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# RIVERS BANNER

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## Clack Bros Museum Fun Day

By Carolyn Phillips  
 RIVERS BANNER



PHOTOS BY CAROLYN PHILLIPS

Guests enjoyed a delicious BBQ served by Clack Bros Museum.

This past Sunday may have been filled with smoke from nearby Manitoba forest fires, but the warm spirit of community and history shone through at the highly anticipated Clack Bros Museum Fun Day. Despite the haze in the air, enthusiastic crowds flocked to the museum, eager to participate in a celebration of local heritage and family-friendly activities.

From the moment visitors stepped onto the museum grounds, they were greeted by a treasure trove of historic memorabilia. Walking through the exhibits was like stepping back in time; families were seen admiring everything from vintage farm machinery to restored antique vehicles. Each artifact told a story, and many attendees shared nostalgic memories of days gone by, invoking a sense of pride in the rich history that the Clack Bros Museum preserves.

The day was not just about reminiscing, though. Children found a wealth of joy in activities like rock painting and digging for gold. These

hands-on experiences allowed kids to unleash their creativity and imagination, all while enjoying the wonders of outdoor play. Parents relished watching their children laugh and engage with the artifacts in ways that brought history alive in a meaningful way.

As folks moved about the grounds, they were treated to a hearty barbecue that kept energy levels high throughout the day. The alluring smell of grilled delights filled the air, drawing hungry visitors to the food stalls. It was a perfect complement to the laughter and chatter that filled the atmosphere, fostering a sense of camaraderie among attendees.

Adding to the excitement was the ever-popular pie

auction, led masterfully by Auctioneer Stuart Miller. The lively auction brought together passionate bidders, all vying for a chance to take home delicious, homemade pies that had been generously donated by local bakers. The competition was fierce, but the laughter and enjoyment in the air made it all in good fun. Each successful bid not only won a delectable treat but also benefited the museum's efforts to continue preserving community history.

In addition to the pie auction, numerous silent auction prizes were available for attendees to bid on throughout the day. Excitement buzzed as guests perused the prize displays, with everything from local art to gift



Children found a wealth of joy in activities like rock painting and digging for gold.

certificates up for grabs. It was a thriving marketplace of contributions from local businesses and supporters, highlighting the strength of community ties.

For those who didn't make it to the Fun Day, the Clack Bros Museum remains open for tours from Wednesday to Sunday, 10 a.m. to 5 p.m., until mid-September. It's never too late to engage with the rich local history, with approachable staff eager to share stories and insights about the exhibits.

The Clack Bros Museum Fun Day was a resounding success, demonstrating that even smoke-filled skies cannot dampen the enthusiasm of a community. It served as a reminder of the importance of coming together to celebrate our heritage, create lasting memories, and enjoy a day filled with laughter and learning. With the fun day behind us, the spirit of the Clack Bros Museum lives on, inviting all to explore, discover, and connect.

## Inside...



**LEMONADE FOR HOPE**  
 P5



**MEET THE PC CANDIDATE**  
 P4

# INVESTING IN RURAL HEALTH CARE

AUGUST 26, VOTE  
**RAY BERTHELETTE & WAB KINEW**

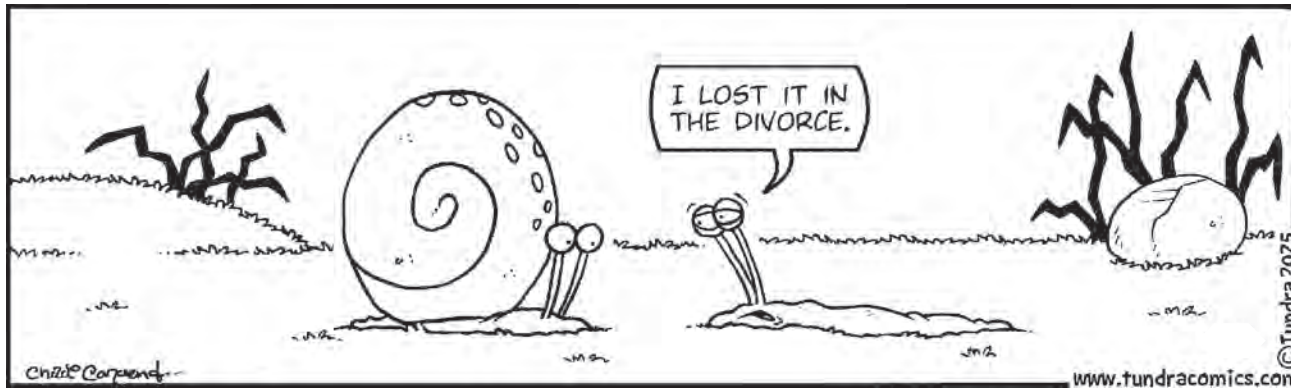
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MANITOBA'S **NDP** TEAM  
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# Tundra

