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The Winkler Morden

THURSDAY, AUGUST 8, 2024

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getinformed

Gateway Resources cuts the ribbon on 204 Main St.

By Ashleigh Viveiros

Gateway Resources cut the ribbon on its new facility at 204 Main St. last week.

The complex will be home to Gateway's Senior Activity Program on the main floor, while the second floor offers seven Supported Independent Living (SIL) apartment units.

"We are so excited for this building," said CEO Kim Nelson. "It has been a dream for a very long time."

The main floor offers the seniors program much more space than its old location in a renovated home on Salem Cres.

"So for the seniors program, it means that we are able to expand the services that we offer," Nelson said. "Being able to have bathrooms that are really accessible and some offices and just a nice big open space and a beautiful yard to be able to utilize. It's a purpose-built space."

The program currently has about a dozen seniors with intellectual disabilities participating full or parttime, but there are many more Gateway participants getting to an age where they might wish to retire and move on to make the most of the program's offerings.

"As we have an aging population, we have a lot of people that don't want to work anymore but they don't want to just be at home," Nelson said. "So that's what this space will enable."

Senior activity manager Patrick Simoens noted they've been in their current space for several years, and



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Cateway Resources staff and participants were joined last week by board members and local dignitaries in cutting the ribbon on their new facility at 204 Main St. in Winkler, which will be home to the seniors activity program and seven supported independent living program participants.

while it has served them well, room to grow is most welcome. The program serves an important function in the Gateway system, he said.

"A typical day is filled with leisure activities and education themes, community activities. We like to take part in a lot of the activities that are happening at the Winkler Senior Centre as well," Simoens said. "I think it's really important for them to have an enriched life, just to be able to come and participate in a variety of activities and opportunities that otherwise they wouldn't."

Seniors program participant Patsy Wharff is excited to enjoy the new, larger space.

"We are very happy the way this

turned out," she said, sharing that participants even had a hand in helping to demolish the old house on the site. "We are all excited to do activities at our new home."

Meanwhile, the apartment units upstairs will help Gateway make a dent in its ever-growing residential wait list

"We are grateful that the supported independent living program is growing, but as every community is finding, there is just not enough apartments," Nelson said. "This building will enable us to actually have people move out of maybe family homes or the situations that they're currently in and into these apartments."

SIL manager Mike Rose said that the program has grown from about dozen people to 38 in just the last five years. It provides individuals with the supports they need to succeed out on their own.

"It's really having everyone have the experience of those that can live on their own with some support, be able to do so and to provide them the opportunity to live life that way," Rose said. "They all have their own challenges and their own needs, and so they all have individualized support plans that support those needs.

"They're all in their own apartments and living out in the community. Being able to have seven new spaces is huge for us."

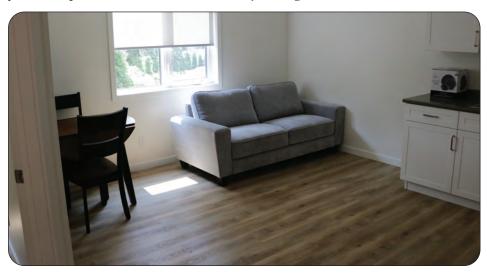
Nelson stressed this facility wouldn't have been possible without the support Gateway received from the community.

"We see the support all the time, but when we do a project like this, we're just so grateful."



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Above: The main floor offers the Senior Activity Program a much larger and more accessible space for activities. Right: The facility has seven apartments on its second floor for its Supported Independent Living residents.



Introducing the Winkler Impact Network

By Ashleigh Viveiros

Central Station's poverty action group members have a few months of thought and discussion under their belts, and now they're taking the next step with a new name.

The group, which includes community members dedicated to reducing poverty and enhancing well-being in Winkler, will now be known as the Winkler Impact Network.

"We wanted to really focus in on what this group is doing to affect poverty," explained Krista Rempel, the group's facilitator and the social impact director for the community centre. "The new name reflects our commitment to Winkler and it also reflects that we're a collaborative effort. We don't think that we can affect poverty unless we do it together."

They've also introduced a new tagline: "Bringing Poverty to Light."

"A big factor in what we want to do is shed awareness on some of the poverty issues, in particular the issues that are a bit more hidden in Winkler," Rempel said.

"We continue to see a rise in homelessness. People are walking in here

almost for sure on a weekly basis and they're telling us, you know, I'm sleeping in my car or I'm sleeping in a tent in the park or I'm living in a camper or I'm couch surfing. It's pretty consistent.

"I do think some of the community is aware of it, but I don't think

everyone is," Rempel said, noting unhoused people are often not as visible on the streets of Winkler as they might be in a larger urban centre like Winnipeg.

The Winkler Impact Network intends to identify and address the root causes of poverty in the community, focusing on three key areas: housing and

shelter, education and job training, and mental health and social services.

"We know that poverty is complex," Rempel said. "We know that there's a lot of factors. And we know it looks different in Winkler than it's going to look anywhere else in the world."

The group currently is in the information gathering phase of things.

"The first phase was really about identifying the different sectors of who we needed at the table," Rempel explained. The network's members include people with backgrounds in local social services, mental and physical health care, employment programs, real estate, spiritual care,

business, and more.

"So we have our 21 leaders that have agreed to come on for the next minimum a year, and then after that we've entered into a data collection and analysis phase," Rempel explained. "We really want to make sure that we understand the root causes of poverty and we understand where the needs are that we need

to focus in on. There are lots of issues we could tackle, but we want to know exactly what it is that we need to have the most effect."

They're working the Tamarack Institute for Community Engagement on these efforts.

"We're part of a communities reducing poverty initiative and we are with BRINGING POVERTY TO LIGHT

a cohort of 10 other communities who are doing the same thing that we're doing," Rempel said.

Come fall, they plan to assemble the data gathered and begin coming up with strategies to effect change.

"What I'm hoping for is to see a mixture of top-down and bottom-up, grassroots kind of initiatives," said Rempel. "So we know that we're going to need to go to the government and say there needs to be policy reforms, there needs to be things that are looked at a high level that are going to trickle down and really, truly affect people. We know we need that.

"We know we also need certain things that are going to come from the

Continued on page 7



"WE DON'T THINK

AFFECT POVERTY

UNLESS WE DO IT

THAT WE CAN

TOGETHER."

First 17 Learn & Return bursaries distributed

By Lorne Stelmach

Seventeen students who are either training to enter the health care field or to advance their skills are the first beneficiaries of an initiative to help address the critical shortage of workers.

A ceremony last Wednesday presented the first Learn and Return health care bursaries to the successful candidates from the 30 applications

that came in from across the region.

Representatives of the Morden Area Foundation, which oversees the program, as well as local health care leaders heralded the occasion as a tremendous step forward for health care in the region.

Pat Gibson, who initiated the idea

"RECOGNIZING THE

NEED FOR HEALTH

GOES FAR BEYOND

OUR COMMUNITY'S

CARE WORKERS

BORDERS."

along with Marilyn Skubovius, recalled the rich history of the pioneers who made the first hospital in the area a reality along with a nurse training program.

"Today, I feel that we are reinforcing that commitment to our community," she said. "To all of the recipients who

are here today, I look forward to seeing your faces ... when you start working at Boundary Trails or at the clinic ... you become part of a very special community."

Representing the foundation, Lenore Laverty noted a community

foundation program like this might normally be focused more on a particular community, but they saw the importance of expanding their scope with the bursaries.

"Recognizing the need for health care workers goes far beyond our community's borders. We've made an

> exception to this rule and made this bursary available to folks in the wider area.

> "Pat and Marilyn may not have changed the world, but they certainly started something positive in our community. And the Morden Area Foundation is very pleased and proud to have worked together with them to bring this fund into existence."

"Wherever you are in your educational journey, we all know that life can be expensive and any little bit of support can make a huge difference," said Joel Nelson, director of health

Continued on page 5



PHOTO BY LORNE STELMACH/VOICE

The Morden Area Foundation last week issued Learn and Return bursaries to 17 people from across the region seeking health care training.

