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VOLUME 10 EDITION 28

THURSDAY,
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Feeling the music

Gabriel Friesen and Asher Friesen practise their finger work at Cadenza Summer Music Week, which held classes at Winkler Elementary School July 2-6 and also provided free lunchtime concerts to the community at the Winkler concert hall. For more photos, see Pg. 2.

PHOTO BY ASHLEIGH VIVEIROS/VOICE

news > sports > opinion > community > people > entertainment > events > classifieds > careers > everything you need to know



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Musical education

Cadenza instructor Kelli Trotter put down her violin and jumped up to step-dance at one of the lunchtime concerts the music camp held at the P.W. Enns Centennial Concert Hall



last week. When they weren't sharing their music with the general public, teachers and students were hard at work honing their craft with classes throughout the week. Clockwise from right: Emma Klassen and Denise Howatt get some advice from instructor Darryl Friesen; Norah Reimer and Madeline Sanders practise together; Bery Filsaime teaches Blaze Derksen how to make his cello sing.



PHOTOS BY ASHLEIGH VIVEIROS/VOICE



Morden man charged after firing pellet gun at multiple victims

A Morden man is facing serious charges in connection to an incident that took place on

May 25.

Officers were called to a business in the 100

block of 7th St. just after 9 p.m. that day after receiving a report of two individuals who had been shot with an unknown object.

The first victim told police that he could hear objects striking the gas pumps. When he went to look, he was struck in the buttocks. The victim reported that he could

Continued on page 7

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Author shares story of her very own 'Micro Miracle'

By Lorne Stelmach

A former Morden resident's journey with a baby born 16 weeks premature is now documented in a book.

Appearing back in her hometown Friday for a book signing of her memoir *Micro Miracle: A True Story*, Amy Boyes sees her tale as going somewhere deeper than just the details of the miracle that is now her six-year-old daughter Madeline.

"I remember just struggling to think that little thing was ever going to turn into a cuddly, chubby baby ... but there's a long progression," Boyes said in advance of her appearance at The Olive Tree.

Originally from Morden, Boyes (formerly Esler) still has family in the area. Today she makes her home in Ottawa where she is a pianist and educator as well as a music festival adjudicator and examiner.

When not teaching piano, she carves out a few minutes every day for writing. Still, this book came about quite unexpectedly for her.

"I wasn't even intending it to be a book," recalled Boyes.

"I was just home with Madeline after she had come home from the hospital and she was in seclusion. We really couldn't leave the house because her immunity was so low. I wanted to basically make a record of what had happened to us, and as I started to journal I realized that this would make a really good book."

Micro Miracle is the account of a first-time mother whose expectations of childbirth and parenting were dramatically altered.

It goes into how Madeline was born weighing just over a pound, small enough to fit in an adult's hand. Her eyes were fused shut, her skin was transparent and fragile, and she was too ill to be touched.

As days dragged on, Madeline's body began to break down and Amy and husband Josh had to make life-changing decisions regarding their daughter's treatment.

Continued on page 5



SUPPLIED PHOTOS

Amy Boyes' book *Micro Miracle* shares the story of her daughter, Madeline, who was just one pound at birth (left) but overcame all odds to become a healthy six-year-old today.



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Morden.

Thrift shop pours \$500K back into community

By Lorne Stelmach

The Morden Community Thrift Shop put another half a million dollars back into the community Monday.

Representatives handed out about \$500,000 to 17 different organizations and projects, including \$250,000 to the Boundary Trails Health Centre Foundation building fund.

The thrift shop has thus far given a total of \$750,000 towards the future hospital expansion, noted an elated BTHC Foundation executive director Shannon Samatte-Folkett.

"I don't really have words for that. It's incredible. It's so generous," she said. "They see the importance."

"It's indescribable," added Pat Gibson, a representative of the volunteer expansion committee.

"This goes a long way to start our program, start our building fund," added Gibson, noting the building fund now is at around \$1.5 million with estimates that they will ultimately need anywhere from \$10 to \$15 million for the project. "We know that we are going to have to raise multi millions of dollars for phase one, and the Boundary Trails Foundation has taken ownership of completely building phase one with the government looking after the rest of it."

The lengthy list of community proj-



PHOTO BY LORNE STELMACH/VOICE

Representatives from 17 different community groups and projects stopped by the Morden Community Thrift Shop Monday to receive \$500,000 in donations.

ects receiving funding from the thrift shop this week also included:

- Agassiz Medical Centre: \$8,500 for new equipment
- Boundary Trails Health Centre: \$40,000 for rehab therapy equipment.
- Boundary Trails Health Centre: \$500 for its flower fund.
- Darlingford fire department: \$22,000 for hydraulic lift jacks to be shared with Manitou, La Riviere, and Morden.
- Healthy Minds: \$5,000 for Morden school-based breakfast program.
- Morden Community Handivan: \$20,000
- Morden Christian Program committee: \$6,000.
- Morden Collegiate: \$6,000 for six

bursaries.

- Morden fire department: \$20,000 for equipment.
 - Pembina Counselling Centre: \$25,000 in support of counselling services.
 - Pembina Valley Bible Camp: \$15,000 for campership fund.
 - Pembina Valley Pregnancy Care Centre: \$10,000 in support of counselling services.
 - Rock Lake United Church Camp: \$15,000 for campership fund.
 - STARS air ambulance service: \$25,000.
 - Youth for Christ: \$20,000 for programs and \$12,000 in support of counselling services.
- Nora Wiebe, executive secretary for

the Morden Community Thrift Shop, noted they always look to support a broad spectrum of organizations and projects.

"We try to reach as much of the community as possible," she said.

"This is a day we look forward to twice a year," she added. "And on days when you're feeling a little down or overwhelmed by the work, you just realize where it's going and what's going to happen.

"It feels like Christmas. We're just delighted to be able to do it. We're absolutely delighted," Wiebe concluded. "It's what we come here for every day. It's a community thrift shop, so what we take in goes out."

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Winkler Police lay charges in meth busts

Winkler Police dealt with several cases involving methamphetamine use over the past few weeks.

On June 24, officers were called to a residence regarding a male who was damaging property inside the home.

Police found the man to be exhibiting signs of meth use and arrested him under the Mental Health Act and transported him to hospital for assessment.

After the man was medically cleared he was lodged at the police station under the Intoxicated Persons Deten-

tion Act until sober.

Then, as the result of a June 27 traffic stop, three individuals were arrested for meth possession.

A female youth and a 28-year-old man were each released on a Promise to Appear with conditions.

A 29-year-old male, who was also charged with driving an unregistered vehicle and driving while disqualified, was remanded into custody pending an appearance in court the next day.

On June 28, police received a report

of a male who appeared to be overdosing on meth.

The man admitted to police that he used the drug that evening. He was transported to the hospital for assessment.

Shortly before 2 a.m. police conducted a traffic stop as part of a methamphetamine trafficking investigation.

As a result, a 32-year-old female was charged with possession of metham-

get informed

NEWS > VIEWS > WINKLER > MORDEN > SURROUNDING AREAS

PVHS honouring founder with new backyard project

By Lorne Stelmach

The Pembina Valley Humane Society are tackling a project in memory of one of its founders.

The regional shelter has begun work on its backyard dog enrichment project in honour of longtime volunteer Al Titchkosky, who passed away last month.

"Al Titchkosky was very integral in getting this whole thing started and turning the humane society into what it is now," said Holly Thorne, PVHS public relations chair.

"We wanted to do something in his memory," she said. "He loved running the dogs and working with the dogs, so we know the idea of having something to enrich them, exercise them, and be able to come out to the yard and have fun and run is something that he would have absolutely loved."

Donations received at Titchkosky's memorial services combined with

PVHS funds will see several interactive stations set up in the shelter's yard.

"We also put the word out if somebody has supplies, if somebody has the time they're able to donate ... it really kind of took off from just the idea of what can we do to honour Al to becoming this whole thing," said Thorne.

"We raised about \$1,500, which was fantastic," she said. "If somebody still wants to donate, we'll gladly accept it."

"Really what we're looking for right now, though, is, in terms of donations, labour and maybe some supplies. Any type of lumber we can get, for example."

The project has started with an adjustable height hoop made of durable yet safe materials for dogs.

"We're thinking about getting things like A-frames, and we've got some big giant tractor tires that are going to come for the dogs," Thorne said. "It's



PHOTO BY LORNE STELMACH/VOICE

Acting shelter manager Alesha Unrau and public relations chairperson Holly Thorne at the hoop station with shelter resident Franklin.

just a fun way for the dogs to be able to continue to get their exercise and really enrich their time here ... especially for our longer term dogs it's a great opportunity for them to come out, blow off some steam, and really

have a good time."

