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Winkler Aquatic Centre lifeguards showed off their lifesaving skills at the annual Swim Smart festivities last week. For more, see Pg. 14.

PHOTO BY ASHLEIGH VIVEIROS/VOICE

Lifesaving demo

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getinformed

Province commits \$3.1M to Winkler arena renos

Triple E in talks for naming rights

By Ashleigh Viveiros

Planned renovations for the aging Winkler Centennial Arena received a funding boost from two sources on Monday.

Mayor Henry Siemens announced the project is receiving more than \$3.1 million in funding from the Province of Manitoba's Arts, Culture, and Sports in Community Fund.

"Fifty-six years ago, this building was brand new, standing in an empty field and unaffectionately known as the Big Blue Elephant," Siemens said. "Today, Winkler is more than three times the size that it was then. [This] is an arena that has done remarkably well for what it needed to do. It was our one and only arena for many, many years."

Winkler's second recreation complex, the Meridian Exhibition Centre, opened its doors just a few years ago, providing the community with a much-needed second ice surface, indoor turf area, and walking track.

"When Winkler built that facility, our hope was always that phase two could happen," Siemens said, explaining the intention is to bring the old arena up to modern standards and needs to complement the new exhibition centre.

The potential cost of renovations put a question mark on that plan for a time, but with this provincial com-



PHOTO BY ASHLEIGH VIVEIROS/VOICE

From left: Terry Elias and James Elias from Triple E Canada, Infrastructure Minister Doyle Piwniuk, Winkler Mayor Henry Siemens, and Winkler Flyers head coach and general manager Justin Falk at the announcement Monday of major funding for the Winkler Centennial Arena renovation project.

mitment, coupled with \$7.9 million from the Government of Canada announced last fall, the city is now moving full speed ahead.

"It's important that we work with communities like the City of Winkler to make sure we invest for quality of life," said Infrastructure Minister Doyle Piwniuk, noting the fund this money comes from is part of a nearly \$50 million commitment from the Province to similar community projects across Manitoba.

Further bolstering the project is a financial commitment from Triple E Canada, who is in the process of securing the naming rights for the retrofitted facility.

"We're still dotting the i's and crossing the t's, but let me assure you that the contribution is significant and the contribution is important," Siemens said, "and we're extremely grateful to find a local partner who believes like we do that it's important to build community in partnership."

"Triple E Canada is pleased to be a part of the arena project," the company's Terry Elias said in a statement. "We are pleased to see the city has been able to partner with both the federal and provincial governments to make this project a reality. It's great to see the city being able to take an existing facility and give it many more years of community use."

While the announced funding commitments are a huge help, it is expected additional local dollars will be needed for the renovations.

"Even with those supports, when we take a 56-year-old building, the bones on it are good, but there's an awful lot of work that needs to happen," Siemens said, noting city staff have already met with the rink's various user groups for feedback on what they'd like to see in a revitalized arena.

"We're looking at every option to create a building that will serve Winkler for another 50 years," he said. "We're now narrowing down what we can do in this building and what that might look like. We're looking to finalize the budget and then move forward as quickly as we possibly can."

The plan, ideally, is to begin construction immediately after the end of the Winkler Flyers junior hockey team's 2023-2024 season next spring.

"We recognize that's an extremely aggressive timeline," Siemens said. "It might possibly be delayed a year, but our hope is that we can move forward with a timeline that aggressive."

Mosquitoes carrying WNV found in Morden-Winkler

By Voice staff

Manitoba Health has found mosquitoes carrying West Nile virus (WNV) in traps in both Winkler and Morden in recent weeks.

The July 21 report notes three infected mosquito pools were identified during the surveillance week of July 9-15, one in Winkler and two in Morden.

To date there have been 21 WNV positive mosquito pools and 11 WNV

positive birds reported to Manitoba Health this summer, including an infected pool in Winkler a few weeks ago.

Culex tarsalis activity has been detected in all but one of the 21 trapping communities spread across southern Manitoba, Manitoba Health notes.

The warm weather predicted for the weeks ahead, coupled with recent rain, means we could be in for an increase in activity, as those are optimal conditions for mosquitoes.

Current surveillance data shows the risk of exposure to WNV is moderate. Manitobans are advised to take steps to protect themselves against infection by:

- reducing the amount of time spent outdoors during peak mosquito hours between dusk and dawn;
- using appropriate mosquito repellent;
- wearing light-coloured, loose-fitting clothing with long sleeves and pant legs; and

• maintaining door and window screens so they fit tightly and are free of holes.

Manitobans can also reduce the number of mosquitoes around their home by eliminating sources of standing water by cleaning, emptying, or removing any items that might collect water, ensuring rain barrels have mosquito screening or tight seals around the downspout, and improving landscaping to avoid pools of water.

Winkler Meats announces \$52.8M expansion plans

By Ashleigh Viveiros

A major expansion project at Winkler Meats is going to more than double the number of jobs at the facility and significantly increase its processing power.

The federal and provincial governments on Monday announced a funding commitment of \$2.38 million from the Sustainable Canadian Agricultural Partnership Capital Infrastructure and Investments Program in support of the nearly \$52.8 million capital project.

The Manitoba government has also approved over \$7.8 million in loan financing and tax rebates.

The expansion is a joint venture between Winkler Meats and Johnsonville Sausage, which sources some of its live sow supply from Western Canada.

"Today's announcement of the Winkler Meats expansion was over two years in the making," noted Manitoba Agriculture Minister Derek Johnson. "Through an investment of \$52.8 million in this project, Winkler Meats is doubling the size of its facility and increasing its production capacity.

"The project will add 85 new jobs once completed and an additional 23 jobs in the following three years," he said. That brings the company's local workforce to 155 full-time equivalent positions.

The minister noted the project is also working with Efficiency Manitoba on both energy and water savings in the design of the project, "thus reducing its environmental impact and increasing its long-term sustainability and operating efficiency."

The expansion will serve to significantly bolster the Canadian supply chain and will prevent millions of kilograms of live animals from needing to be exported to the United States for processing.

"Today, the majority of the Western Canadian sow herd is being transported as live animals to be processed in the United States," Johnson said. "The project creates more value here in Manitoba by processing the sows right here in Winkler. This creates new jobs, economic value, and supports growth of Manitoba communities."

It will also significantly reduce the greenhouse gases currently generat-



PHOTO BY ASHLEIGH VIVEIROS/VOICE

From left: Minister of Transportation and Infrastructure Doyle Piwniuk, Minister of Economic Development and Trade Jeff Wharton, Winkler Meats president Jeff Senebald, Johnsonville Holdings CEO Michael Stayer Suprick, Winkler Mayor Henry Siemens, and Agriculture Minister Derek Johnson at the announcement Monday.

ed by having to ship animals out of province, Johnson noted.

Mayor Henry Siemens said the City has been working closely with Winkler Meats and Johnsonville on this undertaking to ensure the community has the capacity to help it succeed. "When we were first approached by the Winkler Meats group to suggest that this might be a possibility, our immediate response was yes," he said. "And then we got to work answering all the questions and all the requirements that needed to be there.

Through the dedicated hard work of our city staff, we were able to make that happen."

Winkler currently has both water and wastewater treatment expansion projects in the works. Siemens said those projects will be completed in time to allow for the increased needs this expansion will place on the community's infrastructure.

Through industrial services agreements, Winkler Meats will be making significant investments in the capital

Continued on page 4



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Revised census numbers for Municipality of Rhineland

By Lori Penner

After a thorough review of the 2021 population and dwelling census data, Statistics Canada has added another 196 people to the listed population for the Municipality of Rhineland.

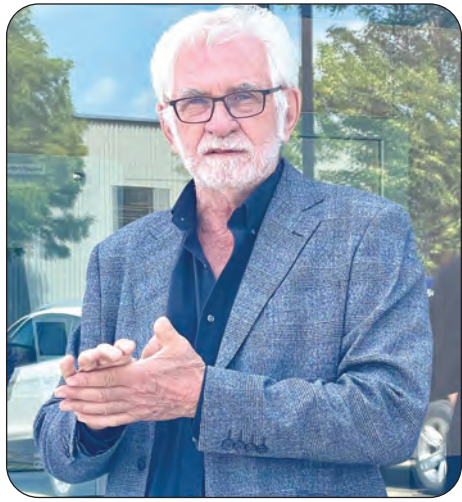


PHOTO BY LORI PENNER/VOICE

After winning their appeal with Statistics Canada, Rhineland Reeve Don Wiebe says he hopes it illustrates to residents the importance of filling out their census forms.

The review was initiated in 2022 following a dispute filed by Rhineland council over the initial numbers, which indicated a 2.1 per cent decrease in population since 2016.

The revision came as a welcome vindication for Reeve Don Wiebe, who noted the revised count is more aligned with what council had expected all along.

"We feel good about the results. Council had appealed the initial census numbers after analyzing their housing starts, which revealed a significant number of vacant houses in Rhineland that had not been taken into account, leading to confusion over the reported population drop."

In their letter to council, Statistics Canada explained that the review process involved a meticulous examination of maps, enumeration records, and census data for the area.

The review found 25 dwellings in the L.U.D of Rosenfeld had been missed by enumerators during the initial survey, 23 of which are estimated to have been occupied by 76 residents.

In the L.U.D. of Gretna, 24 dwellings

were missed, 23 of which are estimated to be occupied by 60 residents.

In the greater Rhineland area, 16 private dwellings with an estimated population of 56 were misclassified as unoccupied.

The numbers for the L.U.D. of Plum Coulee remained the same.

"Plum Coulee was at an increase in the initial census, so when they did the review, Plum Coulee stayed the same," Wiebe explains.

According to the revised numbers, Rhineland Municipality now boasts a population of 6,976, up from the initial figure of 6,648.

The addition of these 196 people is crucial for the region, as federal and provincial funding is often allocated on a per-capita basis. Hence, the accuracy of population figures plays a significant role in determining the funding resources available to the municipality.

Wiebe expressed hope that this in-

cident would prompt changes in the census counting process. He suggested that a more effective approach would involve ensuring that enumerators physically visit every house instead of relying on self-recording methods, which may lead to inaccuracies.

