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## Grads on parade

Winkler's 2025 high school graduates hit the streets in all their finery June 18 for this year's grad parade. For more photos, see Pg. 2.  
PHOTO BY ASHLEIGH VIVEIROS/VOICE

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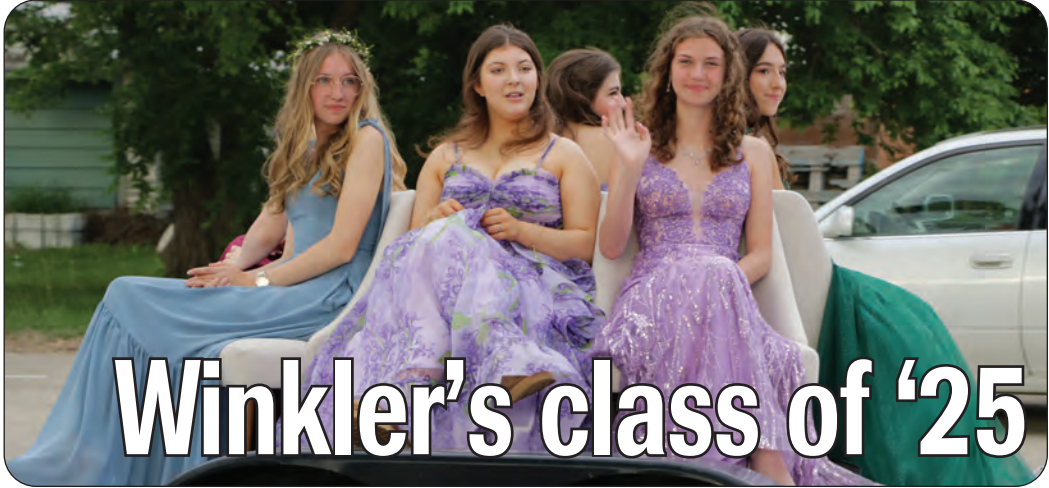
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Winklerites lined the streets last week Wednesday to celebrate the graduates of Garden Valley and Northlands Parkway collegiates as they took part in the annual grad parade through town. Both high schools hold their grad ceremonies this week.

PHOTOS BY ASHLEIGH VIVEIROS/VOICE



# Winkler's class of '25



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# Morden unveils long-awaited wastewater expansion plans

By Lorne Stelmach

The City of Morden is at long last moving ahead with a wastewater treatment project after years of challenges and delays.

The plan is being set out after extensive consultation and technical review of different treatment options with the Manitoba Water Services Board and leading engineering firms.

The city touted their plan as being an innovative aerated lagoon wastewater treatment system that will operate in conjunction with a tertiary biological treatment process.

Mayor Nancy Penner was relieved to be able to move ahead with the project.

"It has been a long road," she said. "I think sometimes the community felt we weren't doing much on the wastewater project. At times, we had to sort of keep the information close to our chest just because of the way that things were unfolding."

"We as council are so excited to finally have a path forward," the mayor said. "Until we go to design and until we go to tender now, it is kind of an unknown as far as what the final dollars will be ... but the longer we wait, it's not going to get any cheaper."

"I thank the citizens of Morden for their patience."

The estimate for total eligible costs for the project is \$93.5 million excluding the land cost, which is ineligible for funding. The city has secured \$19.8 million in funding under the Investing in Canada Infrastructure Program and \$19 million in additional provincial funding.

The city has applied for additional funding under the Canada Housing Infrastructure Fund for \$26.6 million

and is waiting for approval. The remaining portion will need to be funded by the city through borrowing.

City council says the proposed system is designed to meet the stringent effluent criteria for nitrogen and phosphorus removal, providing an efficient and sustainable solution to meet the needs and circumstances of the community up to a population of 20,300.

The treatment lagoon cells will be covered with floating insulated covers to minimize the heat loss and odor emissions. To support this project, Morden has secured an option to

purchase 80 acres of land adjacent to the community's existing lagoon site for the construction and future expansion of the new system.

"Securing that 80 acres was the last piece of the puzzle that we needed to go forward with it ... everything else fell into place," said Penner.

She gave credit to city staff for coming forward with the new design that

would require less land to make it happen.

"This new system, by incorporating our existing cells ... we'll use them for holding treated water, that will help with the odour issue because those cells will hold the treated water."

It will be significantly less cost compared to a full blown mechanical treatment plant, which clearly had been a feasible option.

"And for future growth, we have the room to expand," added Penner, who estimated this project could have them sufficient capacity at least to the year 2047 based on an average growth prediction of about three per cent per year.

Penner said this plan will now help ensure that Morden can continue to

move forward as one of Manitoba's fastest-growing communities, whereas development was restricted without wastewater treatment in place.

"We can continue on developing our industrial park, so investors know that soon we will be open for business, and our builders know that we have a path forward and they can start their planning."

And she feels confident the plan will sufficiently address a key concern for many residents: the odour from the lagoon.

"I don't know if you can ever get a 100 per cent guarantee that there will be no odour ... it will help negate the odour," she said.

"We're confident. This treatment system has been used in northern climates," she said, adding they have

worked closely with Manitoba Water Services Board to ensure it is feasible. "They haven't raised any red flags."

Next steps will include getting a conditional use from the RM of Stanley since the 80 acres of land is just outside of the City of Morden boundary. The project will then need environmental approval.

"We're hoping we don't run into any major delays," said Penner, who noted some of the funding commitments are in place, but they are also pursuing other funding options as well. "We will work hard to lobby both levels of government to let our community grow ... they need to be aware of how important local economies are."

An open house on the project will be scheduled later this year.

**"IT HAS BEEN A LONG ROAD ... WE AS COUNCIL ARE SO EXCITED TO FINALLY HAVE A PATH FORWARD."**



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# Menzies ProCare cuts ribbon on Winkler location

By Ashleigh Viveiros

A successful private health care centre in Morden has expanded to open a second location down the road in Winkler.

Menzies ProCare cut the ribbon on its new lymphedema centre at 315 4th St. in the former downtown laundromat building last week.

Owner Linda Menzies shared that this new location is the natural extension of her longtime desire to offer a comprehensive, holistic approach to health care.

"This dream that I had to serve our community happened 25 years ago where I just wanted to help build up health care and help our community get stronger," she said.

She began working as a massage therapist and quickly saw the gaps in the local care system.

"I remember a patient came over needing lymphedema care and so I referred her to Winnipeg because we didn't have that," Menzies said, sharing she went on to get the training required to meet such patients' needs, which eventually expanded into becoming versed in the use of compression garments as well.

Over the years, the Morden facility welcomed additional health care professionals to further allow people



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Menzies ProCare celebrated the grand opening of its new location in downtown Winkler last week Thursday with a ribbon cutting.

to get the care they needed closer to home.

When the opportunity to bring those services to Winkler arose, Menzies said she jumped at it, as it will allow them to help even more patients.

"There's a need, and I want to do my part to fill it," she said. "I just felt there's this need in Winkler to bring some more doctors on board."

The facility currently has four doctors on staff, specialists in podiatry,

chiropractic care, Chinese medicine and acupuncture, and naturopathy. Other staff include experts on medical compression, massage therapy, counselling, mastectomy prostheses, and lymphedema therapy.

"We have six lymphedema therapists altogether, which that alone is incredible because there is no other place in Southern Manitoba that has lymphedema therapists," Menzies noted.

"It's really a team approach, a one-stop shop," she added of the group, noting they offer comprehensive, collaborative care for variety of ailments. "We all have strengths, and those strengths are as diverse as the people that need these different ways of healing."

Bringing greetings at the ribbon cutting on behalf of the City of Winkler was Councillor Michael Grenier.

"Thank you for your investment and belief in our city, as well as bringing needed professional services to our residents," he said. "Your venture has added value to our downtown and our medical community."

Several Menzies ProCare staff also stepped up to share a few words, including counsellor Ramona Martens.

"I believe that people heal when they feel safe and cared for," she said. "Our desire is that when you or your loved one walks into the office, that you will feel cared for, you'll feel safe, and that you'll feel seen and supported while you're navigating life's difficulties."

"This space has been a long time in the making," she added. "Built from passion for healing, connection, hope, and growth for the whole person."

Continued on page 7

## RHA urges area residents to take measles threat seriously

By Lorne Stelmach

Southern Health-Santé Sud is urging people to protect themselves against measles amid rising cases in the region.

Public health officials are urging residents to remain vigilant and ensure all eligible family members are fully immunized against measles.

"In our region, the immunization rate is lower than other regions ... most of the cases are from our region, so we really need to increase the vaccination rates," said Dr. Mahmoud Khodaveisi, who is a medical officer of health in the RHA.

"Since the beginning of this year, 113 measles cases have been reported in Manitoba," he noted. "We haven't seen such a big outbreak since measles was eliminated in Canada in 1998."

"So this is a significant rise, and we've seen continued transmission ... with more cases, there is higher risk of exposure for other people."

Khodaveisi stressed that this really needs to be taken seriously.

"Measles is not just a minor illness ... many of the cases, you need to go to your ER," he said, noting in some cases it has even been fatal. "There can be complications ... it can cause many complications and many problems."

"The good news is that we can say that measles is preventable with vaccination," he said. "The vaccine is safe, and it is available. It's basically the only way to prevent this disease."

Measles is a highly contagious disease that tends to be more severe in infants and young children. It can cause high fever, cough, runny nose, red watery eyes, and rash, and complications can include ear infections, pneumonia, brain swelling, and even death.

The virus spreads easily through the air when an infected person coughs or sneezes, and it can linger in a room for up to two hours after they leave. Someone with measles can spread the virus to others as early as four days before the rash begins, before they know they are sick, to four days after the rash appears.

Vaccination is the safest and most ef-

fective way to prevent measles, health officials stress. It not only protects individuals but also helps shield those who cannot be vaccinated, such as infants and people with certain medical conditions.

The measles vaccine has been available in Canada for more than 50 years, first introduced in 1963. Since then, it has played a critical role in reducing the number of cases and protecting communities from outbreaks.

Two doses of measles vaccine is almost 100 per cent effective in preventing measles infection.

Children typically receive their first dose at 12 months of age and the second between four and six years of age. However, due to the severity of the current outbreak, Manitoba Health has expanded vaccine eligibility. Children six months to under 12 months can be provided one additional dose if they reside in or travel regularly to Southern Health-Santé Sud or Interlake Eastern Regional Health Authority.

As well, it is available for those who have been evacuated from their home

communities due to wildfires in Manitoba. The full list of eligibility criteria for the measles vaccine in Manitoba can be found online at [www.gov.mb.ca/health/publichealth/cdc/vaccineeligibility.html](http://www.gov.mb.ca/health/publichealth/cdc/vaccineeligibility.html).