She noted people can keep an eye on the PVHS Facebook page and website for further details, including plans for an upcoming work day.

> MICRO MIRACLE, FROM PG. 3

The most dangerous aspect to a child being born so prematurely is that they have no immunity, Boyes noted.

"She developed some pretty severe infections right away ... and this is all within the first two weeks of life when she only weighed about 600 grams."

The girl's lungs were basically collapsing as she suffered from pneumonia and other conditions. One of the Boyes' toughest decisions came in having to go with a treatment that came with a good chance of their child developing cerebral palsy.

"But if you don't give her this drug, she may die, possibly by the end of the week. So what would you like to do?" said Boyes.

"Having to make a decision for somebody who cannot voice their own opinions ... but they have to live with the results of your decision ... that's a huge responsibility and I think it would resonate with all parents."

Boyes marvels at some of the facts

that make Madeline's survival a true miracle.

"At her lowest weight, when she was the most ill, she dropped down to 580 grams," she said. "Her skin was so translucent when she was born that you could see the outline of her stomach ... her eyes were still fused closed

... she was three weeks old before her eyes opened.

"Once we got over the first few months, she's hit every milestone, and I think that's partially the miracle of Madeline that she doesn't have any long term disabilities or any issues we're concerned about," said Boyes. "At 24 weeks, the odds of them getting through without any kind of long term disabilities is very low."

She sees her family's experiences as ultimately being about the struggle and the will to live, which is something that can resonate with anyone.

"I think parents of children who have had any kind of a birth experience, some of our story would resonate, like having to make decisions for your child, having a scary or insecure experience, and that was the beginning of the book."

Micro Miracle: A True Story

"She lies still, her wrinkled limbs flopped across a stiff flannel sheet. A sunshine-yellow toque covers her tennis ball-sized head.

"Her tiny bits of ears peek out from under the toque's fuzzy yarn. Cartilage hasn't formed yet, so her ears are just flaps of skin, folded forward against her head.

"Her puffy eyelids are fused together like a newborn kitten's. Their inability to open creates an illusion of blindness, a suggestion she'll never see the worried faces hovering over her.

"Saliva foams and dries around the ventilator tube that slinks over her pointed chin, into her gaping

mouth. She has no fat, nothing to plump the pouches of skin that drip off her jaw and pile into layers on her neck and shoulders, just a coat of downy hair to protect against the amniotic fluid she no longer swims in.

"With each breath forced into her underdeveloped lungs by the mechanical ventilator, her ribs protrude against her crimson, gelatinous skin like shark fins skimming the surface of the ocean. Her fragility disturbs me. I'm overwhelmed by her helplessness."

—Excerpt from the book
Micro Miracle: A True Story by Amy Boyes



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Breaking into the Olympics

Dust off your old VHS copy of *Breakin' 2: Electric Boogaloo* and prepare yourself for the reality that break dancing is going to be a sport at the Paris Summer Olympics in 2024.

It's true, much to the amusement and faux outrage of people who "cannot understand how break dancing is a sport" but seem to ignore things like ice dancing. Frankly I think it takes as much or more athletic ability to break dance than ice dance, but what do I know.

In many ways break dancing is like the gymnastic event of pommel horse without the pommel horse (and with some sweet music). Think of the neck muscles required to spin on your head.

Humans have very short memo-

ries and people's mocking of adding break dancing to the Olympics is an example of this.

The ancient Olympic games date back to 776 B.C. and included artistic expression, not simply athletics, because the Greeks understood that there was more to life than a tailgate party in the Colosseum parking lot prior to the chariot races.

Sculptors, poets, painters, and artisans of various stripes participated in the Olympics in competition with each other. Pierre de Coubertin, the founder of the modern Olympics, wanted this same involvement of the arts as well.

Alas, we live in a culture where all too often athletic achievement is seen as the pinnacle of competition over artistic endeavour. One need only look at the grants and sponsorships athletics rakes in, not to mention the salaries.

Can you imagine if a poet made as much money as Connor McDavid's \$19 million in 2019? Sadly, neither can I.

I think adding artistic expression to the Olympics would be awesome. Imagine if Canada's Denis Villeneuve won a gold medal for best film with his forthcoming *Dune*? Maybe Brit-

ain's Ed Sheeran lands a silver medal for best pop song, losing the gold to Korean super group BTS.

Other events to be added in 2024 include surfing, skateboarding, and sport climbing, which I think is pretty amazing. All of these take a serious amount of athletic ability and creativity.

Religious expression was also a part of the original Olympics, but I imagine this to be a tad less viable today given the amount of competition in the real world. Although certain events would be fun to watch—Menonites would definitely win the goat knocking competition (FYI: spell-check just had a seizure as it tried to force goat knocking, which I imagine would be fun as well).

Things change. We hate that. We fear change even in competitions and entertainment. I say relax and let it happen. These new additions have one more hurdle to pass in 2020 before being fully confirmed and I hope they make it.

In the meantime, did you know a great sport is to add electric boogaloo to any of your favorite sequels? Try it: *Godfather 2: Electric Boogaloo* for instance or *Jaws 2: Electric Boogaloo*. It changes the entire story potential.



By Peter Cantelon

> POLICE, FROM PG. 2

see what appeared to be the barrel of a gun sticking out of an apartment window.

The second victim advised that he was also struck by an object in the leg and hand and while walking towards the sound he could hear several shots going by his head.

Both victims received minor injuries and did not require medical attention.

At approximately 9:46 p.m., police received a report from the hospital advising that a female victim had been shot in the head and that a pellet had been removed from her scalp. The woman had been walking in the 100 block of 7th Street at the time of the incident. The victim was treated for

her injuries and released.

Through subsequent investigation police were able to identify and arrest a suspect. The suspect's apartment was searched and several items, including a pellet gun, were seized.

As a result, 18-year-old Dawson Wood is charged with three counts of assault with a weapon or causing bodily harm, three counts of discharging an air gun or air pistol with

intent, possession of a weapon for a dangerous purpose, three counts of careless use of a firearm, three counts of pointing a firearm, and failing to comply with the conditions of an undertaking.

Wood was released on conditions and a Promise to Appear in Morden Provincial Court at the end of the month.

> METH BUSTS, FROM PG. 4

phetamine for the purpose of trafficking; a 39-year-old female was charged with possession of methamphetamine for the purpose of trafficking, possession of cocaine, possession of proceeds of property obtained by crime, and breaching a recognizance;

and a 41-year-old male was charged with possession of proceeds of property obtained by crime.

Three other adults were also arrested in relation to this investigation and released without charges.

The Hub has a home for the summer

Search for a permanent space continues

By Lorne Stelmach

The Hub has found a home for the summer, but the hunt for a permanent location continues.

Starting July 2, the community centre began offering its weekly food bank out of the EMMC's youth building at 610 1st. St.

Spokesperson Brian Thiessen said it came as "very much a relief. We didn't know what was going to happen. This came at just the perfect time."

The group had to leave their former facility at the end of June and didn't have a new space lined up. The Hub has offered food, clothing, and household items to families in need for the last several years.

"We were very excited that this came about at least for the next two months," Thiessen said. "It gives us a

little bit of time, a little bit of breathing space to look for something else. We still have all our clothing in storage, but at least we're able to still hand out food hampers on our weekly basis."

The food bank is open Tuesdays from 3-6 p.m.

Come fall, Thiessen said they'd love to set up shop in a central location in Morden that's accessible to people without easy access to transportation.

At this point, though, they're open to any location offered. Thiessen estimates they need about 500 sq. ft. to operate the food bank and a larger space to bring the used clothing out of storage.

"We're still waiting to hear back on one potential location, but we don't know anything definite on that at all," he said.



PHOTO BY LORNE STELMACH/VOICE

The Hub is calling the EMMC's youth building home this summer as it searches for a more permanent location.

"The plea still stands: we're looking for something more permanent, more long term. If anybody knows of something or knows somebody that knows something, reach out to us. Give us a

tap on the shoulder and we'll see if we can line something up."

The Hub representatives can be reached on Facebook.

Morden hires new communications director

By Lorne Stelmach

The focus for Morden's new marketing and communications coordinator is being more proactive.

That was highlighted as a key priority for Viktor Karklins when he took up the role for the city this spring.