He emphasized the importance of accurate population counts, as even minor growth can have a substantial impact on the funding received by the municipality.

Council's appeal and the subsequent revision of the population data also serve as a reminder of the critical role that citizens play in the census process.

"People need to know how important it is to fill out those forms," Wiebe stresses. "Accurate and up-to-date census forms are essential to ensure that municipalities receive the resources they need to support their communities adequately."

> WINKLER MEATS, FROM PG. 3

costs of those projects as well as their ongoing operation, the mayor noted.

"Every conversation we had with the group was how do we work together in partnership to move this forward more quickly?" Siemens said. "It was good to have people at the table who were interested in making it work, who are prepared to make a very significant investment into Winkler."

It's an exciting step into the future for Winkler Meats, shared president Jeff Senebald

"Since the 1960s, Winkler Meats has grown substantially, sharing our passion for farmer's sausage and serving others," he said. "The announcement today is an expansion of doubling down on our future in the province of Manitoba."

"It will be the premier sow harvesting facility in Canada," Senebald continued. "It will create new jobs as well as support local economic growth and export sales."

Senebald said they intend to fill the new positions with local candidates first, but, given that our area is currently experiencing a labour shortage, they are prepared to look internationally for skilled workers and are confident they will find them. The company has worked with the Provincial Nominee Program successfully in the

past, he said, noting they have their sights set on recruiting most likely from the Philippines.

He noted the company is also in talks with local developers to ensure there is housing available for any workers it brings to the community in the years ahead.

"It's likely to be a challenge, but we think we've got a lot of plans in place to take that on," Senebald said.

Michael Stayer Suprick, CEO of Johnsonville Holdings, noted how impressed he was at the support this project has received locally.

"The government just stepped in, both Winkler and Manitoba, and really made things happen so fast," he said. "I'm still amazed today at how quickly we were able to get wastewater and water and the government on our side to make things move forward."

Winkler, Manitoba is the perfect location for a project like this, added Senebald.

"The sow herd is here," he said. "There are about 338,000 sows right here in Manitoba, and our neighboring Saskatchewan is probably about 120,000 sows. So, location-wise, what we're doing really made sense in Manitoba."

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Handivan honours founder Wilf Warkentin with its newest vehicle

By Lorne Stelmach

The Morden Community Handivan recently added a new vehicle to its fleet, and it is dedicated to the Morden resident who was instrumental in starting the service.

A decal on the van pays tribute to Wilf Warkentin, who was a founding member of the service back in 1984. Warkentin passed away in February.

The handivan board of directors all felt it was fitting to honour Warkentin, who was Morden's Volunteer of the Year in 2015 for his service as a school board trustee, city councillor, and board member with both the Morden Corn and Apple Festival and Tabor Home.

"It was special for us," said handivan board chair Brian Nedohin. "He was the first chairman of the board and also worked on the Tabor Home board too."

"He and Leona Thiessen, who was the manager of Tabor at that time,

worked together to get the handivan service going ... and Leona's husband was also the first driver."

Speaking for Warkentin family was daughter Tami Thiessen.

"We were very surprised but super humbled by it and grateful," she said. "My dad put a lot of work into the handivan, the handivan committee, the Tabor Home, and it was really quite a passion for him, so it was so thoughtful of them to remember him in this way and honour him in this way."

Thiessen noted she now works at Tabor Home and is often calling the handivan for residents.

"So it's kind of come full circle, and it's really kind of special in that way," she said. "It's nice to know that other people have thought about him and appreciated him ... as a family, we certainly do appreciate it."

The handivan program currently has four vehicles in service that vary in size. The new 10-passenger vehicle



PHOTO BY LORNE STELMACH/VOICE

Morden Community Handivan board members and volunteer staff with the newest van in its fleet, which is dedicated to the late Wilf Warkentin.

replaces one that is showing its age.

"The Grand Caravan is almost to the point where it's going to be retired because we got this new one to kind of replace it because it has close to 300,000 kilometres on it already," noted Nedohin. "We're actually fundraising now as well for another replacement for a vehicle that is about seven years old now too."

The new vehicle came with a total cost of about \$109,000, but Nedohin noted the service has received welcome assistance from a number of sources.

"We do get good support, especially from the thrift store, so they probably contributed about a third of the cost to this new vehicle," he said.

There is also support from the City of Morden, which will contribute to cover operating deficits as well, and a \$7,500 contribution from the City of Winkler.

"We do probably about 10 per cent of our rides into the Winkler area," Nedohin noted.

It is a very necessary service in the community, he observed.

"It's very important for those who are mobility disadvantaged and for seniors. Those are the two main groups," Nedohin said. "Even if we have some who aren't mobility disadvantaged, they sure like walking up the ramp as opposed to trying to climb into a vehicle."

Boot drive collecting for local food bank, provincial burn fund

By Lori Penner

The Altona Fire Department is gearing up for another Boot Drive to raise funds for important causes.

As usual, the drive will take place Saturday morning during the Manitoba Sunflower Festival parade, and will see local firefighters walk the route collecting cash in a big fireman's boot.

Since it began in 1994, the annual drive has raised tens of thousands of dollars for provincial and local charities.

Firefighter Daryl Rempel has been a huge advocate of the event from the beginning and says its ongoing success is a testament to the hospitality and graciousness of local parade goers.

"This year we're collecting for the Manitoba Firefighters Burn Fund and our local charity is going to be the Altona Area Food Bank," he noted. "We've supported the food bank in the past and decided it was a good time to choose them again. With food prices going up, there's a lot of families who are going through hard times. We want to support our local, because our local supports us."

Rempel says walking the parade

route is always a joy.

"No donation is too small. Any spare change you want to toss in is always welcome. For us it's a great public relations gesture. People can put names to the faces and see who some of our members are."

Last year's boot drive raised \$5,000 to be split between STARS air ambulance and the Pembina Counselling Centre.

"You see everything; you see young kids smiling while dropping in a quarter or toonie, you see seniors who save their change all year for this event," noted Rempel. "The reaction is just fantastic."

The Altona Fire Department also has two other events at the festival this year. First up, Family Fun Night takes place at École Parkside School on Friday night.

"It's a chance for people to see our trucks, see the gear, try it on, and hold a fire hose while aiming for a target," Rempel said. "It's great for the kids and the adults."

The Altona/Rhineland Emergency Services Fire Truck Pull will then take place Saturday afternoon, with proceeds going to the Altona Panthers Special Olympics team.

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Where angels fear to tread

Peter's decision making abilities are often no better now, at 55 than when he was four. Let me explain ...

It was a beautiful Sunday morning and my wife suggested we hike along the Lake Minnewasta trail. Great idea. We love walking together and hadn't been on the trail this year. With the destination in mind we packed a few essentials and hit the road.

The trail was spectacular. We encountered about six other people the entire time we were there. Conditions were perfect—dry but not dusty. The vegetation was abundant and lush and while it was sunny the breeze was cool. We had a close encounter with a large deer and enjoyed the sight of several pelicans along the way. We could not have designed the experience to be better than it was.

The plan was to hike to the end of the trail on the north side of the lake and then back to the beach for a nice swim to cool off and relax.

Having finished the hike, whilst getting ready for a swim, Peter thought it would be a good idea to dive off the dock with his phone in hand filming a video to test its waterproof abilities (despite warnings from his wife and an offer to film him jumping in instead).

No, no, that would not be nearly good enough. It was VERY important

(for unknown reasons) to undertake this experiment properly which had only just popped into his head fully formed seconds earlier. This involved holding the phone while it recorded a video as he dove into the water. Why? Well the phone has a waterproof rating of IPX 8 meaning it should be fine submerged in 1.5 metres of water for up to 30 minutes.

It's a little like wanting to set fireworks off in your house when you are eight years old just to see what would happen; or sit across from a friend in his basement at 12 years of age lobbing darts at each other's legs to see who would move first (actual story).

Standing proudly at the end of the dock with his phone recording, Peter dives in. The second he joyously hit the water the precious phone betrayed its owner and immediately slipped from his hand, sinking to the murky, dark 3.5 meter depths.

What follows is a wildly disappointed Peter surfacing and sheepishly confessing to his wife that he lost his

phone. She remained quietly supportive and unsurprised having endured many such experiences over the years.

At this point Peter has already crunched the numbers and has decided drowning in an effort to retrieve the phone would be better than paying to replace it.

For the next nine minutes Peter continues to climb back onto the dock and dive into the lake in search of the phone by raking the bottom with his forearms in hopes of bumping it.

If you are not familiar with Lake Minnewasta I can describe the experience as entering into surroundings of pitch green rapidly becoming pitch black when you get to the bottom. Keeping your eyes open is useless in such a search.

However, after almost 10 minutes of a frantic, gasping hunt, Peter surprisingly managed to find his phone, which, upon close inspection after returning to the surface, was still recording.

Continued on page 7



By Peter Cantelon

Letters

KUDOS TO WINKLER

Congrats to the City of Winkler on its hosting of a very successful U19 Women's Fastball Provincials.

You have a beautiful facility in your community, of which you should be very proud, and we saw many of the same faces volunteering for all three days of the provincials—always smiling faces. These are the true ambassadors of Winkler ball.

The weather was beautiful and even when the rain happened, your committee had a plan in place.

We enjoyed excellent ball games, umpiring, good sportsmanship and made new friendships with fans from other towns.

Well done!

**The Robidoux Family,
Haywood**

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Lumgair honoured with active living award

By Lorne Stelmach

An area resident was among the recipients last week of the Manitoba Government's inaugural Seniors of the Year awards.

Dave Lumgair was one of six recipients of the Active and Healthy Living Awards presented by Long-Term Care Minister Scott Johnston at the Manitoba Legislature.

It was a fitting honour for Lumgair, as the Thornhill area resident has always preached about the importance of being active.

"I am humbled and honoured to have received such an award ... I recognize the event was an opportunity to encourage folks to be aware that fresh air is health care, so help yourself," said Lumgair.

He saw it as another opportunity to encourage people to be active at any age.