Southern Health-Santé Sud is urging families to do the following:

- review immunization records for all household members.
- ensure children and teens are up to date with their MMR vaccine.
- contact your local public health office or health care provider to arrange immunization if needed.
- monitor for symptoms.

If you or a family member develop symptoms such as fever, cough, or rash, call Health Links-Info Santé at 1-888-315-9257 or the nearest emergency department for further direction regarding testing options.

You are urged to call ahead before visiting any health care facility to help prevent further transmission.

For more information on measles and known exposure sites, visit the Manitoba Health website.



# Morden's fire chief to hang up his helmet

By Lorne Stelmach

The City of Morden is losing another one of its longtime familiar faces with the coming retirement of Morden Fire & Rescue's Chief Andy Thiessen.

It follows closely on the heels of the pending retirement of police Chief Brad Neduzak, and like the latter, Thiessen said it was not an easy decision.

"It's hard in the heart to say it's time to move along, but I think it's the right time," he said. "If I hated my job, it would be easier, right, but I don't. I've really enjoyed it."

His retirement at the end of September will bring to a close a storied career where he hit a couple major milestones with 45 years of service on the fire department, including the last 30 years as its chief.

"It's probably a year or so earlier than I had anticipated perhaps five years ago," he noted. "I had kind of had a date in mind ... but then all of a sudden, it just started feeling right."

"A lot of my colleagues around the province are either getting sick or passing away, so I'm thinking maybe it's time," Thiessen said, adding he felt the department was in good shape now in many respects, including its staffing, equipment, and training.

"I didn't want to leave if I knew there were any issues and such ... and there are none, so now

was a good time to go when things are in good shape ... we have a full complement of people, and training has been going well ... so everything is really good right now."

Thiessen reflected on how much things have changed over the course of his career in terms of the growth of Morden and the resulting growth of the fire department.

"We've pretty much doubled in size," he said. "When I started back in 1986 we had 22 members, and now we're at 40. And the equipment we have now compared to when I started ... when you start looking back, there's been a lot of changes."

"The training has also really changed, and our turnout gear has changed, and all for the better," Thiessen said, citing the variety of specialized training they need to have now. "We train a lot differently ... in the last 10 or 15 years, the training has ramped up a lot."

He also cited the value of such initiatives as having their training site in the Morden industrial park.

"So there's lots of things in place to make sure that we can do our jobs as safely as we can," said Thiessen, who also praised the department's members for their volunteer service and level of dedication.

"Whenever they are needed, there's never a shortage ... there's always people who are ready



**MORDEN FIRE & RESCUE PHOTO**

Andy Thiessen has been Morden Fire & Rescue's chief for 30 years. This fall he intends to begin his retirement.

to step up."

Any parting advice for whoever steps into the role?

"It's often having patience. Things don't happen overnight. You have to plan for it," Thiessen said. "And listen to the guys who are around you ... you definitely want to have their input always."

## Adult Ed. grads celebrate

By Lorne Stelmach

The 2025 graduates of the Morden Adult Education Centre were saluted Monday in a ceremony that was described as a celebration of their growth, achievement, and perseverance.

Centre director Todd Folkett expressed his thanks to Western School Division (WSD) and the community as a whole for their support of these adult grads.

"Your unwavering support has been a cornerstone of our achievements," he said. "Your dedication to every detail, no matter how small, has ensured that our journey has been both comfortable and secure."

"We are gathered here not just to mark the completion of a program but to celebrate the remarkable journeys each of you have taken to arrive at this moment," Folkett continued.

"Today we witness more than just the awarding of diplomas. We witness the fulfillment of promises made to yourselves. We witness the realization of goals that may have once seemed distant ... and we celebrate your strength, because every one of you has had to work extraordinarily

hard to be here."

He noted how the graduates had all returned to learning while managing full-time work, family, and many more challenges than the average younger student.

"You made a choice to keep moving forward, to better yourselves, to embrace change and in doing so, you've become role models," he said. "You are capable, and you are worthy, and it is never too late to become who you want to be ... you've taken control of your destiny."

"Each year I leave this ceremony deeply inspired by the courage, determination, and resilience that I see," said WSD board of trustees chairperson Darcy Wolfe, who added that the graduates have set a powerful example for others.

"You've shown that it's never too late to learn, to grow and to transform," said Morden Mayor Nancy Penner, who added her admiration for "your courage to embark on this educational journey. You made the decision to invest in yourselves, and that decision deserves to be recognized and celebrated."

Continued on page 9



**PHOTO BY LORNE STELMACH/VOICE**  
The Morden Adult Education Centre celebrated its 2025 graduates Monday afternoon.

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# get heard

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## One species to rule them all

**R**ecently my wife and I journeyed east to my homeland: southern Ontario. More specifically we holidayed in Toronto ahead of a conference I was attending.

While there we happened upon an animal I was very much hoping to run into on our journey: the precocious black squirrel.

While the black squirrel is often de-

scribed uncharitably as a morph of the eastern grey squirrel or southeastern fox squirrel, I prefer to think of them as a singular species all to their own and the dominant overlord of all squirreldom.



**By Peter Cantelon**

Part of the reason for this belief is likely the fact that black squirrels make up 66 per cent of all squirrels in Ontario. I grew up with them and it was disconcerting to move to the

Prairies and have them essentially vanish from existence in favour of the seemingly more docile and humdrum greys, reds, and fox types.

It seems likely that black squirrels originated in Ontario and according to various bits of research have been intentionally introduced to other regions over the years.

Heck, if you've ever seen a black squirrel in the United Kingdom guess where they came from? That's right: Ontario.

Continued on page 7

## letters

### PLEASE SLOW DOWN

My name is Don Bergen and I live on 9th Street in the beautiful city of Winkler. I am making a public plea to the drivers who roar down my street at near highway speeds at all hours of the day and night.

A speed "limit" is a law and not a suggestion. And it is 50 kph at most times and 30 kph during school hours—and 30 kph involves half the street because it is the backside of the Winkler Elementary School. Many drivers totally ignore this law.

I can remember a time when in our tranquil and safe 9th street neighbourhood we actually enjoyed the feeling of being respected by those who ride along "our" street. As well, we have numerous young families with young children who have become a part of our neighbourhood. We fear for the safety of these little

ones when they wish to cross the street to play on the school yard.

Drivers, please don't wait for the Winkler Police Service to control your driving. They are busy enough keeping us safe from much worse than a few good people who enjoy racing their vehicle down a quiet street just because they can.

**Don Bergen,  
Winkler**

### A FEW MORE REFLECTIONS

In response to Peter Wohlgenut's well-written letter in last week's paper [*Making Friends*, Pg. 6], I would like to add a couple of reflections.

Firstly, throughout history, people have faced violence and persecution and been killed for their country, faith, or gender, and sadly this

is a tragic pattern that continues in many parts of the world today.

Secondly, regarding the topic of friendship: it's entirely possible that I'm already friends with people who identify as queer, as Peter mentioned. Personally, I've never felt the need to ask someone about their sexual identity before becoming friends. In my experience, friendships are built on shared values and common interests. For example, if you've ever played baseball or hockey in the Morden, Winkler, or Altona areas, there's a good chance we've crossed paths—and already share a bond and are quite possibly friends!

At the end of the day, what connects us is often far more important than what divides us.

**Andy Fehr,  
Reinland**

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# CFDC looking to balance special projects, finances

By Lorne Stelmach

The past year was a busy one for the Canadian Fossil Discovery Centre, but it didn't come without some challenges.

Visitation to the Morden signature museum again increased, as did participation in programs like the popular dig tours, but there were also financial pressures.

There was a deficit of \$7,505 in 2024 after a shortfall of \$30,576 in 2023 and \$17,138 in 2022, but cushioning the impact was an accumulated surplus that had been boosted by surpluses of \$44,691 in 2021 and \$120,716 in 2020.

Grants that had peaked at over \$517,000 in 2022 and over \$154,000 in 2023 came to only around \$80,000 in 2024, but those previous higher numbers were due to special projects including development of the field station and then a 3D printing system.

"What we need now is to find a good balance ... between expenses and income," said executive director Adolfo Cuetara. "This year, it is mandatory for us that we have to get those numbers as close as possible ... it is a challenge."

Also giving the CFDC a boost was the increased visitation with paid admission rising to 14,476 in 2024, which was a 6.7 per cent increase from 2023 and a 22.4 per cent increase from 2022.

"It was a record-breaking year ... and coming from the pandemic with 2023 being the first year without restrictions," Cuetara noted. "Increasing visitation is always our first goal, to improve those

numbers.

"Despite the increase in visitation, though, what we are feeling is that people are spending less money," he suggested. "We at least are compensating with people spending less by having more come to the museum."

Cuetara added these economic challenges such as inflation have a double impact, not only in terms of people spending less but also with expenses increasing as well.

He was pleased though with the response to their dig tours last year with 67 participants over the field season, and there were 480 kids who enjoyed the day camps. In addition, there were 1,590 students who came for tours, a significant increase from 830 in 2023. The 51 school tours was an increase as well from 30 in 2023.

The CFDC also hosted a couple significant events in 2024 including the annual meeting of the Association for Materials and Methods in Paleontology and a field trip for the 2024 annual meeting of the Canadian Society of Vertebrate Palaeontology.

Cuetara stressed the need for the museum to continually come up with new exhibits and programming to keep drawing people here.

"One of the goals to keep up the visitation is not only to reach new people," he said. "The other part is the visitors who came and were happy with the experience, we need to offer something new every year to have them come back."

With that in mind, Cuetara said they aim to always have some sort of new exhibit or project each

**"THE POTENTIAL IS THERE FOR MORE DISCOVERIES."**



VOICE FILE PHOTO

The Canadian Fossil Discovery Centre board reported a deficit for the 2024 fiscal year, but it was a significant improvement over the challenges of the years before.

year, and a recent example was the unveiling of the reconstruction of a skull of one of the region's best fossils: the mosasaur known as Sid. There are two replicas with one that will stay at the CFDC and a second one for the Miami Museum.

And another exciting step for the CFDC was the acquisition of land near Thornhill which is very near the site where the famous fossil dubbed Bruce was discovered.

"The potential is there for more discoveries," suggested Cuetara. "We started to remove some soil initially with a bulldozer ... and we started to make some trenches just to be able to find the good layers."

Finally, the CFDC also continues to pursue its strategic plan for a new standalone facility in Morden.

## > CANTELON, FROM PG. 6

There have been many times when I have thought of smuggling a few breeding pairs of black squirrels to Manitoba and watch how things unfold.