By Chad Carpenter



## Swinging from branches...

Sven Somme, a fisheries officer from Norway, worked with his brother Iacob as spies against the Nazi German army. His brother was caught in 1943 and executed after he had helped sabotage the hydro plant in Telmark. The Nazis knew about Sven and warrants for his arrest. Sven continued with his undercover work, was captured, handcuffed and was condemned to be executed for spying. He managed to escape. When his escape was discovered nine hundred soldiers with bloodhounds were sent after him. In two months he undertook a remarkable two hundred mile trek. At times Sven would climb up pine trees and jump from tree to tree, eliminating tracks. It was not an easy escape, a farmer offered proper mountain boots, a safe house provided shelter until false papers were in place, and then, travelling through Sweden to Britain. His incredible detailed work made a huge difference in the war effort. And he was middle aged when he swung through the trees to freedom.

I love the story, the image of a middle aged man climbing a pine tree to a height where he could build momentum to swing to another tall tree. And repeat to action until he reached safety. It connects with "Birches" by Robert Frost. "When I see birches bend to left and right, across the lines of straighter darker trees, I like to think some boy's been swinging them." The poet goes on to explain that it is really ice storms that break the back and spirit on the gentle birch tree. The poem goes on imaging a young boy at play riding the branches. "He learned all there was to learn about not launching out too soon and so not carrying the tree away clear to the ground. ...Then he flung outward, feet first, with a swish, kicking his way down through the air to the ground." Frost then remembers swinging from trees himself, wishing to repeat the feat. "I'd like to go by climbing a birch tree, and climb black branches up a snow-white trunk toward heaven, till the tree could bear no more, but dipped its top and set me down again. That would be good both going and coming back. One could do worse than be a swinger of birches."

These images, a spy escaping enemies by swinging from pine tree top to pine tree top, and the poet, wishing his last earthly ride was from a birch tree, comfort me and encourage me. That may seem a bit strange but I am a tree hugger, a planter of trees, not so much one who swings from the top of a tree. Though, there was the time when I was supervising two grandsons as they cleaned dead branches out of the careless maples on the acreage.....They had a rope tied to the fairly large branch and weren't able to bring it down. I chose to use my body weight as a pendulum, gaining momentum with every mad dash from north to south and back again. Then, with a snap, the branch broke, and I went head over heels into the dirt. Not a glorious dismount!

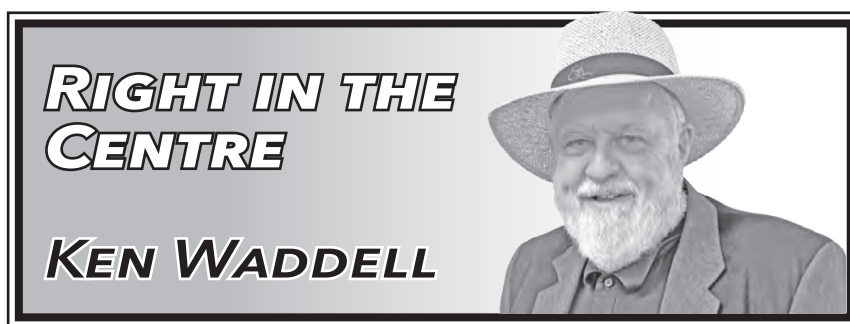
# Looking back and ahead

I beg your patience, but this week's column is rather reflective in nature. I beg your patience. In 1970 when I moved back out rural Manitoba, I had just finished four years of University and my wife and I and our first born son took up residence in Carberry. Carberry was larger than my hometown of Holland, Manitoba and certainly larger than the village of Scarth (south of Virden) where my wife Christine (nee Lobel) attended Grades 1-8. Carberry wasn't and isn't as large as Virden which is where Christine attended high school. Many things have stayed the same in the past 55 years but many things have changed.

I often reflect on how things have changed. In 1970, Scarth still had a tiny railway station, a little store and a school converted to a community centre. Virden was well into its oil and energy phase. Neepawa had lost its major industry, the salt well and was in the midst of converting the salt plant warehouse into the Yellowhead Centre Hall and building a new ice arena.

Many of the villages around Neepawa, Minnedosa, Rivers and Virden still had services such as grain elevators, a garage or two, rinks and even some medical services. Much of that has changed. Until the recent establishment of The Barn at Kelwood, one had to drive up Hwy. 5 from Neepawa to McCreary (a distance of about 35 miles) to find a gas station. Many of the village or country stores are gone now. The local country schools mostly disappeared about the time I graduated from high school in 1966. There is no grain elevator at Neepawa anymore and there used to be two back then and many more in earlier years.