"That was one of the pieces that, right from the very beginning ... being proactive in communicating with citizens ... letting people know what's happening in this city," said Karklins, who sees it as vital for the the City of Morden "to figure out how to proactively get ahead of that communication curve and then also being able to find ways of creating great feedback channels, so that not only does information go out proactively but getting the feedback and reaction from people.

"That's such an integral part of a healthy relationship between the municipality and the citizens."

Karklins grew up in Orangeville, Ontario before completing a leadership certificate in British Columbia

and a humanities degree in Saskatchewan. He is currently completing his MBA through the University of Regina.

Working primarily in the higher education and not-for-profit sectors, he started as a freelance photographer and eventually took on progressively larger roles in marketing and communications.

After several years in Saskatchewan, Viktor spent the last few years in southern Ontario working for the University of Waterloo and for a small non-profit in Orangeville doing marketing and communications work.

Karklins said he is excited about his new job in Morden and looks forward to working with a great team of city staff.

"Everyone has been so friendly and welcoming, and there is such a great energy and excitement here," he said. "I'm really looking forward to working for this city and for the people of Morden.

"There's just so many opportunities that the city has," Karklins contin-

ued, suggesting that Morden is "really thriving and growing and getting some great traction in ways that kind of punch above the weight class of Morden.

"For a smaller kind of centre ... some of the things like the immigration program, the people here working on it, they just have so many people who want to come and be part of this city ... coming in and seeing a lot of these things coming to fruition, to be part of that, it's a really exciting time."

"The City of Morden has so much to offer to our current and potential businesses and citizens," agrees Mayor Brandon Burley. "It is a fantastic city, and we are excited to have Viktor on the team to help others discover Morden and all of its unique opportunities."

"Viktor will be integral in improving our communication to citizens and creating channels by which they can communicate their feedback to us," noted city manager Faisal Anwar. "We want to not only be better listeners, but we want to be proactively



Victor Karklins is Morden's new marketing and communications coordinator.

communicating with citizens about the things that affect their day-to-day lives."

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arts & culture

'Keep S'Myelin & Blooming' shines a spotlight on life with MS

By Ashleigh Viveiros

It's the nights that are the worst for Allison Froese.

Since being diagnosed with multiple sclerosis a decade ago, Froese has suffered through many a sleepless night when the pain in her body simply won't let her rest.

Instead, she draws.

"These are usually done at 11 o'clock at night, 2 a.m. Nights are rough for me," Froese says as she prepares to launch her ink art exhibition at Winkler Arts & Culture last Friday night.

The show is entitled *Keep S'Myelin & Blooming—Finding Joy Through the Journey of MS*. (Myelin is the protective layer around your nerves that disappears in a person with MS, causing a variety of debilitating symptoms.)

For Froese, the show is a chance to give people a glimpse into the ups and downs of living with this disease.

Each of the more than two dozen pieces illustrates a various aspect of the illness—from the pain and fear one might feel to the courage they find to get out of bed each day.

A botanical theme runs through it all, with various types of flowers serv-

ing as symbols for the messages Froese is trying to get across.

"It's just something I often draw and it seems to make sense. Flowers are delicate, and they can grow or they can die," she says, adding she sees it as very much akin to living with MS. "It's either you live with it or you're done."

"Sometimes you have bad days and sometimes you have good days. You live day to day. You wake up and you try to figure out what kind of day it's going to be."

The very process of putting this show together—her first as an artist—proved to be a balm to Froese on the rougher days.

"I can say honestly it took me a whole month to do all the ones with the words, because every single day that's how I was feeling or needed to feel to go on for that day."

She hopes people walk away from the exhibit with some food for thought.

People living with MS can have full lives, Froese stresses, but they need the support and understanding of those around them.

"It's nerve-wracking and at the same time exciting for people to see what I'm going through," she says. "I just want people to know MS is dif-

"IT'S NERVE-WRACKING AND AT THE SAME TIME EXCITING FOR PEOPLE TO SEE WHAT I'M GOING THROUGH."



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Allison Froese's work on display at Winkler Arts and Culture this month illustrates some of the struggles and triumphs she's had since being diagnosed with multiple sclerosis.

ferent for every single person. It's not all the same, so you can't necessarily go up to someone and say, 'My aunt or uncle has MS and so I know how you feel.' You really don't.

"I hope that people's takeaway is that they're educated more about MS and what MS is. And at the same time, just how beautiful it can be in certain ways. You have to always look on the positive side.

Keep S'Myelin & Blooming is on display at the Park St. gallery until the end of the month.



Walking challenge clocks in 26.3M steps

By Lorne Stelmach

A local walking challenge saw participants come close to their lofty goal last week.

The World Walking group spearheaded through the Agassiz Medical Centre had staff, patients, and community members at large combining their efforts towards a goal of 32 million steps—enough to cross the United States.

"We were at 26.3 million steps in total, which is not quite the 31.5 million we need but we're pretty darn close,"

said nurse practitioner Brent Gouthro, noting they had extended the May 1 to June 30 challenge to see if they could reach the target.

"It was a longer challenge than last year, and we had a little bit less in terms of people participating, but some of the same folks from last year and some new ones, so that's good."

Gouthro was inspired to spearhead the initiative last year in memory of Dr. Bob Menzies, who for many years would put out activity challenges to clinic staff.

The 2018 walking challenge saw

participants clock over 28 million steps—more than enough to traverse Canada.

Over 120 people took part this year, representing a good cross section of the community, Gouthro said.

"From young teenagers all the way up to some older folks," he said. "Some people who are basically not big walkers have really jumped on board with this.

"There are some people putting in some serious steps," Gouthro added. "A young guy at Decor ... he's at a million steps himself. Then there's peo-

ple I know who are struggling with serious health issues who are still plugging away because they realize it's good, healthy activity.

"That's the purpose. The goal is just to get people moving," he stressed. "That part, I think, is the most encouraging—that people even beyond this challenge may continue to log on to other walks and over the winter perhaps walk across Europe or something."

Mutheson Fdn. hands out scholarships

By Lorne Stelmach

The legacy of Michael Mutheson is providing support to two more graduating students from Morden.

The pair of annual Michael Mutheson scholarships of \$3,000 were presented recently to Stephen Buschmann and Maiya Aschberg.

"I was so excited, and it's just such a big honour, and I'm really thankful that they chose me to receive this scholarship," said Buschmann, who is going to university to study the sciences and then plans to enter medical school.

"It's going to be a big help with going on to university this next year. It's going to help out a lot with the first year of tuition," he said, adding it is especially meaningful receiving the support with the Mutheson name attached to it.

"Mr. Mutheson was a great guy with so many accomplishments, so it's a big honour getting this in his name."

"I did a lot of research on it, and I

thought it was a really good scholarship in memory of his brother," said Aschberg, who will be attending University of Minot to play hockey and study nursing.

"I was pretty excited about it. I think it's really good what they do," she added, noting it was nice to visit Michael's brother Ray and his mother Sylvia at Homestead South to receive the award last month.

"They talked about the whole scholarship and the background behind it. It was really awesome to hear about what they are doing. I think it's really special. To be awarded this is really amazing."

In total, the Michael Mutheson Scholarship Fund awarded \$12,000 in scholarships to four students this year, including two in Milton, Ontario.

The Michael Mutheson Scholarship Fund is "dedicated to youth with a dream," said Ray.

"Our parents were both very involved with community support organizations and coaching children.



SUBMITTED PHOTO

Sylvia Mutheson (far left) and son Ray (far right) recently presented Stephan Buschmann and Maiya Aschberg with scholarships on behalf of the Michael Mutheson Foundation.

They passed their love of children and community down to their family," he said.

"Michael Mutheson lived life to the fullest. He loved athletic pursuits of many sports," he continued. "Michael knew what it was to struggle to excel; he was resourceful and worked hard for all his accomplishments. Throughout life, Michael maintained a wonderful sense of humour, energy and enthusiasm for all he undertook. Michael also was generous to those who were struggling to excel."

In addition to the scholarships, the foundation also includes a trust fund which supports a variety of organizations dedicated to helping children. It is nearing \$1 million in funding since its inception. The latest children's charity to benefit with a grant of \$50,000 was the Smilezone Foundation, which seeks to make tough days a little brighter for kids receiving treatment in hospitals by creating fun "Smilezones" that harness the uplifting power of a smile.

• SIX SIMPLE STEPS OF PERSONAL FINANCIAL MANAGEMENT

Step 1: Cash flow—live within your means

Getting your cash flow in line is by far the most important step. Until you have achieved this and are living within your means it will be difficult to do Steps 2-6.

