

ADEAT HOME SALE SAVE 10% ON LOCAL ITEMS WHERE YOU SEE THE YELLOW ARROW **2** The Winkler Morden Voice Thursday, August 5, 2021

Concerts in the Park return



PHOTOS BY ASHLEIGH VIVEIROS/VOICE

Above: JP Lepage takes the mic alongside The Soul Revue Band at Winkler's first Concerts in the Park show of the summer. The series runs every Thursday night at the Parkland stage for the next several weeks. Hitting the stage this week is The Cracked Eggshell. The lineup for the rest of the month includes L Rae & J, The Jimi Experience, and The Mood. Tickets are free but limited and must be booked in advance due to public health restrictions. Head to cityofwinkler.ca for details.

Regional water co-op members declare drought state of emergency

All commit to cutting water usage by 15 per cent; Morden moves to extreme restrictions

By Ashleigh Viveiros

The City of Morden's water conservation efforts kicked into higher gear last week as the community moved

into an "extreme drought state."

In a news release that went out the afternoon of July 27, the city noted the current level at Lake Minnewasta, Morden's main source of water, is 8'11" below the full supply level. "It's become paramount to reduce our consumption and keep looking

our consumption and keep looking for other ways to diversify our water sources," said Mayor Brandon Bur-

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Contact us to request a quote or more information at **1-800-249-1216** Or visit us at **www.accesswd.ca 565 Cargill Road Winkler, MB** ley. "The city is asking everyone to do whatever we can do to voluntarily conserve water and limit consumption to only absolutely essential purposes."

In a bid to achieve a 30 per cent overall reduction in water usage, Morden's Extreme Drought Response Plan comes with a number of restrictions, including:

• Non-essential operations are not permitted for industrial water users, who also face a mandatory restriction to 80 per cent of past water usage.

• Landscape watering with citysourced water is completely restricted.

• Garden watering is limited to one day per week (the same day your home is scheduled for compost pickup).

• No pool filling with city-sourced water. The community splash pad will not be operated.

• Any outdoor or leisure activities that result in water spraying/draining into a street or public right-of-way are not permitted.

• Vehicle washing at private residences is not permitted. Commercial car washes must reduce hours of operation by 20 per cent.

Agricultural spraying and irrigation using city-sourced water is not permitted, nor is livestock expansion.
Construction using city water is

• Construction using city water is not permitted.

Morden Community Thrift puts call out for volunteers

By Lorne Stelmach

The Morden Community Thrift Store is making an appeal to the community for volunteers.

It is an ever-present need for the thrift shop, but it has also, like any other business or organization, faced additional challenges with the pandemic restrictions.

"The third wave was especially difficult ... because of capacity issues and such," said board president Normand Poirier. "It impacts on our volunteers ... for health reasons, age, family pressures and things of that nature, some of our volunteers will step aside."

Another possible factor for them right now in summer, as well with restrictions easing, is that some people may be on vacation or taking time to be with family, he further suggested.

"But now that the health measures are relaxing, and we're now at 50 per cent capacity, we're getting close to getting our second wind, so we need volunteers to help out," said Poirier.

Volunteers can fill a number of roles whether it be serving as a cashier in front or sorting and helping out in the back, and Poirier stressed that the days and hours are flexible.

"We're just a part-time kind of organization. People don't work here full-time, [rather] putting in a couple hours in bits and pieces throughout the week. Whatever works for them. So it takes a large workforce to fill in all the gaps. That's where we're at; we're perpetually looking for more

SHOP AND

DONATE

NEW ITEMS GOING



PHOTO BY LORNE STELMACH/VOICE

Behind the masks are the smiling faces of the Morden Community Thrift Store volunteers. The shop finds itself a bit short of help this summer and so has put a call out for new volunteers both at the tills and in the back.

volunteers.

"We're filling the coffers in terms of both contributions and volunteers now, so we need people," he said. "It takes a lot of volunteers to fill in the roster ... we work diligently at using only what the volunteers can give us. It has to be enjoyable for them.

"They're paid in the cookies that they eat and the camaraderie they get around the coffee table."

Involved as a volunteer for about three years now, Darren Enns said

OUT DAILY 324 CARGILL ROAD, WINKLER

he keeps coming back for "the friendships, the camaraderie, and the feeling that I'm doing something to contribute to the community, something worthwhile."

It started for him as a result of his mother volunteering. He got to know a number of the guys, including one who was preparing for surgery and who asked if Enns would fill in for him. After a couple months, Enns was then asked if would go half time with him.

Like Us On

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"And the rest is history ... so I became part of the family here, and I got to be good friends with all of the people here ... now I've become part of the establishment," he said.

"Little by little, our efforts turn into funding for all these other groups that benefit," said Enns. The store donates its profits back into the community each year, supporting a myriad of projects.

Continued on page 4



> DROUGHT, FROM PG. 2

• Hydrant flushing is not allowed.

• Restaurants and hotels may only serve water on request and are asked to undertake a voluntary laundry reduction.

The complete plan can be found online at mymorden.ca/news/drought-response-plan.

STATE OF EMERGENCY DECLARED

Morden certainly isn't the only local community experiencing drought conditions—all 14 members of the Pembina Valley Water Co-



morden.

op (PVWC) agreed to pass resolutions declaring a drought state of emergency last week.

Winkler city council did so at its meeting July 27, its resolution noting current conditions are considered a "20 to 50-year" type event.

This official declaration is meant to impress upon the Province of Manitoba the seriousness of the water situation in the region and the need for resources and funding support to address it, council noted.

Coun. Henry Siemens explained the PVWC member municipalities are forming a united front to tackle this issue.

"We really are all in this together," he stressed. "Whether or not Morden's lake is low and our aquifer has water means very little difference—if our neigh-

bour is out of water we're going to be there to help." Sharing some of the information presented at a conference call for co-op members earlier that day, Siemens noted one good dumping of rain won't be

enough to get us out of this situation.

"We have such a widespread drought at this point in

> THRIFT SHOP, FROM PG. 3

"I definitely would encourage people to get involved. It's great people here. You just have to come with an open spirit, a humble spirit, a friendly spirit ... you have to approach from the point of view of working together for the same goals."

"We really appreciate all of the work that the volunteers have done," said Poirier, who encouraged anyone interested in getting involved to call the

time that even isolated rains in isolated places really don't do much other than help a crop in that place at that moment, but they don't mitigate the concern," he said.

"We have to make long-term decisions that are likely six to nine months in length at a minimum to get us through our next season," Siemens continued. "Hopefully we get significant moisture over the winter and most of our problems are solved in spring. But spring is a fair ways away at this point."

PVWC, which is working on moving water supply to the most affected areas while still maintaining enough for the future, is asking its members to move into severe restrictions and cut water consumption by at least 15 per cent.

The City of Winkler, which was already at level three/severe on its water conservation plan last week, remained there at press time.

A variety of water usage restrictions are in effect at this level. Full details are available at www.cityofwinkler.ca.

store at 204-822-3435 or just stop in to pick up an application at the front desk.

Poirier now continues to look forward to being able to more fully open again while still abiding by all of the public health measures.

"It's coming back to some normalcy ... and hopefully a fourth wave will pass us by."



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Pickup available August 13th and 14th from 9am to 5pm or call for arrangements.

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Youth for Christ bids farewell to Rempel, welcomes new executive director, staff

By Lorne Stelmach

A new team is coming together at Youth for Christ in Morden.

It's almost entirely a new staff stepping in at The Warehouse, starting with new executive director Ryan Smith.

Smith, who previously served as director at the satellite location in Pilot Mound, is taking over the reigns from John Rempel, who is moving on after 18 years as the local director but remaining with the organization in a new role involved in chapter development and the oversight of executive directors and leadership across Canada.

"I've been mentored by John for years ... so he's been instrumental in shaping my understanding of what YFC does here," said Smith, who officially started July 19.

"I think both Ryan and I feel em-

"WE'RE BOTH REALLY EXCITED TO FOLLOW IN [REMPEL'S] FOOTSTEPS." powered by John, and we're both really excited to follow in his footsteps," said Smith's brother Riley, who also has been involved in Pilot Mound and joins the team here in a role that will be split between the two locations.

"We saw this was going to be a good fit for myself and for Riley to kind of step into John's role in a joint capacity where we each take on different aspects of this role," noted Ryan, who will be able to focus more on the overall oversight while Riley takes on more of the direct ministry role.

Joining them on the local staff as well will be Jaden Giesbrecht, who has been a volunteer and will be a director of drop-in ministries in the fall, and Melissa Hildebrandt, who will be a director of connecting ministries with a particular emphasis on women and reaching out to the schools.

In addition, Jamie Small, who has a masters degree in counselling, will be coming in as a youth counsellor once every two weeks in both Morden and Pilot Mound

"Sometimes more expertise is needed, and Jamie has extensive experience working with youth," said Ryan, who noted a lot of young people have been struggling with mental health amidst the pandemic.

"He's got a great team of people that



PHOTO BY LORNE STELMACH/VOICE

From left: Morden YFC's new executive director Ryan Smith with outgoing director John Rempel and brother Riley Smith, who is also joining the ministry's team.

he's built to grow this ministry," observed Rempel of his successor. "It's exciting to see we're going to have a new staff team bringing new energy and new vision."

There will be numerous challenges for them, he added, but one in particular will need to be a foremost priority.

"One of the things that they're really going to be looking for is community support in the area of finances," Rempel suggested. "We've got some young people moving into roles, and the way YFC is setup is you're in essence a missionary, and so all of your support has to be raised."

"John has really pressed into me that as a YFC person you need to be innovative and kind of entrepreneurial," said Ryan, who hails from the Pilot Mound area.

"I'm looking forward to getting to know the community of Morden," he

Continued on page 8

Winkler formalizes water conservation bylaw

By Ashleigh Viveiros

In addition to declaring a drought state of emergency alongside its fellow Pembina Valley Water Co-op members (see story on Pg. 2), Winkler city council at its July 27 meeting also passed a new bylaw relating to local water conservation.

Bylaw 2268-21 officially outlines the city's water use restriction measures, including the designated officers who make decisions about what level of restrictions the community is at (the mayor, city manager, or director of planning and engineering), what stage of restrictions the community as a whole or specific zones must follow, and how the city will get that information out to the public.

The bylaw also emphasizes that Winkler's bylaw enforcement officer can issue tickets to those found not to be following the restrictions in place at any given time.

Director of planning and engineering Scott Toews explained to council this bylaw simply formalizes the process the city has already been following since it first had to put water restrictions of various levels in place earlier this year. In other council news, the tender for asphalt milling and overlaying at Park St. and South Railway Ave. was awarded to Maple Leaf Construction, who had the lowest bid at \$111,817.

