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# RIVERS BANNER

GAZETTE-REPORTER

Local People. Local Stories.

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

## Church hosts a delightful Dessert Tea

By Carolyn Phillips  
RIVERS BANNER

On Saturday, May 3, the St. James Anglican Church in Rivers organized a heartwarming dessert tea that brought members of the community together for an afternoon of fellowship and fun. While the congregation may have been small in numbers, it was certainly large in spirit, showcasing the strength of community bonding and collective effort.

The event attracted numerous attendees, with several guests traveling from Brandon to partake in the festivities. This was a wonderful opportunity for parishioners and visitors alike to mingle, enjoy delectable treats, and celebrate the vibrant community spirit that St. James represents. The atmosphere was filled with laughter, warmth, and the delightful aroma of freshly baked goods.

A highlight of the dessert tea was the bake table, which offered a tempting array of homemade goods. From cakes to cookies, the selection was not only delicious but also brought to life the talents and creativity of the church's members. In a testament to the hard work that went into baking these goodies, the bake table sold out entirely, demonstrating the community's enthusiasm and support for this charitable event.

In addition to baked delights, the craft table showcased various handmade items generously donated by church members and local artisans. These crafts not only contributed to the charm of the event but also provided opportunities for attendees to purchase unique gifts while supporting the church's initiatives.

A silent auction further enriched the day's offerings, with an impressive array

of items available for bidding. The generosity of donors ensured that there was something for everyone, and all proceeds from the auction went towards essential church projects. The funds raised will enable St. James Anglican Church to purchase new pavement candles, enhancing the beauty and atmosphere of church services. These candles, set in long holders or poles standing on the floor, will create a serene ambiance during worship, bringing an added layer of warmth and spirituality to the gatherings.

One of the core missions of St. James Anglican Church is to give back to the community. As part of this commitment, the dessert tea's proceeds will also support local charities, including the food bank and Christmas Cheer. Additionally, funds will be allocated to Anglican Camp and the Bishop's Appeal, which focus on fostering a sense of community support and outreach.

The success of this event would not have been possible without the tireless efforts of the church volunteers and the generous support from all who attended. A heartfelt thank you goes out to everyone who participated, making the dessert tea a memorable occasion that highlighted the power of community involvement and



Oh pies, oh my!!

PHOTO BY CAROLYN PHILLIPS

collaboration.

St. James Anglican Church continues to thrive as a beacon of light and support in the Rivers area, and events like the dessert tea only serve to strengthen the bonds among its congregation and the wider community. As we reflect on this beautiful gathering, we are reminded of the importance of togetherness, generosity, and faith in action.

St. James Anglican service is offered every Sunday at 9am at 580 Columbia Ave. All are welcome.

## Inside...



80 YEARS OF  
LIBERATION -  
VE DAY **P6**



ENTER TO WIN  
TICKETS TO  
WRESTLING **P12**

## Our New Partners

Roy Johnston TDS congratulates **Renae Baker**, **Suzette Golden-Greenwood** and **Alyson Vercaigne** on their admission to the partnership.

ROY JOHNSTON **TDS**





# Rivers United Church thrift sale



PHOTO BY CAROLYN PHILLIPS

By Carolyn Phillips  
RIVERS BANNER

As spring unfolds, the Rivers United Church located at 347 Main St. in Rivers, has

once again been brought to life through the vibrant energy of its semi-annual 3-day Thrift Sale. This community-driven event not only serves as an opportunity to shop

for unique treasures but also unites friends and neighbours in a shared cause. On behalf of the church, a heartfelt thank you is extended to the dedicated individuals who made this year's sale a remarkable success.

First and foremost, we would like to recognize Lynn M and her team of assistants for their exceptional organizational skills. Their commitment and hard work in setting up the sale ensured that everything ran smoothly, from sorting donations to arranging items for display. Lynn's leadership and attention to detail allowed us to create an inviting atmosphere where customers could browse and shop comfortably.

This event would not have been possible without the tremendous support from our community. To all the hardworking ladies who lent their time and energy at the sale—your efforts did not

go unnoticed. From welcoming customers with a smile to assisting with sales, your contributions were invaluable. It is this spirit of volunteerism that strengthens our community and exemplifies the essence of Rivers United Church.

We also want to express our deep gratitude to all those who generously donated items to the sale. The variety of [item], clothes, household goods, and more offered a treasure trove for shoppers, making it an enticing experience for all. Each item donated played a crucial role in raising funds for the church and supporting our various outreach programs.

Customers are at the heart of the Thrift Sale.

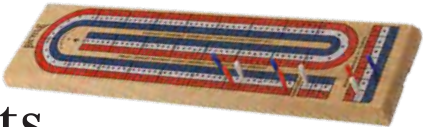
We are truly grateful for the support from our wonderful patrons who came out in large numbers to discover fantastic deals and unique finds. Seeing so many familiar faces, as well as new ones, reminded us of the connection we have as a community. Your purchases not only help the church financially but also promote sustainable practices by giving items a second life.

A special thank you also goes to our pack-up team, who were vital in ensuring that leftover items were efficiently loaded into vehicles for transport to Brandon. Their willingness to step up and assist in this crucial part of the sale exemplifies the collaborative spirit that defines our church community. We appreciate the work you put in after the event to ensure that those items continue to

be valuable to others. As we wrap up this successful Spring Thrift Sale, we invite everyone to mark their calendars for our upcoming fall event. The excitement and camaraderie generated during the sale is something we look forward to replicating, and we hope to see even more community members get involved—whether through donating, volunteering, or shopping.

Thank you once again to everyone who contributed to the success of our thrift sale. Your efforts, enthusiasm, and dedication to our church and community are what make our gatherings special. Stay tuned for more updates as we look forward to another successful sale in the fall. Let's continue to build each other up through community spirit and collaboration!

## Riveting rounds and chili lunches



### Rivers Legion hosts successful cribbage tournament

By Carolyn Phillips  
RIVERS BANNER

The Rivers Legion was abuzz with excitement on Saturday, May 3, as card enthusiasts came together for the fourth installment of the Rivers Legion Cribbage Tournament. This popular event gathered players not just from Rivers but also from neighbouring towns such as Rapid City, Neepawa, Minnedosa, Newdale, Oak Lake, and Brandon, showcasing the vibrant community spirit that cribbage fosters.