Living within your means sounds simple enough, and in fact, if you are already doing it, then the rest of the steps will be easy. If you haven't up to this point then you will have some work to do. Analyzing your cash flow



Chris MacPherson, CHS

and living within your means, simply put, could look like this:

- 1) Get paid
- 2) Put some away (a.k.a. pay yourself first).
- 3) Pay your bills.
- 4) Spend the rest.

It really can be that simple. I mean, if you are doing everything right and you pay for it all every month then, by all means, spend the rest.

The flip side is every month your debts are increasing. The solution to this problem is to bang out a budget and compare your spending to your income. Easy cuts to the entertainment budget, eating out, etc., can easily get you back on track.

Obviously, bad choices in the past can and will haunt you for a long time. Another mistake couples often make is buying new vehicles when a well priced used one would work just fine. Rule of thumb: If you cannot pay off the vehicle within three years, then you cannot afford it. Either save up a bit longer or make a less expen-

sive choice. We will talk about paying down your debts in more detail in Step 3.

You don't have to create the budget from scratch—you can open up Excel and they have some budget templates already made that you can edit to work for you.

Or you can have your financial advisor help you with this. I am always amazed at how much cash is "leaking" out of the budget. My clients are usually quite surprised as well.

It can be a pain in the butt to create a budget and then have to input each and every receipt and bill payment you make. So, unless you enjoy this, I recommend doing it for two months so you can get a feel for your situation. Then, every six to nine months, do another month to reset your spending.

Lastly, if your situation changes, it is always good to look at the budget and make adjustments. What you want to see is that you are earning more than you are spending.

As we work our way through Steps 2-6, you will need to adjust your budget to coincide with the recommendations and strategies.

In the next step we will discuss insurance.

If you would like a free copy of the complete book *6 Simple Steps of Personal Financial Management* or have any questions, please reach out to me at chris.macpherson@manulifesecurities.ca.

Chris MacPherson is a financial advisor with Manulife Securities Incorporated and a life insurance advisor with Gallery Wealth Management.

Gallery Wealth Management is a trade name used to offer both securities and insurance products and services under. Stocks, bonds and mutual funds are offered through Manulife Securities Incorporated. Insurance products and services are offered through 4314654 Manitoba Ltd/ o/a Gallery Wealth Management. Banking products and services are offered through referral.



PHOTOS BY LORNE STELMACH/VOICE

Gardens on display

By Lorne Stelmach

There were different styles and approaches on display Saturday, but the common bond among homeowners who opened up their yards for the Grow Your Roots garden tour was a passion for their outdoor spaces.

Revived as a joint initiative of the Pembina Hills Arts Council and Morden and District Horticultural Society, the self-guided tour featured nine residential yards, a local business, and two public sites.

For Merle Block and wife Susan, their home on 9th St. has been transformed over the years into a tranquil multi-purpose space for both relaxing and entertaining.

"We've always loved gardening and making a beautiful place for ourselves. It's our cottage, we call it," said Merle.

Susan noted they have aimed to create distinct spaces within the yard, and it also features a number of artistic touches as well.

"We've concentrated on creating a number of rooms in the yard, so there's a dining area, there's a relaxation area by the fire pit for the evenings and a gazebo for just resting and relaxing when we

have time for that," she said.

For Merle, the day proved to be enjoyable.

"It's always nice to meet people, and we do invite people to come and take a look."

For Joyce Olfert, tending to her yard on 10th St. is more than just a passion.

"It's therapy for me. I keep saying that to my kids," she said. "I love it. It's therapy for me; to be outside and work in the dirt ... when I get that done, I just feel accomplishment, and then I can sit on my deck and have a cup of coffee or tea and just say job well done."

Olfert admitted to being somewhat uncertain about being on the tour at first because her approach meant that "I want it perfect, I do not want weeds, so it takes a lot of time, but it kind of is again to say I did it."

The yard has evolved over her 47 years of calling it home, and she particularly treasures the personal memories in the garden which she says "show my love for nature and my family."

"I bring my inside stories out ... like my husband loved fishing, so that's why there's the fishing area."

Olfert also found pleasure in sharing the results of her labours with others.

The Grow Your Roots Garden Tour made its return last weekend. Hosted by the Morden and District Horticultural Society and the Pembina Hills Arts Council, the self-guided tour took people to 12 beautiful spots around town. Left: The yard of Reg and Allison Braun. Above: Artist Kathi Forness at work at the home of Joyce Olfert (also shown below, right). Below, left: Checking out the art on display at Susan Lee and Merle Block's stop on the tour.

"It's nice to see the people, and it kind of makes it feel like it was worthwhile, and people enjoy it."

The home of Reg and Allison Braun on Conner Hill Dr. has come a long way from 33 years ago when it was an untouched back yard. Now it is an oasis with features like a garden pond and waterfall.

"It's really a project that forces you to look after all the little details or the little chores that you've been putting off," noted Reg. "It's a lot of prep work, but the good part of it is now you get to sit back for the rest of the summer because everything is done."

Allison added it was nice to be able to step back, relax, and share it.

"That's the favorite part for me is just sharing stories and hearing other people's stories," she said, recalling one woman who described it as evoking memories of her childhood in Manitou because she doesn't have a garden anymore.

"It's nice to share it with people and listen to their thoughts."

Reg noted they took a well thought out approach to designing their yard.

"We used a book called *The Weekend Gardener*, and the thought behind it is low maintenance. So lots of perennials, lots of shrubs, and then we just add in some annuals along the front every year," he said.

The result is that they are both more than happy to be spending a majority of their time here at home.

"We spent a lot of time back here, so we like having it nice. It's only green for a couple of months a year, so you may as well go all out," he said.

"We don't like to be anywhere else in the summer time. This is the best place to be," said Allison.

Proceeds from the tour will be divided between the arts council and horticultural society.



Busy month for Genesis House

Shelter hosts charity concert this weekend and an art auction/garden party July 25

By Ashleigh Viveiros

Genesis House is in the midst of a packed full month.

The Winkler shelter for victims of domestic violence has a full slate of awareness and fundraising events coming up over the next few weeks.

Following on the heels of last week's annual Swing for Safety golf tournament in Miami, the shelter this weekend hosts a charity concert at The Bunker.

Taking the stage on Sunday, July 14 are The Pylons with special guest Ed Penner.

The show starts at 7:30 p.m. and while advance tickets are not required, music-lovers are advised to get there early to snag a seat. Admission is by donation.

Then, on Thursday, July 25, Morden Nurseries hosts the shelter's first annual Charity Art Auction and Garden Party.

Artists from across southern Manitoba have provided an array of art-

work to be auctioned off at the event, said organizer Kari Kauenhofen.

"We were very excited with the response," she said, noting there are 15 artists taking part—offering up paintings, photographs, sculptures, and pottery pieces—as well as pieces created by children who have stayed at the shelter.

The art will be set up amongst the nursery's plants or, should it rain, inside one of the greenhouses, making for a relaxing atmosphere.

"People will have an hour and a half to look at the different art before the auction begins," Kauenhofen said. "And while they're looking we'll have hors d'oeuvres and wine and classical music to enjoy."

"I think it's going to be a really good night."

Tickets are available for \$20 by contacting Kauenhofen at 204-362-0082 or resource@genesis-house.ca.

The funds generated by these events are essential to Genesis House, which hasn't seen its government funding



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Kari Kauenhofen of Genesis House with some of the artwork that will be up for grabs at the women's shelter's first annual Charity Art Auction and Garden Party taking place at Morden Nurseries July 25.

increase in over a decade.

Community donations are what allows the shelter's crisis line to remain staffed 24/7. It receives over 700 crisis calls per year.


"We do want to thank the community because the community has always been very supportive of the work we do," said Kauenhofen.

The shelter is always looking for


fun new ways to engage the community, she noted, and they've come up with a big one for Domestic Violence Awareness Month.

"Save the date for Nov. 23 when we're hosting our first ever Unmasking Domestic Violence Masquerade Gala," Kauenhofen said. Gala ticket information will be released in fall.


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CHAMBER MEMBER SPOTLIGHT
Getting Down to Business

TDS Law's Manitoba roots run deep

The Morden office of Thompson Dorfman Sweatman is part of a law firm whose Manitoba roots run over 130 years deep.

TDS Law has a team of more than 90 lawyers providing services in over 25 areas of practice, and Scott Hoepfner is proud to be part of that here in his hometown.

"I've enjoyed being out in the community I grew up in," he said. "Seeing people I know, being able to help them with their problems has been very enjoyable."

TDS Law is not only one of the oldest law firms in Manitoba but also the second largest, with a host of offices in communities across the province.

