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Third Dirt Rodeo was a success



PHOTO BY ANGELA DUECK

A bunch of Peewee class riders came out to race at the Rivers Dirt Rodeo. Volunteers in safety vests would ride on the trails with the younger groups to make sure everyone was safe and having fun.

By Robin Wark
RIVERS BANNER

The Rivers Dirt Rodeo drew dirt bike enthusiasts to a scenic course near the community.

Paul Swiscoski, the Manitoba Dirt Riders' weekend coordinator for the Aug. 23-24 event, called it "a huge success." There were 186 riders for Aug. 23's "fun event" and 191 competing the following day for the points races. Ninette's Teagan Reimer won the AA class. On the longest course, about 24 kilometres, he clocked the fastest lap - 35:27

When asked about the Rivers course, Reimer said, "I enjoy the hill climbs and the river crossings. They seem to suit my style of riding."

The Rivers event takes place on land owned by Ryan Toews, who also competed in the Vet B class. It is the third year that the race has been held.

"I feel we are very blessed to have a big property in the valley here," Toews said. "It's just kind of nice to be able to share it and get other people out here to enjoy it too."

In addition to Toews, a number of other Rivers riders participated. These included Dannie Mann, Brett Mann, Dexter Mann, Shane McLeod, Riley McLeod, and Alvin Lepp.

At the event, riders try to make as many laps as they can. The length of their course varies on the riders' class.

Toews got involved with the Manitoba Dirt Riders around 2011-2012. A father of a young family, he enjoys various aspects of the organization's events.

"In the MDR, it's a nice weekend," he said. "You go hang out with friends, you ride some dirt bikes, and the kids get to see friends they don't get to see most of the summer. ... You kind of get that adrenaline but also get the family out and meet some people. You kind of get a little bit of everything all in one weekend."

Reimer appreciates the camaraderie of the sport.

"Manitoba Dirt Riders is almost like a family," he said. "Everyone is willing to help where they can or to lend parts off their bikes. I also enjoy the competition and that we can sit around and visit after the race."

Inside...



**LOCAL RUGBY
PLAYERS AT
CANADA SUMMER
GAMES**
P11



**HAMIOTA
STREET
DANCE FOR
FIREFIGHTERS**
P8

Exciting new addition to Lions playground in Rivers

By Carolyn Phillips
RIVERS BANNER

For over four decades, the Rivers Lions Club has played an integral role in enhancing the community and creating a safe, enjoyable environment for children in Rivers. As champions of local development, the club has consistently contributed to the children's playground, ensuring that it remains a welcoming place for families to gather and children to play. This commitment to community development was beautifully demonstrated on August 21 with the grand unveiling of a new gazebo at the playground.

Thanks to a generous grant from the Rivers and Area Community Foundation, facilitated through the Thomas Sill Foundation, the Rivers Lions Club secured the necessary resources to bring their latest project to life. The grant allowed the club to purchase high-quality lumber and concrete, materials essential for constructing a sturdy and durable gazebo that can withstand the test of time and serve families for years to come.

The realization of this project would not have been possible without the dedication and hard work of community members like Scott Ramsay of Ramsay Construction. His expertise in construction was critical to the gazebo's successful installation, from pouring the cement to the final touches that transformed a simple concept into a beautiful structure. The Rivers Lions Club extends a heartfelt thank you to Scott for his commitment to this project. His craftsmanship ensures the gazebo will be a safe and inviting spot for relaxation and enjoyment.

The new gazebo is more than just a structure; it is a space where families can come together, celebrate special occasions, or simply take a break while their children play. Its design offers shade in the summer and a cozy atmosphere for gatherings year-round. The addition of the gazebo provides an opportunity for the community to host events, picnics, or meetings right in the heart of the



PHOTO BY CAROLYN PHILLIPS

Lions members Gerry Gourlay, Deb Webster, Betty MacDonald, Murray Kernaghan, Harvey Wood, Ian Dyer, Don Montague, and Dwayne Webster all standing in the new gazebo at the Lions Playground.

playground, creating stronger bonds among local families. As kids enjoy the playground's swings, slides, and climbing structures, the gazebo stands as a reminder of

the community's spirit and dedication to fostering a safe and fun environment. The Rivers Lions Club's continuous efforts in improving the Lions Playground.

CREAMY TORTELLINI AND SAUSAGE

Ingredients

- 1 (ounce) package cheese tortellini
- 1/2 (12 ounce) package beef sausage, diced
- 1 (14.5 ounce) jar garlic alfredo sauce
- 1/4 cup milk
- 1/4 cup grated Parmesan cheese

Directions

1. Fill a large pot with lightly salted water and bring to a rolling boil; stir in tortellini and return to a boil. Cook uncovered, stirring occasionally, until the tortellini float to the top and the filling is hot, about 3 minutes. Drain; set aside.
2. Meanwhile, toss diced sausage in a nonstick skillet over medium heat; cook until edges are browned, about 3 minutes. Remove from heat; set aside.
3. Pour Alfredo sauce into a saucepan. Add milk to any leftover sauce in the jar; shake it up and pour into saucepan. Stir in Parmesan cheese.
4. Warm sauce, stirring often to avoid scorching, over medium-low heat, about 5 mins. Add sausage and tortellini, and cook just until heated through, about 3 mins more. Ladle into bowls.