The tournament began bright and early, with a hearty chili lunch prepared for participants and spectators alike. Thanks to the efforts of dedicated Legion members, attendees were treated to a delicious meal, with special mention going to Adrienne Beaudin for her fabulous homemade buns, which were the perfect complement to the chili.

Saturday's tournament ramped up the competitive stakes, featuring 22 teams eager to claim victory and bragging rights.

The competition was fierce, with each of the 22 teams engaging in 10 rounds of strategic play. After hours of intense card maneuvering, the dynamic duo of Grace Boulbee and Linda Martinook from Brandon emerged victorious. Their skillful play led them to a commanding score of 980 points, earning them a well-deserved first-place prize of \$220.

Following closely behind were Lloyd Williment and Ed Broome, also from Brandon, who captured the second place with an impressive 916 points, taking home

\$132. Rounding out the podium, Justin and Denys Usunier from the Rapid City/Neepawa area secured third place, scoring 911 points and winning \$88. A standout moment from the tournament involved Justin, who was just a card away from achieving a perfect crib hand. Instead of drawing the desired jack, a queen appeared in his hand, which led him to snag an extraordinary 28 points in one play—a testament to the thrill of cribbage and the excitement of the day.

In addition to the main tournament, attendees eagerly participated in the 50/50 draw, adding an extra layer of enjoyment to the event. Joey Catcher from Rivers walked away with a hefty \$160, a sweet reward for his luck.

The success of this tournament was a reflection of the camaraderie and community connection fostered by the Rivers Legion. Bringing together players from various towns not only highlights the appeal of cribbage but also strengthens the bonds between neighbouring communities. As the participants packed up after an exhilarating day, thoughts of the next tournament likely lingered in the air—proving that the love for the game, delicious food, and community spirit are the true winners of the day.

As Rivers Legion looks forward to hosting more events in the future, local cribbage players are encouraged to continue attending the weekly league on Thursdays at 7pm in the Legion Hall. It's only \$2 to play! With the success of the tournament fresh in their minds, it's clear that there's a bright future for cribbage in Rivers.

## CRUNCHY FRIED SHRIMP

### Ingredients

- 1/3 cup all-purpose flour
- 3/4 tsp salt
- 1/2 tsp ground black pepper
- 3 large eggs
- 1-1/2 cups Kikkoman Panko Bread Crumbs
- 1 pound uncooked jumbo shrimp, peeled and deveined, tails left intact
- 1 cup vegetable oil for frying, or as needed

### Directions

1. Gather all ingredients.
2. Mix flour, salt, and pepper in a medium bowl. Beat eggs in a second medium bowl until frothy. Place bread crumbs in a third bowl.
3. Dredge shrimp in the flour mixture, then shake off excess.
4. Dip shrimp into beaten eggs.
5. Then press shrimp into bread crumbs, turning to coat both sides.
6. Heat 2 inches oil in a large, heavy pot to 350 degrees F (175 degrees C). Deep-fry shrimp in batches in the hot oil until cooked through, about 1 minute. Use tongs to transfer shrimp to a paper towel-lined plate to drain. Repeat to cook remaining shrimp.
7. Arrange shrimp on a platter to serve.





## FAITHFULLY YOURS

NEIL STROHSCHNEIN

Thank you, mom



From the moment she first feels the stirring that tells her she is carrying a tiny human in her body; three powerful emotions embed themselves in a mother's heart and mind.

The first of these is unconditional love. A bond of love is established at conception; and it never stops growing. The radiance of a mother's love will be seen when celebrating the highlights of a child's life—birthdays, graduations, marriage and children's children—especially them. Its resilience is seen in hard times—as in the tears a mother sheds after a miscarriage; or the hours spent caring for a sick child at home or sitting beside the hospital bed of a child who has just undergone major surgery or is battling cancer.

As time passes, mothers get older and so do their children. But there is one thing about their relationship that never changes. A mother may be 85 and her children may be aged from 50-65, but they will always be "her babies." She will not stop loving, caring, encouraging or even traveling across country to help a child in need.

A mother's love is the closest thing we will ever find to the love St. Paul describes in 1 Corinthians 13. It is patient, kind, humble, considerate, believing, trusting and unending. Children may abuse, misuse, and even forget about their mother, but she can never do the same to them. Only her death can break that bond of love.

The second powerful emotion is hope. Mothers are eternal optimists. They never stop hoping or believing that their children will be happy, healthy, working in jobs they love and enjoying life with families of their own. They know that the path to such a life will be different for each child. For some children, the transitions to different stages of life will be smooth. Their mothers will beam with pride as they see these children go through life without any setbacks or serious disruptions to their education, work or family lives.

But for others, the road ahead is filled with challenges and setbacks—problems in school, addictions, fractured friendships and broken relationships. Some children find ways to overcome their addictions, cope with emotional challenges and recover from the heartaches and heartbreaks they have experienced. And in their corner, cheering them on, is a devoted mother who never stopped believing they would succeed.

Sadly, some children don't recover. Their lives end far too soon; sometimes under very tragic circumstances. And no one grieves as long or as deeply as the child's mother. A child's death leaves a hole in a mother's heart that no one else can ever fill.

The third powerful emotion is faith. For every mother, the day will come when the last child has left home, the last meal has been cooked, the last phone call and visit have been made; and she knows it is her time to leave her body behind and enter the life that awaits her in the eternal home of a loving and caring God.

She has done her job, and she has done it well. Now, as hard as it may be, she releases her family into God's care and says her last goodbye. What she doesn't know is that at her death, her children will shed as many tears for her as she shed for them. And for the rest of their lives, they will say: "Thank you God, for our mother;" and "Thank you Mom for your legacy of unconditional love, hope and faith."

## Woodworth Senior Services Report

By Karen Anderson  
RESOURCE COORDINATOR

Though temperatures have been rising slowly across Manitoba for the last few weeks, the lows overall have been close to zero or lower. Winter weather is still a possibility as was recently proven with the snowfall on April 22 and 23. There was a snowfall warning and some areas did receive 20cm or more. Other areas had rainfall around 15mm.

