating public inertia—that is our natural resistance to change.

However, ultimately all political power is derived from people. We all bestow power on others either by giving it or simply being too inert to care enough to effect change. Power depends on our laziness and contentment as is expressed in the Roman poet Juvenal's observation that all people wanted was "bread and circuses." Keep people fed and entertained and you can do whatever you want.

This is also expressed in Marie Antoinette's apocryphal statement "let them eat cake" when told the poor had no bread. A massive miscalculation on her part that resulted in the poor rising up and exercising political power by removing her head. These days we call that the French Revolution.

The point? Don't let anyone shame you into silence by telling you not to politicize something. Everything is political and so are you.

### **"DON'T LET ANYONE** SHAME YOU INTO SILENCE BY TELLING YOU NOT TO POLITICIZE SOMETHING."

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### Cantelon

**By Peter** 

# Morden Park hosting Arbor Day celebration

#### By Lorne Stelmach

The City of Morden is celebrating its urban forest with a special Arbor Day event the afternoon of Sunday, June 12 in Morden Park.

"Bringing attention to the value of trees is one of the purposes," said Shawn Dias, parks and urban forestry manager for the City of Morden and a certified arborist. "It's also providing an opportunity for people who have an interest to also provide some education and outreach to the community."

The idea arose from Dias being involved with the Manitoba Urban Forest Council, which has a mandate to provide education and outreach from arborists to communities, and he saw a good opportunity for Morden to get involved.

"Being responsible for parks and trees, it seemed like a good fit for us to try to put together our own Arbor Day," said Dias, who noted it also will coincide with the parks and urban forestry master plan for Morden getting its final approval.

"This is our first year, so we're going to keep it fairly simple," he said. "It's just about celebrating trees."

A popular attraction that day will likely be having the chance to take a ride rising above the tree canopy in a bucket truck by One Two Tree Service.

"We'll have the bucket truck rides so you can get up into the tree canopy, maybe even over and above the tree canopy," said Dias. "We're also going to do a ceremonial tree planting, so we'll plant a tree that will be the Arbor Day 2022 tree."

Certified arborists will be on hand to give free tree advice, and there will be

a tree planting by Morden Nurseries as well as tree pruning tips.

Other activities will include face painting, children's crafts by the Pembina Hills Art Council, story reading by the Morden Library, slack line by Fun & Fire, a wood carving demo by Barry Dueck, a saw mill demonstration, and free hot dogs from Co-op.

The afternoon will also honour the winners of the Trees in Morden art contest, which asked kids to share their interpretation of Morden's urban forest. The winning artwork will be printed on the Arbor Day t-shirts.

People will also be able to check out the new outdoor classroom in the park, which is made of tree stumps and has already gotten a lot of attention.

"It was a really neat project to work on," said Dias, noting One Two Tree Service donated some of the logs to make it happen. "You can purchase outdoor classroom components but it's really expensive, so we did it with natural material that we had on hand."

The idea came about after the city did a tree planting last year with Maple Leaf School, which was given some cut tree stumps to make use of in some way.

"They just loved those and I know One Two Tree Service did the same at Minnewasta School, left some wooden blocks there for the kids to use and to play on," Dias said. "So we just kind of built off that idea."

In the spirit of Arbor Day, Dias noted they are encouraging all Mordenites to plant a tree over that weekend.

The festivities in the park run from 1-5 p.m.

# Pembina Valley PRIDE march in Altona June 11

#### By Lorne Stelmach

When Pembina Valley PRIDE gathers in Altona next week for their march, they hope for a strong show of support—but that doesn't mean having people just turn out to watch.

"If you're supporting this, join the march ... be part of it. We don't need spectators, we need participants,"

president Peter Wohlgemut said last week of the event planned for Saturday, June 11.

The march will be starting from the Altona Civic Centre around 1 p.m. and then ending at Centennial Park.

It will begin with a PRIDE flag raising at the civic centre with some introductions. The route will then go Continued on page 8



PHOTO BY LORNE STELMACH/VOICE

Morden Park is now home to a natural outdoor classroom. You can check it out during the city's Arbor Day festivities on Sunday, June 12.

# 2022 Spring Flooding

### Disaster Financial Assistance

## What you need to know

Disaster Financial Assistance (DFA) is available to assist Manitobans and communities who experienced damages from 2022 spring flooding.

DFA is available to help with the cost of evacuation, the cost of preventing or limiting flood damage, and the cost of recovering from damages that were experienced. DFA is also available to assist with the cost of non-insurable damage to property such as principal residences and buildings essential to the operation of eligible farms and businesses. DFA is also available to assist with repairs to damaged municipal infrastructure.

The Manitoba Emergency Measures Organization (EMO) will be offering live webinars to answer your DFA questions. Check the DFA website for dates and times.

To find out more details about DFA eligibility or to obtain an application form, please contact the Emergency Measures Organization at: Phone: 204-945-3050 in Winnipeg

Toll-free: 1-888-267-8298

You may also apply online at: Manitoba.ca/emo/dfa

Deadline to apply for DFA is August 8, 2022.

Manitoba.ca/flooding



### **8** *The Voice* Thursday, June 2, 2022

# **getinformed** Minnewasta Gr. 3 students give back

#### By Lorne Stelmach

A student-driven project again saw students at Minnewasta School in Morden giving back to the community.

The annual initiative sees Grade 3 students research possible charities to support and then go out and do some fundraising.

The end result was being able to present a cheque for just under \$370 last week to the Pembina Valley Humane Society, which brought along a furry ambassador to help thank the students for their efforts.

"It is always super popular ... it's great when they pick a local charity and they can celebrate," said teacher Renée Klassen, noting it is always a good learning experience for the students to research different charities operating not just close to home but also across Canada and even internationally. "They've done a lot with technology this last couple years. They've even done some interviews via Teams or Zoom with education members from organizations that are not necessarily local.

"The students have researched and then they wrote reports about the organization they researched, and they presented those reports to their class," she continued. "Each class chose two organizations that they felt were extraordinarily worthy, and they pre-



**PHOTO BY LORNE STELMACH/VOICE** Gr. 3 students at Minnewasta School in Morden once again raised funds for charitable causes this spring. Last week they presented the Pembina Valley Humane Society with a donation of nearly \$370.

sented them to each other ... the two classes voted on who they wanted to receive the funds that they were raising."

The students then set out to raise funds in two different ways.

"One was by cookie sales ... and so kids brought in cookies and we sold them for 25 cents a cookie," said Klassen. "As well, lots of kids did extra jobs at home for moms and dads, which is something we had started during COVID because of not being able to do other fundraisers.

"Kids brought in their hard earned

money, and there was a little bit of extra cash from milk sales from last year that was thrown into the pot too," she noted. "That's a lot of money for roughly 32 kids to have raised, so pretty proud of them."

Having the humane society then pay a visit with ambassador dog Sprout was the reward for all that hard work, said Klassen, who is always pleased to see how the students are able to take charge of the effort.

"They really do every part of it. My job is simply, first of all, make them aware of some different organizations that they can choose from."

Humane society shelter manager Alesha Unrau said it is always encouraging to see youth who share their passion to help animals.

"It's a great honour. It's great to get all the youth in our community involved a bit more," she said. "They were able to raise a good substantial amount of money for their age.

"It's great to see that the kids in our community are becoming a little bit more knowledgeable about us and what we stand for and that they're eager to help us out."

### > PRIDE MARCH, FROM PG. 7

down Centre Ave to the park, where there will be further speeches as well as some live music.

"We're not expecting it will be a hugely long event, but it's just getting together is important all on its own," said Wohlgemut.

The first PRIDE rally in the region was held in Morden in 2019. That was the last time they've been able to hold an in-person event until now thanks to the pandemic. When restrictions lifted, the committee turned its attention to figuring out where to go for this year's march.

"I was kind of curious where Altona was at ... and there was some discussion around the whole thing of raising flags and so on," Wohlgemut said. "We've been very pleased with the response from the town leadership. They've been very supportive. We have their whole support for the flag raising and for holding the parade. They've been great with working out the logistics, so I think this was the right choice."

Of course it very much fits with their aim to expand their outreach in the region.

"We call ourselves Pembina Valley PRIDE because we want to support and serve the whole area," Wohlgemut stressed. "That was the other piece of it."

Wohlgemut noted they were all very encouraged by the response they received in Morden three years ago.

"I think in a lot of ways it was almost overwhelming," he said. "It was put together fairly quickly by a couple young people in Morden, which is a fantastic thing, but I don't think anyone really expected to have what I think at last count I recall was four to five hundred people, which is quite amazing.

"It was a very positive message," Wohlgemut said. "There were quite a few of us who were members of the rainbow community who were kind of wondering if it would make sense for us to stay in this area ... where's our community? That event kind of brought us all together and also brought together quite a few allies. "It brought home the message that there is a lot of support. People often hear about how negative or homophobic some people are in this area; there are some of those, but there is a lot of support," Wohlgemut said. "It can be very isolating if you don't have that community and don't have those connections.

"So it's not that we don't have allies; it's just sometimes where do they have their opportunity to show that they are allies. An event like this is really a great opportunity for people who are supportive and wonder how do I show it?"

You can find more information and follow Pembina Valley PRIDE on Facebook and Instagram.

*The Voice* Thursday, June 2, 2022 **9** 

# Habitat for Humanity hosting giant garage sale June 4

#### By Lorne Stelmach

Organizers see an upcoming garage sale in support of the Winkler-Morden chapter of Habitat for Humanity as perhaps being moreso about the fellowship than the fundraising.

The latter obviously is vital, especially as the organization plans new builds in both cities, but the former is equally if not even more important.

"There's just something about the garage sale that we like," spokesperson Christina Fehr said in advance of the Saturday, June 4 event.

"It isn't even just the fundraising, but it's more about the community getting together again," she said. "Some of the things we do, we don't make a lot of money on them, but we like to do them because it's about bringing the community together, and Habitat is about that as well."

With people perhaps having spring cleaning in mind, this is an opportunity for all that work to also provide a positive contribution to the community.

The organization will be accepting last-minute donations for the sale, which takes place from 10 a.m. to 5 p.m. at the Winkler Emmanuel Mennonite Church (750 15th St.)

Habitat did the garage sale once before the pandemic in 2019.

"The first time was a lot of fun. A

lot of people came out, a lot of people volunteered to help us with it," Falk said. "It was just a really fun kind of community day, so we thought we'll try it again."