Plum Fest August 16, 17 & 18

Join us for a weekend of Free Family Fun!
Parade, FREE Children's Activities, FREE Stage Entertainment,
Old Tyme Dance, Fireworks, Fireman's Rodeo and much, much MORE!



FRIDAY		11:00 am	Plum Fest Street Market	5-7:00 pm	Supper - Sponsored by McMunn & Yates
5-6:00 pm	Supper (Hosted by	11:00 am	Food Trucks	5:00 pm	The Dueling Pianos (Main Stage)
	Plum Coulee Sports Committee)		A Country Princess	6:00pm	The 7 Pines Band (Main Stage)
6:00 pm	Vince Anderson & The Ace Band	11-7:00 pm	Inflatables by Southern Bounce-A-Rama	6-10:00pm	Old Tyme Dance (West of Elevator)
	(Main Stage)		Children's Activities Sponsored by the	7:00 pm	Matt Falk (Main Stage)
7:00 pm	Brian Jakob's (Main Stage)		Plum Coulee Community Foundation	8:00 pm	JP Lepage (Main Stage)
8:00 pm	Street Dance with DJ	11-7:00 pm	Petting Zoo by Riklyn Farms	9:00 pm	Link & the Moustaches (Main Stage)
8:30-9:30 pm	Line Dancing - West of Elevator	11:00 am	Bike Decorating Contest (Main Stage)	Dusk (10:30)	Fireworks by ArchAngel
SATURDAY			- Sponsored by the Access Credit Union	SUNDAY	
7:30 am	Waffles and Crackles Breakfast	11-5:00pm	Open Mike (Main Stage)	10:00 am	Community Church Service (Main Stage)
	- \$10 per person - Sponsored by Crocus	1:00 pm	Duck Race (Plum Coulee Beach)	11:30 am	Lunch (Hosted by Plum Fest)
10:00 am	Parade	2:00 pm	Fireman's Rodeo (Firehall)	12:30 pm	Barbara Joy
*			OTOM OT	1	



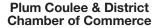
























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"We also need to remember that we are not without hope"

From Pg. 4

services at Boundary Trails Health Centre. "I can personally attest to that ... 24 years ago when I started nursing school, I was a recipient of a similar bursary, and just knowing what impact that had on kind of easing the burden of that finances made such a huge difference."

He also touched on the challenges faced in the health care sector.

"I'm confident that things are moving in the right direction. We are seeing an increase in job applications for our facility, and we're excited that many of you want to work with us. Recruitment and retention are crucial pieces to this puzzle."

Nicole Walske, executive director at Menzies Medical Centre in Morden, noted how an initiative like this creates hope for the future.

"We know that health care is, dare I say it, at a difficult place right now. Perhaps a broken system is a better word. We also need to remember that we are not without hope," she said. "This is a step in that direction, so whether you're investing in your education to further your administrative skills, your clinical skills as a nurse, as a physician, every aspect of that is going to contribute to our system improving, and we really need to share that hope with our community. I really want to thank you all for investing in yourselves, investing in health care."

The Learn and Return bursary draws on the interest from an endowment fund. It received a major boost earlier this year when it received a \$500,000 gift from David Lumgair in memory of his wife Donna. The donation immediately put the campaign past the halfway mark towards their goal of having \$1 million in the fund, which would generate \$50,000 in bursary money annually.

Some of the successful applicants this year spoke after the ceremony of what it means to them to receive this support.

"I initially came into the medical field for my mom, who became ill," noted Susie Dyck, who is from Winkler and is taking a medical terminology course. "Just ever since I've had great passion to come into this field to make an impact.

"It means a lot. It helps me not only financially but ... it's heartfelt knowing that we have such an amazing community with us that is willing to help out others within the health care

RM of Stanley resident Taya Wiebe is studying to get her masters in occu-

pational therapy.

"This bursary means a lot to me because it shows how much my community cares and wants to further the education of the people in it. I'm just really grateful to use this bursary to study and further my education and hopefully one day give back to the community."

Gwen Harder of Altona is taking the LPN course through Assiniboine College and was in her final weeks of practicum.

"The support means people trust us. They're willing to put some effort and time into us to know that they want us in their lives and in their hospital



STELMACH/VOICE

Pat Gibson, who initiated the Learn and Return idea with Marilyn Skubovius, recalled the rich history of the pioneers who made the area's first hospital a reality.

and helping out."

Julie Geake of Morden is also studying to be an LPN.

"It was such a big decision to go back to school after many years and to go into nursing has always been a dream of mine, so having the financial support along with other support that comes with it from the community really means a lot."

Learn & Return recipients

the Learn and Return health care bursary and what they are studying and where:

- Danielle Beckman, Morden -LPN at Assiniboine Community College.
- Susie Dyck, Winkler medical terminology at Robertson College.
- Julie Geake, Morden also received the Bill and Linda Fehr scholarship - LPN at Assiniboine Community College.
- Johanna Kwast, Hochfeld LPN at Assiniboine Community College.
- Jamie Odlum, Morden masters in speech pathology at Minot State University.
- Noah Schaefer, Winkler bachelor of nursing at Red River LPN at Assiniboine Community
- Hanah Tesoro, Morden health unit clerk at Red River College.
- Taya Wiebe, RM of Stanley

Here are the first 17 recipients of masters degree in occupational therapy at University of Manitoba.

- Willi Just, Winkler LPN at Assiniboine Community College.
- Alicia Morgan, Morden LPN at Assiniboine Community College.
- Vienna Peters, Morden doctor of medicine at University of Man-
- Amber Bezte, Morden doctor of medicine at University of Man-
- Regina Betke, Miami LPN at Assiniboine Community College.
- Gwen Harder, Altona LPN at Assiniboine Community College.
- Jonas Krainert, RM of Stanley - LPN at Assiniboine Community
- Ladawn Neufeld, Morden -
- Katherine Frost, Morden LPN at Assiniboine Community College.



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SUBJECT/SUJET: • Type: 65m self-support tower / Tour de style autoportante

Location address: 10061 PTH 32, Stanley, MB
(Coordinates/ Coordonnés: 49.153759, 97.928460)
Legal Description / Description légale: LOT 4 PLAN 59948 MLTO
IN SW 1/4 27-2-4 WPM

Facility / Installation: The facility will comprise a proposed 15m x 15m compound. / L'installation comprendra un complexe proposé de

Site: The structure will accommodate initial and future loading for all cellular providers, and additional fixed wireless equipment as required. / La structure peut accueillir le chargement initial et futur de tous les fournisseurs de services cellulaires, ainsi que de l'équipement supplé mentaire sans fil fixe, au besoin.

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ISEDC - Manitoba District Office / Bureau de district du Manitoba 400 St. Mary Avenue, 4th floor

Winnipeg, MB R3C 4K5 Tel: 1-800-665-3421 or 204-984-4257 Fax: 204-984-6045

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Melissa Groening, CMMA | Planning and Development Officer
Rural Municipality of Stanley
E: mgroening@rmofstanley.ca



SITE LOCATION MAP / PLAN DE LOCALISATION DU SITE





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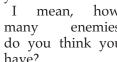
My secret life

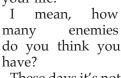
ost of the people I know are private to the point of paranoia.

Having spent years in the IT industry, most of the people I worked with there were absolutely locked down and hidden on the internet to the point where one would question if they even existed.

In many ways my peers would have qualified for official tinfoil hats with the number of conspiracy theories

they had about who could hack into your various accounts and steal your identity, thus proceeding to ruin your life.





These days it's not just tech-minded people who have become privacy junkies—people from all walks of life try to hide as much about themselves as they can for fear of being exposed.

By Peter

Cantelon

Remember the days when people didn't like using bank and credit cards because someone might copy their pin or card number and empty their bank accounts despite the fact that electronic payments are generally safer than carrying a large stack of cash around? This feels similar.

