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Chamber Spotlight: Springland Manufacturing Co.



Inside...

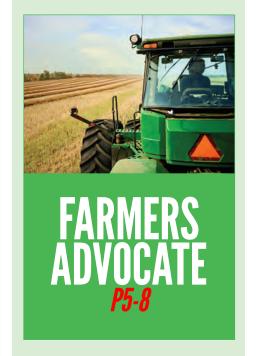


PHOTO BY CAROLYN PHILLIPS

Springland Manufacturing located at Rivers Airbase just outside Rivers, MB. Manufacturing reliable equipment for farmers since 1985.

By Carolyn Phillips RIVERS BANNER

In the world of grain handling, efficient and reliable equipment is crucial for farmers and commercial operations alike. Springland Manufacturing Co., established in 1985 by the innovative Lepp brothers—Henry, John, and Herman—has carved a niche as a leader in this industry. With nearly four decades of experience, Springland has become synonymous with quality and dependability in the manufacturing of bin unloading systems and bin sweeps, catering to both farm and commercial

applications.

The backbone of Springland's operations lies within its state-of-the-art grain handling equipment designed for storage bins. Springland specializes in developing, manufacturing, and marketing high-performance bin unloading systems and commercial series bin sweeps. These products are vital for the efficient transportation, handling, and storage of grain, ensuring that every operation—whether on a small farm or a large commercial facility—runs smoothly and effectively.

In addition to its flagship products, Springland also produces air seeder and filling augers as finished subcomponents, broadening the scope of its offerings. Their comprehensive approach to grain handling equipment ensures that customers can find various related products under one roof, making Springland a one-stop solution for grain handling needs.

Springland has established a global presence since its inception. The company's products are marketed worldwide, reaching customers across North America, Europe, Asia, Australia, and New Zealand.

readmore about Springland on page 2...



From the prairies to the highlands 204 - part 4

By Gerry Nolan RIVERS BANNER

or our trip we started off in the lowlands and that is where we are at as our excursion continues. On this day we were off to Hunterston Castle. Upon arrival we were met by our hosts and were split into 2 groups for the tour. There were 10 Hunter clan members among us, and we were all excited to see what lay before us.

The Castle was built in the 1300's with the intention of protecting the south and west coasts of Scotland from Viking invasion. It is still owned by the descendants of the original

The tower remains the same as when it was built and is set in 40 acres of land in west Kilbride, North Ayrshire.

In the 12 century, King David the first, invited Norman Knights to take up land in Scotland. Among those were the Hunters who were settled to provide hunting services to King David. The knight Aylmer was made Hunter Royal in 1160. It is a hereditary title that has been passed down for years.

In 1271, Alexander 111 gave the Hunters a charter for additional land in north Ayrshire. Because of the Latin name Venater was given to them. The name Venatar translated into English is Hunter, hence the clan name.

The family suffered financial problems in the early 1800s, but the problem was resolved by Eleanora Hunter who married her cousin Robert Caldwell. Robert assumed the name Hunter and together they improved the estate and built the present Hunterston House which has been used in the production of Outlander.

Donald Caldwell who is married to Dr. Devon Caldwell [nee Corney] is a descendant of the Hunters. Devon's mother is Leith Corney, [nee Hunter]. Donald did not change his name to Hunter, in case you did not know. Should Donald change his name from Caldwell to Hunter? Survey says, no.

The old castle was something to behold and was one of the most favourite places I went to. The castle is stunningly beautiful and very well kept. I was so thrilled to be in a place I had only ever dreamed of, but here I was, in a castle that went well beyond all I had hoped. Something that caught my attention was the fact, this castle was built for smaller people. There was not a lot of head room in places, and the stairway was not very wide. One must remember that hundreds of years ago men were not 6 feet plus tall, more like 5 and a half foot tall.

There were some narrow windows where they could shoot out to protect themselves from the attack of the enemy. In each room was a fireplace for heat. I can see why men wore the kilts to keep warm as Scotland tends to be a cool, damp place to live.

The rooms were not very big but were very homey and comfortable. The stairs going upstairs was worn on the edge as was the wall from all the years of wear from the occupants coming downstairs. We saw a lot of weapons of the day with one in particular being a very large and long sword. It would take a very fit warrior to swing that sword for very long before being totally exhausted. There was also a suit of armor which looked very small, another idea of the size of men back in the day. Our host told us that 5 to 10 minutes swinging that sword and thrusting at your target would exhaust you, so the kill had to be done quickly.

What I write does not do justice to this majestic castle!

The Hunter Clan Crest is beautiful. Written on the top is the motto, Cursom Perficio, which translates "I will complete the course. I

The Hunters, from the prairies, at Hunterston Castle, built in the early 1800s by Robert and Eleanora

will finish the race".

Next week I will complete the history of the Hunter Clan and so until then, make your plans to travel to Scotland!