2nd annual Rivers and District Chamber of Commerce

THANK YOU BBQ



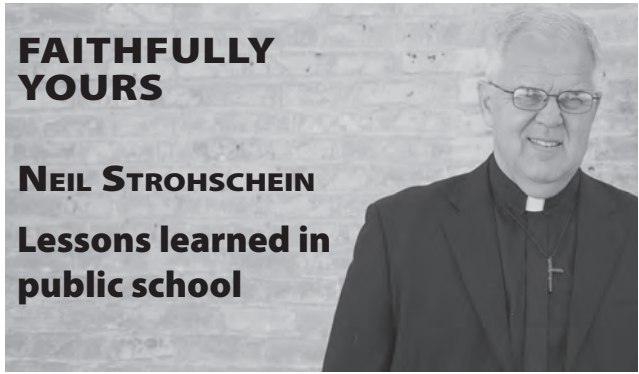
Event: Thank You BBQ
Date: September 13th 11am - 1pm
Location: Rivers Legion Parking Lot

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**Lessons learned in
public school**

It was September, 1968; and I was stepping through the doors of my home town's High School, ready to begin my Grade 12 year. I was excited because I knew that in 10 months, I would walk out of those doors for the last time; and be glad to be doing so.

I attended a K-12 school located in a small, rural Alberta town. Our Grade 12 class had roughly 45 students; most of whom were "farm kids." Our school offered two Academic programs—one for students planning to attend University, the other for those who were interested in apprenticeships or planning to attend a technical or trade school. It was a "bare bones" curriculum, but it was all that a small school in a small town could offer.

I was a good student and got good grades on assignments and exams. But the most valuable lessons I learned weren't part of the provincial curriculum.

I will never forget the day when one teacher and his wife shared the trauma they went through when, shortly after their wedding, she had to have emergency surgery and how they used that experience to build the strong relationship that we all envied.

Nor will I forget the day when another teacher spoke about love, dating, intimacy and how one night of intimacy can produce one unexpected pregnancy that disrupts the lives of the couple involved, their

parents and the whole community. These were the days before Family Life (Sex) education was part of the public school curriculum. The best advice he could offer was: "Be careful. Let relationships develop at their own pace," and "don't get intimate with someone unless you're prepared to accept and live with the possible consequences of your actions." It was good advice then. It's good advice today.

We had to learn to accept and respect people who didn't deserve our respect. One of our teachers let it be known that he didn't really want to be at our school. He called us "village idiots," and didn't seem to care how deeply his words hurt us. By learning to respect him, we learned how to deal with bosses, supervisors and employers who one day, might treat us the same way. It was a hard lesson to learn; but a necessary one.

Then there were the times when, if I had known what I know now, I would have shown more compassion than I did. Two of my teachers were battling severe health issues that no one (not even they) knew about. Both died shortly after they left our school. I wish I had known the pain they were enduring and the toll it was taking on their mental and emotional health. I might have been more caring and considerate than I was.

I will always treasure the lessons I learned during my time in public school. I have the deepest admiration for those who teach in and administer our local schools. They have been, are now and will always be in my thoughts and prayers. I firmly believe in the value of public schools and that they should receive the funding they need to help us prepare a generation of leaders who will build an even better Canada.

But I won't be returning to take public school classes any time soon. I wholeheartedly agree with the late John D. Rockefeller who, when asked for his views on America's public school system said: "I am all for public schools, but I do not want to go there again."



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Locally created crossword

- Across
- 1 – Li'l Abner's creator
 - 6 – Concrete binding agent
 - 11 – Preserved wood
 - 13 – Cadbury Schweppes cola
 - 15 – Kodak's partner
 - 16 – Hospital worker abbr.
 - 17 – Hearing organ
 - 19 – Plant stalks
 - 20 – House, home briefly
 - 21 – Discharge radiation
 - 23 – Urinate
 - 24 – Dr. Arroway's programme in "Contact" (Jodie Foster)
 - 25 – Concerning growth
 - 28 – Tree sap
 - 29 – Scent
 - 30 – Fields where war is fought
 - 33 – "Davie Boone" television portrayer of Mingo
 - 34 – Woody Allen's ex-partner Farrow
 - 35 – Greenish-blue colour
 - 36 – Downhearted
 - 37 – Western Australia's capital
 - 39 – Genetic letters
 - 40 – Not out
 - 41 – Refer to
 - 43 – Boob-tube abbr.
 - 44 – Start of a fence
 - 46 – Financial awards
 - 47 – Caught fish with a seine

1		2	3	4	5		6	7	8	9		10
		11				12						
13	14		15								16	
17		18		19						20		
21			22		23				24			
25				26				27				
	28						29					
30						31						32
33					34				35			
36				37				38		39		
40			41						42		43	
		44								45		
46							47					

- Answers on page 10
- Created by David Harris of Oak River, MB
- 6 – Remembrance Day for one

7 – Airport abbreviations

8 – Adult males

9 – Asner or Sullivan

10 – Back of the mouth node

12 – Sharp downgrade

14 – Film recording person

16 – Fire suppressant

18 – Fastened (Rosie)

20 – Adjusted pitch again

22 – Exams

24 – Pig's nose

26 – Al Capp's Abner

27 – Tokyo's former name

30 – Building a foundation

31 – Circumference

32 – Laboured without pay

37 – Nuisance

38 – Pit

41 – Sun. follower

42 – Seine

44 – Ma's partner

45 – Ave. crosser



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Tundra

By Chad Carpenter



Oppression is rampant

As a background for this column, the following information was found on the web site indigenousfoundations.arts.ubc.ca.

"In 1969, Prime Minister Pierre Trudeau and his Minister of Indian Affairs, Jean Chrétien, unveiled a policy paper that proposed ending the special legal relationship between Aboriginal peoples and the Canadian state and dismantling the Indian Act. This white paper was met with forceful opposition from Aboriginal leaders across the country and sparked a new era of Indigenous political organizing in Canada."