To this day I am still not sure why farms have gotten so much larger than they were in days gone by. Compared to the 1940s, 50s and 60s, farm work



today is not the drudgery it used to be, but that obvious improvement didn't stop the drift of population off the farms.

We are seeing a bit of a community resurgence. Centres in all our newspaper coverage areas are growing, albeit some faster than others.

There are still some stumbling blocks. Hydro capacity is a limiting factor for industrial expansion. Most towns do not have the hydro, water or sewage capacity to take on big projects. That's sad because in my opinion, our cities have grown big enough. There is direct connection between crime and cities becoming too large so why are we putting more and more efforts and resources into Winnipeg. I likely will get little support for this next idea, but isn't Winnipeg, or even Brandon large enough?

And as far as building codes are concerned, I think they have added way too much to construction costs. Two-by-four walls are fine if they are built correctly. Dual pane windows are Ok in my books and triple panes are not necessary. Can we not build homes in expandable sections. I know some older homes look awful with a lean-to onto a lean-to, but with a bit of imagination houses can be built that are expandable. Does every new house need a garage right away or could the garage be added later. Don't get me wrong, I love my double garage but in the history of our current home which

was first built around 1908, added onto in 1911 and again in 2015, the garage was added to this property by a previous owner 60 years after the house was first built.

Rural Manitoba needs more people, including tradespeople and professionals too. One can hardly call most rural areas overcrowded.

Closing of schools, elevators, machinery and car dealerships all added to the decline of rural areas. But, the areas that have grown, are growing and will grow, need to elect very strong leadership at the local council level so they can present a strong front to deal with businesses, with the banks and credit unions and with both levels of government.

There's lots of blame to go around when a community declines but much of the blame can be seen in our bedroom mirrors. Have we had new ideas, have they been reasonable, progressive, feasible and been ones that build our communities up? Or, have we stood back and just hoped for the best instead of avoiding the worst?

I would say, if you have some investment money and you are investing a large percentage of it outside your community, you might be investing in the wrong place. Your community needs and deserves your full attention.

*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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**FAITHFULLY YOURS**  
**NEIL STROHSCHNEIN**  
A valuable lesson



Some of life's lessons, when learned, fill us with regret. True, the lessons help us cope with the different challenges life sends us; and that makes them very valuable. What we regret is not learning them sooner; because if we had, they could have saved us a great deal of discomfort.

But, in our youthful exuberance and lack of maturity, we may think we know all we need to know to live perfect lives; and that there is little (if anything) that we can learn from the mistakes of our ancestors. That is where we are wrong. Unfortunately, most of us will not realize that until late in life; and some of us never will.

One of the lessons I should have learned from my early years on my parents' farm is that success in life requires faith and flexibility.

On our farm, we followed a very flexible schedule. We

used warm winter days for doing necessary yard work. We went to town on days when we couldn't do much else. Critical farm work (planting, harvest, haying) was done on time and when weather conditions permitted. Appointments (medical, dental, vision, etc.) were kept. We didn't worry about the work we couldn't do on those days. It could be done the next day—and it was.

But every night, after supper, I would see my dad sitting in his favorite chair, his Bible open on the lap in front of him and his hands folded in prayer. I know that in those times, he was asking God to help him use his time wisely, so that all necessary farm work would be done before freeze-up. God answered that prayer; and all the work got done.

This simple act of faith helped to keep my parents grounded when they faced difficult years and had to

make crucial life decisions. They knew that there is an inseparable bond between faith and flexibility. You need both to lead a fully balanced life.

For them, and for me, no one demonstrates a better understanding of this truth than Jesus himself. In the Sermon on the Mount, he gave us this advice: "Do not worry about tomorrow. Tomorrow will bring worries of its own. Today's troubles are enough for today." (Matthew 6:34) To those words, he added these: "We must work the works of him who sent me while it is day; night is coming when no one can work." (John 9:4)

During his time on earth, Jesus was very busy; but he always had time to do his father's will. What was his secret? What can we learn from him?

Jesus lived life one day at a time. He welcomed everyone who came to him, believing that his Heavenly Father had sent them his way. He did for each one what the Father asked him to do; and then moved on to the next person. He began his work as the sun was rising. He ended it as the sun was setting. Then he laid