I appreciate them for their dominance over the other squirrel types in their range. Interestingly the black squirrel seems to prefer an urban to rural setting as if to say they appreciate busyness, variety and big city hustle and bustle.

Given their penchant to hang about in cities black squirrels are somewhat fearless when it comes to

humans. This is likely due to the fact that people like to feed animals, and the black squirrel has learned about this and can often be found in parks mooching off the locals for whatever they're willing to toss their way.

I appreciate the fact that the black squirrel appetite is so well known that in Choctaw Nation mythology it is said that a solar eclipse occurs when a black squirrel attempts to eat the sun. I would not put this past them.

If you are a fan of J.R.R. Tolkien and his writings such as the Lord

of the Rings you may appreciate the fact that black squirrels were said to have lived in the forest of Mirkwood (take the meaning of that however you will).

I've written about squirrels before. I think my fascination stems from how much of their activity seems (to me) to overlap with our own. They're up early, spending parts of the day industriously hunting for nuts, running all over the place in what might appear to the untrained eye to be a caffeine fueled craze.

It's like they have jobs. They are often about the task of building or rebuilding homes, making families, and screaming at neighbours to get off their proverbial lawns.

Their children are also incredibly

## > MENZIES PROCARE, FROM PG. 3

"The clinic in Morden is just an absolutely incredible healing space," observed Dr. Andrew Bryk, naturopathic medicine, "and I have zero doubts at all that we are going to accomplish the same thing here with the incredible team and leadership that we have."

"It is your inherent right to be healthy and live to your fullest, but

dumb, frequently appearing ready to simply walk into the mouths of local cats having no idea of the threat.

All in all, I feel we, as prairie dwellers, are deprived having no access to the noble black squirrel and I would certainly support efforts to import them.

To those declaring that it would be irresponsible to allow foreign species to immigrate to the area I will refer them back to the fact that, despite my preferences, they are in fact, eastern grey squirrels in goth disguise and we have loads of eastern greys in Manitoba.

P.S. I have also noted a disturbing lack of possum and armadillo in the region.

it does take some work sometimes," he added. "And that's where we all come in to help you to overcome those obstacles that fall in your path along the way."

You can learn more online at menziesprocare.com or stop by the clinic, which accepts walk-ins.

## Letter policy

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 letters.

Send your letters to us by e-mail at [news@winklermordenvoice.ca](mailto:news@winklermordenvoice.ca).



# getinformed

## Bringing specialist eye care closer to home

By Ashleigh Viveiros

Area residents no longer need to make the trip into Winnipeg for vital eye care procedures, thanks to retina specialist Dr. Frank Stockl and Clarity Vision Centre.

Clarity, which cut the ribbon on its



SUPPLIED PHOTO

Dr. Frank Stockl administers an eye injection to patient Theresa Imhoff at a recent clinic day at Clarity Vision Centre in Winkler.

sizable new location in Winkler this spring, has begun hosting the Winnipeg ophthalmologist for monthly injection clinics.

It's a service they had tried to start up in the vision centre's old location downtown, but the space restrictions there made it challenging.

With the larger new facility, the clinics are back up and running; at his May clinic, Stockl administered intravitreal injections to dozens of patients. He'll be back in town again on June 30.

"There's a few common retina conditions that require injections of a drug into the eye," Stockl says, explaining that includes forms of macular degeneration, diabetic retinopathy and vascular occlusions.

"The injections have revolutionized the treatment for these conditions; people do much better with them than without," he says, pointing out that for patients with macular degeneration, for example, injections can help them maintain the vision they have, "and maybe 40 per cent of people will even gain back a little bit of vision."

Patients with that condition generally start with monthly injections and then settle into a schedule that could see them go eight to 12 weeks between appointments.

Still, it means a lot of injections every

year—appointments that previously had to be done at medical centres in Winnipeg.

"These treatments are quite demanding; it requires elderly people travelling far distances multiple times," Stockl says. "It's very hard on them. It's very hard on their children or whoever's bringing them because it's usually a day off for transportation. It's time consuming."

Stockl was instrumental in setting up Manitoba's first satellite injection clinic in Brandon to try to alleviate some of the accessibility challenges for rural patients. In the years since, he and his colleagues have ran clinics in Kenora and Dauphin as well.

"The next logical one seemed to be the Winkler area," Stockl says. "I got to know Dr. [Andrew] Aiken, and he was building this clinic and proposed we set up a clinic there. It made sense."

"We're trying to make it more convenient for people so they're not suffering so much with the burden of these treatments."

Bringing this element of his practice outside of Winnipeg has been immensely rewarding for Stockl, who is an assistant professor in the Department of Ophthalmology at the University of Manitoba.

"The patient interactions are among my favourite because people are so

grateful that you have saved them this incredible hassle of having to come to Winnipeg," he said. "Providing this care where it's needed is very gratifying."

Stockl expects they could see upwards of 100 patients at each monthly Winkler clinic.

It's a great start, he says, but it also highlights the very real need for the Province of Manitoba to step up and ensure services like this in rural locations are feasible for medical professionals.

"The satellite clinics have highlighted, I think, one of the key problems with why care isn't provided in local communities," Stockl says, "and that's basically there is very little, if any, incentive built into the system for people to provide this care."

Stockl has been working with Doctors Manitoba to lobby the provincial government to do more to entice health care professionals—who already have overwhelming patient loads in larger urban centres—so they'll be able to take the time to travel for clinics such as this.

He also hopes to see the local services grow in the future.

"It would be nice to expand it into even consultations and those kinds of things," Stockl says. "But that's next steps."

## Darlingford Memorial Service coming up July 6

By Voice staff

The community of Darlingford gathers next weekend to honour its war heroes.

The 104th annual Darlingford Memorial Service takes place at Memorial Park on Sunday, July 6 at 11 a.m. If it rains, the service will take place inside the Darlingford United Church.

The ceremony honours the memory of the area residents who sacrificed their lives in service to their country.

This year's guest speaker is Manitou's Larry Selby. Both of his grandfathers fought in the First World War while his father and father-in-law

served in the Second World War.

Following the service, lunch will be available at the Darlingford Community Hall (\$15 for adults, \$5 for children under 12. Cash or cheque only).

The Darlingford Memorial is the only free-standing memorial building of its kind in Manitoba with the sole function of commemorating the war dead.

The park is maintained by a local volunteer committee and community volunteers. Donations toward the upkeep of the park are gratefully accepted.

The annual service began when the park officially opened in 1921.



SUPPLIED PHOTO

Darlingford honours its war dead on Sunday, July 6 with its 104th community memorial service.



# Corn & Apple Festival announces its headliners

By Lorne Stelmach

Morden's Corn and Apple Festival is making a couple of changes with its entertainment lineup this summer.

The main stage headliners for the August 22-24 weekend will bring back a country-oriented lineup for the Friday evening along with a 90s-era rock theme for the Saturday night.

"It's been a couple years since we had country music, so we thought it was time to do that again. There's always been the interest and the demand," said chairperson Nathan Knight on Monday.

"Everybody wants something for them, and we do the best we can, but of course we have limited stage time," he noted. "But we did hear from some people that it would be nice to have country music back on the stage."

"Another thing that we've done is we've gone from three bands to two, and each band will play a bit of a longer set," he added, noting it will also simplify things for the stage crew to have to do one less set switch over.

Friday night starts with local country favourites Brothers Keep. Henry and Larry Abrams are no strangers to the music scene. Older brother Henry has done extensive songwriting, and Larry is a two-time Juno Award-winning touring/studio musician. The two have come together to combine their passion of writing songs and performing live with songs that tell stories of their small town farming roots, family and faith.

They will be the lead-in for critically-acclaimed Canadian country star

Chad Brownlee. With over 125 million global streams, multiple gold and platinum-certified singles and repeated appearances at the top of the Canadian Billboard charts, he brings a performance that fuses country, pop and rock with the soul of 80s influences and the energy of modern country hits.

Kicking off Saturday night will be the local punk rock power of The Monochromatics. Hailing from right here in Morden, The Monochromatics bring raw energy, punk passion and local heart to the stage. Originally formed in 2006 under the name Threw, the band evolved into The Monochromatics in 2012, blending classic punk vibes with modern flair.

From there, the stage will feature Big Shiny 90s as the headliner. This vibrant cover band from Toronto is dedicated to reviving the iconic sounds of the 1990s and the music that defined a generation.

From pop-punk to alternative rock and hip-hop, Big Shiny 90s delivers a high-energy performance that can keep the crowd dancing. Whether it's Green Day, Foo Fighters, Weezer or even Britney Spears, their dynamic set will transport you back to the golden era of music with passion, precision and party vibes.

The festival has had a good response to the '90s-era bands that have been featured the last couple of years, and he feels that crowd will enjoy the main act Saturday.

"They are a cover band ... but anything that was on a Big Shiny Tunes compilation album back in the day



SUPPLIED PHOTOS

The 2025 Morden Corn and Apple stage will welcome, clockwise from top left, Chad Brownlee, Big Shiny 90s, The Monochromatics, and Brothers Keep.

can be part of their repertoire," said Knight.

He also likes the idea of giving stage time to local acts.

"We want to make sure we do that but still find a nice mix," he said. "We

don't want a local band that's going to be playing eight different shows around here already this summer ... we want something unique for the festival, and at the same time we do want to showcase some local talent."



PHOTOS BY LORNE STELMACH/VOICE

Left: Valedictorian Anna Wall said the Class of 2025 never gave up, despite the challenges they faced. Above: Centre director Todd Folkett presents a grad with their diploma.

## > MORDEN ADULT ED GRAD, FROM PG. 5

"It is a true testament to your resilience, dedication and hard work that you've put in to get here," said Morden-Winkler MLA Carrie Hiebert. "It's never too late to pursue your dreams and invest in your future."

Class valedictorian Anna Wall noted how she was thankful for the support that makes adult education possible, and if someone had told her a few years ago that she would be balancing kids and a job and go back to school, she would have expressed disbelief.

"We were told that if we show up, we won't fail, and all of us here today are proof of that ... if I can do it, trust me, anyone can," she said. "We have laughed, learned, struggled and grown together."

"We all faced challenges but we stayed strong, supported each other and never gave up," said Wall, who encouraged her fellow graduates to "work hard, be kind, don't be afraid to fail, and always keep going."



# getinformed

## A labour of love

### Winkler Police chief restores '72 Cutlass Supreme

By Ashleigh Viveiros

A vintage set of wheels parked at the Winkler Police station last week was turning heads, but despite the siren on top and the retro departmental logo on the doors, it's no police cruiser.

