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**AUG 23 - SEP 1**

The Rivers Banner will be closed from August 23 to September 1, returning September 2. There will be no issue distributed on August 29. Sorry for the inconvenience.

We have appreciated your business all summer!

**Rivers Banner**

# RIVERS BANNER

Local People. Local Stories.

Serving the Rivers, Rapid City, Forrest, Kenton, Oak River, Hamiota and Oak Lake areas for 116 years

## Women of the Rings Rivers floats through Virden



PHOTO BY CHRISTINE WADDELL

Curl Manitoba's RME Women of the Rings is coming to Rivers on December 30-January 4, 2026. The local committee had a very effective float in the recent Virden Indoor Rodeo parade. There was a giant curling rock on the float accompanied by several smaller "rocks" riding as outriggers. Rivers is looking to host big crowds at the Women of the Rings event. Bonspiels always have a lot of out-turns but this time there will be a large turnout as well.

## Inside...



**READY TO RIDE**  
**RIVERS DIRT**  
**RODEO P7**



**ROULETTE**  
**RETURNS TO**  
**WOLVERINES P11**

## INVESTING IN RURAL HEALTH CARE

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# Chamber of Commerce spotlight for August

## Chelle's on Main

By Carolyn Phillips  
RIVERS BANNER

Nestled conveniently at 233 Main Street in Rivers, Manitoba, Chelle's on Main has quickly become a beloved destination for hair enthusiasts and those simply looking to refresh their look. Owned and operated by the talented Rachelle Wellborn, this inviting salon opened its doors in September 2020, bringing fresh flair and personalized service to the community.

Rachelle is not just a skilled hair stylist; she is a true artist when it comes to hair. With a passion for creating beautiful transformations, she offers a wide variety of services aimed at meeting the diverse needs of her clients. Whether you're looking to change your entire look with a vivid, trending colour or simply want a subtle root touch-up or grey blending, Rachelle has got you covered. Her expertise in custom colours allows her to work closely with clients to achieve their desired shades, ensuring everyone leaves the salon feeling confident and satisfied.

For those who enjoy a touch of elegance, Rachelle provides basic highlights and balayage services, allowing for sun-kissed, natural-looking hair. With a keen sense of current trends and an eye for detail, she stays updated on the latest styles, ensuring that her clients can choose from a wide array of options.

Chelle's on Main is particularly family-friendly, offering cuts specifically tailored for children and seniors alike. Rachelle understands that haircuts can be a special experience for young ones and works to create a

comfortable and fun environment.

The salon's aesthetic is warm and welcoming, making it an ideal spot for anyone looking for a relaxing atmosphere while they receive their hair treatment. Rachelle's friendly demeanor puts clients at ease, fostering a bond that keeps them coming back for more. Her approach to styling emphasizes not just technical skill but also the importance of understanding each client's unique preference.

Chelle's on Main operates from Tuesday to Thursday, from 10 AM to 5 PM, and is available for weekend appointments by request, making it easy for customers to find a time that fits their busy schedules. By keeping Sundays and Mondays closed, Rachelle ensures she has time to recharge and spend quality time with her family.

Since its opening, Chelle's on Main has garnered a loyal clientele, drawing in not just residents of Rivers but also customers from neighboring towns. The combination of Rachelle's talent, personalized service, and the cozy atmosphere makes it the go-to salon for all hair care needs in the area. As the seasons change and trends evolve, Rachelle continues to adapt her offerings, positioning Chelle's on Main as a staple of the local community where hair



PHOTO BY CAROLYN PHILLIPS

Chelle's is located at 223 Main St in Rivers. Be sure to make your appointments to walk out with beautiful hair.

dreams come to life.

In a world where self-care is more important than ever, planning your visit to Chelle's on Main might just be the refreshing change you need. Follow Chelle's on Main on social media to stay updated on new trends, special promotions, and the latest styles that can give you a fresh perspective. Experience the difference at this charming salon and indulge in a little self-love with a stunning new look.



## REFRESHING CUCUMBER LEMONADE

### Ingredients

- 1 cup water
- 1/2 cup white sugar
- 1 cucumber, sliced
- 6 lemons, juiced

### Directions

1. Gather all ingredients.
2. Make the simple syrup: Combine water and sugar together in a saucepan over medium heat; heat until just about to boil and sugar has dissolved. Place in refrigerator until cool, about 30 minutes.
3. Blend cucumber in a blender or food processor until mashed into a pulp. Pour cucumber pulp into a fine mesh strainer placed over a bowl; allow to sit until you have about 2/3 cup of cucumber juice in the bowl, about 15 minutes.
4. Stir simple syrup, cucumber juice, and lemon juice together in a pitcher. Serve cold.



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August 24

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from 12 - 1pm

Hands in by 4pm

Entry Fee \$10

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Many years ago, I heard nine words that radically changed my life. They came from a recorded message by the leader of a missionary society that sent personnel into some of the most difficult places on earth for Christian missions. He spoke of the challenges faced by those who answer God’s call to work in these places; and of the struggles he and his staff face when helping them cope with those challenges.

“Many of our personnel come from Colleges and Seminaries in North America,” he said. “They believe they have the faith and spiritual maturity we seek in those who choose to serve in the places where we work. As evidence, they point to times of enlightenment, renewal, revival and significant spiritual growth they experienced while in training.”

