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The Winkler Morden

# Voice

THURSDAY,  
JUNE 27, 2019

VOLUME 10 EDITION 26

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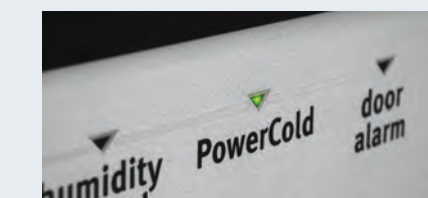
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# **Vo**ice

VOLUME 10 EDITION 26

THURSDAY,  
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*Locally owned & operated - Dedicated to serving our communities*

## Morden shows its Pride

Morden hosted its first Pride march and rally Saturday afternoon. Several hundred people, including this group from the Manitoba Teachers' Society, marched from Morden Park to the Access Event Centre to show their support for the LGBTQ+ community. For the full story, see Pg. 2.

PHOTO BY PETER CANTELON/VOICE



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PHOTOS BY PETER CANTELON/VOICE

Above: Supporters march in Morden's first Pride event Saturday. Right: Organizer D Van Vliet Vaisius raises the Pride flag at the Access Event Centre, which the group made their way to from Morden Park. Below: Organizers address a crowd of hundreds of members of the LGBTQ+ community and their allies. "I never imagined so many people would participate," said Vaisius.

# Morden hosts first Pride march, rally

By Peter Cantelon

The threat of rain vanished, the clouds parted, and the sun shone on the several hundred people who participated in Morden's first Pride rally and march Saturday.

A diverse and colourful group of people from Morden and across the province filed into the bowl in Morden Park to celebrate the LGBTQ+ community.

Organizer D Van Vliet Vaisius said the event was successful well beyond their wildest expectations.

"I thought maybe a dozen people would come out," they said. "I never imagined so many people would participate."

Rumours of a protest against the event swirled on social media prior to the rally, but one never materialized, though there was a small group of people who quietly circulated along the fringe of the event seeking to engage people about Christianity and sexuality.

Host and Vaisius' fiancé Shay Millar kicked off the event by welcoming everyone before asking "the love of my life" to take the mic and share their story growing up as part of the LGBTQ+ community in Morden.

"It's breathtaking to see you all here," Vaisius said to cheers. "This Pride is pretty much as personal as it gets for me. I grew up here. I am here today because I was told to shut up every single day in small insidious ways. I am here today because I

will not shut up.

"I see you. I see your anger, your pain, your hurt, your loss, your joy, and ... I see your peace, happiness, forgiveness, acceptance, and I see your love—your true, beautiful love. We will build this space together for the countless people who never had it and for everyone to come."

When Vaisius finished, the crowd was marshalled into a line to make their way from the park to the Access Event Centre.

At one point the march stretched nearly a half kilometre, waving and cheering as vehicles with well-wishers drove past honking their support.

Once at the event centre, the crowd filled the parking area in front of the flag poles where Vaisius raised the Pride flag to the approving roar of

participants and then Morden Mayor Brandon Burley was welcomed to the microphone to bring greetings on behalf of the City of Morden.

"We intend to be a place that is accepting of all people who will come to the defense of any who need it. We will defend human rights to the death," Burley said. "Your community has woven a bright strand into our community and we're appreciative of that."

Deputy Mayor Nancy Penner added that "council is pleased to have the rainbow flag flown in our community and I am proud to live in a city where we can have respectful and civil conversation."

Several area residents stepped up as well to highlight what this march means to them.

Mordenite Ben Guenther said he lost the support of friends and family when he came out as gay. Seeing so many people at the march makes it clear he and others like him are not alone.

"Pride is family, even if that is only the LGBTQ+ community," he said. "That's all the family I need."

"Being a part of the first ever Morden Pride March and Rally was one of the best things I've ever been involved in in my entire life," said Sebastian Saunders, who spoke about his experience as a trans male growing up in this area. "When I thought that life wasn't worth living back in my young teenager days, something like this was not something I ever thought would happen around here, at least not in my lifetime."





# Miami FD honours fallen comrade

## New wildfire gear purchased in Gary Smart's memory

By Ashleigh Viveiros

Gary Smart took his role as Miami Fire and Rescue's training officer seriously.

"He was always the what-if guy. What can we do to take care of the what-if?" says Chief Ray Frost. "If we were a little rusty on something he picked right up on it and made sure we trained on it."

Smart passed away unexpectedly in 2016, but thanks to donations from his family and Enbridge Pipelines, he's still taking care of his crew.

At a barbecue at the fire hall last week, the department unveiled its new wildfire incident kit purchased in Smart's memory.

It includes 10 sets of wildland firefighting gear (lighter outfits designed to give firefighters a greater range of motion), five backpack water spray kits, and three high-volume back-



PHOTO BY ASHLEIGH VIVEIROS/VOICE

pack leaf blowers to turn grass and bush fires back on themselves. The clothing is lightweight enough to be worn under traditional heavy turnout gear, which allows firefighters to show up on the scene of a wildfire call ready for anything, Frost says. "It could be a grass fire to start with

Enbridge Pipelines reps and members of the Smart family joined the Miami fire department last week to celebrate the purchase of wildland firefighting gear and equipment in memory of the late Gary Smart. Back row, from left: Enbridge's Les Scott with firefighters Doug Orchard, Warren Jackson, and Chief Ray Frost. Front, from left: Firefighter Tom Myers, Enbridge's Andrew Plett, Kristin, Janine, and Dylan Smart, and firefighters Travis Reichert, Mike Chabidon, and Kyle Mikolasek in the new gear.

pack leaf blowers to turn grass and bush fires back on themselves. The clothing is lightweight enough to be worn under traditional heavy turnout gear, which allows firefighters to show up on the scene of a wildfire call ready for anything, Frost says. "It could be a grass fire to start with



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Continued on page 4

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# “You will become leaders”

By Ashleigh Viveiros

Red River College’s Winkler campus celebrated the accomplishments of over 80 graduates with a ceremony at the P.W. Enns Centennial Concert Hall June 19.

The former students walked across the stage to accept diplomas and certificates from the school’s business administration, administrative assistant, educational assistant, early childhood education, health care aide, and mature student high school diploma programs.

“You came to Red River with a goal and now you can say that you saw it through and reached your destination,” said RRC president and CEO Paul Vogt.

“A lot of you will now be equipped with the learning that you received here to be providers for yourselves, for other people within your family, to

be of service within your community.”

While they may begin their careers as rookie employees in their chosen fields, Vogt said he has no doubt “in the future you’ll become leaders of those professions.

“We’re very proud of each of you for what you’ve accomplished,” he added, “but also there’s a real sense of anticipation about the path that leads from this point on in your careers.”

He urged the graduates to make lifelong learning a priority and to remember that, as they have clearly demonstrated by making it to graduation, they are able to overcome any challenges life may put before them.

Winkler Mayor Martin Harder pointed out that this day is not a finish line but in fact a starting point.

“You’re lined up and ready to go,” he said, stressing that the community offers them “plenty of opportunities for you to pursue in who you want to be.

“The most important thing I believe in our career and our paths of life is to be satisfied with who you are and then the rest will take care of itself,” Harder added. “You’ve chosen a path that you feel that you’re comfortable with. I encourage you to pursue that path to the nth degree.”

Fred Thiessen, a Winkler campus instructor and himself a graduate of the



PHOTO BY ASHLEIGH VIVEIROS/VOICE

On June 19, Red River College graduated over 80 students from its various diploma and certificate programs and its mature high school student diploma program.

college, welcomed the grads to the rank of alumni.

“When we see you, we see the future. And it looks like a bright one for us all,” he said. “Life is a wild ride and everyone here can’t wait for you to grasp it and hold on.”

He encouraged the grads to stay in touch with the college and to keep an eye out for fellow alumni in leadership roles.

“There are thousands upon thousands of our alumni around the world,” he said. “They are leaders in their communities and mentors in the workplace. Who knows—an alumni may be the one to offer you your first

job after graduation.”

The last word went to Melissa Ghidon of the RRC Students’ Association.

“Graduates, what you’ve accomplished is nothing short of amazing,” she said. “Whether your program lasted a few months or a few years, you are now holding a very special piece of paper and a title that can never be taken away from you. You are now college graduates.

All their hard work brought them to this point, Ghidon said, “but it doesn’t stop here. Continue to work hard, to set goals, to defy the odds, and to make your future whatever you want it to be.”

“WE’RE VERY PROUD OF EACH OF YOU FOR WHAT YOU’VE ACCOMPLISHED.”



## Public Notice

### You’re Invited

to share your views about the proposed rate increases from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has applied to the Public Utilities Board (Board) for a 0.1 per cent increase to Basic Autopac vehicle insurance rates and premiums, effective on March 1, 2020 through March 31, 2021. This 13-month rating period is required to align with a revised fiscal year-end.

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

If you are interested in learning about these rate increases, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board’s on-line comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board secretary at 204-945-2638 or toll free 1-866-854-3698, no later than **September 1, 2019**.

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

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

A public hearing on the proposed increases will be held on:

**Monday, October 7, 2019** at 9:00 a.m.  
Public Utilities Board Hearing Room  
4<sup>th</sup> Floor, 330 Portage Avenue,  
Winnipeg, MB R3C 0C4

## > MIAMI FIRE, FROM PG. 3

and by the time you get there a structure is involved,” he says, explaining full turnout gear is required to fight an interior structure fire. “With this, we’ll have our turnout gear with us as well. So we’re prepared for anything. Now we’ll have the best of both worlds.

“That was something that Gary, as our training officer, he was always concerned about—that we were prepared. This allows us to roll into any fire situation ... he’d be ecstatic about all this. It’s a great step forward for our department.”

Frost hopes to purchase more gear to ensure the entire department—which is about two dozen firefighters strong—is outfitted with it.

Enbridge Pipelines rep. Les Scott says purchases like this are what the company’s Safe Community Fund is all about.

“Many people see us out there and think we’re just a pipeline company.

But we do have people that live in the area ... and a lot of them are first responders or members of the community that get involved,” he says. “We want to make sure that first responders in the communities we’re in are safe and have the equipment that they need.”

Also on hand at the barbecue last week was Smart’s wife Janine and kids Dylan and Kristin.

“It’s amazing. It’s going to be a fantastic addition to the resources that the Miami fire department can use,” she said as she checked out the gear. “I hope the fire department can use this for many years to come and I hope it makes their job a little safer and easier.”

Two things her husband most certainly would have appreciated, she says.

“He’s being honoured in a really amazing way today.”



# Clinic fundraising campaign well on its way

By Ashleigh Viveiros

The Agassiz Medical Centre is \$8,000 closer to its goal thanks to a series of donations last week.

Representatives from Vern's Carpets, Pembina Valley Physiotherapy, and the Morden and District Lions Club stopped by the Morden clinic to add their donations to the facility's expansion project.

"People are starting to step up," said fundraising chair Bob Wahl, who noted the campaign has been steadily gaining momentum since launching earlier this year. "It's going to be an ongoing project. It could take a year or two to reach our goal.

"I've got faith in the community that they're going to come through and meet our needs and our goals."

That goal is \$500,000 of the estimated \$1.25 million renovation that will add new space and rework existing areas of the clinic to provide room for more health care providers.

"Health care is one of the main



Representatives from the Morden Lions, Pembina Valley Physiotherapy, and Vern's Carpets stopped by Agassiz Medical Centre last week to make donations towards its major renovation project.

draws to the community. And when you're looking at having probably about 1,600 people in the community that don't have a [primary] health care provider, that's a necessity," said Wahl.

"That's why we're doing the renos and doing the expansion to the existing clinic and we're probably going to try to upgrade the facility to another 10 examining rooms and try and get at least another seven new doctors to fulfil our needs for the immediate future."

Helping the clinic meet those pressing needs is a priority

for last week's donors.

"We're a community-focused group and we felt the very special need of the project and we definitely wanted to be supportive [of it]," said Rob Lawrence with the Lions, which donated \$1,000.

"We love the collaborative effort that health care is providing in this region and we would like to be a part of it," added Leah Klassen of Pembina Valley Physiotherapy, which donated \$2,500.

Rose Wiebe of Vern's Carpets said they opted to donate \$2,500 as well in memory of the late Dr. Bob Menzies, for whom the clinic will be renamed after renovations are complete.

"Dr. Bob was Vern's doctor and so we kind of did it thinking about him," she said.

Also making a donation but not on hand last week were Lorne and Elsie Adams, who contributed \$2,000.