Rather, the restored 1972 Oldsmobile Cutlass Supreme has been a labour of love for Chief Ryan Hunt for years.

"I bought this car in 2006," he shared as onlookers checked out the classic set of wheels. "And I started working on it right away, but then I took a bit of hiatus with it; life gets busy. It's been the last four or five years that I've really been spending most of my spare time on it."

Hunt's career before becoming a po-

lice officer was in autobody, and he's maintained those skills as a hobby by restoring collectible vehicles for others in the years since he put on the uniform.

"Over the years I've done a lot of projects for other people, but this is the first one for myself," he noted.

It's a relaxing way of escaping the stresses of work and life and just focusing on bringing something back to its former glory days.

"That whole process of taking something that somebody would look at and say, 'That's junk' and taking it apart and bring it back to where it's probably better than new. That's the part that attracts me to this."

The Cutlass was in decent shape when he got it.

"It's always been in this area—I think it might have been bought new in Morden—and it didn't have a lot of miles on it," Hunt said. "It had some usual rough spots on the bottom, but the car was in pretty good shape,



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Winkler Police Chief Ryan Hunt in the 1972 Oldsmobile Cutlass Supreme he's spent the last several years restoring. While the vehicle won't be used for official police business, the final touches included a retro departmental logo and lights and sirens.

which is why I bought it."

Nonetheless, the frame-off restoration included stripping it down and building it back up again, installing a new motor and muffler, a redone interior in black, a fresh coat of paint, an updated air conditioning system, and more.

"Most everything is new again," noted Hunt. "And everything's been re-chromed."

Work was mostly complete on the car last fall (though just last week he did finally find one interior piece he still needs to install—"You're never really done something like this," Hunt reflected), but a few finishing cosmetic touches went on just this spring.

"We tried to make the logo as close to the one they had then," Hunt said

of the Winkler Police emblem he has on the front doors, complemented by the red siren on top. "I just thought it would be a cool touch to try to make it look like an old police car, a little bit."

While he doesn't intend to be chasing down ne'er-do-wells in his Cutlass anytime soon, the chief will be taking it out on plenty of drives this summer.

"It handles like new," Hunt shared. "It drives nice and smooth."

And with this vehicle finally done, he has time to start on the next project—or two, or three.

"I have three more that I want to restore before I'm too old to work on them," Hunt quipped. "I just love being in the shop where it's quiet and you can just tinker away at it and slowly bring them back to life."

"I'VE DONE A LOT OF PROJECTS FOR OTHER PEOPLE, BUT THIS IS THE FIRST ONE FOR MYSELF."



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# Packed schedule for Morden-Winkler Canada Day festivities

CultureFest anchors Winkler's party; Morden's Beach Blast takes over Lake Minnewasta

By Lorne Stelmach and Ashleigh Viveiros

Winkler and Morden are both set to host a variety of events to celebrate Canada Day next week Tuesday.

Morden hosts its Canada Day Beach Blast at Lake Minnewasta, while Winkler's activities will be at the Parkland fairgrounds.

"We have a lot of family fun planned ... and if it's raining, we'll move as much inside as we can," noted Lucas Dyck, events co-ordinator for the City of Winkler.

There will be a kids zone including such attractions as a petting zoo, bubble soccer, bouncy castles, glitter tattoos, train rides, and appearances by some favourite characters courtesy of A Country Princess.

Food trucks will also be on hand. And in the evening there will be performances from local bands including Seven Pines and Brothers Keep on stage from 6:30-8:30 p.m.

Meanwhile, the afternoon's festivities from 12-4 p.m. also include this year's CultureFest activities and entertainment.

"We are so excited to invite every-

one to CultureFest," says organizer Yelena Rochshina, settlement lead with Regional Connections. "It's a free, family-friendly event that celebrates our city's incredible diversity and vibrant community spirit."

The fun will include educational display booths highlighting the food, traditions, and history of 10 different countries ranging from Mexico to Ukraine to Bangladesh.

"People can explore traditional items and ask questions, learn about customs from around the world," Rochshina said, noting they'll have passports available for kids to have stamped at each station.

There will also be face painting, henna art, cotton candy, and a prize raffle featuring goodies donated by local business.

On the stage will be cultural music and dance performances, including Busiisi Godfrey Mbabazi (Uganda), Tuesday & Promise Ebuade (Nigeria), Gurkirpal Singh with Ubhi & Daughter (India), Dejavu Duo (Latin America), Leo Sharma (India), The Congolese Kids (D.R. Congo), Jason Lepine and Lionel Desjarlias (Métis), and

Island Breeze Manitoba (Polynesian).

There will also be a special citizenship recognition certification ceremony on stage near afternoon's end honouring Winkler newcomers who have recently gained their Canadian citizenship.

"That's always a special moment," Rochshina said, sharing they have about two dozen new Canadians slated to take part.

"There's going to be something for everyone," she said of the day, "and we cannot wait to celebrate together."

## MORDEN'S BASH AT THE BEACH

In Morden, Lake Minnewasta will be the place to be to enjoy and celebrate Canada Day. A variety of activities, events, and entertainment are planned for the afternoon and evening, and City of Morden staff are, as always, excited to see this usher in the summer season.

The day kicks off at 10 a.m. with paddleboard yoga as a new feature this year. The fun then continues with

an afternoon schedule that includes everything from face painting to a sand castle competition. There will also be food and/or snack trucks. Canoes, kayaks, and paddleboards will also be available for rental throughout the day.

Dignitaries will speak briefly at 7:50 p.m. followed by a performance by popular local band M'Ladies. Then the evening is capped it off with fireworks after dark.

Morden is fortunate to have a gorgeous venue like the lake to host something like this, noted events co-ordinator Trisha Hoepfner.

"We've got a very nice lake ... and it's a good day to enjoy some swimming and games ... you can have a barbecue with your family," she suggested. "There can be a lot of people showing up, so if you would like a spot on the beach then I would show up nice and early and grab it."

The regular gate admission fee applies during the day, but entry will be free after 6 p.m.



# SUMMER

## EVENTS

<b>junior GOLF</b> <b>JULY 3</b>   CARMAN <b>JULY 8</b>   BUFFALO POINT <b>JULY 16</b>   ST. ANDREWS <b>JULY 23</b>   MORDEN <b>JULY 29</b>   WINKLER	<b>PANCAKE BREAKFASTS</b> <b>JULY 12</b>   CARMAN <b>JULY 12</b>   GRETN <b>JULY 18</b>   MORRIS <b>JULY 20</b>   ARBORG <b>JULY 26</b>   ALTONA <b>AUG. 9</b>   WINKLER	<b>MOVIE IN THE STADIUM</b> <b>AUG. 19</b>   PRINCESS AUTO STADIUM <b>MOVIE IN THE PARK</b> <b>AUG. 20</b>   MORDEN <b>AUG. 21</b>   OAKBANK
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# Canada Day

No matter what comes our way, let's come together and celebrate!

## 4 reasons to celebrate this beautiful country

On July 1, the people of Canada come together from coast to coast to celebrate in style with live events, entertainment, large gatherings, fireworks and parades. Living in a nation filled with wonders and treasures, as well as passionate and inspiring people, Canadians have every reason to be proud of their country. Here are some examples of what makes Canada special.

### 1. Stunning nature

As the second-largest country in the world, Canada boasts breathtaking landscapes from Cape

Breton to Vancouver Island, including the Bay of Fundy, the Saguenay Fjord, Niagara Falls and the Rocky Mountains, to name just a few. Of course, you can't forget about the stunning Northern Lights!

### 2. Decorated athletes

Canada is a powerhouse of sports, especially in hockey, with remarkable victories in the 4 Nations Face-Off and a record for the highest number of wins among goalkeepers. Legendary Canadian goalies like Martin Brodeur, Marc-André Fleury, Patrick Roy,

Roberto Luong and Ed Belfour dominate the top five.

Canada's athletic achievements extend beyond hockey. Tessa Virtue and Scott Moir are the most decorated figure skaters in Olympic history. Clara Hughes has excelled in both speed skating and cycling. You can't mention notable Canadian athletes without honouring the enduring legacy of marathon runner Terry Fox.

### 3. Delicious food

From poutine, butter tarts, Nanaimo bars and pastries shaped

like a beaver's tail to lobster rolls, Caesars, Montreal smoked meat sandwiches and even peanut butter, Canadians know how to indulge in delicious treats.

### 4. Revolutionary inventions

Many familiar inventions, including the telephone, sonar, insulin, the snowmobile, the walkie-talkie, IMAX technology, the electric wheelchair, the pacemaker, the goalkeeper's mask and the garbage bag, stem from Canadian ingenuity.

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# CANADA DAY! BEACH BLAST

JULY 01 2025

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- 1-4 PM: FACE PAINTING
- 1-4 PM: SCAVENGER HUNT
- 1-4 PM: CASTLE BUILDING CONTEST
- 7:50 PM - DIGNITARY GREETINGS
- 8:00 PM — THE M'LADIES
- 10:55 PM - O CANADA
- 11:00 PM - FIREWORKS

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# Canada Day

## Fly the flag!

Canada is made up of 10 provinces and three territories.  
**CAN YOU IDENTIFY THE FLAG ASSOCIATED WITH EACH OF THEM?**

- 1. Northwest Territories: \_\_\_\_\_
- 2. Alberta: \_\_\_\_\_
- 3. Manitoba: \_\_\_\_\_
- 4. Ontario: \_\_\_\_\_
- 5. Nova Scotia: \_\_\_\_\_
- 6. Quebec: \_\_\_\_\_
- 7. Saskatchewan: \_\_\_\_\_
- 8. New Brunswick: \_\_\_\_\_
- 9. British Columbia: \_\_\_\_\_
- 10. Newfoundland and Labrador: \_\_\_\_\_
- 11. Yukon: \_\_\_\_\_
- 12. Nunavut: \_\_\_\_\_
- 13. Prince Edward Island: \_\_\_\_\_

ANSWERS:  
1. L  
2. A  
3. C  
4. H  
5. F  
6. D  
7. J  
8. B  
9. E  
10. M  
11. G  
12. I  
13. K

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## CANADA DAY

*CultureFest*

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Free Cake & Conversation with Council - 4-6pm

Live Performances by:

The Seven Pines (mixed genre) - 6:30pm

Brothers Keep (country) - 7:30pm

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| - CHAMPIONS  | - HABS         | - PEEWEE    | - SHOT        |
| - CHECKING   | - HAT TRICK    | - PENALTY   | - SKATE       |
| - CHL        | - ICE          | - PLAY      | - SPORT       |
| - COACH      | - IGINLA       | - POOL      | - STANLEY CUP |
| - CROSBY     | - INTERFERENCE | - POWERPLAY | - STATISTICS  |
| - DEFENCEMAN | - JETS         | - PRICE     | - STICK       |
| - DOAN       | - JUNIOR       | - PUCK      | - STOPS       |
| - DRAFT      | - LETANG       | - REFEREE   | - SUTTER      |
| - FACEOFF    | - LINEUP       | - RICHARD   | - TEAM        |
| - FAN        | - MCDAVID      | - ROOKIE    | - TORONTO     |
| - FLAMES     | - MVP          | - ROY       | - TROPHY      |
| - FORWARD    | - NASH         | - SCORE     | - VANCOUVER   |
| - FOUL       | - NHL          | - SCOUT     | - VICTORY     |
| - GAME       | - OILERS       | - SEASON    | - WIN         |
| - GLOVE      | - ORR          | - SENATORS  | - WING        |
| - GOALS      | - OVERTIME     | - SERIES    | - WINTER      |

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**HAPPY CANADA DAY!**



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How well do you know Canadian artists?