The event made around \$3,000 that first time out, so they would love to be able to make that much again, if not even more.

"It's a garage sale, so that's a lot of money," said Falk, noting every little bit helps as the chapter has several build projects on the go and in the works.

"We've got three projects, so three houses we need to build in this next year now ... and it's all happening very fast," she said. "We are going to need to build them more with trades and builders than we have in the past. We usually use a lot of volunteers, which just kind of makes the project longer, and because of the time frame, we're going to have to change that up a bit this time. It's going to cost more to build them, so we just need to make sure that we have all the funds in place.

"We are super close to that goal. One of the issues right now is because of material prices and stuff fluctuating, it's really hard to know an exact number for anything ... so we're just really trying to make sure that we have enough."

A Winkler family will be chosen



#### **VOICE FILE PHOTO**

There was no shortage of treasures to be found at Habitat for Humanity's first giant garage sale back in 2019. The Winkler-Morden chapter is hosting it again June 4 at the Winkler Emmanuel Mennonite Church.

soon for the next build there, which could get underway as early as this summer.

In Morden, the plan is to provide housing for two families in the form of a duplex.

"It's a more affordable way to do it for everybody," said Falk. "Habitat, in other places, they often build duplexes. It's a way to get two families in right away, but it also saves the families on their mortgages.

"We're in the process of picking the families for these three houses right now," she added.

Meanwhile, Falk noted they are also very close to being able to hand over the keys to the Morden home that has been under construction the last several months.

"The house that we're currently building in Morden is almost finished ... it will probably be finished by the end of June."

For more information or if you want to offer your support, you can email info@wm.habitat.mb.ca to find out where to drop off your gently used items for sale. You can also find the local chapter on Facebook.

EFFICIENCY

MANITOBA



# Altona Community Fdn. hands out \$23K in grants

### By Ty Dilello

The Altona Community Foundation (ACF) has disbursed eight grants during its spring intake period for a total of \$23,870 going back to various organizations in the Town of Altona and Municipality of Rhineland.

"For the current spring granting period, ACF is excited to grant over \$23,000 directly into our local community in various projects, which will benefit members of our community for many years to come," said ACF granting committee chair Tracy Klassen. "Every donation is appreciated so we can continue giving back to our communities."

Recipients include:

• Altona Community Action Net-

work, \$8,000 towards the trees at the Community Garden.

• Youth for Christ Altona, \$5,370 for equipment for its Maker Space.

• Blue Sky Opportunities, \$3,000 for a tub lift at its 204 residence.

• Kiddie Sunshine Centre, \$3,000 for chairs and trays.

• Neubergthal Heritage Foundation, \$2,000 towards its sidewalk project.

• Altona Angels Softball, \$1,000 for a retractable pitching and hitting tunnel.

• Genesis House, \$1,000 towards its transitional housing project.

• Gardens on Tenth, \$500 towards an AED.

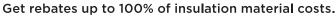
The grant money provided for the

Continued on page 12

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PHOTOS BY LORNE STELMACH/VOICE

A large crowd filled the Morden suncatch area downtown Friday evening for the opening night of the Crocus Suncatch Sounds free concert series. Ed Wayne (right) started it off and then made way for M'Ladies (above). Proceeds from the bar supported the Pembina Hills Arts Council. The series continues June 17 with Bill Dowling followed by Link and the Moustaches. There will also be performances July 8, July 29, and August 19.



## Council resolves to ask AMM to lobby for more provincial, federal funding

Winkler wants government to step up in support of water, wastewater projects

### By Ashleigh Viveiros

Winkler city council has passed a resolution to request the Association of Manitoba Municipalities lobby the provincial and federal governments to give municipal governments a greater financial helping hand with major water and wastewater projects.

Mayor Martin Harder said the resolution, which passed unanimously, is being sent out to all members of the Pembina Valley Reeves and Mayors (PVRAM) group in the hopes more regional councils will add their voice to this issue.

The resolution notes that nearly 60 per cent of all public infrastructure in Canada is owned and managed by municipal governments, yet those governments only collect about eight per cent of every tax dollar paid in Canada.

Water and wastewater projects are critical components of continued economic development, which, the resolution notes, disproportionately benefits the provincial and federal governments by way of increased tax revenue. Meanwhile, municipal governments have limited options for funding such long-term investments themselves.

"Therefore be it resolved that the AMM lobby the provincial and fed-

eral governments for increased grant funding proportioned to the total investment in water and wastewater infrastructure to continue to facilitate economic growth within the province of Manitoba," the resolution reads.

This request came just days after Winkler announced its long-planned wastewater treatment plant project had to be put on hold after tenders came in far higher than projected.

The facility was to be funded jointly between the City of Winkler, RM of Stanley, and the provincial and federal governments, but additional funding from the upper levels of government was not immediately forthcoming to fill the huge gap between the estimates and the tenders, and the municipalities were unable to cover those additional costs themselves.

This resolution will be presented to the AMM Central meeting being held in Regina later this month.

Other items addressed in the May 24 council meeting include:

• Council approved donating \$2,500 in 2022 and \$5,000 in 2023 to the Morden Community Handi-Van, which is fundraising for a new vehicle and also looking at potentially making its service a regional one (it already provides hundreds of rides for residents of Winkler each year, its letter to council noted). "I think this is going to be money well spent and I think the partnership is really good," noted Councillor Marvin Plett. "It's an efficient use of our joint resources, so I'm very pleased to see this."

• The MSTW Planning District notified the City of Winkler its surplus revenue allocation for the past year totals \$74,310.37. This is based on the number of building permits, building permits fees, and value of building permits in 2021.

Also receiving surplus revenue are the agency's other municipal owners, based on construction in their communities: Morden (\$32,974.81), Stanley (\$24,354.88), and Thompson (\$2,943.61).

MSTW issued a total of 610 building permits in 2021 (263 of them in Winkler) valued at just under \$475 million (Winkler's projects were worth nearly \$271 million of that) and generating over \$2.7 million in permit fees.

• A proposed cryptocurrency mining operation on Monarch Dr. received its requested conditional approval from council, with some give and take on both sides.

Applicant Russ Dueck noted that Manitoba Hydro has approved the building for a maximum of 500Kva, which is a far lesser amount of power than previous cryptocurrency operations have come before council with in the past.

This cap allayed council's fears of the project being a major power drain on Winkler's system.

"This isn't actually that big of an operation compared to what you've heard of before," Dueck noted, pointing out they're only filling a small portion of the space—about the size of council chambers, in fact—with the computers for the mining operations. They hope to open up the rest of the building to other commercial enterprises.

Dueck requested the five-year limit city staff had recommended for the conditional use's approval be removed.

Because cryptocurrency mining operations are relatively new to Manitoba, Manitoba Hydro and the Province of Manitoba are currently working on drafting regulations for them. City staff noted the time limit on the conditional use protects the city from having an operation grandfathered in before those regulations come into effect.

Dueck said they have no interest in avoiding whatever regulations eventually are put in place.

"We're looking to play by the rules,"



# What generation gap?

### Pen pal program builds relationships

#### **By Ashleigh Viveiros**

After a school year spent getting to know each other on paper, the participants in the Winkler Senior Centre's Intergenerational Pen Pal Program finally got the chance to meet face-toface last week.

Emerado Centennial School teacher Tasha Roberts' Gr. 5/6 class stopped by the senior centre Thursday for an hour of games, snacks, and chatting with the 12 older adults they've been exchanging letters with since fall.

The kids have learned a lot from their elder counterparts, Roberts said.

"Besides the writing skills, they've really learned how to ask good questions and how to talk to people," she said, explaining the program was worked into the students' language arts class, with them writing and receiving a letter a month. "They also exchanged gifts and sent photos. It was a really great experience for evervone."

The kids certainly gave it the thumbs

up. "It's really enjoyable getting the letters and being able to write back. It's really fun," said Tiffany Wall during a break from teaching pen pal Shan Pather how to play Skip-Bo.

"It was something to look forward to because we could read the letters and reply," added Quinn Friesen, who also exchanged letters with Pather.

For her part, Pather loved getting a glimpse into the girls' lives and imparting some wisdom where she could.

"I love this program. I thought it was such good friendship [in spite of] the age difference-they have only one decade they've lived and I am already eight decades, so that's a big difference, but we were able to socialize," she said. "From their replies I could see that they enjoyed my letters and I very much enjoyed their letters.

"Wherever possible I tried to give them advice, I tried to help them out," Pather added, noting she encouraged the girls to make reading one of their hobbies so they could better know the world around them.

A few tables away, husband and wife Frank and Jessie Unrau were engrossed in a game of crokinole with their pen pals Bentley Loewen, Jordyn Peters, and Libby Janzen.

The Unraus have been involved with other intergenerational programs at the senior centre, including a walking club a few years ago.

"It's a good generational get-together," observed Frank of this program,



#### PHOTOS BY ASHLEIGH VIVEIROS/VOICE

The Winkler Senior Centre's Intergenerational Pen Pal Program participants met each other in person for the first time last week. Left: Quinn Friesen & Tiffany Wall with pen pal Shan Pather. Above: Frank and Jessie Unrau with pen pals Bentley Loewen, Jordyn Peters, and Libby Janzen.

noting the kids shared how things were going in school and what their families did for fun. He and Jessie, in turn, talked a bit about their own lives and hobbies.

For Loewen, the best part was "getting to know Frank." He admitted, though, that sometimes it was hard to decide what to write about every month.

A big part of getting a conversation going was finding connections across the generations, noted Betty Giesbrecht, who was paired up with student Emily Suderman.

"I told her a lot about my growing up years, that sort of thing. She talked about what they were doing in school, what her family was doing on holidays," Giesbrecht said, noting she kept all of Suderman's letters. "If you start writing, things come to you and you just keep on writing."

The senior centre intends to launch

the program again next fall, possibly with additional classes.

Resource coordinators Denise Enns and Cathleen Bergen urge older adults to contact them to express their interest in taking part so they know how many potential pen pal pairings they can arrange.

The program is a great opportunity to build bridges between the generations, said Enns.

"Sometimes there's a stereotype about older adults, but they have a lot of the same interests [as the kids] and they have so much wisdom and experience they can share."

"It's also about reviving the art of letter writing," added Bergen, noting participants exchanged 335 letters this past year. "Maybe it's something that can spark an interest in the kids especially, because nowadays everybody's texting and emailing."



