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# RIVERS BANNER

GAZETTE-REPORTER

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## Sitcoms and curling, what a fantastic combo



SUBMITTED PHOTOS

RCC Treasurer Crystal Stewart presents trophy and cash to A side winner Ivy Heapy, Sheila Gregory, Kassidy Heapy and Clair Tolton.



Yabba Dabba Doo, meet the Flintstones.



"Life, Liberty, and the Pursuit of Happy Hour," Hawkeye Pierce ~ M\*A\*S\*H

**Submitted**  
 BY DONNA FALKEVITCH

Rivers Ladies Bonspiel is a wrap for 2025! The 10 rinks who braved the blustery weather on Friday evening hailed from the Rivers area, Oak River, Hamiota and Alexander. Of course, the rosters were rounded out with team-mates from Saskatchewan, Ontario and southwest Manitoba who came many miles to bolster their team. The Saturday evening banquet was catered by Shelly Mom's and enjoyed by all. Some amazing renditions of TV Sitcoms

were portrayed by the rinks after supper with some teams singing their theme songs, some singing "something else", skits, a few rounds of sitcom trivia and "Get Smart" even put on a mini episode of their show (complete with the cone of silence and a shoe phone). A few rounds of "cornhole", raffle baskets and silent auction rounded out the entertainment. It was truly a hilarious, wonderful evening!

*read more about the ladies bonspiel on page 2...*

## Inside...



**KENTON OPEN BONSPIEL**  
*P6*



**CORRIDORS CREATE HUGE CONTROVERSY**  
*P11*



# Rivers Ladies Bonspiel



RCC Treasurer Crystal Stewart presents B side trophy and cash to Jocelyn Beever (with Rawleigh), April Sprenger, Loree Wedderburn and Monica Madden.

SUBMITTED PHOTOS

*Continued from page 1*

At the conclusion of three days of very close competition, the A event winners were Ivy Heapy's Hamiota team of third-Sheila Gregory, second-Kassidy Heapy/Linda Wilson and lead- Clair Tolton. They defeated the McKay foursome of Alexander/Rivers with Laurie Champion-skip; Linda McKay-third; Sam Kolesar-second and Ashley Hammond-lead on the last rock of the 8th end. Couldn't have been closer.

The B event saw two competitive Rivers teams battle it out for the top spot. Jocelyn Beever's team of April Sprenger-third; Loree Wedderburn-second and Monica Madden-lead came out ahead of Heather Bate-skip; Kerri Gourlay-third; Darlene Gourlay-second and Diane Clark/Sally Carter-lead.

Thanks so much to everyone who volunteered, curled, watched games and supported the Rivers Curling Club. It was a fantastic weekend of good food, good curling and great fun!



"I do the bare minimum but I don't do less than that," Garret ~ Superstore



"I think it's only fair to warn you, this facility is surrounded by a highly trained team of 130 Black Op Snipers," Maxwell Smart ~ Get Smart



"You know what they say: You can lead a herring to water, but you have to walk really fast or he'll die." Rose. ~ Golden Girls



"Could I be wearing any more clothes?" Joey. ~ Friends



"I'm not sleeping, I'm inspecting the inside of my eyelids," Hawkeye. ~ M\*A\*S\*H



"Gonna take all of my thinking and all of my consecration," Archie Bunker. ~ All in the Family

## 5 INGREDIENT WHITE CHEDDAR CHEEZ ITS

### Ingredients

- 8 oz extra sharp white cheddar cheese, shredded
- 1 cup all purpose flour
- 1/2 tsp salt, plus more for topping
- 1/4 cup unsalted butter, cubed
- 2 tbsps whole milk (cold)

- Preheat oven to 325°F and line 2 baking sheets with parchment paper.
- Add the cheese, flour and salt to a food processor and pulse several times. Add in the butter and pulse a few more times, until the dough is crumbly.
- Add in the milk, then pulse several more times. The dough won't come together in a ball, but it should come together when you press it between two fingers.
- Transfer to a lightly floured surface. Roll into a large rectangle, rolling as thinly as possible. We go even thinner than 1/8-inch as they puff up quite a bit when baking.
- Using a knife, pizza cutter or fluted pastry wheel, slice into 1-inch squares. Use the flat end of a skewer to poke a hole all the way through each cracker. Transfer to sheet pans and sprinkle with more salt.
- Bake for 17-20 minutes, until deep golden brown on the bottom of each cracker. If they are too light, they won't have much crisp. Let cool completely before enjoying!





**FAITHFULLY YOURS**  
**NEIL STROHSCHNEIN**  
 It's time for us to act



Solomon said, "and the people turn to this place and call to you for help; then hear their prayers, forgive their sins and save them."

God's response is found in 2 Chronicles 7:14. He assured Solomon that whenever the nation found itself in crisis: "If my people, who are called by my name, will humble themselves, and pray, and seek my face, and turn from their wicked ways, I will hear from heaven, will forgive their sins and will heal their land."

Solomon's prayer and God's response have been a challenge to people of faith ever since. They call us to times of sober reflection when we ask ourselves how much we have contributed to the crises that our nation experiences. Let me explain.

As Canadians, we rely on local, provincial and national governments to do for us what we cannot, as individuals, do for ourselves. In return for these services, we agree that governments can collect taxes on our income, on the value of the goods we consume and on the value of real property (like our homes). As long as governments use our tax dollars to provide essential services, and as long as we can see that we are getting good value for our money, we have no objection to paying taxes to cover these costs.

But we have demanded more from governments and they have promised to give us what we want. But what we want costs money-money that the government doesn't have (or so they say). So to get that money, they must either raise taxes or borrow funds to cover their deficit. They have been doing a little of each for at least 50 years.

Now we are facing a financial crisis-a condition for which, in my view, we have only our selves to blame. It's time for us to act. We must take the words of 2 Chronicles 7:14 seriously, repent of our selfishness and greed and ask God to forgive us and heal our land.

King Solomon had everything any successful person could hope to have. He had "position." He was king of the most secure kingdom of his time. He had "possessions." The Bible tells us that his drinking vessels were made of gold. Nothing was made of silver, because it was considered nothing in his day. (See 1 Kings 10:22) In other words, "he had money to burn."

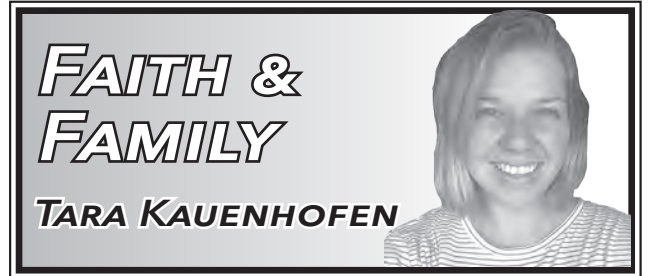
He also had "power." He wasn't a great military leader; so he used his skill in making business deals to increase his wealth, often at his neighbors' expense.