Council also received the minutes from a number of municipal committees last week, including those from the transportation and utilities committee's July meeting.

Of interest there is the fact the committee is voicing its support to a request to provide drop-off only on the west side of 8th Street by Winkler Elementary School, and the addition of a crosswalk mid-block. A transportation bylaw update will be required to incorporate these changes, should council approve.

The committee also supports the installation of a lit crosswalk at 9th Street and Mountain Ave.

In an overview of sidewalk priorities for 2022, the need for extensions on 1st St. and downtown renewals were identified, with the committee proposing the city consider using some of the increased gas tax contribution to double the annual contribution towards sidewalk reserves. The annual contribution towards sidewalks has been approximately \$210,000 per year.

News or sports tip? E-mail news@winklermordenvoice.ca or call 325-6888







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had a former CEO I used to work for comment to me: "You have a unique talent for saying

fter summarizing

a meeting once. I

what has already been said."

insult about wasting time and I am also fairly certain

I took it that way and stopped communicating during meetings. Over time, how-

life

ever.



relationships. PRODUCTION Nicole Kapusta

• GUEST COMMENTARY **Alien invasion**



from Area 51, but by plants and animals that don't belong here. Take, for example, the common dandelion, which is not native to North America.

One of the most striking examples of the damage done by an invasive species, and one that provides lessons for today, is the European wild rabbit in Australia. In 1859 a wealthy Australian had 13 rabbits sent over because he wanted to hunt. Within 50 years, wild rabbits had spread throughout the continent and now number over 200 million. They damage habitat, destroy crops, and

have contributed to the decline of native plants and animals.

CEDITORIAL > VIEWPOINTS > LETTERS

It is remarkable how often we hear

things other people say and think we

understand them only to be unpleas-

antly shocked later on that we were

way off base (or vice versa). Our usual

response is defensive and reactive:

Maybe not, but it's what they meant.

The reality is, what people say is the

else knows what they're doing, the

assumption that someone else knows

Pride is often the key attribute here

"If they don't know what they're

No, it's not, but you still get to share

supposed to do that is not my fault."

and becomes a barrier in these cir-

what you meant, etc.

cumstances.

"THAT is not what you said!"

What do dandelions, Zebra Mussels, and the Australian rabbit have in common? There is little hope of eliminating them

from their adopted environments. Eradication needed to happen before they became entrenched.

By Cam

Dahl

in the fallout and consequences whether you like it or not (usually not).

These moments can often have a certain passive-aggressive slapstick quality to them.

Person A decides it's finally time to move that heavy wardrobe and starts dragging it past Person B sighing loudly, grunting and groaning, but saying nothing and definitely not asking for help because Person B"should just know."

I want to tell you a secret. If you find the words "they should just know" moving through your thoughts or passing your lips, you are the problem.

Whether you are a teacher, a parent, a boss, a sibling, an employee or any other form of relational human, You. Are. The. Problem.

Telepathy is not yet a skillset that humans have evolved to achieve and as long as you act as if the world"should just know" what you think is right and how you think they should act your

Continued on page 7

Western Canada is currently in the middle of a similar alien invasion. During the late 1980s and early 1990s, Canadian farmers were suffering through a significant income crisis. Diversification was embraced as a policy tool aimed at pulling the industry back from the financial brink. The time saw ostrich, deer, elk, and many more diversified farms spring up across the prairies. Included in the diversity basket was European wild boar.

Why did no one stop to question the introduction of a wild foreign species into Canada? In hindsight it was not the best of ideas, but at the time, it was genuinely believed that wild pigs would be confined by modern fenc-

Continued on page 7

All columns and letters published on our Get Heard pages are the personal opinions of the submitting writers. They are not objective news articles, nor are they necessarily the viewpoint of the Winkler Morden Voice.



people is not the bad thing I once

has just heard someone else say, in a way they agree with, is key to fostering understanding and strengthening

suffer the consequences. The twin sibling of this form of poor and broken communication is the assumption. It can take many forms: the assumption of having acted correctly, the assumption that someone

parroting back at **Bv** Peter Cantelon

thought it was. The ability to restate something one

tip of the iceberg in terms of meaning. I'm fairly certain he meant it as an The bulk of the meaning lies beneath the surface, unspoken, and whether we like it or not it is our task to dig

that out/communicate more fully or

Province headed into long weekend with 542 active COVID cases

By Ashleigh Viveiros

Manitoba headed into the long weekend in pretty decent shape, as far as daily COVID-19 cases go.

Just 46 new cases of the virus were identified on Friday. Updated numbers from the weekend

> CANTELON, FROM PG. 6

life is going to be filled with unrequited frustration and anger. And guess what? No one else has to carry that—just you.

Fear is another reason this mindset prevails. Fear that if you engage someone in active communication they may disagree with you and you will have to (gasp) compromise. Humility helps in these circumstances.

Here are a few basic rule that, when followed, I guarantee will make your life a load easier:

• Repeat back to people what you think you

> DAHL, FROM PG. 6

ing and if they did escape, they would never survive the harsh prairie winter. They escaped, were deliberately released when prices declined, and not only survived winter, but they seemed to thrive on it.

Wild pigs in Western Canada are a lot like those rabbits in Australia. Not because they are cute, but because they are prolific breeders that will eat just about anything. Did you know that a wild pig sow becomes sexually mature in less than a year and can produce two litters annually? It does not take a mathematical whiz to see the potential for exponential growth.

Wild pigs can be disease reservoirs. Since September 2020, over 1,500 wild boar in Germany have died because of African Swine Fever (ASF). The disease has now made the jump to domestic pigs. Exports of German pork have been disrupted, and it will take significant time before Germany is declared ASF free and the negative hit on their farmers is lifted. Wild herds can also be repositories for diseases like PRRS (porcine reproductive and respiratory syndrome), PED (porcine epidemic diarrhea), and other infectious illnesses. We must do whatever we can to stop wild pigs from becoming a disease holding tank in Canada.

What needs to be done? All Western provinces have programming aimed at addressing the wild pig problem, but each jurisdiction is were not available at press time due to the holiday.

The province ended the week with a total of 542 active cases, 55,873 recoveries, and 1,178 deaths due to the virus.

There were 93 Manitobans in hospital with COVID-19, including 25 in intensive care.

heard them say to confirm you understood them.

• Never assume anyone should just know anything. No one knows what you think they should be doing until you ask/tell them.

• If you need something, ASK for it with your voice.

If you continue to stubbornly demand that everyone else adapt to you than that boulder you keep pushing up that hill will keep rolling back down and you will fail miserably.

approaching the issue a little differently. An effective wild pig eradication program should be coordinated across the region.

Second, we need to commit federal, provincial, and industry resources to targeted eradication programming. We can start by investing the time and funds needed to track, monitor, and effectively identify the locations where groups of wild pigs (or sounders) are living. Coordinated eradication can then follow. We need to move beyond passive efforts, such as unrestricted hunting, that have been shown to disperse the pigs and make the problem worse.

Individuals can play an important role too. If you see wild pigs, or signs that they have been on your property, report the sighting to your local conservation office. Indicate when, where, and how many wild pigs were observed. Knowing where wild pigs are, and where they are moving to, will be helpful in eradication efforts.

Wild pigs are not just an issue for the hog sector. They also destroy crops and pastures, degrade water supplies, and damage native habitat. It is in everyone's interest to push to eradicate this threat while we still have the opportunity.

> Cam Dahl is the general manager of the Manitoba Pork Council

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.

The five-day COVID-19 test positivity rate was 2.3 per cent provincially and 1.4 per cent in Winnipeg.

The Southern Health-Santé Sud regional health authority was reporting 53 active cases and 22 hospitalizations, including three patients in ICU with the virus. The region has recorded 194 deaths since the pandemic began.

In the Pembina Valley, Winkler, Morden, and Stanley were all reporting four active cases on Friday. There were also three each in Lorne/Louise/Pembina and Red River South, two each in the Altona area and Morris, and one in Carman.

The provincial vaccination campaign is inching ever closer to its Labour Day weekend goal of seeing 80 per cent of eligible Manitobans with their first dose of vaccine.

On Friday, 78.5 per cent of eligible Manitobans had received at least one dose and 69.3 had received two.

The vaccine uptake in the Pembina Valley runs the gamut, from highs of 71.9 per cent in Lorne/Louise/Pembina, 67.7 per cent in Carman, and 66.2 per cent in Morden to provincial lows of 37.5 per cent in Winkler and 21 per cent in Stanley.

For details on vaccine appointments or walk-in schedules, head to protectmb.ca or call 1-844-626-8222.

Two charged with drug trafficking

By Voice staff

A traffic stop in Winkler last week resulted in two people facing drug trafficking charges.

Police pulled over a suspected unlicensed driver on Mountain Ave. near 4th St. just after 11 a.m. on July 27.

During the stop, officers entered into a drug trafficking investigation and placed the three occupants of the vehicle under arrest.

A search of the vehicle, with assistance from the Winkler Police Service K9 Unit, resulted in the seizure of a number of weapons as well as a quantity of methamphetamine and fentanyl.

A 23-year-old male from Winkler will be charged with possessing methamphetamine, carrying a concealed weapon, and three counts of possessing a weapon for a dangerous purpose.

A 40-year-old female from Carman will be charged with possessing methamphetamine and possessing fentanyl.

A third female occupant of the vehicle was also arrested but later released without charges.

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Grant helps Services for Seniors get new equipment

By Lorne Stelmach

A grant is helping a local organization further serve the community with a range of specialized and ergonomic equipment for seniors and the elderly.

Morden Services for Seniors received a \$3,000 grant through Help Age Canada to bolster its medical equipment lending service, which allows people in need of assistance to try out or use equipment on a short term basis

"They have innovative grants ... so whoever they can help, they help out," said Kimberly Barr-Klassen, resource co-ordinator for Morden Services for Seniors. "Specifically, we went for things like oversized wheelchairs, and we have two wheel walkers with seats because many people who have two wheel walkers get tired and they may have no place to sit."

She credited Isaac Froese of Pfahl's Home Health Care for then helping the organization get set up with some



of the equipment.

"He was able to give me some really good prices for some of this equipment," Barr-Klassen said. "He worked with us to fill in the gaps of what was needed."

She sees the lending service as having some very beneficial aspects including being able to rent items for a day, week, month, or several months.

"As well, we'll work out the cost to help anyone who needs it," added Barr-Klassen.

The list of equipment ranges from wheelchairs, walkers, canes and bath stools and chairs to toilet rails, bed safety rails, grab bars, crutches, mattress pads and more.

