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The Sekine Bicycle mural dedication in Rivers



PHOTO BY CAROLYN PHILLIPS

Susan Citalsky, Dr Junichiro Koji of Hokkaido University of Education, Vice Consul Ms Yoshika Okado from the Japanese Consulate in Calgary, Sprucewoods MLA Colleen Robbins, Mayor Heather Lamb and Jocelyn Beaver.

By Carolyn Phillips
RIVERS BANNER

A vibrant new mural has transformed the east side of the Westoba Credit Union on Main Street and 2nd Avenue in Rivers, Manitoba, capturing the rich history of the Sekine bicycle company and its lasting impact on the local community. The mural, unveiled on September 24th, serves not only as a piece of artwork but also as a reminder of the cultural bonds between Canada and Japan, and the significance of collaboration among diverse communities.

At the heart of this beautifully designed mural are cascading Japanese cherry blossoms gracefully enveloping a classic 10-speed bicycle, symbolizing the marriage of Japanese craftsmanship and the Canadian landscape. The mural

consists of three distinct sections that weave together the stories of diverse cultural heritage and the shared history of Rivers, Manitoba.

The mural's center features the Yellow Quill, a prominent representation of the Oo-Za-We-Kwun Centre, a pivotal institution established in the early 1970s. This facility aimed to provide industrial training for Aboriginal Manitobans while revitalizing the newly abandoned Canadian Forces base nearby. It was a forward-thinking project that sought to merge economic development with a commitment to community upliftment.

Rivers became the North American headquarters for Sekine Canada Ltd. under unique circumstances.

read more about the mural dedication on page 2...

Inside...



LEGION WEEK WRAP UP
P7



HALLER HAUNTED FOREST
P8

Sekine Bicycle mural dedication

continued from page 1

In the early 70s, Canada imposed a hefty 25 per cent tariff on imported bicycles, creating challenges for foreign manufacturers. The Sekine company of Japan navigated these difficulties skillfully by importing bicycle parts and employing a local workforce for assembly. Consequently, Rivers was an ideal location, equipped with a trained population and the necessary infrastructure to support a manufacturing enterprise.

This merger turned the Air Force base into a bustling site of activity, encompassing a 2,500-acre area that could house up to 3,000 people and included amenities such as an industrial park, daycare centre, school, recreation programs, and counselling services. Notably, the availability of 400 unoccupied houses nearby presented further incentives for the Sekine personnel to settle in the community at modest costs.

The diverse workforce, comprising local residents, Aboriginal individuals from surrounding communities, and Japanese supervisors, created a distinctive cultural environment. This blend not only facilitated the smooth operation of the Sekine bicycle plant but also encouraged cultural exchanges and personal connections. Reports of Japanese workers marrying women from the nearby Sioux



PHOTO BY MANITOBA HISTORICAL SOCIETY

The complete line up of quality Sekine Cycles from the 1970's.

Valley Dakota Nation underscore the profound connections that have emerged from this historical relationship.

Residents of Rivers still fondly recall the vibrant life revolving around the base—including watching movies in the Base Theatre, playing volleyball in the gym, and swimming in the pool. The Sekine bicycle plant brought a massive economic boost to the area and has left a legacy that continues to resonate today.

As Japanese delegates gathered to witness the mural's

unveiling, it was a moment rich with meaning, representing the enduring relationships and shared experiences forged through collaboration in the face of adversity. The Sekine bicycle mural stands as a beacon of this heritage, inviting residents and visitors alike to reflect on the impactful history of a community that thrives on diversity, resilience, and connection. Exploring the deeper stories behind these experiences is a journey worth taking, as Rivers continues to celebrate its unique place in history.

FRESH TOMATO SOUP

Ingredients

- 4 cups chopped fresh tomatoes
- 2 cups chicken broth
- 4 cloves garlic
- 1 large slice of onion
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 2 teaspoons white sugar, or to taste
- 1 teaspoon salt, or to taste

Directions

1. Gather the ingredients.
2. Combine tomatoes, chicken broth, garlic cloves, and a large slice of onion in a stockpot over medium heat. Bring to a boil, and gently simmer for about 15 to 20 minutes to blend flavors.
3. Remove from heat and run the mixture through a food mill into a large bowl, or pan. Discard any stuff left over in the food mill.
4. Melt butter over medium heat in the now empty stockpot. Stir in flour to make a roux by cooking, whisking constantly, until mixture turns medium brown.
5. Gradually whisk in a bit of the tomato mixture to prevent lumps from forming, then stir in the rest.
6. Season with sugar and salt to taste.
7. Serve hot and enjoy!



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**FAITHFULLY
YOURS**

NEIL STROHSCHIEIN

**What defines us;
Part I**

He was young. He was brash. And in the life insurance industry, he was a rising star. On this day, he was in a small meeting room, seated among people who, like him, had just completed one of the most successful years of their respective careers.

As he spoke of this event several years later, the young man, an agent named Charles Jones, spoke of the impact one guest speaker’s words had on his life and career.

“Our speaker was a very wise man,” Jones said. “He didn’t try to tell us how to sell or do some of the other things in our tremendous business. But he made one statement that shocked us all. He looked us straight in the eye,” Jones continued, “and said: ‘Men, you are not ready to live until you know what you want written on your headstone.’”

The long-play record (yes, you read that correctly) on which Jones’ words were preserved became unusable many years ago. But those words still ring in my memory; and for the last year, they have produced several hours of serious personal

reflection.

One inescapable question has dominated my thinking. When I die, or when any of those who read this column will die, how will we want to be remembered? Two answers come to mind. First, I hope that people will remember us for what we became.

I still remember the day when I scored my worst grade ever on a university exam. I looked at the scores that the instructor had posted and was about to walk away, convinced I had failed the course, when one of my classmates whispered in my ear: “Remember, you don’t get your final grade until the course is over.” Later that day, I sat in my home office and asked myself three important questions.

Question One: Did I make a mistake? Yes. My mistake was that I assumed the test would cover our discussions and notes from class lectures; but it didn’t. That’s a mistake students often make and, as my test grade clearly revealed, I had made that mistake.