# Stanley Agricultural Society getting closer to a new home

By Lorne Stelmach

The Stanley Agricultural Society anticipates it will soon be able to start moving forward with a new place to call home.

The organization is looking to finally settle the question of where it will be located after having left its longtime land in Winkler.

Society president Toban Dyck earlier this month suggested they are getting very close, but he couldn't say more since a possible deal is still being finalized.

"We don't feel we're at a point right now where we can make an announcement, but we certainly are gearing up for one," said Dyck.

The search for a new home resulted from the City of Winkler needing the former Stanley Ag Society land in the Parkland area for the Meridian Exhibition Centre project. Disagreement over the value of the land led the city to initiate the expropriation process, but discussions eventually led to an agreement between the two parties.

Dyck said it was good to be able to put that behind them and start moving forward.

"It's been a steep learning curve," he said. "It's been new territory for all of us, a bunch of volunteers ... leaving Winkler and exploring options in the area was intimidating.

"Land is expensive, especially where we would love to be," he added, noting an ideal area for them would be somewhere between Winkler

and Morden. "The corridor is high visibility and such. That's really where we had been looking."

"We certainly haven't been stagnant over these past few months," Dyck noted, adding the society has also applied for charitable organization status.

"We expect once we do make an announcement [of a land purchase], there will be some fundraising pushes and some things for the community to get behind," he said.

"When we do make the announcement, we want to make it with both this new location and a plan in place for the future development of the property. We want it to be done right, so I suspect we'll start slow and kind of build it up from there, but we definitely have some exciting ideas."

In the meantime, the organization has interim plans in place for this summer's activities.

The July 1 cattle show is taking place on the auction site near Boundary Trails Health Centre.

"We just had a meeting and discussed the game plan for that day, and it looks like it's all systems go for that," said Dyck.

Next after that will be the horse show Aug. 10 at Rocking W Ranch.

"We want to keep as much normalcy as possible until we have a new location," Dyck said. "We very much look forward to being able to make some of these things public, and we hope to do so soon."

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Rick Reimer



**ADMINISTRATION**  
Lana Meier



**EDITOR**  
Ashleigh Viveiros



**REPORTER**  
Lorne Stelmach



**SALES**  
Gwen Keller



**AGRICULTURE REPORTER**  
Harry Siemens



**PRODUCTION**  
Tara Gionet



**PRODUCTION**  
Nicole Kapusta

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# getheard

EDITORIAL > VIEWPOINTS > LETTERS

## The era of thin skin

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"WHAT KIND OF A MONSTER ARE YOU!!!! My grandmother can't walk very far, and this is the closest to the door of her building across the street. It's people like you who HATE senior citizens that are ruining the world!"

"But...but..."

The above was an actual re-construction of a fictional argument designed to showcase how sensitive we have all become lately.

Have you noticed this? There's a lot of sensitive folks out there these days that seem coiled tighter than a blind rattlesnake ready to attack at the slightest provocation.

(SIDE NOTE: Microsoft Word actually just suggested I change the last

sentence to "a rattlesnake with visual impairments" thus proving that even software is treading lightly these days.)

When did we start taking literally all commentary and criticism as personal attack? Sure, there have always been thin-skinned people but these days it seems like we're all almost transparent. We are ephemeral, ghostly mists that can be disturbed by the slightest breeze of critique.

It has gotten so bad there are even people who get defensive on behalf of other people.

"I wish Magneto would take his trash cans in at night instead of leaving them on the curb for three days after pickup."

"HEY MAN! Give Magneto a break. He is out there fighting against the Mutant Registration Act and doesn't have the luxury of the spare time you have. Have YOU been fighting the MRA? I didn't think so!"

Point 1: It is perfectly legitimate to offer criticism of Magneto for leaving his trash cans out.

Point 2: Criticizing Magneto for this in no way suggests you hate Magneto and all he stands for.

Point 3: Just because you think Magneto should bring his trash can in does not mean you support the MRA.

Feel free to edit these scenarios to

ones more appropriate to your circumstance. I am sure you can find many suitable examples.

Now, there are subtle differences between legit criticism and something that should actually upset you. For instance, if someone walks up to you and says, "Why can't you keep your freakin' ugly face indoors where I don't have to look at it?" then it is completely appropriate for you to become angry and respond in kind. This is an example of illegitimate criticism.

However, if a hypothetical person were to come up to you, a responsible business owner, and say, "I am wondering if you might consider expanding your hours from the current 10 a.m. to 3 p.m. to something that will allow the average person who works 9-5 to be able to spend money at your amazing location" please do not attack them by saying:

"I have regular bouts of IBS between 4-10 p.m. and am not able to be here. I cannot believe how insensitive you are being toward the 25-45 million people (in the United States) who suffer from IBS. You are horrible."

Once again, this is an inappropriate response to appropriate criticism.

Now, if you will excuse me, I need to go weep in my closet because somebody called me a hack writer.



**By Peter Cantelon**

• **FAITH FOCUS**

## Finding your sweet spot

**D**o you love what you do? Do you ever second-guess your career choice?

Whether you're a high school grad or experiencing one of life's many crisis points—quarter-life, mid-life, or even late-life—you have thought to yourself, "What if I choose the wrong career path? What if I waste the prime years of my life on the wrong track?"

According to a 2016 survey, 53 per cent of Canadians would pursue a

different degree or career path if they could turn back time. A LinkedIn survey found that Millennials will likely change jobs four times before they turn 32—twice as often as their Gen X parents did.

With job-hopping as the new norm, many of us seem to be in an unending pursuit of that elusive career "sweet spot." So, what exactly are we looking for? Do we know?

Determining your

path is not a straightforward process and certainly not something you'll nail down before you head off to college at 18, but that doesn't mean you have to go into it blindly and simply use a guess-and-check approach your whole life.

To help with this, let me introduce you to a concept that has proven useful in my own life. Let's call it the "4-Circle Sweet Spot." I'm sure I owe various people credit for this, but I've forgotten who they are. Here it is:

Imagine four large circles that over-



**By Dan Doerksen**

Continued on page 7



# Morden Adult Ed. grads put thoughts into action

By Lorne Stelmach

Despite their differences, there is a common bond that ties together the Morden Adult Education Centre grads.

It is what ultimately got all of them there to the ceremony at the Minnewasta Golf and Country Club on Monday, said valedictorian Ben Guenther.

One of 17 members of the class of 2019, Guenther described it as "that moment of clarity that you have, where you're not in the right place in life ... where you all make that decision to make that change to come back.

"Everyone has a different story ... we're different ages ... we're all at different stages in life, but we're all here together. It's amazing, and I love all of them."

Guenther touched on the idea of continuing to learn in life, but realizing or fulfilling their potential required turning their thoughts into action.

Along the way, the class members developed strong friendships that

crossed all boundaries and borders.

"It means a lot to us to stand up here," he said. "Not having finished school back in the day, when we didn't really care about our education ... now coming back, we're trying to further our careers and see where we can get to now."

"We all come from different backgrounds," said Guenther, noting, however, that despite their different individual journeys, they also have a lot in common.

"We all came together somehow. We all had that same thought of 'oh my goodness, we should continue our education,'" he said. "I loved my job where I was at, and I loved the people, but there was a moment where, after 11 years, where it was time to do what I had always thought of doing.

"It's that future that you've always wanted, and I told myself one day, I was driving down the road, and it was like if I don't do it now, I'm never going to do it."

A number of speakers also offered their congratulations to the grads.

"Every one of you has a unique story," said Western School Divi-



sion board chair Brian Fransen, who praised the class for the resilience that got them to graduation.

"For each of you, there was a defining moment ... something that drove you," added Stephen Ross, Western School Division superintendent. "Today you'll finish the graduation chapter; what you write next is up to you." Morden adult education centre di-

rector Kelly Vipond reflected on how their mandate is to teach, but they themselves have also learned lessons in perseverance from students.

"Determination is a powerful driver," said Vipond, praising the grads for their persistence in finishing what they started. "You chose to claim responsibility for your destiny. You are the authors of the story of your life."

## > FAITH FOCUS, FROM PG. 6

lap in the centre (known as a Venn diagram). Each circle represents an important aspect to consider when thinking about your future.

Circle One: Abilities. You're not good at everything, but you definitely have some skills. What have you learned to do well? What have others affirmed and seen in you? You can always learn new skills to expand this circle, but there will always be some that come to you more naturally.

Circle Two: Passions. What type of work do you like doing? Don't just think tasks, but also the kind of environment and culture you enjoy functioning in (e.g. team-based vs. individual, behind-the-scenes vs. in the spotlight).

Circle Three: Needs. If you want to do work that is meaningful and valuable, you will somehow be meeting a need or solving a problem for people. You can't solve all the problems in the world or meet everyone's needs, but you can solve some of them. Which would you like it to be? A physical need, a relational need, an emotional need, a spiritual need, or maybe something else? This could be

a global issue such as poverty and the need for fresh water, or it could be as simple as, "People need houses, and I would like to meet that need by building homes."

Circle Four: Income. Here's where it gets real. You may find a problem that you're passionate and skilled at solving, but if you cannot generate an income through it, you have not found a career; you have found a volunteer position. This is great. Go do it! After work, though. This circle is all about the different ways that you can make money. In order to meet the career-worthy test, you have to be able to monetize what you are hoping to do.

Once you've jotted down a few ideas into each circle, you'll quickly begin to realize that they don't all overlap. You might enjoy something, but are not good at it; you might be good at something but not really enjoy it, or you may be able to make money doing something but it doesn't add any real value to our world. Don't worry about writing down items that fit all four categories, at first. That comes later. For now, just start filling in those circles.

Once you've got a good start on this, begin to look at which themes from each circle seem to overlap and "fit together." Write these down at the intersection of the four circles. This is your "sweet spot."

Contrary to what some believe, however, I don't believe only one option lives in this intersection. There are a vast number of options available to us, and as you gain new skills, discover new interests, and become aware of new needs, the list will only get longer.

This concept is a not a magic bul-

let, but combined with a good deal of self-awareness and talking to those who know you best (and, if you're a believer, a great deal of conversation with Jesus), it may help you clarify the path in front of you.

Don't get stuck in a job where you're simply waiting for retirement. Tomorrow is not promised to us. Love what you do today.

—Dan Doerksen is the Family Ministries Pastor at WMBC. He is the father to a talented little girl and two twin boys.

## Letter policy

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

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

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

Please include your full name, address, and phone number for veri-

fication purposes. Your name and city will be published with your letter. We do not print anonymous letters.

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# get informed

NEWS > VIEWS > WINKLER > MORDEN > SURROUNDING AREAS

## First responders put out the call for blood donations

By Ashleigh Viveiros

Local first responders are teaming up to get the word out about the increased need for blood donations this summer.

Members of Winkler's police and fire departments gathered last week to help Canadian Blood Services kick off its Sirens for Life campaign.

The blood service hopes to collect an additional 150 units of blood and recruit at least 25 new donors through the campaign, which runs July 1 to Aug. 31.

Summer can be a difficult time for blood banks as the need increases while donations drop.

"When people are busy or there's holidays or other sorts of things that get in the way, we may see less donors," said Steve Raizen, territory manager for Canadian Blood Services.

"We're partnering with emergency services personnel who will come out to donate blood and blood products and help us promote the need for donors."

Emergency service workers often see the need for blood firsthand.

"Whether it be accident scenes or people in medical distress, motor vehicle accidents, we often come across people who are injured," said Deputy Chief Chris Kalansky of the Winkler Police Service. "We're aware of the need for blood, we're aware



PHOTO BY ASHLEIGH VIVEIROS/VOICE

From left: Winkler Fire Chief Richard Paetzold, Canadian Blood Services' Steve Raizen, firefighter Ernie Froese, Deputy Police Chief Chris Kalansky, firefighter Kris Friesen, and Deputy Fire Chief Phil Dueck at the launch of the Sirens for Life campaign last week.

that a single person may require several units, and we've been supporting Canadian Blood Services in the work they do for many years now.

"We want to encourage the public to donate blood if they have time," he said. "There's always a need for additional donors ... we need the next generation to step forward and donate."

Winkler Fire Department Captain Ernie Froese has been a blood donor since he was 19 years old. He's taken it upon himself to make sure his fellow firefighters are always well aware

of when the next local blood clinic is coming up.

"It's life-giving," Froese stressed. "[Patients] need it to sustain their life and we see that right on the scene."

The Sirens for Life campaign is designed to spark some friendly competition between the two departments to see who can round up the most donors (when you go to donate, let the staff know which department you're there to support), but Raizen hopes it will inspire other individuals and businesses in the community to take

up the challenge as well.