"We have had a presence in the area for a while. One of my partners, Art Stacey, has been coming out once a week for a number of years, but our permanent presence really started in December when our Morden office opened," said Hoepfner, noting the firm's Winkler office recently opened as well.

He staffs the Morden location with associate Andrew Stewart, who also has Morden roots, practicing here from Monday to Wednesday.

Hoepfner said they work in almost every area of law including tax, immigration, corporate commercial, real estate, labour employment, and litigation.

"As a firm, we are able to handle any need that our clients may have ... the only area we don't cover is criminal law," he noted. "Whenever we have clients in the area who require specialized services, we have lawyers from the city coming in for specific meetings or tasks if they're needed."

Hoepfner sees a lot of demand in this area for legal services given how much the region is growing.

"The firm had a number of clients in the Pembina Valley to begin with, so there was a desire to have local offices so that we could be in the communities that our clients are from ... there is also a recognition that the Pembina Valley as a whole is growing very quickly," he said.

"I think a majority of the work out here probably arises in the corporate commercial

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Working as a lawyer for Thompson Dorfmann Sweatman was a homecoming for Morden native Scott Hoepfner.

world and real estate," Hoepfner continued. "I also think labour and employment is a growing area in the Pembina Valley as well just because there's increasing awareness of labour and employment rights and human rights law. It's all becoming increasingly complex for both employers and employees, so there's a need for specialized services in those areas."

"Another area I've seen a lot of since we've opened up is immigration. That's a big area, so we have dedicated immigration lawyer in the city and Andrew has immigration experience as well," said Hoepfner.

"It's great for me personally because anything that comes in the door, if it's something I haven't seen ... we can bring in someone who has seen it."

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Learning the ins and outs of water safety

By Lorne Stelmach

Promoting water safety is always a priority, but it is even more so this year at Lake Minnewasta.

Part of the impetus for Water Safety Day Saturday morning at the Morden lake is changes made this year by the city.

"There are no beach safety officers on duty, but there is a life jacket lending program," said Stephanie Dueck, recreation programmer for the City of Morden.

"One of the big reasons for changes

to our beach safety program is difficulty with staffing, but another reason is to avoid giving parents and caregivers a false sense of security," she added. "Whether staff are scheduled or not, swimming is still at your own risk, and it's the responsibility of caregivers to keep children within arm's reach."

"That being said, for large events like Canada Day, we do hire staff to be on. We contracted with Extreme Sport Medics to have lifeguards and medics available."

Dueck said the city wants to not only

encourage swimming lessons but also stress wearing life jackets and parental supervision as the most important factors to prevent drowning.

As part of that, Saturday's Water Safety Day activities included an informational display manned by the Manitoba Lifesaving Society, an ap-

pearance by Red Cross life jacket mascot Buckles, and presentations on proper life jacket use and water safety.

Morden's new life jacket lending program operates from 11 a.m. to 4 p.m. daily, subject to weather conditions.



PHOTOS BY LORNE STELMACH/VOICE
Rec. programmer Stephanie Dueck and Red Cross mascot Buckles were on hand at Water Safety Day Saturday to promote the life jacket lending station now available at Lake Minnewasta. Left: The Sarceno family were among the many who tried out life jackets that day.

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PHAC members' show focuses on reconciliation



By Lorne Stelmach

There is a lot of focus these days on the idea of reconciliation, but it can mean many different things to different people.

That fact is reflected in this month's members show featured at the Pembina Hills Gallery, which challenged artists to create a work around the theme of reconciliation.

"I struggled a little bit with the theme," said St. Jean artist Andrea VanRyckeghem. Her showcase piece entitled *I Shall Find Your Eyes Again*

features an image of a woman with her face half covered. "Ultimately, it's a reunion. It's just someone looking out and waiting for a reunion. I felt that fit with the idea of reconciliation."

"There's a lot of depth to it ... I think she put a lot of thought into it and there's interesting detail in it," suggested Laurie Wiebe, administrative co-ordinator for the Pembina Hills Arts Council.

Wiebe said they always like handing their artists a broad theme so they can see all the varied ways it can be interpreted.



The PHAC invited its members to submit a piece revolving around the topic of reconciliation. Left: *Fire and Ice* by Willi Richardson. Above: *Even The Poppies Weep* by Joan Switzer.

"We thought let's just give our members the word and let them come up with what it means to them," she said.

"It can mean so many things," she added, noting how the subject matter of the submitted art varies greatly, as does the medium. "It's really interesting to see how they have all interpreted it and put it together."

"We are extremely pleased to see how this show has come together," Wiebe said. "We have about 50 pieces by different artists covering a large area of the Pembina Valley region. The artists have truly embraced the

theme, with some artists challenging their own skills."

VanRyckeghem, who is an early childhood educator and a self-taught artist, enjoys working in mixed media but finds she always returns to portraits. She strives to invoke an emotional response with her work.

"I'm really inspired by nature and emotion. I find that I'm often trying to portray a feeling in my work. It's not necessarily that I will put my own feeling into it, but I really enjoy what other people feel when they look at my work."

VanRyckeghem also likes the idea of being part of a group exhibit.

"I find that with my job, working with little kids and being a single parent, I find that the time to devote to creating a show is quite daunting for me at this time," she explained.

"I have cards at the gallery, and I often make smaller pieces because I can produce them and they don't need a long term commitment to complete them."

"Being part of a group show and being part of that collective is nice for me in this stage of my life because I can participate in a show without having the stress of trying to produce enough for a show on my own, which is ultimately what I would like to do."

VanRyckeghem said it is also inspiring to see the many different styles that can be featured in an exhibition such as this.

"It's fun being part of it ... I'm looking forward to getting down there to check it out myself with my kids and just enjoy it," she said.

Canada 150 Mosaic Mural book now available



The City of Morden is featured in a new book on the Canada Mosaic Mural project that was part of the Canada 150 celebrations in 2017.

"It's an amazing book of mosaics representing Canada," said Clare Agnew, community services and events manager. "It really is fascinating and quite remarkable that Morden is part of the project. This book represents thousands of Canadians—no matter their skill level, age, or background—uniting a nation through art." Other Manitoba communities who took part in the mural project were Carberry, Portage la Prairie, Selkirk, and Steinbach. Morden's mural is on display at the Access Event Centre. The mosaic book can be purchased at the event centre, the Canadian Fossil Discovery Centre, and the Pembina Hills Art Gallery.

PHOTO BY LORNE STELMACH/VOICE

Berry Pickings Time

Get your baskets ready!
It's Berry Season!

Freezing Strawberries - Why We Do It

Everyone loves strawberries. The bright red fruits have long been heralded as a delicacy. The Romans admired and coveted their sweetness and aroma. Native Americans prized them as well. The strawberries harvested in antiquity or in the days of the American colonization, however, were not the same as the strawberries of today. The wild strawberry plants of those days produce highly flavorful, but very small berries. Such small fruits were usually consumed immediately.

In the 1700s, two wild strawberry plants were crossed to form a hybrid, the Garden Strawberry (*Fragaria x ananassa*). This new strawberry variety kept the flavor of one parent and the large size of the other. Thus, the modern strawberry plant was born with its large, sweet berries.

Over the years, selective breeding enhanced both the size and flavor. Now, giant farms exist where one can pick strawberries until his heart

is content. Plus, many TONS of the seed-studded fruits are shipped to grocery stores each year.

With the increase in production and availability, there are now plenty of strawberries to use in recipes and fruit dishes all year long. But, strawberries only last a few days without being processed. Thus, the need for freezing strawberries has grown over the years.

Freezing the fruits also is preferable to canning because

of the results. Canning soft, fleshy fruits like strawberries destroys much of the structural properties and texture of the mature berries. This makes the canned final product just a bunch of mush and more dif-

icult to use in recipes calling for fresh strawberries. Freezing the fruits avoids most of the texture destruction and allows for more flexibility in recipes that call for the famous seed-studded summer delight!

How to Store Strawberries

At the end of winter each year, strawberry plants laden with flowers burst forth from thawed earth in response to the warming rays of the sun. Soon thereafter, new strawberries begin to change from hard green new fruits to ripening white and pink ones foretelling the harvest soon to come. When the deep red develops heralding the production of the nutritious bioflavonoids, picking time is right around the corner!

Whether you pick your own or grow your strawberries, or even if you buy them in the store, it is important to store strawberries appropriately. Here is what you need to know to stave off moldy strawberries and maximize the life of your berries (and your enjoyment of them!).