The white paper proposed to:

- Eliminate Indian status.
- Dissolve the Department of Indian Affairs within five years.
- Abolish the Indian Act.
- Convert reserve land to private property that can be sold by the band or its members.
- Transfer responsibility for Indian affairs from the federal government to the province and integrate these services into those provided to other Canadian citizens.
- Provide funding for economic development.
- Appoint a commissioner to address outstanding land claims and gradually terminate existing treaties."

The white paper was hotly debated at the time and continues to be debated to this day.

Harold Cardinal, who headed the Indian Association of Alberta and acted as a vocal opponent to the white paper was quoted as saying, "We do not want the Indian Act retained because it is a good piece of legislation. It isn't. It is discriminatory from start to finish. But it is a lever in our hands and an embarrassment

to the government, as it should be. No just society and no society with even pretensions to being just can long tolerate such a piece of legislation, but we would rather continue to live in bondage under the inequitable Indian Act than surrender our sacred rights. Any time the government wants to honour its obligations to us we are more than happy to help devise new Indian legislation."

I think that the words above from Harold Cardinal, lays condemnation on the Indian Act, and so it should. Countless Indigenous leaders have spoken out against the Indian Act and I believe rightly so. Cardinal lays out a self condemnation when he states, "we would rather continue to live in bondage under the inequitable Indian Act than surrender our sacred rights."

I think that "live in bondage" statement speaks volumes. When people refuse to change for fear of perceived loss, their loss is even greater.

Under the Indian Act, it's difficult for people to own property on the reserve. Under the Indian Act, it seems that there is constant turmoil in many Indigenous communities.

There is also the perception that Indigenous people "get everything for free", but that isn't true, they don't. But, in Canada, it's hard to tell who all gets stuff for free. Electric car buyers get a government grant. Car manufacturers get promised billions in

subsidies for battery factories. Many businesses get government subsidies.

We, all of us, indigenous and non-indigenous, Canadians labour under acts like the Indian Act. That's because, for centuries in Canada, powerful people truly believe that they know better than the average citizen. In Manitoba, first it was the Hudson Bay Company, then the federal government, then the CPR. When Manitoba became a Province, it was a typical federal botched process, they didn't tell the citizens of Manitoba it was going to happen until the surveyors arrived. Through most of the 1900s, it was the Liberal Party of Canada and it's still the Liberal Party and the Laurentian Elite that dominate Canada with a smug holier-than-thou attitude.

Canada is a great country but I think the future of all Canadians could be a lot better if there was more realistic thinking and common sense applied.

Indigenous people chose to stay under the oppression of the Indian Act, but we are all under the smothering blanket of the Laurentian Elite. What's your opinion? Please email me at kwaddell@neepawabanner.com.

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



And just like that... again!

The passage of time is a mystery. With one breath it is spring, then summer, and with an exhale – its fall! The school schedule no longer affects me, no back to school supplies, no planning for lunches or budgeting for programs. As an onlooker, it was but that blink when school was dismissed for holidays, and now it's back to school time. The garden I so carefully planted and tended has now been mostly harvested. Some trees are already slipping into fall fashion colours and the weeds and rushes in the ditches proclaim fall as well.

And that's ok. The September long weekend was filled with family, laughter, games and travel. The celebrations actually began before the weekend arrived. Sister the Elder from Australia is in Canada, and that guarantees reunions on the paternal side of the family. Seven first cousins, two treasured aunts and several spouses gathered for a luncheon. So much laughter, sometimes over a story that has been told and retold! One aunt is ninety four, the other a mere eight-nine. We acknowledge that meaningful dialogue can be challenging in a group setting, so just a few days later my sister and I visited Aunt the Elder in her home. She played the piano for us, one piece a classic that she is memorising and would love to have critiqued by a master musician, the other, played by ear, was an hymn from ages past, 'I Know Whom I Have Believed'. A simply awesome time together.

From there, travelling with my sister, we bunked at Sister the Younger's home where she was hosting more family. The cribbage board was well used, and I proved that I could be a gracious loser, four consecutive times!!! My nephew, also from Australia, maintained that his win record while in Manitoba was somewhat lacklustre...improved his ratings in one afternoon!

One of the reasons for the gatherings was a family wedding. Here I watched, interacted with and made memories with a bunch of nieces and nephews; watched them parent their children, respect their parents, love, laugh and play. Watching people is one of my favourite pastimes and I was satisfied! Between young children and older parents, there were not many late nights so I had time to read and reflect before courting that elusive sleep. I did step away from the clan to have breakfast with the last of the Friesen's. Ed's brother is now mid nineties, lives quite independently and loves company. We enjoyed breakfast at the local Tim's, meeting more old friends and acquaintances. Spending time with both my brother-in-law, and my aunt, reminded me that age is really a number.

Sunday morning we slipped into the worship service at the Carman United Church with the service led by the local Anglican congregation. Felt like home. No familiar faces but I felt welcome.

I would be deceitful if I didn't confess to love coming home. The drive back, with CBC and classical music, allowed me to shift gears, slow down and ready myself for more silence and solitude. I love my home, I love my community and I love my purpose. Back to regular programming!

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Gerald Knight recognized by Canadian Sheep Breeders

Submitted
BY NEEPAWA BANNER STAFF

This summer Gerald Knight was posthumously inducted into the Canadian Sheep Breeders Association Hall of Fame.