Of course, there are people out there who want to steal identities and card numbers. Just like there are people out there who break into homes and steal computers. So you take appropriate precautions like locking your doors and maybe having some security cameras. What you don't do is cover your house in a cloak of invisibility and hope no one even knows it exists.

It is no secret (pun intended) that I have never been big on privacy. In fact, I have been accused on more than one occasion of being an "over-sharer" which is code for "just shut up for second about yourself."

No, I am the easiest human on the planet to Google. If you Google "Peter Cantelon" you will get eight fun-filled pages of results, mostly about me.

When I create user IDs for social media and whatnot, they are almost always Cantelon or PeterCantelon.

Why? Well, honestly,

it's because I know me. I know me well enough to know that anonymity is not healthy for me. Secrecy is not my friend. I need the accountability of being out in the open (there's probably no small amount of ego involved too).

The temptation to hide behind pseudonyms like CatMan1968 or UltraPoet2024 and sit in the internet bushes sniping at people I'm not fond

of or don't agree with, from the distance like a coward is too great to succumb to.

If I have opinions about you, I will simply tell you, and I expect the same in return (or silence, silence is good too). This is how we sustain or create healthy relations.

My internet strategy is very much

like my real-life strategy. What you see is largely what you get. I just don't have the energy to maintain a public life and a secret life. It takes too much work and is fraught with the potential for trouble. My secret life? It doesn't exist.

What this means is that without accessi-

ble hiding places I must live my life mostly in the open. This reduces the burden of having to pretend to be one person in public and another in private. I mean who has the time for that?

I don't want to lock my emotional doors every time I leave the house. What you see (or read for that matter) is what you get.

Letter policy

"I DON'T WANT TO

LOCK MY EMOTIONAL

DOORS EVERY TIME I

LEAVE THE HOUSE."

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

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

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

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

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The Voice is published Thursdays and distributed as a free publication to 21,141 households. Republishing in whole or in part without permission is prohibited. Printed in Canada by Prolific Printing. The Voice received financial support from the Government of Canada in 2021.

View the Voice online at www.winklermordenvoice.ca or altonavoice.ca

PVWC municipalities pledge \$10M in infrastructure funding

By Lorne Stelmach

A longer term plan is taking shape to help secure a stronger and more sustainable water system for the region.

The 14 municipalities in southern Manitoba that are part of the Pembina Valley Water Co-op (PVWC) have unanimously agreed to provide capital funding to build the infrastructure that the region will need in the future.

The member municipalities have agreed to provide a total of \$15 million to the water co-op over the course of the next 10 years. The total will be shared between the municipalities, with larger users paying more than smaller ones.

"What this funding commitment

> IMPACT NETWORK, FROM PG. 3

community. So those are going to be initiatives that are going to be led by the community and thought up by the community. Things that we're short on. Like, we need solutions for child care, affordable housing, transportation.

"I've heard from so many people that have phenomenal ideas, but they can't do them by themselves.'

Getting the community engaged and involved is a big part of the network's plans.

"The leadership table is committed to doing some of the directional pieces, which is really vital and important, but also equally vital are the action tables, which are going to be made up of volunteers who have lots of skills and who are passionate about reducing poverty and making Winkler a place that we all want to live."

Part of the network's work will also be finding community partners and funding sources for its strategies.

"Once we have that in place, and those action tables, we're going to give them the direction and the funds and they're going to run with it," Rempel said, encouraging anyone interested in getting involved to get in touch with her at Central Station to learn more (you can reach her via email to poverty@winklercentralstation. ca).

"We want this to be a community effort," she stressed. "If you come to us and you say that you would like to help, we will find a place for you."

means is that the water co-op can now go ahead with its capital plans to provide the water to the communities that we serve," said CEO Dale Toews in a statement last week. "This commitment from our member municipalities gives us the wind in our sales to move ahead."

The water co-op currently provides water for over 60,000 people in southern Manitoba, servicing an area of over 9,000 sq. kms.

PVWC has traditionally been funded by water rates, with some government grants. However, with the communities growing at a rapid pace and the demands for water continuing to increase, it needs to have an aggressive capital program to build the infrastructure to meet those demands, Toews said. Water rates alone can't support the millions of dollars of work that needs to be completed within the next few years, he said, and that is why this funding commitment from PVWC's membership is so critical.

Municipal leaders from across the region heralded the unanimous commitment.

"This investment from our municipal ownership is an incredible boost to our ability to expand. This allows the water co-op to move ahead on its much-needed capital plan to not only expand its capacity to increase its supply but also to build more resilience into the system and enhance our water security," said Pete Froese, co-chair and deputy reeve of the RM of Stanley.

"More help is still needed. This capital injection and our own rates alone will help us keep moving, but more help from the province and federal government will be needed in the future if we really want to tackle this," noted Don Wiebe PVWC board cochair and RM of Rhineland reeve.

"Those conversations with higher levels of government are actively taking place, and we feel we have an ear with the province. They have told us they recognize the importance of southern MB and the water co-op when it comes to economic success of Manitoba. We need the province to step up as partner in this with us. Southern Manitoba has significant momentum and growth which needs to continue."

"Our municipal ownership has made it clear. We need to ensure we have the water for our communities now and into the future," said Cor Lodder, reeve of the RM of Dufferin.

"This is true regional leadership. Fourteen municipalities with a firm vision for the future and that vision includes water availability for future generations. We are proud to be a partner at this table," noted Winkler's Mayor Henry Siemens.

"We all know that economic development requires adequate water supply and so the ability to work together as a region to ensure we have the water needed is critical and that is what this group is doing," said Dave Carlson, reeve of the RM of Emerson-Franklin.

Toews said there is much work that needs to be done on the region's raw water storage and supply to provide more drought proofing and pre-treatment. Some treatment plant upgrades will be required as well, and as it is able to produce more water, additional pipelines and booster stations and reservoir expansions will be needed so it can distribute and balance the flows across the 314 kilometre distribution network

"First and foremost on the list is to move forward on the much-needed expansion in Letellier. That is going to be significant for us," said Toews.

"The water co-op has expensive water to treat. It is no secret the raw water from the Red River and Stephenfield Lake is challenging to treat, and the quality of the water is continually changing, which means the treatment processes are continually changing. It takes sophisticated technology to get us all the finished product we need, which is safe and reliable drinking

"This financial support from our membership is a real encouragement to us and enables us to move from away just talking about getting these projects done to actually getting them



Hive Development to revitalize historic downtown building

By Lorne Stelmach

The City of Morden has taken the first step towards seeing new life breathed into a significant landmark downtown.

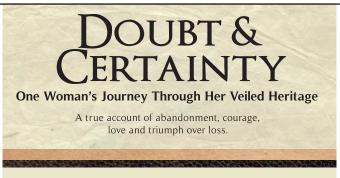
An option to purchase the historic land titles building at Eighth and Stephen Street has been awarded to Hive Development Group, and they are thrilled to have the opportunity to revitalize a key piece of the city's heritage.

Hive has shared the city's dream to preserve the building's historical essence while adapting it to meet contem-



SUPPLIED PHOTO

Heather and James Francis of the Hive Development Group in front of the former land titles building in downtown Morden.



By Elma Enns-Kreitzer and Raymond Kreitzer

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

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porary needs, said Heather Francis, who together with husband James heads up Hive.

"We have been admiring that building for quite a few years already," she said. "We've been kind of eyeing it for years, wondering how we could get our hands on that building and do something with it, bring it back up to some of its former glory.

"It really is a landmark of downtown Morden. To see it sitting empty there for a few years, we just felt it was such a shame," Francis added. "We are very much looking forward to officially owning it and then getting to work on restoring this beautiful building."

The former Morden land titles building at 351 Stephen Street was built around 1896 for grocer Harry Meikle.

The west half of the main floor originally housed a branch of the Bank of Hamilton, but, following the bank's 1923 merger with the Canadian Bank of Commerce, the space was used to house local circuitry for the Manitoba Government Telephones (later Manitoba Telephone System). The telephone utility occupied the space until 1961.