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Fifteen Gr. 5/6 students from Emerado Centennial School were paired up with a dozen older adults through the Winkler Senior Centre. They sent a total of 335 letters back and forth to each other over the course of the school year.



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Hundreds of people came out to support Salem Home in Winkler last Wednesday as it hosted its first in-person community barbecue in years. Organizers says they served upwards of 600 meals and raised nearly \$41,000 (and counting) in donations. The money will be used for the ongoing renovations to the personal care home's Cottonwood unit, which are modernizing the 50-year-old's resident rooms and hallways. "Salem Home is so blessed to have such incredible support from the community," CEO Sherry Janzen said. "We are also blessed to have an engaged foundation, ladies auxiliary, governing board and staff who helped with every facet of making this event a success." Right: Diners chowed down while enjoying music courtesy of The Quonset Brothers.

# Senior centre hosting free craft workshops

### By Ashleigh Viveiros

The Winkler Senior Centre is putting a \$1,600 grant it received to good use over the next few weeks.

WSC has teamed up with Clay Owl Studio, Winkler Arts and Culture, and Morden Nurseries to host a trio of free craft workshops for older adults (55+).

"We had received a call for grant applications and wanted to do something in the community and this seemed to be a perfect fit for us," said Services for Seniors resource coordinator Cathleen Bergen. "It's also a great opportunity for older adults to socialize with others in a smaller group while learning possibly a new skill."

The first session takes place on Wednesday, June 8 from 1-3 p.m. at Clay Owl Studio (586 Main St.). All supplies will be provided to paint your own piece of pottery.

Session two is a painting workshop

on Wednesday, June 15 at 1 p.m. at Winkler Arts & Culture (547 Park St.). Again, participants will be provided with everything they need to create a work of art.

The third workshop takes place on Thursday, June 16 from 2-3 p.m. at the senior centre (650 South Railway Ave.) and shifts gears from art to gardening. Supplies (excluding gloves) will be provided to learn more about how to plant and care for a flower or plant in a unique pot.

All sessions are free but advance registration is required by Friday, June 3 for the first workshop and Friday, June 10 for the other two.

To register or for more information, call the senior centre at 204-325-8964. Space is limited to 20 people per session. One workshop per person.

Funding for these sessions come via the Healthy Together Now Mental Wellbeing grant from Southern Health-Santé Sud.

# **Did somebody say BBQ?**





### > GRANTS, FROM PG. 9

Altona Community Action Network is for a line of trees to be planted behind the MEC in Altona to provide shelter and improve the greenspace.

"A row of evergreens was planted last year, and the grant will be used to plant a second row of poplars," explained the network's Connie Heppner Mueller.

In Neubergthal, the \$2,000 they received will go towards the sidewalk project that the Neubergthal Heritage Foundation is undertaking

### > COUNCIL, FROM PG. 10

he said, but noted the uncertainty of having to reapply for another conditional use in five years would make it difficult to secure investors.

As a compromise, council agreed to take out the time limit but make the conditional use "subject to comply with any new provincial or federal cryptocurrency mining regulations within one year of them coming into effect." "The sidewalk project will provide a solid smooth pathway across the yard from the Commons Barn to the Bergthal School," said foundation administrator Ray Hamm. "It will make the Commons yard more user-friendly and more accessible.

"The grant from Altona Community Foundation will help to squeeze this project into the current budget. We've had great support from ACF over the years, so we'd like to give a big thank you to them for the grant."

Other conditions include a drainage easement that needs to be registered by the end of November and an agreement regarding the potential future paving of Monarch Dr.

• Council also gave the green light to a nine-unit residential development at 115 Main St. and an 18unit commercial condo unit at 850 Roblin Blvd. E.

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



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Carman's Liv Dance Company hosted its first annual recital at the P.W. Enns Centennial Concert Hall in Winkler last weekend, giving its dancers —who hail from all across the Pembina Valley-the chance to show off the skills they've learned over the past several months of lessons. Clockwise from above left: Primary Hip Hop student Teya Courcelles performs a solo to Jenny from the Block; the Mini Acro group strikes a pose in Let's Go; In the Garden by the Little Ballerinas; Move Your Feet by the Hippity Hop class; and Steam Heat by the company's adult tap class.

## Morden, Winkler taking part in **ParticipACTION** challenge

### By Lorne Stelmach

Morden and Winkler residents are being encouraged to get active this month as part of the ParticipACTION Community Better Challenge.

It is aiming to get residents active with the incentive of prizes not only for the participants but also potentially a shot at prizes for being the most active community in both the province and the country.

"We can also build community while we get active together," said Morden recreation programmer Stephanie Dueck. "I think it's a really cool initiative. It gets people active and to focus a little more on their physical activity; many of us don't get enough."



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Continued on page 14

### **14** *The Voice* Thursday, June 2, 2022





PHOTOS BY RICK HIEBERT/VOICE

The bird feeder at the home of Voice photographer Rick Hiebert has been a busy place in recent weeks, with Baltimore and Orchard Orioles descending on it to duke it out for some sweet, sweet grape jelly. Hiebert reports these feathered friends are going through a couple jars a day and are providing a great deal of entertainment as they jockey for position.



Mozza Stuffed Turkey Burgers

1.5 lbs | 675 g Ground Turkey
1/4 cup | 65 ml sour cream
1 tbsp | 15 ml fresh thyme
2 garlic cloves, *minced*2 tbsp | 30 ml fresh parsley, *chopped*1 tsp | 5 ml each salt & pepper
2 tsp | 10 ml Worcestershire sauce
2 oz | 60 ml mozzarella cheese, *cubed*buns, lettuce, cheese, tomato, onion & mayo



Combine all ingredients except cubed cheese, buns and toppings into a bowl. Shape into four 1" (2.5 cm) thick patties. Create a small well in the center of each patty and add cheese. Form the turkey to cover cheese. Cover patties and chill 1 hour. Preheat bbq to med-high (375°F | 190°C). Oil grill and cook patties for 4 minutes, flip once, then continue to cook until a thermometer in the thickest part reads 165°F (75°C). Assemble with toppings.

More BBQ Turkey Recipes at: turkey.mb.ca

### > PARTICIPACTION CHALLENGE, FROM PG. 13

"We want to get as many people active as possible ... this is open to everyone," noted Winkler recreation programmer Kaitlyn Dyck. "With most of the activities, we will try to be outside ... hopefully with the nicer weather, we're going to be outside as much as possible."

Participants are encouraged to keep track of their activity time throughout the month either by using the ParticipACTION app or website from June 1-30, and it will all count toward the community's total score.

After June 30, finalist communities will be invited to submit an application explaining why they deserve to be Canada's Most Active Community. That honour will be determined with a calculation that takes into account the

takes into account the size of the community.

"Then the top community gets \$100,000 to put towards recreation, so that's pretty exciting ... and also people using the app are given out gift cards," said Dueck.

Morden is doing a number of activities this month to promote the challenge and physical activity. They include Boomers on Bikes (which will have Peter Loewen of Country Cycle offering some instruction on biking), ultimate frisbee, and group paddling, hiking, tai chi, and yoga at the lake. Full activity details are available at mymorden.ca/partici-

### pACTION.

**"WE ALL WIN** 

WHEN WE'RE

**BEING ACTIVE."** 

In Winkler, the city will be offering some free come and try it events ranging from basketball and pickleball days to some days where families will be encouraged to simply come enjoy the park and playground. A full schedule is available at cityofwinkler.ca.

"Some are just going to be ways to encourage you to move that day and others are going to be opportunities to try something," said Dyck. "Maybe there's something you have

> wanted to try but you didn't want to make a full commitment to that activity, come try it for an evening.

"It's just about trying to get in as many minutes as possible," added Dyck, who noted a bit of friendly compe-

tition between Morden and Winkler to see which logs more activity will be an additional incentive. "We'll both be posting weekly screenshots comparing Winkler to Morden."

"We all win when we're being active and getting a good amount of exercise each week," suggested Dueck. "It's a good time, during parks and recreation month, to focus a little more on being active," she added. "Now more than ever, physical activity and sport participation needs to be prioritized to help Canadians stay healthy."

### Morden Achievers 4H Club celebrates 40 years

#### Submitted by Morden Achievers 4-H

The Morden Achievers 4-H Club had plenty to celebrate at their Achievement Night on May 9, 2022.

The club has completed 40 years of activity in Morden and they celebrated with current members and their families. Members put their project work on display, covering such topics as archery, woodworking, crafts, foods, sewing, field crops, and more.

The club held their first meeting of the year in October with 18 members registered for nine projects, and eight volunteer leaders.

Club elections were held at the November club meeting and saw Leah Wolfe named as president, Avery Buelow as secretary, and Emily Chawrun as treasurer.

A Christmas pizza party was held for club members and their families in December, and a fundraising project of selling first-aid kits happened in December and January.

The club communications event moved to a virtual format in February with each member submitting their presentation video and then gathering virtually to watch the videos together.

The results were as follows: Declan Unger (Cloverbuds Reading), James Kestirke (Cloverbuds Speech), Thomas Rothenburger (Junior Speech), Emily Chawrun (Junior 1-Person Visual



SUBMITTED PHOTOS

Left: Emily Chawrun and James Kestirke receive their provincial public speaking first place trophies from Philip Fenez, president of Manitoba 4-H Council. Right: Norma Wood has been the head leader of the Morden Achievers 4-H Club since it started 40 years ago.

Presentation), Jeri-lynn DeJaegher (Intermediate Speech), and Charity Snider (Senior Speech).

Winning presenters in the Speech and 1-Person Visual Presentation categories were invited to participate at the Red River Area 4-H Communications event in March where James Kestirke (Junior Speech) and Emily Chawrun (Junior 1-Person Visual Presentation) were each awarded first place in their categories.

Kestirke and Chawrun also participated virtually at the Manitoba 4-H Communications Extravaganza, and both placed first in their categories at the provincial competition. They were presented with their trophies from the provincial competition by Philip Fenez, president of Manitoba 4-H Council, at the Morden Achievement Night on May 9. The club is planning to participate at the Morden Corn & Apple Festival in August by selling corn and cider. They also volunteered to sponsor a public skating event at the Access Event Centre, scheduled for Aug. 14.