Born in 1940 at Shoal Lake hospital and Gerald took most of his schooling in Lavinia (10 minutes north of Hamiota) and then two more years in Decker school receiving a grade 10 education. He then took an automotive mechanic course in Winnipeg and apprenticed at a garage in Hamiota.

Gerald and his wife Carol farmed near Decker, Manitoba where they raised their sons Craig and Scott.

Initially planning to raise sheep for the commercial lamb market, Gerald Knight's interest turned to breeding purebred Suffolk sheep. He



Gerald was Manitoba representative on the CSBA Board in the late 1970s and early 1980s.

was an avid promoter of using purebred rams to improve genetics in the industry. "Knights Pride" breeding stock were sold to many provinces.

Gerald travelled on the summer show circuit from Manitoba to Alberta and in the fall, he showed at Agribition. Gerald was the Manitoba representative on the Canadian Sheep Breed-

ers Association (CSBA) Board in the late 1970's and early 1980's, eventually serving as President. He was also a member of the Canadian Wool Growers Association.

In 1980, while on the Board of the Brandon Winter Fair, he along with other board members came up with the idea of a national show and sale. Gerald heavily supported the idea of having the event in Brandon, as it was near the centre of Canada and easily accessible from Highway #1.

The first two Classics were held in Brandon in 1980 and 1981. Since then, the event has been rotated across Canada. As a founding member of the Classic Sheep Show and Sale, Gerald would be deeply gratified to see how it has grown into what it is today.

When it was time to leave the farm, the family moved to Neepawa where they operated Knight's Tent Rentals. Gerald passed away at the Neepawa & District Health Centre in November of 2009 and is buried at Hamiota Cemetery.

On July 11, 2025, at a banquet held in Brandon, he was inducted into the Canadian Sheep Breeders Association Hall of Fame for his contributions to the Sheep Breeders industry. The presentation plaque reads, "Hall of Fame Gerald Knight-In recognition of your outstanding



SUBMITTED PHOTO

At the Canadian Sheep Breeder Association banquet on July 11, 2025 in Brandon, a representative of the Association presented a Hall of Fame plaque to honour the late Gerald Knight. Gerald's family, Scott, Craig, and Carol Knight, accept the award.

contributions towards the Purebred Sheep Industry in Canada-2025 Brandon, Manitoba."

About

The Canadian Sheep Breeders' Association was founded on June 14, 1900. The CSBA has over 1000 members who breed purebred sheep across Canada, spanning more than 50 breeds of sheep. The association is committed to working in the interests of sheep breeders across the country.

Spruce Woods By election results are now official

Submitted
BY MB GOVERNMENT

The official results for the provincial by-election in Spruce Woods, including results by polling place and voting area, are now available on the Elections Manitoba website at www.electionsmanitoba.ca.

The summary of official results is:

- Berthelette, Ray (NDP): 2,735
- Reid, Stephen (Manitoba Liberal Party): 445
- Robbins, Colleen (PC Manitoba): 2,805
- Rejected: 8
- Declined: 16
- Total votes: 6,009
- Total registered voters: 14,920
- Turnout: 40.3%
- Votes were cast as follows:
- Election day: 3,715
- Advance: 2,277

Absentee/Homebound/Votes cast outside of ED — Institutional: 17

All ballots were counted at the close of polls on election day and verified during the final tally process that takes place



SUBMITTED PHOTO

Premier Wab Kinew and Spruce Woods NDP candidate Ray Berthelette were campaigning in Rivers on August 24. The NDP came in a very close second with 2735 votes to the PC Manitoba candidate Colleen Robbins who received 2805 votes.

after election day.

A candidate or voter in the electoral division may apply for a judicial recount by September 4

at the latest. If no application is made, the chief electoral officer will certify the candidate elected on September 5.

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From the Prairies to the Highlands, tour 204

By Gerry Nolan
RIVERS BANNER

About a year ago, there were some thoughts about going to Scotland. Before we knew it, fifteen people from Manitoba and Saskatchewan jumped at the opportunity to go on this trip. The group consisted of family and friends.

Plans were made initiating our trip to Scotland. Tour 204 was formed. We also had hoodies or T-shirts purchased. We had a Manitoba license plate crest with 204, our area code put on the front of it. On the back was the phrase, from the prairies to the highlands.

There will be several articles about our trip, because there is so much to tell. I cannot begin to share all I saw, but I will give it the old college try!

Scotland for me was absolutely breathtaking and I will share some of the highlights of the trip. First, I must lay some groundwork before the trip.

Dr. Devon Caldwell of Kenton organized the trip for us. She spent countless hours planning for the fourteen other passengers to experience this trip of a lifetime. If I never get to travel on another trip, this one was over the moon for me and always will be.

How hard is it to plan a trip for fifteen people? I could not even begin to undertake such a task. Dr. Devon did it! She organized the flights, the air B and Bs, hotels, restaurants, pubs, golf course, castles, ruins, boat excursions guides and oh, did I mention pubs? Dr. Caldwell organized it all! Thank you just does not seem like enough to say at this time, but it is all I can do for now.

We left Kenton at 8:30 on August 5, driving to Winnipeg where we hopped on a WestJet plane and flew to Toronto. Following a 4 hour wait at Toronto, we left for Scotland at 10:30 pm. It was a six plus hour flight and Scotland is six hours ahead of our time, so it was about lunch time when we arrived in Edinburgh.

Devon had rented a seventeen-passenger tour bus, so we loaded up our one carry-on suitcase plus one personnel bag onto the van and headed out on our journey.