Then came the words that changed my life. “We tell these people that we don’t want to hear about their spiritual experiences for one year,” he said. “We want to see the fruit on the tree.” In other words, this man and those who worked with him wanted to see how the faith and maturity these “first-termers” claimed to have would stand up to

the harsh realities of missionary life; and how their faith, hope and love would increase when they had to face issues and challenges for which they were totally unprepared.

I have applied those words to every federal, provincial and municipal government that has come to power since I was first eligible to vote. Those elected weren’t always the ones I voted for. But since, he received the most votes, they won the right to govern; a right I always have and always will respect. But trust isn’t something governments win on election day. It is earned by governing with integrity and passing laws that benefit all citizens equally. To discern that, we need honest answers to hard questions.

For example, are the promises people make realistic, rash or just rhetoric? How do they react when faced with sudden emergencies, on-going crises or the fact that a service club, government or church does not have sufficient cash on hand to pay for their promises? Will they be humble enough to admit that a proposed solution to a specific problem may be the worst option and not the best? Will they listen to and collaborate with those they lead and jointly come up with sustainable initiatives that will provide the greatest benefit for the money spent? And will they keep their promises to do so?

When preparing to vote in an election, or when evaluating our leaders to determine if they still deserve our trust, we have every right to ask these questions and more. But we should not be surprised when people use the same questions when evaluating the work we do in our community, business, service club or church. If we expect others to earn our trust, we must be prepared to work just as hard to earn theirs.

In the Sermon on the Mount (see Matthew 7:15ff), Jesus spoke of people who, on the outside appeared to be honest, upright and caring people; but who, on the inside were evil, corrupt, manipulative and determined to use others for personal gain. You will know them by their fruits, he said. So, look for the fruit on the tree. He did, and so should we.

It is time we took Jesus’ words seriously and let “the fruit we see on the tree” determine how we support our current leaders and who we will choose to replace them when their terms of office expire.

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# From last weeks front page

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I L D I G G I N G Z M Q E H F  
W E A L T H L G K Y S F O Q M  
O W F B K O C G A J U P H Q N  
S Z U C P R G D E B E M N U O  
T U D U A D A N U R U K V G F  
P C M V I X Q R W E I H H K B  
Z Z S A N W O F S Z P V E P F  
U H E K T M U U V O E P C P D  
U W H G I E M B Y A H M F L P  
C M K H N M P S E M V R O G L  
W N T W G F P U P F T G H B E  
H U G N I T S E V N I G E X K  
H F D B T Q V M X E N I L N O

Word Bank

1. day

5. wealth

9. digging
2. hope

6. gold

10. candidate
3. lemonade

7. fun

11. painting
4. museum

8. online

12. investing

# Tundra

By Chad Carpenter



## Putin playing with us all

The timing on this column is a bit awkward as it's Monday morning. This past Friday, President Trump of the United States met with President Putin of Russia.

Prior to the meeting, and on several occasions, Trump boasted that he would end the Russia-Ukraine war in short order. That didn't happen, obviously, and it didn't happen last Friday.

I believe that Putin has played Trump like a cheap violin. Putin praises Trump, and Trump, being who he is, soaks it up like a petunia in the sunshine.

Putin and Russia have no intention of ending the Ukraine War until they get the last drop of Ukrainian blood on the ground and have possession of most, or all of Ukraine. The area has been fought over for centuries and it seems there have been few productive lessons learned from history. I believe Putin is upset about Ukraine wanting to join NATO. That could well be, but if Putin, along with former and future Russian leaders, would take a breath and figure out the costs of their misplaced ambitions, Russia could be the power they once thought they were.

If one looks at an interactive historical map of Europe, borders have changed hundreds of times in the last 1000 years. Tyrants, dictators and overly zealous emperors have moved the borders over and over again. That's all Putin is doing. He has the energy, the power, and the forces to do as he pleases. Well, he did until he invaded Ukraine in what was supposed to be a very brief war. He miscalculated. Heavy tanks and equipment can't always cross farm fields easily. Roads clog up and weather delays travel. Russia's poorly trained troops and poorly maintained equipment bogged them down literally.

So, in spite of early failures, Putin

and his headstrong military doubled down and tried a war of attrition. They forgot how hard invaded people can fight back on their home turf. Sabotage, human sacrifice, and devious defence mechanisms can bring about heavy losses, and that has proven to be the case in this war. If military and political leaders would study history and actually learn from it, park their egos, and think, they would come to a better conclusion.

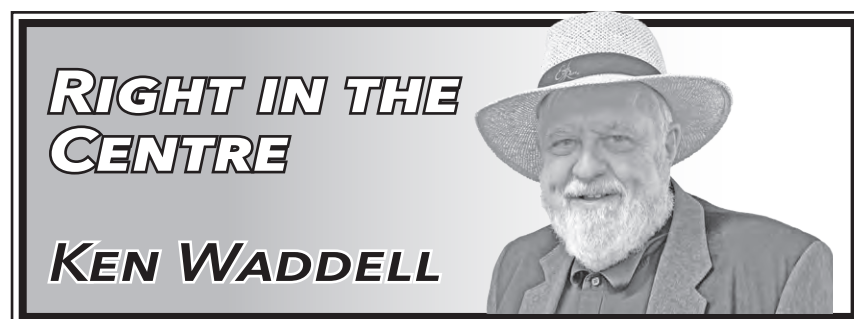
When Russia invaded Ukraine, other countries should have rallied to the cause and given Putin a two word message, "Go Home!"

But, they didn't. Like most historical leaders, they tried to cajole and appease. They supplied munitions to the Ukraine and the war has dragged out with poor results and costs that the rest of us will be paying for. It's very annoying.