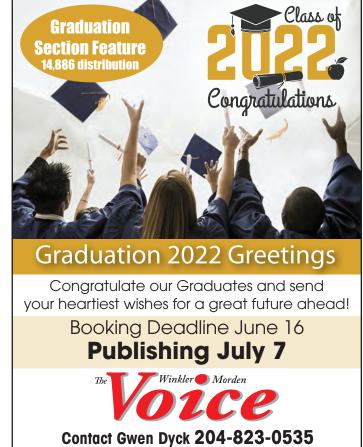
The Morden Achievers 4-H Club would like to recognize their volunteer leaders: Norma Wood (Head Leader, 40 years of leadership), Janelle Chawrun (Assistant Head Leader, six years of leadership), and three second-year leaders and three first-year leaders. Volunteers are an essential part of the 4-H program.

Registration for members for next year is expected to happen in September.



PHOTO BY LORNE STELMACH/VOICE

A plant sale, barbecue, and raffle Friday on the grounds of the Boundary Trails Health Centre raised money to support the volunteer effort spearheaded by Judy Stambuski to plant the flower garden in the front of the hospital. "You couldn't ask for a better day for it," said Stambuski, who was pleased with the response from the community as well as hospital staff.



gdyck@winklermordenvoice.ca

### The Normandy landings were the landing operations and associated airborne operations on Tuesday, 6 June 1944

# **D-Day: 'Operation Overlord**

#### By Dale Yeo

"You are about to embark upon a great crusade...the eyes of the world are upon vou."

> (General Eisenhower to D-Day troops)

June 6, 1944, will always rank as

one of the most momentous dates in world history. It was on that day that Allied forces began the annihilation of Adolf Hitler's "Fortress Europe" and the ending of four years of brutal Nazi occupation of continental Europe.

June 6, 1944, to many, is better known simply as "D-Day." The "D" meant nothing more than "Day" and was just a code word to ensure secrecy.

Secrecy was the key to the Allied landings in Europe, the planning for which had begun in 1943 with the appointment of General Dwight Eisenhower as the Supreme Commander of Allied Forces. "Operation Overlord" was the code name assigned to the attacks.

Where would the landing take place? The logical point would have been at the Pas de Calais, the narrowest crossing point at the eastern end of the English Channel.

But Hitler would have believed that, too, and so an enormous de-

ception plan was launched to convince the Nazi high command that the Allies would land there. A fake army was built up; inflatable tanks, planes and other military materiel were set up; radio chatter was created to replicate invasion planning there.

"In time of war, truth is so precious that it must be surrounded by a bodyguard of lies," Winston Churchill said. So, it was across from the Pas de Calais.

Meanwhile, the actual assault was planned for a 50-mile stretch of the Normandy coast farther to the west. There would be five assault beaches: the American "Omaha" and "Utah" code-name sites; the British "Gold" and "Sword" beaches; and the Canadian "Juno Beach."

D-Day was originally planned for June 5, but the weather that day was abysmal. What to do? There were 150,000 soldiers aboard ship already. To unload them meant a long delay until the next suitable assault date and the added worries about maintaining D-Day secrecy.

The Allies had one great advantage over the Nazi hierarchy — weather forecasting capability. One German weather site after another had been destroyed, leaving the Nazis far less able than the Allies to predict upcoming changes.

The chief Allied meteorologist advised Eisenhower that there should be a brief break in the weather on June 6. One can only imagine that the weight of the world rested on the future president's shoulders as he pondered this brief window of opportunity before a room full of his high command.

"I think we have to go," said Eisenhower, after a lengthy pall of silence.

And so, June 6, 1944, entered into the great chamber of history. The Germans were caught by surprise, not believing that the weather would allow landings then. Even Rommel, the general in charge of the Normandy German defence wall, had left for Berlin for a family birthday.

The greatest single day amphibious assault ever began in the early morning hours of June 6. An armada of 6,939 vessels set sail, among them 4,126 landing craft. There were 109 Canadian vessels and 10,000 Canadian sailors in that enormous wave. "You could have stepped from ship to ship across the English Channel, it seemed," said one participant.

Expectations of heavy casualties were rife among the Allied command. Upwards of 10,000 dead and 30,000 wounded were anticipated. Clementine Churchill commented years later that her husband said to her the night before, "Do you realize that by the time you wake up in the morning, 20,000 men may have been killed."

Casualties were high but nowhere near as bad as those numbers. The third Canadian Infantry Division landed 14,000 soldiers at Juno Beach that day. By nightfall, 340 of our men lay dead, with another 574 wounded.

Their sacrifice was not in vain. The Canadian assault penetrated farther into France on June 6 than any of the five landing forces — despite facing the heaviest German resistance except for the bloody beach of Omaha assigned to the Americans (2,000 men died there). In six days, we were to lose 1,017 Canadian soldiers; by

the end of the Normandy campaign, we had lost 5,020.

But the Canadian, British and American tre their foothold in Europe on June 6.

They were not "thrown back into the sea" o something that Rommel and the Nazi comm lieved essential.

Hitler bought the Pas de Calais ruse and re commit vital Panzer tank reinforcements to No Eleven months later, Hitler was dead and hi sand Year Reich" lay in ruins. Freedom was re much of occupied Europe.

D-Day made that possible.

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-Dale Yeo,



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# **Overlord'**

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lieved essential. Hitler bought the Pas de Calais ruse and refused to commit vital Panzer tank reinforcements to Normandy. Eleven months later, Hitler was dead and his "Thousand Year Reich" lay in ruins. Freedom was restored to

much of occupied Europe. D-Day made that possible.

"I have walked the sands at Juno Beach with my family. It is a humbling feeling to know that Canadians died where I walked, some of them possibly from our own Stonewall District. We owe them all so much."

-Dale Yeo, Stonewall



Standard Photo SUBMITTED Soldiers from the First Canadian Paratroopers Batallion shortly after the Normandy landing on June 6, 1944.



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# ÉMMS students hit the Morden Park stage June 7

### By Lorne Stelmach

Grade 5 and 6 students from École Morden Middle School are taking their musical production outdoors.

The decision to take things outside was originally made when pandemic restrictions were tighter, but the idea has really caught on with cast and crew alike.

"When we first started planning this we couldn't really foresee where we would be able to do anything inside ... we didn't know what May and June was going to bring, so we decided our best bet was to do something outside," said teacher Heather Clyde, noting the show includes a live performance on the Morden Park stage on Tuesday, June 7 at 1:30 p.m. as well as a video of the show..

"We're hoping next year we'll be back to indoor things, but this is a great way to get them back into it," Clyde said as students went through a rehearsal in the park last Thursday. "We've thought about this for years, and every time it's something ... a tornado warning or wind or rain, but thankfully this turned out to be a beautiful day."

The production dubbed Camp Blazers is a peppy little musical about the joys of going to camp and all of the activities that happen there. Clyde said they above all else wanted it to be fun for the students.

"They have been working on lots of songs and dances and acting and things that just haven't been happening for the last two years," she said. "It's been a lot of fun.

"We have all the grade sixers here today, so that's 130, 140 kids here today, and there will be that many again on Monday and we'll bring them all together for a final day," Clyde said of the rehearsals. "We're making a big video, which is what we've had to kind of become experts at over the last two years. We're hoping to not have to be doing this all the time, but we're aiming to make a great video."

In a way, having to adjust to the circumstances over the last two years



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PHOTO BY LORNE STELMACH/VOICE

Students from École Morden Middle School perform Camp Blazers in the Morden Park next week Tuesday, June 7.

has been a blessing, noted teacher Jennie Dyck.

"The videos that we have made during this time have become awesome keepsakes," she suggested. "A lot of family that lives far away

"A lot of family that lives far away have said that they really appreciated being able to watch things that other times they wouldn't have been able to enjoy. So in some way this has been able to bring even more people to performances."

Students who were on hand for the rehearsal last week were clearly enjoying themselves thoroughly.

"I like being able to do it with my friends," said Sinead Convery. "I re-

ally like doing the plays because I'm not really in any drama or anything, but I really wanted to do it."

"It's been really fun that we get to go during our noon hours with the whole cast," said Aubree Sloan. "Now that it's coming really close to the day where we perform, it's getting really exciting to have an audience come watch us."

"I think this is a great idea, doing it outside instead of inside," said Svana Gillis. "It's a great way to meet new people. We have great music teachers who are great and help us with everything. It's amazing that they put this all together."



# arts&culture



A few of PRIDE the exhibit pieces that were display on at the Pembina Hills Arts Council in Morden last month.



# **PHAC** hosts **PRIDE** exhibit

#### By Lorne Stelmach

Events like the PRIDE exhibit on display at the Pembina Hills Arts Council late last month play an important role in a number of ways.

The participants can simply just be celebrated as talented artists, but something like this especially can just make them feel like they are not only welcome but are indeed part of the community.

That aspect of it cannot be overstated, Pembina Valley PRIDE president Peter Wohlgemut suggested as the Morden gallery held a reception for the exhibit.

"These are all just talented artists ... and there are many talented artists who are members of the rainbow community who want to share their artwork," said Wohlgemut.

"It's also for the larger community to see that these artists and in particular this group of artists are a part of our community. They have an integral role to play in drawing people's attention to the fact that there are members of the rainbow community in the Pembina Valley.

"Having a show like this in Winnipeg is one thing, but to have one right here in Morden in the Pembina Valley really draws attention to the fact that we really are a part of this community.

"I think it is important to give them space," said Tye Dandridge-Evancio, who is programs and outreach co-ordinator for the arts council and also has a couple pieces in the show.

"Giving this opportunity to artists is a very big deal. It's also acknowledging that this doesn't have to be a revolutionary thing. We all just need to acknowledge that for a long time already, artists have been queer ... it's important to give them these opportunities."

The artwork on display featured a number of styles, but they all fittingly included a rich of rainbow of colours. For Wohlgemut, he also particularly appreciates that the artists are brave enough to put themselves out there and share a part of their personal stories.

"There's some fairly personal stuff in some of those works; some of the struggles that people have had, some of the struggles they have faced," he said. "And the fact they are willing to share that with the community I think is really brave for one thing but also very important. It sends an important message for people to begin to understand the experiences of these people.

"It's like a lot of minority groups. If you're not part of the group, or you don't have very direct connections, you may not be fully aware of just what struggles there are, what challenges there are and what joys there are," Wohlgemut said. "Art pieces like these can communicate that in a way that a speech or an article doesn't quite do."

Art can very much be a reflection of who the artists are and their spirit, agreed Dandridge-Evancio, and he appreciated being in a role where he had the chance to help make this happen.