"I felt kind of heartened that there were other people with the same intentions to encourage people to be healthy and active ... it gives me a little more confidence that there's more of us."

While long-term care homes and services are vital, Lumgair also emphasized the importance of long-term self health care.

"The other more important long-term care is what we do for ourselves."

The province presented awards to Manitoba seniors in two categories last week. There were eight recipients of Senior of the Year awards recognizing those who enrich the social, cultural or civic life of their communities. Another six seniors received the Active and Healthy Living awards recognizing those who help to create healthier communities through community involvement and serving as role models.

At the ceremony, another seven individuals were welcomed into Manitoba's Centenarian Club, which celebrates the experiences, wisdom, and contributions of Manitoba residents who are 100 or older.

Johnston said the province is proud to celebrate seniors who are making a difference in their communities.

"Older Manitobans laid the foundation of our strong, prosperous prov-

"FRESH AIR IS HEALTH CARE, SO HELP YOURSELF."



SUPPLIED PHOTO

Thornhill's David Lumgair (right) received an Active and Healthy Living Award from Long-term Care Minister Scott Johnston last week.

ince, and these awards recognize their hard work and dedication to fostering a healthy, productive society," he said.

"Our government supports and will work to improve the lives of older adults as they live healthy and productive lives in their communities," said Johnston. "This year's Seniors' Month in Manitoba [in October] will

be especially special following the launch of the seniors strategy, which laid the foundation for improved seniors care throughout the province."

To read the provincial seniors strategy, head to gov.mb.ca/seniors/docs/seniors_strategy_2023.pdf.

> CANTELON, FROM PG. 6

The video, which was saved for posterity as a reminder to not be a dumbass (good luck), starts with about 15 seconds of happy prelude, followed by more than nine minutes of complete blackness with only the sounds of someone wildly and repeatedly diving into the water somewhere in the distance, followed by another 30 seconds of successful rescue and resurfacing.

Kudos to Samsung for making

phones like the Flip 4 that can survive the idiocy of owners like me.

Aside: While at the beach, Peter encountered a pleasant older woman who honestly informed him that she almost didn't recognize him because his newspaper photo was "SO MUCH YOUNGER" than how he currently appeared. To rectify this, please note a brand new headshot showcasing my advanced age.

Letter policy

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

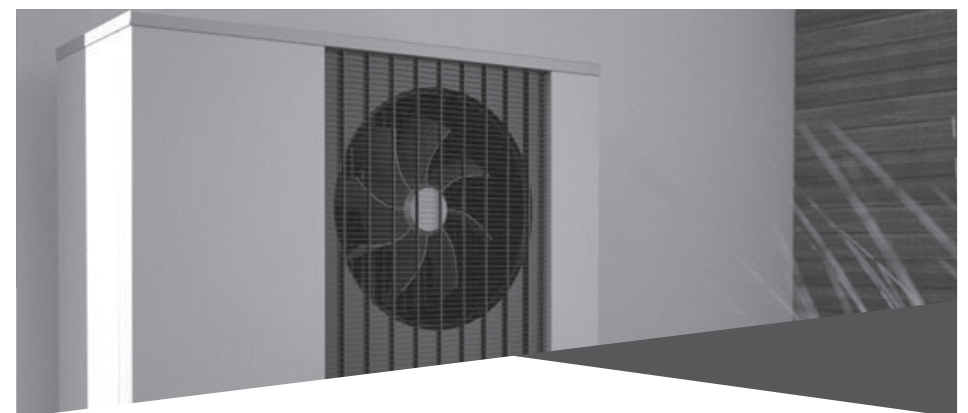
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Dale Toews to head up regional water co-op this fall

By Lorne Stelmach

The Pembina Valley Water Co-op (PVWC) has landed an experienced candidate to take on its lead role.

Dale Toews will be stepping away from his role as the chief administrative officer for the RM of Stanley to become CAO for the co-op starting Oct. 16.

"I have some level of familiarity with the PVWC already as Stanley is a part of the co-op. They have a very talented group of people there from operations, administration and engineering and a motivated board," Toews said last week. "I am very much looking forward to working with them to continue the important work of providing a safe and dependable supply of potable water to our growing region."

Toews takes on this new role with the pending retirement of current CAO Greg Archibald, who intends to step down at the end of the year.

Given the strategic importance of this position, the PVWC board engaged the services of Summit Search Group to assist in conducting an extensive search for the most suitable candidate.

Toews emerged in the end clearly as the best choice, said board chairperson and Rhineland Reeve Don Wiebe.

The PVWC cited Toews for having a strong background related to municipal administration and for having demonstrated strong leadership and project management skills, making him an excellent candidate for this role.

"We went through quite an extensive search," Wiebe said. "Dale came out on top, and we feel good about it. He's got a good reputation. He's had experience in the municipal world ... he's done some project management, so we think he is quite well

suited for this job."

Besides the day-to-day operations, Toews will be overseeing the capital projects that are currently underway, such as the new reservoir at the Letellier plant, and he will be taking responsibility for the new projects that are slated to start toward the end of year.

The PVWC is owned by 14 member municipalities and provides potable water to about 60,000 people with three water plants at Morris, Letellier, and Stephenfield, and it is a growing region and a potable supply of water is critical, as is having strong leadership, Wiebe observed.

"It's a key position ... to manage three water plants and serving 60,000 people ... and there are ongoing projects in the works, so it's a big job.

"There's so many prospects for industrial growth and immigration programs, so we're going to need water," said Wiebe. "We're quite excited to have him join us."

Toews noted it has been a privilege to serve the RM of Stanley for the past nearly 15 years.

"Stanley is a busy municipality, and while it has been a demanding role, it has also been extremely rewarding," he said. "What will I miss? No question, it is the people. There is a very capable staff team here, and council has been encouraging and supportive no matter the challenges.

"I really can't thank both the council and staff enough. Stanley is a strong organization in an incredible community."

"Dale has been a really good asset for the RM. He has a lot of passion for our community and the people ... this is a good opportunity for him," said Stanley Reeve Ike Friesen.

"We will still cross paths quite a bit because we very much rely on Pembina Valley Water Co-op for



SUPPLIED PHOTO

RM of Stanley CAO Dale Toews will step into a leadership role at the Pembina Valley Water Co-op this October.

a lot of our water," he added.

As for the municipality, it has already hired a firm to help recruit a new CAO, and they are hopeful that they can be far enough along in the process by the time Toews departs in fall.

"We'll see what we can do by then ... our staff is very prepared to handle things on their own for a bit. We have a very good staff."

500 Stephen hosting volunteer fair Aug. 16



By Lorne Stelmach

The 500 Stephen Community Centre is looking to help match up community organizations and volunteers.

It is working in collaboration with Access Event Centre and Morden Activity Centre to host a "get to know your community" volunteer recruitment fair Wednesday, Aug. 16 from 5-7 p.m. in the Suncatch plaza downtown.

Jenna Warkentine, who earlier this year took on the new role of executive director of 500 Stephen, hopes this will be a benefit to both local non-profit organizations as well as people looking to get involved in the community.

"It started with the inter-agency group here saying that they needed to find volunteers. They were struggling to find volunteers, yet we know there's lots of volunteers in the community," said Warkentine. "So it's trying to connect them because a lot of volunteers will go to the same organizations, the more visible ones ... there's a lot of other ones who need volunteers."

There are about 20 organizations that will be represent-

Jenna Warkentine, executive director of 500 Stephen, hopes a "get to know your community" volunteer recruitment fair Aug. 16 will help both local non-profits and community members looking to get involved.

PHOTO BY LORNE STELMACH/VOICE

ed, including Volunteer Manitoba, Morden Services for Seniors, Citizens on Patrol Program, Big Brothers Big Sisters, Pembina Hills Art Council, Pembina Valley Local Immigration Partnership, Regional Connections, Lions Club, Many Hands Resource Centre, Back 40 Festival, Pembina Valley Humane Society, Habitat for Humanity, Pembina Valley Pregnancy Care Centre, Alzheimer's Society and Cycling without Age as well as Access Event Centre, Morden Activity Centre, and 500 Stephen.

Sponsored by Morden Nurseries, Co-op@Home, Focal Point, Access Credit Union, and Shear Bliss, the event will also have food trucks and fun activities.

"The community can get accurate information about what services are provided here as well as to find the right volunteers," Warkentine said, noting they hope to make it an annual event. "I hope the community sees the benefit of it. If nothing else, come if you're curious about the things out there in the community."

Continued on page 11



A musical weekend at Cripple Creek

Ideal weather drew a crowd southeast of Morden Sunday for the Cripple Creek Music Festival. The day featured a variety of bluegrass, country, folk and gospel music acts that included Orlando and Grace and Three's Country in the scenic shady setting of the mighty oak and ash trees at the site just south of the Glencross Church.

PHOTOS BY LORNE STELMACH/VOICE



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Cutting the ribbon on Green Opportunities

By Lorne Stelmach

Jake Penner has now been involved in the solid waste industry for three decades, but a nagging thought that came to him early on has led him to change course.

As of Jan. 31, Penner Waste sold their hauling and container services and their Morden office location to Municipal Waste Management, but they continue to operate at their Winkler area location, now dubbed Green Opportunities.

They are now focusing on recycling and processing of material including organic yard waste, construction and demolition waste, commercial, residential, industrial and institutional waste and post-consumer organics and agricultural by-products as well as retail sales of landscaping mulch, organic compost, soil and bio fuel sales.

"The way we are doing things can't be sustainable. We have to look at

that and say where did we go wrong? How can we turn this all back and turn it into a sustainable solution?" Penner said last Wednesday as they held a re-opening celebration.

He traced it back to when he first started working in a landfill at age 18 and advanced in the solid waste industry.

"I always looked at the materials that were entering the stream and started saying why aren't we doing something with this? Why has this become landfill material?"

He increasingly came to feel it was unacceptable, so he thought, "I've got to get on the other side of the fence and see if I can make an impact on what we do at the landfill."