Ingredients

- · 3 large eggs
- · 1 cup vegetable oil
- · 1/4 tsp ground cinnamon
- · 1-1/2 tsps vanilla extract
- · 2 cups finely grated zucchini
- · 1/3 cup cocoa powder

2 cups white sugar

1/4 tsp ground nutmeg

1/2 tsp baking powder

3 cups all-purpose flour

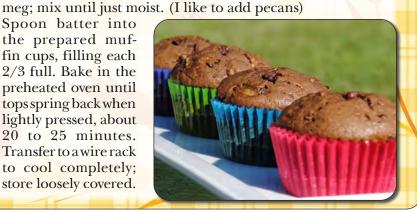
1 tsp baking soda 1 tsp salt

Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease two 12-cup muffin tins or line cups with paper liners.

2. Whisk eggs in a large bowl until smooth. Add sugar, oil, cocoa, and vanilla; whisk until well blended. Stir in grated zucchini. Add flour, baking soda, salt, baking powder, cinnamon, nut-

3. Spoon batter into the prepared muffin cups, filling each 2/3 full. Bake in the preheated oven until tops spring back when lightly pressed, about 20 to 25 minutes. Transfer to a wire rack to cool completely; store loosely covered.



Springland Manufacturing Co.

continued from page 1

They have built a robust network of dedicated local employees who understand the unique challenges faced by grain storage and handling systems. This local expertise plays a vital role in providing tailored solutions that meet the specific needs of each market.

Their customer base is diverse, including contractors and suppliers of grain storage and handling systems, grain handling and processing companies, and air-seeder manufacturers. This wide array of clientele speaks to the quality and reliability of Springland's products, which have stood the test of time and adaptation in various environments and conditions.

The Lepp brothers have not only led the company with vision but also instilled a culture of innovation and quality in their employees. Their ongoing commitment to development means that Springland continuously works on enhancing its product lines

and adopting the latest technologies. This forward-thinking approach ensures that customers receive the most efficient, effective, and reliable equipment available in the market.

As they move into the future, Springland Manufacturing Co. remains dedicated to setting the standard in the grain handling industry. By focusing on innovation, quality, and customer service, they continue to lead the way in developing tailored solutions for grain storage and handling. With a historic commitment to excellence and a clear vision for the future, Springland is poised to remain a cornerstone of the agricultural community for years to come.

For farmers, commercial operators, and suppliers looking for reliable grain handling solutions, Springland Manufacturing Co. is a name to trust. Their legacy of quality, dedication, and innovation continues to serve the agricultural sector, providing essential tools that help optimize grain handling processes worldwide.



Community newspapers are **NOT** junk mail.

Community newspapers are trusted local voices that keep Canadians informed, connected and engaged. They are local businesses that report news that matters most to the communities they serve. CUPW and Canada Post need to ensure that the processing/delivery of unaddressed community newspapers resumes immediately.



It was September 1, 1984; and cable TV networks across Canada were introduced to TSN (The Sports Network); the first Canadian TV network devoted exclusively to sports.

Since I was living in a rural community at that time, I did not have access to Cabe TV. But I had a short-wave radio and spent many hours listening to news and sportscasts featured on the American Forces Radio Network. So when I moved to a community that had Cable TV service, I took out a basic subscription that included TSN.

Their live telecasts of Canadian football and hockey games included a segment called the "TSN Turning Point;" a key play that changed the momentum of the game and allowed one team to score the points needed to secure the victory.

I have often thought of the ways in which sporting events can be pictures of every day life. Each of us is a team of one, trying to succeed in life while facing people, hindrances and challenges that will do their best to keep us from getting ahead.

Some challenges are common to all people. We call them "growing pains." Most of them will come and go. We encounter them, we make mistakes, we learn from our mistakes and we move on. That's life; and that is how it must be lived—one day at a time.

Most of our childhood's "growing pains" will have been forgotten by the time we reach middle age and are settled in our careers, with what we hope will be "forever" homes, growing families and healthy relationships.

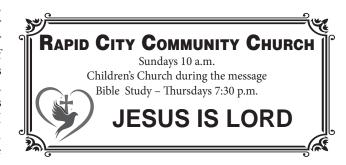
But some "growing pains" were "Turning Points" that produced radical changes in how we think, how we speak and how we live. Memories of those events will remain with us forever; as they should. The lessons learned from those events will help us respond with dignity and integrity when facing similar events in the future; and so they should.

One "Turning Point" in my life happened many years ago, when a doctor told me that, in his opinion, I was the finest candidate for either a heart attack, a nervous breakdown or both. He ordered me to take at least a year off from work to recover from burnout. I took his advice. In that year I changed jobs, moved to a new community and made some lifestyle changes that improved my overall quality of life. What I learned then helped me identify and deal with the depression I suffered five years later (see last week's column).

That was not the first "Turning Point" in my life and it won't be the last. Looking back, I now see how important they are. God uses them to reveal sins we need to confess, character flaws we need to repair; and to point us in the direction he wants us to go, so that we will be in the right place at the right time to meet and connect with the right people who will help us complete the unique tasks God has called us to complete.

Can you think of "Turning Points" in your life? What produced them? How did they change your life? Who did God use to encourage you as you went through the difficult period of renouncing bad habits, severing harmful relationships, adopting new habits and building new, sustainable and healthier relationships?

