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# The *Winkler* *Morden* **Voice**

VOLUME 9 EDITION 1

THURSDAY,  
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## Bit by the curling bug



Jace Zacharias, Jared Bueckert, and Luke Trinke hone their skills at the Winkler Curling Club, which has seen its youth program grow exponentially in recent years. For the full story, see Pg. 11.

PHOTO BY ASHLEIGH  
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# get informed

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## Morden area Daffodil Days campaign seeks new head

Lois Dudgeon stepping down after this year

By Ashleigh Viveiros

The hunt continues for a new coordinator of the Morden area Daffodil Days campaign.

The 2018 campaign this winter will be coordinator Lois Dudgeon's 10th and final year.

She's looking for someone to step up and help her out with it in preparation for taking over in 2019.

Despite a public appeal for help early last year when she first announced her intentions to retire, "No one's stepped up yet," Dudgeon said.

She's is eager to pass on the torch—on top of a decade running Morden's campaign she also spent many years

involved in Winnipeg—but Dudgeon wants to leave knowing the fundraiser that annually brings in over \$8,000 for cancer research will continue after she leaves.

"The bottom line of all this is a lot of this money goes to research to find a cure. To me, that's a big deal," she said. "I would just hate to see it go away because, guess what, cancer is not just going away."

The Daffodil Days coordinator is in charge of overseeing the dozens of volunteers who canvass the business community for donations in February and then set up shop to sell live flowers at retail locations for a week in March.

"The volunteers are all in place. Some of them have been doing this for years," Dudgeon pointed out. "It's just a matter of coordinating things for them."

It's not by any means an overwhelming task, she added.

"You do have to be a fairly organized



VOICE FILE PHOTOS

A new coordinator is needed for the annual Daffodil Days campaign in the Morden area for 2019. Lois Dudgeon (left) has announced the 2018 campaign—her 10th as coordinator—will be her last.



**"I WOULD JUST HATE TO SEE IT GO AWAY BECAUSE, GUESS WHAT, CANCER IS NOT JUST GOING AWAY."**

person," Dudgeon said, adding that in this day and age a lot of the early work on the campaign is done via email and phone calls.

It would be the perfect job for co-chairs, which is how Dudgeon got involved a decade ago.

"Maybe a married couple or a couple of friends. That way they can split the work," she said. "Maybe have one do February and the other handle the March campaign ... that lessens the

load."

If someone comes forward in the next month they will be able to run through the 2018 campaign with Dudgeon, learning the ropes ahead of taking it on themselves in 2019.

For more information on stepping up as the next coordinator or getting involved as a volunteer in another role with the Daffodil Days campaign, contact Dudgeon at 204-822-6207.



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# It is possible to keep those New Year's resolutions

## Have a clear plan and take small steps, say local experts

By Lorne Stelmach

New Year's resolutions can be doomed to fail right from the start, but there are ways to make them work.

Resolutions can be more than just wishful thinking if you approach them as strategies set out with realistic goals, say a variety of local professionals.

"A resolution is a wish. A wish without a plan is like candles on your birthday cake that offer an opportunity to be blown out with a wish in mind," says Paul Penner of Pembina Counselling Centre on why most resolutions don't turn out well for many people.

"A dream is like a building with several floors that have stairs to the different floors, but if you don't actually have those different steps, you're not going to make it to the next floor," he adds. "So that's really the key. Is it important enough to motivate one to act on it ... whether it's material, whether its financial or whether it's a matter of character."

"Without intentions to put actions into a plan ... to achieve the wish ... it will still be just a dream that hasn't happened."

The biggest mistake that people make with common resolutions like losing weight or eating better is that they don't think through how they're going to get there, agrees Deanna Baker of the Fittwell Centre in Morden.

"Most people, when they have a set goal, the goal is big. What happens is the goals we have are so big it can't be achieved in one leap," she says.

"No matter how big your goal is,

step back and say what's one small step that's going to line up with the next small step? Those small steps actually get you there at a pace your lifestyle can endure, your budget will be able to endure, and your tolerance to the changes can handle.

"That is the trick. We see people jumping far too fast with too big of a measure of a goal and it's overwhelming," says Baker. "It's great for the first few weeks because you're motivated, but motivation doesn't sustain you. You have to be more than motivated, you have to have that strategy of what's next."

Continued on page 4



PHOTO BY LORNE STELMACH/VOICE

Promised yourself you'd workout more in 2018? Deanna Baker of the Fittwell Centre urges you to create a step-by-step plan you can stick to, rather than trying to make major life changes in one fell swoop.

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# Where did everybody go?

**I**t is amazing how infrequently you see certain people even though you live in a small community.

Have you noticed this? Some people you may work with and see every day from Monday to Friday you never see anywhere else. Ever. I mean, you never see them in the grocery store, the drug store, the gas station, the restaurant, or pretty much anywhere.

It is as though when they get home they enter their stasis chamber, close the door, and descend into some kind of suspended animation until 7 a.m. the next morning when they get up and start their day again.

Not only this, but they must have a carefully planned route that sees them spend as little time in the public space as possible. Leave the house at 8:45 a.m. and enter the car within 10 seconds. Drive to work, exit the car, and enter the building within 10-20

seconds.

I wonder if it works that way in reverse. I wonder if the people I never see wonder about why they never see me anywhere. I mean, maybe it's just a huge coincidence that when you are south they are north, for example.

When you do accidentally run into someone you have not seen in years it can be a jarring experience.

"Joe! I thought you were dead! I haven't seen you in six years!"

Joe just sort of looks at you trying to decide if he should be insulted or enthusiastic ... he chooses an amalgam of both.

"Well, I'm not dead. What kind of thing is that to say anyhow?" After which Joe wanders away to the produce section not to be seen for another six years.

Maybe I am making too much of this. Still, some people seem to be like cicadas: you see them and then they vanish for somewhere between 13 to 17 years only to emerge into the world again as though they had never left to buy donuts and coffee at Tim Hortons and inquire as to who the Prime Minister is this year.

For some people this makes sense. Truck drivers and pipeline workers, for instance. It makes perfect sense to

rarely see them because, like migratory birds, they are often away. In fact, you don't even think about it because you know that Bill, like the Canada Goose, is likely in Texas delivering a load of hay (the geese generally do not deliver hay, though they can be found in Texas when Bill is there).

But what about Sally in accounting? Where the heck does she go after 5 p.m.? Doesn't she ever shop, take a walk, or leave the home at all?

After pondering these thoughts for some time another insidious idea begins to worm its way into your skull: What if they are out and about? I mean, statistically speaking, the odds of running into them should be the same as anyone else.