"We get calls all the time ... the hospital and clinic will send people to us to see if we have equipment for people," Barr-Klassen noted. "We would like people to know [it's here] ... even if it's just for a day or a weekend, you get your parents or grandparents coming to visit, and you're going somewhere, you can come and rent it.

"It is a very important service ... if you don't have your mobility, you feel isolated. You can't get out, can't be with other people and in the community, doing different things," she said. "To rent is cheap, and if they decide I don't like it, they only spent a few dollars finding that out instead of buying something."

Help Age Canada works in partnership with others to improve and maintain the quality of life of vulnerable older persons and their communities in Canada and around the world.

> YOUTH FOR CHRIST, FROM PG. 5

said, adding as well that he is excited to be working closely with Riley.

Friesen.

"It's been interesting with Riley be-



cause right from the beginning he was not a person who would be at most YFC programming," observed Ryan. "But he's always been a person who, even as a teenager in Grade 7 and 8, would reach out to those people who maybe didn't have friends or who were lonely and kind of draw him into the circle."

Isaac Froese of Pfahl's Home Health Care recently delivered some of the rental equipment purchased by

Morden Services for Seniors with the help of a \$3,000 grant. Happy to receive it all were resource co-ordina-

tor Kimberly Barr-Klassen and Morden Activity Centre representatives Neha Kohli, Evelyn Currie, and Randy

"I grew up going to YFC when Ryan was the satellite director at Pilot Mound. I started as a junior volunteer, I think, in Grade 9 or 10 there," said Riley.

He didn't think working for YFC would be in his future, but he came

back later on again as a volunteer and his perspective changed.

"I wanted to get into ministry long term, and I thought, well, maybe this is my opportunity ... and I have loved it," said Riley. "You can show these youth that they are valued and that they are loved."

"We reach out to everybody but especially the young people who are falling through the cracks in the community," added Ryan, who sees great potential for them to expand the outreach here.

"It's really important to come alongside someone on their agenda ... I think that's what's allowed more doors to open," said Rempel in offering some parting advice.

He now looks forward to delving more into his new role this fall and working with other chapters across Canada.

"Some of them are looking for direction and vision," said Rempel.

"The last couple years in particular have been very challenging ... and each of these communities has younger leaders, and I'm kind of the old guy on the block, so I get to come with a toolbox to walk alongside them and help them navigate some of the situations that some of the chapters are facing."

Stanley council okays water rate increase

By Lorne Stelmach

RM of Stanley residents will be paying a minor increase for water this fall.

Council voted recently to approve a three per cent increase that will take effect in October for the final quarter of 2021.

With the aim of having smaller regular increases rather than more periodic larger hikes, the last increase for water was in 2018, as an expected increase in 2020 was delayed due to the financial uncertainties.

The quarterly service charge remains unchanged at \$11.33 per quarter.

Massey rates increase 18 cents per 1,000 gallons from \$5.97 to \$6.15, so households using 10,000 gallons per quarter would see a \$2 increase from \$59 to \$61 per quarter.

All other RM systems rates increase 46 cents per 1,000 gallons from 12.33 to 12.79, so household using 10,000 gallons per quarter would see a \$4 increase from \$123 to \$127 per quarter.

The July 29 meeting also saw one of

its members honoured for his service as Councillor Pete Froese received a 15-year service award from the Association of Manitoba Municipalities.

Elected in 2006, Froese is now in his fourth consecutive term of office with the RM of Stanley, and Reeve Morris Olafson noted how well-respected Froese is not only within the community but the province.

"If you know Pete, you know he isn't the loudest voice in the room, but when he speaks, people listen, and that's for a good reason. He thinks things through and comes at it with a good balanced approach," said Olafson.

"He comes with experience; he comes with knowledge and wisdom and a good set of broad shoulders that has proved to be very capable in handling the wide variety of situations that come at us at the council table. He continues to be a tremendous asset to the RM of Stanley."

"It has been a privilege to serve the RM of Stanley," said Froese. "We've seen so many changes in my tenure,



SUPPLIED PHOTO

RM of Stanley Reeve Morris Olafson (left) congratulates Coun. Pete Froese for his 15 years of service to municipal governance.

and I've enjoyed working with the various councils in trying to navigate through these challenges."

"I also thank all of the staff who have made my job so much easier," he added. "It's been a good experience, and we've all tried to make our municipality an even better place to live."

Council last week also gave final approval to the Reinfeld secondary plan following a public hearing with representatives from the City of Winkler and RM of Rhineland in attendance, but there were no objections.

Winkler and Stanley worked cohesively on the plan to ensure the city and RM boundaries would develop cohesively, council heard, and the

Continued on page 10

SPONSORED CONTENT

Think FAST to beat stroke.

Almost two years ago, refrigeration technician Marcel Courelles of St. Adolphe was driving his truck to work when he started to feel unwell, almost like he would feel when his blood sugar is low. He pulled over and called his boss, Carolyn Davisdon. Marcel called the right person.

Carolyn noticed right away that Marcel's speech was slurred. She asked him to try to raise both of his arms. He wasn't able to. So Carolyn suspected that Marcel might be having a stroke, and called 9-1-1.

When EMS arrived, they took him to nearest hospital that could administer the clot-busting drug needed to stop the stroke. They bypassed closer hospitals because they were not equipped to diagnose and treat a stroke.

Many people think of stroke as something that affects the elderly. While it's true that the older you are, the higher your risk, a stroke can in fact happen to anyone - at any age, any time, anywhere.

A stroke happens when the blood supply to the brain is cut off. Every minute after a stroke begins, an average of 1.9 million

© Heart and Stroke Foundation of Canada, 2020

brain cells die - it's often said that when it comes to stroke, time lost is brain lost. The sooner blood flow can be restored, the better the chance of a positive outcome.

Positive outcomes start with you

We've made incredible strides in stroke treatment, but time is critical. The window for the gold standard treatment for the most common type of stroke is about 4-1/2 hours. To get to the right hospital for diagnosis and treatment in a short time, someone needs to recognize the stroke and take the right action by calling 9-1-1 or your local emergency number.

FAST is an easy and memorable way to remember the major signs of stroke:



emergency number right away.

In 2020, Heart & Stroke conducted a survey to gauge what people in our province know about the signs of a stroke. The results showed that only 14% of those surveyed knew the 3 most common signs, while 1 in 3 did not know any of the signs.

Every one of us has the potential to save a life - of a family member, a friend, a colleague or a complete stranger - by simply learning the signs of stroke and knowing what to do.

If you or someone with you experiences any of these signs, please don't drive to the hospital. Instead, call 9-1-1 or your local emergency number and tell them you are witnessing a stroke. Arriving by ambulance means you will get to the right hospital, equipped to provide emergency stroke care. And EMS will call ahead to alert the stroke team that a suspected stroke patient is en route so the team is ready!

Although several hospitals in rural Manitoba have the equipment needed to diagnose a stroke and administer clot busting drugs, many hospitals do not. For some strokes, a specialized treatment called Endovascular Thrombectomy (EVT) needs to be performed, and the Health Sciences Centre in Winnipeg is the only location equipped to perform an

EVT. EMS will know which hospital in your area can provide the care you need.

Today, Marcel is doing well and making great progress in his rehabilitation. He's grateful to Carolyn for thinking fast and taking the right action, and to his wife, family, friends and the stroke team at Riverview for supporting and motivating him through his recovery to beat stroke.

More signs of stroke

The FAST signs are the most common signs of stroke and are more likely to be caused by stroke than any other condition. There are some other signs that are less common. They include:

- · Vision changes blurred or double vision
- Sudden severe headache often along with some of the other signs
- · Numbness usually on one side of the body
- · Problems with balance

Learn more about stroke at heartandstroke.ca/stroke.

SCRL continuing with small book sales, future of big sale uncertain

By Lorne Stelmach

The future of the annual big book sale in support of the South Central Regional Library is uncertain, although the effort will carry on perhaps in a different format.

Usually held in spring, the fundraising sale could not happen this year due to pandemic restrictions, so the libraries have done it another way which may be their answer going forward.

"We're not sure what's going to happen with our big sale. We don't know if it's the end of it; we're just going to have to wait and see," said Cathy Ching, director of library services. "I know people love the big book sale. It's definitely an event, but we can maybe do something different and still get the same results, which is getting books into people's hands."

The last large sale took place last fall after having been delayed from spring 2020, and that option may still be available in the future.

In the meantime, the library has been offering a limited but ongoing sale from a vacant building next door to the



SCRL PHOTO

For Sale in Rosenfeld, MB

12 Bredin Street – \$530,000 13-unit building, 5 car garage, 8,460 sf, built in 1978

*The purchaser will be required to maintain the units as affordable housing (as defined by CMHC) for a period of 20 years.

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Morden Library which was being used as storage space for the donated used books.

That property has now been leased, so the library was presented with the challenge to rethink how they would approach the sale moving forward.

"We're going to be running ongoing book sales at each of our branch locations," explained Ching.

That has included Winkler having a sale table in the front entrance area, Manitou and Miami planning sales for this month, and Morden considering plans such as a sale cart or perhaps a sidewalk sale.

"It's just setting up according to the situation and the location ... that's what we're going to have to do for awhile because the event centre is off limits to us until the site clears out," Ching said of the Access Event Centre, which is host to the region's vaccination supersite.

Ching noted that the response to these minisales has largely been favorable so far.

"The little sales are actually working out well because a lot of people haven't necessarily been able to get to the big sale, or they don't like the big crowd, so to come to the community like this, they seem quite happy with it. "There's pros and cons to both ways. Part of it is it's a lot less work for us, and we don't have the same expenses," she continued. "One of the other things that came up when we talked about it with our branch staff was actually getting a book sale mobile or van and going to communities that don't have library service or when they can finally reopen to have town festivals and events.

"We could bring the books to the people ... that's something that we're thinking about."

For now, SCRL is uncertain how it will work out for them in the end financially. On average they come out of the big sale with about \$13,000. This year's smaller sales have thus far brought in around \$2,500.

"We're going to take two years to see what it's like to have these smaller sales," Ching said, noting they have tentatively booked the Access Event Centre for October 2022 for a large sale. "Whether we hold it or not, we're still deciding.

"As much as people love the big sale, that's a huge time commitment for the volunteers," she said. "It will be interesting to see where we go with this and how it all works out this year. If we end up with great community response, maybe that's the way to go."

Ten tickets, 59 warnings July 19-25: COVID-19 enforcement report

By Voice staff

Easing public health restrictions in recent weeks have led to a sustained drop in related tickets across the province.

For the week of July 19-25, enforcement officials issued just 10 tickets and 59 warnings, the province reported last week.

That included five \$1,296 tickets to individuals for various offences, three \$298 tickets to people for failing to wear a mask in indoor public places, one \$5,000 ticket to a business in Winnipeg, and one \$8,550 ticket under the Federal

Quarantine Act.