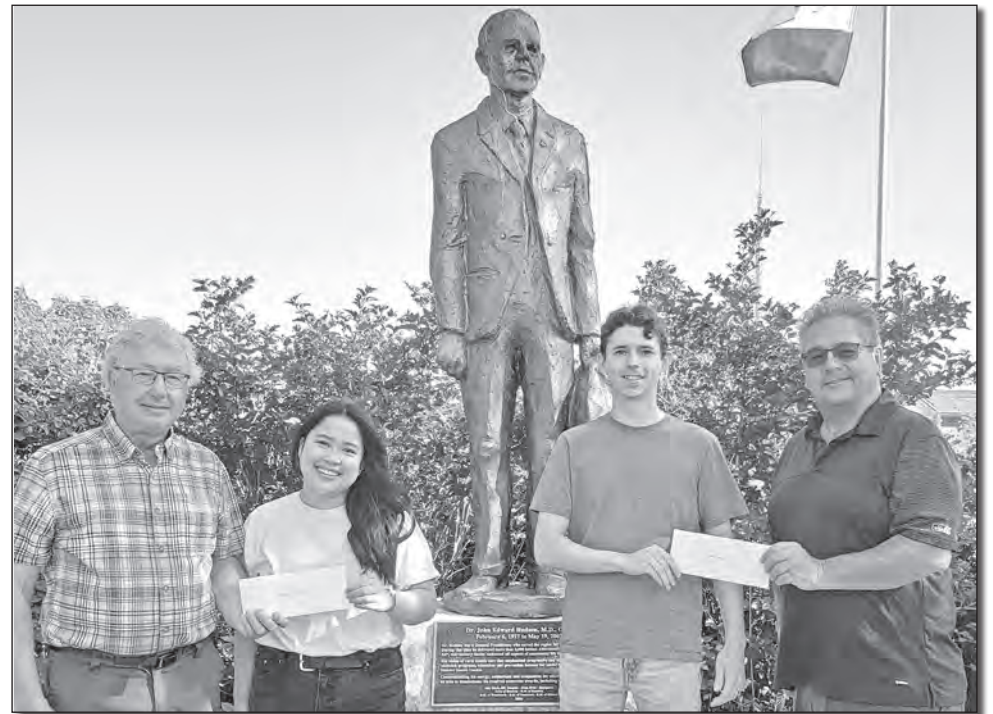
down, had a good night's sleep and woke up ready to face a new day just as he had faced the previous one.

Can we live as Jesus did? Is his example one we can

follow? I believe it is possible and that Jesus' example is one we all can follow. God will help us. But we must take the first step; beginning each day with a prayer:

"Here I am, Lord. I come to do your will." Then, go about your day as usual; but be flexible, ready to help anyone God sends your way.

**4th & 5th Year Bursary awards for 2025**



SUBMITTED PHOTO

Vaughn Wilson, HDHC Foundation Inc. Administrator and Murray Lockhart, Vice-Chair HDHC Foundation, are pleased to present the 4th & 5th Year Bursary awards for 2025, in the amount of \$2,000 each, to Zachi Espayos and Noah Paddock. Zachi, who is from Hamiota, is working to complete her Bachelor of Nursing training at the University of Regina and Noah, from Oakview Municipality, is working to complete his Optometry training at the University of Pikeville Kentucky College of Optometry. The picture is taken in front of the statue of Dr. Ed Hudson, who was a founding Physician of the Hamiota District Health Centre. L-R Vaughn Wilson, Zachi Espayos, Noah Paddock, Murray Lockhart.

**Locally created crossword**

Across

- 1 – Frasier Crane's wife "Cheers"
- 6 – Becomes suitable for use
- 11 – Boston Marathon for one (3 wds)
- 13 – Woman's address
- 15 – Ask for donations
- 16 – 32nd president's initials
- 17 – Sleeping site
- 19 – St. \_\_\_\_\_ and Nevis Caribbean nation
- 20 – Did not survive the ambulance ride letters
- 21 – Singer/actor Ed who played Mingo on "Daniel Boone"
- 23 – Inventor Whitney
- 24 – Spore producing plant
- 25 – Gun kicked back (2 wds)
- 28 – Clutch onto
- 29 – 1154 in Rome
- 30 – Sports games (2 wds)
- 33 – Refer to the group when addressing them
- 34 – Boston's #4 Bobby
- 35 – Heavenly instrument
- 36 – Psychedelic acid
- 37 – Go bad
- 39 – Water's chemical symbol
- 40 – Osmium's symbol
- 41 – "Short Circuit" robot
- 43 – 1000
- 44 – Included, taxable
- 46 – Most crafty
- 47 – Stay

Down

- 1 – Lower back
- 2 – California's largest city abbr.
- 3 – "No \_\_\_\_, ands or buts"
- 4 – Removed
- 5 – Muhammad (Islam) (2 wds)

1		2	3	4	5		6	7	8	9		10
		11					12					
13	14		15								16	
17		18		19						20		
21			22		23				24			
25				26				27				
	28							29				
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33					34				35			
36				37				38		39		
40			41						42		43	
		44								45		
46								47				