Question Two: Did I learn from that mistake? Yes. I learned that this instructor would spend three hours a day (this was a summer course) giving us his ideas on a variety of topics. They were interesting and they provoked discussion. But to pass the course, I needed to have a thorough knowledge of the assigned textbook readings; because we were tested on that material, not on what we covered in class.

Question Three: Did I do better after that? Yes. My scores on the second test, the final exam and the term paper I wrote for that course produced an excellent final grade. That lesson made me a

much better student; as my grades in subsequent college courses have shown. Today, I remember the better student that I became thanks to that mistake.

This little story has been repeated many times in my life; as it probably has in yours. We will never be able to avoid mistakes in life. They will happen. They are part of life; and some will be so colossal that few people will ever forget them. But when life ends, we will not be judged by the mistakes we made. We will be judged by what we became; how we allowed the lessons learned from those mistakes to make us better people.

We will also be judged by what we built; how we worked with others to help build a better world. More on that next week.



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Tuesday Afternoon Seniors:
Dennis or Maxine Veitch 204-328-7133

Juniors Tuesday Evening:
Coach Charley Beaver 204-573-1852

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- Must be present for
meeting to be entered**.**



From last weeks front page

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

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1. systems
5. decades
9. flagship
2. backbone
6. chamber
10. mail
3. north
7. europe
11. spotlight
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8. junk
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Tundra
By Chad Carpenter



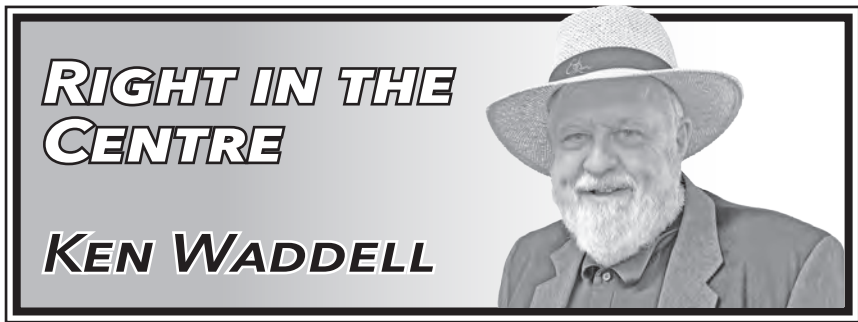
Seeking reliability

It seems that neither Canada Post nor the Canadian Union of Postal Workers (CUPW) can find enough daggers to plunge into the heart of the Crown Corporation. Canada Post has been on a death spiral for years now and is technically bankrupt. Last fall there was a postal strike, the seventh we have experienced in our newspaper career. The 2024 strike was not settled and it has erupted again in a work stoppage whereby Canada Post is delivering no mail. Just prior to last week's work stoppage, CP and CUPW were refusing to carry unaddressed newspapers and flyers. As of Sunday, Sept. 28, there was no mail moving. In fact, companies that had delivered newspapers or flyers to Canada Post would be disappointed that their flyers sat on the shelves in the local post offices undelivered. In fact, there were flyers and newspapers in local post offices, on their shelves or in warehouses that staff were not allowed to carry across the room and place the flyers or all-box newspapers in the mail boxes.

The situation has become unbearable for flyer distributors and newspapers that are dependent on Canada Post. We are so thankful that over 99 per cent of our three newspapers' distribution is not reliant on Canada Post.

I don't think I have ever dealt with a company (or union) where the upper level management was so intent on committing suicide. As I have said many times, the local postal staff are amazing and I can assure you that the work stoppages and insane rules are driving them crazy. Older postal workers are anxiously waiting for their retirement date and that is so sad.

As far as newspapers are con-



cerned, there is an often repeated idea that print is dying and that the internet is the way to go. The internet has some real advantages for sure; we use it every day for lots of things. But if print is dying, why are major companies like Home Hardware, Canadian Tire and Princess Auto printing and distributing hundreds of thousands of flyers every week? Why does every grocery store chain have flyers every week? Because it works!

Print certainly works for these companies that want to tell the world what they have for sale. If print was ineffective, they wouldn't be spending huge money printing and distributing flyers.

The reason is simple. Some people like printed products such as newspapers and flyers. They like to have a hard copy. You can set it down and pick it up again for later reference or double checking. Print doesn't disappear on you, it doesn't have loud, annoying ads in your face or in your ears. It doesn't have pop-ups that ambush your internet reading or listening.

Print is still strong, and I predict it will be even stronger in the future, if for no other reason than that information that comes from a regular print source such as a newspaper is usually both accurate and reliable.

Let me just share another story

about print advertising. A few years ago, a major automaker decided to stop doing newspaper ads. In 2020, their sales dropped over seven per cent. In 2023, over eight and a half per cent and in 2024, over 17 per cent.

That correlation is more than coincidence, it's a sales disaster that could be partly remedied by recognizing the value of print. Printed news and advertising is effective.

In contrast, Canadian Tire does print advertising. Their flyers are often stuffed in newspapers. Their sales have gone up almost 10 per cent per year in recent years.

I guess there's a summary conclusion here. The people who say the value of print is diminishing are the very ones who wish it were so. They are the academic geniuses who have pledged their soul to the internet. I believe those people, and even more people in general, are realizing that we can't get truth, accuracy, accountability and reliability from the internet with the same assurance quality as we can from print. As the old saying goes, "Words aren't worth the air they are written on, get it in writing".

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.



Jetsam and flotsam...

Flotsam is defined as debris in the water that was not deliberately thrown overboard, often as a result from a shipwreck or accident. Jetsam describes debris that was deliberately thrown overboard by a crew of a ship in distress, most often to lighten the ship's load. Under maritime law the distinction is important. I use the term for random thoughts, and I leave it to your discretion as to the value of today's musings!