But the hype and glitter of Solomon's kingdom could not hide its fatal flaw. They had an imperfect king who ruled over an imperfect kingdom. This despite the fact that they had just dedicated a beautiful new temple in Jerusalem, setting it apart as "the place where God lived among his people." It had a full staff of priests, worship leaders and teachers who could offer sacrifices, lead people in hymns of praise and help them learn how to apply the Law of Moses to their daily lives. Solomon and his people had it all.

But the glitz and glitter of Solomon's kingdom could not hide its fatal flaw. They had an imperfect king who ruled over an imperfect people.

No one understood that better than Solomon himself. So in his prayer of dedication for the temple, he admitted that there would be times when the people would ignore the teaching they had received, sin against God and suffer the consequences. "When that happens,"

# True wealth



## More than a paycheque

Sometimes I truly detest winter.

Don't get me wrong, there are absolutely beautiful parts of it, but the -50 days that leave your bones chilled I could leave behind and never experience again!

But as my kids and I sat cozied up by the fire, tea in my hand, hot chocolate in theirs, a favourite movie playing on the tv, I was suddenly struck with overwhelming gratitude for the wealth we had.

Money is a hard topic and hard thing to get our heads around. Especially with social media at the tips of our fingers ready to show us the next fancy car someone bought, the expensive vacation someone went on or the house someone built from scratch.

But what if we could shift away from looking at wealth as simply monetary and the 'I need more' mindset.

Wealth is so much more than a paycheque or cash in hand.

Wealth is healthy kids, wealth is heat to stave off the -50 days, wealth is a meal on the table, wealth is tiny giggles and snuggles from our babies, wealth is looking across the room and seeing our spouse smiling at us.

Wealth is having friends and family who love and champion us, wealth is being able to worship God in a country that doesn't send us to jail for doing it.

Wealth is cozy blankets, it's food in the fridge, it's clothes on our backs, it's a book to read and curl up with when it's cold, it's clean drinking water, vehicles to drive to the store in.

When we start looking beyond a paycheque, to see the amount of wealth we truly have that has NOTHING to do with money, we can switch from a never enough mindset to a thank you God for all You've blessed me with mindset and find contentment and peace with what we have and start to believe it is truly enough.

# From last weeks front page

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

**Word Bank**

- |               |             |            |              |
|---------------|-------------|------------|--------------|
| 1. around     | 2. night    | 3. club    | 4. house     |
| 5. pharmacist | 6. curling  | 7. huskies | 8. female    |
| 9. president  | 10. proudly | 11. supply | 12. youngest |

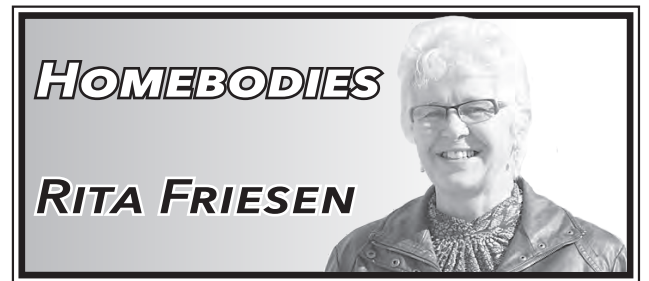
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 Sundays 10 a.m.  
 Children's Church during the message  
 Bible Study - Thursdays 7:30 p.m.  
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 447 Edward Street ~ 204-328-7882

**Westman Canadian Reformed Church**  
 Worship Services  
 Sundays at 10:00am  
*"Let the rivers clap their hands; let the hills sing for joy together." Psalm 98:8*

# Tundra

By Chad Carpenter



## The pendulum swings...

As one ages we notice that the old becomes new. I'm old enough to have met wide leg jeans and bell bottom trousers three times! What has caught my attention is the tiny house movement. Possibly because now that I have cancelled television and rely on my smart TV for entertainment that is one of the free channels... The program is interesting and I firmly believe there is a need and a place for tiny homes.

Reflecting on the movement, the words of Malvina Reynolds, sung by Pete Seeger and hitting the top of the charts in 1963- "Little boxes, all the same..." They were both aware of the conformity and consumerism of the times and voiced their opinion. What does strike me that the tiny boxes they referred to were not all that tiny: basic single- family bungalows that all looked just the same. Like the houses in many a Canadian city built to provide homes after the second world war. In comparison to new builds today they were tiny house. In comparison to the settlers homes at the turn of the century, they were palatial.

A true tiny house would be a log cabin, chinked with mud and manure, some as small as twelve by twenty that provided a home for an entire growing family. For those that didn't have access to trees, they built a Semlin, a sub terrarium sod hut. For those, one dug down several feet, using the sod to build up the walls. They varied in size, most commonly fifteen by thirty- five with about fifteen square feet reserved for the livestock! Sod roof that dripped when it rained, perhaps a waxed paper window and a growing family. Now that's a tiny house! Remember that both the Mennonites and the Ukrainians, the ones most likely to live in a sunken sod home had large families.

The move today to a tiny home includes indoor plumbing, often a washer/dryer unit, fridge and stove. The units are clean, have windows, private or at least semi private sleeping quarters. I am certainly not ready to live in a tiny house. When I moved from the acreage to town I referred to my current home as a small house, it's not. Some of the floor plans for what is termed a tiny house compare to the three bedroom bungalows that farm families embraced as modern, spacious, convenient homes. And they are small in comparison to many of the new builds.

Part of this trend now includes the term granny pod: a small, self-contained unit on the big yard. I'm old enough to remember those too! A small, tiny, house where an aunt or uncle or grandparent could live with a degree of independence. Meals could be shared with family, as could some child care. That was before we had the convenience of 'old folks homes' or long term care facilities. Grandparents and grandchildren truly knew each other, the elder accepting the help of the youngster, and the youngster reaching out for comfort and cookies when home got hectic.

The pendulum swings, that which was old is new. There are a few other 'old' habits and customs I would love to see return!

# Wisdom and comfort

The Bible clearly states we are to pray for our governments at all levels. We have several layers or levels in Canada, school boards, municipal, provincial and federal governments.