- 6 – Northern sailor (2 wds)
- 7 – Speaker's platform
- 8 – Play segment
- 9 – Gym class abbr.
- 10 – A string of pearls
- 12 – Book's name
- 14 – More reflective than matte
- 16 – Age related fashion retailer
- 18 – Swindle, deceive
- 20 – Samson's love Judges 16:4
- 22 – Kills a dragon
- 24 – Dirt and grime
- 26 – 112\* on a compass

- 27 – Halloween's month abbr.
- 30 – Traffic cones
- 31 – Borough of New York City
- 32 – Oral communication
- 37 – Dad's boys
- 38 – Tick-borne disease
- 41 – President Biden
- 42 – Jimmy Buffet and Alan Jackson's time
- 44 – The Empire State abbr.
- 45 – Tantalum's symbol on the periodic table

Created by David Harris of Oak River, MB

Please Join Us at 10:30 on Sunday August 19th at Fast Park at Chimo Resort for a joint outdoor service with the Justice Church. Bring a lawn chair!

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# Byelection for MLA of Spruce Woods ~ Election Day: August 26

## Official candidates for the Spruce Woods byelection

### Submitted

BY MANITOBA GOVERNMENT

Nominations have now closed for the Spruce Woods byelection. Three candidates have filed valid nomination papers with the returning officer.

The official candidates for Spruce Woods are:

- Name: Robbins, Colleen
- Affiliation: PC Manitoba
- Official agent: Barker, D'Arcy
- Name: Berthelette, Ray
- Affiliation: NDP
- Official agent: Johnson, Tim
- Name: Reid, Stephen
- Affiliation: Manitoba Liberal Party
- Official agent: Strong, Shandi

### Advance voting

Eligible voters can vote at any advance polling location. Saturday, Aug. 16 to Monday, Aug. 25:

- Spruce Woods Local Election Office — 811 18th Street N in the Corral Centre, Brandon

Saturday, Aug. 16 to Saturday, Aug. 23:

- Glenboro Raystone Memorial Centre — 214 Broadway St. in Glenboro

Tuesday, Aug. 19 and Wednesday, Aug. 20:

- Souris Glenwood Memorial Complex — 32 Third Ave. W in Souris

Tuesday, Aug. 19:

- Holland Community Centre — 136 Broadway St. in Holland
  - Kemnay Recreational Centre — 6 Irving Pl. in Kemnay
  - Oak Lake Royal Canadian Legion — 291 Assiniboine Rd. in Oak Lake
  - Rivers Royal Canadian Legion — 633 2nd Ave. in Rivers
  - Sprucewoods Community Club — 5 Woods Ave. in Shilo
  - Wawanesa Community Hall — 202 4th St. in Wawanesa
- Voting hours are 8 a.m. to 8 p.m. daily, except Sunday noon to 6 p.m.

### Voting on election day

Eligible voters can vote anywhere — at any poll on election day, including the local election office.

Hours: 8 a.m. to 8 p.m.

Election day polling place information is also available on the Elections Manitoba website, <http://www.elections-manitoba.ca/>.

### Spruce Woods Local Election Office

811 18th Street N in the Corral Centre  
 Brandon, MB  
 Telephone: 204-726-6111 | Toll-free: 1-833-891-1011  
[SpruceWoods@electionsmanitoba.ca](mailto:SpruceWoods@electionsmanitoba.ca)  
 Hours: 8 a.m. to 8 p.m. daily except Sunday, noon to 6 p.m.

## Candidate PC Colleen Robbins

**Can you tell us a little bit about your history? Where were you born?**

I was born and raised in Deloraine, Manitoba. My roots run deep here—my parents were also raised in Deloraine, and my grandparents were immigrants from Belgium who settled in the area. After graduating high school, I moved to Brandon to attend Assiniboine Community College and studied to become a Licensed Practical Nurse (LPN).

**Why did you choose to settle in the Spruce Woods area? Can we hear some details about your family?**

In the mid-80s, there were limited job opportunities in Manitoba, so I moved to Vancouver where my mother and sister were living, so being near family was important at that time. After two years on the West Coast, I came back to Manitoba. It was more affordable, safer, and nothing beats small-town rural Manitoba when it comes to raising a family. I have 3 children, 8 grandchildren. Love being a wife, mother and a nana.

**A history on your career path that led you to wanting to represent the people of Spruce Woods.**

Over the years, I've worn many hats. I've worked as a nurse, helped run a Shell gas station and farm supply business with my husband and owned a small grocery store. We were honored to win Business of the Year, a reflection of our deep community involvement. Later, I joined Saputo, working first in retail and then in foodservice. The joy in my work has always come from the people I meet and serve. I want to bring my different experience in my careers to work for the Sprucewoods constituents.

**Why do you think you would be the best representative for Spruce Woods?**

I first became interested in politics during school when I took Canadian politics. I've always aligned with Conservative values: smaller government, lower taxes, and tough-on-crime policies. I believe people who work hard deserve to take more of their money home and live in safe, prosperous communities.