Over the years, Canada has produced many artists whose talents have shone both here and abroad. Can you identify the following ten?

WHO AM I?

1. As an icon of dance sport, I was a judge on *So You Think You Can Dance* in both the United States and Canada.
2. An influential painter associated with the Group of Seven, I was also the first president of the Canadian Group of Painters.
3. The red-haired orphan with a sharp tongue that I created has travelled the world, both on paper and on screen.

4. I played a leading role in the series *Cardinal* and hosted the reality TV show *The Traitors Canada*.

5. I sing both pop and jazz music and have sold over 75 million albums worldwide.

6. I have directed episodes of many popular series, including *The Walking Dead* and *Game of Thrones*.

7. As a legendary guitarist and songwriter, including with The Guess Who, I have been awarded the Order of Canada.

8. A self-taught photographer, I focus on capturing moments that reflect the Arctic environment and Inuit culture.

9. I work with various materials including wax, stone, bronze and steel. I am particularly known for my "Women are Persons!" monuments.

10. In addition to being a symphony and opera conductor, I'm the musical director of the National Youth Orchestra of Canada.

**Happy CANADA Day**

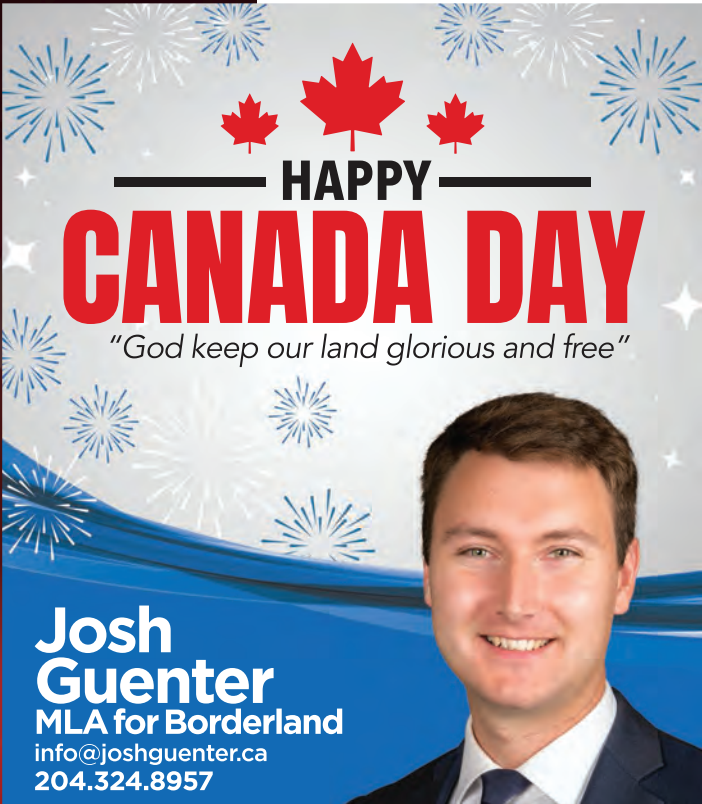


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**HAPPY CANADA DAY**

"God keep our land glorious and free"



**Josh Guenter**  
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ANSWER CHOICES

- A. Barbara Paterson
- B. Jean-Marc Généreux
- C. Jimmy Manning
- D. Karine Vanasse
- E. Lawren Harris
- F. Lucy Maud Montgomery
- G. Michael Bublé
- H. Michelle MacLaren
- I. Naomi Woo
- J. Randy Bachman

ANSWERS  
1-B, 2-E, 3-F, 4-D, 5-G,  
6-H, 7-J, 8-C, 9-A, 10-I



# Bridging the gaps

By Lorne Stelmach

A ground-breaking initiative is working to bridge gaps in palliative care and ensure culturally relevant services that are accessible to Indigenous communities.

The Southern Health-Santé Sud palliative care team has been working in partnership with Dakota Ojibway Health Services and five local First Nations.

The goal is to provide more accessible, equitable and culturally safe palliative care by addressing the unique needs of First Nations communities in the region, and the project began with a series of engagement sessions within each partnered First Nation community, offering a space for participants to share their experiences.

“One of the things that we hope with this is that our way of having worked through what the models might be for a group of communities might set the stage for other places in Manitoba, other places in Canada, to follow a similar process,” said Dr. Cornie

Woelk, who has been involved with the project.

And in fact, representatives from the regional palliative care team recently attended the Canadian Public Health Association’s national conference in Winnipeg for a presentation entitled *Enhancing Palliative Care with First Nations Communities - a models of care project launched through the Canadian Partnership Against Cancer (CPAC)*.

Woelk traced it back a number of years when the province appointed someone to look at a broader approach to palliative care education across the region, so it made sense to make that person a partner with Southern Health-Santé Sud, and it started the process.

“Some years ago, we started making some connections with First Nations communities, realizing that they were being left out of the discussion around palliative care,” he said. “They’re being left out of the discussion on lots of things, but our mandate wasn’t lots of things. Our mandate as the palliative care team was to look at palliative



SUPPLIED PHOTO

From left: Dr. Cornie Woelk, Dr. Tanja Borchers, Michelle Cardinal, and Katie Asma presented on Southern Health’s palliative care project in partnership with Dakota Ojibway Health Services and five local First Nations.

care.” They then went out to meet with various Indigenous communities including Dakota Tipi First Nation, Long Plain First Nation, Roseau River Anishinaabe First Nation, Sandy Bay Ojibway First Nation and Swan Lake First Nation to discuss how they

could all work together to better meet the needs. They were then led to the project launched by CPAC to take a better look at cancer outcomes and program delivery across the country.

Continued on page 16



PHOTOS BY LORNE STELMACH/VOICE



## Blast from the past

The annual Pembina Valley Rendezvous and Trade Fair offered a celebration of everything connected to the trapping trade and pioneer era traditions. It took place on the grounds of the former Darlingford school, which now houses the local heritage museum, over the weekend of June 21 and 22. It featured a variety of demonstrations, competitions, and other activities. Some of the feature events included the outdoor seminars on such skills as blacksmithing, flint knapping, and trapping and skinning.





# United Way announces Youth Scholarship winners

By Lorne Stelmach

United Way Pembina Valley is supporting the ongoing education of three outstanding local students as the recipients of its 2025 youth scholarships.

The organization distributes three \$1,000 scholarships annually to a graduate from each Morden and Winkler high school in recognition of their social awareness and leadership through volunteer service and involvement within the community.

This year's recipients include Heidi Reimer of Garden Valley Collegiate, Maya Janz of Northlands Parkway Collegiate, and Sean Aguinaldo of Morden Collegiate.

"It's something that I look forward to every year ... and we were really happy with how diverse all the applicants were," shared United Way scholarships committee member Cathy Sandercock.

"We don't focus only on academics. We look for what impact they've made on their community and on the value that they've added," she explained. "We should never underestimate our youth because they can bring so much to the table ... when you look at the variety of volunteering from our three recipients this year, I think that's really clear."

Reimer's community involvements include serving on the GVC student council's sports committee, acting as a coach/volunteer instructor for sports camps with Central Energy softball and Winkler minor volleyball, volunteering as lead singer for the



SUPPLIED PHOTOS

From left: Heidi Reimer, Maya Janz, and Sean Aguinaldo are the winners of the 2025 United Way Pembina Valley Youth Scholarships.

youth worship program at her church and volunteering on a mission trip to Queretaro, Mexico.

"I believe in hard work and doing the little things to benefit someone else, even if it's an unappealing job," Reimer shared in her application. "Showing love for others is a top priority for me, and I strive to continually care for, listen to, and empower everyone I meet."

Reimer intends to pursue a degree in environmental science and to become a conservation biologist.

"I'm really grateful to the community for this scholarship," Reimer said. "It means a lot to me that people are willing to support my education and help make it a reality for me."

"Receiving the United Way scholarship is truly an honour," said Aguinaldo. "It represents not only recognition of my efforts in academics, athletics and community involvement but also the support system I've been fortunate to have ... my parents, teachers, coaches and all the experiences I've gained through sports, volunteering, and leadership opportunities in my community have shaped who I am today."

"This scholarship will help ease the financial pressures as I begin my kinesiology studies at the University of Winnipeg, and it motivates me to continue giving back to the community that has supported me throughout my journey."

Aguinaldo's community involvements include volunteering and performing at a variety of Filipino community events through the year, working as a volunteer/assistant coach in high school and middle school sports programs, volunteering with the City of Morden's badminton program/summer camp, performing and volunteering at the East Asia pavilion at Morden's Multicultural Winterfest, corn husking at the Corn and

Apple Festival and volunteering at his church and Manitoba Badminton Association tournaments.

Janz's community involvements include giving of her time as a Grade 9 mentor, a leader at vacation bible school and a virtual assistant for a local palliative care business called Samaritan's Wellness. She's also volunteered with the Winkler Vet Clinic and the Pembina Valley Humane Society and created a brochure on separation anxiety to be distributed to local elementary and middle school parents and teachers.

Of her work with Samaritan's Wellness, Janz said the project taught her the importance of being a compassionate leader.

"As I've worked with team members, striving to bring their vision to life and leading them to success, we've created a collaborative environment full of respect. These moments have reinforced the importance of listening and being open to other perspectives, which are critical leadership qualities," she wrote in her application. "Business isn't just about guiding others. It's about sparking change and building connections."

Janz intends to earn a science degree at the University of Winnipeg en route to pursuing a career in veterinary medicine.

In addition to the scholarship program, United Way Pembina Valley also contributes two bursaries of \$750 to each of the three high schools/ Those recipients are selected by the schools and announced at their graduation ceremonies.