"Our goal now here at Green Opportunities is to starve the landfills," said Penner. "The products that we manufacture here from organic waste is everything from compostable to landscaping materials such as mulch ... and worm casting is one of the big



PHOTOS BY LORNE STELMACH/VOICE

Green Opportunities near Winkler is focusing on keeping as much waste out of the local landfill as possible for reuse in a myriad of ways.

ones we're doing this year. That's a whole new stream that we're taking on ... it's literally organic fertilizer; it's like a worm poo, and it works amazing."

A big motivation for Penner came when he recently read how New Zealand is now only putting one per cent of material into the solid waste stream. Canada, in comparison, is not anywhere close to that number.

"We're probably only capturing about one per cent out of the waste stream ... so how did we go wrong ... Canada is one of the leaders in waste production," said Penner.

"When you look at the solid waste stream, you've got between 30 and 40 per cent of the solid waste stream is actually food waste. Food waste is one of the most damaging in green ways to landfills ... that's what produces the methane at landfills ... if they send it to us, they reduce their impact by more than 50 per cent on producing methane. That's the difference, and that is huge."

"Anything that we take here, we try to make it what we consider a renewable resource ... we can recapture that stuff and retail it back into the market-

place," said his wife Barb, who very much shares Penner's passion. "Everything that we sell here has been recycled and given sometimes a second full circle of life."

Jake emphasized the idea of this contributing to the idea of a circular economy.

"When people send their material to us, they know that it's going to stay back in the economy rather than stay in the landfill ... we're turning into a product that the end-user can use again," he said, citing the example of a pallet that becomes mulch which goes into flower beds and which a few years later can come back to them again and go into compost perhaps and be re-used yet again.

"Those vegetables are going to have a higher nutritional content than what you're buying in the stores. A lot of people don't realize how beneficial it is to their food source," added Barb. "Your vegetables that you're growing at home with the compost that you brought to our facility is going back into your garden, back into your diet. So that's full circle."

Continued on page 11



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Al Simmons to perform in park bowl next month

By Lorne Stelmach

Performers have universally been happy to be back in front of live audiences post-pandemic, and that is especially true for Al Simmons.

The ever-popular entertainer for children and families has always especially relied on the engagement and interaction of his fans.

"Doing online things was anything but ideal. You got no audience response, so that was hard," said Simmons, who headlines a free show in Morden Park Thursday, Aug. 21. "It's nice to be in front of an audience, and it seems the audiences are enjoying it too. They're really enjoying being together with other people and laughing and having fun. It's just great."

Simmons finds that he very often feeds off the audience and their reactions to his songs and comedy bits.

"My whole show is audience involvement, right from the very beginning, I encourage them to shout things at me during the show. I enjoy it. I don't like the audience to just sit passive and just watch what's going on. I like when they interact with me all the way through the show.

"I get a lot of my ideas from the audience of what to do. Sometimes someone will yell out a remark or some joke or comment in the show, and it will inspire an entire routine for me a lot of times."

Simmons has been called "a one man cast of thousands" and "a lightning bolt of lunacy"

Born and raised in Winnipeg but now calling An-

la home, his 50-year career has seen him delight audiences around the world.

The Juno Award-winning artist is known known for his unique brand of entertainment that combines music, physical comedy, and storytelling—all of which will be on display in the Morden Park bowl next month. The show, which is being put on by the City of Morden and local sponsors, gets underway at 6 p.m. with lawn games and crafts followed by a performance by Jason Dyck at 6:30 p.m. and then the Al Simmons Comedy Show from 7-8 p.m.

A challenge for Simmons is always coming up with some new material to share with fans.

"I know people want to hear their favorites, so it's a real challenge for me. I've been doing this for 55 years now, so I've got so much material ... I don't want to keep repeating everything.

"I almost do it on a rotating basis. If I get tired of doing something, it just doesn't have the spark that's needed to put it across," he said. "I put it away for a few years. Some things, I've left in park for a long time.

"I had a massive fire and it destroyed pretty well all of my props ... even now I'll rebuild an old prop that I had or more often than not now I'm thinking of new stuff."

Simmons says he's always enjoyed coming to Morden, recalling performing here in the early '70s at the Corn and Apple Festival with a group called Kornstock that included Fred Penner and Bob King. He was back for a variety show in the '80s and has performed at the Back 40 as well over the years.

He's looking forward



SUPPLIED PHOTOS

Children's entertainer Al Simmons brings his creative show to Morden Park Aug. 21.

to performing in the park bowl once again.

Continued on page 14

> 500 STEPHEN, FROM PG. 8

Warkentine sees this as a good example of how 500 Stephen can help build a collaborative approach in the community.

The creation of the executive director role last winter came about in recognition of all that can be done by the community centre.

The task force that has overseen 500 Stephen from the beginning decided there is enough going on that they needed someone in place to oversee it all.

"There is a lot going on here," said Warkentine. "We have 24 organiza-

tions and non-profits who are using the facility regularly, so it's very busy.

"Regional Connections has their newcomer welcome evenings once a month ... and we have our inter-agency group, which is a bunch of organizations from around the area, that come and gather to discuss barriers and gaps in the community and how we can fill them."

Anyone wanting more information or with questions can call 204-312-1118 or e-mail info@500stephen.ca.

> GREEN OPPORTUNITIES, FROM PG. 10

"And our compost is being monitored every single day. We test it for the right temperature; we have a guideline that we follow, and we meet and exceed that guideline. That's very important," added Jake.

He noted there are a number of community partnerships contributing to their success ranging from homeowners and contractors to the City of Winkler and Town of Altona.

"We are a very unique company and probably one of its kind in the province," he suggested. "We do

everything here, and we constantly look at new streams that are entering the market ... how can we keep that out of the landfill, and what can we produce as another usable product. That's something we constantly have on our mind.

"We've been growing steady since we started ... and when you have a passion for it and you believe in it, I think that's important as well ... and maybe we can get to that one per cent."

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SWAMP marks 25 years of service

By Ashleigh Viveiros

The SWAMP (Solid Waste Area Management Plan) Landfill celebrated 25 years of service with a come-and-go celebration last week.

The milestone anniversary technically came two years ago at the height of the pandemic, so last week's shindig featuring site tours, refreshments, and free swag was a case of better late than never, noted SWAMP board chair and Winkler city councillor Peter Froese.

Froese, who worked for the City of Winkler for nearly 40 years before his retirement in 2021, recalled when SWAMP opened back in 1996.

"I was somewhat part of it, but Bill Zacharias was the guy who really drove this whole project," he said of the city's former public works manager. "I just remember that our landfill was at its life's end and so he had this thought that maybe Morden and Stanley were also in the same situation. So we started this regional landfill."

The three municipalities joined forces to open the new Class 1 landfill in

December of 1996.

"If we can brag about the success of a regional project, this is certainly one of them," Froese said, noting all three municipalities have worked together well to oversee SWAMP over the years. "Each council has two reps on the board. It's all worked smoothly."

SWAMP sits on 160 acres of land just north of Winkler and processes upwards of 25,000 metric tonnes of waste annually.

It's truly a multi-generational piece of community infrastructure, Froese noted.

"We had an audit recently done that indicates we have 68 years left out of the original 94 that they predicted," he said.

And while the region has grown in leaps and bounds over the past two decades, so too have recycling and compost efforts.

"It's interesting how the communities as they grow, the tonnage of garbage hasn't increased that much," Froese said.

A lot of work has been done to divert waste from the landfill right at



PHOTO BY ASHLEIGH VIVEIROS/VOICE

Guests at the SWAMP landfill's 25th anniversary celebration last week were treated to tours of the site.

the curb, he noted, and at SWAMP as well.

"The more recycling, the more composting we do, the less ends up here and the longer the life of the landfill and the less cost to the municipalities," Froese said. "So we recycle a lot of stuff—we have concrete, we have steel recycling, we have mattresses that go to Mother Earth in Winnipeg for recycling."

SWAMP also diverts things like old rubber tires, residential branches, and even ashes for use elsewhere.

As for what does end up in the landfill, a state-of-the-art compactor serves to stomp down trash so that it takes up less space, further extending the life of the cell currently in use.

Landfill cells are basically giant holes in the ground where the trash is piled up and compacted. Once one becomes full, the cell is covered with soil and seeded with grass.

"The plan is to bring it back to the original," Froese said. "You're just going to have a big grassy hill at the end of it all."

"WE'VE COME A LONG WAY"

David Wolfe worked as SWAMP's manager for 15 years before his retirement six years ago. He's been involved again as interim manager the past few months.

There's been a steady stream of improvements at the landfill in recent years, Wolfe observed.

"We've come a long way from when we started up," he said. "They've made a lot of improvements to better serve the community."

Chief among them was the creation of a residential tipping area near the site's entrance, designed to make it easier and safer for people to bring their garbage to SWAMP, keeping them away from the cell where commercial trucks dump their loads.

"Now they don't have to go to the pile, through all the mud," Wolfe said.

He wishes more people were aware of just how much work goes into operating the landfill as efficiently and green as possible.

There are several wells around the site that are tested regularly to ensure the waste isn't leaking into groundwater and various ponds are set up to speed up the evaporation of leachate.

Fences are also moved around as needed to keep waste from blowing off-site as much as possible.

"We have better control over it now than we've ever had," Wolfe said. "I think for the future it's probably going to be better for the neighbours here—we're always concerned about the neighbours."

Continued on page 13

"IF WE CAN BRAG ABOUT THE SUCCESS OF A REGIONAL PROJECT, THIS IS CERTAINLY ONE OF THEM."



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Above: Improvements have been made in recent years to make the landfill more user-friendly for customers, including the creation of a residential tipping area. Right: A powerful compactor is used to compress trash down and extend the lifespan of the landfill's storage cells.



Minnewasta unveils new clubhouse plans

Hopes are it will open for the 2024 season

By Lorne Stelmach

Area golfers and community members are getting their first look at what the new Minnewasta Golf and Country Club facility will look like when it's complete.

Renderings of the design of the new clubhouse slated to reopen next summer are on display as construction work is ongoing.

"It's a big step, and I think it will be an even bigger step once the foundations are in because it's progress but it's not easy to see progress," said head pro and general manager Greg Hesom. "Once we start building up, getting the timbers and the framing up, I think that will create some excitement."