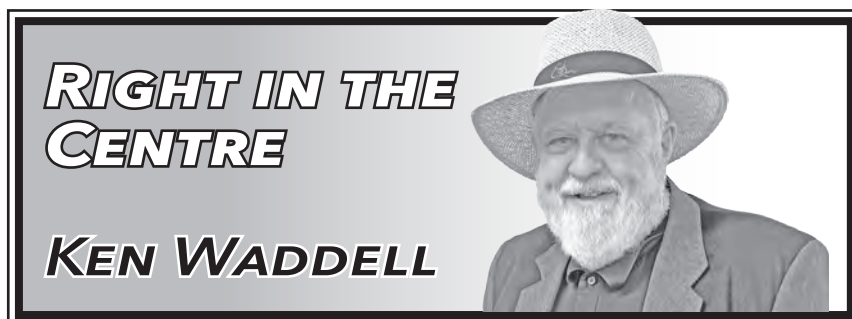
"13 Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. 2 Consequently, whoever rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves." Romans 13:1-2

2 I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people— 2 for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.1 Timothy:2-1-2

The above Bible verses are simple enough and straight forward. We are instructed that God establishes our governments and that we are to pray for them. What if we don't like our government? The verses still apply. But what about evil governments like Nazi Germany. I am sure many millions of people prayed through those horrific times and we can be thankful that as bad as things are now, we aren't suffering from the effects of the Nazis.

That said, if ever our generation needed to pray for our government, it's now.

I think we are in for tumultuous times. With the bombardment of information we endure in this age, we know instantly when things happen, be they good or bad. I doubt that any era that people have known more instant information than we do today. If a butterfly flaps its wings in



“ We are instructed that God establishes our governments and that we are to pray for them. What if we don't like our government? The verses still apply. ”

Thailand, we can be told about it instantly, in full colour and with sound.

The internet has been harnessed by news media companies, by internet influencers and by political movements to mould us into their image. But we are not created in their image, we are created in God's image and that is the image that we must imagine, the image we need to pursue.

The United States has just gone through a transformational election. The previous government, the Democrats had taken the country in a direction that has been solidly rejected by the voters.

Canada is about to go through what may be a transformational election. The current government, the Liberals have taken the country in a direction that may be solidly rejected by the voters. Polling would indicate that to be the case.

We need to pray for Canada and the United States.

Prayer will do many things but two come to mind. One, prayer reaches out to God to extend His mercy and wisdom to governments. Two, prayer gives us comfort when it seems that the world and our world is crumbling.

In the coming months, may our governments deal wisely and decisively with the issues of the day. In both Canada and the United States there has been a lack of wisdom and correct decisions for a number of years. Change is coming at us like a tidal wave, may God bring mercy and wisdom to governments and comfort to us all.

*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.*

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Canada



# MPI and Snoman hit the trails and roadways to highlight snowmobile safety

**Submitted**  
By MANITOBA PUBLIC INSURANCE

January and February are great months for hitting the trails on your snowmobile. It can be thrilling, challenging, and a great way to get a sense of community with other riders. It is also true that January and February have the highest fatality rates for snowmobilers in Manitoba.

Manitoba Public Insurance (MPI) and Snoman Inc. are joining forces to highlight snowmobile safety to close out International Snowmobile Safety Week (January 12-18, 2025) and lead into Manitoba's first Winter Trails Day on February 8, 2025.

Earlier today, MPI and Snowman held a safety demonstration near Stonewall, where three different components of safety were highlighted:

## Sharing the roadway

Trail safety and trail grooming equipment  
Safety equipment for snowmobiles and riders

"By highlighting safety concerns, we are creating awareness that there are many proactive steps riders can take to make themselves safer while out on their snowmobiles, especially wearing a helmet, controlling speed, and riding sober," said Maria Campos, Vice President & Chief Customer and Product Officer. "MPI doesn't advocate for and educate about safety alone. It is through partnerships, like the one we have with Snoman, that we are able to fulfill our road safety mission – whether it is on or off-road."

From 2021-2024, there were 12 snowmobile fatalities in Manitoba. Speed was the leading contributing factor. Other factors included:

- Alcohol impairment
- Lack of helmet use
- Driver inexperience
- Careless driving

Snoman emphasized that riders have to be aware of the safety concerns.

"Excessive speed is a contributing factor in the majority of incidents and can lead to fatalities," stated Jason Wiebe, President, Snoman Inc. "Riders have to be cognizant of their abilities and to not impair their sense of control by consuming alcohol or drugs while riding. Safety is first and foremost for our organization."

Safety is a shared goal for MPI and Snoman. When you register your snowmobile, MPI collects a \$25 non-refundable annual fee on all off-road vehicle registrations on behalf of the Government of Manitoba to support trail maintenance and development, off-road vehicle safety education and training programs, and rehabilitation of public lands impacted by off-road vehicle use.

Purchasing a Snopass to ride on 12,000 kilometres of designated provincial trails helps Manitoba invest in grooming and maintaining trails, which contribute to snowmobile safety.

Ride safe and enjoy the snowmobile season.

# Is there too much self-in mental health?

**MENTAL HEALTH  
AWARENESS  
DELSIE MARTIN**

Self-maintenance, self-compassion, self-love...self-care. Self-care is a foundational element of any good mental health care plan. It is the cornerstone of wellness clinics, spas and gyms. It is a massive cultural movement toward self-love and positivity. It's part of workplace initiatives, education practices, religious and spiritual practice and advocacy to name a few. Self-care is a multi-billion-dollar industry that only continues to grow and doesn't show any signs of stopping. So, something this wonderful, this groundbreaking, this important couldn't be bad right?

I wonder if you've noticed a lack of human connection as of late. Have you noticed that people don't genuinely ask you how you are for no reason? Have you noticed that folks are less likely to volunteer for community events? Do people just seem to be less.... Giving? Why is this happening?

We live in an individualistic culture which is one that values independence, autonomy and personal decisions are made based on what is best for the individual. We are a group of humans who are overtaxed, overscheduled and downright exhausted. These are all good reasons why people haven't been giving to others. There are even more reasons though. The rising cost of living has made life a heck of a lot more expensive to live in than our parents' generation making people feel like they have zero resources to give. It makes us feel like we must be more focused on survival than generosity.

Due to the digital world we live in there is much less in person community engagement and it creates a comparison culture where we all come out feeling inadequate leading us to give less.

Is it possible that our culture of self-care and prioritizing self is making us less community minded? Are we worst friends because of it? Are we losing our connection with our families because of it? Prioritizing self-care might lead you to decline babysitting a

family member's child, which could negatively affect that family member and potentially strain your relationship. An increased focus on self-care might result in fewer individuals volunteering for community events, potentially affecting the success of these events or leading to a shortage of volunteers in some communities. If all we are thinking about is ourselves then who is thinking about you? Are our relationships transactional? Maybe those people pleasers who made the chicken soup for the sick friend even though they were exhausted, who attended the family reunion even though they didn't really want to, who decided to go and clean their friends

house even if it was their only day off, maybe they were doing something right.