Strawberries mold quickly if left in normal, room-temperature conditions. In order to store strawberries effectively, temperature and humidity requirements should be met. The optimal temperature for storing strawberries is 32 to 36 degrees Fahrenheit (0 to 2 degrees Celsius). Additionally, the optimum humidity level for keeping freshness at a maximum is 90% to 95%. If the humidity levels drop below 90%, water loss and shriveling can occur.

It is best to utilize the crisper drawer of your refrigerator when storing. And, if the strawberries were purchased at the store in one of the plastic re-seal-able bins, be sure to close the lid when storing.

Strawberries have a short shelf life. Under optimal conditions, strawber-

ries can keep for up to a week, depending on the ripeness of the strawberry when it was picked. It is important to NOT wash the strawberries until just prior to eating them. The additional moisture added to the surface of the picked fruits will hasten their demise into spoilage.

Spring means strawberries across the temperate world. If you still have strawberries left over after you have consumed the fresh berries to your heart's content, don't forget the many other uses for the wonderful red fruit.

You can freeze your strawberries and use them later, or preserve them in jams or jellies.

Regardless of how you use them, learning how to store strawberries after picking them will make a difference in their "shelf life" and the length of time you can enjoy them. Good luck, and happy eating!



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Orioles get win streak going as season winds down

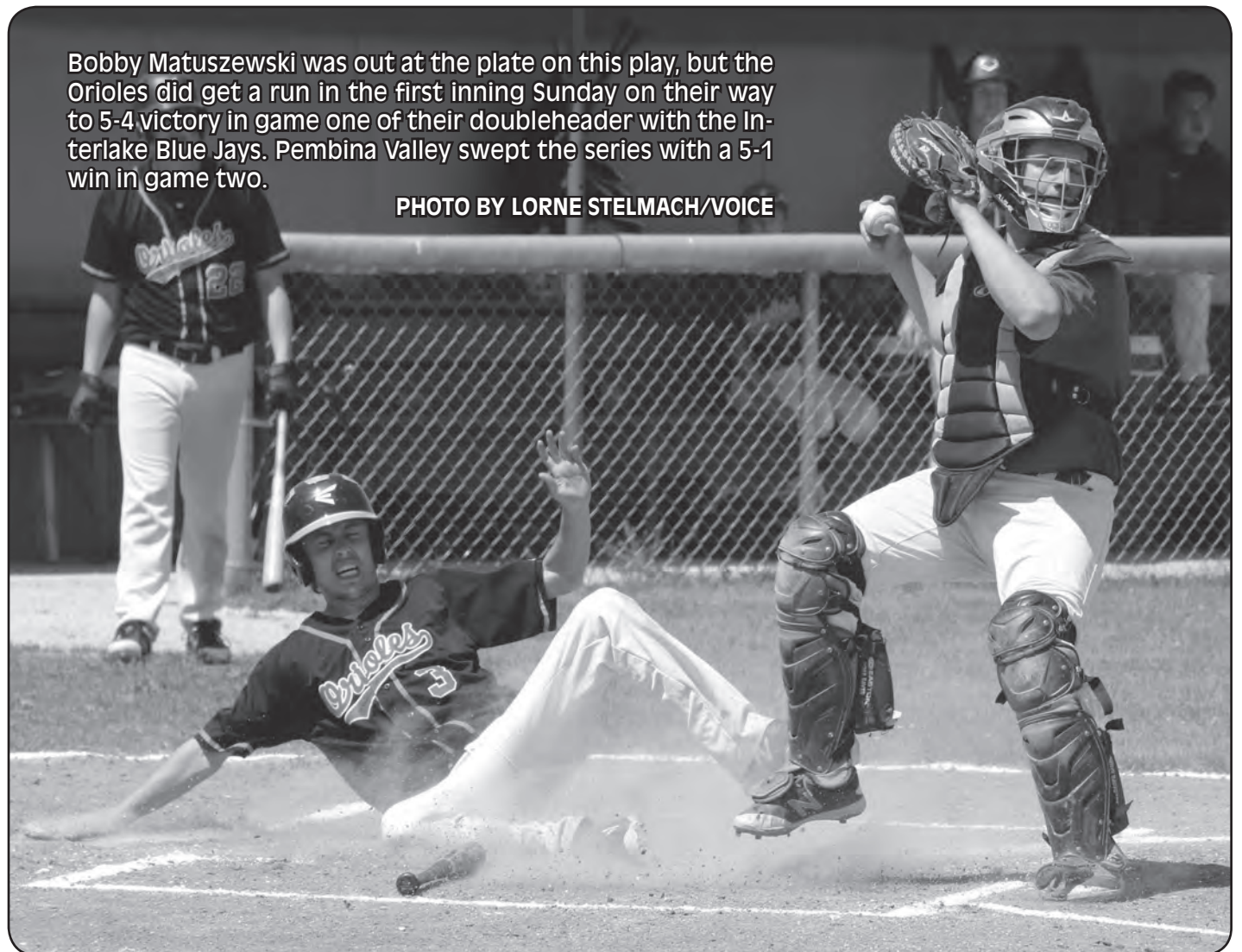
By Lorne Stelmach

The Pembina Valley Orioles put together their first winning streak of the summer as the regular season comes to an end.

The Orioles took both ends of their Sunday doubleheader against the Interlake Blue Jays, following up a 5-4 game one victory with a 5-1 win in game two.

It was a third straight win for Pembina Valley following an earlier 13-7 victory last week over the Altona Bisons, who were scheduled to visit Morden Wednesday for a rematch and the Orioles' regular season finale.

The victories improved the Orioles' record to 10-13, which leaves them poised to finish no better than fifth out of seven teams. They could well be caught by the sixth place Carillon Sultans, who were a game back but



Bobby Matuszewski was out at the plate on this play, but the Orioles did get a run in the first inning Sunday on their way to 5-4 victory in game one of their doubleheader with the Interlake Blue Jays. Pembina Valley swept the series with a 5-1 win in game two.

PHOTO BY LORNE STELMACH/VOICE

with five games remaining at press time.

Their first round playoff opponent was still to be determined, with the St. James As, St. Boniface Legionaires, and Altona Bisons 12-10 with two games left.

The first round gives a bye to first

place Elmwood Giants (17-3) while second place faces seventh, third goes against sixth, and fourth matches up against fifth. The opening playoff games were tentatively scheduled for next weekend.

Meanwhile, five members of the Orioles were part of the MJBL all star

game last Saturday in Stonewall.

Taking part were Seth Staple, Brandon Hatley, Kyle Dyck, Robi Lewarne, and Liam Giesbrecht, who was Player of the Game for the rural squad with three hits. The city squad ultimately triumphed over the rural team.

Two wins for Mohawks, split results for Whips

The Morden Mohawks added two more to the win column this past week.

Morden came out ahead 9-3 against the Carman Cardinals on July 4 and then crushed the Killarney Lakers

13-5 on Sunday.

Meanwhile, the Winkler Whips found themselves on both sides of things, falling to the Pilot Mound Pilots 6-4 Friday and then besting the Cartwright Twins 3-1 Sunday.

The Pilot are in first place in the Border Baseball League standings with a 12-2 record. Nipping at their heels is Morden at 11-3 and Winkler at 9-5.

The Mohawks wrapped up their regular season this week by hosting

the Pilots Tuesday night while the Whips hosted Clearwater. Results were not available at press time.

Winkler plays its final game Friday night in Baldur.

The *Winkler Morden*
Voice

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Golfing buddies score back-to-back holes in one

By Lorne Stelmach

Two golfers defied the odds at the Minnewasta Golf and Country Club this weekend.

Much rarer than one golfer making one ace during a round of golf is two golfers from the same group making aces during the same round.

Some estimates put the odds of two golfers in the same group of four making holes in one at any point during a round at 1.3 million to 1, but you can bump that up to 26 million to 1 for two golfers in the same group of four acing the same hole during the same round.

Tyler Sawatzky would have never imagined what would come for him at the par three number four hole coming down the hill back towards the clubhouse after his friend Garret Brook had just shot his first ever hole in one.

"We were just celebrating like crazy ... all four of us hadn't seen a hole in one before ... it was pretty crazy, and then I hit a second one," said Sawatz-

ky.

"It was kind of disbelief. It was more excitement then when Ty got his because I was pretty stunned when mine happened," said Brook. "I'm thinking that we probably won't forget this one."

For Sawatzky, 29, it was his first ace after having been golfing for at least 15 years.

It all came together this weekend because one of their foursome just got baptized Sunday morning, so they got together to golf in the evening.