PHOTO BY CELIA NOLAN

Standing outside the Ladywell house. Princess Diana's Mom's House now an Air B and B. Left to right back row: Eric Berg, Shane Hunter, Julie Fietz, Todd Hunter; Middle row: Leith Corney, Devon Caldwell, Debbie Hunter, Chris Sutherland, Les Sutherland; Front Row: Donald Caldwell, Bowen Thornitt, Brin Thornitt, Freya Thornitt, Celia Nolan and Gerry Nolan.

We left Edinburgh and made our way to our first lunch stop at The Swan in Minishant. After lunch, we went to a supermarket and purchased breakfast and snacks as we had to wait to get to The Lady Coates Memorial church,

our first Air B and B. The church was built in 1877 by Sir Walter Coates for his wife, It was a non-denominational church. This would turn out to be our favourite place to stay, and next week I will tell you why.



REMINDER NOTICE OF PUBLIC HEARING

You're Invited to share your views about the rate application filed by Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has filed the 2026 General Rate Application before the Public Utilities Board (Board) for approval of Basic Autopac vehicle insurance rates and premiums effective on April 1, 2026 through March 31, 2027.

For further details, please contact MPI at inquiries@mpi.mb.ca or visit the Board's website at www.pubmanitoba.ca.

A public hearing on the proposed rate application will be held beginning:

Tuesday, October 14, 2025 at 9:00 a.m.

Please view the hearing via the PUB website link:
<http://www.pubmanitoba.ca/v1/live-stream.html>

If you are interested in learning more about this rate application, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's online comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christle at 204-945-2638 or toll-free 1-866-854-3698, no later than **September 30, 2025**.

For more information, visit www.pubmanitoba.ca

Manitoba Public Utilities Board
400-330 Portage Avenue
Winnipeg, Manitoba R3C 0C4
Phone: 204-945-2638 | Email: publicutilities@gov.mb.ca

Riverdale council meeting highlights August 19, 2025

By Marci Quane
CAO RIVERDALE MUN

Riverdale Council met on August 19, 2025, with Mayor Lamb calling the meeting to order at 6:00 p.m. Councillor Smith sent regrets.

Finance: Accounts totaling \$242,353.02 were approved. A transfer from the Gas Tax Reserve was tabled for further discussion.

Community Centre: The lease for the Riverdale Community Centre canteen for the 2025-26 season was awarded to Shelly Mom's Kitchen & Doug. Council also approved a proposal to operate a seasonal canteen during the 2026 lacrosse season.

Public Works & Roads:

- Council will consult residents on Memorial Drive about reducing the current 90 km/h speed limit.
- A temporary exemption to the municipal noise by-law (2018-09) was granted for Russell Redi Mix to allow 24-hour rock crushing at the Aspen Pit until mid-September.
- Speed bumps will be installed at Chimo Resort, and a new sign request policy was adopted to guide future

signage concerns.

- Sidewalk reconstruction tenders for 2025 were over budget and will be deferred into 2026.
- Dust control on Road 120W will continue the municipality's every-other-year schedule, with private options available to residents.

Taxation: Council set reserve bids for the 2025 Tax Sale and approved the imposition of supplementary taxes for 2024 and 2025 as issued by the province.

Property Standards: Council authorized administration to invoice property owners for remedial work completed by the municipality, with unpaid amounts to be added to property taxes.

Other Business:

- Council discussed a request from the Rivers Train Station Restoration & Heritage Committee for a partnership.
 - Inquiries were made regarding Fast Park and a municipal well.
- As we transition into fall, Council meetings will return to its regular schedule of two meetings per month. For upcoming meeting dates, please refer to our website!

Press release: Ownership transfer of Oak River Co-op location underway

Blanshard CDC announces exciting new development opportunity for Oak River

Submitted
RM OF OAKVIEW

Oak River, MB – The Blanshard Community Development Corporation (CDC) is pleased to announce the successful negotiation for transfer of ownership of the Valleyview Co-op location situated in Oak River. This significant milestone marks a new chapter for the community and lays the groundwork for future projects.

CDC representative Mark Humphries, CAO from the RM of Oakview expressed enthusiasm about the acquisition, stating, “The successful transfer will be a significant investment for the local CDC. This, hopefully, will lead to the economic development of a convenience store and coffee outlet in town.”

Despite Co-op’s reluctance to keep a presence in Oak River the CDC believes that an enthusiastic family run business will thrive in this friendly rural community.

Looking ahead, the Blanshard CDC is

committed to invigorating the Oak River community by seeking a local entrepreneur to establish a small coffee shop with a convenience store located within the newly acquired space. Blanshard CDC, supported by the RM Council of Oakview, plans to offer an attractive two-year lease, providing vital support for the new business to become established and thrive in the heart of Oak River.

All interested parties are encouraged to reach out for more information or to express interest in this exciting opportunity. Please contact the CDC through the RM office at:

10 Cochrane Street
Box 179
Oak River, MB R0K 1T0
Phone: 1-204-566-2146
Email: cao@rmof oakview.ca

The Blanshard CDC looks forward to working with community members and entrepreneurs to bring this new vision to life, supporting both local business growth and enhanced amenities for residents.



PHOTO BY ALEXANDRIA GRACE, ADMIN ASSISTANT, RM OF OAKVIEW

Oak River’s food store building at 29, N Railway St.

Why losing your cool is bad for your body (and how not to explode like a kettle)

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

Anger is a funny thing. Not “ha-ha” funny, more like “my face is turning beet red, and steam might actually come out of my ears” funny. We all get angry. Maybe it is the driver who cuts you off, the Wi-Fi going down during your favourite show, or your neighbour’s lawn mower firing up at seven in the morning. But here is the catch: when you let anger run wild, it is not just the people around you who suffer, it is your body too.