What if ... **WHAT IF THEY'RE AVOIDING YOU!?! What if they see you before you see them and they skip the pasta aisle and run to the frozen foods section?**

You hadn't thought of that, had you? No, because why would anyone want to avoid you? After all, you're a decent person. What sort of legitimate reasons would people have to hide from you anyhow?

Still, there was that time you told Joe you thought he was dead.



**By Peter Cantelon**

## > RESOLUTIONS, FROM PG. 3

For example, for many people just finding the time to make it to the gym is a challenge in and of itself.

"Getting to the gym for a lot of people is half the workout ... so adherence to a new plan is one of the primary goals that people should watch for ... am I sticking to it? If not, what's stopping me?" says Baker, adding people overlook the importance of scheduling in their lives.

"Find out what your obstacles are ... or change your goal to find something more realistic," she urges. "It's simplicity and smaller steps that are going to get you there much more efficiently and much more permanently."

Kathryn Penner, a registered dietitian and certified diabetes educator

at Boundary Trails Health Centre, also stresses the importance of taking small steps when it comes to living a healthier life.

"I think the biggest thing when it comes to healthy eating is making sure that you're planning what to do and that you set yourself up for success," she says, citing the example of increasing the amount of fibre in your diet by choosing whole grains.

"Be realistic about what you want to change and start slow by setting small goals ... and set goals that have your well-being in mind," she continues, adding you also need to be specific. "Think about healthier foods to add to your diet ... not just what to eliminate from your diet ... make a plan."

Another consideration is to have the right support system in place, she says.

"That's really important ... so get family involved by creating a meal plan every week together ... involve a friend or co-worker."

And never be afraid to try and try again, as you have to "expect that you may have setbacks, because that's normal ... some goals will be harder to achieve than others ... be prepared to make adjustments to your goals."

Finally, also remember to celebrate your successes.

"Maintaining positive change takes time and you need to be patient with it," Penner says.

# 'Interesting Times' looking for crowdfunding for new book

By Lorne Stelmach

A Winkler artist may be stepping away from his comic after 11 years online, but *Interesting Times* will live on in printed form.

With one compilation already under his belt, Nathan Fehr is now working towards publishing a second collection of his work.

Fehr successfully used a crowdfunding campaign to publish his first collection, which covered the first two years of the webcomic. He is now aiming for a \$2,000 target for the printing costs of the second book, which will pull highlights from years three through five.

"They've never really existed in a physical format," said Fehr, noting it was interesting for him to see them on paper as they have always just existed in the digital world. "That was a unique and cool experience for me, but it's just not something I ever imagined I would get around to."

Having grown up in Winkler and later going to the University of Manitoba to study education, Fehr said *Interesting Times* eventually came about because he had always loved drawing and doodling.

"I've loved cartoons and comics for as far back as I can remember," he said, "and I've loved to draw my whole life."

He recalled early on starting with the basics of stick people thinking that he could eventually build on that. He never did, though, after realizing he could have a lot of fun with simpler sketches.

It was in the spring of 2006 when he developed the idea that became *Interesting Times* and started a website to host the comic.

Fehr's approach to writing a strip was simple and straightforward, often just starting with something that happened during his day.

"Sometimes it'll be just ideas of whatever I've been interested in lately," he said. "But most of the time it was just something funny somebody said or something that happened where I could say, 'That's the start of something.'"

That's what he believes attracted readers to *Interesting Times*.

"It tends to be pretty relatable," Fehr said. "A lot of people have commented on something funny or absurd about day to day life ... I'll point that out, and they can say, 'Oh, that is so true.'"

"A lot of my audience is here in southern Manitoba ... so people see a lot, know a lot of the people and places that I'm referring to, so that helps," he continued.

"I even just find it fun to look at ... I think the look of them is something different that people don't see as often anymore," said Fehr, who thinks that is a big part of what kept him going with it for over a decade.

"It was partly habit," he said, explaining he would take free time for himself at the end of each evening to work on the comic.

"I do them for myself first and foremost ... but the feedback definitely helped, people coming along and commenting, 'Hey, I liked that.' That's a boost.



PHOTO BY LORNE STELMACH/VOICE

Winkler's Nathan Fehr plans to publish a second volume of his *Interesting Times* comic strip next month and has started up a crowdfunding campaign to make it happen.

"I never wanted to worry if anyone's reading it, make that my focus. I wasn't trying to get famous off it. It was really nice, though, that some people appreciated it."

The decision to end *Interesting Times* earlier this year came about as a result of personal circumstances changing for Fehr, including starting a family.

"That hour and a half at the end of each day was really starting to just wear on me," he said. "I've had a good run with it and I've really enjoyed doing it, but at this point in my life I need to re-prioritize my time."

Fehr hopes to have his second

book ready by February and would like to use the Winkler Comic Con Feb. 19 to launch and distribute it.

In the meantime, if people donate above certain amounts they are guaranteed copies of the book when it comes out as well as extra fun bonuses and products.

Learn more online at [www.interestingtimes.ca](http://www.interestingtimes.ca).

# Pay raise for Morden council

By Lorne Stelmach

Members of Morden city council gave themselves a Christmas present in the form of a five per cent pay raise last month.

The increase in their annual indemnities approved at the final council meeting of 2017 represented the first hike in the current four-year term of council, which ends with the next municipal election in fall.

The indemnity for the mayor increases from \$22,484 to \$23,610 while the amount paid to the deputy mayor rises from \$16,012 to \$16,814. The other members of council will receive \$15,740, which is up from \$14,990.

All members of council also receive a per diem when away on council business and attending related meetings. That daily rate increases from

\$157.50 to \$207.50.

Meanwhile, redevelopment of the old Tabor Home cleared a planning hurdle before the holidays. A conditional use was approved to allow a multiple family development in an area zoned for institutional use.

The application stated the plans were to convert the existing building into a 30-unit multiple family development, including reconfiguring the former personal care facility to have direct exterior access for what are proposed to be two bedroom units.

In addition, the application noted there were plans to lease the existing rooms on an interim basis to provide an option for housing temporary workers or recently arrived newcomers to the area.

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# ACU supports Coulee age-friendly facility

By Lorne Stelmach

Construction of the new active living centre in Plum Coulee is not only on track, but the Main St. facility is now also paid for pretty much in full.

As work continues on the replacement for the former senior centre, the project of the Plum Coulee age friendly committee reached its \$400,000 target with the help of a \$25,000 donation from the Access Credit Union Dec. 20.

"We've had several from organizations, and that has put this over the top," said committee co-chairperson Brian Doerksen, noting it also got a big boost through a \$50,000 grant from the Manitoba Community Places program among other funding.

"We've been very frugal in building it, and we will come in on budget ... it's a non-profit thing, so we can't afford a mortgage ... we think we will be able to finish this without a mortgage," added Doerksen.