Officials advise that enforcement agents continue to investigate all large gatherings and rallies they are made aware of.

Manitobans can report compliance and enforcement issues online at manitoba.ca/COV-ID19 or by calling 1-866-626-4862 and pressing option three on the call menu.

Since the pandemic began in spring of 2020, enforcement officers hare responded to 218,960 calls, given 5,204 warnings, and issued 2,071 tickets to health order scofflaws totalling over \$2.8 million in fines.

> STANLEY, FROM PG. 9

plan provides a detailed long-term vision for managing growth and development of the village east of Winkler.

The plan focuses on Reinfeld's fringe areas and infill lands to help guide current and future decisions around such aspects as infrastructure and servicing, transportation and land use area planning, and it sets out a variety of priorities ranging from maintaining the semi-rural character and ensuring development is done incrementally to minimizing impacts of development on agriculture.

Estimating a current population of about 1,900 residents, the plan puts out a growth projection that, assuming growth rates remain consistent over the next 25 years, Reinfeld may likely grow to a population between

2,814 to 5,052 residents.

Finally, the municipality is also providing \$7,500 to help fund a feasibility study on a second dam further upstream on the Dead Horse Creek as well as a Pembina River diversion.

Council felt it is important the municipality work together with Morden on long term strategies for water in the region and specifically for Lake Minnewasta, and it has taken on heightened urgency now with the region in an extreme drought state of emergency.

Another consideration for the RM is this potential project would be located within the municipality, so it needs to be involved in terms of any potential construction, water storage and opportunities and challenges that it could provide for the region.



Clockwise from left: Explore Thermëa by Nordik Spa-Nature (Jessica Losorata); Shopping in St. Boniface (William Au); FortWhyte Alive (Mike Peters).

njoy a well-rounded summer getaway in Winnipeg as you make memories exploring the city's attractions, culinary scene, shopping and more.

First night

Drop your bags at one of Winnipeg's great hotels, many offering hot deals for summer. You'll instantly feel welcome thanks to the city's friendly prairie hospitality.

Ease into your vacay by slipping into the soothing hot waters and saunas of Thermëa by Nordik Spa-Nature, where you'll feel instantly relaxed inhaling aromatherapy and the scent of fresh pine at this Scandinavian-inspired spa. Brightly coloured plates of local produce and flavours delight the senses as you savour dinner at its on-site restaurant.

Day 1

Treat yourself with a decadent breakfast in bed at your hotel. Now that you've fueled up, set your sights on Winnipeg's incredible culture scene.

Spend the morning at the architecturally stunning Canadian Museum for Human Rights. As you climb up the gorgeous alabaster ramps heading from darkness into light, you'll explore galleries built around human rights themes. Hundreds of stories are shared using the latest technologies, oldest forms of storytelling and timeless power of art, where you'll feel moved and inspired by the experience.

The Forks Market is a perfect stop for lunch. Whether you sit amongst the shady Common patio (it's licensed!) or the Instagram friendly food hall, dive into global flavours from bursting empanadas to artful sushi to gourmet hot dogs from local food kiosks.

Next, head to the historic Exchange District neighbourhood, including the Manitoba Museum to view its newest upgrades. A must-see is the new Prairies Gallery, where a layered view of history explores human connections to the land. Sports fans will want to cross the street to check out the Manitoba Sports Hall of Fame full of memorabilia.

While here, dine at a local restaurant, such as Peasant Cookery, Cordova Tapas & Wine Bar, Corrientes Argentine Pizzeria, or Amsterdam Tea Room. Sip a refreshing premium Belgian-style beer at local craft brewery Nonsuch or a purple gin cocktail at local Patent 5 Distillery afterward.

Day 2

Seize the day by getting in touch with nature. Canoeing, fishing, cycling and hiking are on the docket for a tranquil experience at FortWhyte Alive, as you navigate its rustling tree-lined trails and dip your paddle in its peaceful lake. Be sure to check out the munching, grunting bison herd on site.

Afterward, check out Canada's newest national treasure—Qaumajuq Inuit art centre at the Winnipeg Art Gallery. Housing the world's largest collection of contemporary Inuit art, you'll marvel at pieces of art housed in the stunning three-storey visible vault surrounded by a crisp, white setting reflective of Canada's landscape in the North.

For your last stop, choose your own adventure! Get to know the fascinating history of Winnipeg's French Quarter on an Old St. Boniface Walking Tour, where you'll wander this charming neighbourhood. If you're looking for a lively afternoon out, McPhillips Station Casino or Club Regent Casino is the name of your game. You'll



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SUPPLIED PHOTOS

Work is underway on a larger pipeline to bring water from Roland to Morden-Winkler, including the Boundary Trails Health Centre.

Work underway on new water pipeline from Roland

By Lorne Stelmach

Work continues to progress on a project to boost a regional water supply into the Morden-Winkler area.

Construction is well underway on the Pembina Valley Water Coop project that is installing a new 300 mm (12 inch) pipeline between their Roland reservoir and the Boundary Trails Health Centre.

The co-op is putting in place 26 kilometres of pipeline, replacing the existing six-inch line with a 12-inch one. The pipeline will run to where the RM of Stanley is planning to build a future reservoir.

With Morden now in extreme

drought status, it is getting on board with the project to boost what can be supplied to the city as well.

"This water pipeline is an important component for the Pembina Valley Water Co-op as it expands to meet the demands for potable water for the Pembina Valley," CEO Greg Archibald said via email. "With the hot dry summer of 2021, the importance of the water pipeline expansion takes on new urgency. The hot beginning to summer has shown us that potable water supply to the Pembina Valley and its growing population needs to expand to keep up

Continued on page 14



PTM hosting Pioneer, Reunion days

By Ashleigh Viveiros

It will be a much shorter season than usual at the Pembina Threshermen's Museum, but no less fun.

The pioneer village was finally able to open for the summer last month at 50 per cent capacity and only to fully vaccinated guests (unvaccinated children under 12 are allowed with a fully immunized adult), as per public health orders laid out by the provincial government.

With only a couple of months to share its collection with history buffs, the museum's list of special events has been pared down to just three: Pioneer Days and Western Ways on Saturday, Aug. 14, Reunion Days Sept. 3-4, and Forge Day as part of Manitoba's Open Farm Day celebrations Sept. 12.

"We made a line-up of events and

came to the conclusion that we didn't want to have to do any more cancellations—it's too confusing," said board president Ike Elias, explaining they decided, then, to keep it simple in the two or so months the museum is able to be open and only host a handful of special days.

The capacity limits as they stand today prove a challenge for largescale events like the hugely popular Reunion Days, but Elias is optimistic things might change somewhat in the weeks ahead (new public health orders are due out this week).

"Hopefully we get freed up a little more," he said."How much we'll have to scale it down, I can't say yet."

The plan, though, is to hold Reunion Days in much the same way as in the past—with heritage buildings open for touring and manned by volunteers, some dressed in period attire.





There will also be demonstrations of pioneer living and an antique tractor parade.

The General Store will be open for business for both Reunion Days as well as for Pioneer Day, Elias noted. The Aug. 14 Pioneer Day will also, new this year, have the outdoor ovens up and running, with homemade goodies up for grabs.

"The baked goods from the outdoor ovens are super good and super popular, so we're hoping that will draw some people in," said Elias.

Since opening for the season July 21, PTM has had a few small groups come through and Elias is optimistic the attendance will pick up in the month ahead.

"We were overjoyed when we could finally open up," he said, noting staff and volunteers have been working behind-the-scenes for months in preparation for opening day.

> PIPELINE, FROM PG. 13

with the growing demand."

A portion of the construction has been working its way along Highway 14 west of Winkler and on Highway 428 north of Winkler.

ProStar HDD from Steinbach is installing the pipeline, and additional upgrade work is happening at the Roland reservoir while a new boostWhile it was hard not having visitors, on the upside the museum has been able to get a lot of projects done since spring, including moving the Reimer house over to a new foundation, cleaning up the artifacts in one of the barns, and getting the Siemens house—PTM's latest addition, moved there from Winkler last winter ready for visitors to explore (possibly by Pioneer Day).

"That's been the only plus to all this," Elias observed. "We're getting projects done that might have gone slower otherwise because we're not planning and working on the usual events."

PTM, located on Hwy. 3 between Winkler and Morden, is open Monday to Friday 10 a.m. to 5 p.m. and weekends and holidays 1-5 p.m.

Learn more online at threshermensmuseum.com.

er station is going in as well north of Winkler.

The work is expected to be complete and ready for operation by late fall. The \$4.2 million project is supported by a 50/50 funding arrangement with Manitoba Water Services Board, which is also providing project management support.



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DISCOVER THE 1 **NORTHERN JEWEL**

Make your way north on Highway 10 to The Pas and Opaskwayak Cree Nation, neighbours across the Saskatchewan River. Start your exploration in the heart of The Pas – the former courthouse and current Sam Waller Museum. The oldest brick building in Manitoba now houses artifacts detailing the Indigenous history of the area along with Sam Waller's amazingly eclectic collection.

The jewel of the North is Clearwater Lake, the dazzling focal point of **Clearwater** Lake Provincial Park, less than 30 minutes from

The Pas. The spring-fed lake is crystal clear and its beautiful turquoise colour is beyond impressive. Fishing excursions – either on your own or guided – will

likely see you set up near an underwater shelf where large lake trout like to gather. Follow a short self-guided hiking trail on the lake's south shore and explore the deep rock crevices known as the "caves" from the trail, viewing platform and stairways.

There are hotels in The Pas as well as the Kikiwak Inn in OCN. Rent accommodations at one of the lodges in Clearwater Lake Provincial Park, stay in one of the park's campgrounds or opt for one of the yurts (wheelchair accessible options are available). Thirty minutes north from The Pas on Highway 10 is Rocky Lake, another favourite destination for water recreation with two resorts offering a range of options.





FALL FOR WEKUSKO FALLS

About two hours northeast of The Pas is the town of **Snow** Lake. Learn about the history of this town at the **Snow** Lake Mining Museum. See exhibits of authentic mining equipment, including mockups of mining drifts and a mine rescue centre.

Snow Lake is also just 15

FOLLOW THE (3) **GRASS RIVER**

Head back east along Highway 39, this time stopping at **Grass River Provincial Park** Atop paddling destination, the Grass River connects First, Second and Third Cranberry Lakes with the park's large Reed Lake. There are designated backcountry campsites along the routes, but the park also has three campgrounds

minutes away from **Wekusko** Falls Provincial Park. In addition to the next-door fishing lodge, the park has camping, beaches, hiking, fishing and scenic views from the suspension bridges over the Grass River as it tumbles down 12 metres – the impressive Wekusko Falls.

and lodge options. Continue west toward Cranberry Portage. Going back 2.000 years, this was an important portage route connecting the Grass and Saskatchewan River systems. Learn about the area's history at the carefully restored rail station, home to the Cranberry Portage Museum.