When you fly into a rage, your body goes into fight-or-flight mode, which sounds heroic until you realise you are fighting with the toaster because it burnt your bagel. Stress hormones like adrenaline and cortisol flood your system, your heart races, your blood pressure shoots up, and your muscles tighten like a badly tuned banjo. Over time, that can mean headaches, digestive issues, high blood pressure, and even a higher risk of heart attack or stroke. In short, your body is not built

to manage constant “Hulk smash” moments.

So how do you keep from becoming a human pressure cooker? First, give yourself a pause button. When you feel that volcano bubbling inside, step away even if it is just to the bathroom to count tiles on the floor. A ten-second breather is often enough to stop you from saying something that would make your grandma faint.

Second, laugh at the situation. Humour is like kryptonite to anger. If you can reframe the annoyance into something mildly ridiculous, your boiling blood cools down fast. Picture the driver who cut you off as Mario Kart’s Bowser or imagine your boss’s endless rant with clown horns in the background. It is hard to stay furious when you are giggling.

Another trick? Move your body. Go for a brisk walk, do a few jumping jacks, or clean the house with enough intensity to scare the dust bunnies. Physical movement

releases endorphins (your body’s natural mood lifters) and helps burn off the angry energy that would otherwise have you slamming doors. Let me tell you, with two boys in the house, my house sure is clean!

Breathwork also works wonders. Sounds simple, but most of us forget it when we are mad. Try this: inhale through your nose like you are sniffing a plate of fresh poutine, then exhale slowly through your mouth as if you are blowing out birthday candles. Do it three or four times, and your brain will realise the world is not ending, it is just another day.

Finally, remember that anger often masks something else like fear, stress, disappointment. If you can identify what is really fuelling your fire, you can deal with the actual issue instead of raging at innocent bystanders (and innocent toasters).

In the end, anger is normal but letting it simmer too long is like microwaving soup in a sealed container, it will blow up in your face. Treat your body kindly, find ways to cool off, and save the red-faced explosions for comedy sketches, not your daily life. It will help you live longer!

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Kids pointed to a solid foundation



This team of leaders, including Pastors Orland and Sheri Usick, led the VBS day camp mid-August at Cornerstone Family Worship Centre.

SUBMITTED PHOTO

By Anne Davison
RIVERS BANNER

It was an exciting few days, mid-August, for kids at Hamiota's Cornerstone Family Worship Centre. Led by Pastors Orland and Sheri Usick along with child worker Nadine Slimmon and Lori Harris on technology, Vacation Bible Day Camp, August

19-21 was hard work for the leaders, but the sessions were joy-filled. True North, Trusting Jesus in a Wild World, was the theme with the sanctuary becoming a woodsy camping scene, complete with a log cabin. The program was geared to point kids to God and to his Son Jesus as an unmovable, unshakable

forever friend. A team of eight teenage helpers and 10 adults sang, prayed, played, and enjoyed noon meals (prepared by the Wurtz family) and snacks together with between 30 and 32 kids on each of the three days. An afternoon dip in Hamiota's beautiful swimming pool rounded out each day's program.

Tea at the Bank shows Becketts incomparable work



PHOTO BY ANNE DAVISON

Tea at the Bank, Thursday Aug. 21, at Hamiota's Heritage Arts Centre with Mary Ann Stevenson serving guests.

By Anne Davison
RIVERS BANNER

Thursday afternoons throughout the summer local people, and sometimes guests they bring along, mount the steps to the Old Bank, Hamiota's Heritage Arts Centre, to enjoy delicious desert while visiting in a beautiful surrounding. Some can't make it to the afternoon 'tea time' and for them, there's take-out. And when it's over, young teens show up to help with dishes, taking a couple of loads upstairs to the dishwasher. Aug. 21 was the opening of Jacqui Beckett's stunning display - Seen and Remembered - which continues until Sept. 24.

She's from Moosomin. Her work is done in several mediums including pastels, acrylics and watercolour. You will see portraiture, landscapes and florals. Beckett is an enthusiastic member of the Hamiota Art Club, driving from Moosomin rain or shine, to attend regular sessions. Some of Beckett's work, hanging in Hamiota's gallery, is for sale but most of it is part of her own collection. Tea time is only during the summer months, but Midwest Arts Council's monthly art displays continue throughout the year with the gallery open Monday, Wednesday and Fridays from 12 noon to 3pm.

Hamiota says 'thank you' to firefighters

By Anne Davison
RIVERS BANNER

How do you say thank you to the individuals who turn on a dime when the unexpected fire call comes? They rush from their jobs or leave the comfort of home to don firefighter equipment and do what they've trained for. Better than just words, Hamiota put on a community supper fundraiser for the Fire Department firefighters on Friday, Aug. 22. One of the organizers, Danette Brooks said, "It was wonderful to see the community come out to show their support and our local fire department enjoy the evening of gratitude celebration." Mayor Randy Lints extended a thank you to the firefighters and to those who got this event together. Pastor Orland Usick gave the blessing for the meal. Musical entertainment by Sue Longmuir & Friends, and Rollin' n' Tumblin' provided a festive ambiance in the hall during the meal. The evening included music and a street dance on Fourth Street, right outside the hall where supper was served. Hamiota Street Dance & Firefighters Appreciation Fundraiser Supper was served up by Hamiota Municipality, organizers of the economic development office (HEDc) Danette Brooks and Rec Director Mason Mourad; Seniors Services coordinator Doreen Knight, Leslie Toovey and volunteers Karen Wright, Gwenda Skayman and Bonnie Badger served the meal. Hamiota Recreation and staff decorated the event, provided popcorn and pop sales, a Kids Kraft table kept kids entertained. Three groups performed on the open-air stage in the evening: Rob n' Hel, then Cicada; and Simple Jack finished the evening for the Fourth Street beer garden. Games of bean bag toss were played, kids and adults visited, ducking under cover when a strong wind and a shot of