Now, with Trump following after Putin like a willing retriever dog, Putin will get what he wants, at least for now. If Putin lives a few more years, he will want more.

How do we know that?

Just look at WWII Germany as Hitler nibbled away at his European neighbours until the whole world was sucked into a war. The answer that should have been given to Putin, that is "Go Home!", should have been given to Hitler on Day 1 of his first invasion. Had European countries, and especially France, stood up to Hitler, there would have not been a WWII.



But here we are today in a bloody mess with no end in sight.

By the time you read this column, there may be some kind of Russia-Ukraine truce, but I doubt it will last.

What should happen is that all countries should hunker in and build their economy by means of internal and external trade. There are billions of people to feed, clothe, and equip for what could be a bright future for all if the efforts and money put into war would be geared to peaceful commerce, trade, culture, and yes, feeding everyone.

Putin and Trump are theoretically smart men, but they are not using their power properly. I will give Trump credit for aiming for peace, but he needs to stand up to Putin and say "Go Home!" and when that happens the world can perhaps stop the absolute futility of war and live in the security that God has set us up to achieve. When there is peace, there is prosperity. When war strikes, famine follows closely behind.

Ironically, Putin doesn't need to be a war monger for Russia to prosper and he should know that. I think Trump knows that but has trouble with his ego getting in the way. I guess somehow cutting ribbons for the opening of a flour mill and bread factory doesn't rank as high as military parades.

*Disclaimer: The views expressed in this column are the writer's personal views and are not to be taken as being the view of the newspaper staff.*

### Homebodies

RITA FRIESEN



## "I'll get me home"....

Studies show that everyone dreams. Frequently. And therefore, I must also dream, frequently. However, I seldom recall a dream, let alone with any degree of clarity. That's why this dream was so outstanding.

The setting was a semi public building, split level, with a wide staircase. The players were a hodgepodge of familiar and unfamiliar. One very familiar couple, now well into middle age, had just had a baby, as had one of their children. So that makes child and grandchild the same age. While we were gathered informally, a fire siren blasted. The bins and augers of the local grain elevator were engulfed. The call was for evacuation. Immediately meet at the muster station, a near by school. In this dream, and thankfully it was a dream, I could not find my shoes or my jacket. And I would not leave without them. What I did find was a pair of fuchsia colored runners, rather like soccer shoes. They fit and I took them. I did leave without a jacket, but chose to push a lawn mower to the meeting place. Walking past the elevator, I noted that the blaze had been extinguished and only the bins and augers gone. Needless to say, I arrived late. After hiding the mower in some bushes I encountered the supervisor for the evacuation. 'you missed the bus out.' 'I know'. 'what are you going to do?'. 'I'll get myself home!'. And I woke up. Again, thankfully it was only a dream.

You know how, when you wake up, you try to figure out what triggered the dream and how it may pertain to your life? With the news being filled with fire and evacuation stories it made sense to think about them after falling asleep. Why Lisa had a baby at her age- I have no idea! But several family members have just had little ones and more are carrying. So that could be a trigger. Take a lawn mower? Not a riding mower, but a push one. That could only slow me down. Again, mowing lawns and the sounds of lawn mowers are fairly common these days...so, ok.

What struck me as I reviewed the dream was the calm assurance I experienced while searching for footwear, while walking past the scene of the fire, and the awareness that I missed the bus out. No panic, steady and steadfast approach to the task at hand. And then, again, the calm assurance that I would get myself home. Not a plan in place, not a person to rely on. But the assurance that I would get myself home.

I do think of myself as self reliant, a problem solver, and capable. I do not embrace danger, look for anxiety producing moments (no high risk adventures for me!) nor am I one to too frequently disobey orders or bend too many rules. (Check with family and friends on that one!)

I will spend more time dissecting this dream, it's so seldom that I remember one that there must be a reason for this one. I will laugh at myself for spending so much time on the project!

**Rivers  
Banner**  
Est. 1908

204- 328-7494  
www.riversbanner.com  
info@riversbanner.com  
Drop box @ 529 Second Ave • Rivers, MB

Circulation: 2,200

Yearly Subscription Rates (excluding taxes): \$52.03 in Manitoba, \$59.08 elsewhere in Canada

Canadian Publications Mail Sales Product Agreement #40012782

STAFF

Owner/Publisher/Editor  
Micah Waddell

Sales/Media  
Jessica Coulter

Members  
of:



PUBLISHED EVERY FRIDAY  
AD DEADLINE: MONDAY 12  
PM PRIOR TO ISSUE DATE

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Funded by the Government of Canada  
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# Oak Lake Memorial Golf Tournament swings into summer fun

By Ev Nolan  
RIVERS BANNER

Oak Lake Golf Club was the place to be on Saturday, August 16, as 72 golfers hit the greens for the Annual Memorial Golf Tournament. What started off as a chilly morning quickly turned into a perfect prairie summer day, with sunshine and blue skies setting the stage for a great mix of golf, laughter, and community spirit.

Players arrived early for the check-in, greeted with familiar smiles and plenty of good-natured ribbing as teams prepared for the shotgun start. The format was best ball, with two-person teams working together across 18 holes. Some came to compete, some came for the fun, and many came for both and of course, for the BBQ burger and cold plate lunch that was included with registration. The \$60 entry fee also went a long way, covering prizes, great food, and a day full of memories.