A random evening chat—I was walking home from a meeting when I noticed two folks admiring the community garden at the corner of Mountain and Elizabeth. They had paused near the portion of the beds that I try to keep weed free and somewhat attractive. (It's a work in progress!) It was a brother and sister, very much in my age range, and the conversation became animated when it turned out that they had attended school in Graysville, the brother being in my older sister's grade and the sister a bit younger than I. The sister lives here in Neepawa and the brother was visiting. In moments we were remembering; that his wife had been my closest school chum, that my husband of forty years was respected for his musical abilities and was my brother-in-law. The time we spent together wasn't long, but it was refreshing and I couldn't wait to call my brother-in-law (94 on October 31!) how his life had impacted others. We all need to know that we make a difference. It was also wonderful to speak to someone who knew the young me, and sees the difference!

Living in town has been easier than I would have imagined. It helps that my home is really at the outskirts of our town, one house away from the tracks, large lot, many trees. In seasons that allow for open windows it is not unusual to hear the call of the coyotes, the steady cry of the geese as they gather in preparation for migration. The sound of the train is a non sound, a white noise that I don't really hear anymore. A few steps down the street and I get to be blessed by sunsets, northern lights, fireflies—the very best night lights! I have raised garden beds, fruit trees, and outdoor wash line and two garages. Going for a walk is a delight and a pleasure, with groomed trails and safe streets. I don't know what I expected, but living in town really isn't all that bad!

It's accumulating! When we went into shut down during Covid, I sewed many quilts of varying sizes and colours. I basically depleted my stash. And I thought I was ok with that, my sewing days slowing or ending. Nope. My sister gifted me a box, a good size box, of lovely poly cottons and cottons. Then I spotted a yard sale deal, and I mean a deal! Two substantial bags of flannel, all sizes and themes. And then, walking through our thrift store, fabric that needed me. I have plans, so many plans! And now I have found out that my grands value homemade items.

Random thoughts that I trust will trigger positive memories of your own!

Kenton Professional ~ Tess Stevenson

By **Gerry Nolan**
RIVERS BANNER

Tess started kindergarten at Kenton Collegiate. She was one of only four students in her class. In grade six she went to Hamiota and completed her high school education program in 2013 at Hamiota Collegiate. Tess said she really loved her time there, making lifelong friends and playing all kinds of sports and joined most of the extracurricular activities that the school offered.

Tess then attended Brandon University and completed a science degree with a major in Mathematics and minors in Biology and Psychology. At that time, she was not sure if she wanted to be a teacher or an occupational therapist. She has always had a heart for youth with disabilities. Even though Math was hard she sort of fell in

love with it and eventually realized that teaching was the right place to be.

Along the way, she worked as a tutor and lab assistant in different Math courses which confirmed she wanted to be a Math teacher.

After completing her science degree, she stayed at Brandon University to finish her educational degree in the high school stream. Tess first taught at Crocus Plains in Brandon before moving to Rivers Collegiate Institute where she has been ever since teaching grade 10-12 Math.

Tess teaches a variety of Math courses and works closely with students with disabilities, which is a passion of hers. Tess is focusing on inclusive education which involves creating learning environments and experiences that are accessible and supportive for all students, regardless of their

needs or abilities. She is on track to complete the program in 2026.

Tess has also had the opportunity to work as a test developer for the grade 12 Mathematics Provincial exam.

The biggest influences in choosing her career were her parents and her brother Adam, also a high school Math teacher who made math fun and made sense to her. Her brother Adam was also a major influence in her life. Adam passed away in 2012. He had a disability that made every day unique and exciting and really deepened her love for being around people with disabilities. Adam inspired so many people who worked with him. Wanting to work with people like Adam played a big part in why Tess wanted to become a teacher.

Her family and especially her Mom played a

big part in her life as she was the biggest cheerleader and is one of the greatest role models!

Apart from teaching, Tess just got married to her husband Tyler and they are excited to be expecting their first child in January.

In her free time, Tess plays hockey, volleyball and just recently loves playing golf. She also loves the mountains and snowboarding. She likes to travel as well, but more than anything she enjoys spending time with people, be it at a Jets game, concerts, camping or heading to the cabin.

Her future goals include continuing teaching and once she completes her Master of Education is to move into a role that would allow her work more directly with students that have disabilities, as well some day teaching at the University level. Tess is in her



SUBMITTED PHOTO

Tess Stevenson with her husband Tyler and their puppy Lady.

seventh year of teaching and currently teaches pre-calculus for grades 10-12.

Tess has some advice for graduates today. Take any opportunity you can, try things, participate in anything you can and do not be afraid if your path does not look exactly how you first imagined how it would look. One lesson she learned was to be resilient in the unknown stages. You can feel uncomfortable, but it is actually one of the most important places to be. That is where you grow the most. Surround yourself with good people, work hard and find something you are passionate about, that will keep you motivated.

Really solid advice from a remarkable young lady!

PCs file Election Financing Act complaint against NDP in Court of King’s Bench

Submitted
BY PC MANITOBA

WINNIPEG — Official Opposition Leader Obby Khan took the unprecedented step today of filing an application in the Court of King’s Bench against Premier Wab Kinew and his NDP for their illegal actions in the Spruce Woods byelection. The complaint stems from a new infrastructure promise made by the premier, which came during the byelection blackout period.

“Announcing a new highway project during an election campaign is a direct breach of Section 92 of the Election Financing Act,” said Khan. “Governing parties are prohibited from making such promises because it tilts the playing field in their favour. Yet again, the premier seems to believe that the rules don’t apply to him—rolling out an infrastructure pledge just days before the byelection, clearly aimed at swaying voters.”

The recent action stems from a social media post made by the premier on Aug. 21 in which he promises to “fix” a section of Highway 2 in the Spruce Woods constituency, in response to a commitment made by the NDP candidate a day earlier during a debate. Immediately following the violation, PCs filed a complaint

with the Commissioner of Elections.

PCs have now taken the unprecedented step of filing the complaint in the Court of King’s Bench because of how egregious the violation of the Election Financing Act is. And it might not be the only violation.

“I would like to know whether government resources were used to produce the social media post,” said Khan. “You cannot use Executive Council staff or government resources to produce the video. That also violates the Elections Act by using taxpayers’ money in the midst of a byelection to promote a partisan agenda. Who shot that video and how was it produced?”