"Donating blood is really the most direct way to help another person," Raizen said, noting an accident victim, for example, could require up to 50 units of blood while receiving emergency treatment. Cancer patients, meanwhile, can require five units or more a week. "You never know when you or a family member may need blood or blood products."

But while nearly 70 per cent of Canadians are eligible to donate blood, only about 1 in 60—four per cent—step up to do so.

"We're really trying to bridge that gap to encourage people who have never donated before just to come out."

Giving blood is a quick and virtually painless process.

"When they come they should plan to spend at least an hour with us. That's from start to finish—from registration to when you have juice and cookies at the end of it," Raizen said. "Your actual donation only takes about 10 minutes, but there's a process that goes with that."

"It's really not scary and while it does pinch for just a second it really doesn't hurt."

There are blood clinics coming up in Winkler July 11 and Morden July 29.

Download the GiveBlood app, call 1-888-2-DONATE, or visit [blood.ca](http://blood.ca) to book your appointment

## Morden garden tour returns Saturday, July 6

By Lorne Stelmach

The revival of the Morden and District Horticultural Society also means the annual garden tour is making its return.

The Grow Your Roots garden tour set for Saturday, July 6 is a joint initiative of the Pembina Hills Arts Council and the horticultural society, which sees both the organization and the tour benefitting from what they believe is a renewed interest in gardening in the community.

"It's been a couple of years since we last had a garden tour, and with the reformation of a horticultural society

... we thought it was a good time to try to launch it again," suggested Margie Hildebrand.

Proceeds from the tour will be divided between PHAC and the society, the latter of which plan to use the funds to help pay for speakers on a variety of gardening topics.

The society holds regular meetings that will be starting again in September on the last Monday of the month. Hildebrand said they'd love to see more volunteers get involved, especially since the group has taken on the care of a Morden landmark.

"The horticultural society has taken on maintaining Confederation Park

this year with the City of Morden," she said, adding the park will be part of the garden tour. "We've had three different work days there already this summer to clean all the weeds and brush and clean it all up, so we've been working hard on that as a club."

The second public space on the tour is the rain garden beside the Access Event Centre. Otherwise, there are eight private Morden yards on the tour map and one in Thornhill. The exact locations of each spot are kept under wraps until the day of the tour.

"There is quite a variety of gardens ... some are larger, some are smaller. Some are immaculately groomed and

others are a bit more free form. There will be an interesting variety of hardscapes and different styles," Hildebrand said.

"Most of the gardeners should be there to talk about their yards and how people get inspired," she added. "Several of the yards are going to have either an artist doing some creating there or some musicians playing music."

Tickets for the Grow Your Roots garden tour are available for \$10 at the Pembina Hills Gallery in downtown Morden from 10 a.m. to 4 p.m. on Saturday, July 6.



# Morden Legion celebrates 50 years

By Lorne Stelmach

The Morden Legion marked a major milestone Sunday.

The Royal Canadian Legion Morden branch 11 held a 50th anniversary celebration for the organization's current club room and hall.

The clubroom and hall opened January 29, 1969, but because of the number of "snowbirds" away during the winter, the party was moved to June.

"We were really pleased with the turnout. We didn't really know what to expect ... we had around 70 people come," said Legion president Bob Frost.

Comrade Jim Hartry, who is one of the few remaining members who worked on the fundraising efforts and construction of the building, was master of ceremonies and highlighted some history of the clubroom.

A number of past presidents were in attendance as well as members of the

Morden Legion Ladies Auxiliary, who were cited for being instrumental in the fundraising efforts for the clubroom.

The guestbook that was signed by the attendees at the 1969 opening was brought to the anniversary for the 2019 anniversary attendees to sign, and there was also a table set up with photo albums and documents spanning from 1969 until present day.

The clubroom continues to receive both good support and improvements as well with the most recent being the new elevator that is now in place and in operation

"Over the last five years or so, we've probably spent, I would guess, well over a \$100,000 on things in the clubroom that had to be fixed or just are a benefit to our membership," said Frost.

He added the organization continues to have much to celebrate with the Morden Legion enjoying good



SUBMITTED PHOTO

Among the current and past executive on hand for the Morden Legion's 50th anniversary celebration Sunday were Maurice Butler, Harvey Kinsman, Doreen Beauchamp, Dennis McQuiston, and current president Bob Frost.

community support and increased membership as well.

"We're very fortunate," he said. "We get good support from the City of Morden ... and we're adding new members every month.

"Our volunteer group has increased probably from around 20 to, I suspect, around 75 now," he added. "So all of that adds up to make our branch a success."

# Winkler Elementary YIP grant out \$1,458

By Ashleigh Viveiros

The Winkler Elementary School Youth in Philanthropy group wrapped up the school year on a high note last week.

The junior high students presented Salem Home and The Bunker with cheques of \$729 each.

The youth drop-in centre, which will use the funds to cover costs associated with its food truck operation, was selected because so many students attend programs there regularly, explained YIP member Camrynn Beauchamp.

Salem Home, meanwhile, appealed to the kids because it is home to so many elders who helped make Winkler what it is today.

"It's kind of just the people that are there," Beauchamp said. "They're so kindhearted and they've also done stuff for our community when they were younger, and so we wanted to give back."

"We also wanted to help them with the ABBY," added fellow YIP member Haley Reimer.

The ABBY device the personal care home will purchase with the help of

this donation is an electronic activity station aimed at engaging people living with dementia.

These donations cap off what was a very busy year for YIP.

The youth collected 820 pounds of food for the Winkler food cupboard, helped out the Christmas Cheer Board, visited Salem Home to play games and enjoy cookies with the residents, and organized fundraisers ranging from Christmas and Valentine's Day message deliveries to running the family movie night snack bar to hosting a two-day bake sale.

The group raised nearly \$1,000 through these efforts and then received another \$500 from the Winkler Community Foundation, their parent organization, to increase the total they could grant out.

The YIP program is a great way for students to learn more about philanthropy and its importance in a community, said group advisor Madhura Animalla.

"This is the best way for them to learn to give, not just receiving," she said. "And also to give back to the community—that's our motto."



Winkler Elementary School Youth in Philanthropy presented reps from Salem Home (above) and The Bunker (right) with donations of \$729 last week.





# “Be true to yourself”

By Ashleigh Viveiros

Mennonite Collegiate Institute’s class of 2019 were urged to take the spirit of kindness out with them into the world.

The Gretna private school bid farewell to 15 students at its graduation ceremony held at the Winkler Bergthaler Mennonite Church on Sunday.

Valedictorian Corbin Friesen shared how his journey at the school began.

“When I was in Gr. 7, I came for a Day in the Life at MCI,” he said, recalling how he was accidentally splashed with water by an upperclassman as they were both returning their used dishes after lunch.

The sincere apology he received from “Greg” took Friesen by surprise.

“He was actually really sorry about it. That’s not what I was expecting at all from Greg. I expected Greg to just walk away as if nothing had happened,” he said. “That was what I was used to at my old school.

“Receiving genuine care from a Grade 12 I had never met to a tiny Grade 7 like me, in a school I’d never even been in before, just blew my mind. That was the changing point for me. That one act of kindness made me think maybe this school had some-

thing going for it.”

The encounter—and his five following years at MCI where he got the chance to live and study alongside supportive peers and staff—helped formed one of Friesen’s world views for a better life.

“You should always go out of your way to be kind to someone else, even if you’re getting nothing out of it and even if you’re getting out of your comfort bubble,” he said, encouraging his peers to “treat everyone you meet like a scared Gr. 7 in a new school, because simple acts of kindness, even the tiniest thing, can change someone’s life.”

In his address to the grads, teacher Mark Jede reminded them that they each have their own God-given gifts. It’s their job to try and figure out how to use them to make their mark on the world.

“Be true to yourself. If you want to be an inventor, go ahead. Invent. Change the world. If you want to be a plumber, well, then be the best darn plumber you can be.

“God did not make us all the same. He made us all with very unique gifts and dreams. Don’t be afraid to follow yours. And don’t be afraid to try new things or take chances as you meander through life.



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Mennonite Collegiate Institute grads toss their caps high on Sunday.

“Seek to discover what really brings you joy and then think about how you can plug that into benefitting others,” Jede said. “Choose to be happy in your vocation and whether you’re a baker or barrista, a painter or a premier, you will find happiness and fulfilment in your work and you will make your life and everyone’s around you just a little bit better.”

MCI’s class of 2019 included Corbin

Friesen (Morden), Gwendolyn Friesen (Morden), Taya Friesen (Horndean), Erynn Heinrichs (Winkler), Bryan Ho (Hong Kong), Austin Klippenstein (Altona), Cherrie Lam (Hong Kong), Darren Li (Hong Kong), Oscar Ortiz (Winkler), Cassidy Penner (Altona), Savannah Sawatzky (Washington), Shayne Watkins (Winnipeg), Karly Wiebe (Altona), Jaime Yue (Hong Kong), and Christy Zhang (China).

## WSD sets priorities

By Lorne Stelmach

Western School Division has set its key priorities for the next four years.

Board chair Brian Fransen said its areas of emphasis very much flow from recent dialogues with residents and ratepayers in the Morden area.

“Over the past year the board has been listening to feedback from students, parents, staff and the community,” he said. “We are always looking for ways to improve the quality of education in Western School Division, and this feedback informed our direction for the next four years.

“The board is excited to see how the new board priorities plan will come to fruition over the next several years, impacting our schools and community.”

After consulting with students, staff, parent councils, and the community, the board set out the following priorities and related strategies:

- Improve student learning. This includes literacy and numeracy improvement at all levels; reviewing programming division-wide.

- Inspire a culture of integrity. This includes emphasis on such qualities as personal responsibility, empathy, ethics, leadership, resilience, emotional intelligence, gratitude and honesty.

- Encourage adventurous achievers. This touches on such areas as providing related professional development for staff and support to help personalize instruction.

- Deepen community relationships. This includes emphasis on partnerships within the community as well as development of a board communication plan.

Fransen noted the board plans to meet with key stakeholders over the next few months to further engage the community in the achievement of these priorities.

Next info session: **July 3**

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# Helping newcomers feel more at home

By Ashleigh Viveiros

The Afri-Pembina group gathered in Stanley Centennial Park earlier this month to celebrate their shared experiences as immigrants to Canada.

The group, which is made up largely of African immigrants to the Morden-Winkler area, spent the afternoon of June 15 enjoying food, music, dancing, and games for all ages, says organizer Emeka Christian James.

"Our first event was in January and it was more of a chance to get to know each other," he said. "We wanted to give a face to the names."

Since then, many more people have joined the Afri-Pembina WhatsApp messaging group.

"So far right now we have about 32

families on the WhatsApp and many also making their way to the Facebook page, which is still growing," said James.

"There are more families coming here all the time," he said. "We have some landing Monday and a two families coming in a couple of weeks. It's growing."

Having an established group here with a shared background is a great comfort to many newcomers.

"We can help them, show them around," James said. "Help them connect with support from Regional Connections, the city ...

"We want to help make them feel that this is home."

If you'd like to join the Afri-Pembina group, you can reach out to them on Facebook.



The Afri-Pembina group gathered at Stanley Park earlier this month to enjoy an afternoon of fun and games, food, and fellowship with other African immigrants to Canada.



# Cadenza lunchtime concerts open to all

By Ashleigh Viveiros

The Cadenza Summer Music Week invites you to come enjoy free lunchtime concerts all next week.

The seventh annual music day camp for kids takes over Winkler Elementary School July 2-6.

Every day that week the kids and their instructors will be crossing the street for performances at the P.W. Enns Centennial Concert Hall from 12:30-1 p.m. The shows are open to everyone.

Camp director Rochelle Drudge says the midday shows have become a popular summer kickoff for many.

"I think it's becoming known that there's this gem of high quality, wonderful music in the beginning of sum-

mer," she said. "I have people tell me they're changing their summer camping plans around wanting to be here for the concerts, so it's definitely appreciated by a segment of the population."

The shows include performances from the professional musicians teaching at the camp, which this year include renowned fiddler and step dancer Kelli Trotter and Winnipeg Symphony Orchestra members Andrew Goodlett (bass), Chris Anstey (violin), and Heather Wilson (viola), among many others. Cadenza's advanced students also perform.