In a few days, we will celebrate Thanksgiving. I hope that you will join me in giving thanks for the "Turning Points" in life that help us avert disaster and make us the people we are today.







CLOSED

The Rivers Banner will be closed on Tuesday, September 30 for

National Day for Truth & Reconciliation



From last weeks front page



Word Bank

barbecue
 spirit

9. dedicated

2. week6. free10. training

3. firefighter7. local

4. chips8. sizzling

11. grilled 12. resounding

By Chad Carpenter



Milestones

This past weekend was a bit of a milestone for me as Christine and I attended the 55th anniversary reunion of the University of Manitoba Agriculture Faculty Class of 1970. The short version of that would be U of M Aggies '70.

You do the math but the youngest students attending were 77 years old, sounds like fun eh?

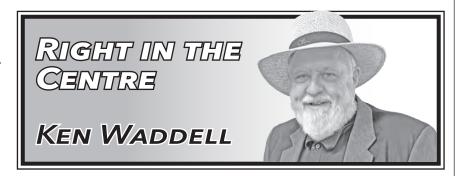
In fact, it was fun, not because the Aggies '70 partied last weekend like many did back in the day, but fun to see how students, who were just kids when they went to U of M in the fall of 1966, made their way through varied lives.

There were stories of marriage and kids, jobs and divorces. There were many jokes about fun things that happened and what disasters were avoided.

Aggie '70 Grads, about 35 in number, gathered in Winnipeg for two days of meals, visiting and touring the Agricultural Facility buildings at U of M.

Many of the grads worked their whole career in agriculture. Some farmed, and a few still do, even at 77 years of age. There were salesmen, a mortgage broker, grain marketers, retired civil servants in the group. Many, like myself, started out directly in the industry who went into other fields. I have been publishing now for 36 years now, but my first actual newspaper experience was a manager with the U of M Manitoban newspaper. That stint was about two years while I was still in university.

Some of the Aggie '70 grads still live in Manitoba, but there are others all the way from the the Maritimes to BC and the United States.



wife and I will have known each other for 58 years as of October 31. We met on Halloween night when my buddies called upon a group of girls to "Trick or Treat" for Halloween. My wife had heard about me from a girl in her apartment and was very disappointed when she actually met me. We have been married now for 56 years (as of October 11) and she still ponders whether meeting me was a trick or a treat. Obviously she is either indecisive or an optimist as she is still with me.

As a country and community, we have another milestone coming up. November 11, 2025 will be 107 years since the end of WWl and this year it's 80 years since the end of WWll. Those wars were fought to maintain as much of the world within democratic freedom as possible. We are still free in North America but the battle is still real. There are politically minded people that seem intent on taking away freedoms of movement and speech.

Having been involved in publishing now for 59 years, I can see a constant degeneration of freedoms. Ironically, some who would claim to be fighters for freedom are doing their very best to destroy freedom.

At every turn, governments at all levels, either passively or actively restrict information about what they are So milestones are a good thing, up to and that is very sad to witness. markers of time and progress. My There isn't enough advertising dollars

in the journalism world to pay enough journalists to cover all the news. It may not be intentional, but digging out information from all three layers of government seems to be getting more difficult. Newspapers, for example, can't always afford enough staff to to cover school boards, municipal and town councils along with provincial and federal governments.

Some people will claim that "citizen journalists are answer but there's a problem with some citizen journalism. They mainly use the internet and we have all sadly come to realize that one can put anything they want on-line but without verification or accountability.

Our family newspapers keep fighting the battle for advertising income so we can pay the printing bill, the staff and the transportation required to get the most reliable news we can gather for our readers.

Our newspapers have all marched past the 100 year mark and as a family, we are determined to keep that march going. We thank our readers and advertisers for your support as we attempt to make more milestones in the years ahead.

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.



Not my best moments

There are times when I wonder if perhaps I am more childish than childlike...We know what memories do, sometimes comfort, sometimes condemn. What may be meant to be light hearted may have deeper ramifications...

Remember when the movie 'Titanic' was first released? My granddaughters were utterly enthralled by it, as were many of their peers. Early in the movie there is a scene where the ocean liner is entering the harbour, and off to the side there is a small craft with a lone occupant. The girls allege that I told them, seriously, that was my uncle in the small boat, and he had missed the boarding and therefore was spared the sinking. They, being young girls, relayed this 'fact' to their friends. Truth be told, I do not recall telling that story! However, ther are many things I don't remember....I do remember setting up a card table and the six year old blond asking what it was- to be fair she asked before I had it standing on its four legs! My reply? 'A bath tub.' She hunkered down, peering at it and asked how it worked!!

I can laugh at myself as well. A few years ago a set of grandchildren shared my home with me. At three of the a.m., Hoover and Miss Daisy needed to go out. Somehow the door locked behind us. I thought of ringing the doorbell, but that would certainly alert their two dogs and that would be a rude awakening. Or I could have stood under their bedroom window and called or thrown small stones, but that would have been a ruder awakening. So what did I do? It was late spring, not too cold, so the dogs and I curled up in the back seat of the car - it was in a garage- and threw the dog blanket kept in the car over us. I waited until I knew someone was awake before knocking. The grandchildren were not impressed! I was over seventy at that time.