"The credit union too has really helped us, not just in the grant itself, but they also gave us a loan with the pledges as security ... that has really worked in our favour."

Nolan Dueck, community co-ordi-

nator for Access Credit Union, said they feel they have a strong connection to Plum Coulee and to this project. In fact, the Access branch in town is located right next door.

"We wanted to give back to some of the smaller communities ... this is a great way to invest in the future of the community," he said.

"It's going to help a lot of people ... as a group at Access Credit Union,

we decided this was a good investment for the future and something that we really felt strongly about," Dueck added.

"The credit union is all about giving back, and we really want to make sure that all of the communities that we're involved in feel that we're a part of it. Something like this is just a small way for us to show that we re-

ally care for our communities, and we want to do more of it."

The new facility will be about the same size as the former senior centre, but it will have a much more user-friendly layout and will include a kitchen, washrooms, and lanes for floor curling and shuffle board as well as a pool table in back.

Organizers also stress that this will be a true community centre not aimed

**"IT'S A YOUNG COMMUNITY AND WE HOPE THAT ALL AGE GROUPS CAN TAKE PART IN IT AND ENJOY IT."**



PHOTOS BY LORNE STELMACH/VOICE

Members of the Plum Coulee age friendly committee received a \$25,000 donation from the Access Credit Union for the community's new active living centre last month. The donation helped the project reach its goal of raising \$400,000.

at any particular age group but, rather, the community as a whole. Doerksen said they very much see this as being an important investment in the community.

"The old building that we tore down stood here for a hundred years, so we're hoping that this will be here for that long," he said.

"It's a young community and we hope that all age groups can take part in it and enjoy it," Doerksen added. "We're actually very excited about it and I think the community is starting

to get excited as well."

Construction is on target for the building to be finished by the end of February. The committee will then be able to begin thinking more about programming.

"We hope that we can get some of the younger people in charge to help with that," Doerksen said, adding that the committee will keep collecting donations as well. "Even though the building is finished, there are always extras."

## New UU group hosting open house Jan. 17

By Lorne Stelmach

A local group of people on a common spiritual quest are aiming to introduce themselves to the wider community in the area.

The Pembina Valley Unitarian Universalist community is holding an open house Jan. 17 for anyone who is interested or just curious.

Group member Demian Vaisius said it is an informal opportunity for people to learn about it "without necessarily having to come to an actual gathering.

"We're really just hoping to make ourselves known to the community in a way where people can come and they can speak to us and they

can meet us, and they can kind of get a feel for what we're doing and why we're doing it."

United by a shared search for spiritual growth, unitarian universalists come from diverse backgrounds. UU's roots may be in a more liberal Christianity, but today they draw inspiration and insight from all sources.

"Unitarian universalism is a pretty old tradition," noted Vaisius. "It kind of grew out of various offshoots of Christian traditions and then slowly kind of moved away from being strictly Christian and into being for all people.



Committee members had the chance to check out the progress on the interior work at the new active living centre, which they anticipate being able to move into by March.

Continued on page 10

# arts&culture

## Neil Diamond tribute show in Winkler Jan. 27

By Ashleigh Viveiros

There are still plenty of great seats available for the Winkler Imagination Library's fundraising concert later this month

The early childhood literacy program is bringing *Diamond Forever: A Celebration of Neil Diamond* to the P.W. Enns Centennial Concert hall on Saturday, Jan. 27.

The show features award-winning tribute artist Jason Scott paying homage to Diamond's storied musical career.

Scott calls his show "one big Neil Diamond party" and says it's packed full of iconic songs and stories about the legendary singer-songwriter.

"It's super fun. There's stories about the songs, there's background about Neil, there's obviously the great tunes," Scott says. "There's even a dance contest a third of the way through the show and a huge follow-the-ball style sing-along near the end."

Scott has been touring his show across North America for over a decade now.

He loves it, but it certainly wasn't how he initially saw himself making it big in the music business.

Scott has been performing since he was a child and toured extensively in his twenties and thirties, eventually signing with a Canadian record label.

The death of his first album's producer put the kibosh on that project, though, and Scott found himself taking a break from the world of music for a time.

"Like Neil Diamond in *The Jazz Singer*, I went on a bit of a walkabout for six or seven years," he says.

An afternoon out with his family unexpectedly brought him back to it.

While the group waited for a hockey game to start at a local pub, Scott's sister urged him to get up and sing some karaoke.

The song? Neil Diamond's "Love on the Rocks."

"I go up there and my back's to the crowd because I'm reading the words," Scott recalls.

Singing in a register much lower than he was used to was initially a challenge, but Scott quickly found himself getting into the song. Unbeknownst to him, the audience was getting into it as well.

"Suddenly there was this huge whoop from the crowd and I thought the game had started and the Canucks had scored or something," he says. "I looked down at the audience and they were on their feet because Neil Diamond had just fallen out of my face."

It was the beginning of an idea that would become *Diamond Forever*. Scott began fine-tuning his renditions of Diamond's songs, eventually performing not as a flat-out impersonator but rather trying to capture the essence of the music titan's performances.

"I used to try to get as close to emulating his moves and all that as possible," Scott says, explaining, however, that after taking part in the documentary *Diamond Mountain*, which followed the lives of several Neil Diamond tribute artists, his approach to the music changed.

His involvement with the movie put him in touch with several members of Diamond's actual band, who told him Diamond loved the fact other artists were sharing his music.

"In Neil's opinion, it's a good thing that we're all out there because he gets to stay home but the music still

Musician Jason Scott will be at the P.W. Enns Centennial Concert Hall in Winkler Jan. 27 with his *Diamond Forever* tribute show. The concert is raising funds for the Winkler Imagination Library program.



SUPPLIED PHOTO

stays out there," Scott says. "But what he does suggest is not to go out and pretend to be him ... but to go out and put our own slant on it. Go out and have some fun with the music and

make it a tribute show, not necessarily the mirror image.

Continued on page 8

"I DON'T CONSIDER IT TO BE AN IMPERSONATION BUT RATHER A CELEBRATION OF THE MUSIC AND THE HISTORY OF NEIL DIAMOND"

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## Bergen acclaimed as Tory candidate

Portage-Lisgar MP Candice Bergen welcomed visitors to a Christmas tea at her Morden constituency office Dec. 21. Bergen had received an early Christmas present that week from the Conservative Party of Canada as it acclaimed her as its candidate for the Portage-Lisgar riding in the 2019 election. "For the past nine years it has been my honour to represent the people of Portage-Lisgar," Bergen said. "The 2019 election is right around the corner, and my Conservative colleagues and I will continue to work hard holding the Liberal government accountable for their actions."