PCs are seeking a Justice’s declaration that Premier Wab Kinew and the NDP breached and violated the Act.

“I will always stand up for Manitobans,” said Khan. “Wab Kinew and his NDP think election laws don’t apply to them. They think they’re above the law and can do whatever they want. Announcing new spending programs near the end of a byelection is a clear violation, and we’re asking the Court of King’s Bench for a declaration that Wab Kinew and the NDP are in violation of the Election Financing Act.”



NOTICE OF PUBLIC AUCTION
SALE OF LANDS FOR ARREARS OF TAXES
RIVERDALE MUNICIPALITY

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **30th day of October, 2025**, at the hour of **10:00 AM**, at Riverdale Municipality, 670-2nd Avenue, Rivers, Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
23400	LOTS 17 TO 20 BLOCK 13 PLAN 236 BLTO EXC OUT OF SAID LOTS 17, 18 AND 19, MINES, MINERALS, COAL OR OTHER VALUABLE STONES AS SET FORTH IN TRANSFER NO. 25256 IN N 1/2 23-12-21 WPM. - 701 1ST AVE, RIVERS	L -\$21,600 B -\$46,400	\$ 6,362.97
39600	LOT 3 BLOCK 22 PLAN 249 BLTO EXC MINES, MINERALS, COAL AND OTHER VALUABLE STONES AS SET FORTH IN TRANSFER 31392 IN NE 1/4 23 AND SE 1/4 26-12-21 WPM - 521 MAIN ST, RIVERS	L -\$20,800 B -\$52,400	\$ 6,503.13
53360	LOT 7 BLOCK 51 PLAN 286 BLTO IN NW 1/4 24-12-21 WPM - 207 4TH AVE, RIVERS	L -\$21,300	\$ 5,792.54
65100	LOT 8 PLAN 44757 BLTO EXC ALL MINES AND MINERALS IN SW 1/4 25 AND SE 1/4 26-12-21 WPM AND IN PART GOVERNMENT ROAD ALLOWANCE (CLOSED). - 341 7TH AVE, RIVERS	L -\$32,200 B -\$266,300	\$ 8,818.67
188200	LOTS 16, 17 AND 18 BLOCK 3 PLAN 130 BLTO IN NW 1/4 16-12-21 WPM - 16/18 3 130, WHEATLANDS	L -\$1,800 B -\$30,700	\$ 8,385.35

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality **may** exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the RIVERDALE MUNICIPALITY as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - iii) A fee in the amount \$500.85 (\$477 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 26th day of September, 2025.

Managed by:


Marci Quane
Chief Administrative Officer
RIVERDALE MUNICIPALITY
Phone: (204) 328-5300
Fax: (204) 328-5374

The rare Sekine bicycle

By Carolyn Phillips
RIVERS BANNER

In the quaint town of Oak River, a unique piece of cycling history is proudly showcased by Dave Cluney, a local and the president of the Rivers Legion. This isn't just any bicycle; it's a Sekine 5 Speed Touring Bicycle, one of only twelve ever made at the now-closed Sekine bike factory. As the son of a former production manager at the plant and a former employee himself, Dave's connection to this extraordinary bike runs deep.

The Sekine factory, known for its craftsmanship and innovative designs, produced bicycles that set the standard for quality during its operation. Dave Cluney's childhood memories revolve around the factory floors, where his father oversaw production. As a young man, Dave found himself working in the welding shop, where he honed his skills by brazing the very bike frames that would soon become prized possessions for cycling enthusiasts.

When the Sekine factory announced its closure, a wave of nostalgia washed over Dave. He recalled the excitement surrounding the final sale of the bicycles, and it was during this moment that he came across the last Sekine 5 Speed Touring Bicycle. Displayed prominently in the factory's second-level showcase, this bike was more than just a mode of transportation; it was a testament to the legacy of craftsmanship and the spirit of innovation that the factory embodied.

This particular model was a deluxe offering, as it came equipped with features that were ahead of its time. With brake lights and signal lights that flashed in a sequence of three bulbs—much like modern vehicles—the Sekine 5 Speed had the charm of a classic bicycle with a touch of futuristic flair. The addition of headlights and an AM radio made rides not only enjoyable but also safe and



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entertaining. Remarkably, the bike included a special tire pump designed specifically for the Japanese-made tubes, showcasing the thoughtfulness behind every detail.

For Dave, owning this bicycle is a cherished link to his past, and he displays it with pride during the annual Rivers Legion Car Show every July. The event serves not only as an opportunity to showcase classic cars but also as a celebration of local history and culture.

As he shares stories of his experiences at the Sekine factory, attendees are captivated by his passion for cycling and the legacy of the bikes produced there.

Dave's experience at the Sekine factory is infused with fond memories and interesting anecdotes. He speaks of the camaraderie shared among workers, the pride each employee felt in their craft, and the joy of creating something that would bring happiness to others. His Sekine 5 Speed Touring Bicycle is not just a collectible; it represents years of dedication, hard work, and a love for a craft that has long since faded from the landscape.



Dave Cluney's Sekine serve as reminders of the artistry behind bicycle manufacturing.

As cycling continues to evolve, rare finds like Dave Cluney's Sekine serve as reminders of the artistry behind bicycle manufacturing. Each ride on this beautiful machine isn't just a journey; it's a ride through history, a celebration of quality, and a nod to the memories of a small-town factory that once stood as a beacon of craftsmanship in the cycling world. For those lucky enough to see this remarkable bike at the Rivers Legion Car Show, it's a glimpse into a past where bicycles were more than just tools for transport—they were pieces of art.

International Sekine Bicycle heritage mural celebration

Submitted

By DONNA MORKEN

The Rivers Train Station Restoration and Heritage Committee held an invitee lunch in Rivers Legion Hall

on September 24, 2025 as a part of the dedication of a very special heritage mural. The mural describes the partnerships formed 50 years ago between the Country of Japan, the Government of Canada, the Government of the Province of Manitoba and at that time, the Manitoba Indian Brotherhood. The Manitoba Indian Brotherhood was the precursor to what is now known as the Assembly of Manitoba Chiefs and the Manitoba Metis Federation, the National Government of the Red River Metis.