The top 10 teams had earned their spot in the much-anticipated Horseshoe, which teed off at 3:30 p.m. With plenty of laughs from the sidelines and a few nerves on the greens, the competition was close right to the end. When the final putt dropped, Lawson and Callen Hayward were crowned champions, claiming the \$220 top prize. Close behind were Dustin Smoke and Justin Packo, who walked away with \$170 in second place, and Brad Myers with Dave Drummond, who rounded out the top three with \$150.

The individual contests added even more fun to the day. Ryan Walker showed off his power, winning the Men's Longest Drive and \$42, while Jeffery Bailey's steady hand earned him the Men's

Longest Putt at an impressive 18 feet, 2 inches, good for \$52. Nathan Wasicuna's accuracy landed him Men's Closest to the Pin and \$85. For the ladies, Tara Davies claimed the Longest Drive for \$26, Natalie Bailey drained an 8-foot, 3-inch putt for the Ladies' Longest Putt and \$14, and Sandy Hayward's pinpoint approach shot to just 8 feet, 6 inches from the pin won her \$20.

According to Clubhouse manager Alayna Bailey, the event raised just under \$10,000 for the Oak Lake Golf Club, a cause close to the hearts of many in the community. Knowing that their swings, putts, and even the missed shots were contributing to something local added an extra layer of pride and purpose to the day.

The event would not have been possible without the incredible generosity of local sponsors. From small businesses to family names that everyone in town recognizes, the list was long and heart-warming. Anchor Salon & Spa, Cherry Point Lodge, Fusion Credit Union, Four Seasons Virden, Tundra Oil & Gas, Virden Dodge, Whyte's Lumber, Virden Home Hardware, and many more all chipped in to make sure the day was a success.



PHOTO SUBMITTED

These guys had a great time playing the game. L to r: Devon Maxwell, Cory Dreilich, Lance Lobreau, Jeffery Bailey

plenty of prizes, good food, and great company. The early morning chill was long forgotten as golfers shared stories of their best (and worst) shots of the day, already talking about "next year" before they even left the course.

"The Oak Lake Golf Club has always been the heart of our community! But this year is extra special for us! Adding in our Liquor License and our new Kitchen Menu has evolved the Golf Course into something we never could have dreamed up! We are so thankful for all the support this season and will continue to provide amazing food and delicious drinks to all our customers! The golf course has never looked so great! The greens are incredible! We have people coming from all over Canada to see what we have done with the place! It's a true blessing to say this year has been our best one yet! I've been with the Club for almost 8 years now and it's always been my passion to see it succeed! To see our profits this year would blow you away! Thank you for all the ongoing support!", says Clubhouse Manager Alayna Bailey.

The Annual Memorial Golf Tournament is about more than just golf. It is about tradition, community, and coming together to honour memories while making new ones. And with nearly \$10,000 raised for the Oak Lake Golf Club, this year's event proved once again how powerful a day on the greens can be.

## The buzz about bee venom Why I should never complain about bees in my pool

**PUBLISHED AUTHOR, HOLISTIC  
WELLNESS CERTIFIED HYPNOTIST (CH)**  
**MARIE EVELYNE GINGRAS**

This summer, I found myself scooping honeybees out of my pool like I am running a tiny insect rescue mission. At first, I complained. A lot. Why do they keep diving in like they are auditioning for the Bee Olympics? But the more I learned about bees and their secret superpower, bee venom, the more I realised I should be grateful instead of grumbling.

Bee venom, bee-lieve it or not, is one of nature's most fascinating medicines. It has been used for centuries in traditional healing, and now modern science is catching up. Inside that tiny sting is a cocktail of compounds that have been studied for their ability to reduce inflammation, improve circulation, and even boost the immune system. People with arthritis, for example, have reported relief from joint pain after bee venom therapy. Some even call it "liquid gold with a sting."

Now, I am not suggesting anyone go buzzing barefoot through a bee yard asking

to get stung. But researchers have found that bee venom contains melittin, a peptide that has powerful anti-inflammatory properties. It can help calm swelling and pain, making it a potential natural alternative to certain medications. Some studies are even looking into its role in fighting infections and supporting the nervous system. Imagine that the very thing we swat at during picnics might actually be the answer to some of our aches and pains.

The more you think about it, the more bees start looking like tiny, winged pharmacists. They already gift us with honey, which soothes sore throats, propolis that boosts immunity, and royal jelly that is packed with nutrients. Add venom to the mix, and suddenly that buzzing around the pool does not seem so bothersome. These little insects are practically carrying a first-aid kit in their stingers.

Of course, I will not pretend a sting feels pleasant.

But for many, controlled exposure in a medical setting has shown promise for conditions like multiple sclerosis and chronic pain, even killing cancer cells. Bee venom creams and ointments are even popping up in beauty aisles, marketed for their ability to plump skin and reduce wrinkles. Who knew the secret to glowing skin might be hiding in the very creatures floating around my pool noodles?

So, the next time I see a honeybee doing the backstroke, I might remind myself that these tiny swimmers are working harder than almost any creature on Earth. They pollinate crops, keep ecosystems alive, and offer up a venom that could help humans heal in ways we are only beginning to understand. Complaining about bees in my pool feels a little like complaining about free healthcare. It might be inconvenient at times, but the benefits are undeniable.

This summer, instead of grumbling, I will gently scoop my little visitors out with respect. After all, they are more than pool crashers. They are healers, helpers, and tiny reminders that sometimes life's sweetest gifts come with a bit of a sting. So let it be!

Families like the McNishs, the Browns, the Baileys, and the Enns also lent their support, proving once again how a small town can rally together for something special.