This is not to say that self-care is a bad thing. Self-care is a wonderful and very necessary thing, I just wonder if we are putting too much emphasis on it and forgetting those other important influences in our lives, friends and community. To nourish our friends in the way they deserve, to nourish our community in the way it needs requires ordinary acts of selflessness, not something that is part of your typical self-care routine. The question I ask is, how do we balance self-care with selflessness? How do we prioritize ourselves while taking care of our friends and community?



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# It's all about the slide!



Event A winners: Skip Lawrence Daniel, Rob Curtis, Travis Hunter, and Leslie Burke.



Event B winners: Skip Dennis Veitch, Cam White, Ian Dyer, and Jeff Dickson.



PHOTOS BY JESSICA COULTER

Event C winners: Skip Brodie Hunter, Brady Daniel, Brett Hemrica, and Bob Hunter.

By Jessica Coulter  
RIVERS BANNER

Another fantastic year of the Kenton Annual Open Bonspiel is in the books. Sixteen rinks came out for the event which started Wednesday, January 22 and ran until Saturday night, January 25. Every team that signed up was guaranteed a minimum of three games. There was 29 games played. Players as young as eleven years old come to play.

Each night a great group of volunteers gave of their time and their kitchens to make supper to feed the curling crews. There was Hamburgers, hotdogs, chili, sandwiches, soup and desserts on the first two nights. Friday was mouth-watering fried chicken and all the fixings and Saturday the volunteers served up a roast beef supper for all to enjoy.

To prepare for the four-day event, Don Carter was lead organizer. Brent Houston took care of getting the ice ready. Lawrence Daniel was draw master for the bonspiel. Betty Houston and Douglas

Stevenson gathered all the donations and prizes.

The Clair Hunter Memorial trophy was awarded to the winners of event A. The winners were Skip Lawrence Daniel, Rob Curtis, Travis Hunter, and Leslie Burke. They also won gift cards to Manitoba Liquor Marts.

Event B was sponsored by the Valleyview Co-op and the winners received gift cards to the co-op. The winners were Skip Dennis Veitch, Cam White, Ian Dyer, and Jeff Dickson.

Event C was sponsored by Brierwood Creek Café and Grill and the winners received gift cards to the Café. The winners were Skip Brodie Hunter, Brady Daniel, Brett Hemrica, and Bob Hunter.

The curling committee would like to thank all of the sponsors of the event. The sponsors make the full bonspiel possible.



## Preliminary 2024 Census Canada figures show ups and downs

By Ken Waddell  
RIVERS BANNER

The chart below shows the change in population for towns and municipalities in the Rivers Banner coverage area. Some numbers are up and unfortunately some numbers are down.

RIVERS						
CSD ID	Geography	2001	2009	2016	2021	2024
	Canada	31,020,855	33,630,069	36,110,803	38,239,864	41,288,599
	Manitoba	1,151,451	1,208,555	1,314,140	1,391,924	1,494,301
4607076	Riverdale (MU), Manitoba	2,079	2,106	2,198	2,194	2,375
4606016	Sifton (RM), Manitoba	1,150	1,112	1,268	1,264	1,281
4607057	Whitehead (RM), Manitoba	1,483	1,474	1,691	1,725	1,831
4611040	Winnipeg (CY), Manitoba	638,312	664,744	727,345	772,330	843,640
4615032	Oakview (RM), Manitoba	1,786	1,530	1,660	1,667	1,701
4615075	Minnedosa (T), Manitoba	2,500	2,535	2,511	2,804	2,882

And now about the differences in numbers.

Just a note for keen eyed observers that the 2021 stats stated now are different than what was stated in 2021. However, the "official" population in each year includes an adjustment for the census undercount.

Stats Canada says, "During / after each census, "To determine how many individuals were missed or counted more than once, Statistics Canada conducts postcensal coverage studies of a representative sample of individuals. Results of these studies in combination with the census counts are used to produce population estimates which take into account net under coverage."

This is a very important exercise at the national level and at the provincial level as these "official" population estimates are used for federal transfers to provinces that pay \$XX per capita to each province.



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Funding for these programs is made possible through partnerships with Manitoba Beef and Forage Initiatives and the Conservation Trust.





# Rivers 50 Plus Club



Tile rummy: Myrtle Wooldridge, Giselle Cudmore, Patty Waterfield, Janice Waterfield.

**Submitted**  
BY KATHY ROBERTS

The 50+ Club has a club room in the basement of the town office. The club room is very spacious. They have a new pool table, three shuffleboard tables, two marked surfaces for floor curling, floor shuffle or carpet bowling. Ample tables and chairs for cribbage, tile rummy, Shanghai rummy, dominoes, and more. Right now, the club has a puzzle set up. It is a great socializing spot. Tea, coffee and treats often fol-

low the games. Floor games can take place while others play cards or pool.

The club is active despite the questionable weather. All games start at 1:00 and all are welcome. Be sure to check the community calendar in the Rivers Banner to find the games you want to join in with. Tile rummy is played on Monday. Shanghai Rummy has been suggested. Pool is scheduled for Tuesday, but some gather on Monday as well. Cribbage is on Wednesday, floor curling/carpet



SUBMITTED PHOTO

Floor curling: Norma Vanduesen, Glenn Maguire, Marion Maguire, Donna and Doug Baker

bowl on Thursday. Although no games are scheduled for Friday, we are open to suggestions. Members are invited to come to the centre, play any game they wish, and socialize over a coffee. Any questions you can reach out to Kathy Roberts 204-328-7823.

## RACF Granting Feb 3 -28th

**Submitted**  
BY DONNA MORKEN

Rivers and Area Community Foundation is opening up its first grant applications of this year February 3rd – 28th, 2025 thanks to the Thomas Sill Foundation.

Thomas Sill was a very meticulous chartered accountant and had several offices in Manitoba. He was a quiet bachelor and was very philanthropic all his life.

As per his wishes The Thomas Sill Foundation was started in 1987 when he passed away and it became one of Manitoba's largest private charitable organizations.

A quote from one of his partners said "He knew the importance of community and power of philanthropy in driving positive change, he was a keen curler, a humble bachelor and self-described fish and chips enthusiast." The proud Winnipeg native was interested in responding to communities' immediate wellbeing needs.

When the Foundation closed in 2023, the assets in the Thomas Sill Foundation were provided to the Winnipeg Foundation to create funds that would carry on his legacy of giving.

Each Community Foundation in Manitoba will receive a grant to carry on his good work every year.

This year is the first year and it will become known as "The Thomas Sill Fund Grant". It will be an annual grant event and it will be through money provided to the Rivers and Area Community Foundation.

The grant projects must be completed by October 1st, 2025 with final reports completed for October 15th, 2025.

Please check our [www.riversareacommunityfoundation.org](http://www.riversareacommunityfoundation.org) for more details.

Rivers and Area Community Foundation will continue its own annual grant opening in September as usual.