"I have my art in the show, but it's not just about me. I get to give this opportunity to my fellow members of the community and lift everyone up.

"One of the things that I was most excited about when I stepped into this role is that I have access to this space, and I get to a certain degree use it to lift people up and make them visible.

"I think the other most important thing is just being able to come into this space and see that there's other people like you can be a reaffirming thing for someone."

"I love showing my art with other queer artists," said Vi Houssin, a Winnipeg artist who was also part of the exhibit and who does handwoven bead work influenced by a Métis background. "I'm definitely inspired by classic expressions of Métis art but also kind of trying to push that in new directions is also fun."

Houssin appreciates being part of a group exhibit involving like-minded people.

"I think that queer people and queer artists specifically have just a lot of spirit, and our art is kind of connected by that sense of community and our experience, so it's always nice to have our art in that context.

Houssin added it is also especially worthwhile as well to have the exposure in a rural community

"For a lot of rural folk, they don't have the same kind of access to community ... so I think it's amazing that there's an exhibition where a space has been carved out," said Houssin. "I love that this exhibition is going on and that it's safe for us to do so."

Wohlgemut liked the idea of having this exhibit in advance of June being PRIDE month.

"I think having an event like this kind of leading into PRIDE month I think draws it to people's attention and highlights it.

"Pembina Valley PRIDE has had an art show connected with our virtual PRIDE events the last couple of years, and I think it's important for the visibility that it gives to queer artists, to artists who are part of the rainbow community.

"One of the things that I think PRIDE has really brought out in this area is the fact that there are a lot of allies," Wohlgemut suggested, noting the importance of events like the Morden PRIDE parade a few years ago. "That event really kind of showed that you have community right here and you have allies right here."



# **10 Early Signs and Symptoms of Alzheimer's**

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, don't ignore them.

### #1 Memory loss that disrupts daily life

One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own. Typical age-related change - Sometimes forgetting names or appointments, but remembering them later.

#### #2 Challenges in planning or solving problems

Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before. Typical age-related change - Making occasional errors when finances or household bills.

#### #3 Difficulty completing familiar tasks

People with Alzheimer's often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game. Typical age-related change - Occasionally needing help to use microwave settings or to record a TV show.

### #4 Confusion with time or place

People living with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there. Typical age-related change - Getting confused about the day of the week but figuring it out later.

### #5 rouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving. Typical age-related change - Vision changes related to cataracts.

**#6 New problems with words in speaking or writing** People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name (e.g., calling a "watch" a "hand-clock"). Typical age-related

change? Sometimes having trouble finding the right word. #7 Misplacing things and losing the

### ability to retrace steps

A person living with Álzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. He or she may accuse others of stealing, especially as the disease progresses. Typical age-related change - Misplacing things from time to time and retracing steps to find them.

### #8 Decreased or poor judgment

Individuals may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean. Typical age-related change - Making a bad decision or mistake once in a while, like neglecting to change the oil in the car.

### **#9** Withdrawal from work or social activities

A person living with Alzheimer's disease may experience changes in the ability to hold or follow a conversation. As a result, he or she may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity. Typical age-related change - sometimes feeling uninterested in family or social obligations.

### #10 Changes in mood a nd personality

Individuals living with Alzheimer's may experience mood and personality changes. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or when out of their comfort zone. Typical age-related change - Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

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## **SCRL** summer reading program registration starts in a few weeks

#### By Lorne Stelmach

The summer reading program will be much the same this year but with a new name and especially a renewed emphasis on getting kids and families into their local library.

The latter aspect is especially welcome after two years of closures and pandemic restrictions that forced the South Central Regional Library to do most of their summer activities online.

"It's definitely our goal this year to have kids come into the libraries and get our numbers back to where they used to be," said Raina Teigrob, the Miami branch librarian who also co-ordinates programs for the SCRL network.

"We're very much looking forward to it," she said. "We're going to have lots of events and things going on ... we should have a lot of variety of things happening."

The annual program serves as a fun way to keep kids engaged and reading through summer vacation.

This year, it is being rebranded under the name the Bookland Explorers Club with Teigrob seeing an opportunity to start anew.

"We wanted to have a fresh, new name, and we thought that sounded kind of fun," she said. This year's theme is Fantasyland.

"Each branch will be decorated, so there will be lots of fun things like sea serpents and dragons and mermaids and fairies and castles and all that kind of fun stuff," said Teigrob. "So for anyone looking for something cool to check out, definitely check into your local library and see what they're getting set up."

Each branch in Altona, Winkler, Morden, Miami and Manitou will do its own kickoff event later this month, she noted, and any child who is registered at those times will be entered for a chance to win an early bird prize pack.

Participants are asked to keep a log of their time spent reading or being read to through the summer.

"You've really got to find ways to keep them engaged," said Teigrob. "So the program will work similarly to what we have done before ... but we just have more of an emphasis this year on in-person activities and events now that we can do more of that again.

With that in mind, they are also bringing back the store feature.

"Anyone who remembers the program from a few years back, this will probably sound familiar. Basically, it is something where kids can redeem their reading minutes for gold coins, which they can then save and spend on our store prizes," said Teigrob.

"This has been really popular in previous years, and I think we've got some really cool items."

Overall, Teigrob is excited and anxious to see the kids coming in to register and get set to



**VOICE FILE PHOTO** 

Registration for the South Central Regional Library's summer reading program kicks off at all branches later this month, with plans for lots of fun in-person activities.

have some fun.

"I think we've got a really good crew lined up for our summer students who are helping out this year ... so we feel very positive about it."

Learn more at your local SCRL branch or online at scrl. mb.libraries.coop.

# "It was a year of constant adjustments"

### Pembina Hills Arts Council holds AGM

#### **By Ashleigh Viveiros**

Despite it being another year filled with ever-changing pandemic restrictions, the Pembina Hills Arts Council made a pretty good go of things, board chair Lorne Stelmach observed after their annual general meeting last month.

"It was a year of constant adjustment ... pretty steadily on the fly," he said. "There was loosened restrictions but still some restrictions, and then things eventually opened up. So it was constantly having to adjust with the circumstances at any given time."

It was also very much a year of change behind-the-scenes, with nearly an entirely new board of directors and all three of the gallery's staff positions seeing new faces.

"There have definitely been growing pains," Stelmach said, but noted the addition of Carla Dyck, Tye Dandridge-Evancio, and Dani Johnson helped not only to stabilize day-today operations at the Morden gallery but also keep things on track when it came to programming and community outreach.

"All in all, it was a good year. And I give most of the credit to our staff. They've been incredible through all this in terms of being able to say, okay, what do we need to do, how do we make this work? They really went above and beyond to keep things going."

Virtual show tours and online presentations and fundraisers helped PHAC remain a presence in the community even when its doors had to be closed.

"I know the artists appreciated that they still had the opportunity to have their work out there," Stelmach said of the exhibitions that had to be moved online at various points through the year.

Still, everyone is eager to see things starting to get back to normal at the gallery, which in recent months has been able to host in-person classes, music nights, board game get-togethers, and fundraisers.

"It's nice to have our gallery fully open again," Stelmach said. "We've got a pretty full load of classes and workshops going again, which is good. It's always nice to have people coming in and out of the gallery, just people coming in and being engaged. We've had good response to our last few exhibits, as well. So it's encouraging all around."

PHAC directors spent a fair bit of time on strategic planning this past year, Stelmach shared.

"I think we mostly feel pretty good about where we're at and what we do, but a couple key things that came out in the planning process was there's a very keen interest in focusing on inclusivity and diversity," he said. "That and also trying to expand our scope and our reach. There was an interest in us addressing arts and culture in a broader sense though possibly partnerships with other arts organizations."

They also hope to get their satellite galleries in Manitou and Neubergthal back on their feet post-pandemic and are looking at providing more arts programming in local schools.

Financially, PHAC finished the year with a surplus of \$11,872 owing mainly to pandemic-related support grants and funding provided by various levels of government.

Those programs aren't likely to be

back for another year, Stelmach noted, so PHAC needs to really up its program and fundraising revenues in 2022-2023.

"We're going to have to really pick up our game again in terms of trying to improve our fundraising and marketing, because that admittedly has dropped off the last few years," he said.

To that end, the gallery has been trying to get the word out about the benefits of membership, which includes discounts at a number of area businesses.

They'll also continue honing their programming with an eye to drawing as many people to the gallery as possible.

"I think arts and culture is very much a reflection of the spirit of a community," Stelmach observed. "That spirit is very much reflected in arts and culture in a broad sense, whether it's visual arts, musical arts, written arts. I think the arts council and the gallery can serve as a central point, a hub, to bring all that together.

"Ideally, if we can draw people into the gallery that normally wouldn't walk into a gallery, then we're succeeding."



SUBMITTED PHOTOS

Nearly 100 people took part in the Curtis Klassen Memorial Walk and Run in Altona last Saturday. The event raised \$8,000 for the Curtis Klassen Memorial Fund, which supports a variety of community causes and projects in Klassen's memory. Right: The Ginew School Running Club from Roseau River along with RRAFN Chief Craig Alexander made an appearance and competed in the Walk and Run.

# In memory of Curtis



# **Rendezous slated to return next month**

### Annual trapping, fur trade celebration moving to Darlingford park this year

### By Lorne Stelmach

An annual celebration of everything connected to trapping and the fur trade returns this summer but in a new location.

Set for July 15-17, the Pembina Valley Rendezvous and Trade Fair is moving from Stanley Park to Darlingford this year as it returns after being shut down during the pandemic.

"We are moving to Darlingford in the Darlingford Park up on the old school grounds," said organizer



VOICE FILE PHOTO The July 15-17 Pembina Valley Rendezvous and Trade Fair moves from Stanley Park to Darlingford this year. Dennis Rex. "It's just some of the changes that have been made at Stanley Park ... it was a nice place for us but it just didn't quite fit for us now.

"Darlingford was really welcoming us, so we figured we were going to try to work it out ... they're just welcoming us with open arms."

A dedicated core of enthusiasts have kept the Pembina Valley Rendezvous and Trade Fair going now into a third decade.

The Rendezvous is not only celebrating but helping carry on the traditions of the fur trade and the trapping lifestyle.

It features a variety of demonstrations, competitions, and activities which draw people back year after year.