By the end of the day, the tournament had delivered everything it promised—a healthy dose of competition,



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# Locals competed at the Virden Indoor Rodeo & Wild West Days

## Manitoba High School Rodeo Association

On Thursday, August 14 and Friday, August 15, competitors from all over Manitoba came out to compete at the Manitoba High School Rodeo during the Virden Indoor Rodeo events weekend. Different events ran during the days on both days at the Tundra Oil and Gas arena which was transformed to an Indoor Rodeo arena for the weekend of events.



PHOTOS BY ANNE DAVISON

In junior high boys' breakaway roping Garrett Gompf of Oak Lake makes a catch in 3.33 seconds placing 1st.



Easton Beernaerts of Rapid City, Manitoba with a time of 14.491 placing 12th.



Jessica Wright of Rapid City rides to a 14.397 finish in high school barrel racing placing 10th.



Hudson Bond of Kenton has a ride to remember stopping the clock at 13.513 seconds placing 1st in barrel racing.



Jorja Robins of Rapid City finishes with a time of 14.356 placing 11th.



# CLOSED FROM AUG 23 - SEP 1

The Rivers Banner will be closed from August 23 to September 1, returning September 2. There will be no issue distributed on August 29. Sorry for the inconvenience.

We have appreciated your business all summer!

# Rivers Banner



# RIDERS HIT THE TRAILS AT DIRT RODEO THIS WEEKEND

Riders making it through the twists and turns of the trails through the valley from last years rider, 2024 at Rivers Dirt Rodeo. Just one leg of the Manitoba Dirt Riders trail races.



PHOTO BY JESSICA COULTER

By Robin Wark  
EMPIRE-ADVANCE

this weekend's Rivers Dirt Rodeo.

The third year of the event, put on by the Manitoba Dirt Riders, runs Aug. 23-24. The Rivers Dirt Rodeo takes place at property owned by Ryan Toews, who is also a rider. Paul Swiscoski, the race coordinator, praised the Rivers track for its beautiful scenery. He also said its setup makes it a spectator friendly race.

At the Rivers event, riders will attempt to complete as many laps of their course in an allotted time. There are four track options for this weekend depending on a rider's class. The "peewee" course is four kilometres, while beginners will race on a five-kilometre layout. The "intermediate" course is about 12-13 kilometres long. The pros will race a

**D**irt bikes and camaraderie will be key components of

24-kilometre circuit. Swiscoski said one lap of the longest course is expected to take about 45 minutes with the pros racing for two hours.

On Saturday, there will be fun races. They are half the time length of Sunday's points races. The Saturday races are for enjoyment, but also to give riders a lay of the land for the next day. The courses often change from year to year.

After the races, results will be announced and there will be bike entertainment. Swiscoski said in the past this has included contests such as longest wheelies and a tug of war.

On Sunday, riders will compete for points for the season-long championships. Swiscoski said the club averages about 200 riders for each of its races. They, of course, bring others with them. This adds to the family feel of the events. Swiscoski said the races, which are open to male and female

riders, has classes for every age and experience level.

One draw of the Manitoba Dirt Riders' events might be the long courses and non-repetitive riding. A factor that likely keeps people coming back is the community. When Swiscoski, who has been part of the club since 2019 and had won championships, was asked about what people enjoy about it, he said, "I don't think it's the competi-

tion. I think it is more the camaraderie."

He explained that a rider could be competing in a points chase, but if they see a competitor down on the track they will stop to help. Swiscoski said it is "one big family."

"Whether it's your first race or 12th year competing, everyone gets treated like family," he said.

"Throttle therapy" is also an important aspect of the sport. Swiscoski said you can "let the world go away and just ride dirt bikes for the weekend."

Sunday will be the third points race of the Manitoba Dirt Riders' season. The Oak Lake Dirt Drag and the Miniota Devil's Drop were held earlier this summer. The Cypress River Snakes and Ladders River Run will come after the Rivers Dirt Rodeo. The Fisher Branch Rocks and Logs, which was postponed earlier this year, will cap the season.

The Manitoba Dirt Riders is a volunteer-run, not-for-profit dirt bike off-road racing association. It has existed since 2008. On the organization's Facebook page, its mission statement reads it is "to promote and facilitate off-road motorcycle riding and competition." The Manitoba Dirt Riders' objectives include grassroots entry into off-road competitive riding, emphasizing safe and respectful riding, minimizing environmental impact, and creating a positive, cooperative relationship with the community.

## Does gardening help you live longer?



PHOTO BY METRO CREATIVE

Men and women in their sixties found that those participants that gardened had a 36 per cent lower risk of dementia.

Submitted  
By PATRICIA HANBIDGE

keep you to live longer – but even more importantly live better?

It is very well known that an outdoor lifestyle that also involves physical activity is linked to a longer life. If you are a gardener, then this is an easy way to accomplish getting outside and doing some low-intensity activity. Gardeners do live longer and are less stressed as there are both physical and mental benefits from gardening.

A fairly recent Dutch study took two groups of participants and gave them a fairly stressful activity. After completing this activity one half of the group read indoors while the other half gardened outdoors for a period of thirty minutes. The group that read indoors reported their mood "further deteriorated" while the gardening group showed lower levels of the stress hormone cortisol and felt "fully restored".

In Australia, researchers following men and women in their sixties and found that those participants that gardened had a 36% lower risk of dementia than the non-gardening group. Also, elderly people suffering from cognitive issues reported benefits from garden settings and by involvement in horticultural therapy. Sunlight, fresh air and the colours and textures of plants help improve visual and tactile ability.