It's a family-friendly way to introduce kids to classical music, Drudge

Continued on page 12

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# The water was fine

Paddlefest gave people the chance to try out a variety of watercraft at Lake Minnewasta Saturday, including dragon boats (right), kayaks, and canoes. Below: Andreas and Rita Huebert and their son Benjamin enjoy some time on the lake. Left: The event's stage show marked Indigenous People Day (left).

PHOTOS BY RICK HIEBERT/VOICE



## > CADENZA, FROM PG. 11

says, adding the shows also offers a selection of other musical genres in a very accessible way.

"It's very kid-friendly in terms of shorter pieces and the variety," she said. "It's another way of inspiring kids. I'd love for more families to come."

The community at large is also invited to take part in a free Fiddle Jam in Winkler Park on Tuesday, July 2 at 7:30 p.m. Musicians are in-

vited to bring their instruments along for an evening of informal performances.

Jimmie Kilpatrick (a.k.a. Shotgun Jimmie) and Doug Friesen are also hosting a Songwriting Workshop on Wednesday, July 3 at 7 p.m. at the concert hall. The event is free to all, though advance registration is require at [cadenza.dksm@gmail.com](mailto:cadenza.dksm@gmail.com).

## AN INSPIRING WEEK OF MUSIC

Cadenza 2019 has over 100 strings and piano students of all ages signed up to take part.

They'll spend the week in classes on orchestral and chamber music, improvisation, sight reading, rhythm, and many other related musical topics.

"They go, go, go. There's a lot of music absorbed and learned that week and, to me, the level of playing and reading you see from the kids ... it's amazing to see," said Trotter, who returns for her second year as an instructor.

Trotter has had a storied career as an award-winning fiddler, step dancer, and vocalist. Cadenza is the kind of camp she wishes had been around when she was a kid.

"To have something like this growing up where you're able to get together with likeminded people for a whole intensive week of music is pretty awesome," she said.

Getting the chance to hone their skills under the tutelage of professional musicians and music teachers is a great opportunity for the kids., added Drudge.

"It's definitely an inspiration, and not only for, you know, 'I want to be a symphony player' or 'I want to be a performer someday,' but just that these instructors love what they do so much and that's evident in their teaching and in their performing.

"It's an inspiration to love music," Drudge said. "It doesn't matter to me whether these kids become professionals ... but the question is whether they embrace it as something good and enjoyable and use it to find joy themselves and share it with other people."

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# PRIORITY HEALTH

## Choosing the Best Eye Doctor to Suit Your Needs: How to Do It Right

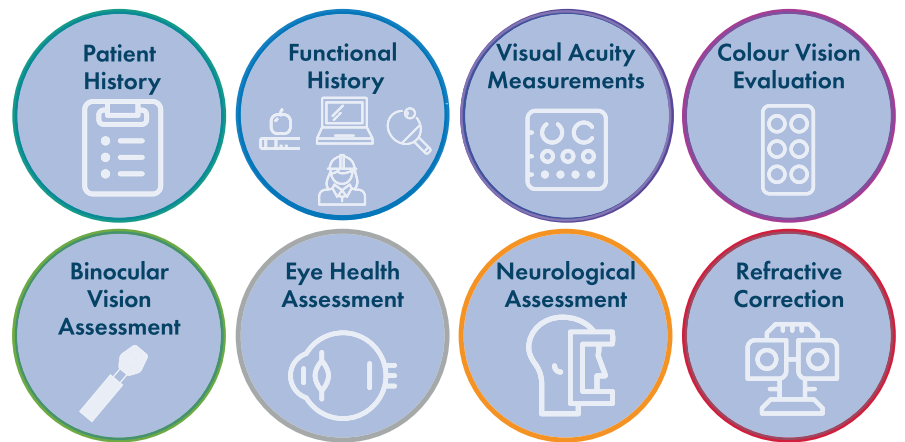


your doctor take the time to answer all your questions or did you feel that he or she rushed right through the entire procedure? You need to feel comfortable with your doctor so if you don't think you can trust your doctor, you should

consider finding another doctor to take care of your eye health.

Choosing the right eye doctor can help ensure that you will enjoy healthy eyesight for years to come so take time to choose the best. You deserve it.

### What is involved in a Comprehensive Eye Health Exam?



#### Review, Diagnosis and Recommendations

The final phase of the eye exam involves the optometrist's professional knowledge and experience to diagnose any conditions, diseases or disorders of the eye and vision system and determine the best treatment plan. Treatment options may include a prescription for glasses and/or contact lenses, eye drops, ongoing monitoring, eye training exercises or even referral for highly complex issues.

#### How often should you have an eye exam?\*

##### Children

- 6-9 months
- 2-5 years
- Annually, 6-18 years



##### Adults

Every two years



##### Over 65

Annually



Choosing the best eye doctor is one of the best decisions you can ever make when it comes to taking care of your precious eyesight. As a general rule, you need to have regular eye examinations and should consult your doctor at the very first sign of any vision-related problem to continue enjoying good eyesight even as you age.

Unfortunately, however, a lot of people take their eye health for granted. Half of people who are suffering from glaucoma are not even aware of their condition and are at a risk of losing their eyesight because of it.

#### Choosing an Eye Doctor - Some Factors to Consider

So, how do you choose an eye doctor to suit your needs? Here are some tips that may help you get exactly what you need.

Ask for recommendations. Consider asking your family doctor for a recommendation since he or she is one of the few people who knows exactly what you

and your family needs. You may also want to consider asking your friends and co-workers if they can give you some recommendations.

Choose the type of eye doctor based your needs. Do you need an optometrist or an ophthalmologist? Well, it all boils down to what you need. If you think you need glasses or contact lenses to correct your vision but don't have any other problems regarding your eyes, an optometrist will suit your needs well. The same goes true if you are suffering from common eye problems such as dry eyes and eye infections. However, if you have eye health problems that call for specialized medical and/or surgical treatment, you need to consult an ophthalmologist.

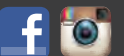
Check their credentials. Do a simple background check to see your chosen doctor's credentials and specialties. This can help you determine whether he or she is a good fit for your needs so don't skip this step.

Do an honest assessment. Did you feel comfortable during your visit? Did



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# Senior living facilities

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## Questions to ask about a personal care home

### MEDICAL SERVICES

First and foremost, the personal care home has to be able to meet your loved one's health care needs. Ask the following:

- Is the personal care home equipped to attend to your family member's particular health concerns? For instance, if he or she has dementia or Alzheimer's, does the home have a specialized care unit for the condition?
- Which professionals and staff members will be involved in creating and implementing your loved one's care plan? What credentials and training do they have?
- What health care services are available on site? For instance, is there physical therapy, wound care or hospice care?
- How does the facility monitor residents' health? And how does it ensure that medications are taken on time and in the correct dosage?
- Are residents routinely checked from head to toe for bedsores?

### HYGIENE

Cleanliness and hygiene are essential with regards to both the residents and the facility itself. Ask the following:

- Are residents well groomed and dressed in clean and comfortable clothes?
- How many baths are provided per week?
- What housekeeping and laundry services are provided?
- How clean is the facility? Are there any unpleasant smells that cause concern?

### CAREGIVERS

The caregivers in the personal care home will be in charge of keeping your loved one safe, clean, happy and healthy. You want to ensure that they're equal to the task by asking the following:

- Are the staff warm and welcoming?
- Are they attentive, personable and patient with the residents? Do they treat them respectfully? For instance, do they knock before entering a room and call residents by their names?
- What's the resident to staff ratio?
- What's the staff turnover rate?
- Do residents have the same caregivers every day?

### MEALS

Meals have a major impact on the level of satisfaction experienced by residents in personal care homes. Therefore, it's worth paying particular attention to this factor. It's recommended that you visit the personal care home at least once during mealtime. While you're there, ask yourself the following:

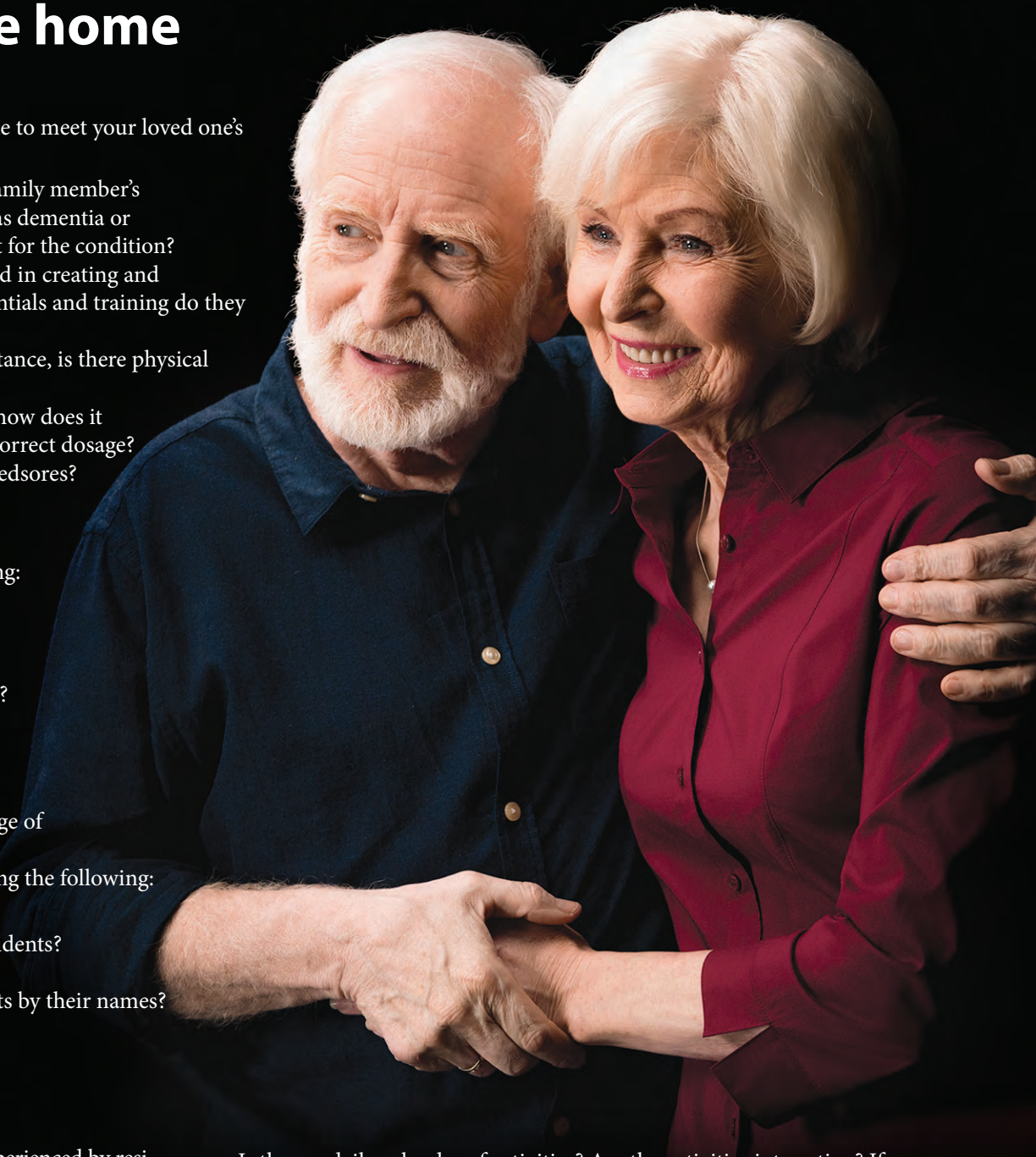
- Is the dining room clean and inviting?
- Does the food look appetizing?
- Are the meals nutritious?
- Do residents who need help eating get timely assistance?

### AMENITIES

Think of what your loved one requires to live happily and then form a personalized set of questions. You might start with the following:

- Are the rooms nice and are they spacious enough?
- Do the common areas have a pleasant atmosphere? Do they include desired amenities (television, games, reading material, activities, etc.)?

- Is there a daily calendar of activities? Are the activities interesting? If your family member is room bound, can activities be brought to him or her?
- Are there restrictions on visiting hours?
- Are there private rooms for family gatherings?
- Do the current residents seem happy and comfortable? Do they socialize with one another?
- How much freedom do residents have with regard to their daily schedule and daily activities?





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# Duct tape brigade

The Winkler/Morden Habitat for Humanity chapter hosted its second annual Beach Boat Build and Race Saturday at Colert Beach. Teams of friends and coworkers used an awful lot of duct tape to try and make their cardboard boats waterproof for the race on Lake Minnewasta, some to mixed success (below). A team from Decor Cabinets (left) made it across the finish line first. The event raised over \$3,500 toward Habitat's first build in Winkler, which is slated to get underway later this year.