From 1963 to 1972, the municipal assessment branch was located there, and the land titles of-fice occupied the east half of the building since the early 1920s and took over the entire building in the 1970s. The second storey was occupied by a variety of businesses through the years, including dressmakers and law firms.

"It's a part of downtown Morden that can be there for many more years to come," said Francis, who stressed they want to develop a plan that "honours the history of the building. We want to preserve all of those original features, but some things need to be brought up to current standards."

Over the next year, Hive Development Group will work with a variety of experts to develop

a rehabilitation plan that will ensure the building's longevity.

Upon receiving the go-ahead from the city, the initiative will kick off with crucial structural repairs followed by the restoration of the building's unique exterior features. The interior will then undergo a complete transformation with mixed use in mind.

"It is in need of quite a lot of things, so this year we will be engaging lots of different experts," said Francis, noting the project will require expertise with stone masonry and proper restoration of the heritage features of the building.

"We are not experts in the building techniques they used in the late 1800s, so we need to consult with experts because we want to do this in the right way so that we use the right materials and the right techniques."

Francis is uncertain at this point as to the possible timeline for the project.

"It also hinges on the city's sewer and wastewater project's progress ... until such a point where that is going ahead satisfactorily, the city won't be issuing development permits," she suggested.

"The actual restoration itself I would guess would take probably one to two years," Francis added. "Right now, we're in the very early planning stages, but our vision is commercial on the main floor ... that is, I think, the best use of the space for downtown Morden ... and then residential on the top floor as well.

"We are open to different tenants, different commercial tenants, and we have some ideas ourselves ... over the next year or two, it will be exciting to see exactly what direction it goes and who ends up as commercial tenants," she concluded. "We'll always be open to talking with people who might be interested in that space."

Winkler ordered to fog for mosquitoes

By Voice staff

The City of Winkler was ordered by the province to spray for mosquitoes last week

West Nile Virus monitoring found high numbers of adult Culex tarsalis mosquitoes and evidence of mosquito infection with West Nile virus (WNV).

As a result, the government on July 31 issued a ministerial order under the Environment Act to begin spraying Winkler as well as approximately three kilometres outside city limits, which includes the communities of Reinfeld,



Chortitz, and Schanzenfeld.

Public health officials note that wet conditions early in the season and recent hotter, drier weather have created ideal conditions for Culex tarsalis mosquitoes that can spread the West Nile virus.

The risk for potential human exposure to WNV at this time is high in the Southern Health-Santé Sud region, they say, and this will likely continue during the historical high-risk period (mid-July to mid-August).

At press time, there had been no locally-acquired human cases of WNV found in Manitoba.

Additional spraying was tentatively scheduled to happen again overnight this week Thursday, Aug. 8, weather allowing.

For more details, head to www.gov. mb.ca/health/wnv/control.html.

Winkler Fire parade boot drive collecting for Candlelighters

By Ashleigh Viveiros

If you're taking in the Winkler Harvest Festival's parade this Saturday morning, be sure to bring some cash for the boot.

Winkler Fire Department members will be walking alongside the fire trucks in the parade, boots in hand, to collect donations for the Candlelighters Childhood Cancer Support Group.

"We're very excited this year to partner with them," says firefighter Henry Giesbrecht, who has a personal connection to the group. "Unfortunately, we had to use them at one point with my son being diagnosed."

Giesbrecht's son was just six when he was diagnosed with leukemia. He's now a healthy 16-year-old.

But while years have passed since the family went through their battle with cancer, Giesbrecht says they've never forgotten the kindness shown to them by Candlelighters' volun-

"The level of support that they gave us, it was a no-brainer to support them now," he says.

Candlelighters board chair Naomi Fehr says the funds raised this weekend will help them keep their annual family camp going.

"Donations like these are just such a huge boost to us," she says. "We literally just had a meeting talking about cutting back, but for me it's never about cutting back—it's always about finding more sources of funding ...

we're so appreciative of the support from our local area."

The camp weekend—which this year takes place mid-September at Hecla Island—is all about having fun and building connections.

"We have people who are in treatment, people who have completed treatment. We also have bereaved families. It's a mash of all sorts," Fehr says. "It's just a good time for the kids to connect outside of a hospital setting or outside of a clinic setting. They get to know each other, and lots of long-term bonds happen."

Candlelighters also supports families dealing with a cancer diagnosis by providing parking passes for those with extended hospital stays, putting together care packages for newly diagnosed families, offering a food cart with drinks and snacks in the children's cancer ward in Winnipeg as well as weekly meals for patents staying with their children as they receive treatment, overseeing a benevolent fund to help bereaved families, and providing gifts for childhood cancer survivors who graduate high school.

It's all about supporting families, Fehr says, and "helping with the things that a lot of people maybe don't thinking about, the necessities of life ... we're kind of behind the scenes and we do this stuff just to help them get through it."

"We were floored," Giesbrecht recalls of the first time his family connected with Candlelighters shortly after his son's diagnosis. "She just



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Winkler firefighter Henry Giesbrecht with Naomi Fehr of the Candlelighters Childhood Cancer Support Group. The fire department's annual Harvest Festival parade boot drive is collecting donations for the group this year.

called us, 'Can we come bring you a package?' And then what you find in there is this support package. It's a great blessing. You realize you're not alone and there's more families that are going through this and people are thinking about you."

The parade boot drive usually brings in several thousand dollars for charity each year, and Giesbrecht is optimistic it will do so again this weekend.

"Winkler is known for giving. Every single day, Winkler steps up, and it's just unreal to see."

Saturday's parade starts at 10 a.m. at the corner of Pembina Ave. and 15th St. It travels east down Mountain Ave., north up Main Street, and then turns west on Roblin Ave. to end at Park St.

Astro Club public viewing nights return

By Ashleigh Viveiros

The Pembina Valley Astro Club is gearing up for another season of star-

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

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

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

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

They'll also meet at Dead Horse Ci-

der north of Winkler for two "dark night" viewings away from the city's lights on Aug. 30 from 9-11 p.m. and Sept. 27 from 8-11 p.m.

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

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

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

"During early August, Saturn will be visible around 11 p.m., which is always a crowd favourite," Dyck says. "For me, it's always worth it to see Saturn come up. That was actually



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Grace Nickel comes full circle with Plum Coulee exhibition

By Lori Penner

The Plum Coulee Elevator Museum is proud to host an award-winning artist who has roots in the community. The *Grace Nickel Full Circle: Saidye Bronfman Award* exhibit is a full circle moment for the artist.

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

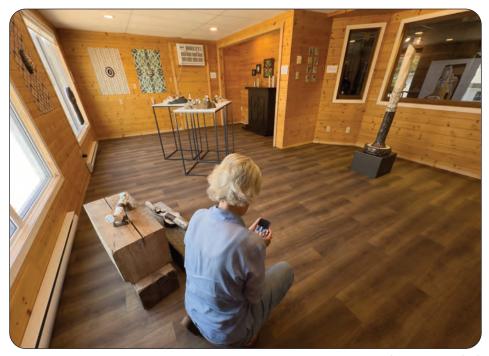
The exhibit provides a condensed survey of her work, spanning her entire career.

"It includes some of my earliest works, like the series of wall tiles inspired by the Blue Ribbon bird cards we collected in my childhood, and also my most recent works, which relate to my current research on historic Anabaptist ceramics called Haban ware "I especially enjoy the link between my Commemorative Cameo series and some of the pieces I see hanging in the museum, like the black Spetze Metze Mennonite women made to wear on special occasions, and also some of the quilt patterns."

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

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

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



SUPPLIED PHOTO

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

life and existence.

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

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

The exhibit will be on display until Aug. 31.

Gospel Music Festival returns to Altona Centennial Park

By Lori Penner

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

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

Organizer Larry Wiebe says he and fellow committee members Harv

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

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

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

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

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

"We think it's spectacular," Wiebe

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

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

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

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

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

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

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

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

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

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

At one point last year they counted about 566 attendees.