As the history goes the Sekine Bicycle Company of Japan produced bicycles to be sold in Canada. It was determined that it would be much easier to make these bicycles in Canada and sell them here, rather than shipping them. As at that time there were tariffs on the bicycles and this way they could be produced and sold without them.

Rivers, Manitoba had a recently closed Canadian Forces Base. Between Japan, Canada, Manitoba and the involvement of the Oo-zawekwun centre (whose mandate was to provide training opportunities for Indigenous workplace development) the Rivers Sekine Bicycle plant was born. There were also other industries there such as Edson Trailers, Tim-Bri-Fab and so on. The former Canadian Forces Base had

everything that was needed for training and living arrangements. This bicycle production continued for almost 10 years (1973–1983). Engineers and managers were sent from Japan. It is a very interesting story about Japanese-Canadian-Manitoba-Indigenous cooperation. Many relationships started because of this, both business and personal.

There were over 60 guests at the luncheon and many of them had a connection to the Sekine Bicycle. The Premier of Manitoba sent a letter to be read at the dedication of the mural. The Ministers of Municipal and Northern Affairs, Glenn Simard and the Minister of Sport, Culture Heritage and Tourism Nellie Kennedy, as well as President David Chartrand of the Metis Nation and our MP for Riding Mountain Dan Mazier were unable to attend but sent their best wishes for this celebration and dedication.

Sprucewoods MLA Colleen Robbins, Mayor Heather Lamb and Vice Consul Ms. Yoshiko Okada from the Japanese Consulate in Calgary were seated at the head table. The Vice Consul gave a short speech about the celebration and the Japanese Canadian connection.

Other Japanese guests included at this luncheon were Dr. Junichiro Koji from the Hokkaido University of Education, Hakodate Campus, Hokkaido, Japan, Dr. Satomi Tozawa from

the Akita University of Art, Akita-City, Akita, Japan and Dr. Tsuyoshi Tokuda, Sociology Department of Otani University, Kyoto, Japan.

This dedication of the International Sekine Bicycle Heritage Mural was held in conjunction with the Canadian Rural Revitalization Foundation Conference being held this year in Brandon, through the Rural Development Institute of Brandon University. Along with the conference attendees from all over Canada, Dr. Wayne Kelly – Director of the Rural Development Institute (RDI) – Brandon University, Dr. Ian Puppe – Rural Development Institute, Dr. Ray Silvius (University of Wpg), and Don Boddy (Manager of the Small Centre Support of the Manitoba Association Newcomer Serving Organization) attended as well.

Two Sekine Bicycles were on display, one owned by the Mayor of Riverdale Municipality, Heather Lamb and a very rare Sekine Bicycle owned by Dave Cluney. Each of these bicycles being 40-50 years of age and one of them was one of only 5 in Canada.

The lunch was served by the Rivers Legion Ladies Auxiliary as part of the Legion Week celebrations. After the lunch was over, all of the attendees walked down to the Westoba/Assiniboine Credit union for the ribbon cutting dedication of the mural. The mural had been painted on the east side wall of the Credit Union.

National Legion week wrap up



PHOTO BY CAROLYN PHILLIPS

Lisa Smith, Myrtle Wooldridge, Linda Martinook, Grace Boulton, Lloyd Willement, Ed Broome

By Carolyn Phillips
RIVERS BANNER

National Legion Week brought together a fantastic turnout, showcasing the incredible spirit of community bonding and camaraderie within our local Legion. Held from Sept 21 to Sept 27, this year's event has truly set the bar high for future celebrations.

The clubroom buzzed with excitement as mem-

bers and guests enjoyed drink specials throughout the week. Sunday afternoon was lively, with laughter and chatter echoing through the room, bringing a sense of joy and connection amongst all who attended.

A highlight of the week was the hearty supper held on Friday night, where nearly 90 people gathered to enjoy a delicious meal prepared by

the Legion Ladies Auxiliary. The inviting aroma of home-cooked food filled the air, making it an unforgettable evening of good eats and great company. Events like these remind us of the importance of gathering as a community, sharing stories and forming lasting friendships over a shared meal.

The competitive spirit was alive and well during our crib tournament on

Saturday. With 22 teams participating from Rivers, Rapid City, Douglas, Minnedosa and Brandon, the atmosphere was filled with both excitement and friendly rivalry. Players not only brought their competitive edge but also contributed to a delightful cold plate lunch, showcasing their culinary skills. Special thanks go to Adrienne Beaudin for her out-

standing homemade buns, which received much praise and played a big role in the lunch's success.

Prizes were awarded to the top teams, with Lloyd Willement and Ed Broome taking home the first-place prize of \$220. Grace Boulton and Linda Martinook secured second place, earning \$132, while Lisa Smith and Myrtle Wooldridge brought home \$88 as the third-place winners. Congratulations to all participants who made the crib tournament such a thrilling event!

The excitement didn't end there. Our 50/50 draws added an extra layer of fun, with Don Ramsey winning \$160 in the clubroom and Connie Morrell from Minnedosa taking home \$157.50 at the cribbage tournament. These moments of surprise and joy contribute to the thrilling experience of National Legion Week, making it all the more memorable.

As we wrap up this

year's National Legion Week, we are filled with a sense of gratitude and anticipation for what's to come. The connections made and memories created during this special week truly embody the heart of our community.

Looking ahead, we eagerly anticipate the next National Legion Week in 2026. The stage is set for more engaging activities, delicious meals, and ample opportunities for community engagement and connection. We hope to see even more members joining us, ensuring a diverse mix of fun, competition, and laughter as we continue to celebrate our venerable Legion and the community that it represents.

In closing, a heartfelt thank you to everyone who participated, volunteered, and contributed to making this year's National Legion Week a resounding success. Together, we stand proud, ready to celebrate our shared history and future in 2026 and beyond!

Rivers Legion Ladies Auxiliary

By Lisa Smith
LEGION PUBLICITY

The regular meeting of the Rivers Legion Ladies Auxiliary was held September 2nd, 2025 in the Rivers Legion upper hall.