## Letter to the Editor

RE: Lets just cut out the crap ~ Jan 24, 2025

Great column Ken in the January 24 paper.

Yes, there needs to be changes made.

Travelling in the USA, we saw many inmates picking garbage along freeways. Lord knows there are areas in Manitoba that need cleaning up.

Prison farms could serve a great service providing food to organizations serving the homeless.

Parks Manitoba charges for firewood in most campgrounds. We have acres of woodlands that could be harvested for this rather than being wood from bush operators. Or provide free wood as part of the campground fee as it was for years.

Many opportunities exist but first society must realize these people have been incarcerated for a reason and their rights, and feelings should not be a priority.

Wow I better quit!

Norm Bruce  
Minitonas, MB

## Letter to the Editor

RE: Lets just cut out the crap ~ Jan 24, 2025

I agree with your column "Lets just cut out the crap" (January 24th paper) and just to add a bit of substance, I have clipped articles of crimes from the Winnipeg newspaper over the last year or so and almost every crime was committed by someone who is either 'out on parole', 'Free on bail', 'Statutory release', 'Conditional discharge', 'Failing to comply with a probation order', 'Failing to comply with conditions of a release order and the latest, 'Failing to comply with conditions of an undertaking'. 'Released on an appearance notice'.

Talk about crap!

This "catch & release" justice system we have in this country is pathetic at best and it just goes on & on and nobody seems to care or do anything about it.

Rick Sparling  
Winnipeg

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# SPORTS

## VEITCH HELPING HOMETOWN JETS FLY

By Robin Wark  
RIVERS BANNER

Layton Veitch is thrilled to be playing for his hometown Rivers Jets.

Veitch joined the senior Tiger Hills Hockey League team after two seasons with the Virden Oil Capitals of the Manitoba Junior Hockey League.

"It's been really good playing in Rivers," he said. "It always means more when you can play for your home community and play alongside guys you know. It's also nice seeing all of the fan support we get from the community. The fans play a big part in the energy of the game and they are a big help to us winning games."

Last week the Jets beat the Carberry Plainsmen, 13-1, on the road. The win improved the Rivers team's record to 12-2-0-0. As of Jan. 26, that had them sitting second in the THHL Eastern Division - just one point behind the Killarney Shamrocks.

Those Shamrocks host the Jets on Feb. 1. The Shamrocks have a 12-0-1-0 record. The Killarney team is led by Ty Enns. He led the THHL in goals with 19 and was second in points with 42 in 13 games.

In his first senior season, Veitch has proven to be an important contributor for the Jets. The forward has five goals and 15 points in 13 games.

"Veitcher has been a big addition to the team," Jets coach Ryan Lamb said. "He plays with speed, gets in on the forecheck, and has had a pretty good offensive season so far."

Veitch said he is really enjoying the style of senior hockey.

"It's not quite as fast as junior but still has that physical aspect and it is still very competitive, which is awesome," he said.

Veitch has been working on the family farm. He also has been helping coach the male U18 AAA Yellowhead Chiefs. Veitch plans to study agribusiness at Brandon's



PHOTO BY JESSICA COULTER

Rivers Jets # 10 Layton Veitch.

Assiniboine Community College in the fall.

### Jets 13, Plainsmen 1

The Jets got rolling early on Jan. 24. Captain Riley Shamray scored just 37 seconds into the contest. The goals just kept coming. Rivers led 6-0 at the first intermission. The Jets outscored the Plainsmen, 3-1, in the second period.

Shamray finished with two goals and a team-high five points. Joben Smith led the way with a hattrick. He had four points on the night. Also lighting the lamp for Rivers were Alastair McFadden (two), Veitch, Dylan Thiessen, Brock Paddock, Luke DeCorby, Adam Robidoux, and Jaxon Heeney. Jets goalie Layne Anderson turned away all but one of the 26 shots that came his way.

Jaden Johnson had Carberry's lone goal. Plainsmen netminder Joel Baron made 44 saves.

## REF MEMORIES

### REF TO WRITER

### GERRY NOLAN



Over the years of officiating, I met a lot of people who did the behind the scenes work for teams. These people volunteered their time so that the on-ice product could focus on the game. In senior hockey it takes much time and effort to get the product on the ice that you want, so the players can just play.

I would like to draw attention to some individuals who gave their time freely to help their team succeed.

Ray and Lenore Peacock from Birtle. It was always nice to see them. They would want to know how you were. What I was busy doing? Just wonderful caring people who volunteered their time to help with the Birtle Bruins senior hockey team.

Bob McKenzie from Miniota usually was taking the money from the door for admission. Bob always had a smile and we would share a laugh or to talk about something and he would on occasion ask, well Gerry what are you going to miss tonight? I usually just headed to the ref with a grin. It was always great to go to Miniota.

Ray Brethour from Hamiota has been involved with the Huskies and Hockey Manitoba most of his life. Ray is not usually stuck for words but has been dedicated to senior hockey, coaching, playing and

doing so much for Senior hockey across Manitoba. It is always interesting to get his take on hockey matters. Thank God for the last 30 plus years his Habs have not won a Stanley Cup!

Ray Laraway from Oak Lake coached hockey teams in Oak Lake for over 25 years. He did this while running his children to all kinds of sports. Ray was someone you could just sit and listen to talk about hockey. His son Don Laraway was drafted by the Boston Bruins, but his best moments were with the Houston Aeros of the World Hockey Association.

Ted Taylor from Oak Lake played pro hockey in the NHL with Vancouver, Detroit and Minnesota. He was the captain of the Houston Aeros. When he came back home to farm, he coached and taught kids about hockey and wanted to create just a place for kids to play the game.

Craig Whyte from Kenton put together a senior team in the early seventies. It provided a place for local players to continue to play. Craig played for a number of years then coached, managed and was the team representative for years. He too just wanted to provide a place for guys to just keep playing after minor hockey and to make lifelong friendships.

Volunteers that do the work behind the scenes rarely get noticed or maybe even thanked, and they do it for the love of their team and their community. It takes many volunteers to make a team, or a rink run smoothly. There are early mornings, late nights and countless miles put in so others get to enjoy our game.

Thank you to you all. Then there are the people who maintain the arena ice surface, clean up after everyone has gone home, thank you! Oh yes and do not forget the ones who help when there are players injuries to deal with. Special people with special talents.

So many people make it happen, and they do it for the love of their kids, other people and because they have passion and love for OUR Game, Hockey!