Just a few weeks ago I had a sleepover at the same set of grandchildren's home. Now I was the guest. The household consists of a four year old and a baby, with another granddaughter and her six year old, visiting while I was there, down the hall from where I was bunked. Around ten, ten thirty, I share a call with a friend. For fear of waking anyone, I threw the comforter over my head for the chat. I thought I got away with it, but my grandson checked in to let me know he was home and all was well. Busted! The laughter- at my expense- at the breakfast table was delightful. The deed was not unlike the tricks I played when reading after hours as a teen. This time I was a shade short of eighty!

There is a standard question when meeting someone for the first time - where did you grow up? My answer is consistent. 'My early years were in Southern Manitoba',. I'm still working on the growing up part of life! Childish

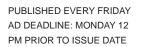
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info@riversbanner.com www.riversbanner.com Oprop box 0529 Second AveoRivers, MB

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Farmers' Advocate

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Empire-Advance

Rural win: MASC offices reopen in Virden, Shoal Lake

Local leaders call move a step toward stronger rural economies

By Dale Davison
FARMERS' ADVOCATE

Four years ago, the provincial government closed 21 Manitoba Agricultural Services Corporation (MASC) offices across Manitoba. Producers, agricultural organizations and local governments protested the move seeing it as a hardship for farmers and a move to centralization that would hurt rural centres such as Virden. A plan to reopen some of these offices was announced in January of this year, and as of last Friday the Virden and Shoal Lake locations were once again open for business.

John Plohman, chair of the board of directors for MASC, introduced Minister of Agriculture Ron Kostyshyn who said, "Farmers want to ensure they have tools to maintain and govern their farming operations. I know that MASC clients will welcome the convenience of having a local team available to help them with all their risk management, lending and other agriculture services. That also strengthens farm families, $rural\,communities\,and\,our$ province as a whole."

Scott Phillips, a councillor for the RM Sifton and Vice President of the Association of Manitoba Municipalities (AMM) recalled the past closures of service branches across the province. Phillips



PHOTOS BY

Above picture: Minister of Agriculture Ron Kostyshyn cuts the ribbon to officially open the MASC Virden office. He is joined by MASC vice chair Don Kostesky, Virden Mayor Tina Williams, RM of Wallace-Woodworth Reeve Clayton Canart, Municipal and Northern Relations Minister Glen Simard and John Plohman, chair of the board of directors for MASC. Bottom picture: The new Manitoba Agricultural Services Corporation office in Virden is located at 297-Seventh Avenue South.

said, "Three words. Rural Economic Reconciliation. Years ago, branches were closed across the province. We're not going to point fingers, but it was a shame that so many agencies like this were closed. We've been very fortunate over the last half dozen or so years to be included in the conversations with the past government and this government on reopening some of these key centres in Manitoba. We've been involved. We were told 'no', I don't know how many

times, but 'no' just meant try harder and make a better plan." Calling Virden an ideallocation in Western Manitoba Phillips said, "This really is the centre of it all."

Virden Mayor Tina Williams said, "The value of having a local office for our surrounding farm communities cannot be overstated."

RM of Wallace-Woodworth Reeve Clayton Canart agreed and added that he hopes this re-opening of an office so important to the region will prove to be the first step in decentralizing other government services, bringing them closer to the people that use them.

Along with the Virden office, the Shoal Lake office is also reopening, and the two locations will serve 650 to 700 farmers and agricultural businesses in the surrounding regions. Each new service centre will be staffed by four full-time employees and a team of insurance adjustors.

The staff members of the new Virden office will include Andrea Schneider, Samantha Bertram, Dan Boulanger, Lawrence Daniel, Michelle Breedon, and team leader Barb Stambuski.



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Farmers' Advocate

Tips for drying tough and damp canola

Submitted

Manitoba Canola Growers

Aeration can be enough to dry tough canola to safe storage levels – as long as air has "capacity to dry". Damp canola will require heated air drying. Safe levels for long-term storage of canola are grain moisture of eight per cent and grain temperature of less than 15°c.

Canola is considered "tough" at moisture levels between 10 and 12.5 per cent and "damp" is anything above that, according to the Grain Grading Guide. To dry tough canola with aeration, the bin needs adequate airflow and that air needs "capacity to dry" — which means it has to be warm with low relatively humidity (RH). (See the In-bin drying heading below.) Damp canola will require heated air drying and rigorous management to condition it for safe storage.

Grain dryers (heated-air drying)

Dry canola as soon as possible: While waiting, aerate con-

tinuously if possible and move damp canola back and forth between storage facilities to prevent spoilage. The combination of aeration and movement is ideal.