Guest speaker Comrade Art Halliday thanked the ladies for their donation to the Branch. It was used to repair

the ramp approach as well as the insurance.

There were no new applications for memberships this month.

A grant to Rivers and Area Community Foundation has been applied for the Memorial Banner project.

The next meeting of the Legion Ladies Auxiliary will be held October 7th, 2025.



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Embrace the spook: Visit Haller Haunted Forest this October!

By Carolyn Phillips
RIVERS BANNER



As the cool autumn air settles in and the leaves begin to don their fiery hues, it's time to unleash your innerghosthunter and embark on a chilling adventure at the Haller Haunted Forest! Located just off Highway 25 and Road 110 to the north, Irene Fidler's vision three years ago has blossomed into a thrilling destination for families seeking a taste of

spooktacular fun. This haunted adventure is designed for those aged 12 and up, inviting brave souls to explore the eerie depths of the forest. With something waiting around every twist and turn, the Haller Haunted Forest promises an unforgettable evening filled with frights and delights. Be prepared to encounter spine-tingling scares, and delightful surprises that make this haunted trail a highlight of the Octobers to come! In her commitment to creating a captivating experience for the community, Irene has poured her heart and soul into the project, covering all

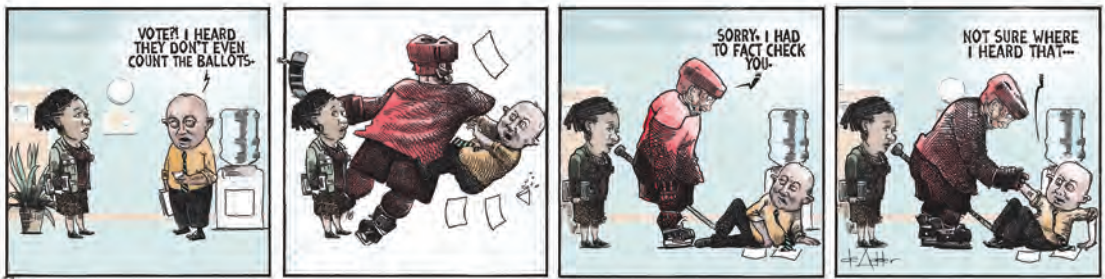
expenses out of pocket, with the generous help of some donated items. This initiative has helped create an eerie yet fun atmosphere that embodies passion, creativity, and community spirit. But that's not all! Admission to this hauntingly good time is just \$8 per person, and all proceeds from the gate go to the incredible organization Westman Dreams for Kids. Last year, the event successfully raised \$3,700, and with your



help, Irene hopes to break that record this year. It's a remarkable opportunity to enjoy an adrenaline-pumping night out while supporting a noble cause. So, rally your friends and family, don your best spooky attire, and make plans to visit the Haller Haunted Forest! The haunting happens over several dates this October, including October 2 and 9 from 7:45 PM to 9 PM, and October 3, 4, 10, and 11 from 7:45 PM to 11 PM. With these extended hours on some nights, it's the perfect chance to fit a terrifying visit into your busy October schedule.

Please keep in mind that this is a cash-only event, so be sure to come prepared to ensure you don't miss out on the spine-chilling thrills that await. Whether you're navigating through fog-laden trails or encountering unexpected guests along the way, the Haller Haunted Forest is the ultimate destination for those looking to embrace the spirit of the season. As autumn unfolds and Halloween approaches, the Haller Haunted Forest stands out as a beacon

of both fright and fun. Gather your bravest companions, grab a flashlight, and prepare to be spooked! The haunting vibes await, and who knows, you might even make some lasting memories along the way. Mark your calendars and join Irene and her team in making this October a month of excitement, scaring up funds for a wonderful cause. Don't miss out on this thrilling adventure—an evening spent at Haller Haunted Forest is one you'll remember for years to come!

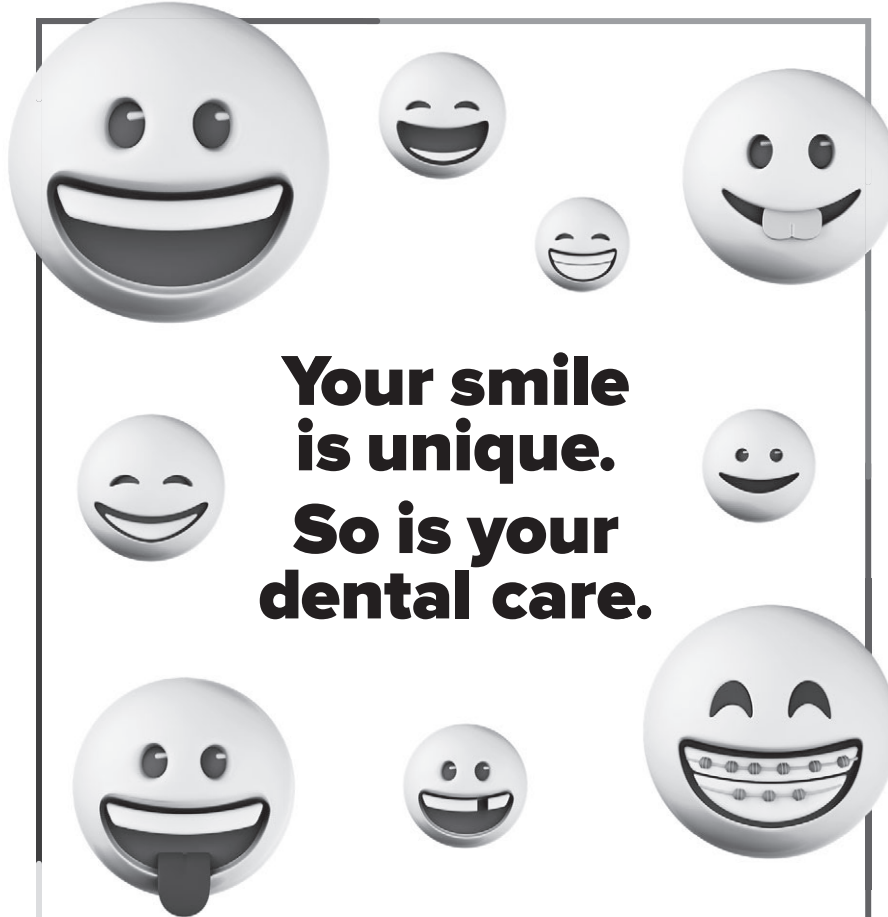


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RURAL MUNICIPALITY OF OAKVIEW UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING FOR CONDITIONAL USE ORDER

Rural Municipality of Oakview, under the authority of The Planning Act, will hold a PUBLIC HEARING at the below listed location, date, and time during which the Council will receive written or verbal representation from the applicant and any persons who wish to make them in respect to the following application matters:

Application for a Conditional Use Order under Part 3, Section 3.7.1. (b) (iii) of the Rural Municipality of Oakview Zoning By-Law #2019-3, as amended.