## > PALLIATIVE CARE PROGRAM, FROM PG. 15

"We had already established a bit of a relationship with First Nations communities, so that kind of got us going," said Woelk, who added they then hired two co-ordinators—one appointed by CPAC and one by the region's palliative care team.

"We started by doing lots of exploratory work, sitting down with lots of the communities ... trying to figure out what are the important things for you as we try to deliver palliative care."

The process led them all to a few common goals or priorities.

"Number one was they wanted care closer to home, which is very consistent with everybody's care," Woelk observed. "First Nations communities often can't easily get it because there's different funding models between federal and provincial, and there are issues around access.

"Another one was culturally safe care. They want less racism, and of course we've heard this so many times ... but that's really, really important," continued Woelk.

"It's interesting when we went to the communities and asked what can we do in palliative care there, one of the first responses was we want less racism, and it's very humbling to hear that," he continued.

"Many of us think we're already doing a good job, but we live in a system that's evolved in a certain way that approaches Indigenous cultures in a certain way.

"Finally, they wanted reciprocal learning, which was very interesting. They wanted to learn better techniques and things about palliative care so that they could provide it better," said Woelk. "They also wanted us to understand and learn some of their

ways and some of their approaches that might help us treat them better and who knows, might even help us treat us better."

And he observed that addressing almost anyone of those goals could help address the others as well at the same time.

"When you get to know each other, you realize your differences are actually less than your similarities, right," added Woelk. "It takes time for our culture to evolve, so we have to do everything we can to evolve it, but we can't so easily mandate it as some things."

He cited the example of having First Nations home care staff shadow one of the palliative care nurses and also encouraging the reverse as well.

"It gets them in the community and better understanding the community," he added.

Woelk feels the initiative overall is

making really good progress across the region.

"It's going to look a little different in each community because each community might see a different way of getting care closer to home or getting to reciprocal learning," he added.

Future steps for the project include more reciprocal learning and job shadow opportunities and the development of a memorandum of understanding between the involved parties. These initiatives are designed to further integrate the knowledge and practices of both western and traditional care systems, ensuring a holistic and supportive approach for patients and families.

As the project progresses, its leaders remain committed to making palliative care more accessible and culturally appropriate for First Nations

Continued on page 19



# sports & recreation

## Second Summer Solstice pickleball tourney a hit

By Ashleigh Viveiros

The second annual Summer Solstice Pickleball tournament was a resounding success last weekend.

Organized by the Winkler Pickleball Association, the event at the Lion Fred Rietze Memorial Park courts had 94 registered teams—way up from the 54 who came out last year.

Due to rain Sunday afternoon, only 79 teams got the chance to square off in the women's, men's, and mixed doubles competition, but it was still a great weekend, shared organizer Martha Bergen.

"Interest in pickleball is huge and it's growing exponentially," she said. "We'll have more teams next year, I'm very sure of it."

"We've had nothing but positive

feedback," Bergen added, noting participants sang the praises of the beauty of Winkler and the kindness of everyone they encountered while here. "Everybody says they're coming back."

Bergen sends thanks out to the team of volunteers who made it all happen. "We have the best volunteers ever. We can't do it without them."

Competitors came from all across Southern Manitoba and represented a range of ages and skill levels.

One of the highlights of the sport is just how welcoming everyone is, Bergen said.

"It's 100 per cent a community," she said. "I can step on the court anywhere and you're immediately a part of that group."

"Winkler is so incredibly welcoming



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Ninety-four teams registered for the Winkler Pickleball Association's summer tournament last weekend—40 more teams than the inaugural event got last year. Organizers expect the numbers to continue to grow.

to new players and to players from out of town," Bergen said, sharing they often welcome people travelling through the community to the courts.

The Winkler association plays Monday and Wednesday evenings outdoors through the summer months. Participation is free.

"Very often on a Monday you'll see 30 people there," Bergen said. "We have intermediate, advanced on the

south side of the courts and the beginners on the north side."

Whatever your skill level, you're welcome to come out and give pickleball a try, she stressed.

Come fall, the organized leagues will start up. You can follow the Winkler Pickleball Association on social media for registration details in the months ahead.

## Pembina Valley Orioles drop Altona Bisons 8-3

By Lorne Stelmach

The Altona Bisons are yet to get into the win column in what has been a difficult season for the MJBL team.

The Bisons dropped three more games last week, while the Pembina Valley Orioles had mixed results with a pair of losses but an 8-3 win last Wednesday over Altona.

The Bisons came up short despite having a 7-5 edge in hits against the Orioles, who were boosted by five stolen bases and four runs in the top of the fourth inning. Brayden Fehr earned the win in giving up seven hits and three runs over four innings.

Earlier last week, the Orioles lost a close 8-6 decision to the Carillon Sultans last Monday. Four runs in the bottom of the fifth made the difference for Carillon, which outhit the Orioles 10-8. Sam Blatz gave up 10 hits and seven runs over five innings.

Finally, Pembina Valley was done in Sunday when they gave up eight runs on four hits in the third inning in falling 12-2 to the Elmwood Giants, who had a 10-5 edge in hits before the game was called after five innings.



Meanwhile, the Bisons lost both ends of their Sunday doubleheader in falling 8-4 and 11-0 to the Winnipeg South Wolves in Altona.

In game one, the Bisons may have deserved a better fate, as they outhit Winnipeg South 9-8, but the Wolves won it on the strength of three runs in the top of the seventh inning. Caden Krahn went two for three with two

RBIs, and Gavin Hildebrandt also had two hits for Altona, while Reece Fehr gave up seven runs on eight hits in six and one third innings.

Winnipeg then outhit Altona 8-2 as they drove home four runs in the second and fourth innings with the game being called after five innings. Lochlan Rempel gave up 10 runs on eight hits in three and one third innings.



PHOTOS BY EDWARD VINCENT ARCEAL/VOICE

The Bisons fell to the Orioles 8-3 June 18.

Pembina Valley, which is in fifth place at 7-9, was to face Interlake Wednesday before a Sunday doubleheader in St. Boniface.

The Bisons, who are seventh and last at 0-16, were to face Winnipeg South Wednesday and then visit Elmwood for a Saturday doubleheader.





PHOTOS BY LORNE STELMACH/VOICE

# Flag football program ends on a high note

By Lorne Stelmach

Local organizers feel the inaugural season of a flag football program in Morden-Winkler area has been a success.

The Winnipeg Blue Bombers introduced the flag football program to several regions of the province this spring.

The program ran for six weeks and concluded last week along with an opportunity this past weekend to experience being on the Bombers' field in Winnipeg.

It is a co-ed program for boys and girls aged 10 to 14. In Morden-Winkler, there were two teams in each of

the three age categories: U10, 12 and 14.

"We found out about it because we've gone to Bombers games before, and we got a mailout from the Bombers that they were starting this new flag league, and they needed coaches and officials," said Barrette Plett, who got involved with his son Corie as referees for the program. "I think the kids have been excited to play, and it looks like they've been having fun."

"I think there's lots of interest here in the region," he suggested. "With a number of the teams, the coaches on the first day just tapped me on the shoulder because we needed coaches, and there were enough kids who

Kids age 10-14 had a blast the last six weeks with the Winnipeg Blue Bombers flag football league.

wanted to play that they needed more coaches."

Plett said flag football is a sport that is gaining in popularity.

"Apparently, flag football is one of the fastest growing sports in Canada for kids to play recreationally."

He noted there is even some appeal because it is affiliated with the Winnipeg Blue Bombers, who provide the players with shirts that have the CFL team's logo on them.

"And everything is provided," he added. "They don't need to do a lot of work to get into it, and because it's no contact, they really emphasize sportsmanship and fair play. It's a really friendly, fun league, and there's boys and girls playing together on the same teams."

"I hope it comes back again next season."

"We're just looking to grow the game of football outside of Winnipeg," said Matt Bruneau, community relations

and amateur football manager for the Winnipeg Blue Bombers, in an earlier interview.

"There aren't a lot of opportunities for youth outside of the city. We have a pretty big league here in Winnipeg run by Football Manitoba within the city limits. We want to provide an additional opportunity for those who can't drive in every week to play."

"I think flag football is one of the fastest growing sports right now, especially since it was announced it would be part of the Olympics in 2028," he said. "You don't need anything. We provide everything. You just show up with your friends, and you don't even need to have a strong base in football. You just show up, and you learn how to play, learn how to throw and catch a ball, and you get up and running right away."

For more information about the plans for next season, head to [www.bluebombers.com/pvflagfootball](http://www.bluebombers.com/pvflagfootball).



## 7-7 tie before lightning puts an end to Mudhens-Bisons game

In Border Baseball League action last weekend, the Morden Mudhens and the Altona Bisons battled to a 7-7 draw Friday night as lightning crackled across the sky and forced the game to be called in the bottom of the fifth inning. Here, Mudhen Manny Lantigua gets the force out on Bison Jesse Dowswell at second and then throws to first for the double play. Coming up this weekend, the Bisons host Holland Friday, the Mudhens play in Baldur Friday before hosting Carman Sunday, and the Winkler Whips play in Carman Friday night.

PHOTO BY RICK HIEBERT/VOICE





# Winkler girls softball teams sweep U11 medals

By Voice staff

Winkler U11 girls softball teams shone at the league playdowns this month. All three Winkler teams clinched the top three medals out of 17 teams from across the region, with the Winkler Nitro taking gold, the Winkler Golden Gloves silver, and the Winkler Dynamite claiming bronze.

The Nitro beat out Bruxelles 20-1, Glenborough 12-4, and Notre Dame 8-5 en route to facing off against the

Golden Gloves in the championship final, taking that one 8-5 for the medal.

The Gloves, meanwhile, had bested Bruxelles HT 13-0, Carberry, 16-1, and MacGregor 10-0 to earn a seat at the championship game.

On the path to their bronze medal win, the Dynamite defeated Rock Lake 7-3 before falling 9-4 to Notre Dame to end up on the B-side, where they beat Carman 6-2, Glenboro 17-16, and finally Rock Lake once again 10-8 to secure the third-place finish.



**SUPPLIED PHOTOS**  
Clockwise from left: The Winkler Nitro, Golden Gloves, and Dynamite U11 softball teams won gold, silver, and bronze, respectively, in the regional playdowns.



## > PALLIATIVE CARE PROGRAM, FROM PG. 16

communities, ensuring every person receives the dignity, respect, and quality care they deserve as they near the end of life.

The project for now will continue through to 2026, but Woelk hopes they can make it sustainable by that point when the current funding ends.