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



VOICE FILE PHOTO

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

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

By Lorne Stelmach

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

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

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

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

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

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

Tascona had been involved in military museums in Winnipeg and had been a collector of military artifacts, so one thing led to another. Today, the event is bolstered by a group of dedicated volunteers.

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

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

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

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

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

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

"People have come from all over the place. We've had from Regina and Thunder Bay ... as well as from Winnipeg and throughout Manitoba."

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

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

New this year will be having the Manitou Legion providing food as a



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

fundraiser at the event.

Day in the Trenches runs this Sunday, Aug. 11, from noon to four p.m. with re-enactment presentations at 1:30 p.m. and 3 p.m.

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

58W at 16N.

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



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> ASTRO CLUB, FROM PG. 9

my first target when I bought the telescope. It was the first thing I ended up looking at, so it holds a little bit of a special place for me.

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

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

Past viewing parties have been very well attended.

"When it is a clear night, we usually have around 30-50 people show up," Dyck says, noting all ages are wel-

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

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

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

For weather and event updates, follow the club (@astroclubpy) or the Winkler Library (@scrl_winkler_library) on social media.

Winkler Harvest Festival is on this weekend

By Ashleigh Viveiros

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

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

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

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

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

And wrapping things up Sunday night ahead of the festival-ending fireworks is Christian music artist Austin French. He's preceded on stage by Caleb & John and homegrown performer Jordan Janzen. "It's so cool to have so many locals that have connections to these entertainers," Bueckert said, stressing that figuring out the lineup was very much a collaborative effort. "They know what's up and coming, they know what's good. So to be able to tap on their shoulders and just lean on them, that's been huge."

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

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

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

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

Other activities include the midway's rides and games, the Satur-



OICE FILE PHOTO

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

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

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

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

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

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

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

You can check out the full Harvest Festival schedule online at visitwinkler.ca/harvest-festival.

CFDC dig tours unearth rare shark tooth

By Lorne Stelmach

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

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

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

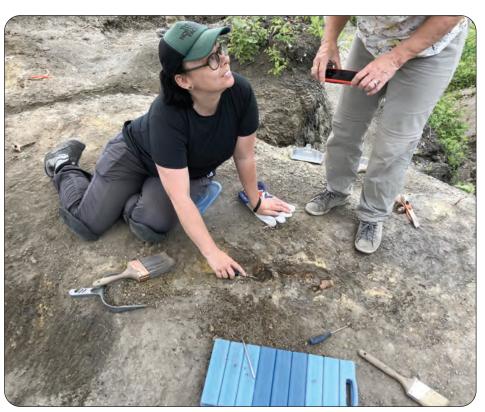
"We are starting to find some more really neat fossils ... and in the next few years, I think we will still be finding some very good fossils," said executive director Adolfo Cuetara. He is excited to see that the dig tours continue to have a 100 per cent success rate in terms of participants finding prehistoric treasures.

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

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

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

Continued on page 13



SUPPLIED PHOTO

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





Rain can't dampen **Beach Blast spirits**

A few families and kids braved the cool, rainy weather Sunday afternoon to take in the Beach Blast festivities at Lake Minnewasta. The celebration had been postponed from Canada Day because of inclement weather. In addition to simply enjoying the lake, there was also a sand castle competition as well as paddle boat rentals, a few food trucks, and the Splish Splash water park to enjoy. An evening fireworks show capped off the day. Right: Robert Jay and his kids Caden, Bradley, and Hailey came prepared with umbrellas.

PHOTOS BY LORNE STELMACH/VOICE



> CFDC, FROM PG. 12

Cuetara suggested there are a few factors contributing to the success of the dig program.

"It's because we know where to bring the people and where to put them to work," he said. "We have a good idea where the people should prospect, and we know where there are surface fossils ... and the site is well organized, and we know where the skeleton is located ... we are keeping the dig site clean and protected every time.

"It's working really well. The main reason is we are doing things right, and we know the dig sites really well," he added. "We know perfectly where the ledges and the sediments are ... and we know where to look.

"Then all the days when we don't have visitors for the dig tours, our field crew is prospecting and cleaning and locating new dig sites. We have a pretty good idea in the field where the good sites are to start to dig."

As the dig tours continue, so

does the follow-up work with the fossil finds back in the lab at the CFDC.

"We are sometimes overwhelmed

with the amount of work. It is very concentrated in the summer months," said Cuetara. "Even with the help of

the summer students ... it is a lot of work, but it is working because we are starting to see the results."



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SUPPLIED PHOTOS

The I-6 Southman Ag team in 1984. Back row: Bill Otto (sponsor), Doug Hoeppner, Menno Heibert, Terry Hoeppner, Russ Rach, Gerald Hoeppner, Frank Driedger, Terry Klatt (coach). Front row: Ron Hildebrand, Frank Letkeman, Daryl Unrau, Ronn Brunn, Abe Wiebe, Bob Sagert, Miles Gillis, and Jim Minty.

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40th reunion for I-6 Southman Ag team

By Lorne Stelmach

Forty years on from their first days of playing local linament league baseball together, the members of a Morden area team got together recently for a reunion.

It was just a low-key gathering to socialize again and reminisce about their days together on 1-6 Southman Ag team that started in 1984.

Most still live in the Morden area and were able to attend, though a few

who live out of province or that had other commitments weren't able to make it.

"We were sitting at a funeral, and one guy said, 'You know, I was looking at the ball team picture ... it's 40 years ago and we're all around here yet," shared Terry Klatt, who coached the team. "That made me think about getting something going and see if I could get everybody together."

Continued on page 15



The group at the reunion this summer. Back row: Doug Hoeppner, Menno Hiebert, Russ Rach, Gerald Hoeppner, Terry Klatt. Front row: Ron Hildebrand, Frank Letkeman, Daryl Unrau, Ron Brunn, Bob Sagert.



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Bisons, Whips to square off in Border semi-finals

By Ashleigh Viveiros

The Altona Bisons earned their ticket in the Border Baseball League championship semi-finals by knocking out the Carman Cardinals last week.

The Bisons, who finished in first place in the East Division during the regular season, put the final nail in the bottom-ranked Carman team's coffin with a 16-6 win on Tuesday, July 30 in game four.

Altona had previously won game one 1-0 but then stumbled in game two, losing it 6-0. They bounced back with an 11-10 win in game three.

Also advancing in the division are the Winkler Whips, who beat the Morden Mud Hens in three games.

Meanwhile, in the West Division, the Pilot Mound Pilots eliminated Clearwater three games to one and the Cartwright Twins defeated the Baldur Regals in four games as well.

The Whips-Bisons series kicks off Tuesday in Altona. Game two is in Winkler Thursday night followed by game three back in Altona Friday.

> REUNION, FROM PG. 14

The team came together back then with the sponsorship of Bill Otto and the Southman Ag dealership.

Klatt recalled that they were able to pull together 16 or 17 players who were mostly all from the 1-6 and 1-5 area south of Morden.

"There were a few from town here, but most of them were from the 1-6 area," said Klatt, who suggested it was somewhat unique back then to be able to field a team of players from such a small rural area.

He thinks they were a fairly competitive team while the league lasted, although it did shut down after a number of years.

"We went to tournaments, and we usually did all right. We weren't a top team, but we had a lot of fun with it, he said. "It was a farming community too, so we couldn't just play all the time, but it was good for all of us."

Klatt was glad that they were able to contact all of the team members and then that a good portion of them were able to attend the reunion.