The bathroom issue at the RM LU0 Kenton office has been resolved with one bathroom available all the time.

The regular foot care clinic was held on April 9 at the WSS office with Tanis Boyd with six clients including one new client. The next foot clinic will be in six weeks.

The senior monthly noon meal was held on April 15 at Brierwood Creek Restaurant with 15 present. The menu was fish and chips, coleslaw and pie for dessert. There was quite a selection of homemade pies to choose from for dessert.

We appreciate the extra efforts of Lisa and her staff buying fresh fish and also baking the variety of homemade pies available for dessert.

There will be another meal in May.

Sympathy to Ernie Dusessoy and family on the recent passing of his sister, Nancy Dusessoy in Winnipeg. There is no service planned at this time.

## Covid-19 spring vaccination

By Karen Anderson  
RESOURCE COORDINATOR

Manitoba is rolling out Covid-19 spring vaccination campaign for high risk groups that will run May 1 – June 30, 2025.

This is an additional Covid-19 vaccine dose available to a certain group that would have received their last dose three months ago.

The extra dose will be available to anyone 65 years or older, Indigenous people over age of 45 years, residents of long term care homes and anyone six months or up who is moderately or severely immunocompromised. Vaccines for children six months to 12 years only available to June 14.

People who did not get a Covid-19 vaccine in the fall can also get a dose before June 30.

The reason for the above dates is because the doses will expire after these dates.

Vaccines are available free of charge at medical clinics, pharmacies, rural public health offices and nursing stations.

Please note that there should be a three month interval between vaccine shots so doses can be given again in the fall.

For more information check the Manitoba Public Health Website.

## Locally created crossword

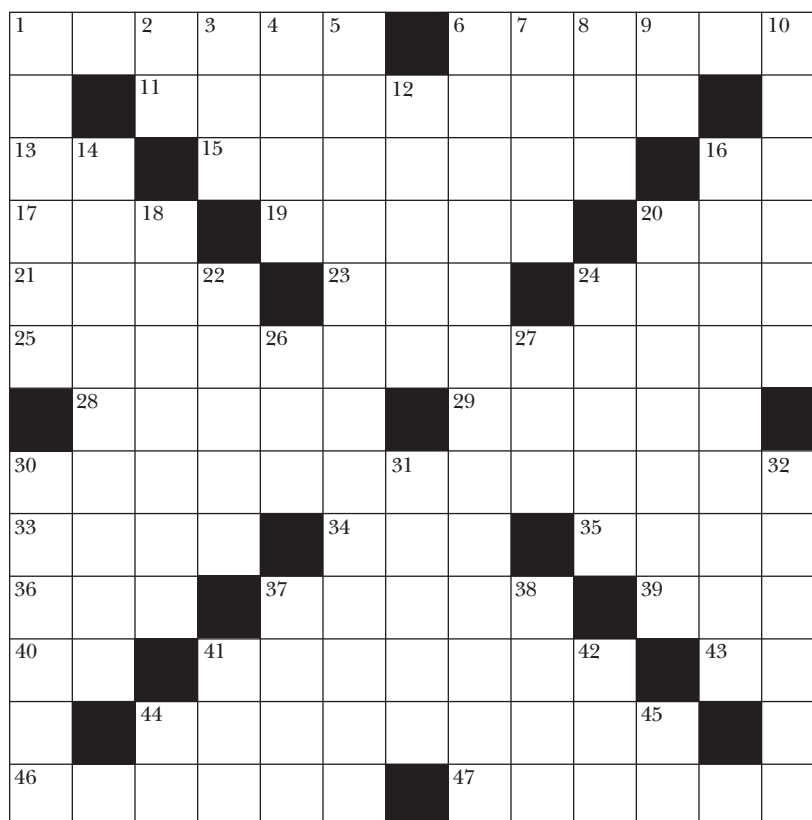
Answers on page 10

### Across

- 1 – Run a company
- 6 – Movie theatre
- 11 – Financed an event
- 13 – Blizzard seller abbr.
- 15 – Tub liner
- 16 – Md
- 17 – Mongrel dog
- 19 – Rain
- 20 – British toilet
- 21 – Person laying down
- 23 – Hearing organ
- 24 – Propels a boat
- 25 – Failed football passes
- 28 – Stop watch
- 29 – Horse feet
- 30 – Additional as vitamins plural
- 33 – Primates
- 34 – Sister
- 35 – Fired a gun
- 36 – Real estate listing offer abbr.
- 37 – Opera composer (Rigoletto)
- 39 – Secret agent
- 40 – Myself
- 41 – Making happen
- 43 – Wizard of Oz aunt
- 44 – Now
- 46 – National grocer
- 47 – Desirable treat

### Down

- 1 – 2651 in Rome
- 2 – Halifax's province abbr.
- 3 – All-points bulletin acronym
- 4 – Spur on
- 5 – Business owners
- 6 – Understanding
- 7 – Gershwin and Levin



Created by David Harris of Oak River, MB

- 8 – Seine
- 9 – Sullivan or Asner
- 10 – Clue column
- 12 – Shallow water
- 14 – Five times
- 16 – Ski hill
- 18 – Cooking instructions
- 20 – Shower sponges
- 22 – Frolics
- 24 – Violent protest
- 26 – Actor Gibson (Mad Max)
- 27 – 2000 pounds

- 30 – Singer Davis Jr. and others same named
- 31 – Man's purse
- 32 – Impede the progress
- 37 – Diversify
- 38 – Within
- 41 – Pool stick
- 42 – Floor cleaner brand "Mop and \_\_\_\_"
- 44 – Trucker's radio abbr.
- 45 – Football gain abbr.

### RAPID CITY COMMUNITY CHURCH

Sundays 10 a.m.  
Children's Church during the message  
Bible Study – Thursdays 7:30 p.m.

## JESUS IS LORD

### RIVERS COMMUNITY CHURCH

Join us Sundays at 10:30 a.m.