PHOTO BY LORNE STELMACH/VOICE

# SMART Recovery support group starting up

By Ashleigh Viveiros

A new addictions support group starting up in the area aims to give people an evidence-based approach to recovery.

After over a year of holding meetings in Winnipeg, the SMART Recovery program is branching out to Winkler this month.

SMART, which stands for Self Management and Recovery Training, uses cognitive behavioral therapy methods to help empower addicts to overcome their behavior, explains meeting facilitator Glen Krushel.

"Everybody has a voice in them, an internal dialogue.

SMART recognizes that thoughts usually become feelings and feelings are what lead to behaviour," he said.

"What we do is we encourage people when they're having the potential of engaging in behaviour that can result in negative consequences, we encourage them to pause and regulate their thoughts and feelings so that they don't feel the need to engage in addictive behaviour."

The program uses tools based on scientifically tested methods for addiction recovery, including not just cognitive behaviour therapy but also rational emotive behaviour therapy and motivational interviewing.

Using those and other tools, SMART revolves around four key points, Krushel said.

"The four-point system, that's what we're about: building and maintaining motivation to abstain, coping with urges, managing thoughts, feelings, and behaviours, and living a balanced life.

"One of the hardest things about addictions is that they change the brain processes so that reacting in certain ways becomes habitual," Krushel continued. "Participants are encouraged to share their difficulties so that we can work through the program together.

"Be aware that this is an intellectual program that requires work, especially for someone who has found that their addictions are fairly entrenched ... they've tried other things and have just always found that it's really hard to [beat]."

SMART Recovery is applicable to any kind of addiction.

"Just as the demographics of addiction are, the

majority of people are struggling with alcohol," Krushel noted. "But we also see gambling, internet addiction, drugs. We have had people with food addiction."

Krushel stressed this is an abstinence-based program designed to support individuals who have chosen to abstain, or are considering abstinence, from their addictions.

He also pointed out that people involved in other recovery programs are welcome to add SMART's teachings to their toolkits.

"There are lots of people in 12-step programs that also go to SMART. I think that's a bit of a fallacy about recovery is that you have to have one specific program. SMART is grown up enough to acknowledge that people are built differently and need to find what works best for them."

The Winkler group will meet Thursdays starting Jan. 18 at 7 p.m. at the Winkler Centennial Library.

"All are welcome. Come with an open mind," Krushel urged. "If somebody's finding the negative consequences of their lifestyle are mounting, don't be afraid to talk to someone or do something about it."

Participation is free. Program workbooks are available for a nominal fee.

"We are a non-profit organization," Krushel stressed. "We pass the hat and donations are gratefully accepted, but the program is free.

"We just want people living healthy lives."

Learn more about SMART Recovery online at [smartrecovery.org](http://smartrecovery.org) or email [sandra.smartrecovery@gmail.com](mailto:sandra.smartrecovery@gmail.com) to confirm future meeting dates and locations.

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## > DIAMOND FOREVER, FROM PG. 7

"I took that to heart," Scott says. "At the top of my shows I always tell folks that though this is a tribute I don't consider it to be an impersonation, but rather a celebration of the music and the history of Neil Diamond."

Proceeds from the Winkler show go to help

the Imagination Library continue to send out free monthly books to 750 pre-schoolers in the Winkler and Plum Coulee area.

Tickets are \$25 (plus taxes and fees) and are available at the P.W.. Enns Centennial Concert Hall box office or at [winklerconcerthall.ca](http://winklerconcerthall.ca).



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**CHAMBER MEMBER SPOTLIGHT**  
 Getting Down to Business

# Variety Advertising a step ahead of the competition

Variety Advertising has come a long way since it was established in 1980 by Menno and Judy Hiebert as a home-based business. Purchased in 2002 by Sheldon Friesen, it has grown into the largest promotional products distributor in southern Manitoba. It also provides the largest showroom in the region.

"We're reaching a clientele that is throughout Canada and we're now branching into the U.S. to service the partners of our clients," Friesen said of the business that now employs a staff of nine people.

"For our local clients, we provide a large showroom with lots of samples. People can see, feel and touch... and our in-house decoration enables quick turn-around while maintaining a high level of quality control," he said.

"In addition to that, we're using web technology to provide e-stores for some of our larger clientele. This enables their staff as well as their corporate partners to have easy access to the products we're selling to them."

A large part of what they do comes down to the client relationships.

"We work hard for everybody, and I think we have the flexibility and the creativity to work with each of our clients and cater to their specific needs," said Friesen.

"That's the beauty of small business ... we work hard for our client and try to find the value," he continued, noting that is key in what is now a fast changing marketplace with companies like Amazon "changing the face of what we do."



Sheldon Friesen of Variety Advertising says the company's personal approach to business sets them apart from online competitors.

With over 2,000 apparel samples in the showroom, Variety Advertising allows their clients to "see the value that we offer before they commit to an order," Friesen said.

**HAPPY NEW YEAR 2018**

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## Legion contest winners honoured

The winners of the annual poster and literary contest held in conjunction with Remembrance Day were honoured last month at the Morden Royal Canadian Legion branch. Back row: Sharon Deveson, poppy chairperson, with Ella Plett, Maria Singh, Jayda Fransen, Kiran Asif, Sarah Kagan, and zone commander Rob Wiebe. Front row: Antony Sawazki, Thomas Sartison, and Emely Schuetz. Missing were winners Tanya Webb and Sara Loepky.

SUBMITTED PHOTO

### • HEALTH CORNER

## Travel-related illnesses: the unwanted souvenirs

**S**tudies show that if you visit a travel health professional before international travel you are seven times less likely to get sick on your trip.

It has been nearly a year since Agassiz Medical Centre introduced the Travel Health Clinic and during that time the most commonly asked question is: "What needles do I need to travel?"

People assume it is a "one-size-fits all" approach, but whether or not you need any travel immunizations depends on a number of variables.



By Shelley Wall, BN, RN

Consider this scenario: "I'm going to Thailand. What do I need?" A business executive staying in Bangkok at a five star hotel has a completely different risk profile from a student backpacking through rural Thailand. The immunizations for these two travellers would be different even though they are going to the same country.

At a travel health appointment you receive personalized recommendations based on your specific itinerary, risk factors, and medical history. Updating routine immunizations and recommending travel immuniza-

tions for your itinerary is a small part of a travel health appointment.

Visiting third world and developing countries means that health care may be less sophisticated, difficult to access, or even non-existent. Up to 70 per cent of Canadians who travel to developing countries return with some sort of illness, many of which are preventable. A travel health appointment will help you prepare for potential health consequences of travel to specific areas of the world where health risks are different from those you have to consider while at home.