"Out of the 40 years, they're all mostly still living and mostly here in the communities around here, but



PHOTO BY RICK HIEBERT/VOICE

Our region was well-represented at Baseball Manitoba's 13U AAA and 15U AAA Tier 1 and Tier 2 provincials in Ile Des Chenes over the weekend. Above: Garrett Henderson, from Morden, slides safely home to score a run for team South Central, which had a 3-2 record for the weekend on the Tier 1 side. The title ultimately went to Brandon. In Tier 2 action, Red River had a flawless weekend, going 5-0 before downing Oildome 23-7 in the championship game. At the 15U event, both the South Central and Red River teams were 2-3 and failed to make the championship game in Tier 1. Winnipeg South won Tier 1 and Pembina Hills won Tier 2.

there's a few who moved to Alberta.

"There were some that we hadn't seen for maybe 30 years," Klatt said. "The ones who had moved up to Alberta couldn't make it, but we talked for a half hour to an hour on the phone ... they were wishing they could make it ... to get everybody together like this would be pretty hard."

The oldest person in attendance was

perhaps 77 years of age, while the youngest was around 60, he noted, adding as well that one member still even plays some slo-pitch ball.

"Everybody got up and said something, so that was good ... we had a good time," said Klatt. "There was a special bond. It was kind of special. Everybody knew each other and all got along good with each other."

Big Hit Slow Pitch returns to raise funds for CCI





PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Children's Camps International celebrated the return of its Big Hit Slow Pitch Tournament to the Winkler ball diamonds over the weekend. Six teams took part, with every home run hit earning funds for the Christian ministry's camp programs around the world. CCI also teamed up with Sixteen13 ministry to split the proceeds from canteen sales. Organizers were still crunching the numbers at press time, but estimated about \$25,000 had been raised—enough to send 5,000 kids to camp.

Remembering the Hall of Fame Miami 1956-1962 ball team

By Ty Dilello

The senior Miami Baseball Club from 1956 to 1961 were inducted into the Manitoba Baseball Hall of Fame as part of the 2013 induction class.

From 1956-1962, the Miami Senior Team played in the South Central Border League (also known as the South Central League and South Eastern Manitoba League). The team often competed against local teams such as Winkler, Altona, Plum Coulee, Carman, Roland, and Morden. The League expanded to include several teams from the United States, allowing the Miami team to compete against Cavalier, Walhalla, and Neche out of North Dakota.

The Miami team consisted of players from neighbouring towns, including Manitou, Graysville, Altamont, and Roland. Many of these players had been previously inducted into the Manitoba Baseball Hall of Fame as individuals and as a part of other successful teams.

The Miami senior ball team was highly successful in this South Central league, winning the League in 1956, 1957, 1958, and 1960. They went on to win the Playoff Championships in each of these years except 1957 when they lost to Carman in the semi-finals.

They were often victorious when they travelled to local tournaments. The annual Morden Tournament, held on July 1, saw them in the finals each year from 1956 to 1960. In 1957 and 1960, they took the title of tournament champions.

One of the players on these Miami teams was Glennis Scott, one of Manitoba's top ball players over this period.

Scott had signed a teaching contract in Miami when he was offered the opportunity to attend a St. Louis Cardinals training camp in Albany, Georgia.

"These training camps started in the middle of February, and that's not a good time to get away while you're teaching," said Scott. "So I made the decision to stay with my teaching career. The general manager of the Winnipeg Goldeyes, Terry Hinds, was a pretty good friend, and he advised me that I might be able to make AAA, but he doubted that I could make the majors. That was good enough for me to stick with teaching, and it's something I never regretted because I got to play in a lot of big



SUBMITTED PHOTO

The senior Miami Baseball Club from 1956 to 1961 were inducted as a "Team" into the Manitoba Baseball Hall of Fame as part of the 2013 class for its excellent record in the South Central Border League. (photo credit: Manitoba Baseball Hall of Fame). Pictured left to right, back row: Jack Callum, Charlie McCullough, Walter Mueller, Dale Pearson, Lloyd Orchard, Lorne McKerlie, Don Weir, Pete Thomson; front row, Sam Phillips, Glennis Scott, Jack Thomson, Barry Oakes, Bob Thomson, Max Weber. Inserts, top row, Vern Nickel, Blaine Bruce, Clint Lawson, Rick Hefford, Alymer McKerlie, Winston Simpson, John Bird, Jim Orchard, Pat Angers; bottom row, Bob Gibb, Barry Bruce, Lyle Thomson, Clarke Pearson, Mel Huston, Bob Storey, Doug Livingston and Weldon Ridley.

amateur tournaments over the years."

Playing as an amateur instead of a professional, Scott enjoyed his time with the Miami Senior Ball Club. Eventually, he had some neat experiences playing for Team Canada in two Pan American Games, Winnipeg and Cali, Colombia, as well as three World Tournaments in Nicaragua, Colombia, and Italy.

After his playing days were over, Scott later served as a talent scout in Western Canada for the Toronto

Blue Jays for six years, during which time they won the World Series in 1992 and 1993.

The surviving players from the 1956-1961 Miami Baseball Club reunited after being inducted into the Manitoba Baseball Hall of Fame in 2013. The induction paid a nice homage to one of Manitoba's top senior ball clubs in the late 1950s.

Province invests \$49M for road repairs, reconstruction

By Voice staff

Road repairs to Provincial Trunk Highway 75 will continue this summer.

The provincial government last week announced it is providing \$49 million to repair roads throughout southern Manitoba.

"Our government is making meaningful investments in critical road construction projects that will enhance safety, strengthen our economy, and make it easier for drivers to get around," said Transportation and Infrastructure Minister Lisa Naylor.

"People throughout southern Manitoba can look forward to improved driving conditions on important routes like Provincial Trunk Highway (PTH) 75."

The funding will go toward construction projects that will improve driver and pedestrian safety while also supporting economic growth throughout the region, the province has said.

Projects recently completed, currently underway, or scheduled to start imminently including:

• reconstruction of the southbound lanes of PTH 75 from 6.6 kilometres

(km) north of PTH 14 to 3.4 km south of the south junction of PTH 23 (between St. Jean Baptiste and Morris);

- reconstruction of Provincial Road (PR) 247 from PR 330 to one km east of PR 330 in La Salle;
- new pavement with speed reduction design on PR 216 in Kleefeld;
- rehabilitation of PTH 3 from PR 528 to PTH 34;
- rehabilitation of Provincial Access Road (PA) 659 in Pipestone and PA 662 in Reston; and
- completion of the intersection reconstruction on Trans-Canada Highway at PR 207 (Deacon's Corner).

"The announcement of repairs to highway 75 south of Morris through the Municipality of Montcalm is great and long overdue news," Reeve Paul Gilmore, Rural Municipality of Montcalm, said in a statement. "I'm certain our rate payers will applaud this initiative along with the thousands of travellers on this major highway connecting Manitoba to our southern neighbours."

Additional details regarding Manitoba Transportation and Infrastructure's capital projects can be found at www.gov.mb.ca/mti/mipmap/map.html.

Classifieds Voice

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mvmts.net

CAREERS



Border Land School Division invites applicants for

EDUCATIONAL ASSISTANTS

for the following positions in the Western BLSD region:

- ÉCOLE ELMWOOD SCHOOL: FULL-TIME PERMANENT
- ÉCOLE PARKSIDE SCHOOL: FULL-TIME PERMANENT
- W.C. MILLER COLLEGIATE: FULL-TIME PERMANENT

 ROSENFELD ELEMENTARY: PART-TIME PERMANENT FOR DETAILS VISIT WWW.BLSD.CA

Municipality of Emerson-Franklin Public Notice - Board of Revision 2025

PUBLIC NOTICE

Public notice is hereby given that the 2025 assessment roll for the Municipality of Emerson-Franklin has been delivered to the Municipal office at 115 Waddell Avenue in Dominion City, Mb and is open for public inspection during regular business hours. Applications for revision may be in accordance with section 42 and 43 of the Assessment Act:

APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of the Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to:

a)liability to taxation;

b)amount of an assessed value;

c) classification of property; or

d) a refusal by an assessor to amend the assessment roll under subsection 13(2)

APPLICATION REQUIREMENTS

43(1) An application for revision must

a) be made in writing;

b) set out the roll number and legal description of the assessable property for which a revision is sought;

c) state the grounds on which the application is based; and d)be filed by

> (i) delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41(2), or

(ii) serving it upon the secretary, at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on Tuesday, September 3rd 2024, starting at 9:30 a.m. in the council chamber in Dominion City to hear applications for revisions to 2025 assessments and 2024 supplementary assessments.