THE WATER AND (4) **THE WILD**

Bakers Narrows Provincial

Park is centred around Lake Athapapuskow. This clear blue lake is known for giant lake trout and walleye all year-round. A boat launch in the park provides easy access to the lake or you can opt for a guided trip. The lodge here also offers canoe and kayak rentals. While in the park, keep an eye out for wildlife, like moose, beaver or great blue herons.

Next, head to Flin Flon, a charming city built atop volcanic rocks. Begin your exploration at the statue of Flin Flon's namesake – the fictional Flintabbatey Flonatin. Follow Flinty's Boardwalk along Ross Lake, an accessible 2.2-km

path. Flinty's Trail begins where the boardwalk ends – adding another two kilometres along with some amazing views of the city.

Stop into the **Flin Flon** Station Museum, a former CN Rail station that features artifacts from the city's mining and pioneering history. Visit the NorVA Centre an artist-run studio and

gallery cooperative. In addition to

accommodation options at Bakers Narrows Provincial Park and lodges nearby, there is a campground just off Highway 10 as you enter town. Flin Flon also has a number of hotel and motel options.

For more inspiration for your northern Manitoba road trip, go to travelmanitoba.com/road-trips.

Manitoba encompasses Treaty 1, 2, 3, 4 and 5 Territory and communities who are signatories to Treaties 6 and 10. It is the original lands of the Anishinaabeg, Anish-Ininiwak, Dakota, Dene, Ininiwak and Nehethowuk and the homeland of the Métis. Acknowledging these original caretakers is a reminder of our unique heritage, our important relationships and our obligations to and shared responsibilities with Indigenous peoples



16 The Winkler Morden Voice Thursday, August 5, 2021



SUBMITTED PHOTOS

Little Leaders Taekwondo hosted an Introduction to Taekwondo Camp at the Buhler Outdoor Classroom on the grounds of Winkler Elementary School last week. The team—made up of Poom-belted (junior black) siblings Matthew, Amy, and Julia Loewen—gave kids age 6-12 the chance to try their hand at the sport. Little Leaders has been organizing Taekwondo camps in Morden for three years now, but this was their first foray into Winkler. It was a success, filling up the week with a varied and enthusiastic group of young learners. Right: Dishika Bansal strikes a pose.





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Learning the ropes

By Ashleigh Viveiros

A huge chunk of federal and provincial dollars are coming to the RM of Rhineland for priority grain roads rehabilitation.

The two levels of government announced last week that the municipality will receive over \$4 million (\$2.4 million in federal funding and \$1.6 million in provincial dollars) to improve approximately 50 kilometres of roads. The RM is also contributing \$801,648 to the project.

"We're going to be doing about 31 miles of our priority roads, which usually connect to provincial roads, so trucks will have better access out of our municipality as they take things where they need to go," says Reeve Don Wiebe

"The smallest part is Road 18, right near the ag park, that needs to be built up because it's quite low and very prone to dust. It needs an upgrade," he explains. "And then we're looking at Road 15 from Gnadenthal going north about six miles, and Road 9, that's a 14 mile stretch from the western edge of our boundary with Stanley right to Hwy. 30.

"And we have another piece that goes from Hwy. 30 on Road 3 ... from there right to the end of the municipality. That's a 10 mile stretch."

The roads will still be gravel, Wiebe noted, but "they'll have a good base on them so that they stay firm and in better shape" longer under the weight of the many trucks that make use of them.

The RM is working on the engineering plans and prep work for these improvements this summer, but the funding announcement came too late to get the actual roadwork done in 2021. The plan is to tackle it in earnest in 2022.



Budding entrepreneurs

Local youth experienced life as an entrepreneur all in one week as part of the Kids Biz Camp in Morden last week. They learned a range of business basics, toured local businesses, heard from speakers, and created products which they then sold it at the Morden Farmers' Market Thursday night. "It really teaches them about entrepreneurship," said Ken Reimer, general manager of Community Futures Heartland, which runs business camps for youth every summer. "Through the week, the kids are learning more and more. You can tell they're learning ... and they learn it's hard work, but they're having fun."

PHOTO BY LORNE STELMACH/VOICE

Morden council introduces new water use bylaw

By Lorne Stelmach

The City of Morden is taking further measures to help address concerns around both water and wastewater.

A bylaw given first reading by council at its July 26 meeting introduces a couple key changes, explained Mayor Brandon Burley.

"It's a bylaw that allows the city planner and the city engineer to enforce development standards requiring low flow fixtures," he said. "It also allows us to have jurisdiction in regards to what enters and what leaves our water and wastewater systems, so then we can better enforce in relation to activities such as pumping groundwater into wastewater, for instance."

Burley said the measure arose not only as a result of current needs, with the city being in extreme drought conditions, but also became a greater discussion beyond such concerns as backwater and backflow. "It really became a much bigger conversation because the bylaw has to address every conceivable possibility, as it should, so it became an entire utility connection bylaw that will give the city some ability to control those factors that contribute to some of our eco-unfriendliness in regards to water and wastewater."

Making the move to requiring low flow fixtures especially seemed like a clear step to take, he suggested.

"Even with substantial renovations, it would require low flow appliances as part of condition of the permit," Burley said. "Most communities have something similar. We think it will save a significant amount of water over time. It won't be one of those things that happens overnight.

"With homes being retrofitted and new development being more ecofriendly, the impact of new development will be less harsh on our water supply."







Building a better province

The hog sector is one of the largest employers in Manitoba, contributing \$1.7 billion to the provincial economy and creating roughly 14,000 jobs. The economic importance of the sector has grown as the industry is providing much needed financial stability during the COVID-19 pandemic. Economic stability also ensures that local communities are equipped to fund essential services that are vital to us all.

Since 2017, over 30 new barns or barn expansions have been approved across Manitoba, totalling over \$150 million in new private investment. Every \$1 created by hog production in Manitoba generates \$2.75 in economic activity, and every job in hog production generates upwards of 5 jobs in indirect employment, creating growth and resiliency in rural communities.

Manitoba's hog sector plays an active role in building a better province. New barn projects lead to opportunities for your community, and economic benefits for all Manitobans.

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SWING into GOLF season!





Scotswood Links is looking forward to another busy golf year. An 18hole course, with two large patios, one overlooking the course and the other underneath cover, Scotswood is a great place to come enjoy some golf, food, and drinks with friends this summer. Come try out golf and enjoy the great outdoors!

Scotswood features an 18-hole golf course and a new 9,000 square foot clubhouse. The clubhouse features an upper-level lounge/patio and a 3,000 square foot private banquet room. Before COVID, we had started hosting numerous weddings with great success. We are looking forward to getting back into weddings as soon as we are able!

This beautiful golf course is located in Southern Manitoba, about a half-hour drive West of Winnipeg. It's country setting, quiet and relaxing atmosphere, and charming hospitality make it a top-notch golf destination. Book tee times and order food and drinks at our website.





The Carman Golf and Curling Club (CGCC) is located in Carman, Manitoba. The club was originally established on May 12, 1924 as a five hole club. In the spring of 1930 land was purchased and nine holes were opened on the "old side". On August 28, 1953 the first tournament was held. The course began production on the "new 11 holes" in 1982 and opened the 18 Hole Golf Course in the spring of 1984. On August 17, 1990 the new clubhouse officially opened and is enjoyed today! Carman Golf and Curling Club is known as a select destination for golf in the summer and curling in the winter months. Formerly two clubs, the CGCC amalgamated its executive and combined all operations to be a year round facility managed by a general manager and offering something for everyone. CGCC features a beautiful restaurant with an attached patio, a 200 capacity banquet facility, a five sheet curling arena, and an 18 hole golf course. Both the golf course and curling club have been recognized as top-notch clubs hosting many prestigious provincial and local events.





Twenty years of healing

By Lorne Stelmach

Over the last two decades, the Boundary Trails Health Centre has continually evolved and grown further into the regional hospital it was first envisioned to be.

Even when the state-of-the-art facility opened in May 2001, though, many already could foresee the need for expansion that now faces the hospital in its 20th year.

"I think we have the ear of government, and I think they understand the

"I THOUGHT IT

WOULD BE BIGGER

BY NOW ... WE DO

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ALMOST TWICE

THE WORK BUT

THE SIZE."

need ... I do want to see it get done," Dr. Don Klassen said recently as a number of health care staff who go back to the days of the Morden and Winkler hospitals paused to reflect as BTHC hit the milestone.

"I believe it will enable us to bring even better service to our communities and those around us," said Sandi Funk, who works in diagnostics and who started

in Winkler's Bethel Hospital back in 1992.

"I thought it would be bigger by now. I never had a standstill vision for Boundary," added RN Linda Buhr. "I thought in 20 years it would be twice the size. We do almost twice the work, but we're not twice the size."

Years of discussion and planning had to happen before the regional hospital was completed at a cost of about \$37 million, with the surrounding municipalities contributing about \$3 million. Built with 94 beds, however, the hospital opened with fewer beds than what had been proposed at first.

Klassen, who came to Winkler in 1978, recalled discussions back then about what it would be like to have a joint hospital for the two growing communities; it only became a reality 23 years later.

"We did have a long history of work-



The Boundary Trails Health Centre has been serving the region for 20 years.

ing quite well between the two hos-

pitals. While we each worked in our own little corners, much of the time we would talk to each other," he recalled. "We planned out a new hospital together.

"We laid the groundwork for a long time. There came a point, with the two boards at each of the hospitals, when they began to see the wisdom of this, began to persuade the political leaders of the communities. They came to realize that as long as each

advocated for their own expansion ... it was unlikely to happen."

Cindy Hunter, who started in the Morden hospital in 1981 and was at Winkler's for about 18 months before moving over to BTHC, recalled some of the challenges that were faced with the two facilities.

"It was frustrating and it was interesting. Morden had the emergency and Winkler had the surgical program, so patients from Winkler would come to Morden emergency, and if they needed to be admitted, we needed to get hold of a doctor in Winkler to send them back to Winkler to be admitted if they were a Winkler patient," she said.

Funk, who also started at Bethel in reception before moving over to diagnostics, recalled another challenging task at the time.

"We started purging medical charts. We were not going to have enough room for all the patient charts with all the old ones from Morden and Winkler," she said.

"I was very excited to be in on all this; it was exciting that we were going to have a brand new building," Funk said. "Everybody was working towards that common goal ... and the transition all went very smoothly."