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# Tundra

By Chad Carpenter



## May 8 is 80th anniversary of Victory in Europe Day

May 8 is a very significant date for the whole world. It's of special importance for Canadians and Manitobans. It was 80 years ago on May 8, 1945 that WWII came to an end in Europe. It's known as VE-Day, or Victory in Europe Day.

We have devoted a bit of space in our three papers to exhibit how the respective front pages of our papers looked right after the May 8, 1945 date.

We are fortunate to have almost complete, albeit it very fragile, archive pages in our possession. In Virden we have actual copies back to the late 1890s, Rivers to the early 1900s and Neepawa back to 1896. These old pages make for fascinating reading. The retail prices are unbelievable by today's standards. The cost of dresses, boots, shoes, overalls, smocks and tools are a far cry from today's prices. Wages were much lower than today as well.

The VE-Day page in this paper is found on Page 6 of this week's edition.

World War II (WWII) was a war that united the world in a way never before seen in human history. Millions upon millions of people died in an effort to defeat Nazi Germany and Japan.

According to historians at the Canadian War Museum, 7,760 Manitobans died in the service of the war effort. 61,543 men and women left their Manitoba homes to fight, or to serve as doctors or nurses, or other military supports, and almost 8,000 lost their lives, often in terrible conditions.

The Soviet Union lost the most people, as around 27 million Russians died during the war, including 8.7 million military and 19 million civilians.

### RIGHT IN THE CENTRE

KEN WADDELL



“Take a few moments to read the tiny faded print on the WWII pages”

According to Wikipedia, “The history of Canada during World War II begins with the German invasion of Poland on 1 September 1939. While the Canadian Armed Forces were eventually active in nearly every theatre of war, most combat was centred in Italy, Northwestern Europe, and the North Atlantic. In all, some 1.1 million Canadians served in the Canadian Army, Royal Canadian Navy, Royal Canadian Air Force, out of a population that as of the 1941 Census had 11,506,655 people, and in forces across the empire, with approximately 42,000 killed and another 55,000 wounded. During the war, Canada was subject to direct attack in the Battle of the St. Lawrence, and in the shelling of a lighthouse at Estevan Point on Vancouver Island, British Columbia.”

My uncle, James Aitken Waddell, served in the Royal Canadian Navy in the North Atlantic. He actually saw German U-boats in Halifax harbour. The U-boats also went up the St. Lawrence River. The Battle of the St. Lawrence was an extension

of the larger Battle of the Atlantic—the German campaign during the Second World War to disrupt shipping from North America to the United Kingdom. Between 1942 and 1945, German submarines (U-boats) repeatedly penetrated the waters of the St. Lawrence River and Gulf, sinking 26 ships and killing hundreds. It was the first time since the War of 1812 that naval battles were waged in Canada's inland waters.

I hope that readers will take a few moments to read the tiny faded print on the WWII pages of this week's paper that give just a brief glance at what happened in Canada and to Canadians in WWII. Then, go to the internet and check out our history. It was a horrible time for the world and for Canadians. Please learn from the stories you find and please, please understand, it could happen again. In some parts of the world it's already happening.

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

### Homebodies

RITA FRIESEN



## Remembering old neighbours...

In my early years neighbours were immensely important. Most of my first decade was lived surrounded by immediate family; we lived on my paternal grandparents yard, could see my maternal grandparents homestead, and had many cousins within a ten mile radius. The school was filled with family, as was the church.

Then my parents relocated. Now the distance is but 35 minutes, but back in the 1950's that was too far to travel for coffee klatches! My mother was one of twelve, and her six sisters were all close, in age and interests! Our new community was eclectic in ages, nationalities and customs. In our very rural area we needed one another. The party line was key to keeping in the know!

Each household had its gifts and quirks. I will forever be thankful to a matriarch I called Grandma. Grandma W had a house full of family, only two of them younger than I was. And there was always room for me, for a meal, for a play, for a sleepover. Not having brothers. I appreciated that the boys (they were boys back then, not the men they became!) considered me another sister. What a gift. They tormented me along with their other sisters, and protected us when necessary. To this day, that home, those wonderful, loving folks influence me and who I have become.

To the east lived the Ts. Oh my. Mrs. T was meticulous; in her housekeeping, her home making, her accounting. She kept meticulous books, down to recording the nickel ice cream she treated herself to in town. She shared of her time and bounty. Apples from the old fruit trees filled bowls on many a farm home table. Their car was never too full to include another child on a church or fun run. That was long before seat belt regulations! And that party line? She was the first to know what was going down—and let you know!

Sharing our home section was another family; a bit younger than my parents, and of a different background. Hard working, God fearing, good fence neighbours. For a season Mrs. H taught school where I attended. What we would now call middle school. Two things stand out with my memories of her. One, I was brave, or brazen, enough to address her attitude towards some of my fellow students—farm lads who were doing their very best, and that wasn't considered. And secondly, she, well, I'm certain Mr. H had some say, gave their oldest son and oldest daughter the mother's maiden name as the child's middle name. Not uncommon, but the first I had witnessed.

Those were the closest in distance. My parents treasured many friendships; one of the most treasured was with the W family. Both mom and Mrs. W were talkers! I have no idea how they decided when to switch turns. They often used a quiet moment in the afternoon to make a catch up phone call to simply touch base. That family was mostly boys, and ours was all girls, many memories made!

To this day neighbours are important to me, and I value them.

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Canada



# Hamiota welcomes new wellness facility

By Dale Davison  
RIVERS BANNER

Friday, May 2 marked the grand opening of Countryside Studio and Gym's new Hamiota location. Owner Kayce Knight welcomed the community for a first look at how a former bank building could be transformed into a top-notch wellness facility. The refurbished waiting room was packed with people who came to look and give support to Kayce's new enterprise.

Although the facility contains some newly constructed rooms much of the space has been repurposed from the bank. For example, a vault that couldn't be removed has been creatively converted into a kids' room and a retail space. Another vault on-site has been reimagined as a "safe sauna" with a cold plunge pool adjacent and showers nearby.