Okinawa, Japan has the world's highest ratio of centenarians with a whopping 50 per 100,000 people. Many of these residents maintain small personal gardens well into old age. There is a saying in Okinawa that anyone that grows old healthfully needs an ikagai or reason for living. Gardening gives you a reason to get up and move each and every day. One other factor that is key to this healthy lifestyle is the concept of yuimaru or a high level of social connectedness obtained by bringing their produce to market and sharing your latest creations from the garden as a

social activity. This connectivity to other people and to nature itself by living surrounded by lush greenery helps us to live longer and have less chance of developing cancer or respiratory illness.

One other important factor is gardeners often eat better and often develop a more Mediterranean diet that is rich in vegetables, fruit, whole grains, legumes, nuts, fish and olive oil. Vegetables that you grow yourself taste better and are actually healthier than vegetables that are produced commercially. They are richer in vitamins, minerals and phytoactive compounds. Gardeners tend to grow what they like to eat and thus eat more of this healthy food and enjoy it more.

If we take a moment to explore the benefits of horticultural therapy these factors are even enforced more strongly. HT is the use of plants and horticulture or gardening to improve the quality of life socially, physically, mentally and spiritually. I think that is another way to demonstrate what gardening gives back to you, the gardener. Whether your HT is used to improve rehabilitation, to build a vocational option into your life or if you just use it as a social program – it is all beneficial to you personally. In my opinion everyone should garden forever, but it is totally reasonable and acceptable to alter or evolve your garden to meet your current needs, abilities and skill level. Be creative, be brave and get outside to garden!

There are no guarantees in life and gardening is not any guarantee of living a longer life, but the lifestyle factors associated with gardening – going outside, physical activity and eating a healthy plant-based diet just might be the ticket to living a longer, healthier and happier life!

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# Doing the right thing

By Cam Dahl, GM  
MANITOBA PORK COUNCIL

It surprises many people when I tell them that they must shower before going into a hog barn and that their outdoor shoes are not nearly clean enough to be worn next to the pigs, but both statements are true. Strict biosecurity is a critical component of animal care and welfare.

Biosecurity protocols are key to helping farmers keep production diseases like Porcine Epidemic Diarrhea (PED) and Porcine Reproductive and Respiratory Syndrome (PRRS) out of their barns. Biosecurity is also critical in preventing foreign animal diseases like African Swine Fever (ASF) from entering Canada. Good biosecurity helps keep animals safe and healthy.

The last major outbreak of PED in Manitoba, which began in the fall of 2021 and lasted through the spring of 2023, is estimated to have cost the province more than \$100 million. Current estimates indicate that PRRS in the U.S. is costing the industry there \$1.65 billion annually.

Manitoba's hog and pork producers learnt some key lessons from the last PED outbreak. The first is that the entire sector needs to work together if we are going to effectively protect the health of animals under our care. The second key lesson is more difficult. Sometimes, parts of the value chain will need to take actions that are not in their short-term fiscal interest but are in the long-term interest of industry. This collaboration demonstrates the industry willing to do the right thing even when there is a short-term cost. The result of this teamwork is Manitoba's PED Elimination Plan, which has been effective in stopping disease spread.

Farmers sometimes complain that outside experts are quick to tell them how to farm but can be very slow to recognize the results of their efforts. That should not be the case here. Farmers and industry stakeholders should be recognized and congratulated for their collaboration on biosecurity

and disease prevention and containment efforts.

Stringent biosecurity requirements explain why producers are concerned about unauthorized people coming onto their farms or into contact with their animals. If people from outside of the farm breach biosecurity the efforts aimed at preventing the spread of disease will be for naught. This is a key reason why farmers support anti-trespass legislation.

For farmers, doing the right thing goes beyond keeping diseases out of their barns. Farmers also work on a day-to-day basis to safeguard the overall welfare of their animals. Hog producers across Canada are guided in these efforts by the 105 Code of Practice requirements for the Care and Handling of Pigs. Backing up the Code of Practice is legislation and regulation, like Manitoba's Animal Care Act.

Confirming compliance with high standards for animal care includes verification. The Canadian Pork Excellence (CPE) program is a national platform for producers to demonstrate compliance with food safety, animal care, and traceability standards. Program registration is required to ship animals to federally inspected processors. Under these programs, animal care is assessed regularly, including regular visits from the herd veterinarian.

The Code is not something that was made up by industry as a public relations exercise. It is the result of a rigorous development process that uses the best science on pig health and welfare, compiled through an independent peer-reviewed process. The Code Development Committee includes independent scientists, representatives from animal welfare organizations, veterinarians, governments, and consumer-facing members, in addition to farmers.

Doing the right thing also includes ongoing improvements in environmental sustainability. For example, modernization of agriculture has revolu-

tionized nutrient management. Past generations did not have today's research or tools to minimize manure runoff. Currently, over 90 percent of hog manure in Manitoba is either injected below the surface or incorporated into the soil after it is applied to the land. This prevents leaching into our waterways and positions the valuable

nutrients next to the seed where it is most beneficial for the crops.

Advances in technology are making the application of manure more precise. Modern equipment can test the flow as manure is being applied, using near infrared technology, and vary application rates on a real-time basis. Farmers use global positioning technology, ultrasonic speed sensors, and radar to ensure that manure is applied in the right place and at the right rate.

Technology allows farmers to maximize the benefits of this natural fertilizer while helping to minimize nutrient leaching into waterways.