Some of the feature events include outdoor seminars and demonstrations on such skills as blacksmithing, flint knapping, and trapping and skinning. The competitions include archery, knife and tomahawk throwing, black powder shooting, and .22 calibre shooting. Friday evening will offer a pork barbecue followed by a fish fry on Saturday with live music each evening alongside a raffle table and auction.

Vendors and trade tables will be set up in the curling rink, which has room for space for more to register (\$20 for a table, \$10 per each extra table)

"There will be camping available on the school grounds, but it is non-serviced," noted Rex. "And it sounds like the Darlingford Museum will be open that weekend, possibly even the war memorial."

He has high hopes that people will return after a two-year break.

"It's good to go again, and hopefully we can keep it this way now," he said. "So we're just trying to get the word out that we're back in action again this year."

Admission is free. More details can be found on the Pembina Valley Rendezvous and Trade Fair Facebook page.

### Municipal election registration open across Manitoba

#### By Nicole Brownlee

Municipal politics is often overlooked as minor issues compared to provincial and federal governments, but municipal decisions impact residents daily.

Municipalities rely on dedicated leaders to help regulate how communities look, operate and interact with surrounding areas.

"Councillors and heads of councils, we're the boots on the ground in direct connection to the residents of our municipality and the province," said Kam Blight, president of the Association of Manitoba Municipalities and reeve of the RM of Portage la Prairie.

"We're responsible for providing many essential

services that Manitobans depend on."

Registration to lead municipalities is opening across Manitoba.

The majority of Manitoba towns opened their registration for mayor and reeve positions on May 1, with a deadline of Sept. 20. Councillor candidate registration opens almost two months later on June 30 and closes on Sept. 20.

Ideal candidates have a variety of qualities and experiences, said Blight, but what matters most is their motivation to join council.

"It's individuals who want to do what's best for their municipality as a whole," he said.

"It comes down to the person that wants to do this for the right reasons."

# Sports&recreation

# Border Baseball season begins

### By Lorne Stelmach

The Morden Mud Hens opened the Border Baseball League season last week with a pair of victories.

Last Tuesday saw Morden kick things off by edging the Altona Bisons 9-8 in a game where both teams were a bit rusty on the defensive end, leading to mostly unearned runs.

With the Mud Hens down 8-7 in the sixth inning, Chris Moffatt hit a home run to tie it. The game went to an extra inning where, with a runner on second, Moffatt hit the game winning double, completing a perfect 4-4 night at the plate.

On Friday evening, Morden moved to 2-0 with a 9-0 shutout of the visiting Pilot Mound Pilots.

The Morden offense got going early in putting up six runs in the first inning, and Branden Hatley pitched a complete game, allowing only two hits while striking out nine.

Last Wednesday, the Winkler Whips also started their season off on a winning note by downing the Carman Cardinals 9-8.

In league action this week, Tuesday saw the Mud Hens host Carman and the Bisons host Winkler. On Friday, the Whips welcome Clearwater, Morden travels to play Cartwright, and Altona hosts the Baldur Regals.

Next week Tuesday, the Mud Hens and the Whips square off in Winkler while the Bisons host the Cardinals.





Altona's Haydon Friesen scores a run when the ball gets away from Morden catcher Blake Hartry in last Tuesday's match on the Mud Hens' home turf. Morden got the win over the Bisons 9-8.

# 'Canes fall to Synergy 4-2

### By Ashleigh Viveiros

The South Central Hurricanes are still on the hunt for their first win of the season.

Their weekly game May 24 saw them fall to Synergy 4-2 to bring their record in the Winnipeg Womens Soccer League's Second Division to 0-4. Scoring for the 'Canes was Jordan Sigurdson and Maria Valencia.

The ladies got a crack at team Frozen Water this past Tuesday. Results were not available at press time. Next Tuesday, June 7, they play the Honey Badgers in Winnipeg.

PHOTO BY RICK HIEBERT/VOICE

Meanwhile, the local mens team, the Winkler Storm, saw their home opener pushed back due to a rainy forecast Sunday.

The match against Luso Canadian CCS was to be the team's second game of the summer. They lost their first to the Winnipeg Lions 6-0 May 18.

This weekend the Storm host Hellas SC at the 15th St. soccer pitch in Winkler at 6 p.m.

# "It's the highest level of hockey that is out there for these girls"

### Morden hockey player honing her skill with MB All Stars

### By Lorne Stelmach

A Morden father and daughter duo are part of a hockey program that brings together some of the best players in the province to compete in an elite series of tournaments across the continent.

Sean O'Brien is involved as a manager for the Team Manitoba All Stars which includes his daughter Casey playing centre.

Featuring players all born in 2009, the program provides a further high level of hockey experience above and beyond their minor hockey programs, suggested O'Brien.

"It's the highest level of hockey that is out there for these girls. There's no other place like it," he said. "They're only 12, so this is a big step for them. The expectations for the girls is to really develop their game at a higher level."

The Team Manitoba All Stars program grew from the BRICK series, which is an invitational set of tournaments throughout the spring and summer in some of North America's best cities.

It began as a boys program that in



### PHOTO BY RICK HIEBERT/VOICE

Casey O'Brien has been playing centre for the Team Manitoba All Stars, which plays teams from across North America. Joining her on the hockey adventure is her dad Sean as team manager.

2021 expanded to include a girls program dubbed the Rose Series, which included the War for the Roses tournament at the West Edmonton Mall in July, a week after the boys tournament.

"The BRICK has been a highly prestigious tournament in Canada and internationally," said O'Brien.

Team Manitoba draws players from all over Manitoba as well as Northern Ontario. Over 50 girls were at the tryouts in February, with 17 then making the cut.

The program is a big commitment for families, O'Brien noted.

"For parents to commit to a team like this, you have parents who are willing to drive from Thunder Bay to Winnipeg for a hockey practice or even Thompson, which is similar in terms of time," he said. "The parents and the players have to give up a ton of time in order to compete at this elite level."

It is an important opportunity though for the girls to experience competing at a higher level and really advance their game, he suggested.

"The experience alone I think is the biggest thing," O'Brien said. "When you're in an elite level group, we have coaches who we would classify as elite level coaches."

The team recently played their first tournament in Charleston, South Carolina, where they went up against very experienced and very strong teams, but O'Brien felt they more than held their own.

"We played the top two teams in the United States: Minnesota and Boston," he said. "We felt we played a strong game against both of those teams. Those games could have gone either way; unfortunately, we ended up on the losing side."

As for Casey, she is just enjoying every moment of being part of the program.

"I really enjoy being around all of the girls and the coaches. It's a super fun time. I really think they have a lot to offer us, and I think we're a great team all together," she said.

"I feel like I'm getting a lot of new connections and tips from my coaches. I'm getting a lot of exposure to new ways of thinking the game and playing the game.

"It's very challenging but it's also a lot of fun. I love it."

# W.C. Miller duo bring home provincial gold

### By Ty Dilello

W.C. Miller Collegiate Grade 12 students Vincent Froese and Ethan Schmidt teamed up to win the recent Manitoba High School Provincial Badminton doubles championship title.

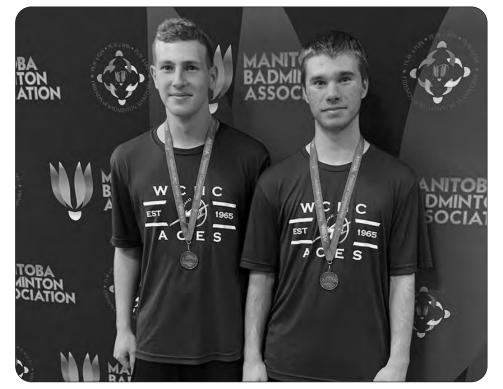
For Froese and Schmidt, the firstplace finish is a culmination of years of effort playing doubles together.

"Competitively, we started in Grade 7 on the Parkside School team," said Froese. "However, we both played singles mostly in junior high, and it was only in Grade 9 at the beginning of the season that we really started playing doubles together ... we felt in doubles that we would have a better shot at going further in the provincials."

The pair made it to provincials that first year and were back again this season after dominating through the regular season and breezing through the playoffs.

For most of the weekend, Froese and Schmidt were winning most of their games by a fairly significant margin. However, the championship finals are where they were really in tough as it was the only time all season where they had lost a game.

Thankfully, it was a best-of-three final, and the W.C. Miller pair were able to win two out of the three games



SUPPLIED PHOTO

Vincent Froese and Ethan Schmidt of W.C. Miller Collegiate captured the 2022 Manitoba High School Provincial Doubles Badminton Championship in Winnipeg last month.

# Altona native recalls pro hockey career

#### By Ty Dilello

Jerry Rempel was the first Altona native to play professional hockey.

When queried about his life of 60+ years ago, Rempel, 79, can still remember his hockey days vividly as we took a walk down the memory lane of an Altona sports pioneer.

"I was born in Altona and had my hockey start there," he recalled. "Harry Sulkers was the playing coach that the Maroons had hired, and he really helped me a bunch. He was a pretty good senior leaguer."

"We had lots of ice time being from a small town. We were playing at the old Sunflower Gardens arena for one and a half hours after school three times a week, and the rest of the time, we'd play all day on the outdoor rinks. Now there's apartments where the old rink was downtown. But we played on the frozen ponds, and all over. It was endless."

Rempel grew up idolizing Gordie Howe and would listen to him on the radio on Saturday nights when the Detroit Red Wings were playing in Toronto. That was the only way Howe and the Wings would be on the air in Manitoba.

By the time he was fifteen, he was already good enough to be playing for the senior Altona Maroons. He was considered as close to a hockey prodigy as Altona has ever had.

Around this time, Rempel signed a "C Form" with the Detroit Red Wings, making him property of the big-league club. "Harry Sulkers was a playing coach for the Maroons, and I guess he saw something in me, and he recommended me to some of the scouts in Winnipeg. So some NHL scouts came from Winnipeg to Altona to watch me, and the next thing I know I was signing with Detroit."

"I never got to attend any Detroit Red Wings training camps, sadly. They would take the top draft choices to the Detroit camps in those years, and I never got to go."

From there, Rempel went to the Saskatchewan Junior League and played two seasons with the Weyburn Red Wings. In Weyburn, Rempel was teammates with goalie Joe Daley, who later backstopped the WHA's Winnipeg Jets to three AVCO Cups in the 1970s.

In 1963, Rempel officially turned pro, playing with the Philadelphia Ramblers of the EHL. And for the next three seasons, he played pro all across the eastern seaboard in cities such as New York, Providence, Jacksonville and New Jersey.