"It was a remarkable feeling. We had four really close buddies playing ... we don't play golf together too often anymore though," he noted.

"We're all pretty good friends, so it was a pretty cool moment," he said. "It was pretty cool that we could all be together for that pretty remarkable moment where we both hit a hole in one on the same hole. It's something that we'll be able to cherish together for the rest of our lives."

"It was kind of a last minute decision to go hang out and play a round



SUBMITTED PHOTOS

Tyler Sawatzky and Garret Brook each scored a hole in one at the Minnewasta Golf & Country Club's #4 hole on Sunday.

of golf," said Brook. "We don't get to play very often with them, so having the four friends together was pretty special. It was exciting, and it was good to experience it with some good friends. It was a good moment."



Dodgefathers win Winkler title



The Dodgefathers won their third straight Winkler Dodgeball League championship this spring.

The team went undefeated during the round robin and playoffs, ultimately defeating Tropic Thunder 11-6 in the final.

The third Winkler Dodgeball

League season saw seven teams compete for 10 weeks at Garden Valley Collegiate.

"This was the most balanced season in the last three years, with the third seed and seven seed only separated by six points," noted Jordan Dredger, Winkler director of community ser-

vices. "We had another new team join the league this year and hope to add a few more next year. It was another great season."

For details on signing up a team next season, reach out to the Winkler Rec. Dept. at 204-325-8333 or jdriedger@cityofwinkler.ca.

Winkler Dodgeball League champs The Dodgefathers: (back row, from left) Stephanie Toews, Devon Toews, Ryan Penner, Dustin Letkeman, Travis Friesen, Shawn Letkeman, Mark Guenther, Alyssa Friesen, and Randy Wiebe (front).

SUBMITTED PHOTO

ALH results

The top three finishers at Morden's ALH Motor Speedway on Sunday included:

- A-Modifieds: Shawn Teunis in first place, Jerome Guyot in second, and Ward Imrie in third.
- B-Modifieds: Austin Hunter, Tyler Doell, and Brandon Rehill.
- Pure stock: Jeff Gillies, Ben Epp, and Jeremy Bezan.
- Sport compact: Jeremy Wall, Nolan Hamm, and Anita Bellew.
- Street stocks: James Wall, Rod Wolfe, and Jamie Smith.

Next race day is this Sunday.

The Winkler Morden **Voice**

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Do you have a suggestion for our news team? Is there someone you would like to see recognized in the newspaper for their accomplishments - athletic, academic or community service.

Saddle bronc rider ready to tackle Arborg's rodeo

Arborg Fair & Rodeo runs from July 19-21

By Gabrielle Piché

The adrenaline rush of saddle bronc riding is worth the risk of injury, according to Austin Kemp.

Pilot Mound's Kemp, 25, has been competing in saddle bronc competitions since he was 17. He finished first in Arborg's rodeo three times, and he said he plans on coming back to the show later this month.

"I've really enjoyed Arborg, so it's kind of hard for me not to go back," Kemp said.

But at one point, going to any rodeo was unthinkable for Kemp.

Saddle bronc riders must mount and stay on a bucking horse. The goal is to stay on for eight seconds. After riders have reached eight seconds—or fallen off—a panel of judges will give them a score. The person with the highest score wins the competition.

Kemp had ridden his horse for eight seconds at Teulon's rodeo in 2016. Then, it happened—Kemp's horse bucked him off, sending him flying into a gatepost.

Eight months later, Kemp was still feeling the effects of his concussion.

"It wasn't until about nine, ten months where I felt that I had overcome the headaches," he said.

He'd been kept in the Health Sciences Centre for a week after the ac-

cident. When he got home, he was put into full-time recovery mode.

"They called it a 30-day loop," Kemp said. "For almost 30 days I asked the same three questions over and over and over again."

Kemp asked what happened, how his ride went, and what his score was. He'd gotten second in the competition.

For the next year, Kemp stayed away from rodeos. He wanted to get healthy before trying again.

Kemp got back in the saddle at a rodeo in Portage la Prairie in 2018.

"I was very, very nervous. There were points before my ride that I wanted to throw up," said Kemp.

Even so, he got on the horse. He almost lasted the full eight seconds.

"I've been doing it ever since," Kemp said.

This year, Kemp joined the Manitoba Rodeo Cowboys Association and Canadian Cowboys Association. He said he wanted to push himself past his comfort zone.

"You can't just worry about getting hurt," Kemp said. "You've got to live a bit, second by second, that's all you can do."

Compared to the rodeos he's now attending, Arborg is relatively close. In June, he competed near the Alberta border.

"I like an adrenaline rush," Kemp



SUBMITTED PHOTO

Austin Kemp rides at Moose Jaw Exhibition Roughstock School in 2016.

said.

The rush is what fuels his love of the sport. Kemp's family members have participated in rodeos, but he's the first to compete in saddle bronc rid-

ing.

Kemp will join other saddle bronc riders in Arborg this summer. Arborg Fair & Rodeo runs from Friday, July 19 to Sunday, July 21.



SUBMITTED PHOTO

Minnewasta Golf and Country Club president Kevin Pauls presented member Brenda Rach with a plaque to commemorate her four holes in one at the course.

Four holes in one for Rach

At the Minnewasta Golf & Country Club semi-annual meeting this spring, president Kevin Pauls made a special presentation to club member Brenda Rach.

While many avid golfers can go their whole lives without achieving a single hole in one, Rach has recorded four over the past 20 years.

She followed up her first in 1999 with two in 2008 and a fourth in 2017. All of them were at Minnewasta and on each of the course's four par 3s.

It's an accomplishment that's not likely to happen again, which is why the club presented Rach with a spe-

cial plaque to commemorate the occasion.

"When I had the first three—when I got holes eight, 11, and 13—then number four became the last one I needed to compete the whole set, so it was very exciting to get that last one," said Rach. "It was kind of just like, 'Wow, did that really happen?'"

She has no advice for golfers dreaming of making their first hole in one, let alone multiples, except to simply keep at it.

"I've just been kind of lucky and I've had the right swing at the right time."

"I'VE JUST BEEN KIND OF LUCKY AND I'VE HAD THE RIGHT SWING AT THE RIGHT TIME."

Storm, 'Canes fall while Riot prevail

The Winkler Storm and the South Central Hurricanes had a rocky week on the soccer pitch.

Playing in the Manitoba Major Soccer League's 1st Division, the Storm dropped a 5-2 decision to the Hanover Kickers Friday night and then bowed to the CCS Sweatshack 4-0 in Winkler Sunday evening.

Goal scorers in Friday's game were Derek Giesbrecht and Tobias Morasch.

With that, the team are 2-7-1 for the summer thus far, keeping them in the bottom third of the standings.

In the Winnipeg Womens Soccer League, the Hurricanes lost to SE Reunited 6-0 last Thursday. Their scheduled home game against the FCNW Titans Monday night was then rained out.

The ladies are 0-4-1 and in last place in the league's 1st Division.

Meanwhile, the South Central Riot, playing in the MMSL's 5th Division, scored a win Sunday afternoon in front of a hometown crowd.

They beat the Portage Cobras 3-2 thanks to goals from Arni Schott, Reinaldo Oliveira, and Zachary Bueckert.

The Riot continue to work their way up the standings. They are currently 5-3-2 and in the top half of the division.

Coming up, the Storm host Granite United Sunday at 6 p.m., the Riot host Stonewall Sunday at 4 p.m., and the Hurricanes play an away game against the Winnipeg Storm on Monday.



Rebels win provincials

SUBMITTED PHOTO

The Winkler Rebels won the U12 girls softball provincial championship at Buhler Rec Park in Winnipeg last weekend. The girls downed Glenboro 21-8 in the final to win the title. The champions include, (back row, from left) coaches Nathan Wiebe, Evan Toews, and Jolene Buhler and players (second row) Alyssa Klassen, Breanne Wiebe, Chelsea Hildebrand, Raegan Peters, Carys Hamilton, (front row) Kiarah Reimer, Austin Wiebe, Amalie Peters, Karli Toews, Kara Buhler, and Heidi Reimer.

My childhood bout with pneumonia

At 8 lbs. some ounces, I was born a healthy, robust child.

I met all my milestones at or before Mom's baby books decided they should be met. She recalls my learning to walk at 10 months and learning to talk sometime after a year. Of course, I was potty-trained at a year. All her children were, Mom proudly told anyone who was interested.

Then, shortly before my second birthday, I got sick. Sick enough to summon the doctor. He came to our home and pronounced pneumonia. In the years before penicillin was available this was almost always a death sentence. He suggested I could be hospitalized but that Mom would probably care for me better at home.