Have the right equipment: Continuous flow or re-circulating batch drying systems are preferable. They reduce the potential for seed damage from heating and allow for slightly higher drying temperatures. For very damp canola, growers may prefer to run the grain through twice at a lower temperature to prevent seed damage and reduce the risk of fires. Also, if the dryer has screens, make sure the screen size is small enough to hold canola. Another option is to add heat to a bin aeration system. Talk to your bin and fan supplier for details.

Watch drying temperatures: Check the maximum safe drying temperature for your system, then reduce it by 11°c when working with damp canola as opposed to tough. As moisture

content increases, it gets much easier to "cook" your canola in a heated air drying system.

Over dry canola slightly when using heated air: As grain cools when moved into storage, moisture content tends to rebound slightly. Over drying compensates for this. A general rule is to over dry by 0.1% for every point the grain is dried. For example, if canola is at 14% moisture and your target is 9%, over dry by 0.5 percentage points to 8.5%.

When returning warm, dried canola back to the bin, turn on the fans to cool it for safe storage. This could also allow for a bit more drying as drying can occur when cold air is introduced to a warm mass of grain.

In-bin drying with supplement heat

Natural air drying (NAD) using aeration fans works well as long as the fan provides adequate airflow and the air has capacity to

dry. The second requirement can be a challenge because cool fall air often has low or no capacity to dry anything. That is why more farmers are adding heaters to their aeration fans.

Increasing the temperature of the incoming air basically reduces the relative humidity (RH) of the incoming air, which increases the capacity of air to hold (and therefore remove) moisture. This increase its efficiency of drying the grain. For every 10°c increase in air temperature, the RH is cut in half.

A heater certified and designed for use with grain storage aeration fans can turn a "poor" drying day into a "good" drying day, and the capital investment is much smaller than it would be for a batch dryer set up. Generally, a poor drying day is when RH is 70 per cent or more, or the temperature is 10°C or less.

The general recommendation for adding supplemental heat to an aeration system is to increase air temperature to no more than 15-20°c – although the higher the fan's airflow (cubic feet per minute) per bushel, the more heat you can add.

Airflow rates needs to be at least 1.0 cfm/bu for moisture removal. Insufficient air flow can result in a high moisture zone near the top of the bin that can initiate spoilage. The greater the depth of canola in the bin, the more fan capacity you will need to move air through it effectively. Large diameter bins that provide uniform air flow through a perforated floor may have an advantage when handling damp grain. If you suspect the air flow is insufficient, remove some canola to reduce the depth. Side benefits of removing some grain are that it disrupts any high moisture areas that are developing and it flattens the cone, which could help to make the airs path more consistent throughout the bulk.

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Farmers' Advocate

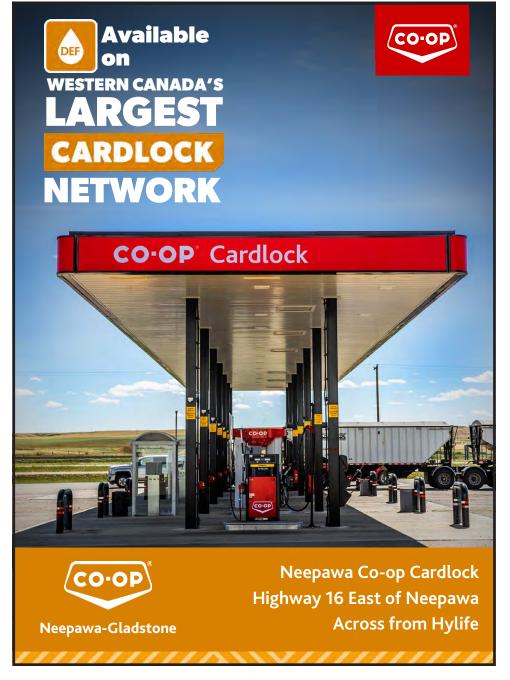




PHOTO BY ROB WADDELL

In a pasture near Mountain Road, this large black bull seems to be a bit lonely as his cows have perhaps moved on. All he has to do is eat and sleep in his own part of the world as his work is likely done for the season. Late summer rains came in a timely fashion to keep the pastures green heading into the fall.





Farmers' Advocate

Op-ed: Relationships matter

By Cam Dahl

GENERAL MANAGER, MANITOBA PORK COUNCIL

On Sept 17, the Office of the United States Trade Representative (USTR) began a 45-day public comment period on the effectiveness and impact of the Canada-U.S.-Mexico Agreement (CUSMA), and public hearings on CUSMA will be held in the U.S. this November. The process to review Canada's most important trade agreement has begun.

Our relationships with our partners, customers, and suppliers in the U.S. matter now more than ever. Recently, Manitoba Pork was on a mission to Iowa with Manitoba's Minister of Agriculture, Ron Kostyshyn. It was an opportunity to talk to Iowa's farm leaders and politicians about the value of our integrated market and the trade between us. We could not have received a warmer welcome. There is a strong understanding south of the border about the value of our trading relationship. The USTR and U.S. Congress will likely not give a lot of weight to comments from the Canadian pork sector, Canadian agriculture in general, or even our federal and provincial governments, but they will listen to the Governor of Iowa and elected representatives of Iowa's agriculture base.