“One of the challenges ... is the funding will run out sometime in 2026 ... so then the challenge then is how do you create enough momentum that there will be some kind of continuing work on this,” said Woelk. “We hope the amount of work we can put in in the next year will set the stage for ongoing work and interest ... actually by ourselves.”

“To me, I’m glad this program came about,” said Denise Hobson, home care co-ordinator for Long Plain First Nation.

Their overriding concern was families wanting their loved one to spend their final days at home, she said,

but many First Nations communities don’t have nearly the same level of services and supports in place.

As well, they can face many other challenges including even some degree of racism, she said, and many families struggle with the legacy of residential schools.

“There were so many obstacles,” Hobson said. “I kept trying to reach out to Southern Health ... how can we do this in a better, safer fashion?”

“I reached out to our own tribal members as well and was saying we have to work with those people over there at Southern Health ... it goes both ways,” she added. “Now I can do things with a physician’s support.”

“To me this program has helped me,” Hobson concluded. “I’ve had the ability to connect with these doctors and caregivers to get a better service for the person dying in the community.”

# The Funnies





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# take a break

> GAMES

## SUDOKU

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

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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!

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

Sudoku Answer

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

Crossword Answer



# CROSSWORD

## CLUES ACROSS

- Computer manufacturer
- Noted space station
- Kurt Russell film "Captain"
- Automaton
- Everyone has one
- Incline from the vertical
- Fights
- Dunn & Bradstreet (abbr.)
- Finishes off
- Places to store things
- Dutch painter Gerard
- Smaller quantity
- There's a North, South and Central of these
- In an early way
- More spacious
- Short-term memory
- One who possesses
- Sesame
- Forbid
- A way to explain
- Not around
- Evoke or suggest
- Ancient kingdom near Dead Sea
- Dekameter
- Fencing sword
- "Luther" actor Idris
- Affirmative (slang)
- Afflicted
- One point north of northeast
- Born of
- Arabic name
- Hong Kong food stall: \_\_\_ pai dong
- Not the start
- Post

## CLUES DOWN

- Creative expression
- Fiber from the outer husk of a coconut
- City in ancient Syria

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

- College army
- More disturbed
- Pays no attention to
- Restored
- Competitions
- Lyric poems
- Famed American lawman
- Expression of disappointment
- Scars
- Satisfy
- Central European river
- Brass instrument
- One who gets paid to perform
- Propel with oars
- Long period of time
- Woman (French)
- Type of plane

- Pitching stat
- Pointed end of a pen
- Pro sports league
- Body part
- Inoffensive
- Yellowish cotton cloth
- Feline
- Does not tell the truth
- Set out to attract
- Spiritual leader of a Jewish congregation
- Abba \_\_, Israeli politician
- Repair
- Genus of flowering plants
- Tributary of the High Rhine
- Prejudice
- C. European river
- Restrain
- Father



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## IN MEMORIAM



Byron Harder



Kenton Harder

My boys together in heaven, I never would have thought. Byron your body was so tired, and when asked "I feel like a rough old bear", and if I should die, don't worry, I will be in heaven with Kenton and Jesus. So off you went to Heaven, no time to say good bye, you missed your brother, so you had to go. Visions of you both, as happy as can be, you boys know the mystery, the rest of wait to see. So many there to greet you, to love you without cease, meeting Saint's and prophets, with life battles all deceased. Kenton, it's been six years' since you went to your heavenly home and how your children have grown. Isabelle is graduating, a moment to behold. Chase and Kitt drive motorcycle like the wind, some accidents do occur, so grandpa preaches Safety like an officer surely would! Keziah is a trickster, a trap she waits to set, waiting for you to turn, so coffee she can sip. Leah such a big heart, drawing is her thing, driving the quad too fast, having a blast. Byron, your mama is looking after your cats, a reminder of you every day, oh how we miss your presence on our yard every day. Your room has a peace, like no other in the house, so we go there to visit, as a reminder of the Godly man you were. So boy's, our lives are forever changed without you here, your names cross our lips every day as if you were here. We see you in our memories, that no one can take away, and continue to love you like no words could ever say. So cheer us on from Heaven, as we toil day to day, waiting for the day we get to see you both again.

Missing You & Loving you Always  
-Your Family

## EMPLOYMENT



Border Land School Division invites applicants for a

**TERM GRADE 6 TEACHER (0.85 FTE)**  
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FOR DETAILS VISIT [WWW.BLSD.CA](http://WWW.BLSD.CA)

## EMPLOYMENT



Border Land School Division invites applicants for a

**TERM GRADE 7/8 TEACHER (1.0 FTE)**  
FOR ÉCOLE PARKSIDE SCHOOL  
IN ALTONA, MB

FOR DETAILS VISIT [WWW.BLSD.CA](http://WWW.BLSD.CA)

## CAREERS

**Morris Multiplex**



**FACILITIES FOREMAN Full Time**

The Morris Multiplex is accepting applications for a Facilities Foreman – 40 hours / week

Days/Evenings/Weekends Required

Full job description can be found at:  
<https://www.townofmorris.ca/residents/employment>

**Arien Peterson**

Facilities Manager, Town of Morris  
PO Box 930, Morris Mb R0G 1K0  
[facilitiesmanager@townofmorris.ca](mailto:facilitiesmanager@townofmorris.ca)  
204-746-6622

Posting will remain open until filled  
We thank all applicants for their interest,  
however only those being considered for an interview will be contacted.

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## CAREERS

**Morris  
Multiplex**



### TOWN OF MORRIS Invites applications for the position of Facilities Manager

The Town of Morris is seeking a highly organized and enthusiastic individual who, under the direction of the CAO, will be responsible for overseeing the comprehensive planning, organization, coordination, scheduling, upkeep, and management of the Town of Morris' recreation facilities and related departments.

Facilities and areas of responsibility include the Morris Multiplex, Morris Community Pool, Morris Splash Park, Morris Baseball Diamonds, Willow Park, Stagecoach Park, Morris Area Recreation, and the Morris Daycare Centre.

#### Qualifications and skills necessary include:

- Post-secondary education in Recreation Management or a related field and/or a suitable combination of education and experience. Experience in a municipal environment would be considered an asset.
- Demonstrated experience in the development, implementation, and delivery of a wide range of recreation services.
- Proven budgeting and financial management experience.
- Experience managing recreation facilities with an understanding of local recreation, culture, and tourism is considered an asset.
- Demonstrated experience in leadership, staff supervision, and training.
- Strong communication skills with the ability to interact effectively with the public, staff, and stakeholders.
- Ability to problem solve, make decisions, demonstrate initiative, and work as a flexible team player.
- Experience with facility maintenance, including HVAC and outdoor grounds upkeep, is considered an asset.

#### Job Details:

Full-time (70 hours biweekly. Salary based on qualifications. A municipal benefits package is available after a 6-month probation period. The primary job location will be the Morris Multiplex, located at 380 Stampede Grounds.

A full job description is available at [www.townofmorris.ca](http://www.townofmorris.ca)

Please submit your application by 5:00 PM on July 4, 2025, to:

Arien Peterson, Facilities Manager

Email: [facilitiesmanager@townofmorris.ca](mailto:facilitiesmanager@townofmorris.ca)

Phone: 204-746-2531

*Thank you to all who apply. Only those selected  
for an interview will be contacted.*

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## OBITUARY



### Clara Schroeder (nee Wiebe)

Clara Schroeder, 86, of Morden passed away Sunday, June 8, at Pembina Manitou Health Centre.

She is survived by three children and their spouses, four grandchildren, one sister, one brother, and their families.

She was predeceased by her husband Frank and one brother and sister-in-law.

The funeral service for Clara Schroeder will be held Saturday, June 28, at 2 p.m. at Wiebe Funeral Chapel, Morden.

Donations may be made to Morden Activity Centre through the Morden Area Foundation.

Wiebe Funeral Chapel, Morden  
in care of arrangements  
[wiebefuneralhomes.com](http://wiebefuneralhomes.com)

## OBITUARY



### Donald Alexander Bell

Surrounded by close family, Don Bell, 86, of Morden, passed away on Saturday, June 14, 2025 at Boundary Trails Health Centre.

He is survived by his wife of 60 years Myrtle, and his children, Scott and Donna (husband Rick Yaschyshyn); his grandchildren Grace, Violet and Alex, and his brother Larry (Kathy) and nieces, nephews, and dear friends.

He was predeceased by his parents Alec and Millie Bell, and granddaughter Vivian.

Don lived a rich life pursuing his passions and interests. He grew up on a farm in Ostenfeld, Manitoba, then met the love of his life Myrtle in 1959. After getting married and completing his Master's Degree at UND, Don and Myrtle came to Morden in 1967. Don and Myrtle encouraged their children Scott and Donna, in the love of sport, academics and the arts and taught by example what it meant to care for and support your neighbors and community, both in Manitoba and Mexico.

Don's varied passions included coaching, teaching, local history, music, art and travel. Through these pursuits Don impacted many peoples' lives. He truly lived and believed that you "thank those who helped you by helping others". He was a great mentor to many, but most important to him were his children and grandchildren. His legacy will live on through these relationships he forged throughout his amazing life.

A public Celebration of Life will be held Sunday, August 17, 2025 at 2 p.m. at the Access Event Centre in Morden. All who knew and appreciated Don are welcome to attend.

In lieu of flowers or gifts, the family will be establishing a scholarship to support student athletes.

Wiebe Funeral Chapel, Morden  
in care of arrangements  
[wiebefuneralhomes.com](http://wiebefuneralhomes.com)

## OBITUARY



### Wenna Louise Krueger 1934 - 2025

With great sadness we announce the peaceful passing of Louise Krueger at Boundary Trails Health Centre.

Louise (nee Cooper) was predeceased by husband Arnold (2023), parents Walter and Edith (nee Day), sister Doreen Dudgeon (Robert), brother Clare Cooper, brother Vernon Cooper and brother-in-law Norman Krueger (Ileen).

Louise is survived by children Donna (Dominic), Paul and Diane; four grandchildren-Christopher Young (Ellen), Jennifer Young, Tobias and Logan Hyrich-Krueger; sister Linda Nelson (Kelowna B.C.), sister-in-law Ida Anderson (Conrad-deceased), sister-in-law Caroline Hunter (Carmen-deceased) and many nieces and nephews.

Louise was born February 15, 1934 in Pilot Mound, MB and was raised on the family farm in the Marrinhurst District near Rock Lake. Moving to Morden after leaving Pilot Mound, Louise worked at the Royal Bank (a good spot to check out potential suitor's bank accounts). Louise married Arnold Krueger on March 8, 1958 and resided on the family farm until 2014, when they retired, along with Diane, to a house in Morden. Louise and Diane remained in the home after Arnold passed and continued to arrange upkeep.