To arrange your travel health appointment at Agassiz Medical Centre you need to complete a travel health history form (available at [www.agassizmedicalcentre.com](http://www.agassizmedicalcentre.com) under the

Travel tab). The form will be reviewed by the travel health nurses and an appointment will be booked with a member of our team.

During your appointment, the degree of risk you are willing to take while travelling will be assessed and recommendations for immunizations and other health promotion and illness prevention strategies will be reviewed for travel related topics such as food and water precautions, sun safety, and insect precautions. Some immunizations are required for entry into certain countries, such as yellow fever.

Accommodations will be made to provide this immunization so allow enough time before travel. We recommend arranging an appointment at least six weeks prior to travel.

The length of your travel health appointment is contingent on the complexity of your itinerary and number of travellers in your travel health consultation. Your appointment may take from 45 minutes to one hour.

Immunizations will be given during your appointment as well as prescriptions for things like anti-malaria medications and immunizations that we do not stock.

In the unfortunate event you become ill during or following travel, we provide post-travel follow-up with our travel doctor.

International travel offers many unexpected challenges, but illness should not be one of them. Let Agassiz Medical Centre travel health team keep you healthy as you travel.

### > OPEN HOUSE, FROM PG. 6

"So it's a community that functions similarly to what a faith community or church community would function like, but without being denominational. It's open to all people, whether they are from faith traditions or whether they are humanists, agnostics, or atheists."

Vaisius said members of the local community "were just a group of people who met through various avenues and then we all had some idea of what sort of community we were looking for and looking to build.

"We started talking to some of the

community of people in Winnipeg and then we've just been on this journey together, kind of discovering what it means to us and what it means to our sense of community in building this space together."

Vaisius was drawn to UU because of its inclusive nature.

"I love the way that with universalism there is no us and them, there's no other person, there's no other group that is not included or not respected or not cared for.

"It's really a space where everyone is welcome, everyone has something

to give and something to share, and we can all learn from each other. I think that is really special and very healing for the world and for ourselves. So that was what kind of drew me into it was just that openness and inclusiveness."

The open house is a come and go event from 7-9 p.m. at the Morden Library meeting room.

The local UU community meets regularly Sunday afternoons. If you can't make the open house, you can learn more by emailing [info.pvuu@gmail.com](mailto:info.pvuu@gmail.com).

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Youth curling booming in Winkler

By Ashleigh Viveiros

There's a success story happening on the ice of the Winkler Curling Club that goes far beyond who's winning the most ends.

Under the stewardship of coordinators Conan and Rhonda Kezema, the club's youth program has seen a major resurgence, jumping from about 40 participants five seasons ago to 120 this winter.

It's become so popular that some parents practically camped out in front of the rink this fall, showing up hours before registration began to ensure their kids got in, says club president Brent Haney.

"The response that they [the Kezemas] have seen with the program, it's incredible," he says, crediting the duo with breathing new life into it through the addition of things like the Little Rockers introduction to curling for K-3 students and the weekly team development sessions for older youth wanting to take their game to the next level.

"Our spots have been so limited because so many of our kids are staying with us year after year," says Rhonda, noting Little Rockers, which runs in February, has certainly had the desired effect of getting more kids into the sport at a younger age.

The five-week program is all about having fun while learning the very basics of curling, explains Conan.

"We basically get them out there just to get them used to the ice," he says. "A lot of them can't even push the rock they're so small. So they get a lot of help."

From there, kids move into the club's junior division, which meets twice a week and takes them into about Gr. 7.

"On Mondays and Wednesdays, we make the teams and they go out and just curl together and against each other," notes Rhonda. Again, she says, the emphasis is a mix of fun



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Above: Rayna Krahn, Emma Giesbrecht, and Kate Heide at a recent youth team development night at the Winkler Curling Club. Right: Jack Penner (left) and Mark Berg focus on sweeping.

and skills training, honing the building blocks of the sport in a supportive environment. "We try to have fun with them so they have fun coming."

Finally, youth who have been bitten especially hard by the curling bug have long lobbied to get their own foursomes going, which led to the creation of the Thursday night program.

"We always found that the older kids needed something more. They, of course, were always asking, 'Can we start our own teams?' So that's basically why we decided to start up this Thursday team development league," says Conan.

"They form their own teams and a lot of them get sponsors and jackets and all that sort of thing," he says. "We really take it to the next level; we actually go out there and we train them with lasers and with special equip-



Continued on page 12

## > YOUTH CURLING, FROM PG. 11

ment to be able to get them a little bit more refined."

Those are the teams that head out of town regularly for junior bonspiels and have begun to earn spots at provincial berths.

"That's just the beginning," Conan says. "More teams are going to get there in the next few years."

### FOR THE LOVE OF THE GAME

Conan and Rhonda are pleased that their efforts have been paying off, but they're quick to point out there's more at play here.

"The aggressiveness of us in just promoting the sport, sure, that's one thing," says Conan. "We do spend a lot of time trying to refine and make the program better. So I think word just gets around.

"But the other thing was the Scotties. When the Scotties was here [in 2015], the year after everyone was excited about curling. That brought up the numbers as well.

"We're probably expecting that to happen again this year with the Vitterra," Conan adds of the provincial men's championship coming to Winkler later this month.

Beyond all that, though, curling is perhaps a sport that once you get hooked, you're hooked for life.

"It's a different kind of sport where you're not having to deal with big teams. No one's ever left out sitting on the bench," says Conan. "When you're dealing with four-man teams, everybody has a job. The kids feel more involved."

"It's a lifelong sport. You get people here that are curling that are 80 years old ... not that the kids are probably thinking that far," he adds.

Indeed, the kids on the ice one recent Thursday were much more focused on the season ahead than those in the distant future.

Thirteen-year-old Landon Krahn says he got involved in curling a few years ago after watching his sister play.

"I wasn't sure if I wanted to play hockey or curling, so I decided to try curling and I just loved it from the start.

"I love the whole strategy of it," he says. "A lot of people say all you're doing is sweeping and, like, throwing a rock, but there's much more to it than that. For different situations there's a whole different strategy. You've got to know what ice to call, what the ice is like, and you've got to have balance and all that."

"My dad started bringing me here when I was five years old and I just loved it," adds teammate Luke Trinke, 12. "It was so much fun just being out on the ice."

"It's a smaller team, so you can get a better relationship with people and not have just an okay relationship with 20 or 30 people," he says.

"And you get to yell a lot," says 11-year-old Hayden Klassen with a grin, adding that the most challenging part when you first start out is staying on your feet. "The hardest is probably the slide and trying not to fall on your belly, even though everyone still does."

Conan and Rhonda Kezema have coordinated the Winkler Curling Club's youth program for the past five years, bolstering participation numbers from 40 just a few years ago to 120 kids this season.