PHOTOS BY ASHLEIGH VIVEIROS/VOICE



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PHOTOS BY ASHLEIGH VIVEIROS/VOICE  
 Left: GVSD capital projects supervisor Abe Wiebe in the Pine Ridge School library, which is flooded with natural light. Above: Lockers are already installed in parts of the building.

# Pine Ridge Elementary on track to open this fall

By Ashleigh Viveiros

School lets out for the summer this week, but one Winkler school will remain a bustling place over the next two months.

Construction on Pine Ridge Elementary School in Winkler's northwest end is on track to meet its September opening date, superintendent Todd Monster said on a tour of the facility last week.

"That's the plan, that everything will be ready to rock and roll for the first day, which is right after Labour Day," he said. Teachers head back to class Sept. 3 while students start the year on Sept. 4.

"Staff have been coming up with their ideas about how they're going to meet and greet the students and get them into the building and get them settled into their classrooms," Mon-

ster said.

Work on the 86,000 square foot K-8 school began in March 2018. As construction enters the home stretch, every week brings another jump forward in progress.

"When you have that many workers involved in the process, things change rapidly over a day or two, let alone a week or a month," said Monster, noting on any given day there are anywhere from 50-100 tradespeople on site.

"We feel really good about the work that's been done," he added. "Fantastic work from the contractors and sub-trades. They've worked really hard to keep the project on schedule and we really appreciate that."

GVSD capital projects supervisor Abe Wiebe said that while some parts of the school are closer to completion than others right now, he expects staff

will be able to get into the building at least a few weeks before classes begin.

"Our current plan and our expectation is that in the middle of August we will have the entire school occupiable so that they would be able to move into their classrooms," he said.

As of last week, flooring was being laid in some parts of the school while millwork was well underway in others.

By this week, Wiebe expects the base flooring for the gymnasium will be going in and electricians will be getting more of the lighting installed throughout the building.

The April roof fire had no real impact on the project's timeline, Wiebe noted.

"We were extremely fortunate. The fire that happened was contained to the roof only. There was no damage to structural or to the interior of the school itself," he said. "So aside from that half day that we lost where ev-

eryone had to evacuate the building, inside the building nothing slowed down."

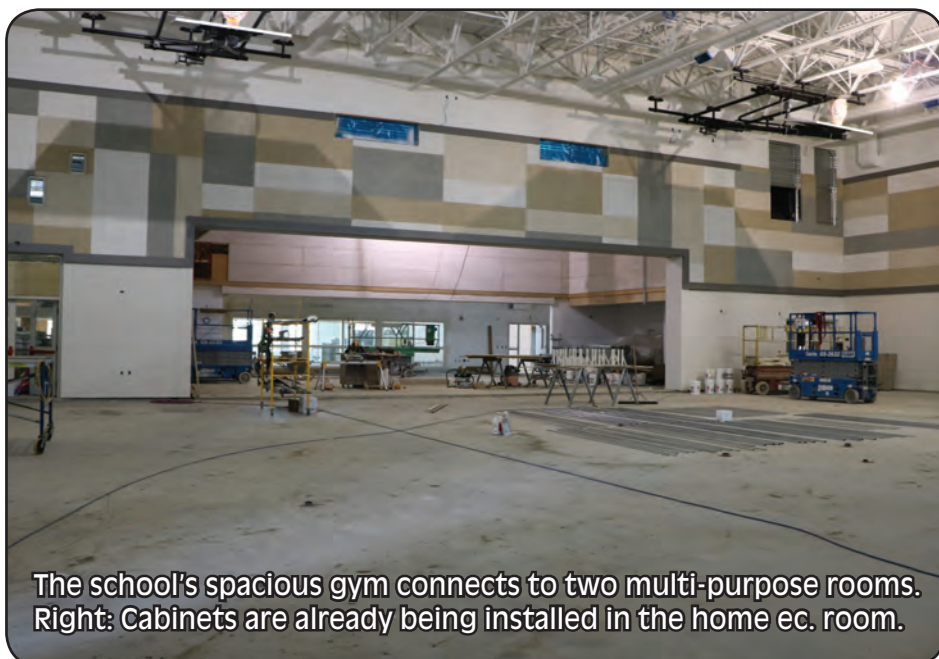
The only real fallout was that the roofers had to spend a bit more time on site so they could remove and replace the damaged west wing roof.

While the inside of the building will be good to go come fall, it will take a little longer for the grounds to be ready for recess. The landscapers can't get to work until the construction workers are off the site, Wiebe said.

"As soon as that's done we are going to be hydroseeding all of it to try and make that available as soon as possible."

That's par for the course for a new build like this, said Monster.

"There's no way to get everything in place for the opening in September, so the staff are working on alternatives on how can they provide opportunities for the kids to have play time, whether that be inside or outside."



The school's spacious gym connects to two multi-purpose rooms. Right: Cabinets are already being installed in the home ec. room.



# Plum Coulee installs town square sensory path



By Ashleigh Viveiros

Plum Coulee has a fun new play space for families to enjoy.

Volunteers arrived at the town square on Main Ave. last Thursday morning armed with paint and brushes to finish off the community's new outdoor sensory area.

The paved pad in the shadow of the Plum Coulee Elevator Museum is now home to a permanent hopscotch game, a sizeable maze, and a four-square court, all decked out in bright colours.

"The idea came from some young moms who go for walks with their kids and they thought it would be nice to be able to sit here and have someplace for the kids to play for awhile," said Dorothy Derksen, a member of the project's organizing committee.

Sensory paths—painted floor games that help kids work out their excess

energy while also engaging them mentally—have been getting a lot of buzz lately as more and more schools and communities install them on just about any flat, accessible floor surface.

The Plum Coulee project was made possible thanks to a \$400 donation from the Plum Coulee School Youth in Philanthropy group.

The community hopes to add more games to the sensory area in the future, but already the three that are there have been drawing kids in.

"The kids have already been on it," said Jill Friesen, who was one of the people on hand to add some colour to the game surfaces, which had previously been painted in white.

"Mine really like the four-square, but they like them all," she added.

"It's a neat new idea," said fellow volunteer and mom Julie McMahon.



Plum Coulee's new sensory play area was painted in the town square last week. It includes a maze, hopscotch, and four-square to engage kids both physically and mentally.



## Decor golf benefit adds fourth charity

By Lorne Stelmach

The Decor Charity Classic is looking local for the fourth charity to benefit from its fundraising golf tournament.

The event's 16th edition Aug. 8 will benefit The Bunker youth ministry in Winkler in addition to its previously three set charities: Youth for Christ Morden, Pembina Counselling Centre, and the Pembina Valley Pregnancy Care Centre.

"It seemed like a great fit for us," said tournament co-chairperson Dave Schellenberg. "We wanted to make sure we support local charities beyond the three that we've historically supported with the tournament."

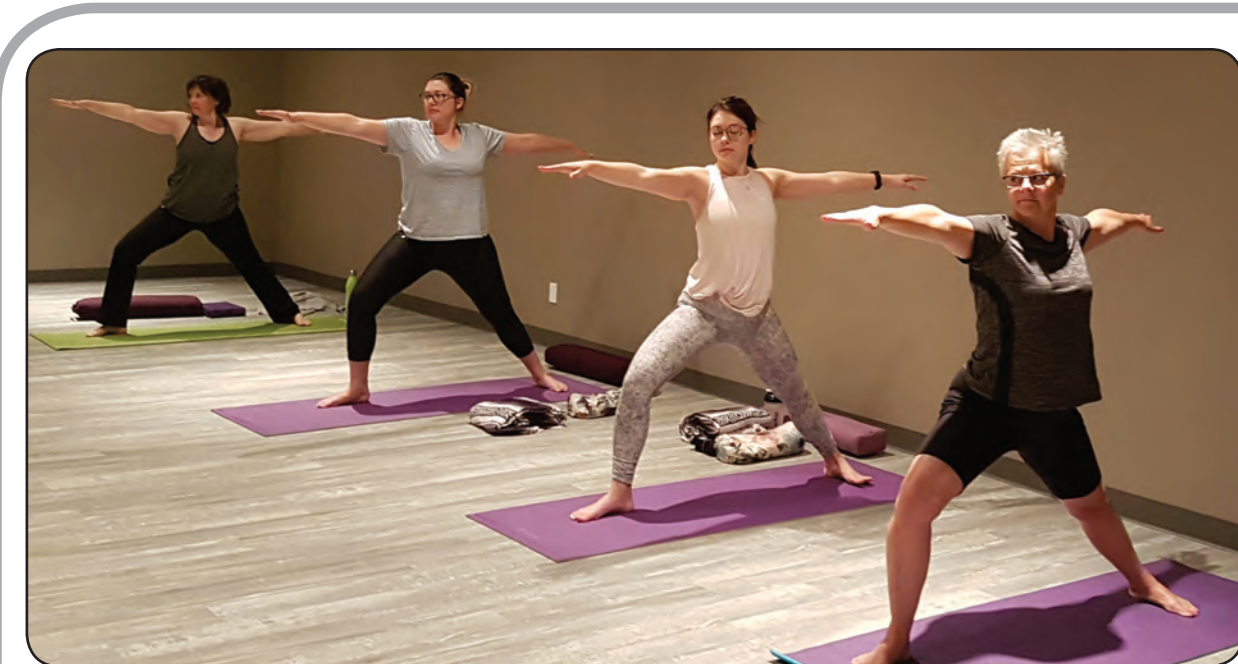
Schellenberg added they see The

Bunker as playing a vital role as a youth drop-in centre for multiple ages, offering a wide range of activities and missions and providing youth with a place of mentorship and support.

"I think it's a major need that we often overlook. The Bunker does a great job of supporting those needs ... and that's something that we want to be part of," he said. "These guys serve a very important role."

The Decor Charity Classic reached a major milestone in its 15th year last August when it brought in just over \$73,000, bringing its tally since 2004 to over \$1 million.

Entry details are available online at [decorcharityclassic.com](http://decorcharityclassic.com).



## Internat'l Day of Yoga marked

Winkler's become-yoga studio celebrated International Day of Yoga last Friday with free classes throughout the day. The classes were open to all skill levels and, together with the sale of bracelets at Steps for Pets, raised \$125 in donations for the Pembina Valley Humane Society.

SUPPLIED PHOTO



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Soccer day in Winkler



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

The Winkler Storm (left) and the South Central Riot (above) hosted back-to-back games in Winkler on Sunday. The Riot won their match 2-1 while the Storm fell 3-1.

Soccer fans got some back-to-back action at Soccer Day 2019 in Winkler Sunday.

The Storm field on 15th St. played host to three games that afternoon.

Following up on a friendly match between teams from Decor Cabinets and Acrylon Plastics, the local seniors mens teams took on competitors in the Manitoba Major Soccer League.

First up, the South Central Riot downed Interlake

Impact 2-1. Zac Wood and Arnie Schott scored for Winkler.

Playing two hours later, the Winkler Storm bowed to Scotia United 3-1. Timo August scored for the home team, who were playing shorthanded.

The Storm are 2-5-1 thus far this season, keeping them in the middle of the pack in the league's 1st Division.

The Riot, meanwhile, are 4-2-2 in the league's 5th

Division, keeping hold of a space in the top four.

This week, the Riot faced Carmania Wednesday in Carman. Results were not available at press time.

Playing in the Winnipeg Womens Soccer League, the South Central Hurricanes' match against the visiting Titans Monday night got rained out.

The 'Canes are 0-3-1 and in last place in the league's 1st Division. Their next game is next July 4 against SE Reunited.

## Orioles down Jays 7-1, fall to Bisons 9-2

By Lorne Stelmach

The Pembina Valley Orioles came up with one of their most complete efforts of the year Friday to pick up another victory.

It was a solid outing both at the plate and out on the field as the Orioles earned a 7-1 win over the Interlake Blue Jays.

"I would say that was defensively one of our best games," said assistant coach Phil Hildebrand on Monday.

The lone threat from the Blue Jays came in the

fifth inning when they scored one and had runners on second and third, he said, but "we were able to get the next two outs before they were able to score any more runs, so that took the winds out of their sails a little bit, and then we were able to put up three more runs in the sixth."

Kyle Dyck pitched a complete game, scattering four hits over seven innings with seven strikeouts. Bobby Matuszewski went two for four with a run, while Nick Hatley went two for three with two runs.

Hits overall were eight to four in favour of the Orioles, and Hildebrand said that kind of outing can

give them a good chance each time.