The old clubhouse was destroyed by a fire in late 2021. The country club has been working with the LM Architectural Group out of Winnipeg on the design of the new building, which is being built by Triple E Developments.

Hesom noted they had to make a couple revisions in the plans as a result of not receiving a hoped-for significant grant.

"We've had to pivot a little, change the design slightly, but the plan has always been that we have a particular floor plan and try to change the price with the finishes from there," said Hesom. "We're going to have to take some financing into account as well, but we had a positive response from the membership after showing the images, and it's exciting to get going on it."

It is about a \$6 million project overall, with Minnewasta working from a funding base of about \$3 million through the insurance cover-

age. Fundraising efforts so far have brought in \$1.4 million, including a \$300,000 grant from the province.

"That does leave us short, and we will continue to fundraise to try to reach the final number ... we are going to have to take on some debt ... it remains to be seen how much," said Hesom.

As far as the design, there were a couple key elements that became a focus for them.

"Our view from that spot is unique in Manitoba ... so we really wanted to take advantage of it and highlight it," said Hesom. "As you walk in the front door, you should be able to see through the entire building from there out on to the course.

"From the restaurant, it's floor to ceiling windows looking out on to the course, and we have lowered the patio as well so whoever is sitting inside the restaurant will be able to see over everyone's heads ... and then of course from the patio, you've got a fantastic view.

He added a section of the patio area will be raised to serve as a stage, as they hope to bring back special events like Friday Night Lights.

"We're also trying to make the restaurant a year-round facility," said Hesom, citing the example of adding golf simulators to help attract people over the winter, and they also hope to partner with the city on some different winter activities.

"Santa Lucia has signed a letter of intent to be in there for three five-year terms ... so we're excited to have Santa Lucia in there with their full menu," said Hesom. "They're well known in the province, and their food is high quality without being over-priced."

The timeline for completion is for June 1, 2024, but that depends on how well things progress over the next several months.

"The only thing is we're in a bit of a race for getting enclosed for the winter," Hesom noted.



SUPPLIED IMAGES

Visitors to the Minnewasta Golf and Country Club have been given a peek at what the new clubhouse will look like when it opens next year.



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> SWAMP, FROM PG. 12

Ultimately, the lifespan of the landfill rests in the hands of area residents, Wolfe stressed. Many do a great job of diverting what they can from the garbage bin, but there's always room for improvement.

"We care very much about recycling. We would like it if we got less waste," Wolfe said. "There's still a volume of waste going in here that shouldn't come."



WAC teaches swim smarts

By Ashleigh Viveiros

The sun was shining and the pool was full for the Winkler Aquatic Centre's Swim Smart festivities July 20.

"This week is the Lifesaving Society's National Drowning Prevention Week, and so we hold Swim Smart just to make people aware of that," shares the WAC's Faith Blatz. "It's all about water safety and drowning prevention ...

providing safety education in a fun way for the kids."

The afternoon included safety boat rides, water basketball, a lifeguard skills demonstration, obstacle courses, relay races, and more, along with the chance to enter into a draw for prize packages.

Taking time out from the fun to impress upon young swimmers how important it is to be safe in the water is so important, Blatz stresses.

"I know a lot of people think, 'Oh, the lifeguards are here. Nothing bad's going to happen.' But drowning can happen just like that, so it's important for us to get that message across, and this is a great way to do it."



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Swim Smart at the Winkler Aquatic Centre last week included a host of fun activities and educational demonstrations around the theme of water safety.

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> SIMMONS, FROM PG. 11

"It's beautiful. It's a perfect place to do a show; it's like a natural amphitheater," Simmons said. "I think there's a contingency plan if it rains—we can go indoors—but I'm hoping it's outdoors because it really adds to it."

"I love performing there. The audience is always so great ... the people are great," Simmons said. "They

can expect some of my regular hit parade ... I'll also have my sing-along eye chart where the letters on the eye chart turn into words when you sing them ... IM4U.

"I've got two brand new hats that nobody has seen yet and a few new songs. I recorded a new CD, and I will have them with me."

sports & recreation

Whips-Bisons series goes to game three, Mud Hens advance

By Ashleigh Viveiros

The Whips-Bisons Border Land Baseball playoff series needed game three for a decision.

Winkler hosted Altona Tuesday night for the tie-breaker. Results were not available at press time.

The Whips took game one 4-3 Friday night at home, but then the Bisons did the same 2-1 on Sunday.

Meanwhile, the Morden Mud Hens made short work of the Carman Cardinals in their series, winning 4-3 Thursday and 16-6 Sunday.

The Pilot Mound versus Clearwater series was tied at 1-1 at press time, with game three Tuesday night.

And Cartwright was leading their series against Balduz 1-0 at press time.

For the schedule for the next round of playoffs, head to ballcharts.com/borderwestbaseball.



PHOTO BY RICK HIEBERT/VOICE

Morden's Manny Lantigua tags out Carman's Doug Whitehead at second base in last Thursday's playoff game, which Morden won 4-3.

Storm 2 down WPG B FC

By Ashleigh Viveiros

The Winkler Storm 2 soccer team added another win to their tally with a 2-1 victory over the visiting WPG B FC Sunday night.

Scoring for the home team was Munashe Siyawamwaya and Janick Richter.

The win was the team's sixth so far this season. They also have two losses and a tie on their record, which puts them in second place in the Manitoba Major Soccer League's 3rd Division,

behind Scorpions FC.

Storm 1, meanwhile, also posted a win after Lions FC forfeited Sunday night's scheduled match.

With that, the Premier Division is at 3-8 for the summer so far, which has them in the bottom half of the standings alongside Sporting Club Mosaic, Lions FC, and World Soccer Academy.

Coming up, Storm 2 hosts AC Fiorentina this Sunday at 7 p.m. while Storm 1 play at Sporting Club Mosaic next week Wednesday.

End of the line for Altona Bisons

By Lorne Stelmach

The Altona Bisons gave the defending MJBL champion Elmwood Giants a tough battle in the semi-finals last week.

The best of five series went the distance, but Elmwood prevailed in the end with a 10-8 victory Friday in the deciding fifth game.

A game Bisons squad had rallied from an 8-2 deficit with five runs in the fifth inning and tied the game in the sixth, but the Giants got the lead back with a pair of runs in the bottom of the sixth.

Earlier last week, the Bisons had evened the series at a game apiece with a slim 5-4 victory at home Tuesday night in Altona. The Bisons connected for the winning run in the bottom of the eighth inning, and Jayden Gerbrandt had two hits including a home run for the Bisons.

It was then another close one in game three Wednesday, but Elmwood edged Altona 2-1. Giants pitcher Riley Craw threw a complete game and only allowed two hits to put them up by a game in the series.

Continued on page 16

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'Cudas host home meet



PHOTOS BY ASHLEIGH VIVEIROS/VOICE
 The Winkler Barracudas swim team hosted Swim Manitoba's Summer Swim league's second meet of the season on Sunday. The Winkler Aquatic Centre was filled with swimmers and spectators from clubs from Pilot Mound, Beausejour, Neepawa, Swan Valley, Treherne, and Manitou. The 'Cudas, with swimmers ranging in age from nine to 17, swam their way to first-place and top-three finishes in numerous events. The season continues with a meet in Neepawa this weekend, in Manitou Aug. 13, and then the championship finale in Treherne Aug. 20.



Local athlete, volunteer receive Special O honours

By Lorne Stelmach

Special Olympics Manitoba recently honoured a Winkler athlete and a Morden volunteer.

The organization's annual awards named Colleen Mourant of Winkler as one of two athletes of the year while Scott Edwards of Morden received one of two Law Enforcement Torch Run volunteer awards.

Mourant has been involved in the local Special Olympics program for over a decade.

Her favorite sport may be track and field, but she also really enjoys partic-

ipating in basketball, bowling, bocce, and snowshoeing.

It all mostly happens between October and May, with bocce during the summer. The team practices regularly in Winkler and have some competitions in Winnipeg.

"No one wants to be singled out, but it's nice to be recognized," said Mourant of her Athlete of the Year nod. "I guess it was kind of unexpected ... I'm definitely overwhelmed and excited about this award.

"I started bocce just last summer, so it was another sport to add to my plate ... I think I was just always try-

ing my hardest over this past year.

"It's just to be out there in the community and staying in shape and always being physically active and just to meet new people," said Mourant, who also likes "to be able to travel and to see the world because every four years you can qualify to go somewhere special. This winter, people will be able to go to Calgary to represent Team Manitoba, so I have that as a goal."

A sergeant with the Morden Police Service, Edwards has been very involved with supporting Special Olympics through the Law Enforcement Torch Run as well as the local Polar Plunge.

"It's obviously humbling. It's not why you do these kinds of things,"

he said. "I think I'm part of a bigger group here, especially with the Morden Police, who recognize the role that we can play in the law enforcement torch run and supporting Special Olympics Manitoba. We have a good group of members, and we've done a few things over the years and had some success and raised some money.

"I just want to continue with the events and different things and keep supporting Special Olympics down here," said Edwards. "I would say the south central region does a lot to support these events and there are a lot of teams and athletes across the area ... we can continue to do our part and help them out."

> BISONS, FROM PG. 15

Elmwood had a chance to close it out Thursday in Altona in game four, but the Bisons connected for the winning run in the bottom of the eighth inning to earn the 3-2 victory. Altona pitcher Connor Cory threw a complete game and allowed only three hits.

Elmwood is now facing St. Boniface in a best-of-five final series that began

Monday night. The Legionaires held on for a 6-5 win over the Carillon Sultans Sunday in game five. St. Boniface had led 6-0 when the game was suspended in the top of the fourth inning Friday due to poor weather. The Sultans scored five runs in the bottom of the fourth Sunday to get within one, but could not even it up.



PHOTOS BY LORNE STELMACH/VOICE
 Colleen Mourant (left) and Scott Edwards (above) have received awards from Special Olympics Manitoba.

Winkler softball teams are tops in Manitoba

By Lorne Stelmach

Winkler girls softball teams have been racking up the provincial titles this season.