Outreach should be a top priority

While it might look good on social media or on television for a Canadian politician, in a fit of pique, to pour out whiskey distilled in Manitoba over a disagreement with a multi-national company, or to threaten to turn off the lights in American states, this is not how strong positive relationships are built.

Don't forget!
Our advertising
deadline is
Tuesday at noon!

Relationships are built by showing up at state fairs as friends and neighbours. Canadians cannot afford to have potential allies in the U.S. and Mexico turned off by aggressive commentary coming from north of the 49th parallel. We need partnership not rhetoric.

For Canadian agriculture, this outreach should be the top priority for the industry, especially for the 90 percent of Canadian farmers who depend on international markets for their price discovery and sales. While we must look to diversify our markets, we cannot replace the U.S. as a destination. For example, Manitoba ships over 3 million live pigs to be finished in the U.S. every year. Today these exports are moving under the protection of CUSMA. If we were to lose that protection or have the integration between producers in the U.S. and Canada weakened, these animals would have no alternative markets and communities across our province would feel the economic impact.

We should have a plan in place

Canada's federal, provincial, and territorial agriculture ministers met in Winnipeg the second week

of September. I am hopeful that they discussed the development of a strategic outreach plan with our partners in the U.S. Not every Minister needs to visit every state capitol in the lower 48 states, but we should have a plan in place to have at least one agricultural delegation reach out to most of them before the 45-day comment period on the effectiveness of CUSMA expires.

Which brings me to my closing observation. The U.S. has started public consultations on the effectiveness of CUSMA. When are the Canadian consultations going to begin? The best time to start the development of a strategic pan-Canadian agricultural position on the key elements of the CUSMA would have been about 18 months ago. The second-best time to start this dialogue with the agriculture community is today. If this does not occur, Canada runs the risk that we will go into the critical part of the CUSMA review with both industry and governments divided. That could be a mistake that has far reaching consequences for farmers from coast to coast.

For agriculture, the overall goal going into the CUSMA review must be the preservation and expansion of the integrated North American market

for both agricultural commodities and food. For the betterment of farmers, processors and consumers, we must actively target the elimination of tariff and non-tariff trade barriers including, regulatory misalignment between Canada and the U.S., increased use of restrictive country of origin labelling requirements, and individual state regulations that restrict trade within North America.

Our strategic discussions with our CUSMA partners should also recognize that, in an increasingly less stable international trading environment, secure trade within North America of agriculture commodities and food contributes to the national security of all three CUSMA signatories and helps deliver a reliable and safe food supply for North American consumers.

Monitor the drying process for canola

Continued from Page 6

Temperature of the grain itself plays a role in the efficiency of NAD with supplemental heat. If the grain is already cool (less than 5°C), NAD with supplemental heat will initially add moisture to the grain. It will take some time before drying starts, but the bulk will warm up eventually and drying will be accomplished. If the grain is still warm, then NAD plus supplemental heat can work very well.

Make sure to have good ventilation at the top of the bin to allow warm, moist air to escape. Inadequate ventilation in the headspace will result in condensation on the top layers of grain.

For effective drying using supplemental heat, the bin needs to be turned frequently – every day to every few days. Without turning, it will take substantial time for the drying front to reach the top layers of the bin.

And finally, monitor regularly during and after the drying process. Cool the grain after drying, aiming for a safe storage temperature of less than 15°C. Note that blowing cool air on warm grain will remove some additional moisture, so drying may be complete when moisture is within one percentage point of the target.



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The healing power of loving yourself

By Ev Nolan RIVERS BANNER

f there is one thing I have learned on my own wellness journey, it is that self love is not just a fluffy idea you find online or in inspirational quotes. It is real, powerful, and maybe the most underrated wellness tool we have. When you start to treat yourself with the same kindness you would give to a friend, something shifts, your body, mind, and spirit all breathe a little easier.

For me, self love began in the smallest ways. Choosing to rest without guilt. Pouring a cup of peppermint tea and enjoying it instead of rushing on to the next task. Talking to myselflike I would to someone I care about instead of being my own worst critic. And let me tell you those small shifts add up in the most surprising ways. Your mind listens to what you tell it and directly affects the functioning of your body. Suddenly, my stomach feels calmer, mysleepisdeeper, and even my mood has more balance. It is like giving yourself a backstage pass to holistic wellness.

Selflove also changes how we move through stressful times.

Instead of crumbling under pressure, you have a solid base to stand on. I used to think being "tough" meant ignoring my own needs, but now I see that true strength is honouring them. Saying no when I am overwhelmed, taking breaks without apologizing, or choosing uplifting people over toxic ones are all little love notes to myself. I have come to love a fun game called Supercow. When I need a break from work, I switch to Supercow, and it totally relaxes me, and I am ready for what is coming next. And funny enough when Ishowmyselfthatrespector"allowance,"theworldfollowssuit.