The final date on which applications must be received by the Secretary of the Board is Monday, August 19th, 2024. Applications can be obtained from the Municipal office or on the Municipal Website.

Dated this 8th day of July, 2024

Tracey French

Chief Administrative Officer

Municipality of Emerson-Franklin

Box 66 Dominion City, MB ROA OHO

Phone: 1-204-427-2557/ Fax: 1-204-427-2224

Email: info@emersonfranklin.com

AUCTIONS

MCDOUGALL AUC-TIONEERS Online Equipment Auction COMMUNI-POLUS. DISPER-CATIONS SAL -Aug. 15. Bid on a Fleet of Hydrovac Directional Trucks. Drills & more. Emerald SK MCDOU-GALLAUCTION.COM. 1-800-263-4193.

SCRAP METAL

Buyer for all farmyard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

WANTED



Cash paid for silver coins, gold coins, rare coins, old coins & paper \$, Olympic coins, Royal Canadian Mint Coins, Franklin Mint, US Mint etc, unwanted jewelry, old Rolex & Omega watches, nuggets, sterling silver, Bullion, all Gold & Silver!

Wanted:

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Will buy entire collections

Todd 306-774-2420



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Requirements:

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- Positive work attitude Ability to work well with
- others or independently
- Safety-oriented
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Want to learn how to fly? Recreational Pilot Program is the best way to get started, must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight: flv by day only in Canada with one passenger; can easily add float rating to permit. LS Airways Flight Academy 204-651-1402.

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CAREERS

BÜNGE

MAINTENANCE MECHANIC/MILLWRIGHT

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

Preference will be given to those candidates holding a valid provincial Millwright or Industrial Mechanic ticket. Candidates who do not hold a valid ticket will be expected to enrol in the apprenticeship program to obtain their ticket as soon as possible. Overtime and on-call duties are required. The successful applicant will possess excellent written and verbal communication skills,

The following would be considered an asset for this position:

trouble shooting skills, and be a team player.

- Experience in grain handling, processing, or manufacturing
- Experience in industrial equipment maintenance and repair
- Ability to read blueprints and technical documents

Pressure or structural welding tickets and related experience This is a regular full time position providing an excellent wage and benefits package. Bunge is committed to providing a safe, healthy, and rewarding workplace for all employees. Starting Wages:

- Mechanic S32.70/hour
- Red Seal Millwright: \$38.08/hour

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

Bunge Canada is an equal opportunity employer.

PUBLIC NOTICE

NOTICE OF PUBLIC HEARING

UNDER THE PLANNING ACT

The City of Winkler, under the authority of The Planning Act, will hold a hearing at which time and place the council of the City of Winkler will receive representation from the applicants and any other persons who wish to make representations in respect of the Rezoning Application No. RZ2024-005 and By-law No. 2324-24, being an amendment to Winkler Zoning By-law 2271-21 of the City of Winkler

The general intent of the above By-Law No. 2324-24, is to zone the land described below,

264 Main St S, legally described as Lot 8, Plan 422 MLTO

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

Winkler Council Chambers, 185 Main Street, Winkler, Manitoba

FROM: "R1" RESIDENTIAL LOWER DENSITY "R2" RESIDENTIAL MEDIUM DENSITY

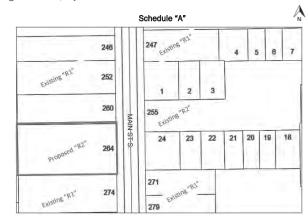
A copy of the above By-Law No. 2324-24 and supporting material may be inspected by any persons between the hours of 9:00 AM and 5:00 PM, Monday to Thursday and 9:00 AM and 4:30 PM, Friday, in the City Office.

Date of Hearing: August 27, 2024 Time of Hearing:

Location:

DATED at Winkler, in Manitoba, this 24th day of July 2024.

Designated Officer, City of Winkler



204-325-9524 | permits@cityofwinkler.ca WWW.WINKLER.CA

PUBLIC HEARING



INVITATION TO SUBMIT BIDS

FOR THE PURCHASE OF 1997 E-One 75FT QUINT LADDER FIRE TRUCK CITY OF MORDEN

The City of Morden is pleased to announce that we are accepting bids for the acquisition of a 1997 E-One 75Ft Quint Ladder Truck.

Equipment Specifications:

- 1500 gpm Pump
- 500 Imp Gallon Tank
- Still in service, available in March 2025
- Pump, Ladder Current Certification
- Current Safety
- Various Ground Ladder and Equipment
- 6 Man Cab

Viewing and Inquiries:

Scheduling of all viewings will occur by August 31, 2024. Interested parties may arrange a viewing appointment by contacting **Fire Chief Andy Thiessen** directly at **(204) 822-3888** or via email at athiessen@mymorden.ca

Bids can be delivered or mailed to the City Manager Nicole Reidle at the City of Morden Civic Center, 100-195 Stephen Street, Morden, MB, R6M 1V3 or e-mailed to cm@ mymorden.ca Bid submissions will be accepted until 12:00 noon local time, Friday, September 6, 2024.

The City of Morden reserves the right to reject any or all bids

The Ladder Fire Truck will be available for possession on March 1st, 2025.



NOTICES ENT PRESS

URGENT PRESS RE-LEASES - Have a newsworthy item to announce? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www. mcna.com under the "Types of Advertising" tab for more details.

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COMING EVENTS



Classifieds Voice
Announcements

Esther Hildebrand (nee Derksen) March 12, 1941 – July 28, 2024

Esther Hildebrand, of Winkler, Manitoba passed away unexpectedly but peacefully as the sun rose on Sunday, July 28, 2024 at the Boundary Trails Health Centre.

Esther was the second daughter of the late Abram and Anna (Thiessen) Derksen. She was predeceased by both parents and parents-in-law, seven brothers-in-law and five sisters-in-law.

She is survived by her husband of 62 years, Harry, son Robert, granddaughter Samantha (Henry) Dyck, great-grandchildren Jennifer and Jessica Dyck and grandson Bradley (Jenna) Hildebrand; daughter Colleen (John) Mantler of Winnipeg. She is also survived by sister Anne (Rob) Evans of BC, sisters-in-law Margaret Braun and Anne (Bill) Fehr as well as many nieces and nephews.

The family would like to express their sincere gratitude and appreciation for the compassion and kindness of the nurses: Ambre, Brittini, Katrina, Krystin and Sarah (Charge Nurse), and Dr. Miller, Dr. Kavi Abbu and Dr. Gacutan.

Viewing will be held at Wiebe's Funeral Home, 121-8th St, Winkler, Wednesday, July 31, 2024 from 1:00 p.m. to 7:00 p.m. Funeral service will take place at 2:00 p.m. on Thursday, August 1, 2024 at the Winkler Bergthaler Mennonite Church, 252 6th St, Winkler. A private burial will take place prior to the service.

Donations may be made to MCC, Boundary Trails Hospital Palliative Care or Winkler Bergthaler Church.

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





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News Tips? Story Ideas?

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École Discovery Trails on track for Sept. opening

By Lorne Stelmach

Work is on track for the new Morden school to welcome its first students in September.

"There's very much work that still needs to happen over the next month, but things are looking good," Western School Division superintendent Stephen Ross said in offering an update last week on the construction of École Discovery Trails. "We're on track for having school start in there for the kids in September ... and staff will be in there in late August to get things ready for the kids.'

Discovery Trails will be a K-8 dual-track school with English and French immersion programs.

The construction of a school of course is a complex project with lots of details, but it has proceeded well other than facing some impact from wet conditions this spring.