The newly added part of the building contains a centring room for relaxing with calming music, as well as another couple of rooms Kayce hopes to rent out. Whether used for office space, physiotherapy or other professional services, the rooms offer privacy and comfort, including their own waiting room. In the gym a full complement of exercise equipment is available, and natural light floods the room through large windows.

The addition started a year earlier and was completed just a month ago. The project has been a long-term endeavor, starting when the new owners took possession in January 2024. Thoughtful design choices balanced cost and function. For example, expensive studio mirrors were replaced with sliding closet doors, repurposed and altered to fit the space. These not only saved money

but also helped amplify natural light and made the rooms feel larger. The yoga studio, sauna, kids' room, gym, and rental spaces all showcase thoughtful reinvention of a conventional office building.

The transformation of the bank building to a new gym took a huge amount of work, time and sacrifice for those involved and Kayce thanked her family saying, "To my kids, thank you for being patient with me... all the times I said, just five more minutes, which was never really five minutes."

Husband Jeff was recognized as Kayce's anchor who, "(Told) me to go to bed when I was running on fumes and kept me grounded through the chaos."

Kayce also thanked parents Cris, Gina, Ron and Airdrie for their unwavering support, even when the idea sounded unrealistic. Family members who traveled from Toronto found the visit to be a working holiday and Kayce said, "You've been cleaning nonstop since you arrived, and I just want to say thank you. I hope



PHOTO BY LYNN SKAYMAN/COUNTRYSIDE STUDIO PHOTOGRAPHY

On May 2nd, Kaycelyn Rosales-Knight and husband Jeff include their two families plus their three children in the ribbon cutting ceremony to celebrate the opening of Countryside Studio and Gym located on Fourth Street in downtown Hamiota: (l-r) Airdrie Knight, Jeff Knight, Myles and Matreya Knight, Kayce Knight, Cristina Rosales, Gina Rosales and (in front) Malia Knight.

you weren't expecting a relaxing vacation."

Kayce recounted the evolution of the business, saying, "To this incredible community, thank you from the days when I offered services out of my basement, to the birth of Countryside Studios during Covid, and now to this. This studio is built on community, collaboration, and a whole lot of heart and I can't wait to see what we'll create together in this space."

## A profitable year for Heritage Co-op

### Local Co-operative hosts 96th AGM in Minnedosa

By Eoin Devereux  
RIVERS BANNER

2024 was a very successful year for Heritage Co-op, both on the ledgers and in the communities they serve. On Wednesday, Apr. 30, the local retail co-operative held its 96th Annual General Meeting in Minnedosa at the Community Conference Centre. The gathering provided an update to the Co-op members on the latest financial results.

In 2024, Heritage Co-op reported total sales of \$261 million, while the cost of goods sold were around \$225.4 million. As a result, Heritage was able to confirm that its' member equity return is \$4.14 million for the 2024 year, of which \$2.5 million will be returned to eligible members in the form of cash payouts. This allocation is shared among the membership, based on their individual purchases made throughout the year.

In his report at the AGM, Heritage Co-op Board Chair Ian Gerrard noted that "This cash repayment supports the



SUBMITTED PHOTO

Back Row: CEO Leanne DeVliegere, Board Members Mel Birmingham, Brad Ross, Keith Murray, Ian Gerrard, Eric Bjornson Front Row: Board Members Lorrinda McMillan, Allison Noto, Gerald Cathcart, Randy Brown.

Cooperative Principle of member economic participation. Returning [cash] to our members is a boost to our local economy, and in so doing, strengthens our communities and keeps 100 per cent of our profits local."

CEO Leanne DeVliegere, who joined the Heritage in December, was reintroduced and provided the public an overview of her insights since joining the company.

"We are built to last, future-focused, and ready to serve our communities for generations to come", said DeVliegere. "Our team and our history are both major assets; we win

together, and we have a strong, sustainable future ahead of us."

#### Beyond the numbers

Stepping away from the financials, Heritage Co-op also reported that its Creating Community program was very well received. This endeavour sees the Co-operative out and about in all seven communities they operate within. For 2024, they participated in 26 different community events and made 258 donations of various sizes through its Community Support Fund. As well, nine community projects were funded by the Community Development Fund.

#### Board of Directors update

One of the final parts of the AGM saw the appointment of the Board of Directors. For the year ahead, there are three returning directors through acclamation; Eric Bjornson, Keith Murray, and Brad Ross. Each of these Directors will serve a three-year term. Other members who are still serving include Mel Birmingham, Ian Gerrard, Lorrinda McMillan, Allison Noto, Gerald Cathcart, and Randy Brown.

Heritage Co-op serves more than 34,000 members in Brandon, Minnedosa, Wawanesa, Erickson, Sandy Lake, Strathclair and Rivers.

### Westman Canadian Reformed Church

Worship Services  
Sundays at 10:00am

"Let the rivers clap their hands; let the hills sing for joy together." Psalm 98:8



### Thanks

2024 Donors from  
Salt Lake Committee

- July 1st Campers Lunch
- Oilmans Golf Tournament
- Sparks Sand & Gravel
- Lindsey & Jamie Hodson

Donations are gratefully accepted.

Mail to Salt Lake Committee  
Box 907 Lenore, MB.  
R0M 1E0  
etsf tan18gard@icloud.com



### PUBLIC NOTICE

#### Notice of dust control program

Homeowners along gravel provincial roads and main market roads in unorganized territories may apply to have dust control applied in front of their homesites at a cost of \$200 for a single application.

The formal application is available from your local Manitoba Transportation and Infrastructure office. The deadline for these applications will be **no later than May 23, 2025**.

For more information, please contact one of the following Transportation and Infrastructure offices:

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Rivers Banner Gazette Reporter archives from May 10, 1945. For a brief history on WW II and VE-Day please see column by Ken Waddell on page 4.

## A large yellow combine harvester is shown from a front-three-quarter view, positioned in a field of golden-brown grain. The harvester's headlights are on, and its large harvesting head is extended forward. The background features a dramatic sky with orange, yellow, and dark purple clouds, suggesting a sunset or sunrise. The overall scene conveys a sense of agricultural productivity and the end of a day's work.

on the roads as they move from one field to another. Give them the right of way. Do not be in such a hurry you have to pass them at a big speed to get to your destination. Slow down when passing. Keep the path clear for them. Even pull over and let them pass first. Show some respect to our farmers. Last but certainly not least, thank them. Thank them for their work, their dedication to the job and maybe whisper a prayer or 2 for their safety and may the rains come at the right time and may they have a bountiful crop. This is a busy time for them, support the farmers and be kind to them. Here is to a bumper crop and great prices!