PHOTO BY DALE DAVISON

A rainbow overhead promises rain won't last as Helena and Robin Davison (Rob 'n Hel) perform on the outdoor stage. To the right, Members of Cicada 204 (right) Jamie and Grayson prepare for their gig.

rain sent people for shelter. However, the 'weather' didn't pre-empt the evening of entertainment for nearly 150 people. The delicious roast beef was prepared by Oak River Quick Freeze. Donations for the meal made this fundraiser a big success and Hamiota Municipality donated the meal proceeds to the local fire department. Donors included: Hamiota Co-op (baked potatoes), Hamiota Country Crocus Bakery (buns), Deerboine Colony (coleslaw) and Hamiota Recreation Dept. (beverages). Brooks noted it was special to have local people, youth and town staff among the performing musicians. She said, "It made me proud to be a 'Hamiotian'."

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Tenancy Opportunity

Tenancy Opportunity: Oak River Convenience Store & Coffee Shop

Lease Available at 29 North Railway Street, Oak River, MB R0K 1T0

Now Leasing: Oak River Convenience Store

A unique opportunity has become available for prospective tenants interested in operating the Oak River Convenience Store and Coffee Shop, located at 29 North Railway Street, Oak River, Manitoba, R0K 1T0.

- Prime Location: Situated in the heart of Oak River, this well-established store is a cornerstone of the local community, frequented by residents and visitors alike.
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- An opportunity to purchase the property is also available.
- Ideal For: Individuals or businesses seeking to run a thriving convenience store/coffee outlet in a welcoming rural setting.
- Community Support: Join a supportive environment with loyal customers and potential for growth.

How to Apply

Interested parties are invited to apply in writing to the Chief Administrative Officer (CAO) of the Rural Municipality of Oak View.

- Application Method:
- Request information on lease.
- Please submit your application in writing.
- Contact: Chief Administrative Officer, Rural Municipality of Oak View
- Address: 10 Cochrane Street, Oak River MB R0K 1T0
- cao@rmofoakview.ca. 1-204-566-2146

For More Information

- Contact the Chair of The Blanshard CDC or CAO of The RM of Oakview on 1-204-566-2146 for details on the initial term of tenancy. Including the CDC's subsidized business startup rent agreement.

Application Information

Your application should include:

- Relevant business experience
- References
- A brief outline of your intended store operations.

Don't miss this exceptional opportunity to become an integral part of the Oak River community. Apply today to secure your lease!

Public Notice



R.M. of Oakview

PUBLIC NOTICE

Public notice is hereby given that the annual financial report of the auditor for the R. M. of Oakview, for the year 2024, together with related financial statements, have been deposited in the Oakview municipal offices in Oak River and Rapid City and are available for inspection by any person, during office hours. Any person, at his/her expense, may make a copy or extracts therefrom.

Dated at Oak River, Manitoba this 28th day of August, 2025.

Mark Humphries, CAO
R. M. of Oakview

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Thank-you

The family of Doreen Bate would like to express our sincere thanks for the flowers, food, and donations. A special thank you to Dr. Dhaliwal for his care over the years. Most recently, the staff of Wawanese PCH for their kindness and compassion.

Thank you to Diane, Reverend Beauchamp and the Rivers United Church ladies, the day of mom's funeral. Your thoughtfulness was much appreciated.

Doreen's family.



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SPORTS

LOCAL TRIO HAS GREAT CANADA SUMMER GAMES EXPERIENCE

By Robin Wark
RIVERS BANNER

Canada Summer Games.

Rivers' Madi Vandal and Oak River's Karas Munz and Elle McLean were members of the Team Manitoba women's rugby sevens team at the prestigious event. The team finished strong to place ninth at the Summer Games, which ran Aug. 8-25 in St. John's, Newfoundland and Labrador.

"Something I will remember the most about the Games is spending time with my team and coaches on and off the field," Vandal said. "And getting to play rugby in a new and exciting environment was very memorable."

On The Pitch

After going 1-2 in pool play, Team Manitoba had two dominant wins in both of its consolation matches. This allowed it to place ninth.

"Winning our two consolation games was really good for our team," Munz said. "It was the positive outcome that we needed after our round robin games. You could instantly feel the change of attitude and good vibes out on the pitch. Everyone was relaxed and playing to our full potential."

With the top talent in the age group assembled in the Maritime province, the level of competition at the Summer Games was high. McLean said, "Something I enjoyed about the competition at the Summer Games was learning from other teams, seeing how they run their defence, picking up on set plays they created, and even discovering new drills to do after watching other teams warm up."

Off The Pitch

With women's rugby being played in the first week of the Canada Summer Games, the three local athletes attended the opening ceremonies. Vandal said, "I enjoyed the singing and dancing from Newfoundland artists, and seeing them have a Canada Games alumni light the cauldron and the passing of the touch from different athletes from each province."

At the Summer Games, pin trading is an unofficial sport. Munz did not trade as much as some of her teammates, but she said:

"It was great though interacting with lots of people and trying to get the pins you wanted. Some teams had special pins just for their sports and other provinces had really cool pins everyone was trying to get. The pin trading can be an intense bargain and I think many people learned how to make some good bargains, however I do know of some that were on the wrong side of the bargain."