Mentally, the difference is like night and day. Do you know that voice in your head that loves to point out every mistake you make? With self love, that voice loses its power. Instead of spiralling in comparison or self-doubt, I catch myself celebrating the wins, even the tiny ones. I have noticed that creativity flows more freely when I am not weighed down by harsh thoughts. I have learned and still learning, to be kinder to myself. My husband sometimes tells me not to talk about his wife like that, as a joke. But it sticks. Suddenly, problem-solving feels easier,

setbacks sting less, and I can laugh at my own missteps instead of tearing myself down.

Then there is the spiritual side of self love, and this one is my favourite. When I take time to slow down, I can hear that little inner whisper, intuition, soul, call it what you will. Whether it is during a quiet walk, playing a game, or even sitting on my deck, I feel connected to something bigger than myself. It is like the universe gives you a wink and says, "You are on the right track."

The best part? Self love is contagious. When you treat yourself with kindness, others notice. Kids, friends, partners all start to mirror that energy. Before long, it is not just about your own wellness but about creating a ripple of compassion around you.

So, if you are wondering where to start, keep it simple. Rest when you are tired. Eat food that makes your body happy. Say no without guilt. Dance in your kitchen just because. Self love is not a destination but a daily practice. And the more you practice, the more you realize that loving yourself is not simply good for the soul, it is one of the best medicinesoutthereforyouand everyone around you.

Hockey season

By Gerry Nolan RIVERS BANNER

ven though as I write this it ✓ is still summer, hockey leagues are gearing up for another season. The NHL preseason has started as well. Tryouts in Junior hockey are complete, the teams selected and most of the leagues fired up this weekend. It seems hockey just starts earlier and earlier with every passing season. The dream for some is the NHL even though only about 42 percent are Canadian players.

The Junior leagues around the prairies are up and going as well as AAA rosters are set, let the games begin.

I am sure the players who made the teams are excited and raring to go. But, what about the players who did not make the team they were trying out for? How are they doing these days?

Even though players have made junior and AAA teams, nothing is really final yet. When the NHL starts to cut players and send them back to their junior teams there is a ripple, domino effect down in the Juniors and AAA teams.

The Brandon Wheat Kings just recently had 3 players sent back to them from NHL camps. Brandon had their team selected, so with 3 coming back that means 3 are leaving the wheat kings to go to the MJHL or AAA teams. Those MJHL teams and AAA teams may have to cut some of their players. You make the team and then suddenly you are sent down to, where? How is the well being of these young players? Good question, right?

A friend of mine has a son who made the MJHL team. They had a billet for him, and

he was starting school in his new environment. The domino effect started. He was released by the team and now will be playing AAA midget this year. To say he was disappointed is an understatement. They, the family, thought the season was set and were excited for their son's opportunity in the MJHL.

Hockey can be ruthless and gut retching. This is difficult for these young athletes. I just hope these players have a great season. Enjoy the game and the places you play and the friends that you have and will surely make along the way. Make some lifelong friends and enjoy the journey.

Doug Gilmour stated at the Hamiota Sports dinner, you either have the gift, or you do not. There is a lot more to life than hockey! Play the game and have some fun with it and enjoy each day you are on the ice.

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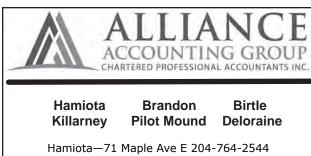
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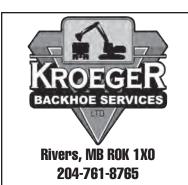
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Two-Stroke Engines and the **Environment**



SubmittedBy Patricia Hanbidge

The other day, my attention was riveted by what was on the radio. A repeat of a What on

Earth show was airing and what caught my attention was that they stated that one hour of use of a gas-powered leaf blower released the same amount of emissions as driving a "big truck" from Saskatoon to Vancouver following the longest route (1750 km). I have traveled that road many times. Usually, I now take three days to make that journey and the thought of using a gas-powered leaf blower for an hour having the same emissions was rather horrifying.

The showwas a bitalarming, so I thought I should dive deep into what was being shared. It is true that many lawnmowers, gas-powered leaf blowers, dirt bikes and small outboard motors are generally two-stroke engines. This means they are a type of internal combustion engine that completes its power cycle with two movements of the piston (up and down), resulting in a power stroke for every crankshaft revolution. This is the engine of choice because it is simpler, lighter and has a high power-to-weight ratio. This power is extremely important if you make your living doing landscape maintenance as you can ultimately achieve more in less time. However, these two-stroke engine tools are less fuel-efficient, noisy and produce more pollution than four-stroke engines.

The reasons that two-stroke engines significantly pollute the environment is because of their design and the lubricant-fuel mixture. The intake and the exhaust ports on a two-stroke engine open simultaneously, so some of the fresh fuel-air mixture can escape through the exhaust. Because they use a lubricating oil along with fuel in a two-stroke engine, some of it is burned and emitted with the exhaust gases which contributes to the smoke, oily residues and that familiar smell. The fresh fuel-air mixture that is exhausted results in higher levels of volatile organic compounds (VOC's), like benzene and polycyclic aromatic hydrocarbons (PAH's). The combination of unburned fuel and burning lubricating oil results in higher emissions of hydrocarbons, other pollutants and substantial amounts of fine particles, which are harmful to respiratory health.