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# Mother's Day

## Submitted

By PATRICIA HANBIDGE

All over the world, we honour our Mother's in different ways. It is a time to demonstrate your gratitude for the love and dedication that mothers provide. It is a time when we can show appreciation for the sacrifices and unconditional support we have received. Over time, Mother's Day has also included a broader range of maternal figures and to recognize the diversity we see in how mothers nurture and support their families.

Historically, we need to thank Anna Jarvis for conceiving Mother's Day as a way of honouring the sacrifices that mothers make for their children. After gaining some financial backing, in May of 1908 she organized a Mother's Day celebration in a Methodist church in Grafton, West Virginia. Although Jarvis remained unmarried and childless for her whole life, she also started a massive writing campaign to newspapers and prominent politicians urging recognition for a special day that honoured motherhood. Her rationale was that most American holidays were based towards male achievements. It took a few years but in 1914, President Woodrow Wilson signed a measure officially establishing that the second Sunday in May as Mother's Day.

Other celebrations of mothers and motherhood can be traced back to Ancient Greek and Roman times as they would hold festivals in honour of the mother goddesses Rhea and Cybele. Indigenous cultures recognize mothers and caregivers as the heartbeat of the family, as leaders in the community and as role-models towards a better future for the generations to come. Mothers are matriarchs and lead their families and communities with great care and love.

Some kind of cool trivia surrounding Mother's Day include that this is one of the busiest days for phone



SUBMITTED PHOTO

calls. Phone traffic increases by as much as 37 percent on Mother's Day and more phone calls are made on that day than any other day of the year. Flower shops also are the busiest at this time of year and we often see prices of flowers soar. Many like to go out and give Mom a break from cooking, so restaurants are extremely busy.

How about making this Mother's Day something unique? Mother's come in all forms and so why not make this day something as unique as whomever you consider your Mom? In my mind a "mom" is someone who loves you unconditionally, teaches you, has the strength to punish you on occasion, worries about you and laughs and cries with you. The love of a mother is absolute, pure and everlasting. Mom is a fierce mother bear, the fortress that

protects the family and the rock with the strength that we thought was not possible.

I hope that all of the Mom's I know, all the Mom's I have known and all the Mom's that I have never met have a special day doing something that honours them in all of their individuality.

Hanbidge is the Lead Horticulturist with Orchid Horticulture. Find us at [www.orchidhort.com](http://www.orchidhort.com); by email at [growyourfuture@gmail.com](mailto:growyourfuture@gmail.com) on facebook @orchidhort and on instagram at #orchidhort.

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# Kenton professional- Jessica Hunter

By Gerry Nolan  
RIVERS BANNER

Jessica started her schooling by taking grades K to 5 at Kenton school. She had one classmate Bobbi Hunter. At that time Kenton school closed, so it was off to Hamiota Collegiate where she graduated from grade 12. The class in Hamiota had 21 students, so quite a jump from 2 in Kenton.

ACC was where Jessica went for the next 3 years. She took a course called Communication Engineering Technology. She learned how to build electronic circuits, computer programming and network design. She learned to build a circuit and program it to mimic how traffic lights worked. Jess graduated after 1 year with a certificate. She then transferred to another program at ACC called Network Administration Technology. The focus in this program was working in troubleshooting computers and maintaining a network which was more in her wheelhouse.

While going to school she worked part time at Westman Communications as a help tech. Jessica worked 2 to 3 times a week on the late shift and weekends. Her hours were 5 pm to midnight which gave her on the job experience.

At the end of the 2-year program she had an opportunity to participate in a

workplace practicum where she worked for the city of Brandon. A job opened up in the IT department where she was the successful candidate. She has been working for the city of Brandon for the last 4 years. She was first at the service desk which meant answering phones and Emails for anyone in the city. Also included were the police station, the fire hall and 911 dispatch center, a huge responsibility!

She said most people do not quite understand what she does day to day being an IT, but they work hard behind the scenes to make sure you are able to do your job everyday.

Some of the people who influenced her include Gerry Crampain, a high school educator. She learned about excel, a bit about computers and did typing tests. She said this is where the seed seemed to get planted and a drawing her to a career in Technology. Leah Hunter helped her out to focus on what her interests were and where she wanted to try to make a career. Jessica said, "I could not have done it without Leah Hunter." There were 3 teachers from ACC who helped her think outside the box and of course her parents and siblings who supported her every step of the way.

Away from work her interests include marathon runs and workouts to prepare



SUBMITTED PHOTO

Jessica Hunter ran in the 21.1K Saskatchewan Marathon in 2024.

for those marathons she runs in. She has run 2 events in Saskatoon and will be running this fall in Victoria. She hopes to run marathons across Canada in the future.

Long term goals include to move to a leadership role as well as possibly teaching. She has a heart for the youth today and would like to serve them and help them as she was helped.

Her advice to the youth today would be, do not let the odds scare you as she found out, when she first entered the male dominated field of IT. With the help of others, she persevered because she was passionate about what she was doing. Let that passion and determination drive you, it will be your greatest asset! Find something you love and fight for it. Wise words from Jessica Hunter!



# SPORTS

## VEITCH TAKES PLAYOFF-PROVEN GAME TO RED DEER

By Robin Wark  
RIVERS BANNER

Rivers' Jordyn Veitch is excited to head west to study and play hockey.

The daughter of Christa and Ryan Veitch recently committed to the Red Deer Polytechnic women's hockey team. She plans to study education.

"I have always wanted to go somewhere new and fairly far for school, especially Alberta," Veitch said. "I love being near the mountains, so when me and two of my friends were all interested in Red Deer we knew it would be so much fun to all go together."