"I thought that going from Altona to Weyburn was a big adjustment going to a new and bigger city. But then when I went to Philadelphia, now that was a big adjustment, living in a major city for the first time."

"That Philadelphia Ramblers team was just like the movie Slapshot. It was the same thing. A lot of ex-NHLers played in that league because there were only six teams in the NHL then. I would go to training camp, and there would be 100 kids there try-



From left: Jerry Rempel, Johnny Kehler, and Elmer Enns of the senior Altona Maroons. Rempel went on to become Altona's first professional hockey player, playing for the AHL's Providence Reds in 1964.

ing to make the team."

Some of the players that Rempel called teammates in the pros included Hall of Fame netminder Eddie Giacomin, Willie Marshall, Ab McDonald, Tommy Williams and Cliff Pennington.

"At that time, it was a bigger deal playing pro," recalled Rempel. "It's all changed so much since then, and the game has changed so much. I don't even know if it's the same game anymore!"

In 1966, Rempel decided to pack in professional hockey and went out west to play senior hockey in Trail and Medicine Hat. By 1969, he was back playing senior hockey in Manitoba.

Through it all, the only championship that Rempel ever won in his career was with the senior Altona Maroons.

"Altona was a good place to get my start in life. When I was about 36 or 37, I was playing old-timers in Altona and living in Winnipeg. I came home one night really late because there were always late games there. And I figured that's it – time to stop playing hockey and so I haven't really skated since then."

Nowadays, Rempel is living in Winnipeg with his wife. He has two bad knees and doesn't get around too much, but still enjoys watching the hockey on television.

When looking back at his favourite hockey memories, Rempel said, "I guess just being a kid on the prairies, growing up in a small town, we were on the ice all the time and all over the place, on ponds, wherever there was a place to play. It was a great childhood, and that was mainly because of the fun I had playing hockey. I wouldn't change it for the world."

Ty Dilello is the author of Mosienko: The Man Who Caught Lightning In A Bottle. He is an accredited writer with the International Ice Hockey Federation (IIHF), historian for the Manitoba Hockey Hall of Fame, and is a member of the Society for International Hockey Research (SIHR).

# **Altona Bisons fall to Elmwood Giants 4-0**

#### By Ty Dilello

The Altona Bisons came up against the reigning MJBL champion Elmwood Giants last Wednesday night in Winnipeg for their first meeting of the season.

Projected first-round NHL draft pick Denton Mateychuk of Dominion City got the start on the mound for the Bisons and pitched the first two innings. Dillon Thiessen then came in and pitched the next three innings, while Trent Peters closed the game out by pitching the final inning.

Hits were hard to come by for the Bisons as Elmwood was able to win it 4-0. The Bisons record stands at 1-1. "I don't think we've beaten Elmwood in five years," said Bisons' manager Curt Letkeman. "Elmwood's top pitcher Tyler Smith pitched the whole game, and we couldn't really generate much offence. Overall, I was happy with the way our guys played." Meanwhile, the Pembina Valley Ori-

### > BADMINTON PROVINCIALS, FROM PG. 24

to win the match and the title.

"If you would have said that we would have been provincial high school champions when we were in Grade 7, I wouldn't have thought that was the case. But it's really cool, and oles won both their games in a doubleheader on Victoria Day against the Interlake Blue Jays to improve their record to 3-0 on the season.

The Bisons and Orioles were both slated to play doubleheaders on Sunday afternoon, but all games were postponed due to inclement weather. This week the Bisons are on the road

This week the Bisons are on the road

representing our school helped make it really special," said Froese.

In addition to competing, Froese and Schmidt have both been giving back by helping in coaching the school's junior varsity badminton team. as they play the St. Boniface Legionnaires on Friday and a doubleheader in Stonewall against the Blue Jays on Sunday. The Orioles are at home to take on the Elmwood Giants on Wednesday and then have a doubleheader on Sunday afternoon on the road against the Carillon Sultans.

"I want to continue playing as badminton is my favourite sport, and I want to continue coaching because I just love getting involved and seeing others improve," said Schmidt.



aside.



Recipe courtesy of Guy Fieri Prep time: 30 minutes Cook time: 30 minutes

Servings: 6

- 1 cup unsalted butter
- 1/2 cup minced garlic

1 package King's Hawaiian Pretzel Slid-

er **Buns** 

3 cups vegetable oil

2 cups pepperoni, julienned

11/4 cups marinara sauce9 breaded chicken tenders, cooked crispy

5 slices fresh mozzarella

5 slices provolone cheese

9 teaspoons grated Parmesan cheese 2 tablespoons finely chopped Italian

parsley In small saucepot over medium heat,

melt butter and add minced garlic. Cook 3-4 minutes until garlic softens but does not brown. Remove from heat and set



Recipe courtesy of Guy Fieri Prep time: 15 minutes Cook time: 15 minutes Servings: 6 1 package King's Hawaiian Slider Buns 3 tablespoons unsalted butter, melted 1 tomato, finely diced 1 celery stalk, finely diced 1/2 cup Japanese mayonnaise 1 tablespoon sriracha kosher salt, to taste freshly ground black pepper, to taste 1 lemon, cut in half 1 package tempura flour mixture 1 teaspoon seafood seasoning 9 ounces cooked lobster knuckle meat 21/2 cups white cabbage, shredded fine 2 tablespoons extra-virgin olive oil 3 tablespoons chives, finely chopped Separate slider buns and brush inside halves with melted butter. Toast rolls on griddle until golden brown; flip and slightly toast outsides of rolls.

In mixing bowl, combine diced tomatoes, celery, mayonnaise and sriracha.

### **Chicken** Parm-eroni **Sliders**

Separate pretzel slider buns and brush inside halves with melted garlic butter. Toast rolls on griddle until golden brown; flip and slightly toast outside of rolls. Set aside.

In 4-quart saucepot with thermometer, heat oil to 350 F. Fry pepperoni until bubbles start to slow. Carefully remove from oil and place on plate with paper towel.

In small saucepot, heat marinara sauce. Place 1 tablespoon sauce on bottom halves of slider buns.

On lined sheet pan, place one chicken tender on each slider bun. Place 1 tablespoon marinara sauce on top of each tender followed by half slice mozzarella then half slice provolone. Top each slider with 1 teaspoon grated Parmesan. Place baking sheet in broiler and melt cheese. Top cheese with 1 tablespoon crispy

pepperoni on each slider. Top sliders with other halves of toasted

slider buns. Brush tops with garlic butter and sprinkle with chopped parsley. Use bamboo picks to secure.

# 4 heart health tips

### By Fitness Expert Julie Germaine Coram

Cardiovascular disease is dangerous and on the rise, especially for ages 35 to 64, due to high blood pressure and obesity. Fortunately, lifestyle changes greatly reduce the risk of developing heart conditions. Staying in shape by exercising and following a hearthealthy diet are key. Below are 4 strategies to make better choices:

Pay attention to fibre content in foods. High-fibre foods, particularly soluble fibre, are proven to help lower cholesterol back to optimal levels. An easy way to start is with breakfast! Instead of sugary breakfast cereal, reach for oatmeal topped with berries.

2 Eat Omega-3 fatty acids regularly. Healthy fats reduce inflammation, manage cholesterol, and lower blood pressure, all of which helps your heart. To boost your intake, try swapping out croutons on your salad for walnuts. Walnuts have that satisfying crunch and the omega-3 fatty acids your body needs.

Cut back on trans-fats and 3 processed foods. The fats in processed foods lower good cholesterol and increase bad cholesterol. If you're craving something sweet, make your own treats from scratch, for example, canned frosting is high in trans fats, so instead use whole ingredients like cream cheese and powdered sugar.

antioxidant-rich Include 4 foods with every meal. Fruit and vegetables are one of the absolute



Health and Wellness Fitness expert Julie Germaine Coram

best ways to combat inflammation throughout your body. Make a point to have a side of any veggie with your breakfast, lunch, and dinner. For dessert, cut out on ice cream and try a lowfat yogurt with fruit and nuts.

Try making small changes over time, and remember that your future self will thank you for it!

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Coach Julie Germaine Coram is a Manitoba-born fit mom, 2x International Pro Fitness Champion, Miss Fitness Manitoba, Certified Nutrition & Renowned Fitness Expert. She has helped thousands of men and women improve their health since 2005.

### **Lobster Knuckle Sliders with Spicy Mayo**

Season with salt and pepper, to taste; add juice and zest from 1/2 lemon. Mix well to fully incorporate. Place in refrigerator to chill.

Mix tempura batter per package instructions and season with seafood seasoning.

Preheat deep fryer to 350 F.

Pat lobster dry with paper towels. Place lobster in tempura batter and allow to sit 30-60 seconds.

Remove lobster one piece at a time, allowing excess batter to drip off. Working in batches, fry until golden brown, about 3 minutes.

While lobster is frying, place cabbage in mixing bowl; add extra-virgin olive oil and juice from remaining 1/2 lemon. Season with salt and pepper, to taste. Mix well to incorporate evenly.

Place 2 tablespoons cabbage mixture on each bun, making bed on each bun to hold lobster in place.

Remove lobster from fryer and allow excess oil to drain completely. Toss lobster in mayonnaise mixture and sprinkle with chopped chives. Place lobster on cabbage mixture then add top buns and secure with bamboo skewers.



Recipe courtesy of Aramark

- 1/2 lemon, thinly sliced
- 3/4 teaspoon kosher salt, divided
- 1/4 teaspoon sugar
- 3 3/4 teaspoons extra-virgin olive oil, divided
- 1 cup diced tomato
- 1 cup diced English cucumber
- 1 tablespoon diced dill pickle

2 tablespoons sliced green onion 2 tablespoons fresh flat-leaf parsley

- leaves, chopped
- 1 1/2 teaspoons red wine vinegar
- 1/8 teaspoon ground black pepper
- 1 pound fresh asparagus, trimmed

### **Mediterranean Platter**

3 cups hummus

- 1/2 cup crumbled feta cheese
- 1 1/4 cups pitted mixed olives

6 pita breads, warmed and quartered In bowl, mix lemon, 1/4 teaspoon salt and sugar. Cover and chill 2-6 hours. Dice lemon. Mix diced lemon and 1/4 teaspoon olive oil. Cover and chill.

Mix diced lemon, tomato, cucumber, pickle, green onion, parsley, vinegar, 1 1/2 teaspoons olive oil and 1/4 teaspoon salt. Cover and chill.