The U11 A and U13 A teams both earlier won gold, and now both the U15 A and U19 A teams recently landed gold as well while the U17 A squad earned silver.

Morden also earned silver in U15 A as well as bronze in U17 A, but the golden success especially of the Winkler teams speaks to the strength of the program here.

"Winkler has a really strong fastball program. They've worked really hard over the years to improve the pitching and catching and general skills with clinics ... and Winkler has been dominant in all categories," said Cindy Peters, manager of the U19 team.

"It's a strong program and has been for many, many years. I would say a lot of the credit goes to people even 10, 20, 30 years ago for building the program the way that they did," said Jason Peters, one of the coaches of the U17 team.

"There's definitely a drive there from dads who played," he added, suggesting there was a strong fastball program in Winkler in the past and that a lot of those players now have daughters playing softball. "We have a strong volunteer base ... that's a huge part of it as well."

"I think the way that we run our program at Winkler Minor Ball is definitely a big part of the success that we've had," said Cheri Klassen, man-

ager of the U15 team.

The U15 team was especially dominant, outscoring their opponents overall 75-9 over eight games, with the mercy rule coming into play with most of the matches. They won 9-0 over Springfield to get to the semi-final where they won 5-1 over Wawanesa. The final then was a 6-3 victory against Morden.

"We can tell, when we go to tournaments, that pitching and hitting is where we find success, and so when we focus on those things, we do better," Klassen said. "It's also having incredible coaches and people who put the time and effort in ... we have remarkable coaches."

"They created an environment of success by giving the kids the opportunity to make mistakes and not feel terrible about them, and they were always encouraging," she added.

The U19 team went through their season undefeated, including wins of 7-0 over Virden in the provincial semi-final and then 8-1 over Hamiota 2 in the final.

Cindy Peters noted Kennedy Friesen especially had a strong performance as their main pitcher.

"A lot of teams didn't hit very well off her, but when they did hit, our defence was very strong. They came up with the plays that they needed. The whole team is a very strong batting team."

"We had quite convincing wins throughout the weekend. Everybody came through when we needed them," said Peters. "I think the team



SUPPLIED PHOTOS

The Winkler Force were undefeated at the U19 A provincials in Winkler last weekend, wrapping up a perfect season of wins. Below: The U15 team also brought home the provincial title.

really gelled well together. The girls have just fantastic attitudes, great personalities. They work together really well together as a team."

The U17 team also went undefeated until the final, where they came up short against a very strong Steinbach team.

"They saved their best ball for the end of the season and played strong throughout the tournament," said Jason Peters.

He suggested a big part of their success was being able to utilize the Meridian Exhibition Centre over the

winter.

"The MEC was a big part of it. It definitely is because our girls come in pretty much in mid-season form, having been able to play catch and hit balls and pitch and all that fun stuff before other teams even get out on the diamonds."

"The success for the girls that weekend though was also just their attitude one hundred per cent. They all work together, brought each other up. That was a big part of them over the weekend that had them playing their best."



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Province of Manitoba

Manitoba Consumer Protection and Government Services Procurement and Supply Chain (PSC) Winnipeg, Manitoba

REQUEST FOR PROPOSAL ("RFP")

The Government of Manitoba, as represented by the Minister of Consumer Protection and Government Services, seeks to select qualified Contractor(s) to provide building cleaning services (including all labour and equipment) within the facilities located in the micro zones of Manitoba. This solicitation is in collaboration with several Public Sector Organizations: Government of Manitoba, Manitoba Liquor and Lotteries and Shared Health/ Prairie Health.

Bidders may submit bid(s) to one or more of the locations listed below to:

Arborg, Ashern, Birtle, Boissevain, Carman, Cranberry Portage, Flin Flon, Gimli, Kirkella, Manitou, Navin, Riverton, Rosser, Shoal Lake, Souris, Southport, Starbuck, Steinbach, Grosse Isle, Caroll, Winkler, Stonewall, The Pas, Virden.

INSTRUCTIONS

Bidders interested to participate in this solicitation must send an email requesting a copy of the tender documents to:

Email: procurement.modernization@gov.mb.ca

Subject Title: RFP #29491 - Provision of Building Cleaning Services within the Micro Zones of Manitoba

Bids must be received no later than August 7, 2023 at 4:00 PM (local time)

The receipt or opening of any bid is not acceptance; acceptance of any bid may only be made in writing by the Government of Manitoba; there is no obligation by the Government of Manitoba to accept the lowest or any bid.



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PUBLIC NOTICE

PLANNING & INFRASTRUCTURE
Planning & Permitting Department

NOTICE OF PUBLIC HEARING UNDER THE PLANNING ACT

On the date and at the time and location shown below, a public hearing will be held to receive representations from any person(s) who wish to make them in respect to the following matter.

General Intent: Subject to Section 290 (1 & 2) of The Municipal Act, a municipality may close a municipal road by passing a by-law closing the road and must give public notice and hold a public hearing in respect of the proposed closure. The proposed closure is illustrated by heavy solid lines on Schedule A.

Area: All that portion of Russet Road, Parcel B, Plan (Dep 1597-2022) MLTO in the NW ¼ 2-3-4 WPM, as shown in heavy solid lines on the map attached hereto as Schedule A. (By-law 2294-23)

Contact: Jody Penner, City Manager
City of Winkler
Phone: (204) 325-9524

Date of Hearing: August 8, 2023
Time of Hearing: 6:30 p.m.
Location: Winkler Council Chambers, 185 Main Street, Winkler, Manitoba

A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, 9:00 a.m. to 5:00 p.m., Monday to Thursday and 9:00 a.m. to 4:30 pm Friday. Copies may be made, and extracts taken therefrom upon request.

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take a break > GAMES

SUDOKU

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

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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!

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

Sudoku Answer

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

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Bonus materials
- Formal names
- Free from restraints
- One who scrapes away
- Type of device
- Skin cancers
- The Show Me State
- Plate glasses
- Red-brown sea bream
- Small (Fr.)
- Flightless Australian birds
- High IQ group
- Stiff structures
- Revolutions per minute
- Where a bachelor lives
- Licensed for Wall Street
- A place to park
- Energy, style and enthusiasm
- An important creed in Catholic Church
- 18-year astronomical period
- Furies
- Removes from the record
- Noted child psychiatrist
- Feline
- High schoolers' test
- Not happy
- They ___
- On top
- Precious stones unit of weight
- Moved quickly
- Seagulls
- A seed with hooks or teeth
- Partner to "oohed"
- Exclamation of surprise
- Most unpleasant
- Organization help service members
- Type of cockatoo
- Humorous criticisms
- Went through and organized
- Wakes up
- CLUES DOWN
- Settle in tents

	1	2	3	4	5	6		7	8	9	10	11	12			
13								14						15		
16			17					18						19		
20		21				22				23		24				
25						26				27		28				
29						30				31		32		33		
			34	35						36		37				
38	39											40				
41						42				43						
44						45		46		47				48	49	50
51					52			53		54				55		
56						57				58				59		
60						61				62				63		64
65						66								67		68
														69		
														70		

- Big
- Books
- Masses of eggs in fish
- Language
- Not standing
- Chinese philosophy
- Computer giant
- A device to catch
- Emits coherent radiation
- Actor O'Neill
- Smallest interval in western music
- Not lower
- Revolves
- Leavened bread
- Number above the line in a fraction
- Cable
- Adult male
- Airborne (abbr.)
- Bullfighting maneuvers
- Broadcast
- ___ Angeles
- Vehicle
- Not religious
- North American peoples
- A baglike structure
- Body art (slang)
- Picked for a role
- Actress Tomei
- Former hoopster "Big Country"
- Icelandic poems
- More pleasant
- It can add flavor to meat
- Self-immolation by fire rituals
- Expression of annoyance
- ___ Spumante (Italian wine)
- Consumed
- Body part
- Thus
- In reply (abbr.)



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CAREERS



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In a typical day, YOU will:

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When submitting an offer, please note:

- The highest, or any, offer will not necessarily be accepted.
- Title Nos. 1994552/4, 2070709/4, & 2070710/4 will be sold together.
- Offers may be for either or both sets of parcels.
- The date of closing and possession will be September 15, 2023.
- The date of adjustments will be January 1, 2024.
- You must provide a certified check or bank draft in the amount of \$10,000.00 payable to Cole & Mace Law Office. The cheques accompanying unsuccessful tenders will be returned.
- You must rely on your own research of the property.
- Tenders are binding upon acceptance and not subject to any conditions precedent.
- Tenders may only be submitted in the form provided by Cole & Mace Law Office; a form of tender may be requested from Cole & Mace Law Office in person at the address below, or by emailing: adam@colemacelaw.com.
- The Vendor will be responsible for the taxes on the property up to the date of adjustments.
- The Purchaser will be required to pay GST unless the Purchaser is registered for GST and agrees to self-assess.
- Title to the land will be transferred free and clear of all encumbrances and liens.
- Please note that the SE ¼ 22-4-2 WPM does not have access and the successful bidder will be responsible for installing same.
- Please note that all buildings affixed to the NE ¼ 14-4-2 WPM have nominal value, are being sold "as is where is", and include all contents therein.