The friends she is referring to are Brooklynn Cochran of Oak Lake and Swan River's Grace Kirk - who are slated to join her on the next step of her journey. They were teammates with Veitch on the U18 AAA Yellowhead Chiefs female squad this past winter. Veitch appreciates what playing for the Yellowhead program did for her.

"My U18 Yellowhead coaches have always been a huge impact on my game," she said. "They have seen me play all three years improving and playing through injuries, and they all have still supported and helped me to become the player I am today."

This past season Veitch, a forward, was fourth on the Chiefs in scoring. With 11 goals and 13 assists, she tallied 24 points in 45 games. Yellowhead head coach Derek Tibbatts praised her high hockey IQ. He said, "That's why she can play (penalty kill) and (powerplay) as she knows where to be at all times."

In the Manitoba Female Hockey League playoffs, Veitch placed fourth in scoring with 10 points in eight games. She scored three goals and recorded seven assists.

"Her compete level is awesome and once it comes to playoffs, she has another level that she goes to," Tibbatts said. "She was our best player come playoffs and was fourth in scoring for the whole playoffs in the league. She knows what it takes come playoffs and that's hard to find. Great kid and she's going to kill it at the college level."

Veitch is excited for the challenge ahead. The Red Deer Polytechnic Queens play in the Alberta Colleges Athletic Conference. The Queens made it to the ACAC finals this past season.

"I'm looking forward to a new level of hockey, and a change of pace and scenery," Veitch said. "I'm excited to start fresh with a new team and coaches, and a whole new game. Being in a different league is super exciting to look forward to."

In Red Deer, Veitch will be able to play the game she loves while preparing for a career. She will be pursuing



PHOTO BY SHARLA GEORGE PHOTOGRAPHY

Rivers own Jordyn Veitch.

a Bachelor of Education degree. Veitch hopes to teach elementary school in the future.

"I have always wanted to be a teacher ever since I was little, and nothing has changed since," she said. "I've been working at the daycare in town (Riverdale Early Learning Center) for a while now and I enjoy it so much, which helps me know that I still want to pursue teaching."

Veitch got her start in hockey at the age of four. She played for the Rivers Jets at the "squirt" level. Veitch said, "I've always had such a love for the sport that has kept me driven, but I think that the people you meet, the experiences, the compete and the rewards is something that will always keep me motivated to play."

Eversince she first stepped on the ice, Veitch has received encouragement from and the backing of her family.

"My family has supported me through every decision and challenge I've faced throughout my hockey career," she said. "I always look up to them for advice, especially my dad and my brother, Layton. They have always given me the support and help I need to become a better player and person. My family has always been a huge part of my hockey life, and they have always been there to watch every game and I think that's the most important support you can have is when they show up to cheer me on."

## NHL PLAYOFFS

By Gerry Nolan  
RIVERS BANNER

I have been watching the NHL playoffs and am extremely disappointed in the officiating. Inconsistent, letting obvious penalties go uncalled that can make or break a game.

I am going to focus on the Jets vs Blues series and I am writing this before game 7 in Winnipeg tonight.

Back in game two, I believe in Winnipeg, Brayden Schenn of the Blues takes a run at Neil Pionk in the corner of the rink. Schenn leaves his feet to hit Pionk but only catches a piece of him. No penalty on that play. Fast forward a bit. At a face-off outside the Jets line Mark Scheifele pulls the skates of Schenn out from under him and Schenn falls awkwardly on his back but luckily does not hit his head on the ice. Again, no penalty was called.

Game 5 Schenn hits Scheifele along the boards. He again leaves his feet for the hit. A penalty for interference is assessed. Scheifele ends up out of the game and for the next one as well.

Remember what I said in a few issues in the paper earlier? I said every game has a call or 2 that you can not miss or there will be big trouble. Well, that is where this series has come to. No control by the officials who could have prevented what has gone on. Schenn should have been assessed a minor penalty for the hit on Pionk, Schiefle should have been assessed a 5-minute penalty for pulling the skates out from under Schenn, and Schenn should have been given the proper penalty, 5 minutes for charging and a game misconduct. Problem solved.

In the Friday night game, a player spears Samberg in the ribs, after review they assess the Blues penalty a minor for slashing. Even after review they still get it wrong. Later on a goal which Helly still has not seen, counts even before review. The referee would not change that call. He said the Winnipeg player was at fault for Helly not seeing the puck. Positioning was the error in this case for the official he did not see the Blues player brush the Jets goalie.

In the Montreal/ Washington series, twice Cole Caulfield was cross-checked in the face and cut right in front of referee Kerry Sutherland. The result was no penalty.

You may be asking like me, where is the line in all this. I do not know. There is no rhyme or reason for the calls made or missed. You never hear from the NHL why some of these calls are missed or usually just let go. In the meantime, players are getting injured and are missing games. The NHL would have you believe that the calls that are being made are the same ones during the regular season as well as in the playoffs. Now that is a load of crap! I still think and probably always will, that the officials in the league are being told what to call and what not to call by people that can not even spell the word, HOCKEY. I really do not know how some of those guys can go home, look in the mirror and be honest with themselves and say I was honest and fair tonight. Come to think of it, maybe they do not have a mirror!

## REF MEMORIES



Frank Taylor was one of the best officials that I ever saw. I got to know Frank through Barry Delmage. I knew Frank had played junior hockey with the Brandon Wheat Kings and had seen him play on a few occasions in

Brandon.

Frank was one of the taller guys and was a strong skater and knew the rule book. He obviously studied the rule book and could certainly assess whatever penalties he came across.

The one thing I would say about Frank is, he seemed to bring a presence to the ice surface. I do not know if I can explain it or not. I just knew he brought that to the rink each night.

Frank was the same each night, consistent. I saw him work pressure filled games. He always seemed confident and in control of the situation. Like most of the guys that officiated there was a line you would let people get to but not cross and if you crossed that line with Frank, he was not putting up with your BS. You would find yourself in the box or taking a shower.

Frank was well respected and in playoff times when teams would call about games and who they would like to see, Frank was quite often at the top of the list.