"Because of the wetness that we had, a bit of the landscaping work might be slightly delayed," said Ross. "The focus now is all on the interior to make sure everything is up to snuff. The exterior is pretty much done other than a bit of landscaping work that has to happen.

"We've had such a great team. We're super happy with WBS Construction," he added. "There's lots of local sub-trades and folks working on there from the area, which is great. They're

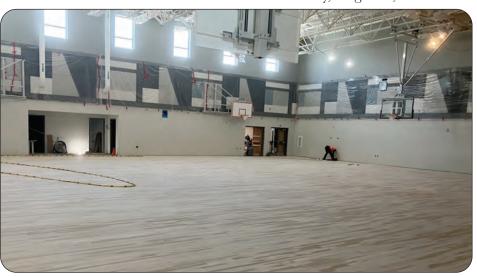
invested in making sure this is a great project because some of them have kids and grandkids who are going to be going to this school. There's a personal investment as well as just doing a good job.

"We've had a great architect who has kept pushing things along as we go, and we have team meetings every two weeks just to make sure that everything is on track and everybody's doing all our independent jobs to make sure the school's ready for kids

There has also been a lot involved in the planning process leading up to the opening of the school.

"It's pretty significant. Our whole staffing plan took almost all of last year to talk to people. We started talking to people early last school year about where they hoped to be for next year," said Ross. "Then we spent the year working through our plan with our staff to get people assigned to buildings and then hire all of the additional people who needed

"The other thing is there's 80,000 square feet of empty space that has to be outfitted with furnishings of all different kinds, so that also is just a huge endeavour in itself ... getting all of the technology installed and all the furniture and then moving current equipment and other things over there as well."



SUPPLIED PHOTO

Work on Morden's newest K-8 school is wrapping up, with just a few weeks to go until the start of the 2024-25 school year.

The sizeable track and soccer field on the school's grounds, meanwhile, has faced some delays, but there is progress being made now.

"It's a little weather dependent because it was soft, and they had to do all the compression," Ross said. "I expect they're going to be laying the track down sometime this month. It actually was supposed to start going down in July, but it was quite wet."

Fundraising efforts in support of the track and field has progressed well.

"In total to date, we have received donations and pledges totaling a little over a million dollars," shared trustee Darcy Wolfe. "These funds will be used to cover most of the construction costs of the track.

"We are still actively fundraising to support additional track-related needs such as bleachers, maintenance equipment, hurdles and other essential items," he added. "We encourage potential donors to join us in this endeavor and help us ensure the success and sustainability of the Discovery track and field."

For those interested in contributing, you can contact Wolfe by e-mail to dwolfe@westernsd.mb.ca.

Ross concluded that exciting days are ahead while the division also continues to face the challenge of further growth in the future.

"Everybody in the system is looking forward to having the additional space that's going to not only be a great new space for the community to use for a whole variety of things aside from school ... it's also going to free up space in our existing schools which all kids and all families are going to appreciate.

"The next challenge is going to be getting that next school approved because the high school is growing at a significant rate. We're hoping to see something in that light in the future

Red River Mutual provides \$10,000 to spruce up the Treherne Arena

By Lana Meier

The Treherne Arena received a \$10,000 grant from Red River Mutual as part of its community sponsorship program, Spruce Up Your Story.

The funds will be used to upgrade the rink boards, which will involve several phases:

- Replace the most aging sections of the wall, with work progressing northward until the entire arena surround is upgraded.
- Relocate sign advertisements to the north wall, showcasing sponsoring businesses to all users and viewers

This project aims to enhance Treherne Arena's energy efficiency and sustainability. By avoiding the need to

re-flood the ice when wood splinters from the old boards fall onto it, water and energy consumption will be reduced. The new boards will provide a safer, more modern, and longer-lasting facility.

The arena serves as a central community hub within the rural municipality, offering ice space for local minor hockey programs, adult hockey leagues, school groups, and community-based recreational activities such as youth rec hockey, public skating, and sticks and pucks.

The Treherne Arena also plays a vital role during the off-season, hosting various community events, including the Town-Wide Garage Sale, Farm Safety Workshops, indoor ball practices, and social gatherings. Beyond its recreational function, the arena serves as a potential relief station for residents during extreme weather events. The proposed improvements will enhance the centre's resilience throughout its lifespan, ensuring it remains accessible for all use scenarios.

Treherne Minor Athletic has been aware of the rink's surrounding boards' aging condition for the past five years. However, the priority has been addressing the aging and failing ice plant, which required replacement first. The nearly 40-year-old boards have started to bow, crack, and crumble inside and outside the ice surface.

Each year, Red River Mutual invites groups in Manitoba and Saskatchewan to enter their beloved but wellused recreation centers, community halls, parks, and other locations for the opportunity to receive up to \$25,000 in funding for renovations. As of 2020, over \$750,000 has been distributed by Red River Mutual to revive and improve 48 spaces. In celebration of its fifth year, Spruce Up Your Story received an impressive 212 submissions this year.

"Supporting a community space goes beyond protecting its four walls," said Brenda Gibson, President and Chief Executive Officer of Red River Mutual. "It's about supporting the people who live in these communities, whose passion and resilience contribute to what makes these spaces so great to live, work and play in."

FamilyFoods



Cook time: 30 minutes Servings: 4

1 medium head cauliflower, chopped into florets (about 6-7 cups)

2 tablespoons extra-virgin olive oil

1/2 teaspoon fine sea salt

8 tortillas

chopped green onions, for garnish California grown prunes from Sunsweet, for serving

peanuts, for garnish lime wedges, for serving Cabbage Slaw:

cups shredded red cabbage 1/2 cup shredded carrots

1/3 cup cilantro, chopped

tablespoons fresh lime juice

2 1 teaspoon extra-virgin olive oil 2 teaspoons pure maple syrup

1/4teaspoon fine sea salt

Peanut Sauce:

4 California grown prunes from Sun-

1/2 cup unsweetened non-dairy milk 1/3 cup natural salted peanut butter

Phone 467-5553 **Cauliflower Tacos** with Peanut Sauce

3 tablespoons reduced-sodium soy sauce

1 tablespoon fresh lime juice

tablespoon maple syrup 1/2

teaspoon minced ginger

teaspoon sriracha

tablespoons water, plus additional for thinning (optional)

Preheat oven to 425 F.

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

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

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

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



Cook time: 15 minutes Servings: 4

1 tablespoon toasted sesame oil

1/2 large onion, diced salt, to taste, divided

3 cloves garlic, minced

1 tablespoon minced ginger

2 cups shredded carrots

1 red bell pepper, sliced

1 medium zucchini, diced

8 ounces sugar snap peas

pepper, to taste, divided

1/2 cup roasted salted cashews, plus additional for serving, divided

1 cup edamame

2-3 cups cooked jasmine rice, for serv-

1/3 cup sliced green onions, for serv-

California grown prunes from Sunsweet, for serving

Prune Teriyaki Sauce:

1 cup canned pineapple, plus 1/4 cup pineapple juice

1/4 cup California grown prunes from

Veggie Stir Fry with Prune Teriyaki Sauce

Sunsweet (about 6 prunes)

6 tablespoons reduced-sodium soy

1 tablespoon pure maple syrup

1 tablespoon rice vinegar

1 garlic clove

1 teaspoon sriracha

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

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

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

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

Photos courtesy of Alexis Joseph

Three fitspo Tips

By Julie Germaine Coram

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

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

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

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

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



Julie Germaine Coram Registered personal trainer

small successes as you climb the ladder to success.

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

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

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



Recipe courtesy of the American Heart Association

Servings: 4 (1 1/2 cups per serving)

3 cups water

8 single-serving green tea bags

16 ounces frozen mixed berries (about

2 medium bananas, peeled, cut in half and frozen

Green Tea Berry Banana Smoothies

1 cup fat-free plain Greek yogurt

2 teaspoons fresh-grated peeled gingerroot (optional)

2 teaspoons vanilla extract (optional) 2 teaspoons chia or flax seeds (option-

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

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