Lightly oil grill rack and heat grill to medium. Mix pepper, asparagus, remaining oil and remaining salt.

Grill asparagus 2 minutes, or until tender-crisp. Let cool. Cover and chill.

Set large serving platter on work surface. Place hummus and tomato salad in small bowls.

To assemble, place larger items on platter then arrange smaller items around them. Group pita in several small stacks next to bowls. Arrange feta and olives in remaining space.

# **Team Pembina Valley off to the 55+ Games**

### By Ashleigh Viveiros

A small but mighty group of local residents are off to the Manitoba 55+ Games in Selkirk next week.

Team Pembina Valley rep. Lois Dudgeon said they have just under 40 athletes bound for the multi-sport competition for older adults taking place June 7-9.

It's less than half the usual size of the team owing in part to the cancellation of a few events this year (most notably all the card games), COVID-19 risks and restrictions, and the fact it's been a few years since the Games have been held in person and so it may take some time to get people back into the swing of competing

### "EVERYBODY THAT'S COING IS EXCITED TO BE GOING BACK TO THE GAMES."

### > ELECTION, FROM PG. 22

Any Canadian citizen who is a resident of Manitoba, has owned property in the municipality or LUD for at least six months and is over 18 years old can run for municipal office.

Members of council serve fouryear terms, which start at 12 p.m. on Oct. 27.

Working on council is time consuming and entails talking about a wide range of issues that may make some candidates uncomfortable, so Blight urges anyone interested in pursuing a position keep an open mind.

"It can be a very difficult position to be in at times, but it's also very rewarding."

Blight said one of his favourite aspects of joining council is having the opportunity to meet and work with interesting and diverse people.

"You're just one voice around that council table," said Blight. "I really encourage people to make sure they're good listeners, and be willing to hear other people's thoughts."

For more information about running for municipal office, visit amm.mb.ca/issues/2022elections.



once again.

"It is way down from usual but we do have a couple events that are cancelled ... I usually have a lot of card players going from this area," Dudgeon said, noting they're also down to just one slo-pitch team from the usual three or four.

Still, Dudgeon, who competes herself, is anticipating a fun three days of friendly competition and fellowship.

"I think everybody that's going is exciting to be going back to the Games," she said.

The event is organized by Active Aging in Manitoba (AAIM) and includes competition in everything from pickleball and golf to slo-pitch and floor curling, among other events. Over 700 athlete from across Manitoba are expected to attend. Winners will earn a spot at the Canada 55+ Games taking place in Kamloops, B.C. in August.

Team Pembina Valley includes many returning athletes but a number of newcomers as well.

"There's always new people joining us," Dudgeon said. "We have maybe half a dozen this year who are firsttime Games-goers."

Older adults who aren't able to compete at the Selkirk Games can still register to take part in the virtual version running June 10 to July 10. Head to

www.activeagingmb.ca for details.

Team Pembina Valley 2022 includes: • Lawrence & Tammy Dyck, Randy McFarlane, Jacquie Russell, Laurie Wiebe, and Bob Wilson from the Carman/Roland/Sperling area.

• Manitou Rock Lakers slo-pitch team, Stuart Ganske, Mel Johnson, and Kim Kemp from Cartwright/ Manitou.

• Martha Bergen, Lois Dudgeon, David Dyck, Dave Goertzen, Peter Hildebrand, Len Victor, and Elmer Young from Morden/Winkler.

• Andre Dacquay, Arthur Gautron, and Rheal Simon from Notre Dame/ St Claude.

## • BEHIND THE COUNTER Managing allergy symptoms

pring is in full swing, which also means that allergy season has arrived in full force.

Like many other aspects of our lives, the pandemic has left a lasting effect on allergies. Demand for over-thecounter allergy medication in Canada has increased by 14 per cent over

the past two years, showing that the persistent stress of the pandemic may be having an impact on allergies.

One quarter of Canadians say they experience high levels of stress most days and nearly half

say their stress levels are worse than before the pandemic. Studies show stress hormones can ramp up the already exaggerated immune system response to allergens, causing more frequent and worse allergy flare-ups. While I may not be able to take your stress away, as a pharmacist I can help you make it through allergy season by helping you pick the right medication for your unique allergy symptoms.

The best way to manage allergies is to get ahead of your symptoms and consult with your local pharmacist, as seasonal allergies and symptom severity can vary from person-to-person. It's important to understand what is causing your allergies so your pharmacist can assess your symptoms and recommend the most appropriate treatment options for you.

To help you get through allergy season, I'm sharing tried and true tips for allergy sufferers in our community:

• You may be taking the wrong allergy medication for your allergens. Different allergens require different medications, a pharmacist can help guide you through the different options and recommend the best one based on your symptoms.

Pharmacists in Manitoba can write prescriptions for allergic rhinitis. Forty-nine per cent of adults ages 18-39, and 48 per cent of adults ages 40-54 are more comfortable speaking with a pharmacist about seasonal allergies than with a doctor.

• Check the pollen forecast. It can change daily and can heavily impact allergy symptoms. Try to avoid outdoor time on warm, windy days, or make sure you're protecting yourself against allergens.

• Destress and get rest. Seasonal allergies can be stressful when you don't know what's causing your watery eyes and runny nose, but it goes both ways: stress itself can also make your allergy symptoms worse. Stress hormones can stimulate the production of blood proteins that cause allergic reactions. When under stress, we typically don't get enough sleep, and this can worsen both our stress reactions and allergy symptoms.

For more information about seasonal allergies, speak with your local pharmacist.

Zahid Zehri is a pharmacist and owner of Shoppers Drug Mart in Winkler.

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By Zahid

Zehri

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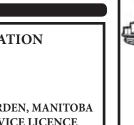
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# Classifieds Announcements

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### ANNIVERSARY



Please join us at an Open House to celebrate the 60th Wedding Anniversary of Howard and Judy Thiessen of Morden, MB. Saturday, June 11, 2022 2:00 p.m. - 4:30 p.m. Pembina Threshermen's Museum 24102 - #3 Hwv Winkler



Live Auction for Dave Giesbrecht at 344 3rd St. in Winkler. MB Tuesday June 14 at 5 pm, selling 12 'x16' insulated shop including floor, this building is to be moved. All wood working equipment is coming out along with lumber and cabinet making hardware. See our website for pictures. www.billklassen.com





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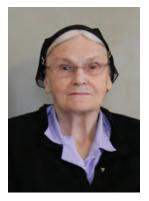
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tion for the late Jacob & Helen Suderman in Chortiz south west of Winkler. This timed on line au Tuesday, June 7 at 5 pm. We nt and pickup day from 10 am to 6 p ice, 85 Chortiz St South. Large auction of too s & vard items. See our website of over 300 lots





### Anna Penner (nee Guenther) 1940 - 2022

Anna Guenther Penner, daughter of Aaron and Maria Guenther was born on May 3rd, 1940 in Durango, Mexico. She was baptized upon the confession of her faith at the age of 18 in May of 1958 in the Old Colony Church Blumenort, Durango, Mexico. She was married at the same church to David Diedrich Penner on June 22. 1958. They were married for 63 years, 10 months and 28 days (until death do us part). Anna passed away peacefully on Friday, May 20, 2022 at 4:01 a.m. with her daughter and son-in-law by her side at the Notre Dame Hospital. She lived to be 81 years old. Anna had spent her last six weeks in the Notre Dame Hospital.

Anna leaves to mourn her husband, David Diedrich; five daughters, one daughter-in-law, one son, four sons-in-law and

their families and one sister: daughter, Maria and Peter Harder of Reinfeld, MB, daughter, Anna and John Martens of Winkler, MB, son, Aaron Penner of Winkler, MB, daughter, Kathy and Frank Fehr of Winkler, MB, daughter-in-law, Tina Hildebrand (formerly Penner) of Reinfeld, MB, daughter, Margaret Plett of British Columbia, daughter Nancy and Pete Bergen of Morden, MB, 22 grandchildren and 41 great grandchildren.

OBITUARY

She was predeceased by her parents, five brothers, one sister, two sons in infancy, one son, Dave at age 42, one daughter at age 11 and three great-grandchildren.

Mom will be greatly missed by many. We will forever remember her gentle nature and sense of humour; Mom did not like conversations that were serious or sad and she would always convert them into something happy or change the subject. She loved her family with all her heart. She was always concerned that we all had a warm house and food to eat, but most of all that we were all followers of Jesus Christ. Mom was a stay-at-home mom all her life and in her younger years when she was raising us children, she would always have fresh baked buns and cookies ready for when we came home from school. She was always there when we needed her, she taught us how to pray and to love God and others. Thank you, mom, for everything you did for us. Mom loved flowers and butterflies and great food. Both Mom and Dad loved to travel, which they did quite a bit of in their later years. Mom tried to always be in good spirits, even though she was sick a lot. From the age of 53 on, she struggled with cancer, first with colon cancer, which almost took her life, but with many surgeries and treatments she was finally in remission. For 14 years she was free of cancer, then she was diagnosed with Non-Hodgkin's Lymphoma. She again underwent several treatments and was guite sick. She was also diagnosed with skin cancer in her later years that didn't develop into anything too serious. She had many different health issues in between as well. In the last several years, her colon cancer had returned and spread, but she requested no more treatments. For the last year of her life, she was in and out of the hospital frequently.

Funeral service was held on Tuesday, May 24, 2022 at the Winkler Sommerfeld Mennonite Church with interment at Westridge Memorial Gardens. "I keep my eyes always on the Lord. With Him at my right hand, I will not be shaken. Therefore, my heart is glad and my tongue rejoices; my body also will rest secure." Psalms 16:8-9 "I have fought a good fight, I have finished my course, I have kept the faith." 2 Timothy 4:7

We as a family, want to say a big thank you to Reverend Art and Kathy Wiebe and family and friends for all your love and support and prayers. Thank you also to the church serving group, song leaders, ushers, and pianist. Also, a big thank you to the medical staff at Boundary Trails Health Centre and Notre Dame Hospital, and Wiebe Funeral Home for your kind service.

> Wiebe Funeral Home, Winkler In care of arrangements wiebefuneralhomes.com





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### Timed, selling closes Tuesday, June 7, beginning at 6 pm. Payment & pickup is Wednesday, June 8 from 10 am to 6 pm & Thursday, 1 pm to 6 pm

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