Signed and sealed Tenders will be received up to 12:00 noon on August 15, 2023 at:

Cole & Mace Law Office
26 Centre Ave. East, Box 2039, Altona, Manitoba, R0G 0B0
Attn: Adam Mace

PUBLIC NOTICE



UNDER THE AUTHORITY OF THE PLANNING ACT

NOTICE OF PUBLIC HEARING FOR VARIATION R-06-2023VA

On the date and at the time and location shown below, a VARIATION PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter:

REDEKOP, JOHAN, (applicant) of mailing address 35 PARKLAND CRES, WINKLER, MB, as per table "5:5 RR - Rural Residential" Zone of the Municipality of Rhineland Zoning By-Law 2021-06 has made an application for a Variation To reduce the proposed lot 1 from a minimum of 2 acres to 0.61 acres and to reduce the minimum site width from 200 feet to 125 feet on the land legally described as 11--492 in the NW-1-3-3-W civic address 12158-ROAD 13NW, roll #195000.000

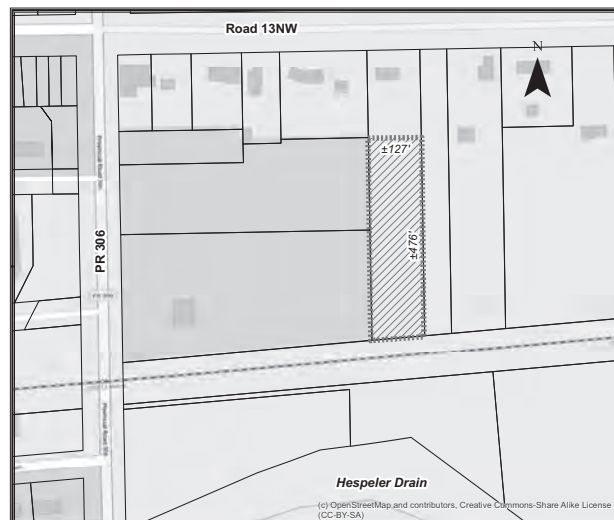
HEARING LOCATION: Rhineland Council Chambers
109-3rd Avenue NE, Altona, MB

DATE AND TIME: August 9, 2023 at 9:30 AM

GENERAL INTENT:

The applicant is applying for a Variation To reduce the proposed lot 1 from a minimum of 2 acres to 0.61 acres and to reduce the minimum site width from 200 feet to 125 feet on the property described above. The area is zoned "5:5 RR - Rural Residential" Zone which requires a Variation for this purpose. Notices were sent out within 100 Metres.

Please see Schedule "A" below for reference.



Schedule "A"
Attached to and forming part of
By-Law No. 2023-06

Associated with Subdivision
File No. 4164-23-8304

Amending Schedule "A" of the
Municipality of Rhineland
Zoning By-Law No. 2021-06

LEGEND:

Portion to be rezoned
From: "RR" Rural Residential Zone
To: "AI" Agro-Industrial Zone

Municipality of Rhineland (Plum Coulee)

**Part of NW ¼ 1-3-3 WPM
Being Part of Lot 11, SS Plan 492 MLTO**



FOR INFORMATION CONTACT:
Susan Stein, Community Development Officer
109 - 3rd Ave NE, Box 270 Altona, MB R0G 0B0
Phone: (204) 324-5357 Email: susan.stein@rhinelandmb.ca

NOTICE TO CREDITORS

NOTICE TO CREDITORS

In the matter of the Estate of **THERESA ANNE SWEDICK**, late of the City of Morden, Manitoba, Deceased.

All claims against the above estate, supported by Statutory Declaration, must be sent, on or before September 4, 2023, to the following:

MARLENE VIVEIROS and
ASHLEIGH VIVEIROS
Personal Representatives
of the Estate of
THERESA ANNE SWEDICK
c/o Box 99
Winkler, MB R6W 4A4

DATED at the City of Winkler, in Manitoba, the 20th day of July, 2023.

AUCTION



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The *Winkler Morden* **Voice**

OBITUARY



Peter Thiessen 1958 – 2023

Peter J Thiessen of Winkler, MB formally of Schoenwiese passed away on Wednesday, July 19th, 2023 at Boundary Trails Health Centre after a courageous nine-year journey with cancer.

He will lovingly be remembered and missed by his wife, Irene (nee Falk), their five children, their spouses and 13 grandchildren. He is also survived by three brothers, four sisters, 10 brothers-in-law, nine sisters-in-law and many nieces and nephews on both sides of the family.

He was predeceased by his parents, Jacob and Susanna Thiessen, one brother, three sisters, his parents-in-law, three sisters-in-law and one brother-in-law.

Celebration of life service was held at 11:00 a.m. on Monday, July 24, 2023 at the Winkler Mennonite Brethren Church with interment at the Schoenwiese Cemetery. Thank you for the prayers and support that has been shown to our family over these past years. A special thank you to Dr. Woelk and the Palliative Care Team for their compassionate care. Special thanks to Wiebe Funeral Home for their kind care and guidance during this difficult time. Donations may be made in Peter's memory to Boundary Trails Health Centre Foundation designated to Palliative Care or a charity of one's choice.

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



OBITUARY



James Allen Miller 1946 – 2023

On Sunday, June 25, 2023, Jim passed away peacefully at Boundary Trails Health Centre at 76 year of age.

Jim was born in Morden, MB on December 8, 1946 to William E and Ann (nee Unrau) Miller. Some of the job endeavors Jim took were farmhand, trucker, mechanic, landscaper, and heavy equipment operator. Jim spent long days in the track hoe fulfilling his belief that a job worth doing was worth doing well. Jim enjoyed vehicles evidenced by the time spent snowmobiling, mowing on the tractor, riding over snowbanks and through swamps in the side by side, but mostly the trips on his beloved Harley. He was a country boy who fished, hunted and enjoyed being out in the bush or on the farm.

Jim was predeceased by his parents, Bill and Ann and sister, Alvina. He is survived by his wife, Nettie, children, Russell (Carol), Terry, Holly (Jake) and grandchildren, Zachary, Calleigh, Talia, Holton and his sister, Doris (Peter) and nieces and nephew. To honour Jim's wishes, cremation has taken place with a private family memorial to follow.

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



PUBLIC NOTICE



PLANNING & INFRASTRUCTURE
Planning & Permitting Department

NOTICE OF PUBLIC HEARING UNDER THE PLANNING ACT

The City of Winkler, under the authority of The Planning Act, will hold a hearing at which time and place the council of the City of Winkler will receive representation from the applicants and any other persons who wish to make representations in respect of the Rezoning Application No. RZ2023-002 and By-law No. 2301-23, being an amendment to Winkler Zoning By-law 2271-21 of the City of Winkler.

The general intent of the above By-Law No. 2301-23, is to zone the land described below, Namely:

Parcels A, B, C, D, E and F, Plan (Dep. 1597-22) MLTO.

as shown outlined in a heavy solid line on the map attached hereto as Schedule "A", and forming part of this by-law, be rezoned:

FROM: "PI" PUBLIC INFRASTRUCTURE
"SI" SERVICE INDUSTRIAL

TO: "PI" PUBLIC INFRASTRUCTURE
"SI" SERVICE INDUSTRIAL

copy of the above By-Law No. 2301-23 and supporting material may be inspected by any persons between the hours of 9:00 AM and 5:00 PM, Monday to Thursday and 9:00 AM and 4:30 PM, Friday, in the City Office.

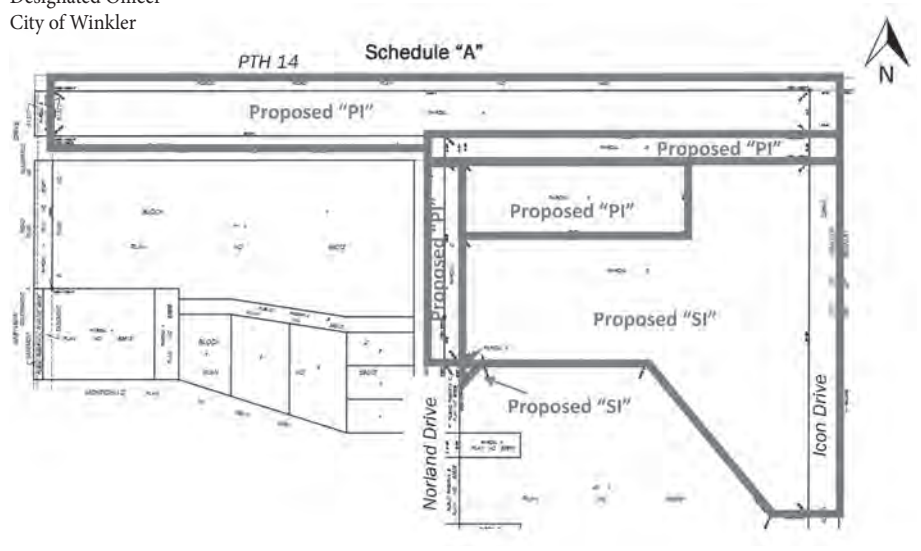
Date of Hearing: August 8, 2023

Time of Hearing: 6:30 p.m.

Location: Winkler Council Chambers, 185 Main Street, Winkler, Manitoba

DATED at Winkler, in Manitoba, this 29th day of June 2023

Designated Officer
City of Winkler



OBITUARY



Henry Heppner

It has been the will of our Heavenly Father, to take to his eternal rest, Henry Heppner, husband to Mary Heppner, father, grandfather, great-grandfather, great-great-grandfather and friend to many.

Dad was born June 13, 1930, north of Horndean, MB to his parents, Henry and Helena (Goertzen) Heppner. He grew up in the Melba School District, the third oldest, in a family of 10 during the Depression years.

Dad was baptized upon the confession of his faith in Jesus Christ, his Lord and Saviour on May 25, 1953 in the Sommerfeld Mennonite Church at Schoenthal. He met the love of his life, Mary Doerksen and they were wed September 12, 1954 in Altona. Dad quite recently told Mom about the first time he came to see her, and asked if he could come again. How overjoyed he had been

when she replied "yes". After dating about two months, Mom found a tie for Dad's birthday gift. It was an expensive one at the time, considering it was 70 years ago. Mom recollects it was about \$3. That is the tie Dad is wearing today. They were blessed to be married for over 68 years and 8 months.

They started their married life on his parent's farm in the Amsterdam School District. In 1960, they had the opportunity to purchase the Jacob G. Doerksen farm (Dad's in-laws) in the Kleinstadt School District, a few miles away. They lived there for 35+ years, farming the land, including pigs, cows, goats, and many years of having a hatching flock of chickens. Dad cared deeply for his family. He provided for his family as well as possible going so far to help his sons get chicken quotas so they could also become chicken farmers.

They retired to Altona in 1996, keeping busy with volunteering at the MCC, Meals on Wheels, etc. In their retirement, they also spent a number of years restoring a 1928 Model A Ford. Dad and Mom enjoyed having a plentiful garden and sharing the produce from their garden at the local farmer's market.