"I think our hitting has come along since the start of the year. We're starting to collect runs," he said. "It's not uncommon for us to have eight hits in a game now, so if you can do that, add a few walks in there, bring a few stolen bases there and we can score some runs."

On Monday the team fell to the Bisons in Altona 9-2.

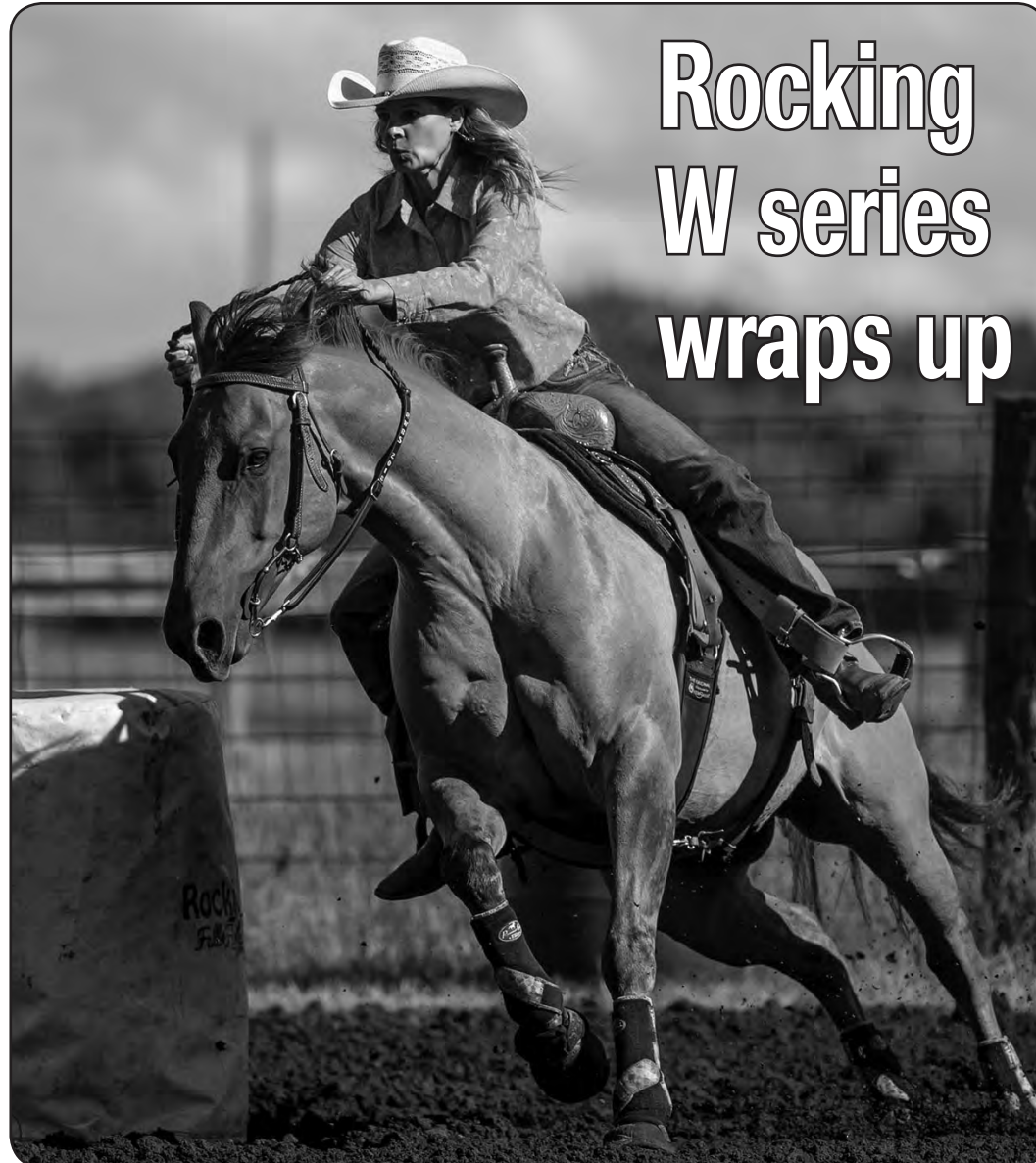
The Orioles head into their final weeks of the regular season with games against Elmwood Wednesday and Altona next Monday.





PHOTOS BY RICK HIEBERT/VOICE

Above: Rocking W Barrel Racing Series organizer Dusty van der Steen (centre) presents Youth Hi Point winner Jezimay Watson (right) and Open Hi Point champ Julie Spruyt with their prize saddles. Right: Candace Olafson on Tebow rounds a barrel in the weekly series' finale on Saturday.



# Rocking W series wraps up

The Rocking W Barrel Series capped off its 10th season last weekend with its grand finale.

Organizer Dusty van der Steen says it was a memorable seven weeks of barrel racing leading into the championship.

"Attendance was up once again," she said. "We had the biggest entries ever at some of our Tuesday night jackpots."

The finals Saturday afternoon were delayed a couple of hours thanks to wet conditions, but once the sun came out to dry things up a bit they were ready to go.

"All in all, it was a fantastic 10th anniversary year for the series and we're excited to see where things will go in 2020," said van der Steen. Series winners this summer included:

- Hi Point Open Champion: Julie Spruyt, Warren, riding CeCe.
- Hi Point Youth Champion: Jezimay Watson, Walhalla, riding Queenie.
- Reserve Hi Point Open: Candace Olafson, Morden, riding Tebow.
- Reserve Hi Point Youth: Jezimay Watson, Walhalla, riding Gracie.

tha Wood, Stonewall, riding Indi.

- Open 2D Champion: Haily Bergen, Vita, riding CJ's Dasher.
- Open 2D Reserve: Mirian Funk, Macgregor, riding Lacey.
- Open 3D Champion: Jezimay Watson, Walhalla, riding Pooh Bear.
- Open 3D Reserve: Teri Wieler, Altona, riding Bailie.
- Open 4D Champion: Pam Kornelson, Winkler, riding Remi.
- Open 4D Reserve: Tanya Gerbrandt, Morden, riding Bucky.

- Youth Aggregate Champion: Jezimay Watson, Walhalla, riding Pooh Bear.

- Youth Aggregate Reserve: Jezimay Watson, Walhalla, riding Queenie.

At the finals on Saturday, winners included:

- Pee Wee Champion: Cheyenne Kornelson, Winkler, riding Brooke.
- Open 1D Champion: Julie Spruyt, Warren, riding CeCe.
- Open 1D Reserve: Clarissa Neufeld, Crystal City, riding Rocky.

Continued on page 21

## Flyers season set

The Winkler Flyers will begin their 40th season in the Manitoba Junior Hockey League in Steinbach on Friday, Sept. 20.

The MJHL released their 2019-2020 schedule last week. It has each club play 60 regular season games (29 home and 29 away) as well as two games at the MJHL Showcase at the Seven Oaks Arena in Winnipeg.

After starting the regular season in Steinbach, the Flyers will host the Pistons on Sept. 21 in their home opener.

The date of the MJHL Showcase has been moved to earlier in the season and will see the Flyers play the Portage Terriers and Neepawa Natives on Sept. 30th and Oct. 1.

Season ticket information will be available in the coming weeks, as will details about the club's plans to celebrate four decades of junior hockey.

- Open 1D Champion: Kaitlyn Siemens, Morris, riding Sierra.
- Open 1D Reserve: Saman-

## Junior high champ

Emerado Centennial School Gr. 7 student Jeremy Lloyd brought home a pair of medals from the Athletics Manitoba Jr. High Championships held in Winnipeg earlier this month. Lloyd clinched first with a throw of 11.63 metres in the 3 kg shot put and a 1 kg discus throw of 27.15 metres. The Winkler-Morden area saw a number of athletes compete at provincials this year. Other top three finishers included Tahlia Enns from Winkler Elementary, third place in the Gr. 8 high jump; Raiden LeGall of the Morden Blazers, second in both the Gr. 7 800 metre run and the 1,200 metre run; Simon Heinrichs, Winkler Elementary, third in the Gr. 7 80 metre hurdles; Kevin Neufeld, Border Valley, third in Gr. 7 3kg shot put. The Morden Blazers also clinched second in the mens Gr. 8 1,600 metre spring medley.

SUBMITTED PHOTO





# EMMS running club take on Manitoba Marathon

For the 32nd consecutive year, École Morden Middle School athletes were among the thousands of runners to take part in the 41st annual Manitoba Marathon June 16.

This year's EMMS team was comprised of 33 Gr. 5-8 athletes who have been training for this event since joining the school's running club in April, explained teacher Kris Nicholls.

"The kids have been running at least three times a week following designated routes around Morden, with each new week bringing increasing distances," he said, noting the kids started out with runs of two or three kilometres and worked their way up to 10k or more.

As always, the trip into Winnipeg included much more than the marathon.

The group headed in Friday night and on Saturday enjoyed team meals, ice cream at the Bridge Drive-in,

shopping, and a swim at the Pan Am Pool.

"Sunday morning came with a 5:45 a.m. wake up call for all the athletes," said Nicholls. "The first relay team runners were quickly fed and bused to U of M for the start of the relay while all the other athletes prepared for their day and helped pack all the gear before the bus returned to pick them up.

"Throughout the rest of the day the runners, chaperones, and coaches were strategically shuttled on the bus around the various Marathon relay exchange zones.

"Chaperones supervised the runners who waited anxiously to run their leg of the race. Once the 1st-4th runners from each team were finished they were picked up by the bus again and proceeded to the U of M. The last runner on each team had the opportunity to run into Investors



SUBMITTED PHOTO

The École Morden Middle School running club sent athletes to compete in the Manitoba Marathon in Winnipeg June 16.

Group Stadium and cross the finish line while the rest of the relay teams cheered them on from the grand stands."

The school got word last week that

a number of their teams qualified for medals at the event. A ceremony celebrating the accomplishment is planned for Thursday.

# Morden Mohawks whipped by Winkler 8-0

The Winkler Whips blanked the Morden Mohawks 8-0 in Border League Baseball action last week.

Played at the Morden diamonds, the game was the first time the two rivals had faced one another so far this season.

Morden went on to decimate the Altona Bisons 16-0 Thursday night and then fell to the Pilot Mound Pilots 7-2

on Sunday, while Winkler narrowly lost a home game against the Killarney Lakers 5-4 on Sunday.

Morden will get another crack at the Whips this Sunday in Winkler at 2 p.m.

Also this week, the Whips hosted Carman Tuesday and play in Altona Friday while the Mohawks play in Clearwater that same night.

At press time, the Mohawks were in second place in the standings with a 7-3 record. The Whips were in third at

6-3. In the number one spot are the Pilots at 8-1.

# ALH hosts Darren Baker Memorial

After being rained out the week before, the ALH Motor Speedway held its annual Darren Baker Memorial on Sunday.

Top three finishers included:

- A-Modifieds: Ryan Cousins in first, Lee McRae in second, and Ward Imrie in third place.

- B-Modifieds: Brenden Luschinski,

Nick Audette, and Bailey Cousins.

- Pure stock: Jeff Gillies, Michael Copp, and Jimmy Klassen.

- Sports compact: Jeremy Wall, Less Moir, and Ryan Roeland.

- Street stocks: Bradon Miller, James Wall, and Rod Wolfe.

The track takes a week off this weekend. Races resume Sunday, July 7.

## > ROCKING W, FROM PG. 20

- Open 2D Champion: Brooke Heinrichs, Wawanesa, riding Sierra.

- Open 2D Reserve: Samantha Wood, Stonewall, riding Indi.

- Open 3D Champion: Adele Sobey, Stonewall, riding Harley.

- Open 3D Reserve: Chris Wieler, Altona, riding JJ.

- Open 4D Champion: Jezimay Watson, Walhalla, riding Pooh Bear.

- Open 4D Reserve: Charlene Angus, Wawanesa, riding Shooter.

- Youth 1D Champion: Jezimay Watson, Walhalla, riding Gracie.

- Youth 1D Reserve: Brooke Heinrichs, Wawanesa, riding Sierra.

- Youth 2D Champion: Jezimay Watson, Walhalla, riding Queenie.

- Youth 2D Reserve: Rachel Dowd, Glenboro, riding Target.

- Youth 3D Champion: Calista Dutka, Selkirk, riding Sky.

- Youth 3D Reserve: Charissa Truijen, Winnipeg, riding Jetta.