HEARING LOCATION: Rural Municipality of Oakview Council Chambers located at 10 Cochrane St., Oak River

DATE & TIME: October 14th, 2025, 6:10 pm (1810 h)

PROPOSAL: To construct a pole-type garage/shop

PROPERTY LOCATION: 413 6th Avenue, Lots 7/8, Block -, Plan 916, Rapid City, Rural Municipality of Oakview

OWNER / APPLICANT: Scott McKinney

CONDITIONAL USE ORDER APPLICATION

ORDER NUMBER: 05-OV-25-CU

TO PERMIT FOR: The establishment of a detached pole-type garage/shop as an accessory building to the existing single-family dwelling on the property



AREA: Approximately 0.50 km south of Rapid City

A copy of the above proposal and supporting material may be inspected at the Mid-West Planning District office during normal business hours. Copies may be made, and extracts taken there from, upon request.

Representations may be made verbally or in writing at the public hearing.

If you have any questions, please call at 1-888-919-1740 or email devofficer@midwestplanning.ca
Czarina Conde, ASSISTANT DEVELOPMENT OFFICER, MID-WEST PLANNING DISTRICT

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From the prairies to the highlands 204 - part 5

By Gerry Nolan
RIVERS BANNER

Now for the rest of the story of the Hunterston castle.

Madame Pauline Hunter is the current Laird of Hunterston castle. She is the fifth female to hold the title. It is a lifetime commitment, and she also has to name a successor who will succeed her upon her death, but the Lord Lion Doctor Josef Morrow has the final say.

The last piece of the Wallace Oak rests in the bottom floor of the castle. William Wallace was chained to this tree before being executed. In 1992 the tree blew down in a storm. And the Hunter Clan became the proud keeper, preserving this piece of history.

The roof trusses of the castle are interesting, as not a single nail was used, amazing!

We also encountered the youngest Hunter Knight while we were exploring the castle, Sir Bowen!

The craftsmanship of the time it was built is outstanding, this is a marvelous castle. To think it still stands today is mind boggling. Houses in Canada nowhere last the test of

time like this castle.

One thing I observed was that Scotland preserves their history, unlike Canada who tear it down or destroy the work our forefathers did.

There is a garden just a few steps away from the castle. As we approached the gate leading into the garden, our guide had to unlock the heavy gate, which opens into a beautiful, landscaped area. Such beauty! There were flowers, shrubs and fruit trees with several places to stop, sit and rest while appreciating the absolute stunning view. Surrounding the garden was a ten-foot-high stone wall to keep trouble out. Also in the garden were vegetables. In the early days food was scarce, so the people relied on the Hunters to bring in wild game to the table. Berries were also very common, but potatoes were not introduced to Scotland until the early 1700s, so they relied on meat.

It was time to say our goodbyes to Hunterston castle, so we loaded up our bus and had our roll call. We headed to our next stop, lunch at Piersland House hotel where we had a great lunch overlooking a garden of flowers and shrubs.

The memory of the Hunterston castle is still



PHOTO BY CELIA NOLAN

Bowen Thornitt, great grandson of Donna Hunter, dressed as a strong Scotland warrior at Hunterston castle.

deeply entrenched in my mind. I was blown away to think that a structure built so long ago could remain so beautiful. Everything there was neat and tidy, so cared for. One other thing about the garden was that it was manicured to perfection. Our hosts were fantastic and shared their stories and answered all of our questions. This is one of the best memories of the trip. For me, leaving was bittersweet as I just loved it there. I was excited to go on our trip, but I think a bit of me stayed at that castle. I still get a little choked up just thinking about it.

That evening back at the church we ordered

pizza and just relaxed. With so much to see and take in each day, we just needed to unwind. This was the second evening of musical chairs.

The next day we were all excited to visit David Caldwell, Donald Caldwell's father. David and his late wife Jean farmed in the Kenton area for a number of years, so I was happy to be able to visit with David. David used to come to poker night at the Kenton Legion and always entertained the folks there, be it a story or a joke, and of course with a pint!

Next week we will visit Port Patrick and hope we do not hear the bagpipes, because this may happen to you.

Strong bones, strong life My take on skeleton care

**PUBLISHED AUTHOR, HOLISTIC
WELLNESS CERTIFIED HYPNOTIST
(C.H.)**

MARIE EVELYNE GINGRAS

I do not usually think about my bones until something creaks. You know that sound when you get up from the couch after sitting too long? That "snap, crackle, pop" makes me wonder if my skeleton is auditioning for a breakfast cereal commercial. It is in those moments I remind myself that bones are not just background props. They are the quiet heroes holding everything together, and they deserve way more love than they usually get.

I have learned that bones are not static, they are alive, constantly rebuilding. Picture little construction workers inside your body, breaking down old material and putting up fresh beams every single day. If you want them to do an excellent job, you must give them the right tools. Calcium is a big one, of course, but without vitamin D, that calcium is like money locked in a bank where you can see it, but you cannot use it. I try to get my dose of sunshine when I can, but on cloudy weeks, I reach for fortified

foods or supplements to keep those construction workers happy.