Mom and Dad loved to sing. In 1997, they started singing with the German Gospel Singers. They sang with them for many years bringing programs in various homes. Dad was generally healthy throughout his life, until the last couple of years. He started having health issues like shortness of breath and general aging, getting to the point of needing oxygen at home two months ago and being treated palliative. With care provided by the family, he was able to remain at home until May 12, 2023 when we were unable to care for him further due to dementia. He was admitted to Altona Health Center on Friday, May 12th and the Lord saw fit to peacefully take him home in his sleep in the early hours of May 15, 2023. Dad would have turned 93 on June 13th.

He was predeceased by his parents, all of his siblings except his sister Helen, from Winkler. He was predeceased by one grandson, Adam, and one great-grandson, Ian.

Dad is survived by his loving wife, Mary, six children and their families:

Susan and Pete Elias of Winkler, Henry and Carolyn Heppner of Altona, Jake and Esther Heppner of Altona, Bertha and Hank Klassen of Roland, Mary and Leonard Wiebe of Altona Frieda and Henry Penner of Altona, 22 grandchildren, 43 great-grandchildren and four great-great-grandchildren and their families.

We would like to thank our Heavenly Father for carrying us through this difficult time.

Also to everyone who prayed for and supported us in any way. You know who you are. We cannot even begin to name all the people we would like to thank. There are so many. Please know that we pray for God to bless each one of you personally for your kindness. We ask that you keep on praying for us. We love you!

Remember Your Loved Ones with an Announcement in the *The Winkler Morden Voice* **Call 204-467-5836 or ads@winklermordenvoice.ca**

Heppner to represent Manitoba at Women's baseball nationals

By Ty Dilello

Baseball Manitoba announced the final rosters for its 2023 Provincial Teams on July 19. These teams are made up of the top baseball athletes and coaches from around the province.

Winkler's Katie Heppner was one of the players named to the Manitoba provincial Senior Woman's team. The team will train and compete throughout the summer in preparation for the Women's Invitational Championships held from July 27-30 in Halifax, Nova Scotia.

A multi-sport athlete, Heppner spent the winter playing professional hockey in Switzerland for Neuchâtel Hockey Academy.

"The season in Switzerland was pretty good as there was lots of good competition against many players who are on the national teams and have been to multiple Olympics, so that was exciting to play against them," said Katie Heppner. "Living there was awesome, the food was amazing, travelling was so easy to get around, the views from everywhere you went were stunning, and you get to experience the life of a pro hockey player."

Heppner has now shifted her focus to baseball this summer, as she has strictly been playing with Team Manitoba and training with them. This is

Heppner's tenth year with the provincial team for baseball, so she has lots of experience as the team gears up for the Nationals.

"Because we come from all over the province, we haven't gotten together as much as we would like, and we don't really have teams to play against. We actually haven't played a game against other teams," said Heppner. "When we do get together, it's usually a few hours for practice because we have so much information and technical skills to go over."

Back in Winnipeg now for this upcoming winter, Heppner is exploring her hockey options as she will be going to Red River College for two years as a student in the medical radiologic technology program to become an x-ray technician.

"I'm not sure where I'll be playing yet as there's not a whole lot of hockey options in Winnipeg after University, but I'll probably end up playing in a senior league."

Other southern/central Manitoba baseball players who made their respectful provincial teams include Gavin Buhler (13U), Crosby Mateychuk (13U), Hudson Nikkel (15U), Ryker Wiens (15U), Kirsten Giesbrecht (16U), Haiden Friesen (16U), Jackson Friesen (16U), Rhett Peters (16U), Logan Lesser (16U), Ty Magarrell (17U) and Graham Thiessen (17U).



SUPPLIED PHOTO

Winkler's Katie Heppner was recently named to the provincial baseball team for the tenth year.



Wild West Week in Winkler

Winkler Parks and Recreation's summer day camp had a Wild West theme last week at the Meridian Exhibition Centre. This week's theme is Music. Still to come is Sports Week July 31 to Aug. 4, Survivor Week Aug. 7-11, Character Week Aug. 14-18, and Spirit Week Aug. 21-25 to close out the summer. Register your kids by calling 204-325-8212 or heading online to themeridianexhibitioncentre.ca/programs-events.

SUPPLIED PHOTOS



get inspired

> MEAL IDEAS



Ribeye Steak, Grape Tomato and Mushroom Kebabs

stems and mince leaves.

In large bowl, whisk minced garlic, half the minced parsley (reserve remainder for garnish), olive oil, vinegar, Dijon mustard, salt and pepper.

Cut steak into cubes; transfer to marinade bowl and toss to coat.

Wash tomatoes, mushrooms and green pepper. Halve mushrooms. Add tomatoes, mushrooms and green pepper to marinade. Peel onion and cut into chunks; add to marinade. Toss beef and vegetables until well coated.

Heat grill pan, outdoor grill or skillet to medium-high heat.

Thread steak and vegetables onto six skewers.

Cook kebabs in batches until steak is browned and vegetables are tender, 3-5 minutes per side. Transfer to plate and repeat with remaining kebabs.

To serve, plate kebabs and sprinkle with remaining minced parsley.

Photo courtesy of Getty Images (kebabs)

Recipe courtesy of Safeway and Albertsons

Total time: 30 minutes

2 cloves garlic

1/2 small bunch Italian (flat-leaf) parsley

1/4 cup O Organics extra-virgin olive oil

1/8 cup red wine vinegar

2 teaspoons O Organics Dijon mustard

1/2 teaspoon salt

1/2 teaspoon black pepper

3/4 pound O Organics ribeye steak

1/2 pint O Organics grape tomatoes

1/4 pound O Organics white mushrooms

green pepper, sliced (optional)

1/2 medium red onion

6 skewers

Peel and mince garlic. Wash and dry parsley. Shave leaves off stems; discard



Grilled Chicken Salad with Goat Cheese, Fresh Blueberries and Pecans

berries (or desired berry)

1/4 cup O Organics pecan halves

3 tablespoons O Organics olive oil

1 tablespoon O Organics balsamic vinegar

1/2 log (4 ounces) O Organics goat cheese

Pat chicken dry with paper towels and place on cutting board. Cut chicken in half horizontally to form thin cutlets. Season with salt and pepper on both sides.

Preheat grill pan, outdoor grill or skillet to medium-high heat.

Once pan is hot, coat with oil. Add chicken to pan and grill, turning once, until cooked through, 3-4 minutes per side.

Wash and dry spring mix. Place in medium bowl.

Wash and dry blueberries. Add to bowl with mixed greens. Using clean cutting board, roughly chop pecans. Add to bowl.

Transfer cooked chicken to cutting board and cut into thin strips.

In bowl, mix olive oil and balsamic vinegar to create dressing.

Add chicken and dressing to salad bowl; toss to combine.

To serve, divide salad between plates or bowls and crumble goat cheese over top.

Recipe courtesy of Safeway and Albertsons

Total time: 20 minutes

3/4 pound boneless, skinless O Organics chicken breasts

1/4 teaspoon salt

1/8 teaspoon black pepper

2 teaspoons O Organics extra-virgin olive oil

1 package (5 ounces) O Organics spring mix

1 package (6 ounces) O Organics blue-

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Susie Schwartz

By Susie Schwartz

Are you a complainer? Come on. Be honest.

I'll go first. Yup! Sometimes I find pleasure (or at least relief) in ranting about how my six-foot-frame must be invisible because not one but three people cut in front of me in the queue at the garden centre. Or when I give flowers to a friend going through a hard time, they don't even thank me. I mean, really?! (Okay, I know. That's me being ridiculous.) Or when I've just had infection after infection, my back goes dodgy too, and I've had enough, and Don gets an earful. (That one's valid, right?)

For complaining at the doctor's office, there is a right and not-so-right way to do it.

First, I recommend not complaining about the cost of parking to your doctor. (Yikes, Susie! Really?) The parking lot costs are below their pay grade. And I do not wish to set a 'whining about inconsequential things' tone when I'm hoping for a diagnosis for my back pain.

Sometimes, though, we need to complain formally. Maybe a test you discussed didn't get ordered, and

a misdiagnosis ensued. Or perhaps the front staff continually treats you like a 'problem' and not someone needing medical help.

If you need to complain, I have a few thoughts on how to get the desired result:

- Give time between the incident and the complaint so your emotions can settle.

- Talk to your spouse or friend about how to word your complaint. The verbal processing will help you solidify what you want and how to say it.

- Try to stay calm even while being firm. Even though we've been wronged, being respectful is our responsibility.

- Be sure to speak to the right people.

As you'll read in my book listed below, I had to make an appointment with my GP and the office manager to get the desired results I speak of. And guess what? I got those results: apologies and all.

It might seem like I'm overthinking and over-advising for a simple complaint. Maybe. But remember, your doctor is not only a human who has feelings and problems and makes mistakes like the best of us but is also a key person to getting the best medical result possible. Expert patients (that's us!) are not into burning bridges.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalm-iss_stress and at www.lesshealthstress.com, where you can sign up for 'Convos with Carlos'. Her book, 'Help the Doctor Help You - 32 Secrets and Tips for Self-Advocacy to Get the Best from Your Appointments' is now available on Amazon!



Recipe courtesy of Safeway and Albertsons

Total time: 10 minutes

Yield: 3 cups

1 banana

1/2 package (6 ounces) O Organics blackberries

1/2 lime

2 cups O Organics frozen mixed berries

1 cup plain O Organics Greek yogurt

Mixed Berry-Lime Smoothie Bowl with Banana and Granola

4 fluid ounces O Organics whole milk

1/8 cup O Organics honey

1/4 teaspoon ground cinnamon

2/3 cup O Organics granola of choice

Wash and dry banana and blackberries.

Peel and thinly slice banana; set aside.

Zest and juice lime into blender. Add frozen mixed berries, yogurt, milk, honey and cinnamon. Blend on high speed until smooth, 1-2 minutes.

To serve, divide smoothie between bowls and top with banana, blackberries and granola.