PHOTO BY  
ASHLEIGH VI-  
VEIROS/VOICE



Thirteen-year-old Morgan Klassen also stresses that the game, once you get into it, is so much more than it seems from the outside looking in.

"Everyone's like, oh it's so boring. You just throw a rock down the ice ..."

"But once you get into it and find out what you need to do, it's fun and entertaining," finishes teammate Emma Giesbrecht, 14. "The strategy is fun. It gets you thinking."

It's a rare sport, as well, where you have a good chance of not only meeting your heroes, the teens point out, but perhaps one day even making it to their level.

Through events like the Scotties and development camps over the years, local youth have had the chance to meet everyone from Jennifer Jones to Mike McEwen to Reid Carruthers.

"When you can get these celebrities, really, coming out to Winkler, the kids realize they can be the next one too," says Conan. "It's not like the NHL where they probably won't ever make it. Here, they could very well make it to that level with a lot of hard work."

Hard work and support—Conan notes they're always looking for coaches to help train the kids.

"We got about five dedicated coaches and they're here every Monday, Wednesday and taking teams out to Winnipeg on the weekends," he says. "We could definitely use more coaches."

If you'd like to lend a hand in training the next generation of curling stars, contact the Winkler Curling Club for more information.



SUBMITTED PHOTO

Morden's Jamie Odlum has signed on to play softball at Minot State University this fall. Off the field she plans to study speech language pathology.

# Odlum signs with Minot State

By Lorne Stelmach

A local athlete will be continuing both her education and sporting career south of the border next year.

Jamie Odlum of Morden will play softball at Minot State University this fall.

"I'll be competing at a high level," Odlum said in explaining her choice.

"The facilities there are really nice, and the coaches that I met with were just awesome. They're good coaches, and they've got their program going in a good direction," said the Gr. 12 student at Morden Collegiate. "It's nice and close to home as well, so my family can come and watch."

Odlum is a middle infielder who currently plays with the U19 Smitty's Terminators as well as the Morden Thunder high school team.

Her batting average is an impressive .448 with the Smitty's and .509 with the Morden Thunder. Softball has been a passion for her right from

the start.

"My brother really liked to play it, and he kind of introduced the sport to me," Odlum said. "I just like the quickness and the competitiveness of it as a sport."

Minot State University is a member of the Northern Sun Intercollegiate Conference (NSIC) and NCAA. It is a premier NCAA division two level with a 16-member conference featuring teams in North Dakota, South Dakota, Minnesota, Nebraska, and Iowa.

"We are very excited about this class we are bringing in. We were able to fill several needs with some high quality student-athletes," said Minot Beavers softball head coach David Kivett.

He had high praise particularly for Odlum, who plans to work towards her masters in speech language pathology.

"Jamie has a great arm and explosive bat. She will be a great asset to the Beaver lineup next year."

# Renowned child development specialist in Morden Feb. 10

By Lorne Stelmach

A renowned child development specialist and author is coming to Morden for a full day workshop next month.

Recovery of Hope and the Manitoba Chapter of the Neufeld Institute host the session with Dr. Gordon Neufeld Saturday, Feb. 10.

The Vancouver-based developmental psychologist with over 40 years of experience with children and youth will focus on the topic of *Keeping Children Safe in a Wounding World*.

Neufeld will address what we need to be doing to help keep our children psychologically and emotionally safe—something he sees as much more of a challenge in today's social media culture.

"We've lost control of their world, and the world is a much meaner place than it used to be," suggested Neufeld, who is the bestselling author of *Hold On To Your Kids*.

"Since we've lost control of their world and there's no hills that we can escape to anymore ... there's no safe place ... we have to find another way."

Neufeld has spent his lifetime studying, teaching, and helping parents and professionals all over the world to make sense of the children in their care.

He is passionate about helping parents realize that they are their child's best bet.

Neufeld came to Morden three years ago with that kind of message, and Brad Unger, program director with Eden's Recovery of Hope, which is co-hosting Neufeld's presentation with the Manitoba chapter of the Neufeld Institute, suggested Neufeld's work has struck a chord with many parents, teachers, and caregivers.

"It has been foundational for so many as we face the challenge of raising resilient children in an ever changing world," he said.

"Dr. Neufeld's message of hope is very timely," agreed Terry Warburton, counsellor at Recovery of Hope and faculty member with the Neufeld Institute. "In my work with parents and teens, I see the signs of extreme woundedness and anxiety on a regular basis.

"Parents are desperate to protect their children," added Warburton. "Sometimes the woundedness expresses itself in intense emotion and behaviour that can be confusing and overwhelming for parents.

"We cannot prevent our children from all wounds, but we can be a shield to them in the form of a strong attachment."

Neufeld said his aim is to help

Child development specialist Dr. Gordon Neufeld is holding a full day workshop in Morden Feb. 10. Tickets are on sale now.

SUPPLIED PHOTO



deepen our understanding of resilience and the role of adults in shielding children emotionally and helping them achieve their full potential.

"When we think of keeping children safe, we usually think of how to alter their world in some way to keep them from being wounded, keep them from being alarmed," he said.

"The answer really lies in the relationship of the children to the adults responsible for them ... the safer that relationship, the more they are afforded a sense of safety even if the world around them isn't particularly safe.

"This is absolutely necessary for their emotional functioning and well-being," Neufeld continued. "Without changing their world we can actually do a lot to keep them safe ... to do this, we need to be able to foster deep emotional connections with our students and our children.

"It's the same message for grandparents as well because grandpar-

ents often wonder what they can do, and there's a lot that they can do," he added.

"There's so much research that backs this up. A strong emotional connection with a caring adult is the most significant shield for a child in a wounded world."

The workshop goes from 9 a.m. to 4 p.m. Feb. 10 at the Access Event Centre in Morden. Tickets are \$79 until Jan. 19 and \$89 after. Register online at [www.edenhealthcare.ca](http://www.edenhealthcare.ca).

You can learn more about Neufeld and his work at [neufeldinstitute.org](http://neufeldinstitute.org).

"It's a message of hope. It's a message of optimism ... it also requires certainly a willingness to be involved," Neufeld said in summarizing what he hopes people will take away from the workshop. "It's not just a matter of teaching children to be nice to each other ... it's a matter of relationship, not a matter of skill or teaching children empathy."



## Food drive a success

Dr. Stephani McLean with some of the 275 pounds of food and treats the Winkler and Morden vet clinics collected over the holidays for the Pembina Valley Humane Society, Furever Friends Cat Rescue, Kat's Kritters Rescue, and Donate Love. "We are extremely humbled by the community support for our four-legged friends in need in our area," said McLean.