Compliance with modern regulations helps deliver advancements in sustainability. Before applying manure, farmers are required to file manure management plans with the provincial government. These nutrient management plans are tailored to the specific crops being grown and

include soil sampling to help prevent the over application of nutrients.

The environmental and animal care record of modern Manitoba hog farmers is one in which they take pride. It is also a record that should be a source of pride for all Manitobans. Nutritious high-quality pork from Manitoba's farmers is raised in a sustainable way that will help ensure the industry's ongoing contributions to our economy and job creation in our local communities.

Elections **X** Manitoba

## SPRUCE WOODS BYELECTION

### Advance Voting Begins August 16

### Election Day is August 26



You can vote at any advance poll.

Hours of voting: 8:00 am to 8:00 pm daily, Sundays noon to 6:00 pm

**Advance voting at the Local Election Office:**

August 16 to 25: Corral Centre, 811 18th St N, Brandon

**Other advance locations and dates:**

- August 16 to 23: Glenboro Raystone Memorial Center, 214 Broadway St, Glenboro
- August 19 to 20: Souris Glenwood Memorial Complex, 32 Third Ave W, Souris
- August 19: Holland Community Centre, 136 Broadway St, Holland
- August 19: Kemnay Recreational Centre, 6 Irving Pl, Kemnay
- August 19: Royal Canadian Legion - Oak Lake, 291 Assiniboine St, Oak Lake
- August 19: Royal Canadian Legion - Rivers, 633 2nd Ave, Rivers
- August 19: Sprucewoods Community Club, 5 Woods Ave, Shilo
- August 19: Wawanesa Community Hall, 202 4th St, Wawanesa



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- Either one piece of government-issued photo ID with your address or two other pieces of ID.
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- Not registered? If you're an eligible voter living in Spruce Woods, you can register to vote at your polling place.



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[SpruceWoods@electionsmanitoba.ca](mailto:SpruceWoods@electionsmanitoba.ca)

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# CLASSIFIEDS

## Notice



### PUBLIC NOTICE BOARD OF REVISION

Public Notice is hereby given that the 2025 Assessment Rolls for Riverdale Municipality have been delivered to the Municipal Office at 670 – 2nd Avenue, Rivers, Manitoba and will be open for public inspection during regular business hours. Applications for Revision may be made in accordance with Sections 42 and 43 of the Municipal Assessment Act.

#### APPLICATION FOR REVISION

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

- the liability to taxation;
- the amount of an assessed value;
- the classification of property; or
- a refusal by an assessor to amend the assessment roll under subsection 13(2).

#### APPLICATION REQUIREMENTS

- 43(1) An application for revision must
- be made in writing;
  - set out the roll number and legal description of the assessable property for which a revision is sought;
  - state the grounds on which the application is based; and
  - be filed by
    - delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41(2), or
    - serving it upon the secretary, at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on **TUESDAY, OCTOBER 7th, 2025** at 6:10 p.m. in the Council Chambers of Riverdale Municipality located at 670 – 2nd Avenue, Rivers, Manitoba to hear applications. The final date on which applications must be received by the Secretary of the Board is **Monday, September 22nd, 2025**.

Dated this 14th day of August, 2025.

Marci Quane, CMMA  
Riverdale Municipality, Box 520 ~ 670 – 2nd Avenue Rivers, MB. ROK 1X0  
Email: [cao@riverdalemb.ca](mailto:cao@riverdalemb.ca)

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## Tender

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Rolling River School Division invites sealed tenders by the undersigned for approx. 140,000 litres of Clear Diesel Fuel from **September 2025 to June 2026**.

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# SPORTS

## LOCALS HELPS RUGBY TEAM TO STRONG FINISH

By Robin Wark  
RIVERS BANNER

Three local athletes helped the Team Manitoba women's sevens rugby squad wrap up its time at the Canada Summer Games in fine form.

Rivers' Madi Vandal and the Oak River duo of Elle McLean and Karas Munz contributed as the team won its last two games at the prestigious multi-sport event in St. John's, Newfoundland and Labrador. That strong finish earned the squad ninth place.

"Our last two wins were very important," head coach Kathleen Muirhead said. "We struggled to perform our best when we played Ontario and Quebec so to see the girls bounce back and play some good rugby was amazing and it brought pride back and a belief in themselves and their abilities."

Team Manitoba opened the tournament with a 10-7 win over fellow prairie province foe Saskatchewan. It fell to Ontario, Quebec, and Prince Edward Island in pool play.

The resilient Team Manitoba rebounded to win its two consolation games. It shut out Yukon 34-0 with Munz scoring a try. Team Manitoba bested Newfoundland and Labrador, 27-5. Vandal was dominant as she scored three tries. McLean also scored a try.

The women's sevens rugby teams competed in the first week of the Canada Summer Games. The event runs Aug. 8-25. The Summer Games feature more than 4,000 athletes, coaches and managers in 17 sports.

The Canadian Games are typically held every two years—alternating between summer and winter. Former Canada Games participants who have gone onto athletic success include Olympic sprint champion Andre De Grasse, recently retired pro tennis player Eugenie Bouchard, basketball Hall of Famer Steve Nash, and all-star hockey players Sidney Crosby, Nathan MacKinnon, and Marie-Philip Poulin.

McLean, Munz and Vandal are not new to success. Last summer they won gold at the Manitoba Summer Games. Look for more on the local rugby contingent in an upcoming issue of the Rivers Banner.