By Florence Dyck

He told Mom to sponge-bathe me every hour to try to get my fever down. Mom thought if every hour is good, every half-hour would be better. So, heavily pregnant with Jimmy and with almost three-year-old Jeanne playing quietly nearby, she devoted her days

and nights to my care. She rocked and prayed as she held my hot, lethargic body close to her. With a cool cloth nearby, she wiped me down every 30 minutes and placed me in a cool bath every hour. At the time, this was the only treatment recommended.

In 1928, Alexander Fleming, a Scottish microbiologist and pharmacologist, accidentally developed the first antibiotic. He called it penicillin. With the help of scientists Howard Florey and Ernst Boris Chain, this substance was perfected over the next few years. It was first used during World War II to treat soldier's wounds and illnesses. In 1945, Fleming, Florey, and Chain were awarded the Nobel Prize. Penicillin would now be available to the general public for widespread use. Unfortunately, it was too late for me by a few months.

Mom claims to have known the exact moment in the middle of the night my fever broke and she knew I would live. Her formerly lively daughter was as limp as a ragdoll and had to learn to walk all over again. I regained my strength and my walking abilities on time to peer into my baby brother's face when our mother came home from the hospital with Jimmy. He was born on March 25, 1945.

We are so secure with modern medicine that we don't think of a time when children's illnesses were often fatal. Parents of children born in the forties

"WE ARE SO SECURE WITH MODERN MEDICINE THAT WE DON'T THINK OF A TIME WHEN CHILDREN'S ILLNESSES WERE OFTEN FATAL."



The author shortly after her pneumonia scare as a child.

and the fifties were excited by the recent availability of vaccines to prevent scarlet fever, whooping cough, measles, mumps, and polio. They were optimistic that now they would not have to fear their children contracting those dreaded diseases and dying.

I was doing research for a history book on my maternal great-grandmother when I came across the saddest blurb. A great-aunt listed two surviving children out of eight live births. We are not told why they died. Some died within days of being born while others were older.

It is disheartening to hear of cases of measles and other communicable diseases reappearing Canada today because some parents are refusing to have their children vaccinated. I worried, too, about having foreign substances injected into my healthy innocent babies, but reason prevailed over sentiment. I had

a cousin who suffered brain damage as a result of contracting whooping cough as a baby. Ron had a school friend who died and his brother was left with a withered arm as a result of polio.

Young parents today should not be disappointed when a visit to the clinic with a sick child does not include a prescription for an antibiotic. After the discovery of penicillin, doctors were often too quick

Continued on page 21



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Agriculture

Ceres Global Ag Corp. purchasing Delmar Commodities

By Harry Siemens

Ceres Global Ag Corp. a global agricultural, energy, and industrial products merchandising and supply chain company, announced Monday it has secured an exclusive option to buy Winkler's Delmar Commodities Ltd.

Subject to the successful completion of due diligence activities and the finalization of a definitive share purchase agreement, Ceres hopes to close this potential acquisition next month.

Under the terms of the option agreement, Ceres has the right through July 31 to buy all of Delmar's issued and outstanding shares for \$16 million in cash paid to Delmar's shareholders, and the assumption of approximately \$7.6 million in existing term debt.

Delmar would operate as a subsidiary of Ceres, with the company's operations and about 55 employees strategically integrated into Ceres' overall operational network.

Ceres president and CEO Robert Day said they believe adding Del-

mar's grain assets is an essential first step in adding strategic origination for their core products, while also significantly advancing the company's portfolio diversification strategy with the inclusion of their soybean crush, agricultural seed sales and distribution, and bird feed product lines.

"We see significant value in Delmar's capabilities, market knowledge and customer relationships, but perhaps the most attractive aspect of Delmar is its people and their talent," said Day. "This potential combination is an important step for Ceres as we execute our growth strategy, and we look forward to untapping the potential our teams can have to work together."

Delmar president Dale Heide said they're excited about the prospect of being a part of the Ceres team.

"Delmar's growth ambitions and plans, combined with Ceres' cus-

tomers network and access to capital, would provide us with a unique opportunity to profitably grow together," he said.

Ceres started due diligence on a potential acquisition of Delmar this past February.

Delmar founder Martin Harder, who started the company in the mid-90s and today serves as Winkler's mayor, said Monday the sale comes with some mixed emotions.

"On one hand, yes, you see a company that you started and suddenly you lose that identity with the company, the name, and everything we initiated as family and me. My understanding is the name will continue, but the connection is different because I'm no longer involved," he said. "My children, my friends locally that bought it are involved, and the partners that I brought on side while owning the company are still involved. It is great

to see the growth and great to see the opportunity for many more than just myself."

He said from his perspective as mayor, the hope certainly is that the company and the jobs it provides will remain in the city.

The flagship of Delmar is the Jordan Corner grain elevator that Harder bought from the Manitoba Pool Elevators Association in 1996.

"But I started the company in 1995, so that's 23 years ago since it began with a dream. And now, obviously, it has become much more than a reality for me; a reality and opportunity for many others, and that's gratifying," he said.

"This could be one of great opportunities and destiny, and you hope the corporate office would continue to be here, and you build on that. And so it's with that that I would go forward."

> PNEUMONIA,
FROM PG. 19

to write prescriptions for colds, flu-like symptoms, ear aches, etc. Fleming cautioned about the dangers of over prescribing antibiotics as early as 1945. Many strains of bacteria can and do become resistant to antibiotics. Also, antibiotics do not work for flu and colds caused by viruses. Even some bacteria-caused illnesses will heal without treatment.

After I had recovered somewhat, Mom brought me to see the same doctor who had come to see us at home. He was amazed and let Mom know he had not expected me to survive. He credited my survival with her good care.

Mom credited my survival with her prayers and called it a miracle. She reminded me often that I had been spared for a reason and it was up to me to find that reason.

Florence Dyck is a former Mordenite now living in the Okanagan

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NOTICE TO CREDITORS
IN THE MATTER of the Estate of **Issac Braun**, late of the City of Winkler, in the Province of Manitoba, deceased.

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

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OBITUARY



Abe J. Peters
1930 - 2019

Abe J Peters, son of Agnes (nee Dyck) and James Peters of Plum Coulee, passed away peacefully at Salem Home in the early hours of July 2, 2019.

He is survived by his wife Louella of almost 63 years and their three children: son Llewellyn and wife Esther, grandchildren Michael, David and wife Samantha, Nathan and Lisa; son Lyndon and wife Melanie, grandchildren Matthew, Joshua, Justin and Adam; daughter Heather, grandchildren Kiera and Roen; sister Tina and brothers Isaac and wife Hedy, Ed and wife Alice, Henry, sister-in-laws Helen, Irene, Sadie and husband George, Gerty, Marie and Sophie, Mary and husband Walter, Nettie and husband Ben, Marge and husband George, Mary (wife of Henry), brother-in-law Ed, Ben and wife Tina, Pete and wife Marie, Abe and many nieces and nephews.

He was predeceased by his parents, sister Mary and brothers Jake, Frank, Pete and wife Katie, John, Bill and brother-in-law Harry.

Funeral service was held on Friday, July 5, 2019 at 11:00 a.m. at Plum Coulee Bergthaler Mennonite Church. Interment at the Plum Coulee Cemetery.

If you wish to make a donation in Abe's memory, donations can be made to Salem Foundation Inc., Winkler.

Wiebe Funeral Home, Winkler
in care of arrangements
www.wiebefuneralhomes.com



OBITUARY



Samson Leonard Reimer
January 31, 1998 - June 24, 2019

Samson Reimer, age 21 years of Altona, Manitoba formerly of Clifford, Ontario passed away accidentally on Monday, June 24, 2019 near Altona.

He is survived by his parents Dave and Helen Reimer; his siblings David, Joshua, Timothy, Noah, Grace, Julia, Solomon, Naomi, Joanna, Peter, Rebecca, Hannah, and Caleb; his grandparents, Diedrich and Helen Reimer, and Helen Harder; as well as many aunts, uncles and cousins. He was predeceased by his grandfather David Harder.

Funeral service was held on Saturday, June 29, 2019 at the Altona Sommerfeld Mennonite Church with burial at the Lightfield Mennonite Church Cemetery.

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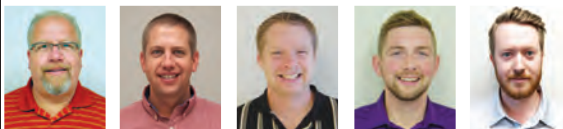
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