When I returned to Manitoba, I got more involved provincially. Ed Mazier invited me to join Merv Tweed's board in Brandon-Souris, and I've been dedicated to political service ever since. I've worked closely with leaders like Leanne Rowat, serving as Vice President, and later became President under Grant Jackson. I was then appointed as the Southwest Regional Director for four ridings: Brandon West, Brandon East, Turtle Moun-

tain, and of course, Sprucewoods—until I resigned from that position once I was nominated as a candidate.

**What do you feel are the top three concerns of the people of Spruce Woods?**

I live in rural Manitoba, which is truly the backbone of Spruce Woods. I love both our rural and urban communities, and I'm committed to listening and advocating for the people. In the urban community, I know several

people there and meeting lots more. In meeting these people, the same problems arise, crime, affordability, healthcare. The top concerns I'm hearing are healthcare, crime, affordability, and infrastructure. People are being taxed to the max, and they've had enough.

**How do you plan to address these concerns to help the people of our area?**

Crime is rampant—even in Spruce Woods there are drug problems and rural break-ins. No more of the NDP's catch and release bail system. Families are making difficult choices when they go to the grocery store. Life under the NDP is becoming unaffordable with their income tax bracket creep and school tax scheme. And the highways are terrible. These are just roads to get around, they are the economic lifeblood of rural Manitoba.

**Why do you believe your political party is the best option for leading/guiding Spruce Woods?**

I hope voters feel confident putting their trust in me, Colleen Robbins. I will be your strong voice, holding the opposition accountable and making sure you are heard—clearly and directly. No matter where you live in Sprucewoods, I'll be there for you. I want to be Spruce Woods voice in the legislature — not the government's voice in Spruce Woods. You see it with the NDP, it's very top-down. "Here are your marching orders." It should be the other way around.. I work for the people of Spruce Woods. I take THEIR concerns to the legislature and advocate for THEM.



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# Lemonade Stand for Hope: Turning lemons into support for Cancer fighters

By Carolyn Phillips  
RIVERS BANNER

When life gives you lemons, many of us might think about making lemonade.

But what if those lemons came with an entire lemonade stand, signage, and all the tools you needed to spread hope? That's exactly what the Lemonade Stand for Hope aims to achieve, especially for Manitobans affected by cancer. This heartwarming initiative embodies resilience, community spirit, and the power of coming together for a common cause.

On Saturday, the Westoba parking lot turned into a hub of activity and generosity as the 3rd annual Chimo Lemonade Stand for Hope took place. This renowned fundraiser for CancerCare Manitoba has come a long way since its inception three years ago in the driveway of Marguerite Lapka-Woytowich's home in Chimo Resort. With unwavering community support, the event was shifted to a more accessible location in town, allowing even more people to join in the fun while contributing to a worthy cause.

Visitors were treated to an array of delights, including fresh baked goods, unique handicrafts, a penny raffle, and, of course, lots of delicious lemonade. Each sip of this refreshing drink served a double purpose – to quench thirst and to provide essential support for those battling cancer. It's not just about enjoying a cold beverage; it's about transforming that experience into a lifeline for those in need.

This year's event was nothing short of remarkable. The Lemonade Ladies, a passionate group of volunteers who spearheaded the initiative, not only met their fundraising goal of \$2,500 but significantly surpassed it, bringing in an astounding \$10,000 in just three years! This achievement demonstrates the community's commitment to supporting each other and highlights the event's growth



PHOTO BY CAROLYN PHILLIPS

The Lemonade Stand for Hope is proudly registered with the CancerCare Manitoba Foundation.

and impact over time.

Amidst the festivities, the excitement of winning kept attendees engaged, with raffle winners announced throughout the day. Barb Sveistrup, Bonnie Noort, Joan Ratz, and Robyn Woytowich all left with exciting prizes. Additionally, Eire Brennan won the coveted jar of candy by making the closest guess, wrapping up the event with a touch of fun and friendly competition.

What makes the Lemonade Stand for Hope even more special is its commitment to transparency and purpose. 100 per cent of all purchases and donations go directly to support Manitobans facing cancer. The event is proudly registered with the CancerCare Manitoba Foundation, ensuring that contributions have a tangible impact. For those who donate \$15 or more, a tax receipt is provided, making it an even more rewarding experience for the

generous donors.

The continued success of the Lemonade Stand for Hope is a testament to the strength of the community and the importance of supporting those living with cancer. In these trying times, it is heartening to see individuals come together, turning adversity into hope and building a network of support that truly makes a difference.

As planning begins for next year's event, one thing is clear: the Lemonade Stand for Hope is not just an annual occurrence—it's a celebration of life, resilience, and the unwavering spirit of Manitobans rallying together for a worthy cause. So, as we move forward, let's keep these "Lemonade Ladies" and their mission in mind, knowing that every cup sold reflects a brighter future for someone battling cancer.