## RM Oakview sets 2025 budget

### Notes from Meeting Minutes-Dec. 17, 2024

#### Submitted

BY RM OF OAKVIEW

Member present: Reeve Christie, Councillors Aaroe, Reynolds, Evans, Gill, Hyndman and Christie

Hyndman/Gill-Be it resolved that the delegation information presented to Council by Manitoba Land Stewards Inc be hereby received. CARRIED

Christie/Gill-Be it resolved that the RM of Oakview Council instruct the CAO to prepare and send a letter to the AWWD Board to express our concern how the AWWD Board is managing staff and following its' mission statement; and further it be resolved that we are considering the request of the Manitoba Land Stewards Inc. to withdraw from the Watershed Agreement. CARRIED

Reynolds/Christie-Be it resolved that the delegation information presented to Council by Shawn Gerrard be hereby received. CARRIED

Aaroe/Evans-Be it resolved that the delegation information presented to Council by Kelly Sawyer be hereby received. CARRIED

Reynolds/Hyndman-Be it resolved that the delegation information presented to Council by David Cluney be hereby received. CARRIED

Reynolds/Christie-Be it resolved we do hereby accept the verbal and written reports of committees. CARRIED

Council approved payments of \$3,887,258.20.

Reynolds/Gill-Be it resolved that the RM of Oakview accept the October 31, 2024 financial statement as presented. CARRIED

Hyndman/Christie-Be it resolved that we deny Wayne Braun's offer to pay 50% of the water bill, and further that Mr. Braun is responsible for 100% of the replacement cost. CARRIED

Reynolds/Evans-Whereas the RM of Oakview have appointed Fire Chiefs for the Oak River and Rapid City Fire Departments; Therefore be it resolved that Council of the RM of Oakview approve the annual payment of \$600.00 to Chief Ryan English and Chief Jim Kuculym for 2024. CARRIED

Aaroe/Reynolds-Be it resolved that the Council of the R. M. of Oakview authorizes the C.A.O. to transfer \$600.00 to the Oak River Utility Fund and \$570.00 to the Rapid City Utility fund for fire hydrant rental for 2024. CARRIED

Reynolds/Aaroe-Be it resolved that the Council of the R. M. of Oakview authorize the C.A.O. to pay the annual cemetery grants to the respective cemetery committees: Oak River Cemetery, Miller Cemetery, Pettapiece Cemetery, Marney Cemetery, White Bank Lea Cemetery, Rivers Mennonite Cemetery, Basswood Cemetery, Newdale South Cemetery and Cadurcis Cemetery CARRIED

Reynolds/Hyndman-Be it resolved that the Council of the R. M. of Oakview pay the annual interest from the Basswood War Memorial Trust and Basswood Cemetery Trust to the respective committees being the Basswood Community Club and Basswood Cemetery Committee. CARRIED

Aaroe/Hyndman-Be it resolved that the R. M. of Oakview authorizes the C.A.O. to pay the annual interest to the Basswood Community Club on the Basswood Cenotaph and Centennial Park Trust and the J. R. Girling Memorial Trust for 2024. CARRIED

Reynolds/Hyndman-Be it resolved that Council approve the following reserve bank transfers:

1. General Operating Fund to Recreation Reserve \$ 10,119.95
2. General Reserve to General Operating Fund \$ 14,479.55
3. General Operating Fund to Machinery Reserve \$ 169,971.81
4. General Operating Fund to OR Fire Reserve \$ 10,000.00
5. RC Fire Reserve to General Operating Fund \$ 365.06



# CLASSIFIEDS

6. General Operating Fund to Gas Tax Fund \$93,051.50  
 7. RC Landfill Reserve to General Operating Fund \$96,465.92  
 8. MPP Reserve Fund to General Operating Fund \$13,752.51. CARRIED

Aaroe/Evans-Whereas in accordance with Section 163 of The Municipal Act, the Council of the R. M. of Oakview has made provisional estimates of all operating expenditures of the municipality for the period of January 1st, 2025 until the adoption of the annual estimates; Therefore, be it resolved that the following provisional estimates be hereby adopted:

### REQUIREMENTS OPERATING FUND

General Government Services \$250,000  
 Protective Services \$60,000  
 Transportation Services \$350,000  
 Environmental Health Services \$100,000  
 Public Health amp; Welfare Services \$10,000  
 Environmental Development Services \$30,000  
 Economic Development Services \$15,000  
 Recreation amp; Cultural Services \$120,000  
 Fiscal Services \$400,000  
 Total \$1,335,000

### UTILITY OPERATING REQUIRMENTS

Oak River Utility \$50,000  
 Rapid City Utility \$100,000  
 Total \$150,000

### UTILITY CAPITAL REQUIREMENTS

Borne by Reserves \$50,000  
 CARRIED

Reynolds/Evans-That the Council of the R. M. of Oakview do hereby appoint the following representatives to the various committees for 2025:

### PROTECTIVE SERVICES

Policing (R.C.M.P. Advisory): Stephen Carter, Mark Humphries  
 Rapid City Fire Department: Lloyd Evans  
 Oak River Fire Department: Mark Gill, Bill Aaroe

### PUBLIC HEALTH AND WELFARE SERVICES

Health – Park Residence: Bill Aaroe  
 Minnedosa Hospital Foundation: Ian Christie, Bob Christie, alternate Lloyd Evans

Hamiota Hospital Foundation: Bill Aaroe, Ross Argue

Hamiota Stakeholder: Bill Aaroe  
 Riverdale Hospital: Richard Heapy  
 Environmental Development Services  
 Midwest Planning District: Frank Hyndman, Bill Aaroe

Economic Development Services Committee

Midwest Weed Board: Bob Christie, Bill Aaroe

Veterinary Board

Shoal Lake: Brent Fortune

Minnedosa: Joey Bootsman

AWWD – Lower Little Sask River Sub-district: Bob Christie, Gail Bridgeman

AWWD – Oak River Subdistrict: Bill Aaroe, Kaye Wolstenholme

CAWD – Epinette/Willow: Lloyd Evans  
 Community Development Corporation: Gavin Reynolds

Brandon & Area Community Foundation: Lloyd Evans

Western Caucus: Bill Aaroe, Mark Humphries

Recreation and Culture Committee

Rollingdale Workshop: Michelle An-

derson

Newdale Hall: Brent Fortune  
 Rapid City & District Library: Lloyd Evans, Terry Gill, Vera Kolesar, Daryl Andrew, Donna Anderson  
 Clack Museum: Bill Aaroe  
 Rapid City Museum: Bob Christie  
 Senior Services: Ian Christie, Lloyd Evans

Rapid City Legion Gardens: Linda Thomson

Rapid City Community Complex: Frank Hyndman, Bob Christie

Valleyview Seniors Housing Inc.: Bill Aaroe

Rapid City Beach & Reservoir: Lloyd Evans, Bob Christie

Oak River Playground Committee: Bill Aaroe

LUD of Oak River: Mark Gill

LUD of Rapid City: Ian Christie

CARRIED

Reynolds/Aaroe-Be it resolved that the Council of the R. M. of Oakview do hereby accept the Updated EMO plan for the R. M. of Oakview and authorize the CAO to submit the plan to the Province of Manitoba. CARRIED