Fellow former Bethel Hospital worker Buhr remembered how well the staff pulled together with the opening of BTHC.

"They turned out to be an absolutely amazing team. It took a lot of hard work from everyone," she said. "There was so much orientation, and the public was so eager to see it. We conducted so many tours for weeks in a row.

"It was a very exciting time ... and the day that we actually moved, that day

is really, really a strong memory ... Eileen [Vodden, director] made sure that all the patients from Morden were delivered safely to Boundary Trails, and I was responsible for Bethel.

"Everything was going very smoothly ... all of a sudden, I found myself to be the last person in Bethel Hospital ... I walked through, and all of the memories of that place just came over me, it makes me emotional even now when I think about it.

"Then here's this beautiful new building ... and within an hour of opening, we had a baby," Buhr recalled. "We were still transferring pa-

VOICE FILE PHOTO

tients when that happened." There were a lot of moving parts required to transitition two hospitals into one.

"All of the ambulances that we could possibly recruit went to Morden and began delivering patients in the morning, and the Bethel patients came in the afternoon," said Klassen.

"Every patient that came over had a health care escort," added Hunter. "The move was very well planned ... we closed it down ward by ward, and we had four of the community handivans from around the district. I was actually one of the handivan drivers because I was off that day."

Other challenges revolved around then having staff from two hospitals with different ways of doing things unite.

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OF OPENING,

"Many people said to me, 'Isn't it nice that you have this nice new hospital?' And my thought was, 'Yes, it's wonderful, a great new building, but it's only a building, and it's so dependent on the people," Klassen said.

"Sometimes you would be on a ward ... you might hear staff who had been at Morden hospital say, 'We always used to do it

this way in Morden' or somebody else might say 'We always did it this way at Bethel' ... I interrupted that con-

Hospital more than ready for an expansion

From Pg. 19

versation and I said, 'Yeah, okay, but how are we going to do it at Boundary Trails?'

"I think the two teams came together wonderfully, not without some hitches and not without a lot of hard work."

"The one thing that always resonated in my mind was Winkler had a different start time than what we had [in Morden]," said Hunter. "But the nurses all said we're not going to decide because we're not going to pit Morden against Winkler. They wanted to amalgamate, and they wanted to get along. We were very short staffed in nursing in those days and we just wanted to get into a building where we had enough bodies."

CONTINUAL GROWTH

Over the past 20 years, the hospital has come a long way, especially in adding more vital services such as the MRI centre and more recently the helipad.

There's also been a fair bit of grow-

ing pains as the facility tries to keep up with the needs of a booming region.

Early on, there was one general and one orthopedic surgeon and perhaps 28 procedures done in a year. Today, BTHC has 13 surgeons and does about 500 procedures in orthopedics. Likewise, the amount of baby deliv-

eries has at least doubled to upwards of a thousand in the last few years.

Dr. Klassen noted that every department has expanded, including chemotherapy, which he suggested has perhaps tripled the number of visits. The emergency room alone sees around 20,000 patients a year.

"We have three ORs that, except for the interruptions caused by COVID in the past year, are busy three days a week," he said.

Buhr also noted services like the MRI and ultrasound run long days and even late into the evening hours.

"People have really learned to appreciate the fact that there's so many services they don't have to travel to Winnipeg for anymore," she said."Rural Manitoba has always gone to Winnipeg for everything, but suddenly you had all of this service ... it's really evolved."

"They do like the convenience of coming to Boundary Trails ... wherever they're coming from—some are coming from quite far away," agreed Klassen.

"It's exciting to have all these services close to home," added Funk. "I would say the biggest change definitely has been the growth of the diagnostics department ... we started out with five or six of us, it was a very small department ... we're at more than 20 people now working in this department ... it's really grown.

"It's brought about different ways of doing things," she continued. "As our department grew, the jobs became more specialized ... we all know a few desks in the department so that we can cover for each other.

"But we've taken over spaces that weren't originally intended for diagnostics ... the shared waiting room with the ACC [ambulatory care clinic] department isn't big enough ... space is a huge issue," Funk noted. "With the growth of our department, we've been able to attract more radiologists that's a lot of radiologists for a hos-

... that's a lot of radiologists for a hospital of our size."

"The demand for services has definitely increased tenfold," said Hunter. "When you think we opened the building with one surgeon ... a lot of the focus has gone from people being admitted for surgical procedures to them being converted to same day surgeries.

"We're on call seven days a week now compared to when we used to only be on call on weekends for same day surgeries.

"I always find it interesting to look at the demographic of where they're coming from ... we get a lot from word of mouth as well," said Hunter. "And the emergency department ... I know at one time they said our numbers were higher than Grace Hospital [in Winnipeg]."

Now, of course, while already being pressed to capacity, the past year has seen the pandemic pose another whole set of challenges, but staff have done their best and remained dedicated.

"That's been really tested in the last year and a half with COVID," said Hunter. "I have to say that COVID has been the biggest challenge in my nursing career ... it changed every day, and the dynamics of it changed every day. What bothers nurses the most during COVID has been the lack of ability to connect with their patients because that's what nursing is really about."

"I found it very surreal in the beginning," reflected Funk. "Normally, it's a very busy place, but elective surgeries, diagnostic exams, anything elective was all cancelled.

"It was very quiet in the hospital. It was very strange," she continued. "The seating areas and the cafeteria and the waiting rooms had to be reduced, more than once ... I felt safe being able to go to work, then as more and more restrictions came into place, it became more stressful. It's been stressful ... I think we're seeing the end of the tunnel now."

LOOKING AHEAD

As the hospital continues to emerge from the pandemic, its staff hope that there can be renewed focus on moving ahead with expansion to meet the growing needs.

"One of the things I would have on my wish list too is a properly designated place for education ... there's really no formal learning space," noted Buhr.

"We've seen so many programs have expanded ... it takes away space from what you need for patients," said Hunter. "Expansion for more beds is probably the key to sustain what they want to accomplish at Boundary Trails because we've expanded so many regional programs."

"I only see the hospital becoming even busier," said Funk. "I think our reputation has patients travelling from other regions and even neighbouring provinces for services."

Looking back on Morden-Winkler's rich history of health care

By Lorne Stelmach

Having reached its 20th anniversary, the Boundary Trails Health Centre is now writing its own history, but there is a long rich history of health care in both Morden and Winkler that led to the opening of the regional centre two

decades ago.

In Morden, it was the foresight of the Free Masons that led the way in 1892 in bringing people together to build the first hospital in Manitoba outside of Winnipeg. That facility's cornerstone can be found now at BTHC as a nod to the hospital's roots. "The community should be reminded of where our amazing hospital has come from and who the Masons were and their astute forward thinking and how over the years the Masons still continue to work very hard for the community and beyond," said Dell Friesen, who recently found an old article on the history of the Free Mason's Hospital. It was discovered in her father's Masonic files, and she believes it was presented at a Masonic convention around the year the Morden General Hospital opened in 1962.



> LOOKING BACK, FROM PG. 20

The Free Mason's Hospital quickly proved its worth after opening, and it soon grew including an 1898 expansion for a nurses' home and training school.

At one point, when there was a need for a better supply of milk, a stable was built large enough for two cows and chickens.

The need for an isolation ward arose in 1901 when someone came in with smallpox and had to be placed in an outer building.

"All staff and patients were examined for vaccination scars, and those who showed no signs of scars were vaccinated immediately," the article noted.

Further additions and improvements continued to come about in the subsequent decades including an xray machine in 1921 and a new wing with two private rooms of two beds each in 1930.

In 1936, the need for water led to the creation of a dugout. A local citizen not only donated the land but financed its construction as well.

The training school carried on until 1942 when there was a last graduating class of eight nurses. Three years later Morden was approved as a training site for practical nurses.

There was always strong community support for the hospital such as in 1946 when the Kinsmen Club donated

an ambulance.

The facility was known as the Free Masons Hospital until 1947, when it was turned over to a new board and then became the Morden General Hospital.

Eventually, property was purchased for a new hospital in 1950, and work started in 1951 on the 52 bed facility, which opened in 1952. The previous property was sold to the Mennonite Brethren Church and used for the personal care facility that became the original Tabor Home.

"This noble effort will go down in history that the Free Masons Hospital of 1893 rendered service to the people of this for 60 years," the article concludes with the opening of the new medical facility in Morden in 1962.

Meanwhile in Winkler, the need for a hospital had already been felt for many years by the time that Dr. C.W. Wiebe led the charge to get one built. A committee was formed in 1935

to make it happen, purchasing land from the J.H. Black estate at a price of \$1,200. The property consisted of four acres

of land and a large residence, which was later renovated and used as a nurses' home.

In December 1935, before sufficient funds had even been raised to build the hospital, the upper storey of the J. B. Dyck residence was modified for



SUPPLIED PHOTO

The cornerstone of the old Freemason Hospital in Morden lives on at the Boundary Trails Health Centre today.

use as a maternity home.

The plans for an \$8,000 hospital building were drawn up, and construction started in 1936. Bethel Hospital's 15 beds were ready for occupation by that December.

In 1942, a south wing was added at a cost of \$10,500, bringing the bed count up to 36. Four more beds were added in 1946, along with operating rooms.

In 1955, the directors purchased the Dr. A.P. Warkentin residence on 7th Street as a second nurses' home, and June 1959 saw a nurses' residence open at 151 Sixth Street just to the north of the hospital.

After planning for a new building for about five years, construction of a 57-bed \$1 million hospital in Winkler got underway in January 1964 and finished in September 1965.

The old structures built in 1936 and 1942 were demolished, but the fireproof northwing erected in 1946 was renovated and retained as administration offices with waiting and reception rooms.

Today, the Bethel Hospital site is home to the Bethel Heritage Park, which includes a memorial wall to the hospital that contains some of its original bricks.

Suncatch concerts return to Morden Aug. 6

By Lorne Stelmach

The loosening of public health order restrictions means Morden is able to move ahead with its Suncatch Concert Series.

Starting this Friday with three dates planned, the event is a partnership between the City of Morden and the Pembina Hills Arts Council.

"It's a good partnership for us to

work with the Pembina Hills Arts Council," said Clare Agnew, community events and services manager for the City of Morden."It's exciting to be able to host events again in our community.

"I think everyone has always been supportive of our local musicians," she added. "I'm happy to be able to provide the musicians with the opportunity to perform and to welcome people back to the Suncatch."

The concert series had been planned

last year with the loosening of restrictions at that time, but poor weather led to the cancellation of two of the three concerts.

The event is free, but there are restrictions in place according to the current public health orders, which as of the start of the week included being limited to no more than 150 people (updated orders were expected on Tuesday which could change that number).