As referee in chief of the North Central Hockey League I would assign games. One team in particular asked me why they never saw Frank and my reply was, "well your team is easy to officiate, they do not give grief to officials. I have to be able to have enough officials to cover the regular season games so there are some real tough games and that is where I send Frank," I trusted him to be able to handle any situation that may arise in those heated contests.

One of the best that I ever saw, Frank Taylor from Minnedosa. One of my top 3 referees of all time. The bigger the game, the better he was!



# CLASSIFIEDS

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Rolling River School Division



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## Rhodiola: Your mind's best buddy

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

MARIE EVELYNE GINGRAS

Ever feel like you are not focusing? Or that you are forgetful? Rhodiola is like that reliable friend who shows up when your brain feels like it's stuck in a foggy swamp. You know the feeling when you're staring at your to-do list, but your brain's on a mental vacation, sipping something fruity under a palm tree while you're stuck trying to function. That's where rhodiola steps in and gently nudges your brain back into gear,

without giving you the jitters or that inevitable caffeine crash. I use it daily, luckily I remember! What makes rhodiola so cool is that it's an adaptogen which means it is basically nature's way of saying, "I've got your back." Adaptogens help your body adapt to stress. Instead of pushing your system like a drill sergeant, rhodiola works more like a supportive coach. It helps balance out your stress hormones,

especially when you're feeling burned out, mentally tired, or emotionally drained. One of my favorite things about rhodiola is how it clears brain fog in the most gentle, sustainable way. No weird hyper buzz, no crash two hours later (like that sugar crush). Just that lovely "I can think clearly again" moment. It supports the production of feel-good brain chemicals like serotonin and dopamine so

not only do you feel more focused, but your mood gets a lift too. Suddenly, you're remembering things you forgot, finishing tasks you kept putting off, and generally feeling like a more alert version of yourself. Rhodiola also helps with those days when your brain feels like it's wading through peanut butter — slow, sticky, and a little bit lost. It boosts mental endurance, especially when you've got a lot on your plate or are running on little sleep. Whether you're writing, working, caregiving, or juggling all of the above, rhodiola gives you the stamina to stay sharp and present. I find that I sometimes feel foggy at work but not when I am on rhodiola. Clear as a bell!

And get this, it even supports sleep, indirectly. By calming down your stress response, it helps you drift off easier at night. No groggy side effects, no weird dreams. Just better rest, which means even more mental clarity the next day. Win-win, right? If your brain has been throwing up the "out of service" sign lately or you've just been feeling stretched thin, rhodiola might be your new best herbal buddy. It's like a reset button for your brain and a warm hug for your nervous system and honestly, who couldn't use more of that? So hop on Amazon or shop locally at a natural health food, you won't regret it! No more forgetting your shopping list on the kitchen table!

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Paper Run - First stop Rivers

By Gerry Nolan  
RIVERS BANNER

The first town I actually enter on my mail run where I pick up the Rivers Banner is, wait for it, Rivers. I meet the van that comes from Neepawa. I load my wheels

up and I am off to the rodeo. I have nine places in Rivers where I drop off the paper. My first impressions of Rivers is how neat the town looks, the beautiful homes and yards they have. I have driven different streets just to

look at the character of the town and the newer developments. They have lots of recreation areas as well. In the wintertime, when I arrive around 9, the snow has already been removed from the streets and sidewalks. I asked someone how they

get this cleaned up so fast? The reply was well they start around 5am. I was like wow! At some of the drops in Rivers, you do not really see anyone, but the businesses I go into, you get greeted with a smile and a hello, how are you doing? People I meet face-to-face are Way-Mor Agencies, Honey House

Co-op, RM of Riverdale and the schools. They are incredibly friendly and such nice people. Being a relative stranger to the town, they made me feel very welcome. The young people I meet are also very polite. Rivers is a fantastic place to go to start my day, the people there make you feel very blessed to

be in contact with. If I was looking for a place to live, Rivers would definitely be a town at the top of my list. Thank you to all the friendly people who I meet each week. It is a pleasure for me to serve you in some small way. Keep those smiles going, it certainly makes my day! Be proud of your town, you are doing a great job.

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37	C	38	U	39	R	40	D	41	R	42	O	43	P	44	S	45	L	46	O	47	O	48	
49	L	50	I	51	E	52	R	53	E	54	A	55	R	56		57	R	58	O	59	W	60	S
61	I	62	N	63	C	64	O	65	M	66	P	67	L	68	E	69	T	70	I	71	O	72	S
73		74	T	75	I	76	M	77	E	78	R	79	H	80	O	81	O	82	F	83	S	84	
85	S	86	U	87	P	88	P	89	L	90	E	91	M	92	E	93	N	94	T	95	A	96	S
97	A	98	P	99	E	100	S	101	N	102	U	103	N	104	S	105	H	106	O	107	T	108	
109	M	110	L	111	S	112	V	113	E	114	R	115	D	116	I	117	S	118	P	119	Y	120	
121	M	122	E	123	C	124	A	125	U	126	S	127	I	128	N	129	G	130	E	131	M	132	
133	Y	134	C	135	U	136	R	137	R	138	E	139	N	140	T	141	L	142	Y	143	I	144	
145	S	146	O	147	B	148	E	149	Y	150	S	151	G	152	O	153	O	154	D	155	I	156	E



# HEAVY TRUCK & TRAILER REPAIR SHOP

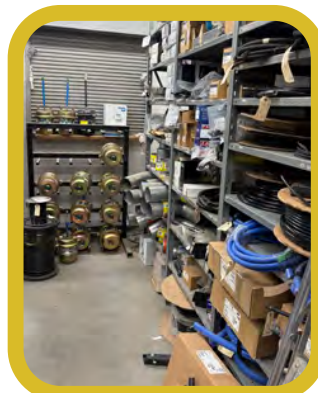
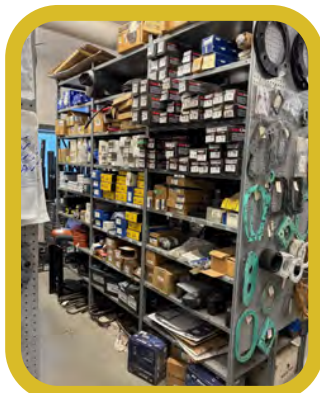
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