PHOTO BY LORNE STELMACH/VOICE

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

Sudoku Answer

N	A	H	S		T	S	C	S	E	W	A
E	D	A	H	S		S	I	R	S	E	B
D	E	D	A	L	E	H		A	V	A	B
L	E	A	B	L	E	S	T	A	T	E	A
D	E	D	A	L	E	R	A	L	L	E	C
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M	A	M	A								

Crossword Answer

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**CARD OF THANKS**

The family of the late Bill Van Wyck, wish to extend our sincere thanks for your many kindnesses, condolences, and support that we have received. We also send our gratitude and appreciation to all staff at Homecare, Boundary Trails Health Centre, Palliative Care, Homestead South, Roland United Church, and Doyles Funeral Home for the wonderful care and friendship during Bill's time with you.  
 -Sincerely, Family of Bill Van Wyck

**IN MEMORIAM**



**John C Letkeman**  
 September 1938 - December 1998  
**God has you in His arms,  
 I have you in my heart.**  
 -Lovingly missed by Ruth and family

**NOTICES**

*Morden.*  
**PUBLIC HEARING NOTICE**  
**CITY OF MORDEN**  
**2018 FINANCIAL PLAN and**  
**BORROWING BY-LAWS**  
**03-2018 and 04-2018**

Pursuant to Section 162(2) of The Municipal Act, the Council of the City of Morden invite all ratepayers of the City of Morden to a Public Hearing in respect to the 2018 Financial Plan (Budget) for the City of Morden. The purpose of the Public Hearing is to allow any interested persons to make a representation, ask questions or register an objection to the Financial Plan.

A presentation of the Financial Plan will be made at the Morden Civic Centre on **Thursday, January 11, 2018 at 7:00 P.M.** Copies of the Financial Plan will be available on January 2, 2018.

In accordance with section 174.1(2) of the Municipal Act notice is hereby given that following the financial plan hearing on Thursday 11th January 2018 two Debenture By-Laws in support of the Financial Plan will be given 1st reading.

By-Law 03-2018 BEING a By-law to provide for the expenditure and borrowing of funds for the development of sports fields.


With an estimated cost of \$600,000 to complete the work with all funds being \$600,000 being borrowed and no other funds of any kind to be applied to this project. It is estimated that the Term of the Borrowing will be for 10 years at a current 10-year rate of 3.89% per annum. The annual taxation revenue to be raised to furnish the principle and interest at the above-mentioned interest rate is \$72,520.68.

By-Law 04-2018 BEING a By-law to provide for the expenditure and borrowing of funds for the redevelopment of the Civic Centre.

With an estimated cost of \$500,000 to complete the work with all funds being \$500,000 being borrowed and no other funds of any kind to be applied to this project. It is estimated that the Term of the Borrowing will be for 10 years at a current 10-year rate of 3.89% per annum. The annual taxation revenue to be raised to furnish the principle and interest at the above-mentioned interest rate is \$60,433.92.

Financial Plan Hearing and Borrowing By-Laws first readings will take place at Morden City Council Civic Centre, 100-195 Stephen St, Morden, Manitoba.

**NOTICES**

 **R.M. OF STANLEY PUBLIC NOTICE REGARDING THE 2018 FINANCIAL PLAN**

Public Notice is hereby given pursuant to Subsection 162(2) of The Municipal Act that the Council of the R.M. of Stanley intends to present its Financial Plan for the fiscal year 2018 at a Public Hearing in the Council Chambers of the Municipality on Thursday, January 25, 2018 at 10:30 a.m. Council will hear any person who wishes to make a representation, ask questions, or register an objection to the Financial Plan, as provided. Copies of the 2018 Financial Plan will be available for review prior to the Hearing at the Municipal Office at 23111 PTH 14W in the Rural Municipality of Stanley.

**REGISTRATION**

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*January 9*

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**NOTICES**

**CITY OF MORDEN PUBLIC HEARING NOTICE REGARDING SPECIAL SERVICES PROPOSAL- BY-LAW NO. 27-2017**

To establish a rate for fire and police protection services and street lighting services within the City of Morden limits for the years 2018 to 2022.

**PUBLIC NOTICE** is hereby given pursuant to section 318(1) of The Municipal Act that the Council of the City of Morden has scheduled a public hearing at the City of Morden Civic Centre on the 11th day of January 2018 at 7:00 P.M. Council will hear any person who wishes to make representation, ask questions or register an objection to the following Special Services:

The estimated cost of the Special Services plan for the next five years is as follows:

2018	\$2,600,000.00
2019	\$2,900,000.00
2020	\$3,150,000.00
2021	\$3,500,000.00
2022	\$3,850,000.00

**Method and Rate of Calculating the Special Services Tax.**

The method of taxation to be applied shall be based on the portioned value of assessable property. The assessed property is all rateable properties, including otherwise exempt properties, within the City of Morden. The mill rate shall be determined by Council annually, based on the annual fire protection, police protection, and street lighting budgets set out in the City of Morden's Financial Plan to a maximum annual levy as per the estimated costs above. The actual assessed values of the properties will be supplied annually by the Department of Intergovernmental and Indigenous Affairs (\$443,096,120 in 2018). For 2018: \$2,600,000.00 / (\$443,096,120 / 1000) = 5.83 mills. All objections, by mail or in person, must be filed with the City Manager, at the City of Morden office at 100-195 Stephen Street by January 11th, 2018 at 7:00 P.M. A notice of objection must contain the name and address of the person filing the objection, identify the property of which the objection is filed and state the grounds of the objection of the above noted Local Improvement. Copies of the special services proposal are available for review and may be examined by any person during the regular office hours (9:00 a.m. - 4:30 p.m.) of the City of Morden at 195 Stephen Street, Morden, Manitoba.

Dated at the City of Morden this 19th day of December A.D. 2017 and issued pursuant to Section 318 of The Municipal Act.

Patrick Dueck, CPA CA  
 Director, Finance & Technology  
 City of Morden

*Morden.*

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# Announcements

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## OBITUARY



### Dr. Robert James Menzies ("Dr. Bob") 1952 – 2017

On Tuesday, December 19th, 2017, Bob passed away in his home surrounded by family.

He is survived by his wife, Kathy (née Siemens); his three daughters, Heather, Meghan (Symon Ptashnick) and Kate and his granddaughter, Ellis Jane. He is predeceased by his daughter, Sarah Jane and his parents, Hazel and Jim Menzies.

Bob grew up in Morden, Manitoba, studied medicine at the University of Manitoba, and married Kathy in 1973. He returned home to Morden in 1979 to continue the medical practice of both his father and his grandfather.