"We're going to be working within

all of the COVID regulations,"stressed Agnew, who noted plans included a cash bar with the proceeds to support the Pembina Hills Arts Council.

The concert series kicks off this week with the Country Revue with Ed Wayne and Brian Jacobs, and it will be followed by The Bare Yogis Aug. 20 and The Beer Jammers Sept. 10.

"If possible and if weather and conditions permit, we may be able to add additional dates," noted Agnew.

"I'M HAPPY TO BE **ABLE TO PROVIDE** THE MUSICIANS WITH THE OPPORTUNITY TO PERFORM AND TO WELCOME PEOPLE BACK TO THE SUN-CATCH."



for our news team? Is there someone you would like to see recognized in the newspaper for their accomplishments - athletic, academic

or community service.

Spontsarecreation

Orioles split doubleheader

Pembina Valley into final week of MJBL regular season

By Lorne Stelmach

The Pembina Valley Orioles remain near the bottom of the Manitoba Junior Baseball League standings after earning a split of their doubleheader Monday.

The Orioles took the opener 8-1 over Winnipeg South but then were outscored 15-10 in game two in Morden.

Earlier last week, Pembina Valley fell 12-2 to the league leading Elmwood Giants, so they came into the last week of the regular season with a 5 & 9 record, which had them in sixth place at eight games back of the Giants.

Elmwood is clearly the class of the league with a 13-1-1 record followed by the Altona Bisons at 10 & 4. Behind them are the St. James A's at 7 & 8, Winnipeg South at 5 & 8 then the Carillon Sultans at 4-8-1. Behind the Orioles are the Interlake Blue Jays at 3 & 9. **PHOTOS BY RICK HIEBERT/VOICE** Pembina Valley's Billy Patmore tags Elmwoods' Kevin Burnett out at third base in last Wednesday's game in Morden, which the Orioles lost 12-2. Right: Drew Hilhurst leaps to catch a high throw from his catcher while Dylan Duguay slides in safely, stealing second base

The Orioles are at .500 at home with a 4 & 4 record, but they are only 1 & 5 away from Morden.

The Orioles were closing out the regular season schedule this week starting with hosting Altona Wednesday before visiting Interlake Friday, and they then wrap it up with a Sunday doubleheader against the Carillon Sultans.

Shortreed commits to Buffalo

By Voice staff

A former Winkler Flyer is college-bound. The junior hockey team announced last week that forward Sulivan Shortreed has committed to play with the Buffalo State College Bengals this fall.

The 21-year-old right-winger contributed 29 goals and 20 assists for Winkler in the 2019-2020 season, adding another five assists in the eight games of the 2020-2021 season before the league pulled the plug due to the pandemic. He spent the rest of the season playing for the South Shore Lumberjacks in the MJAHL.

"I would like to thank the whole organization of the Winkler Flyers for taking me in and would also like to thank the City of Winkler and my billets for making it a place I can call home," Sullivan said in a statement. "I've learned so much as a person and a player from my time there.

"Thank you to the staff members and the boys—you were nothing but the best to be around every day.

"Lastly, thank you to all the fans. You guys were amazing and definitely the best fans in the league. I will never forget the atmosphere in the rink."





Mudhens shutout the Whips

By Ashleigh Viveiros

The rematch between the Morden Mud Hens and the Winkler Whips went Morden's way Friday night.

The two rivals' first game of the Border Baseball League season last month ended in a 1-1 stalemate, called due to darkness. This time around, Morden came out on top 4-0 to bolster their record to 3-2-1 to sit in a tie with Altona for first place in the league's East Division, while Winkler slipped to 2-3-1.

Winkler also lost 9-3 to the Carman Cardinals last week Tuesday. Arlen Peters made his season debut in the game, collecting a double, while Abe Fehr contributed two hits in the loss. Morden, meanwhile, fell to the Altona Bisons 3-0 that same night.

This week, Winkler was scheduled to host Altona Tuesday while Morden headed to Carman to play the Cardinals.

Next week Tuesday the two teams square off for one final match against each other in Morden. The game starts at 7 p.m.



PHOTO BY LORNE STELMACH/VOICE

15

18

12

Winkler kept close tabs on the Morden runner at first base early on in the matchup last Friday that ended up as a 4-0 win for the Mudhens.



Fun By The 8 Numbers 8 7 9 Like puzzles? Then you'll love 4 sudoku. This about mind-bending puzzle will have 3 www 5 you hooked from the moment you 7 3 square off, so sharpen your 2 9 Д pencil and put vour sudoku ooce 9 5 savvy to the test! 3 2 6 9 7 dooo

Here's How It Works:

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



CROSSWOR 6. "Unbelievable" musicians 16

- 9. Invests in little enterprises
- 13. Longtime Utah Jazz coach
- 14. Small sailboat
- 15. "Luther" actor

CLUES ACROSS

1. Ponds

- **16. Round Dutch cheese**
- 17. Detects underwater objects
- 18. Harsh, grating noise
- 19. Steward
- 21. Fencing sword
- 22. Painful places on the body
- 23. "Sleepless in Seattle" actress Ryan
- 24. Sodium
- 25. Engineering degree (abbr.)
- 28. Small lump
- 29. African antelope
- 31. Electronic point of sale
- 33. Carefully chooses
- 36. Ringworm
- 38. Unrefined
- **39. Drenches**
- 41. Type of pants 44. Son of Noah
- 45. Spiritual being
- 46. Upton Sinclair novel
- 48. Journalist Tarbell
- 49. Atomic #21 (abbr.)
- 51. Born of
- 52. Rich tapestry
- 54. S. China seaport
- 56. Being without clothes
- 60. Surrounded by
- 61. Remains
- 62. Away from wind
- 63. Dried-up
- 64. One who can see the future 65. A very large body of water
- 66. Digs up earth
- 67. Type of screen
- 68. Old Norse poet
- **CLUES DOWN**
- 1. Millisecond

- 2. Spanish city
- 3. Sudden, very loud sound

64

- 4. Type of chair
- 5. Tin

19

31

36

60

63

66

- 6. Sea eagles
- 7. Broad volcanic crater
- 8. Some animals have it
- 9. Ottoman palaces
- 10. Divulge a secret
- 11. "A Doll's House" playwright
- 12. "It's a Wonderful Life"
- director
- 14. Poisonous perennial
- 17. Gulf in the Aegean
- 20. Clothes
- 21. Chairs
- 23. Family of regulator genes
- 25. NY baliplayer 26. Impressive in size or scope
- 27. Jacques ___, Fr. biologist
- 29. Manhattanite

- 30. Genus of lemurs
- 32. Sings to
- 34. River in southern Italy
- 35. Supplemented with difficulty
- 37. Farewell
- 40. Senior officer
- 42. Utah resident
- 43. Begets
- 47. Boy
- 49. Violently break
- 50. Brief appearance
- 52. Expressed pleasure
- 53. A light informal meal
- 55. Fabric with smooth finish
- 56. One billionth of a second
 - (abbr.)
 - **57. Ancient Greek City**
 - 58. Close tightly
 - 59. Commit

 - 61. A way to communicate (abbr.) 65. Heavy metal





Recipe adapted from the Meredith Corporation

Prep time: 10 minutes

Servings: 8-10

3 ripe avocados, halved and pitted 1/2 cup finely chopped Vidalia onion



Prep time: 2 hours Cook time: 15 minutes Servings: 2

- 10 ounces Silver Fern Farms New Zealand grass-fed beef flat iron steak
- 2 teaspoons hoisin sauce
- 2 teaspoons soy sauce
- 2 teaspoons honey
- 1 teaspoon fish sauce
- 1 clove garlic, minced
- 1 teaspoon, plus 1/2 cup, rice vinegar, divided
- 1/8 teaspoon five-spice powder
- 2 tablespoons sugar

1 pinch salt

- 1 small carrot, cut into matchsticks
- 1 tablespoon vegetable oil
- 1/4 cup water
- 2 Vietnamese baguettes or dinner rolls
- 1/4 cup mayonnaise
- 4 Batavia lettuce leaves
- 1/4 cup cilantro, chopped
- 1 Persian cucumber, sliced
- Remove steak from packaging and set

aside 10 minutes. Once steak reaches room temperature, place steak in deep

Apple, Strawberry, Blueberry Salad

Total Time: 30 minutes Servings: 6 **Blueberry Dressing:** 2 cups fresh blueberries 1/4 cup balsamic vinegar 2 tablespoons honey



1 tablespoon lemon juice 1/2 cup olive oil

salt, to taste pepper, to taste

2 large apples

2 packages (6 ounces each) Fresh Express 5-Lettuce Mix

1 pint strawberries, cut in half

Apple Guacamole

1/2 cup snipped fresh cilantro 1lime, juice only

- bottled hot pepper sauce, to taste
- 1 Granny Smith apple, peeled, cored and finely chopped
- kosher salt, to taste
- tortilla chips

In bowl, use fork to mash avocados, onion, cilantro, lime juice and hot pepper sauce to desired consistency. Stir in apple and season with salt, to taste. Serve with tortilla chips.

Steak Banh Mi

plate or storage container. In small bowl, combine hoisin sauce, soy sauce, honey, fish sauce, garlic, 1 teaspoon rice vinegar and five-spice powder; pour over steak. Cover and marinate in fridge at least 2 hours, or overnight.

remaining rice vinegar, sugar and salt. Cook and stir until sugar and salt dissolve. Remove from heat and let cool.

Place carrots in deep plate or storage container. Pour cooled pickling liquid

dry. Reserve marinade.

Heat heavy-bottomed pan over high heat and add oil. Once oil begins to smoke, add steak. Sear both sides, about 1 minute per side. Lower heat to medium

Add reserved marinade and water to pan. Cook, covered, 3 minutes, removing lid to flip meat occasionally. Remove lid and let sauce reduce 1 minute, or until slightly thickened.

Transfer steak and sauce to large plate

Toast baguettes in oven 5 minutes. Let

Slice baguettes along middle without cutting through.

Slice steak into thin pieces.

Spread mayonnaise on baguettes and

In small pot over medium heat, heat

over carrots. Set aside to marinate.

Remove steak from marinade and pat

Heat oven to 325 F.

and let rest 10 minutes before slicing.

cool 5-10 minutes.

add 1-2 lettuce leaves to each. Layer steak on lettuce leaves followed by cilantro, cucumbers and pickled carrots. Slice baguette into two sandwiches.

Expert Patient Here to Help! By Susie Schwartz I desperately wanted to write some-

thing funny this month, but I am not in a comic kinda place. My father-inlaw, a second dad to me since I was 16 (30ish years!) passed away, and we also lost a very dear friend to COV-ID-19 complications a few days later. (I can still find laughter amongst, but I decided to focus on a practical tip this time.) So, we headed to Canada. With years of experience in both

hard times and travel, this tip has saved my sanity multiple times: Be organized.