## ZUCCHINI ROLLATINI

### Ingredients

- 2 (12 ounce) zucchinis, sliced lengthwise into 18 (1/8-inch-thick) planks
- 2 tbsps extra-virgin olive oil
- 1 tbsp kosher salt, divided
- 1 cup whole milk ricotta cheese, patted dry
- 1 large egg, lightly beaten
- 3 tbsps chopped fresh basil, plus more for garnish
- 2 tpsps chopped fresh oregano
- 2 tpsps grated lemon zest
- 1 tsp freshly ground black pepper
- 2 clove garlic, grated
- 1 1/2 cups shredded whole milk mozzarella cheese, divided
- 1/2 cup freshly grated Parmesan cheese, divided
- cooking spray
- 2 cups jarred marinara sauce



### Directions

1. Gather all ingredients. Preheat the oven to 425 degrees F (220 degrees C) with racks in top third and lower third positions.
2. Toss zucchini slices with oil and 2 teaspoons salt on 2 large rimmed baking sheets; arrange in a single layer. Bake in the preheated oven until tender, about 10 minutes, rotating baking sheets from top to bottom halfway through cook time.
3. Remove from the oven, and let zucchini slices cool slightly, about 5 minutes. Reduce oven temperature to 375 degrees F (190 degrees C).
4. Meanwhile, stir together ricotta, egg, basil, oregano, lemon zest, pepper, garlic, 1 cup of the mozzarella, 1/4 cup of the Parmesan, and remaining 1 teaspoon salt in a medium bowl until combined.
5. Lightly coat a 13x9-inch baking dish with cooking spray. Spread 1 cup marinara sauce evenly in the bottom of the baking dish. Gently pat zucchini slices dry with paper towels. Spoon about 1 tablespoon plus 1 teaspoon ricotta mixture on 1 end of 1 zucchini slice; roll up, and place roll, seam-side down, into the marinara in the dish. Repeat process with remaining zucchini slices and ricotta mixture.

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# Finding your financial happy place

By Marie Evelyne Gingras  
HOLISTIC WELLNESS CERTIFIED HYPNOTIST (C.H.)

When you think about "wellness," you picture eating more vegetables, getting fresh air, or rolling out a yoga mat. But there is another kind of wellness that is just as important, and it has nothing to do with kale smoothies. I am talking about financial wellness. It is not about having millions in the bank. It is about feeling secure, in control, and able to enjoy life without lying awake at night worrying about bills.

The first step is to get clear on where you stand. That means looking at your income, expenses, debts, and savings, even if it makes you want to hide under the covers. Think of it as taking your money's temperature. You cannot make it healthier if you do not know what is going on.

Once you have the lay of the land, it is time to set some goals. These can be big or small, but they need to matter to you. Maybe you want to pay off your credit card in the next year. Maybe you want to start an emergency fund, so you are not panicking when the car needs a surprise repair. Goals give your money a job, and when money has a job, it tends to behave better.

When you think about "wellness," you

Now let us talk budgets. I know, the word itself can feel like a fun vacuum, but hear me out. A budget is not a punishment. It is a plan for how you want your money to work for you. Think of it as a personal GPS for your spending. And the good news is you can still budget for the things that bring you joy. The trick is to be intentional. Make coffee at home most days so you can splurge on that Friday latte without guilt. Drop the streaming service you never use so you can put more into your travel fund. Small swaps add up.

Financial wellness also means preparing for the curveballs life likes to throw. An emergency fund is your safety net. Even if you can only save \$20 a week, it will grow faster than you think, and it will save you a lot of stress later.

Debt is another piece of the puzzle. High interest debt, especially on credit cards, can eat away at your future. Paying it down not only frees up your cash, but it also frees up your mental energy. There is nothing like seeing those balances shrink.

Most importantly, financial wellness is not something you finish. It is a habit you keep building. Check in with your money regularly, celebrate the wins, and adjust when things change.

When you treat your finances like a friend instead of an enemy, you feel more confident, less stressed, and more excited about the future. That is financial wellness, and it feels just as good as a sunny day, a full tank of gas, and knowing you are on the right road.

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Created by David Harris of Oak River, MB

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## DODGERS FALL TO CENTS IN SWBL FINALS, COMPETE AT PROVINCIALS

By Robin Wark  
RIVERS BANNER

The South West Baseball League finals was the renewal of a rivalry.

The Oak River Dodgers and Boissevain Centennials met each summer in the senior league's championship series from 2017 to 2020. The Dodgers came out on top in 2017, 2019 and 2020. This year the Boissevain squad prevailed 3-1 in the best-of-five series to win its fourth straight SWBL title.