Louise enjoyed visiting with family and friends at home, and there was no leaving without eating. Weekly scratch lottery tickets were a staple for Louise, with a \$25,000 winner as a claim to fame.

In recent years, mobility was a struggle, but Louise continued organizing, expressing opinions and until her last days was managing financial matters.

As per family's wishes, there will be no formal service. Cremation has taken place with ash interment to follow at the Chapel Cemetery Columbarium, Morden, at a later date.

The family extends heartfelt thanks to the doctors and staff at Boundary Trails Health Centre that cared for Louise during the challenging final weeks.

Donations may be made in Louise's memory to the BTHC Foundation.

Wiebe Funeral Homes, Morden  
in care of arrangements  
[wiebefuneralhomes.com](http://wiebefuneralhomes.com)

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> MEAL IDEAS



## Chai Oatmeal Energy Bites

not simmering. Take off heat and place two chai tea bags in milk. Steep tea in milk until cool, about 30 minutes, then discard tea bags.

Preheat oven to 350 F. Spray mini muffin pan with nonstick cooking spray. In large bowl, stir cooled chai milk, oats, salt, baking powder, flaxseed, vanilla and maple syrup.

Open third chai tea bag and measure 2 teaspoons tea. If tea is coarse, blitz in spice grinder or use mortar and pestle to grind more finely. Stir tea into batter and let mixture sit 10 minutes so oats can soak up milk.

Give batter another stir then fill each mini muffin cavity about 3/4 with batter, about 1 tablespoon in each. Sprinkle chopped pecans on top. Bake bites 12-13 minutes, or until toothpick inserted in center of bite comes out clean. Let cool 5 minutes.

Prep time: 10 minutes  
Cook time: 55 minutes  
Yield: 2 dozen  
1 cup DairyPure Milk50 Vanilla  
3 chai tea bags, divided  
nonstick cooking spray  
2 cups old-fashioned oats  
1/2 teaspoon salt  
2 teaspoons baking powder  
2 tablespoons flaxseed  
1 teaspoon vanilla  
1/3 cup maple syrup  
1/2 cup chopped pecans  
In small pot, heat milk until hot but



## Vanilla Coffee Protein Shake

1/4 cup, plus 2 tablespoons, cold brew concentrate  
1/2 teaspoon vanilla extract  
1-2 scoops protein powder of choice  
2 teaspoons simple syrup (or to taste)  
Make ice cubes by pouring milk into ice cube tray and freezing until solid, about 8 hours.

To make shake: In high-speed blender, blend frozen banana slices, cold brew, vanilla, protein powder, simple syrup and 5-6 milk cubes until creamy. Serve in glass.

Prep time: 5 minutes  
Cook time: 8 hours  
Servings: 1  
5-6 ounces DairyPure Milk50 Vanilla  
1/2 banana, sliced and frozen

## Orange Juice Citrus Chicken Kebabs



Recipe courtesy of Aaron Himrod on behalf of the Florida Department of Citrus

Servings: 8 (2 kebabs per serving)  
1 large Florida Orange, zest only  
1 lime, zest only  
1/2 teaspoon ground thyme  
2 tablespoons vegetable oil  
1/4 teaspoon granulated garlic  
1 teaspoon salt  
white pepper, to taste  
1 cup Florida Orange Juice  
1 cup lemon-lime soda  
2 pounds chicken tenders  
8 wooden skewers

To make marinade: In medium mix-

## Expert patient here to help!



Susie Schwartz

### Do as I say, not as I did

This week, I've got some "do as I say, not as I do" advice for you.

On a recent trip with Canadian family to Wales, Belfast and Dublin, I expected to struggle with dodgy, painful legs thanks to ME/CFS. So, I took precautions—using a mobility scooter or having Don push me in a wheelchair whenever it made sense. I took my own advice and paced myself. (Pat on the back.)

Even still, I developed unexplained pain in my foot during the last week. Then, at the Titanic Museum in Belfast, I missed two steps and landed hard on the floor—on the dodgy foot. A sore ankle joined the party.

What should I have done? Rested, elevated, iced.

What did I do? None of that.

On the last day before heading home, I had Dublin to myself while the family did some aggressive touring. I found myself on a street lined with clothing shops, coffee shops and buskers. Can we say heaven?

But I was hurting bad.

My job was to take it easy, then cab it to the restaurant where we'd all meet for dinner. I did get into a cab, but the driver said that to cross the river he'd have to take a really long route—and that "it isn't that far to walk." So I got out and limped my way to the bridge.

Moving so slowly I was practically going backwards, I pushed on. Almost in tears, I finally made it to the restaurant, barely able to move my legs, foot, ankle—or hip. I was a mess.

Fast forward two days, and I'm in the exam room at my local ER. My leg was swollen like a boa constrictor that had just swallowed a real-life Bugs Bunny. And it hurt. A lot.

Turns out I'd sprained it. Oops. My bad. (Did I mention I've had type 1 diabetes for 42 years and that foot care is especially important?)

So yeah—once again, I pushed through pain to my detriment. I don't recommend it. I'm a little ashamed of myself, especially with a column called Expert Patient. (Feel free to reprimand me the next time you see me on the streets of a small Manitoba town. Or email me. Go ahead.)

Hopefully, the "here to help" part of the title still stands—even if it only means you're learning from my mistakes.

I recommend listening to your body. Pushing beyond your limits is silly. (And painful!)

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @authorsusieschwartz, and at [www.lesshealthstress.com](http://www.lesshealthstress.com). (Email: [info@lesshealthstress.com](mailto:info@lesshealthstress.com)) If you like her writing, find more on her Substack page: [The Quest For Less Health Stress](https://www.substack.com/p/the-quest-for-less-health-stress)

ing bowl, combine orange zest; lime zest; thyme; oil; garlic; salt; white pepper, to taste; orange juice; and soda.

Add chicken and completely coat with marinade. Cover bowl and place in refrigerator at least 1 hour.

Soak wooden skewers in water 20-30 minutes.

To make kebabs: Remove chicken from fridge and lace through each skewer using weaving motion. Repeat for all chicken tenders and set aside.

When skewers are prepared, drizzle extra marinade over chicken.

Heat grill to medium. Place chicken on grill. Cover and cook 3 minutes per side, or until center of meat reaches internal temperature of 170 F.

Remove from grill and serve immediately, or cover with foil and serve later.

Tips: Cover kebabs with foil for at least 20 minutes after cooking to trap in flavor and juices.

Add vegetables to kebabs, if desired, to increase flavor.

## On-the-Go Orange Juice Sports Drink

Recipe courtesy of the Florida Department of Citrus

Servings: 1  
8 ounces Florida Orange Juice  
8 ounces water  
1 pinch salt  
Mix orange juice and water.  
Add pinch of salt.  
Pour into small bottle or reusable pouch.



# Happy 140th Anniversary Manitou Agricultural Fair!

Friday, July 4th	Saturday, July 5th	Sunday, July 6th
10 AM - 5 PM Book & Bake Sale @South Central Library-Manitou Branch	7 AM - 8 PM Country Kitchen Open	8:00 AM Fly in Breakfast
5 PM - 8 PM Country Kitchen Open	8 AM - 5 PM Mixed Ball Tournament @ Braves Diamond & Nellie McClung Collegiate Diamonds	8AM - 10 AM Free Pancake Breakfast @ the Manitou Arena Prepared by the Kinsmen Club of Manitou
7 PM- 12 AM Beer Gardens Tent	8:30 AM - 4:30 PM 4H LaRiviere & Windygates Beef Club Show	10 AM - 4 PM Country Kitchen Open
7 PM LaRiviere & Windygates 4H Clubs Team Grooming	10 AM - 1 PM Book & Bake Sale @South Central Library-Manitou Branch	10 AM - 4 PM Petting Zoo
All day 4H Club Arrival & Setup	10 AM - 5 PM Snack Shack	10 AM - 4 PM Snack Shack
Evening Mixed Ball Tournament @ Braves Diamond & Nellie McClung Collegiate Diamonds	12 PM - 4 PM Nellie McClung Heritage Site Tours & Activities Adults \$5 Admission 18 & under free	11 AM Ministerial Church Service @ Manitou Opera House
	10 AM - 4 PM Petting Zoo	Guest Speaker: Leanne Sprung - Manitoba Ag Leadership Specialist
	10 AM - 4 PM Children's Activities: Bouncy Castle / Barrel Rides/Play Center/Crafts Manitou Fire Dept.'s Smoke Shack	11 AM - 4 PM Children's Activities: Bouncy Castle/Barrel Rides/Play Center/ Crafts
	12 noon OPENING CEREMONY - 140 years - Beef Show Ring	12 PM - 4 PM Nellie McClung Heritage Site Tours & Activities Adults \$5 Admission 18 & under free
	12 PM - 2 AM Beer Gardens Tent Beer Gardens In the Arena during Cribbage and Supper	11 AM 1PM Registration for Open Beef Show Open Beef Show Begins in the Arena
	1 PM - 4PM Dunk Tank - Nellie McClung Collegiate Grad Class 2026	12 PM - 5PM Beer Gardens Tent
	1 PM Cribbage Tournament @ Manitou Arena Hosted by Manitou Curling Club	11 AM - 3 PM Jr Farm Competition for 8-15 S of Fair Entrance Sponsored by A.R.K. NewTech/Kubota Canada
	1 PM - 5 PM Manitou Community Pool & Activities FREE Sponsored by The Municipality of Pembina	12 PM Children's Mutton Busting @ the Horse Ring
	6 PM - 9 PM	12 PM - 1 PM Registration at South End Fairgrounds
	5 PM 4H Beef Steer Sale Pie Auction	1 - 3 PM NEW 2025 Antique/Vintage Tractor Show & Car Show
	5 PM - 7 PM Steak Supper in Manitou Arena	1:30PM Children's Games: Candy Scramble & Sack Races
	9 PM - 2 AM Entertainment Live Band "M'Ladies" Beer Gardens	Equine Kids Events @ Horse Arena
	All Day Manitou Golf & Country Club - 1/2 price Green Fees	16 & under Timed Events/ Costume Class Onsite Registration 1 PM @ the arena gate
	All Day Vendor Displays	2 - Close
		All Day Manitou Golf & Country Club - 1/2 price Green Fees
		All Day Vendor Displays

Sports Events

Children's Events

4H

Cars

Community Group Hosted Events

Tours

Vendor Displays

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2. Along south side fence at the entrance on Souris

3. Limited Accesibility in Arena parking lot on the East side of the arena

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