I'm not sure when I became a list person, but in times of distraction, grief or the need to fly quickly, my travel list has literally saved my life. Now, people mock me incessantly for packing, erm, heavy. So I'm here to defend myself when I say that on top of the apparent needs: tops, bottoms, a belt so those bottoms don't reveal my knees and 13 pairs of shoes, well, this two-month trip also required a shed-load of medical supplies. Pills, insulin pump tubing, enemas (yup, I said that out loud!) were just the peak of the mountain. And without a list, remembering every item and the quantities needed is more complicated than a cat doing a triathlon.

Here's my process: Keep a printable list with all the seasons of clothing (winter coat/swimming costume) and add to it as needed. Then the first thing I do is check off everything I know I won't need. Then I star* the things that get packed last minute (Think insulin stored in the fridge and my headphones - two absolute



Susie Schwartz

necessities, obvs.) and check off all other items as I pack them. Should I mention that I pack enough glutenfree, dairy-free, corn-free, vegetarian snacks to fill a kiddie pool?

I also have to-do lists (think, order extra meds from my pharmacy) and check as I go. I use the 'Keep Notes' app, which has a great tick box feature. In this app I also have a grocery list for when we land (because a kiddie pool's-worth isn't enough), and a list of 'to buy' for items I stock up on to import back to the UK. (Think my preferred brand of suppositories. Yup! Said that too.)

So yeah...organization. It saves. And hey...maybe I'm still a little bit funny?;)

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on FB @medicalmissstress, Instagram @susie.suschwa and lesshealthstress.com

Watermelon Berry **Frozen Pops**

Servings: 8

6 cups watermelon 1 cup blueberries, divided 1 cup raspberries, divided 3 tablespoons honey

In blender, blend watermelon, 1/2 cup blueberries, 1/2 cup raspberries and honey until smooth. Press through fine mesh strainer to remove pulp and seeds.

Fill ice pop molds 3/4 full with liquid. Add remaining whole blueberries and raspberries to molds. Insert sticks and freeze at least 4 hours, or until completely frozen.

To find more summertime snacks, meals and treats, visit watermelon.org.

1 pint blueberries 1/2 cup pecan halves, toasted

blueberry dressing To make blueberry dressing: In blender, process blueberries, balsamic vinegar, honey, lemon juice, olive oil and salt and pepper, to taste, until smooth. Set aside. To prepare salad: Cut apples into 1/4inch thick slices. Using 1-1/2-inch diameter star-shaped cutter, cut apple slices into stars. Place lettuce mix in large bowl; add apples, strawberries and blueberries. Sprinkle with pecans. Before serving, drizzle each salad with blueberry dressing.



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- Assist in day to day activities.
- Welding experience is an asset but not mandatory.
- Must be able to lift 50lbs and work outdoors when required.
- Be able to do repetitive tasks as required.
- Walinga offers modern machinery, competitive wages, full health benefits, company pension, and a great work environment. Apprenticeship programs are available for the pursuit of Red Seal Certification in the trades listed above.

If you are looking for a rewarding career in any of these areas or would like to share a resume please contact Ray Beukema at 204-745-2951 (ext 440) or email him at ray.beukema@walinga.com

> We thank all applicants for their interest, but only those considered for an interview will be contacted.

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PEMBINA VALLEY WATER COOPERATIVE INC.

Position Overview:

This opportunity is to provide Engineering / Project Management support for the Pembina Valley Water Cooperative Inc. located in Altona, Manitoba. The role is to support the execution of major capital projects at the Water Treatment Plants located in Letellier, Morris and Stephenfield and in the Distribution System connecting the plants to our customers in south central Manitoba. This involves interfacing with government, customers, engineers and employees.

What You Will Do:

- Manage capital projects and work with the operations team for completion.
- Develop Design Basis for capital projects to give direction to the engineering firm.
- Develop RFP's for Engineering Services for capital projects.
- Support detailed design for proposed projects with identified engineering firm. Support the development of plan layouts, P&C drawings and engineering drawing development.
- Specify major valves, piping instruments and other equipment consistent with existing standards.
- Work with plant operators to incorporate their ideas for an improved design
- Provide innovative ideas to reduce potential project costs.
- Research technology to ensure appropriate design for our water characteristics and plant conditions. Hold drawing reviews with plant operators to ensure thorough input to engineering design firm.
- Identify a plan to build safety into the design and construction of the project.
- Monitor and manage project schedule to ensure milestones are met
- Ensure detailed construction plans are completed for execution of the project.
- Field supervision for ongoing projects. Ensure a training plan is developed to train all operations staff on the new equipment and processes. Manage the purchasing process and status on equipment delivery.
- Develop a list of required spare parts for plant upgrades.
- Develop a process for pre-start-up checks, start-up of new equipment and final project verification.
- Participate in and lead Project meetings.

Have fun. Requirements:

- Youthful energy of a new engineer or experience of a seasoned engineer.
- Excellent communication, planning and organizational skills.
- Knowledge of mechanical, electrical, civil and process control systems. Ability to work independently.
- Engineering Degree, Engineering Technology Diploma or equivalent.
- Assets
- Experience in project management up to \$5 million.
- Prior experience in budgeting, cost tracking and forecasting
- Experience in working with Engineering Design firms.
- Have knowledge of the safety regulations Experience in managing construction projects.

Interested applicants should forward their resume to martin@pvwc.ca by August 6, 2021 or call 204-324-1931 for more information.

Pembina Valley Water Coop is Manitoba's 3rd largest water utility in the province, producing potable water for 14 municipalities in south central Manitoba. Three water plants feed a network of over 9,000 square kilometers.



Classifieds Announcements

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Jacob Goertzen

'Winkler 🕖 Morden

1938 - 2021

Jacob M Goertzen, 82 of Winkler, MB passed away on Monday July 26, 2021. Dad had many health issues including COPD which he struggled with for many years. His health deteriorated rapidly in the last year and a half and he was admitted to Boundary Trails Health Centre on July 11, 2021. While he was there, his health continued to decline until the early morning hours of July 26 when Dad suddenly became unresponsive and shortly thereafter passed away with his son, Jake by his side.

Dad, Jacob M Goertzen is survived by his beloved wife, Maria (nee Guenther) to whom he was married for 62 years, 11 months and nine days; children, Pete (Lisa), Anne (John Peters), Mary (Frank Schmitt), Helen (the late George Schmitt), Judy (Henry

Peters), Jake (Tina), Abe (Helen), Henry (Mary), Cornie, Sadie (Wendall Hoeppner), Arron (Angela); 37 grandchildren; 38 great-grandchildren and eight half-siblings. He was predeceased by his parents, Jacob and Helena Goertzen Friesen (nee Martens); one son, George in infancy; one daughter, Tina in 2001; son-in-law, George; three grandchildren; two great-grandchildren; his brother, Peter Goertzen as well as one half-brother and six step-siblings.

A private funeral service was held at the Chortitz Old Colony Mennonite Church with interment at the Church Cemetery.

Thank you for the many phone calls, cards and kind words. Thank you to Boundary Trails Health Centre, Wiebe Funeral Home, Bishop Peter Elias, Rev. John Wiebe and many other for caring for Dad in his last days and supporting us as a family.

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



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Ph. 204.822.3454 Cell 204.362.2064



OBITUARY



Frank Unger 1940 - 2021

On Monday, July 26, 2021 at Boundary Trails Health Centre, Frank Unger, 81 of Winkler, MB passed away.

Frank was born on April 17, 1940 in Winkler, MB to Cornie and Martha Unger, He joined the Sommerfeld Church and was baptized by Bishop John A Friesen on June 17, 1962, Frank married Marge Friesen on August 11, 1963 and lived a happy married life for 57 years. Thank God for the years He gave us to share. Frank was predeceased by his parents and one nephew, Mark

(1995). He is survived by his wife, Marge, two brothers, two sisters and their families.

Funeral service was held at 11:00 a.m. on Saturday, July 31, 2021 on the Chortitz Old Colony Mennonite Church grounds with

interment at the Winkler Cemetery. Thank you to our Church family, friends and the great neighbors we have for all the prayers and support during this time. Special thanks to Wiebe Funeral Home for the love and care you showed in this difficult time. Much appreciation to the doctors and nurses at BTHC; may God reward you all.

OBITUARY

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



Mary Holliday Mitchell

Mary Holliday Mitchell passed away Thursday, July 22, 2021 at

A private service was held at Thomson 'In the Park' Funeral

Mary was born on Saturday, April 15, 1933 in Montreal, Quebec

Mary worked as a 'Candy Striper' in a Children's Hospital in

In 1976 Mary graduated from Red River Community College as

John predeceased Mary in 1980, several years after his passing,

she married Ken Mitchell and moved to Winnipeg; Ken passed



away three years later.

Mary loved to spend time with family and friends and enjoyed traveling. She met fellow traveler Herb Goebel on a Fehr Way tour; they became inseparable until his passing in 2017.

Mary is survived by daughters: Maralaina Holliday and Sharon Danenas; sons: Will Penner and spouse Pearl Doerksen and Jim Van Horne and spouse Liz; seven grandchildren and their partners and six great-grandchildren. She was predeceased by granddaughter Daphne Wilson. To Mary, family was precious, she cherished the time she spent with family and friends above all else. Though she may no longer be with us the memories of our times with her remain.

Thomson "In the ParK" 204-925-1120 Condolences may be sent to

www.thomsoninthepark.com

OBITUARY



Abram Rempel 1947 - 2021

Dignity

Abe Rempel, age 74, of Winkler, MB peacefully went to be with the Lord on Wednesday, July 28, 2021 at Salem Home.

Abe was born on January 5, 1947 to Johan and Katharina Rempel in Cuauhtémoc, Mexico. He will be lovingly remembered by his wife, Elizabeth, his children and their families: Tina (Abe) Friesen, Alyssa, Travis (Alysha), Rebecca (James); Abe (Sara) Rempel, Jessica; John (Kim) Rempel, Hailey (Matthew), Mackenzie; Lisa (Jake) Wiebe; Linda Rempel, Kobi; Isaac (Rhonda) Rempel, Brooklyn and Taylor. He was predeceased by his parents, two brothers and two sisters.

Funeral service was held at 2:00 p.m. on Sunday, August 1, 2021 at the Chortitz Old Colony Mennonite Church with burial at the

Church Cemetery. Special thanks to Salem Home and Wiebe Funeral Home for the compassionate care they provided. If friends so desire, donations can be made to the Salem Foundation Inc.

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

Every Detail Remembered