"There is a good little rivalry there. It didn't take long to get renewed ... It got the juices flowing. Unfortunately, we weren't on the right end of the stick. (Zane) Sawyer pitched three good games. We couldn't beat him," Oak River manager Derek Shamray said.

The SWBL looked different this summer. The Elkhorn Expostook a leave of absence. However, the Souris Cardinals returned after a couple of seasons away and two Brandon-based squads joined - the Cardinals and Young Guns.

"The 2025 season with the new additions of the Brandon teams was excellent and the overall balance of the league meant any team could win on a given night," Boissevain executive member Ken Pringle said.

Following the league finals, the Dodgers wrapped up their season competing in the Baseball Manitoba A Provincial Tournament. At the Aug. 8-10 event in Winnipeg, the Oak River team went 1-2. It fell 9-7 to Cartwright and

13-11 to Elmwood. The Dodgers capped off their tournament with a 7-6 victory over Portage.

Before heading to the tournament, Shamray said, "This is a tournament you want to play in. It's the best eight teams in the province."

The Centennial defeated the Cartwright Twins, 8-7, in the provincial finals.

### SWBL Finals

The league finals pitted the SWBL's North Division's top squad from the regular season, the Dodgers, against the South Division's best - the Centennials.

"Anytime we play Oak River, which has been often throughout the years, you always know their level of compete will be off the charts," Pringle said. "There is most certainly a rivalry between the teams, but I also believe there is respect between the two teams for the skill level each team has."

The teams clashed on three consecutive nights, July 28-30, to open the series. The Centennials won the first on the road, to earn home field advantage. In game two, in Boissevain, the Dodgers earned a one-run, 3-2, victory. The Centennials took game three.

Last week the team were set to clash on Aug. 5, but poor weather pushed the contest to the next night. The Centennials clinched the championship with a 4-1 road victory.

Boissevain scored three runs in the top of the third

inning. The host Dodgers were able to get one in the bottom of the frame. The Centennials added a run later.

Ty Paddock drove in Oak River's run. Mitch Battersby started for the Dodgers. He struck out five and allowed five hits. Kaden Rozdeba did not surrender a hit in an inning of relief work. Sawyer threw his second complete game win of the series. He struck out eight.

Of the championship series, Pringle said, "Likely both teams expected more scoring in the games but credit must be given to all pitchers who threw so well in the series."

In the postseason, Paddock and Rozdeba led Oak River with 10 runs batted in each. Both had three home runs, while Battersby hit two. Rozdeba led all Dodgers regulars with a .438 postseason batting average.

The Oak River team's pitching depth was evident in the playoffs. Nine different players took to the mound. Dylan Schrader had three wins. Battersby collected two wins and had a team-best 2.67 earned run average.

# SPORTS

## LOCALS COMPETE FOR TEAM MANITOBA

By Robin Wark  
RIVERS BANNER

Three local players have hit the pitch for the Team Manitoba women's rugby sevens squad at the Canada Summer Games.

Rivers' Madi Vandal and Oak River's Karas Munz and Elle McLean play for the team. Action for the team started on Aug. 10 at the St. John's, Newfoundland and Labrador event. Team Manitoba was 1-2 on its first day of play. It beat Saskatchewan 10-7 before falling to Ontario and Quebec. The team was

slated to play its final pool play game on Aug. 12 after the Banner deadline.

The women's rugby team is wearing jerseys designed by Amber Green. The Manitoba and Metis artist's design features seven bison, which are a "powerful symbol of strength, unity, and endurance," a Rugby Manitoba website post states. The floral aspects of the design "honour First Nations and Red River Métis beadwork traditions, symbolizing growth healing and rootedness." Trees and Northern Lights are also featured.



Elle McLean.



Karas Munz.



Madi Vandal.

SUBMITTED PHOTOS

SUN

MON

TUE

WED

THU

FRI

SAT

## COMMUNITY CALENDAR

Aug 15

16

17

18

19

20

21

22

23

50 + Club Pool 1pm



50 + Club Cribbage 1pm



Darts Rivers Legion 7pm



Crib Rivers Legion 7pm



Chase the Ace Rivers Legion 7pm  
Hamiota Hotel 7pm

24

Friends of the Rivers Lake Paddle Boat Derby



25

50 + Club Rummy 1pm



26

50 + Club Pool 1pm



27

50 + Club Cribbage 1pm



28

Riverdale Harvest Food Bank 9:30 to 11:30am.



Darts Rivers Legion 7pm



Crib Rivers Legion 7pm

29



Chase the Ace Rivers Legion 7pm  
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30

Rivers Banner is closed



## CLOSED FROM AUG 23 - SEP 1

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

Sorry for the inconvenience.

We have appreciated your business all summer!

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