Family support played a key role in the athletes being able to compete at the Summer Games. McLean said:

"My family was extremely important in getting me to the Canada Games by supporting me and allowing me

to travel away from home to get more high level game experience. It was hard being gone as much as I was to drive to practices and tournaments, but my family would come watch and cheer me on as much as they could."

Elle McLean

For Team Manitoba, McLean played the hooker position in the scrum as well as in the centre. Head coach Kathleen Muirhead described her as "a very smart player, and versatile."

"Elle came a long way in her ability to run some good lines, cutting and throwing off, or giving her defence a dummy pass, as we call it, which allowed her to find some gaps and she was rewarded with a try," the coach said. "Elle's running style also opens up gaps for her teammates, which allows them to get the ball and run it up the pitch."

The daughter of Marnie and Eric McLean is attending the University of Calgary this fall. She is studying psychology with hopes of becoming a forensic psychologist. McLean has a sister Lexi and a brother, Duncan.

Karas Munz

Munz impressed on Team Manitoba with her work ethic. She played in the centre.

"Karas goes looking for work during a game and does not rest until the final whistle has gone," Muirhead said. "Karas is often that player we designate to crash into the opposition, which can tie up more than one player, leaving her team with more room to run the ball."

Munz is the daughter of Andrea and Alan. She is studying animal biosciences at the University of Saskatchewan.

Madi Vandal

The speedy Vandal had an impact on Team Manitoba.

"Madi brought some great speed on the wing for us and she is also a fierce tackler," Muirhead said. "Madi communicates well on the field, which helps her teammates. She works hard on the pitch."

Vandal is the daughter of Megan and Keith Vandal. She is studying psychiatric nursing. She will also play rugby with the BU Bobcats.



Karas Munz, Madi Vandal and Elle McLean step into the Atlantic Ocean.



SUBMITTED PHOTOS

Madi Vandal, Karas Munz and Elle McLean share a hug at the Canada Summer Games.

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Engines, auctions, and community spirit at the 5th annual Albert Drotar Classic Car Show & Shine

By Evelyn Nolan
RIVERS BANNER

The roar of engines and the gleam of polished chrome filled the Provincial Park at Oak Lake Beach on Sunday, August 24, 2025, as the 5th Annual Albert Drotar Classic Car Show & Shine rolled into town. From noon until 4:00 p.m., the beachside grounds transformed into a showcase of timeless automobiles, proud owners, and a community that knows how to come together for a worthy cause.

Hosted by the Oak Lake Cottage Association, the event welcomed seventy cars and a great mix of bikes, making for an impressive lineup. Each vehicle told its own story from Todd Gaber's striking 1953 Suburban to Rick Kenderdine's powerful 1970 Cyclone, which both earned top winning recognition from the judges. The pride in every polish and shine was clear, and as I walked through the rows of cars, I could see the joy of participants sharing their passion with the crowd.

The event offered more than just a stroll through automotive history. The smell of hamburgers and hot dogs drifted across the park, and in true Oak Lake fashion, the food stand sold out completely. A big thank you goes to Valleyview Co-op, who generously donated food and condiments to make sure guests were well fed.

The excitement peaked with the live pie auction, held from 2:30 to 3:30 p.m. Homemade pies, cookies, and desserts poured in from community members, drawing lively bids and plenty of laughs. Sharon Fordyce went home with the coveted swinging bench, donated by Virden Home Hardware, while the rainbow auction and silent auction kept the buzz going throughout the day. A 50/50 draw also took place, with winners splitting the prize. According to Donna Campbell, member of the fundraiser committee, "the funds



Cars lined up at the annual car show & shine at Oak Lake Beach.

PHOTO BY EVELYNE NOLAN

raised were for the Cottage Association to fund the water beautification project."

The best part of it all was the generosity that shone through. Donations from the Oak Lake Cottage Association community were abundant, and the support from local businesses helped make the day "a great success," said Donna Campbell.

With Oak Lake Beach providing the perfect backdrop of sunny skies, rolling waves, and a lively crowd of families and friends the car show was more than just an afternoon out. It was a reminder of what the

Oak Lake community is all about: people pulling together, sharing talents, and celebrating the simple joys of summer.

As the engines quieted and the last auction item was claimed, there was no doubt that the 5th Annual Albert Drotar Classic Car Show & Shine was a roaring success. From the seventy gleaming cars to the sold-out food stand and the laughter that filled the park, the day was one to remember. And if this year was any indication, the event spirit will only keep rolling stronger in the years ahead.

SUNMONTUEWEDTHUFRISSAT

COMMUNITY CALENDAR

Sep 56

Arts West Traveling Gallery Display ~ Prairie Crocus Library

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

Arts West Traveling Gallery Display ~ Prairie Crocus Library ~ September 3 - 19

Rivers Legion Bingo 11:30am

50 + Card Games 1pm

50 + Club Pool 1pm

50 + Club Cribbage 1pm

50 + Floor Games 1pm

Prairie Crocus Library Storytime in Rivers 10am Chase the Ace Rivers Legion 7pm Hamiota Hotel 7pm

CoC Thank You BBQ at Rivers Legion 11am - 1pm

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Arts West Traveling Gallery Display ~ Prairie Crocus Library ~ September 3 - 19

Rivers Legion Bingo 11:30am

50 + Card Games 1pm

Council Meeting 50 + Club Pool 1pm

50 + Club Cribbage 1pm

50 + Floor Games 1pm

Prairie Crocus Library Storytime in Rivers 10am Chase the Ace Rivers Legion 7pm Hamiota Hotel 7pm