# U12 league champs



SUBMITTED PHOTO

The Winkler Tornado won the U12 softball league championship at the playdowns in Carman held June 14-15. On the team are (back row, from left) Katrina Banman, coach Jason Peters, Mekdes Wall, Raegan Peters, Heidi Reimer, coach Jolene Buhler, Luna Friesen, (front row) Ashlynn Buhler, Kara Buhler, Alyssa Klassen, Lily Hildebrandt, and Maria Bergen.



# Agriculture

## Renewed excitement in hemp for food and medicine

By Harry Siemens

The hemp seed industry, while relatively small, continues to expand its worldwide reach.

In a recent tour of the Hemp Oil Canada processing plant at Ste. Agathe, Clarence Swaluk of Fresh Hemp Foods Ltd, Manitoba Harvest Hemp Foods, and Hemp Oil Canada described the layered company's operations:

"We're talking about Fresh Hemp Foods, the overall umbrella company, but within Fresh Hemp Foods we have two operating companies: one is Hemp Oil Canada, the building you're in today, and the other one is Manitoba Harvest," he said.

Manitoba Harvest was started in Winnipeg by Mike Fata when Canada first legalized hemp in 1998. Hemp Oil Canada started that same year in Ste. Agathe, headed up by Shaun Crew.

Both companies operated independently, Hemp Oil Canada focusing on selling bulk hemp food ingredients to other companies while Manitoba Harvest focused on consumer hemp products.

Despite having very similar processes in de-hulling hemp seed, crushing for oil, and creating proteins, they had very different consumer or customer groups.

The two were merged in 2015 when both were purchased by Compass Diversified Holdings Group.

"We still operate with different consumer bases: Hemp Oil Canada bulk food ingredients but we also do Manitoba Harvest consumer packaged goods," said Swaluk.

This past February, Tilray Inc., one of the larger cannabis companies in Canada, bought Fresh Hemp Foods, seeing industrial hemp or the food cannabis as something that they could fit very well into their operations.

"One of the things that interested Tilray [was] our thousands of acres that we have across the prairies with our contracted farmers," Swaluk said. "Industrial hemp is designed to be very low in THC. It doesn't give that high that you would typically or normally associate with the cannabis plant," he said.

Swaluk said there are other canna-

binoids in industrial hemp, including one called CBD.

"There's a lot of promise with that compound in promoting health benefits, so whether it's reduced inflammation or reduced anxiety, but it doesn't give you the high," he said.

"Tilray Inc. is quite interested in what we might be able to extract from the hemp plant, but they're also interested in the consumer reach that we have as a company," Swaluk added. "We're in 16,000 different retail outlets across North America, and reaching that consumer is very important to Tilray. And Manitoba Harvest is branding CBD products for distribution throughout North America."

This year the company is working with farmers to grow about 30,000 acres for its collective production, primarily in Manitoba, Saskatchewan, and Alberta, east as Quebec, and some of the northern states.

"The far reach is to find more certified organic production. We have a challenge keeping up with the demand from consumers for certified organic products, so we need to go farther afield to find enough acres to



SUPPLIED PHOTO

The hemp seed industry is expanding its worldwide reach.

satisfy what we need," Swaluk said.

Part of the cannabis legislation passed in Canada last fall now allows farmers to collect the leaf and the bud material from the hemp plant in an attempt to reach the CBD market.

"That's new for us this year, and I see a lot more excitement for hemp in general, much geared towards CBD and the extraction market. It's brand new," Swaluk said. "I see some

parallels to 1998. There's tremendous excitement, and I sure hope that we don't overdo it on that side of the market and flood the market.

"We're finding our balance on the hemp grain or the hemp seed side of it, and I think we, as a company, have learned to do that reasonably well, but we do need to find that supply and demand balance for CBD."



## The importance of traceability

By Harry Siemens

The day I went to tour the Hemp Oil Canada plant at Ste. Agathe, I washed with hemp soap in the morning and ate hemp hearts for breakfast, as I do quite often.

Aside from gaining some more knowledge of the hemp industry, I found intriguing the traceability system the company uses.

For years the various farm sectors keep revisiting the whole aspect of traceability for ag products. Advances in technology, the size of the electronic tools, and record keeping all play a vital part in tracing those products right back to the farm where they are grown or raised.

"We refer to it as our seed-to-shelf system. So as part of our farm operations, we're responsible for growing

and developing the pedigreed seed that we sell to the farmer," said Clarence Swaluk, director of farm operations. "Now we enter into contractual arrangements where the farmer then sells his production back to us. We can trace product the farmer produces to the consumer's shelf.

"So if you take a bag of hemp hearts, turn the bag over, there is a lot number beside the expiry date or the packaged date. And from that we can tell you when produced in our facility, which of our team members were on the floor to package that product, which bin it arrived at in our facility, which seed cleaning plant it went through to get prepared to food grade, and which farm contributed that product.

"And then by way of our contract, our growers show us the GPS coor-

dinate of all the fields used to grow for us, tracing the product right back to the exact field grown on," he explained. "So that's our seed-to-shelf—it goes right from the farm through our entire system. We have oversight on every step of the production along the way, at our facilities, manufacturing, and out to the consumer."

While visiting with Swaluk and other employees onsite, many memories returned of the late '90s when initial excitement but poor handling caused farmers to sour on growing hemp. Those years saw everything from burning combines and balers in the field to a total market collapse and an overhyped industry.

Things have changed dramatically to what is happening today from the

Continued on page 24



# Community effort improving Miami Golf Course

By Lorne Stelmach

A co-operative effort is not only benefitting the Miami Golf Course but the surrounding region as well.

Federal funding of \$38,000 that came through the Deerwood Soil and Water Management Association saw a reservoir built for the course last year.

It not only addressed an urgent need for the course but helps further the work of the association in an area where the escarpment poses conservation challenges.

"They're very active with conservation in the area ... so it was a really good partnership for us," said Jim Rankin, president of the Miami Golf Course board.

"They did a super job of building it up and landscaping around it. It fits right in beautifully for the golf course. It all worked out really well."

The Miami Golf Course was in need of more water supply, and Don Cruikshank of Deerwood Soil and Water came forward with the idea to allocate grant money to research and build a reservoir.

Pembina Valley Conservation District also got involved with engineering the project and contracting the work needed to get it done.

"We've been working on projects with Environment Canada through the Tobacco Creek Model Watershed, which is one of two major initiatives that we have," noted Les McEwan, chairperson of the Deerwood Soil and Water Management Association.

"We had funding available to look at water retention projects that could also potentially impact nutrient remediation, and this was one of the ones that we identified that could be a

good spot to hold water that could be utilized by the community and hopefully improve water quality further downstream."

It was a very worthwhile project for them because they play an important role "both from the point of view of controlling downstream flooding, lowering the erosion problems and improving water quality and providing sources of water for different purposes.

"We've got over 50 small dams in the network here now, right from the top of the escarpment down ... the furthest east we've gone was one on the north Tobacco Creek south of Carman," McEwan noted.

"We've been doing projects through Environment Canada for a number of years now ... and we partner with the RMs of Roland, Thompson, Lorne and Dufferin, so we come up with cost shared funding to do projects like this one."

Rankin said it all came together at an ideal time for the golf course.

"Probably the last two years, we've been experiencing reduced moisture level, and with a golf course, we require lots of water to irrigate our course, greens and fairways," he said.

"We have a retention pond there that was supplied by a spring, but with the hot dry summers we've had the last while, the level has gone down to where we've had to cut back on some of our fairway watering."

A side benefit now for the course is dirt removed from the newly created dam can now be used to make new elevated tee-boxes, which are presently being prepared with levelling and top soil placement using the equipment of local farmers Ray and Joel Law-



SUPPLIED PHOTOS

A community partnership last summer saw the installation of a new water reservoir at the Miami Golf Course to assist with water conservation efforts in the area. Above: This summer, workers have been using the dirt removed from the reservoir to create elevated tee-boxes for the course.



son and top soil donated by Kroeker Farms.

# Enbridge Pipelines gets to work on land restoration

Enbridge Pipelines' Line 3 is in the ground and now the company is turning its attention to cleaning up after itself.

Enbridge has hired SA Energy to oversee the land reclamation process of approximately 189 kilometres from the Souris River to Gretna this summer.

Crews totaling about 220 workers have already begun work near Morden and Glenboro. Weather permitting, they hope to have the job done by fall.

"Our promise is to restore the pipeline right-of-way to as good or better condition than it was before construc-

tion, and to minimize the long-term impact to the land along our pipelines," says project manager Allen Sawatzky. "Before construction takes place, we obtain regulatory approval and the environmental permits which prescribe specific reclamation measures and techniques proven to be successful in past projects."

Most reclamation occurs within the first year following construction. However, it can take longer, depending on weather and other environmental conditions.

A critical component of right-of-way reclamation involves working with landowners from the outset of a proj-

ect to reach agreement on property-specific items that will be addressed during and after construction.

"This could include things like repairing fences, driveways or landscaping, seeding hay land and native prairie areas, long-term erosion control measures in environmentally sensitive areas, and special care to be taken when working around livestock," Sawatzky explains.

During excavation for the Line 3 replacement pipeline, topsoil was separated from the subsoil to ensure the land remains productive for agricultural purposes after construction. The land is re-contoured to maintain

drainage patterns, hay land and native prairie areas are reseeded, cultivated land is prepared for planting, and wetlands and watercourses are stabilized and re-vegetated to prevent erosion and ensure habitat is restored for the many plants and wildlife along the line.

"Although most temporary workspaces will be allowed to grow back, we will generally maintain an approximately 12-metre-wide permanent right-of-way free of structures, trees and shrubs so that the pipeline is visible during aerial inspections and accessible in the case of an emergency," Sawatzky adds.





# Hitting the trails

Kids were anxious to head down on the trail at Lake Minnewasta one recent Wednesday with the Kids of Mud cycling program. Now in its second year locally, the six week Manitoba Cycling Association program aims to give youth aged 16 and under the skills for both riding and racing. It alternates between the Morden Park pump track and Lake Minnewasta trails. Participation this year is up to 33 kids ranging in age from 5 to 15 and largely from the Morden, Winkler and Altona area. Organizer Peter Loewen of Country Cycle said they have received good feedback and "that it's really helping kids with their confidence level."

PHOTO BY LORNE STELMACH/VOICE

## > SIEMENS SAYS, FROM PG. 22

tall plants grown for the fibre that didn't have a market to now growing hemp mostly for food.

"Some of those varieties back in 1998, the industry imported them from Russia, Ukraine, and some of other Eastern Bloc countries. Those regions of the world where they produce hemp, it's primarily for fibre, and those varieties get very, very tall," Swaluk said. "Getting a combine through those early varieties was a nightmare. I still have farmers that come to me at the trade shows and say, 'I remember growing it in 1998 or '99, and never again.'

"Since then, our seed breeding programs have focused on bringing that variety down in size and having it much shorter. We distribute one primary variety from Finland called Finola that doesn't get more than five, five and a half feet tall. It's not a very good fibre source, but we're after the grain for our food production, and it makes it much easier for harvesting."

My last question to Swaluk had to do with why traceability is so important.

"Consumers, in general, are more and more removed from the farm and daily farm production often generations removed from the farm," he said. "However, they are still very interested in how the food industry protects their food, where it's produced, and where it comes from ...

"We're able to tell our story, a remarkable story ... for us as an organization because it shows that we can manage ... every step of quality along the way, all the way to the consumer's pantry."

## New vice-principal for Winkler Elementary

Mary-Anna Aaldyk-Doerksen will take on the 25 per cent term vice principal position at Winkler Elementary School this fall, Garden Valley School Division announced earlier this month.

Aaldyk-Doerksen has been with GVSD for 17 years teaching Grades 3,

6, 7, and 8 along with human ecology. She is currently a resource teacher at Winkler Elementary.

Aaldyk-Doerksen's educational philosophy belief, in part, states that "collaboration with the whole team is important. Teachers, parents, students, and support personnel all help

to ensure that the best opportunities are provided for all students.

"Relationships with all students is key. Look them in the eyes. Say their name. Show that you value them and their opinions."