As we can now understand a bit more about two-stroke engines, there is a significant increase in environmental impact affecting air quality. The oily residue can make it into our waterways which affects the aquatic ecosystem and there is some evidence that water polluted by two-stroke engines remains more toxic for a longer period of time. Some cities and regions that have strict air and water quality standards have banned the use of two-stroke engines due to the severe environmental impact. It is important to note that modern two-stroke engines with direct fuel injection are significantly cleaner than the older models.

Over the years I have had a love-hate relationship with twostroke engines and in particular gas-powered leaf blowers, small outboard motors and other equipment commonly used in the landscape maintenance industry. They are noisy, they smell and I often find them difficult to start. However, in many cases due to their high power-to-weight characteristics, they really do reduce the workload if the operator is experienced.

I admit, I have a Stihl gas-powered leaf blower. It has served me well for many years, but I do rake up and take away the debris I blow around to minimize the use of the blower. I am thankful that there now are many more choices that consumers can exercise in choosing equipment that traditionally only existed in the older models of two-stroke engines. My new purchases of landscape equipment are electric if possible. This means an easy start every time I use the machine, quieter operation and most importantly an emission-free operation.

News associations respond to CUPW / Canada Post halting of delivery of unaddressed community newspapers

Submitted
By News Media

On September 16, 2025, multiple news publishing associations sent the below

letter to CUPW and Canada Post to outline our extreme disappointment with community and ethnic newspapers being treated as 'junk mail'.

Dear Ms. Simpson and Mr. Ettinger,

On behalf of the members of the Alberta Weekly Newspapers Association, B.C. & Yukon Community News Media Association, Hebdos Québec, Manitoba Community Newspapers Association, National Ethnic Press and Media Council of Canada, News Media Canada, Ontario Community Newspapers Association, and Saskatchewan Weekly Newspapers Association, we are writing to express our extreme disappointment in both Canada Post and CUPW.

Both of you are treating unaddressed community and ethnic newspapers like "junk mail".

Mr. Ettinger, your decision to no longer exempt community newspapers with commercial inserts from Canada Post's Consumers' Choice program, effectively treatsfact-based, fact-check Canadian journalistic content as "junk mail". You made that decision without proper stakeholder consultation or economic/social impact analysis.

Ms. Simpson, your recent decision to neither process nor deliver unaddressed flyers (Neighbourhood Mail) — whether intended or not—is holding community newspaper publishers hostage and is depriving Canadians of fact-based, fact-checked community news.

Community and ethnic newspapers keep Canadians informed, engaged, and connected in hundreds of communities across Canada. Many are small businesses, owned by local

Community newspapers are **NOT** junk mail.



Community newspapers are trusted local voices that keep Canadians informed, connected and engaged. They are local businesses that report news that matters most to the communities they serve. CUPW and Canada Post need to ensure that the

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entrepreneurs, who are struggling just to keep the lights on and make payroll in the face of the loss of advertising to American Big Tech companies.

Let us be clear: community newspapers, with or without commercial inserts, are not "junk mail"; they are a vital source of information for Canadians. Our members are good paying customers of Canada Post, and we resent this shabby treatment. Asyouwork outyour differences, we hope both sides will bargain in good faith, and we call on the two of you to ensure that the processing and delivery of unaddressed community newspapers — with or without commercial inserts — resumes immediately.

Thank you for your urgent attention to this matter.



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Artists reception for Jacqui Beckett | Cornerstone Church says 'Welcome Back'

On Thursday, Sept. 18, the Heritage Arts Centre in Hamiota was the site of an artists reception for Jacqui Beckett from Moosomin Saskatchewan.

Jacqui told the group that she had loved art since she was in grade school but had started getting serious in the 1990s by joining the Hamiota Art Club.

Jacqui said her spirit soared as she was in a dark place in her life due to illness and she needed to find "her people" which she did.

In 2023, Jacqui was among 24 other artists to travel to



France, just east of Paris, to paint in a two-week residency and also went to Italy back in 2024 to do Plein Air art, creating art outdoors in the open air.

The afternoon was hosted by the Midwest art club, which included coffee, tea, and dainties.

Entertainment by Elaine Rawlings was enjoyed by all! Well done Art club and special thank you to Jacqui Beckett for sharing her beautiful art.



The historic hymn by Isaak Watts' - "I Sing the Mighty Power of God"- resounds in acapella tones with a full church gathered to celebrate "Welcome Back" Sunday. In Hamiota's Cornerstone Family Worship Centre on Sunday Sept. 21, the Mennonite church choir from Erickson led by Rod Wager (left) thrills the congregation with resonant harmonies. Following a message, 'Blessed are the Peace Makers' by Pastor Orland Usick, congregation and guests enjoyed an international pot luck feast; youth guided kids' games on the lawn.

I/I/I/I/I

COMMUNITY CALENDAR

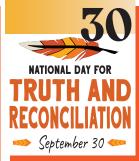


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