Bob was very involved in his community. He was an active member of St. Paul's United Church, Boy Scouts, the United Way and the Morden Area Foundation. Professionally, Bob was a dedicated family physician and played an important role in promoting health care in rural Manitoba, including the development of the Clinical Teaching Unit at Boundary Trails Health Centre. He received several awards, among them the Queen's Diamond Jubilee Medal and was named one of Canada's Family Physicians of the Year in 2002 and Morden's Citizen of Distinction in 2017. He will be remembered for his hearty laugh, his varied interests and his commitment to his community and his family.

Memorial service was held at 2:00 p.m. on Saturday, December 23 at St. Paul's United Church in Morden with interment at Hillside Cemetery.

If friends so desire, donations may be made in Bob's name to the Boundary Trails Health Centre Foundation (Hospice) Box 2000 Winkler, MB R6W 1H8.

Wiebe Funeral Chapel, Morden  
in care of arrangements  
wiebefuneralhomes.com



## OBITUARY



### Tina Groening Thiessen 1929 – 2017

Our mom, Tina Thiessen, passed away on Monday, December 11, 2017, at Salem Home. Mom lived to be 88 years old and spent almost two years there with her friends and resident neighbors.

She was born April 29, 1929 to Bernhard and Agatha Penner and grew up in the Rose Farm District. She received her education at Rose Farm and also attended the Rose Farm EMM Church where she was baptized at the age of 16. She moved to Morden where she enjoyed part-time employment, volunteer work, hobbies, and friends. Tina accepted the Lord as her personal Savior at an early age and lived out her faith in every aspect of her life. She made sure that her children and home life reflected the importance of knowing Jesus, accepting him, serving him, and leading others to

him. Mom moved to Garden Park Estates in Winkler in 2013 as her health began to fail. She attended the Adult Day Program at Salem Home and came to enjoy her days with the Staff and her friends. In 2015 she was admitted to the Maple Unit, where she grew to enjoy her loving community until her passing. Mom longed for her heavenly home and so we lovingly released her. She is in the presence of her Lord and Savior, spending her first Christmas in heaven. In our sadness it brings us comfort, peace, and joy.

She was predeceased by her parents, Bernhard and Agatha Penner; two brothers, George and Abe; her husband, Art Groening; her second husband, Peter Thiessen and one stepson, Ron Thiessen. She is survived by three sisters, Agatha Bergen, Nita Gerbrandt and Helena Bergman; one brother, Ben Penner; her children: Brad (and Barb) Groening, their sons, Aaron and Stephen Groening and families, Gail (and Ron) Dykstra, their daughters, Mandie Lee Navarro and Larisa Burris and families, Lynette Beaudry, daughters, Joclyn Peters, Laura Dueck, and Samantha Driedger and families and Janelle (and Ric) Neufeld, sons, Seth, Dane and Joel. She is also survived by four step children and families: Jim (and Karen) Thiessen, sons, Duane, Darryl, and Trevor and families, Shirley (and Garth) Hugill, children, Rebecca, Scott, and Kristy, Ron's wife Cheryl Thiessen, family, Kari Dyck, Shane, Stacie Hogg, and Chase and families, and Bernie Thiessen. Tina has a total of seventeen grandchildren and twenty-three, great grandchildren.

Memorial service was held at 2:00 p.m. on Thursday, December 14, 2017 at the Grace Mennonite Church with interment prior at Rose Farm Cemetery.

As a family we wish to thank the staff at Salem Home for taking such very good care of our mom and for making each day the very best it could be. Thank you to Pastor Wilbert Friesen for providing her with words of encouragement and spiritual care. Thank you to the Wiebe Funeral Home for their kindness and support during our time of loss. If friends so desire, donations may be made in Tina's memory to either Faith Mission or to the Billy Graham Association.

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



# take a break > GAMES

## SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

### Here's How It Works:

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

# X CROSSWORD

## CLUES ACROSS

1. Make ale
5. Residue
8. Female parent
12. Succulent plants
14. OJ's judge
15. Czech river
16. Embarrassing predicament
18. NHL legend Bobby
19. Sunfish
20. One who acclaims
21. On the \_\_: running away
22. Oklahoma's "Wheat Capital"
23. The Golden State
26. Merrymake
30. Siberian nomads
31. Pock-marked
32. Baleen whale
33. Leaf-footed bug genus
34. Treasure
39. Tanzanian shilling
42. Changed
44. Intestinal pouches
46. Walked in a celebratory way
47. South American mountain chain
49. Jai \_\_, sport
50. Consumed
51. Firm
56. Pubs
57. Leafy drink
58. Cured
59. Northern wind of France
60. Tax collector
61. Respite from the sun
62. American spy Aldrich
63. Central Standard Time
64. Myanmar ethnic group

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

## CLUES DOWN

1. Crush
2. Razorbill genus
3. "Full House" actress Loughlin
4. Bluish green
5. Garlic mayonnaise
6. Attacks repeatedly
7. Secretion
8. Special instance
9. A handsome youth loved by Aphrodite
10. Tree genus in the mahogany family
11. Israeli city
13. Formed a theory
17. Remove
24. Type of light
25. Repeats
26. Certified public accountant
27. River in eastern France
28. Returned material

## authorization (abbr.)

29. Special \_\_: military group
35. Ribonucleic acid
36. Not even
37. Power transmission belt
38. Doctor of Education
40. Type of nerve
41. Types of tops
42. Large primate
43. Flooded, low-lying land
44. Gritty
45. Gets up
47. Stake
48. Not the most
49. Swedish rock group
52. Expresses pleasure
53. Expression of boredom
54. Queen of Sparta
55. Where Adam and Eve were placed at the Creation

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STK# W7711A

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**INQUIRE FOR PRICE**



STK# W7422A

## 2012 GMC ACADIA SLT AWD

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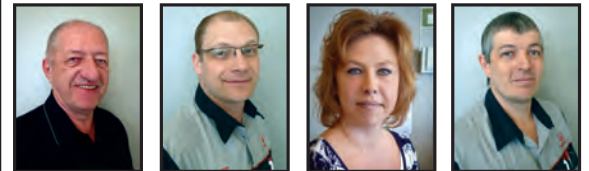


FROM OUR FAMILY AT

**SOUTHLAND HONDA,**  
**WE WISH YOU A**  
**"TREMENDOUS" 2018!**



BILL BRENNAN CHUCK CONOR



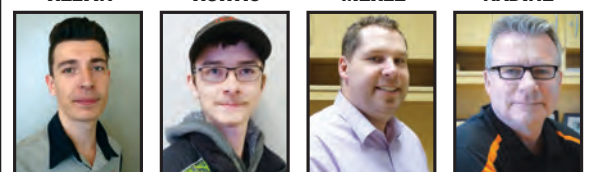
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