Protein is another piece of the puzzle that surprised me. I used to think protein was all about muscles, but bones rely on it too. It helps build the collagen that keeps them flexible. Without collagen, bones would be brittle and break like a cracker at a picnic. So, I make sure I am balancing my diet with protein, leafy greens, nuts, and seeds (foods that sneak in magnesium, zinc, and vitamin K for extra support). It feels less like "being healthy" and more like giving my skeleton a little gourmet buffet.

Exercise is where the fun comes in. Bones respond to movement, and they like to be challenged a bit. For me, that means a mix of walks, light weights, and the occasional attempt at yoga (though my downward dog usually looks more like a confused coyote). Even simple things like squats or stretches while waiting for the Keurig to boil help. The way I see it, every bit of movement is a love note

to my bones, telling them to stay strong.

Of course, there are habits I have had to rein in. Too much caffeine and soft drinks? Guilty. But I have learned they can block calcium from doing its work. And posture—oh, posture! The hours I spend at my desk or scrolling my phone can turn my spine into a question mark. So, I check in with myself, sit up straighter, and stretch. My body thanks me every time. I make a point of standing and moving around on the hour. Quite simple to set alarms on your phone!

I also cannot ignore the reality that hormones and age play a crucial role in bone health. Women after menopause and men with low testosterone are more prone to bone loss, and that makes regular check-ups and bone scans worth it. Prevention is always easier than healing a fracture.

At the end of the day, taking care of my bones is not just about avoiding breaks. It is about keeping the freedom to garden without wincing, dance at weddings, or play with dogs and bunnies without worrying that one wrong twist will land me on the couch for weeks. My bones have carried me through life, and the least I can do is carry them with a bit of care in return.

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Fall Equinox and gardening

Submitted
By PATRICIA HANBIDGE

The fall equinox is officially the first day of fall. However, this does not necessarily mean that it is actually autumn in your garden. The word “equinox” means “equal night” in Latin. So when we have both spring and autumn equinox, the daytime and nighttime hours are very close to equal. If the earth took exactly 365 days to revolve around the sun, then the date of our spring equinox would not change from year to year. The earth’s orbital period takes about 365.25 days to complete one orbit around the sun. The standard Gregorian Calendar has 365 days in one year and every four years, there is a leap day to account for the extra quarter day. Because of each quarter-day, the equinoxes (and solstices) occur about six hours later each year. When it is a leap year, the extra day makes the date of the equinox earlier. The different time zones, which further complicate the actual date of the equinox. This year, the fall equinox will be on September 22nd.

In the garden, the plants do not realize the exact moment that the sun crosses the equator, but they certainly do realize that the days will be getting shorter, the light exposure will be decreasing and the temperatures will be cooling. This all tells the plants that they need to complete their lifecycle and prepare for the long winter rest.

Around the world, there are many autumnal equinox celebrations that include cultural festivals, religious holidays and other more nature based activities. There is a common theme that is often seen as part of these celebrations that includes giving thanks for the harvest, preparing for the coming winter and of course celebrating the balance between light and dark.

In Japan, Buddhists honour their ancestors dur-

ing Higan, which is a six-day holiday falling on the equinoxes. In China and Vietnam, one might participate in the mid-autumn festival with mooncakes and lanterns that symbolize unity and togetherness. Some activities you might be interested in to help celebrate this time is by going on scenic drives to enjoy the fall foliage, go apple picking or visit a local pumpkin patch. Prepare and share special meals that feature fall flavours like roasted root vegetables, soups, apple pies or perhaps making pumpkin pie spice. Bring the beauty of fall indoors by making wreaths or decorating your home with autumn colours.

An interesting fact is that the autumn equinox signals the start of the time where you can often see the aurora borealis. These auroras are caused by the interaction of the solar winds with the Earth’s magnetic field. The solar winds are particles of plasma that are escaping from the sun and moving into space. Due to the axial tilt of the Earth, at this time of year the solar wind from the sun is able to reach the Earth’s atmosphere more easily through our geomagnetic field. These disturbances are strongest around the spring and fall equinox. These particles collide in the Earth’s magnetic field with different elements in the air like oxygen and nitrogen and then these particles eventually will release photons of different wavelengths that provide the different colour of aurora or northern lights that we can see in the sky.



SUBMITTED PHOTO

Maple trees always provide a great colour show in the fall.

As gardeners, we plant spring flowering bulbs, harvest crops and prepare our soils for winter. We may also prune perennials, divide plants, rake leaves, plant fall crops and generally prepare to take a break from our summer gardening chores. Our flannel and fleece reappears and we often wonder at the coolness of the evening air. Already, I have found myself waking a bit later as I am always attuned to when the sun rises and sets and generally all of the motions of the earth around me.

Happy Autumn!!!

Hanbidge is the Lead Horticulturist with Orchid Horticulture. Find us at www.orchidhort.com; by email at growyourfuture@gmail.com on facebook @orchidhort and on instagram at #orchidhort.

Tune into GROW Live on our Facebook page <https://www.facebook.com/orchidhort> or check out the Youtube channel GROW... <https://www.youtube.com/channel/UCzkiUpkvy-v2e2HCQIFl0JyQ?>

SUNMONTUEWEDTHUFRI

SAT

COMMUNITY CALENDAR

5


Rivers Legion
Bingo 11:30am

6


50 + Card
Games
1pm

7


Council Meeting

8


50 + Club
Cribbage 1pm

9


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

Rivers Legion
Cribbage 7pm

50 + Floor
Games
1pm

10


Haller Haunted Forest

Prairie Crocus Library
Storytime in
Rivers 10am

Chase the Ace
Rivers Legion 7pm
Kenton Legion 7pm
Hamiota Hotel 7pm

11



12


Rivers Legion
Bingo 11:30am

13


50 + Card
Games
1pm

14


50 + Club
Pool 1pm

15


50 + Club
Cribbage 1pm

16



Rivers Legion
Cribbage 7pm

50 + Floor
Games
1pm

17


Haller Haunted Forest

Prairie Crocus Library
Storytime in
Rivers 10am

Chase the Ace
Rivers Legion 7pm
Kenton Legion 7pm
Hamiota Hotel 7pm

18