# get inspired

> MEAL IDEA



## Braised Pork Buns with Quick Pickled Cucumbers & Bean Sprouts

Yields 11 servings

For pork:

- 2 teaspoons expeller-pressed grape-seed or canola oil
- 3.15 pounds Boston butt, cut into 3 pieces along natural muscle separation, trimmed of surface fat
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup vermouth, rice wine or dry sherry
- 2 1/2 cups thinly sliced red cabbage
- 1 small onion, sliced (about 1 cup)
- 3 tablespoons molasses (or honey)
- 2 tablespoons reduced sodium soy sauce
- 2 tablespoons minced garlic

- 2 tablespoons minced ginger
- 1 tablespoon toasted sesame seeds

For cucumbers:

- 1 tablespoon honey
- 1/8 teaspoon salt
- 3 tablespoons rice vinegar
- 2 large cucumbers, peeled, cut in half lengthwise, seeded with a spoon, thinly sliced
- 1/8 teaspoon freshly ground black pepper

To assemble:

- 11 soft whole-wheat hamburger buns
  - 2 3/4 cups mungbean sprouts
- To make the pork: Heat a large skillet over medium heat and add the oil. Season the pork on all sides with salt and pepper. When oil begins to shimmer, add pork and brown on all sides, about 4 minutes per side. Add browned pork to a slow cooker. Off of the heat, add the vermouth and then place on low

heat, scraping up any brown bits from the bottom of the skillet with a wooden spoon. Add contents of the skillet to the slow cooker, along with cabbage, onion, molasses, soy sauce, garlic, ginger, and sesame seeds. Cover and cook on high for 1 hour; then reduce heat to low and cook for 4 hours (alternatively, cook the pork on low for the entire duration, 6 to 7 hours).

To make the cucumbers: One hour before serving, in a medium bowl, stir and dissolve the honey and salt into the rice vinegar and then add the cucumbers and pepper. Chill. To assemble: Toast the buns cut side up under a broiler or in a toaster oven. Fill the buns with pork, drained cucumbers and bean sprouts.



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### MISCELLANEOUS

Let us be thankful for the institution of the Christian Sabbath. It is a thing wherein God has shown His mercy to us and His care for our souls. He shows that He, by His infinite wisdom, is contriving for our good as Christ teaches us that the Sabbath was made for man. It was made for the profit and comfort of our souls. Jonathan Edwards

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## take a break > GAMES

### SUDOKU

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

### Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

### Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

Sudoku Answer

S	M	H	T	H	V	P	O	D
E	K	C	A	M	E	R	O	N
R	I	V	S	V	P	V	T	E
E	N	C	E	M	E	H	E	D
C	T	I	N	I	N	I	N	U
V	M	S	I	P	E	S	O	R
B	V	L	S	E	T	V	E	N
S	R	S	V	E	S	T	I	N
D	E	Z	I	N	O	M	I	S
S	I	N	V	T	L	E	B	T
S	H	T	V	P	S	E	R	O
L	V	B	V	C	D	E	T	I
E	R	I	C	N	V	G	V	S
E	O	B	O	E	R	V	D	C
S	B	V	L	P	P	S	P	O

Crossword Answer

## X CROSSWORD

### CLUES ACROSS

- Stores
- Worthless entertainment
- Where scientists work
- Pretty flower
- A way to act
- Double-reed instrument
- Type of acid
- Famed astronomer
- Smooth, shiny fabric
- Profited from
- Secret clique
- Infections
- Crony
- Teens go here every day (abbr.)
- Suitable
- Fresh Price of \_\_\_ Air
- Ancient city of Egypt
- Basketball move
- Polished
- There's a north and a south
- Egg of a louse
- Once-ubiquitous department store
- Portray precisely
- Thick piece of something
- Period between eclipses
- Indicates near
- Investment account
- England, Scotland, N. Ireland, and Wales (abbr.)
- Beak
- Void of skill
- Walked back and forth
- A display of passion
- Geological times
- Type of restaurant
- Spacious
- Edible seaweed
- Utah city
- Tropical tree
- Nervous tissue compound
- Body part
- Muscles and tendons
- Draw out wool

1	2	3	4	5		6	7	8		9	10	11	12	
13						14					15			
16					17						18			
19				20						21				
					22					23			24	
25	26	27		28				29				30		
31			32		33		34					35		
36				37		38				39			40	
	41				42				43		44			
		45						46		47		48		
49	50		51				52				53			
54		55				56						57	58	59
60						61						62		
63						64					65			
66						67					68			

- Give someone a job
- Chemical and ammo manufacturer
- Footsteps
- The Palmetto State
- Books have lots of them
- Diverse Israeli city
- It's mightier than the sword
- Confines
- First month of the Jewish ecclesiastical year
- Idaho's highest peak
- Prevents from seeing
- Determine time
- Father children
- Tab on a key ring
- Dog genus
- Peter's last name
- Walk heavily
- Allowances
- English football squad
- Fish-eating aquatic mammals
- South Pacific island region
- Unaccounted for
- Small taste of whiskey
- Ventilated
- Helps little firms
- One of means
- Fencing swords
- Inches per minute (abbr.)
- Turn upside down
- S. African semi desert
- Dutch names of Ypres
- Instruct
- Oily freshwater fish
- Italian river
- Sneaker giant
- The men who man a ship
- Some need glasses
- Body part
- Indicates position



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## COMING EVENT



**MANITOBA'S PASSION PLAY** 20<sup>th</sup> ANNIVERSARY

**July 6 & 7, 2019**  
6:30pm Nightly Gates open at 4:30pm

**July 12, 13, 14, 2019**  
7:30pm Nightly Gates open at 5:30pm

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- Advertise/secure suitable tenants for available suites.
- Attends monthly board meetings as well as prepares the agenda for monthly board meetings including financial reports, minutes, applications for rating, and other reports or requests required.

Responsible to Legion Housing Board of Directors and Manitoba Housing.

Please send or bring in resume and two references to:

Contact Information:  
Morden Legion Housing  
265 North Railway St., Morden, MB. R6M 1W4  
Email: [leghouse@mts.net](mailto:leghouse@mts.net)  
Phone 204-822-6596 (office) 204-823-4588 (cell)  
Applications accepted until July 5, 2019. Start date: August 1, 2019  
Wages: Depending on experience  
We thank all of those who apply, but only those selected for an interview will be contacted. Job type: Part-time

## ANNIVERSARY



Come join us in celebrating the 50th Wedding Anniversary of Frank and Katharina Peters (formerly of Osterwick) on July 7, 2019 at the Zion Mennonite Church in Schanzenfeld Program at 4 p.m. Fasma to follow. Let your presence be your gift!

## NOTICES

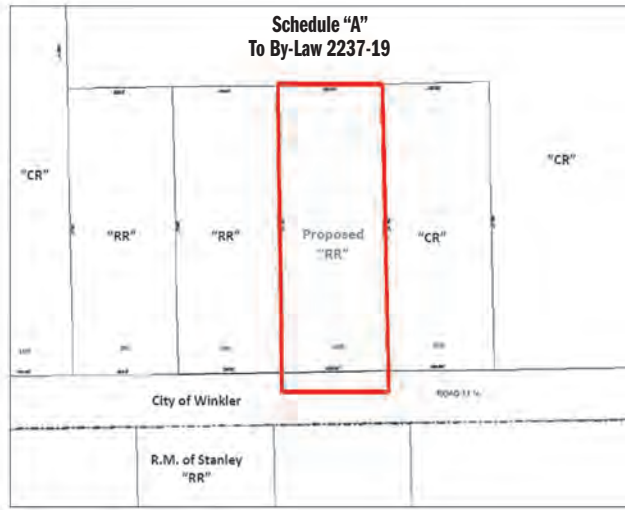
### UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

The Council of the City of Winkler, under the authority of The Planning Act, will hold a Public Hearing, at the Winkler Council Chamber, 185 Main Street, Winkler, Manitoba, on Tuesday, July 9th, 2019 at 7:00 PM, at which time and place the Council will receive representations and objections from any persons who wish to make them in respect of By-Law No. 2237-19, of the City of Winkler.

The general intent of the above By-Law No. 2237-19, is to zone the land described below, Namely: **1635 Road 11 N, legally described as Lot 1, Plan 34668 MLTO in the SE-32-02-04-WPM** as shown outlined in a heavy solid line on the map attached hereto as Schedule "A", and forming part of this by-law, be rezoned  
**FROM:** "CR" Community Reserve Zone  
**TO:** "RR" Rural Residential Zone

A copy of the above By-Law No. 2237-19, and supporting material may be inspected by any persons between the hours of 9:00 AM and 5:00 PM, Monday to Friday, in the City Office. DATED at Winkler, in Manitoba, this 5th day of June, 2019.

Designated Officer  
City of Winkler



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## CAREERS



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**Responsibilities of this position include:**

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- Further create and manage our farm information and data systems.
- Analyze and report on collected farm data.

Kroeker Farms operates in a team environment. Our office is structured to promote collaboration. The GIS and Technology Coordinator is a member of a larger agronomy team that supports our farming operations. The agronomy team collaborates with all levels of our farm management team. Our mission is to produce good, healthy food and a healthy world. We are looking for a GIS and Technology Coordinator to help us achieve this mission.

**If you would like to become part of our team, please submit your resume in person or by email to the attention of:**

**Herb Franz**  
Human Resources Manager  
Kroeker Farms Limited  
777 Circle K Drive  
Winkler, MB R6W 0K7  
Phone: (204) 325-4333  
Email: [herb@kroekers.com](mailto:herb@kroekers.com)  
Website: [www.kroekerfarms.com](http://www.kroekerfarms.com)

We thank all applicants for their interest, however, only those being interviewed will be contacted.



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## NOTICE TO CREDITORS

### NOTICE TO CREDITORS

IN THE MATTER of the ESTATE of **Ralph James Connor**, late of the City of Morden, in Manitoba, deceased.

All claims against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at 309 Stephen Street, Morden, Manitoba, R6M 1V1 within thirty (30) days of the date of this publication.

DATED at the City of Morden, in Manitoba, this 18th day of June, 2019.

McCULLOCH MOONEY JOHNSTON SELBY LLP.  
Attention: **ROBERT H. McCULLOCH**  
Solicitors for the Executor

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for the Estate of Dallas Williams  
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## COMING EVENTS

P.W. ENNS CENTENNIAL CONCERT HALL

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JULY 2-6 / 12:30 - 1 PM



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## ANNOUNCEMENT



**jdb project engineering**, a local engineering consulting company is expanding its services to include Structural Engineering by welcoming David Poole, P.Eng. to its team. David has been working as a member of the Manitoba design community since 1998 in a variety of roles.

David draws on his breadth of experience in delivering successful projects in the residential, commercial, institutional (health and education facilities), recreational, and industrial market sectors to deliver practical, cost effective solutions based on proven, effective concepts/details which balance constructability with affordability and engineering requirements.

David has proven that he can either take a lead role in directing, or act as an effective member of complex multi-disciplinary design teams.

David has previously completed a number of projects in the Winkler (inter alia the Winkler Library) and Morden region and is excited to join the jdb project engineering team."

### Education

- Civil Engineering Technology (Structural) Diploma, Red River College, 1998, Honors Graduate
- B.Sc. (Civil) Degree, University of Manitoba, 2004, Dean's Honour List Graduate

**jdb project engineering**, has recently opened its first international office and Johan Botha, the Principal of the Company, will spend more time in international engineering and project management."

## ANNOUNCEMENT

# WIENS DOELL LAW OFFICE



## Congratulations

**Jaymi L. Brown, B.A. (Hons.), LL.B.**

On graduating from Robson Hall Faculty of Law, University of Manitoba. Jaymi will be articling at our office for the next year with a focus on the areas of Real Estate, Business Law, Corporate/Commercial and Wills and Estates.



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19U006

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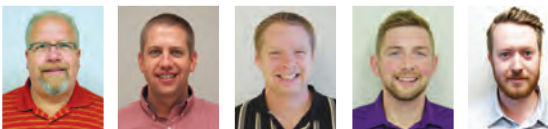
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\*Some conditions apply. Offer valid from June 27th to July 17th, 2019. Purchase from an authorized Canadian retailer or from a Samsung Experience Store in Canada any Samsung-branded Refrigerator, Range, Dishwasher, Hood Fan and receive a discount of either: (i) \$150 if you purchase any two of Samsung-branded Refrigerator, Range, Dishwasher and Hood Fan; or (ii) \$300 if you purchase any three (or more) of Samsung-branded Refrigerator, Range, Dishwasher and Hood Fan. Samsung Microwaves (over the range or counter top), Wall Ovens, Cooktops, Washers and Dryer are not included in this offer. The following models are excluded from this offer: Samsung Refrigerator RT18M614S2/AA, RT18M6213W/AA, RT18M6213S2/AA and RT18M6213S2/AA. Products can be purchased separately at regular prices. While supplies last. No rainchecks. Offer is not stackable with other Samsung offers. This offer may be cancelled or amended at any time without notice.