Reynolds/Christie-Be it resolved that Council approves the RM of Oakview to attend the Virden / Wallace-Woodworth Emergency Plan Table Top presentation on January 11, 2025 at Virden, and Further that the Reeve, Deputy Reeve and CAO are authorized to attend Media Training in Virden on January 18, 2025; and Further be it resolved that the quotation presented by Marc Savey to provide EMO training to Council at Oak River on January 30th, 2025 from 10:00 am to 2:00 pm is hereby approved. CARRIED

Christie/Reynolds-Be it resolved that we do hereby set the annual Rapid City Garden Lot fees at \$15 with the large lots at \$75 and Further be it resolved that Administration is hereby authorized to enter into agreements for a two year term, being 2025 - 2026. CARRIED

Hyndman-Aaroe-Be it resolved that we do hereby approve the RM of Oakview Council Meeting Dates for 2025. CARRIED

Reynolds/Hyndman-Whereas wages were reviewed by Council in regards to wages for administrative staff and the Manager of Public Works for 2025; Therefore, be it resolved that Council of the R. M. of Oakview accepts the recommendation of the Committee of the Whole dated December 17, 2024 with the addition of an Asset Management Position. CARRIED

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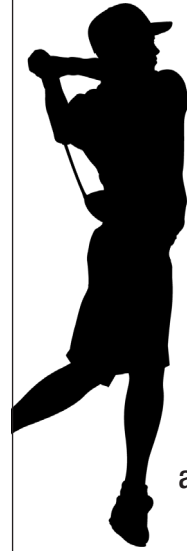
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# Corridors create huge controversy

By Ken Waddell  
RIVERS BANNER

Nothing brings out a crowd like controversy and the public meeting held at Erickson on January 15 had both a crowd and controversy.

It would appear that about 300 people, mostly farmers and hunters came together to discuss a wide range of topics. Several speakers presented their views on the concept of Ecological Corridors and on hunting rights. As the meeting wore on, it appeared there were too many topics and too many speakers to gain a consensus. The meeting lasted close to three hours.

The meeting was so diverse, intense and jumbled in topics that it's hard to summarize.

Rob Olson of the Manitoba Wildlife Federation (MWF) was the lead-off speaker and presented pages and pages of details about wildlife management and the decision by the Province of Manitoba to limit moose hunting opportunities in parts of Manitoba.

Dennis Schindler, also of the MWF talked about the possibility of the establishment of an Ecological Corridor in the Assiniboine West Watershed District. AWWD did file an application and were awarded almost \$1 million towards conservation programs.

The Ecological Corridor is a program administered by Parks Canada but isn't limited to the boundaries of National parks. Schindler previously wrote an extensive opinion piece on a number of wildlife topics, including Ecological Corridors. That piece was published in the Rivers Banner, the Neepawa Banner & Press and a number of other papers. Schindler expressed concerns that the corridor concept would be mated up with an Indigenous Protected Conservation Area (IPCA). He also wrote that these two programs are part of the federal government's commitment to 30x30, preserving 30 per cent of Canada's land into protected areas by 2030.

After hearing the main speakers and many others, the meeting seemed to shift toward asking that the AWWD withdraw their application. AWWD manager Ryan Canart addressed the meeting by saying this funding application was like many others over the past decades where the AWWD "would make an application for funding, design a program and then market it to landowners." He emphasized that AWWD programs are voluntary.

In a press release from AWWD, Canart said. "Thank you to all that supported the ecological corridor project, however, "Due to extreme opposition, the board of the Assiniboine West Watershed District has decided to decline the project titled "From Mountain to River, Riding Mountain National Park to the Assiniboine River via the Little Saskatchewan River Ecological Corridor Project."

In article released last week, Olson said "the Assiniboine West Watershed District has made the decision not to sign a contribution agreement with Parks Canada for a \$1 million grant to deliver programming within the federal government's Ecological Corridor program framework. This ends a months-long, divisive battle between a rapidly expanding group of local agricultural producers, known as the Manitoba Land Stewards Inc. (MLS), and the Assiniboine West Watershed District (AWWD)."

## Not everyone agrees with the decision to withdraw

There are some who disagree, including former Rivers Heights MLA Jon Gerrard in a letter to the editor printed below. Also Rey Frey of Crawford Park wrote to the Municipality of Harrison Park, "I was amazed to see council formally withdraw and oppose support for the Little Saskatchewan River Ecological Corridor Project."

Jon Gerrard's letter was submitted as follows:

Inaccuracy results in loss of \$1M investment in ecological corridor project

While the Manitoba Wildlife Federation commitment to conservation and biodiversity programming in Manitoba should be applauded, sadly, the article by Denis Schindler on the Little Saskatchewan River ecological corridor project has provided inaccurate information. This inaccuracy is now resulting in the AWWD withdrawing from the project and the loss of a \$1 million investment for Mani-

toba. The article raised concerns about a link between Indigenous Protected and Conserved Areas (IPCAs) and the ecological corridor project. Put simply, this project is being led by the Assiniboine West Watershed District (AWWD), an environmental non-profit organization that is not Indigenous, rendering the potential for this to be an Indigenous-led project impossible. There are some corridor initiatives being led in Canada by Indigenous organizations, but there are also many, as is this case, that are being led by non-Indigenous organizations. There is no requirement for an ecological corridor to be Indigenous-led or to become an IPCA, and it is not AWWD's mandate or intention to create an IPCA.

While the AWWD project would have enhanced conservation, there was no mandate or objective for ecological corridors to increase federally or provincially protected areas. Ecological corridors are not intended to contribute to the Government of Canada's target to conserve and protect 30 per cent of lands in Canada by 2030. Corridors are a "complementary" conservation approach to protected areas but are not protected areas themselves. They link protected areas to facilitate the movement of species across landscapes, helping them get to and from protected areas. Corridors can host a variety of land use activities ranging from farming, forestry, hunting, and more.

The AWWD project was about protecting, enhancing and improving ecological connectivity through voluntary incentive-based agreements with private landowners. Other conservation programs are already in use and widely accepted. The AWWD ecological corridor project would have included support for tree planting efforts and for regenerative agricultural practices. Denis Schindler raises concerns about Crown Land. Decisions about Crown Land fall under provincial responsibility and changes to them were not part of the project's objective, or the mandate of the AWWD. There were no plans in the Little Saskatchewan River project to transfer any Crown Land from provincial to federal jurisdiction.