SUBMITTED PHOTO

Elle McLean, Karas Munz and Madi Vandal competed for the Team Manitoba rugby sevens squad at the Canada Summer Games.

## ROULETTE DEVELOPS WITH WILDERNESS, RETURNS TO WOLVERINES



PHOTO BY SNOWY ROCK PHOTOGRAPHY.

Ben Roulette had a strong season last winter with the Minnesota Wilderness.

By Robin Wark  
RIVERS BANNER

Rivers' Ben Roulette will be playing closer to home after developing his game last winter in the United States.

The Waywayseecappo Wolverines announced earlier this month that the son of Tracy and Cecil Roulette is rejoining them for next season. The 2005-born, skilled forward competed for the Manitoba Junior Hockey League team for two campaigns—2022-2023 and 2023-2024. Last season Roulette suited up for the Minnesota Wilderness of the North American Hockey League.

"We are thrilled to be adding an impact forward that has already proven himself in this league," Wolverines head coach and general manager Landyn Cochrane said on the team's website. "Ben is not only a great asset on the

ice, but off the ice, his dedication to community involvement makes him just as valuable, always giving back and connecting with our fans."

Roulette is excited to return to the Wolverines.

"It's an organization that I'm very familiar with and I'm very grateful for the opportunity to come back and help bring a championship to Waywayseecappo," he said. "The thing I'm most looking forward to is reconnecting with all the players and staff. I've had the opportunity to build strong connections within the organization over the years and a lot of the returning players so I'm very excited to get back on the ice and compete with them."

Heading back to Manitoba, Roulette will have an increased ability to play in front of family and friends. He said he would not be where he is today without his parents.

"Being my No. 1 fans and the countless hours of taking me to practices and workouts in my younger years has been a big reason for the success I'm having now," Roulette said. "On top of that, the amount of money that goes into the game of hockey isn't a small amount. They've sacrificed so much for me to be able to chase my dreams, which is something I'll always be grateful for."

The Wilderness enjoyed having him. Head coach Zach Stepan said a number of things stood out about Roulette's time in Minnesota.

"The first being his attitude every day at the rink," the coach said. "Some would call it a locker room guy. He wakes up every day with a smile on his face and brings positive energy everywhere he goes and to everyone he is around. With that energy, he brings motivation. He is a hockey player that truly loves the sport."

Roulette had a strong season for the Wilderness. The

6-foot, 180-pounder scored 13 goals and recorded 17 assists for 30 points in 49 games. Last November, he had a five-game points streak. That included four goals and three assists. Roulette lit the lamp in four out of the five contests.

Stepan said, "the strengths of his game are his hockey IQ and creativeness. His ability to read the game and create something out of nothing is something that is extremely fun to watch and to coach. He sees and reads the game differently than most and that's what allows him to create the offence he is able to create."

Roulette enjoyed various aspects of his time with the Wilderness. He said the biggest were the people he met and the places he went.

"I've built lifelong friends and met people from all over the world," Roulette said. "I've been able to play with players from Czechia, Slovakia, Sweden, Switzerland, Denmark, and the list could go on. Just having the opportunity to go through it with this group of guys has been amazing. Especially traveling all over the country is something I will never forget. Being able to go up to Alaska and all over Wisconsin and Illinois has been a great experience for me."

The Wilderness were based in Cloquet, Minn. Located in northeastern Minnesota, it had a population of 12,568 in the 2020 United States Census.

"Cloquet has some of the best hockey fans in all of Minnesota," Roulette said. "Having a community behind us cheering us on no matter what the outcome is has been one of the coolest things I've been a part of. I didn't know what to expect coming to Cloquet but the community is what has made it feel like home for me. I've always heard that Minnesota is the State of Hockey and it's definitely lived up to its name."

## We're Hiring

Role: Seasonal Chemical Delivery Driver  
Location: Hamiota, MB

### Job Requirements:

- Minimum Class 1 or 3 Driver's License with Air Brake endorsement
- Previous equipment operation (e.g., Forklift) and maintenance experience, an asset
- Previous Anhydrous Ammonia experience, preferred

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SUN	MON	TUE	WED	THU	FRI	SAT
COMMUNITY CALENDAR					Aug 22	23
24	25	26	27	28	29	30
Friends of the Rivers Lake Paddle Derby 	Rivers Banner is closed					
	50 + Club Rummy 1pm 	50 + Club Pool 1pm 	50 + Club Cribbage 1pm 	Riverdale Harvest Food Bank 9:30 to 11:30am.  Crib Rivers Legion 7pm Darts Rivers Legion 7pm 	Chase the Ace Rivers Legion 7pm Hamiota Hotel 7pm 	
31	Sep 1	2	3	4	5	6
	HAPPY LABOUR DAY 	RIVERDALE Municipality Council Meeting 50 + Club Pool 1pm 	Arts West Traveling Gallery Display ~ Prairie Crocus Library ~ September 3 - 19			
			50 + Club Cribbage 1pm 	First Day of Classes for All Students HAPPY BACK-TO-SCHOOL  Crib Rivers Legion 7pm Darts Rivers Legion 7pm 	Chase the Ace Rivers Legion 7pm Hamiota Hotel 7pm 	

The PCs took Spruce Woods for granted.

The NDP discovered you at election time.

Stephen Reid is running to make certain this community never gets ignored again and promises are kept, with steadfast, collaborative leadership.

On Aug 26th



STEPHEN REID



It's time for the right person for the job

SEND A MESSAGE  
VOTE  
STEPHEN REID FOR  
SPRUCE WOODS