The AWWD has no regulatory power and would not introduce new rules or regulations, nor, in the context of this one-year project, would there have been any land expropriation. Rules and regulations are the responsibility of municipalities for lands in municipalities, First Nation communities for First Nation lands, the province and the federal government. Municipal sovereignty in terms of municipal decision making would not have been altered. Further, the AWWD does not change rules related to hunting, angling, or trapping, or for agricultural use, cottage leases, snowmobiling or hiking. All parts of the AWWD ecological corridor project were optional for individual landowners. None were mandatory.

The project planned collaboration with Assiniboine Community College and Brandon University to enable more to be learned about the Little Saskatchewan River and its biodiversity. The project also included making all data produced during its one-year duration publicly available in an archive within the watershed. Work done would have been fully and transparently available.

The project would have fostered collaboration among municipalities and First Nations communities. Elvin Huntinghawk, an elder in Rolling River First Nation, has talked about the difficulties in the past of communities working together. It is time for a healthy collaboration between and among jurisdictions. Such a collaboration can help avoid misunderstandings and build better relationships.



PHOTO FROM SOUTHWESTERN MANITOBA RIVER JOURNEYS WEBSITE

The Little Saskatchewan River winds its way southward from Riding Mountain National Park and empties into the Assiniboine about 15 km. west of Brandon near the Grand Valley campsite. It passes through Minnedosa, Rapid City, and Rivers. As it approaches the Assiniboine Valley it begins a rather sharp descent.

The need for ecological corridors is well recognized. Conservation of wildlife habitat is important whether you enjoy walking or boating in nature, bird watching, hunting or the many other outdoor activities. It is vitally important that this be done under the leadership and decision making of a local organization which can listen to and work with all along the corridor.

The one-year ecological corridor project would have been led by AWWD in cooperation with others — it was not to be led by Parks Canada.

The AWWD has a long history of working for the benefit of all, especially for farmers, through optional programs which offer opportunities. Those involved in agriculture are critical to our future as a province. The AWWD worked for representation from across the watershed on the steering committee for the corridor. The contributions and the integrity of the AWWD need to be respected. The horrific flood of 2022 and its impact on the town of Minnedosa are an example of why this initiative is critically important. It is to be hoped that people like Denis Schindler will come to realize the important contributions the one-year AWWD project could have made.

**Jon Gerrard, former MLA River Heights.**

*Editor's note: The above article and comments are but a fraction of the material that has been written and spoken on this topic. We must remember that the last time United Nations levels of concern and intervention was imposed upon Manitoba's environmental policies, it cost Manitoba Hydro a few billion dollars to move Bi-Pole III to the western side of Manitoba. If you wish to submit a letter to the editor about the Ecological Corridors, please email it to me at kwaddell@neepawabanner.com*

**BE ON TIME!**  
Advertising deadline:  
**12 noon Monday**



# How to respond to a grown-up mean girl, Part 2

By Regan Olsson,  
BANNER HEALTH.COM

When you find yourself at the receiving end of an adult mean girl, it's easy to question yourself—your self-worth, self-esteem and self-identity. However, you owe it to yourself and your family to not ever put up with bullying of any kind.

Dr. Fox shared five tips on how to handle a bully, whether it's a mean mom, parent, coworker or anyone you may encounter.

**1. Know your fundamental rights as person**

First, and foremost, know your human rights. "You have the right to be treated with respect, the right to get what you pay for, the right to protect yourself from being threatened physically, mentally and emotionally, and you have the right to say 'no,'" Dr. Fox said.

If this relationship isn't meeting those human rights, it's best to remove yourself from that relationship.

**2. Seek understanding and have sympathy**

Once you've given yourself time to cool down and think clearly after an encounter, take some time to understand the bully's perspective. Take a moment to stand in their shoes.

Most often bullies – even the Regina Georges of the world – lack self-esteem and confidence. In an effort to boost their self-esteem, they become controlling and demanding, alienate others, spread lies and rumours all to paint others in a bad light and make them look, well, fabulous and popular.

"Their negative behaviour has everything to do with them and nothing to do with you," Dr. Fox said. "Don't waste your time trying to figure out how to

change or how to make someone like her like you. Instead sympathize with what she must be going through to bully others."

**3. Create strong boundaries**

Decide what you are willing to tolerate and what you're absolutely not willing to tolerate. Become clear on what you will accept and not accept.

When speaking with the woman in person, set and keep clear boundaries with her but be prepared to keep your cool and avoid impulsive behaviour if she doesn't respond positively.

After this, avoid and ignore this woman when you can. If she is on your social media pages, delete or block them. This not only helps you from seeing her passive-aggressive, dramatic posts, but it also stops her from having any part of your personal life.

**4. Keep notes**

Whether the grown-up mean girl is verbally or physically bullying you, document the behaviour.

"Write down when the bullying occurs and ensure there is a witness to the bullying," Dr. Fox said. "If you're getting bullied at work, document and report to your human resources department."

If bullying is occurring on school grounds, say at a PTO meeting, school pickup or school event, report to the school administration.



FILE PHOTO

**5. Build other friendships**

Social groups are a breeding ground for cliques. Whether it be the PTO, parent group or coworkers, know that you don't have to be friends with everyone in the group – particularly if they are bullying you. You can be polite and friendly, but you don't have to try and force something that isn't mutually beneficial.

Look for others who you can develop healthier and deeper friendships with. This may mean taking that first step and reaching out to make plans. Who knows? It could be the start of a beautiful friendship.

**Takeaway**

"Ultimately, life is too short to spend with people who treat you poorly," Dr. Fox said. "Surround yourself with kind, compassionate people who aren't self-serving. These types of people will lessen the impact of the grown-up mean girls."

SUN	MON	TUE	WED	THU	FRI	SAT	
<b>COMMUNITY CALENDAR</b>						<b>Jan 31</b>  Rivers Legion Chili Cook Off! Starts at 5:30pm Lenore Curling Club Annual Bonspiel 	<b>Feb 1</b>
<b>2</b>	<b>3</b> 50 + Club Tile Rummy 1pm 	<b>4</b> 50 + Club Pool 1pm 	<b>5</b> 50 + Club Tile Rummy 1pm 	<b>6</b> 50 + Club Floor Curling /Carpet Bowling 2pm  Crib Night Rivers Legion 7pm 	<b>7</b>	<b>8</b> Rapid City 16th Annual Ice Fishing Derby   Rivers Jets vs Virden Oil Kings 7:30pm 	
<b>9</b>	<b>10</b> 50 + Club Tile Rummy 1pm 	<b>11</b> Woodworth Seniors Valentines Lunch in Kenton 12:30pm  50 + Club Pool 1pm 	<b>12</b> 50 + Club Tile Rummy 1pm 	<b>13</b> 50 + Club Floor Curling /Carpet Bowling 2pm  Crib Night Rivers Legion 7pm 	<b>14</b> HAPPY Galentine's Day 	<b>15</b> Rivers 2-person Bonspiel 	